

GAKUSEI SHIEN DAYORI

TOHOKU UNIVERSITY
GAKUSEISHIEN
DAYORI

2018.4.2 No. 10

Student Support Newsletter



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Congratulations to our new students! (Welcome Events)

Tohoku University strongly encourages students to participate in extracurricular activities as they contribute to the development of social skills, independence, and leadership. In April, the 190 clubs and circles affiliated with the Gakuyu-kai (Students' Friendship Association) conduct recruitment performances/presentations and various other events to welcome new students. Please take advantage of these to further enrich your student life.

●Spring Festival on April 14 (Sat.)

There will be a Culture Festival, in which the culture-related groups hold exhibitions, and a Sports Festival, consisting of performances by the sports-related groups.

In addition, the New Student Welcome Concert, jointly performed by the university's musical organizations, will be held on April 15 (Sun.), while the Spring Sports Day, held to foster friendly relations between new students, will occur on April 22 (Sun.).



●Volunteer Fair

Booths will be set up to provide information on the activities of volunteer organizations that support areas affected by the Great East Japan Earthquake and conduct community development, child learning assistance etc.

Dates (enter/leave freely)

April 9 (Mon.) 13:00 - about 16:30
University Library

April 14 (Fri.) 11:00 - about 16:00 C105

April 11 (Wed.), 12 (Thu.), 18 (Wed.), 20 (Fri.),
24 (Tue.) 16:00 - 18:30 University Library



Warning on Social Events

There will be many social events to welcome newcomers at the beginning of the semester. Please enjoy yourselves, but be sure to observe the following.

- **Do not drink if you are underage (under 20 years old). Do not allow drinking by underage persons.**

Drinking by persons under the age of 20 is forbidden by law in Japan. Encouraging drinking by underage persons is also strictly forbidden.

- **Warning! Never pressure others to drink (alcohol-related harassment) or to drink rapidly (chugging / *ikki nomi*).**

Pressuring others to drink using your seniority or peer pressure, coercing others to drink excessively, and/or encouraging "chugging" etc. to liven up a party, are potentially life-threatening activities. Never engage in, or allow, coerced drinking, chugging, etc.

- **If you find someone who has had too much**

Don't leave them alone. Make sure they receive care.

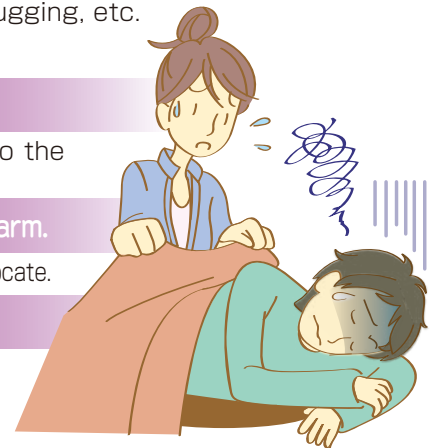
Their condition could suddenly worsen. They could even die. There is also the danger of them having an injury/accident in their impaired condition.

Turn them on their side and cover them with a blanket etc. to keep them warm.

If they are allowed to sleep on their back, they could asphyxiate on their own vomit and suffocate.

Call an ambulance (119) if their condition worsens.

Call an ambulance if they display any of these symptoms: failure to wake up even when shaken, low body temperature, irregular breathing, copious vomiting etc.



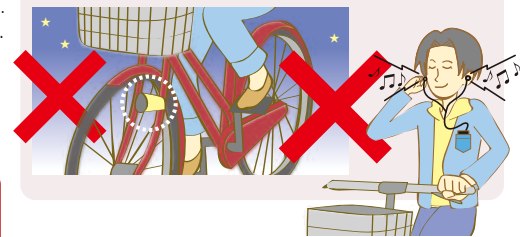
Road Manners for Cyclists and Motorcyclists

Many students commute to the university by bicycle or motorcycle. Unfortunately, every year the university receives numerous complaints from the local residents about the students' poor road manners. Many students have received traffic citations, and the number accidents involving commuting students has not decreased in recent years. Please be careful of the following when commuting by bicycle/motorcycle.

- **Comply with all traffic rules**
- **Pay sufficient attention to other vehicles and pedestrians**
 → If you collide with a car while on a bicycle/motorcycle, you are the one who will be injured. In the event that you injure a pedestrian, you may be liable for extremely high damages.
- **Carefully consider weather conditions, your skill level, and your physical condition before riding. Do not attempt to ride when you are not feeling up to it.**
 → Think about public transportation options for commuting.

Traffic Violations by Cyclists Worst 3 (January-December 2017)

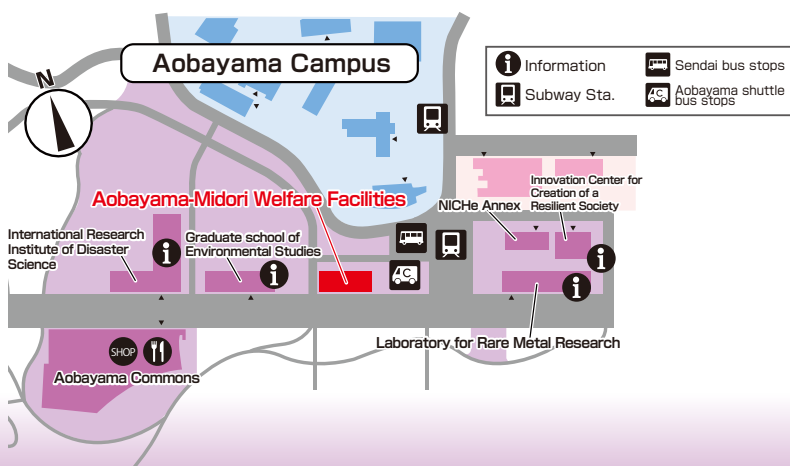
- 1 Endangering pedestrians
- 2 Riding while listening to headphones
- 3 Failing to use bicycle lights at night



Very sadly, a student died last year when their motorcycle collided with a vehicle.

Aobayama Midori Welfare Facilities

A new student welfare facility in Aobayama, called Aobayama Midori, opens this April. It is very convenient, located just a 2-minute walk from the Aobayama Tozai Subway station.



..... information

3F	-Daycare Center
2F	-Cafeteria (Japanese food and rice-bowl dishes) -Service center for international students
1F	-Convenience store -Cafeteria (Western-style food)

Center for Career Support Announcements

The Center for Career Support offers various services year-round. We support students from their 1st year to help them clarify their career options. All services are all free of charge.

Why not drop by and have a look?

We also provide support for students who wish to pursue doctoral degrees. See our website for details!

Career Support Programs

- We offer career education classes in the General Education curriculum on topics ranging from how to spend your time at university to selecting a career path and understanding the community! We think you'll find them useful!
- We also hold extracurricular activities such as individual counseling, seminars, and on-campus seminars given in cooperation with enterprises. With a few exceptions, most events are open to all students from their first year onward.

Career Support Information

- The Shinjuku Lounge is available to those looking for work in the Tokyo area. Please feel free to use it.
- Employment information is available on the Student Affairs Information System.

Mailing list information

- Join our mailing list to receive timely information on part-time jobs and seminars!



@tohokucareer is where you'll find our latest Tweets. Please follow us!

Use the QR code to sign up! →



Kawauchi Kita Campus, Education and Student Support Center 3F,
Center for Career Support

<http://www.career.ihe.tohoku.ac.jp/>

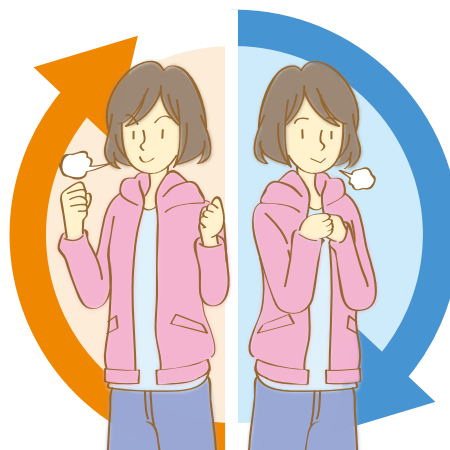
Tohoku University Center for Career Support

SEARCH

Advice from the University Counseling Center

Congratulations to our new and continuing students! You probably have many expectations for, and maybe a few anxieties about, this new stage of your life. When settling into a new environment, it is important to maintain a balance of concentrating on the tasks at hand, but taking a break when you get too stressed out or tired (which can happen without your noticing it). If you do not pay attention to this balance, you will gradually start to feel overworked, which can lead to skipping classes and withdrawing from the community (of course, there are times when overworking becomes temporarily unavoidable, but if the situation continues indefinitely, you will start to feel fatigued and listless). Maintaining awareness of your work/life balance is a good habit to get into, as it will help you stay in control of your situation.

If you find it hard to manage your schedule and end up chronically overworking, have trouble sleeping, feel anxious, or are having any other issues, please do not hesitate to talk to one of the University Counseling Center's counselors. While many students may feel uncomfortable or embarrassed about seeking help, making use of counseling to adapt to your situation is indeed a means of becoming more independent. Your university years are a good time to learn how to consult with others while fostering a positive image for your own independence.



Center for Counseling and Disability Services, University Counseling Center

Phone: 022-795-7833 E-mail: gakuso@ihe.tohoku.ac.jp

Information on University House Aobayama

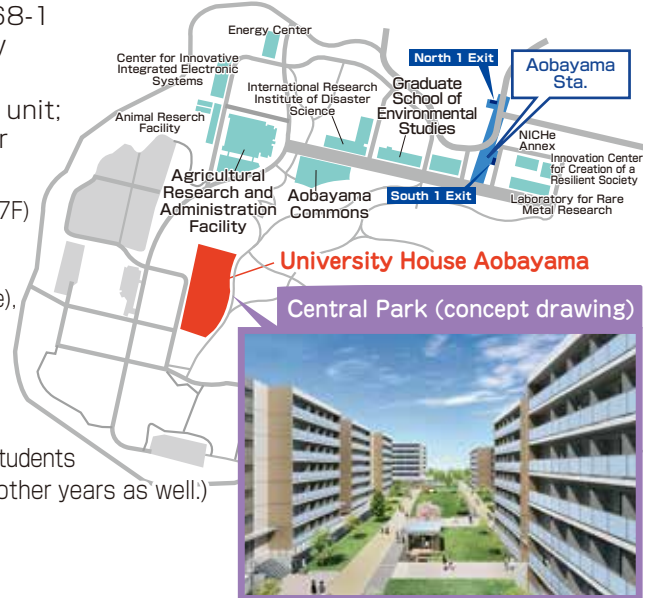
University House Aobayama (announced in the 2017.4.1 issue of Gakusei Shien Dayori) will open its doors in October 2018. See below for details. Information on room applications will be posted on the Tohoku University website in May-June. A further announcement will be made when that information becomes available.

The University House (UH) dormitories provide housing for Japanese and international students, thus facilitating the development of an international outlook and intercultural understanding through daily interaction and fostering global human resources with overseas experience.



Overview of UH Aobayama

- 1 Address** Sendai-shi, Aoba-ku, Aramaki-Aza-Aoba 468-1 (5-10 min. walk from Sendai Tozai Subway Aobayama Station)
- 2 Capacity** 752 bedrooms (94 units, 8 bedrooms per unit; includes 4 rooms (2 men's, 2 women's) for residents with disabilities)
- 3 Buildings** (1) Residents' Rooms: Building 1 (6F), Buildings 2-6 (7F)
(2) Office/Interaction Building: Multipurpose Room (exchange space), lounge, study room, office
(3) Grounds: Exchange Deck (outdoor exchange space), bicycle parking, sheds
- 4 Ratio of Japanese to International Students in Units**
4:4 Men/Women: 440 men (55 units), 312 women (39 units)
- 5 Eligibility** (1) 1st year undergraduate and graduate Japanese students (However, residents will initially be accepted from other years as well.)
(2) International students
- 6 Duration of Stay**
up to 2 years



7 Monthly Fees

① Boarding Fee	JPY28,000
② Maintenance Fee	JPY1,500
③ Utilities (electricity, gas, water)	Fees depend on usage
④ Services provided to all residents (mandatory, include sales tax)	
· Bedding	JPY2,000
· Tableware/utensils	JPY500
· Floor mats	JPY1,000
· Dishcloths, towels, etc.	JPY500
· Internet Service Provider	JPY1,500
· Exchange Activities Fee	JPY500

Total for items ① thru ④ JPY42,000~45,000

⑤ Deposit (security deposit) JPY30,000 (one-time payment made when moving in)

8 Bedrooms/Open Living Rooms

- ① Bedrooms
approx. 10m² (6 tatami mats),
Open Living Rooms: 9.8m² per unit (per person)
- ② Room Furnishings
desk, rolling shelf, chair, bookshelf, bed, closet, air conditioner, veranda etc.
- ③ Open Living Room Furnishings
Entrance, hallway, kitchen, shower room (shared by 2 rooms, w/changing room), toilets (shared by 3 rooms), laundry room, (washroom), air conditioner, sink, induction cooker, counter, table (seats 8), chairs, refrigerator, microwave oven, rice cooker, television, vacuum cleaner, etc.
- ④ High Quality Living Environment
The open living rooms and private bedrooms are furnished with a variety of necessities, enabling students to settle in easily as they begin their new campus life.
- ⑤ Safe and Secure Living Environment
Upper floors are for women, while lower floors are for men. Entrances to each building and unit require an IC card for access. Bedroom doors use password locks. The university employs a contractor to provide 365-day /24-hour support, cleaning, security, handling of equipment breakdowns or malfunctions, and emergency response.



Bedrooms

Open Living

9 Interaction Plaza

The plaza is over 400 square meters. It contains a multipurpose room, lounge, study room, vending machines, and a small convenience store. The multipurpose room and lounge can be partitioned, allowing the spaces to be adjusted as needed. The study room seats over 100, and is suitable for holding lectures etc.



image of study room

10 UH Student Advisors

To help all new residents (especially 1st-year students) smoothly adjust to campus and dorm life, senior students are appointed to act as UH Student Advisors. Advisors are responsible for events such as welcome parties and excursions, and plan exchange activities for the residents, such as cooking parties, game tournaments, etc.