

GAKUSEI SHIEN DAYORI

Student Support Newsletter

TOHOKU UNIVERSITY
GAKUSEISHIEN
DAYORI
2018.7.9 No. **11**



CONTENTS

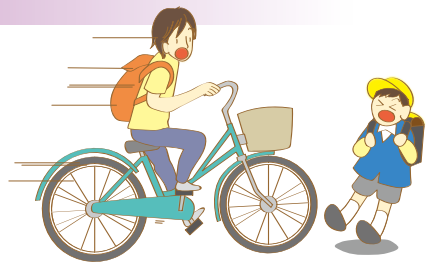
P1	P2	P3	P4
●Behaving sensibly and responsibly	●Road safety awareness	●Drinking responsibly ●Waste not want not!	●Heatstroke advisory

Behaving sensibly and responsibly

The university has received numerous complaints and requests for improvement regarding etiquette and rule violations from local residents. The most common complaints recently are about cyclists and noise.

Cycling etiquette

- Cyclists were observed failing to reduce speed when passing elementary students on sidewalks.
- ➔ Pedestrians always have right of way. Dismount or greatly reduce speed when passing them. Be aware that to a pedestrian, a bicycle moving at high speed on the sidewalk is quite alarming.



Noise

- There were complaints of students inviting large groups of people to their apartments and making noise late into the night.
- ➔ Even in the daytime, hosting large groups and partying loudly is annoying to the neighbors. Please refrain from such activities. Even your footsteps, or opening/closing doors too forcefully can cause a lot more noise than you may think.



It is understandable that you might want to blow off steam and have fun during the summer vacation, but please refrain from casually engaging in irresponsible or illegal activities. Violating the law will result in harsh social and legal punishments, as well as separate disciplinary actions under university regulations (expulsion, suspension, or official reprimand). Don't let some rash action end your college life, and possibly your future career. As members of the local community and students of Tohoku University, **please be considerate of others (respect their rights), observe Japanese law, use common sense and act responsibly.**

Examples of disruptive/illegal activities

- Failing to comply with rules for separating trash and recyclables.
- Bringing marijuana or other illegal drugs into Japan from abroad.
- Committing identity theft or libeling others via social media.
- Hit-and-run while operating a bicycle or other vehicle.
- Groping/touching others without their consent.



Road safety awareness

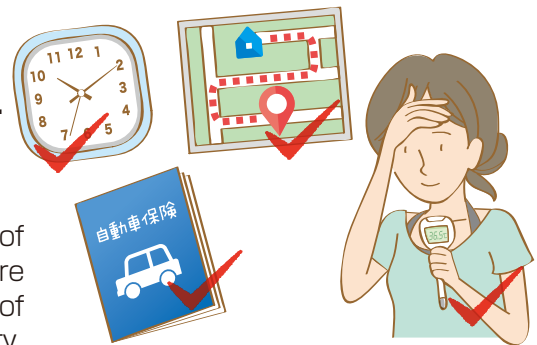
During summer vacation, you might have the opportunity to go on trips or club retreats. These may require you to drive long distances on unfamiliar roads. In addition, if you don't normally drive, you may be driving for the first time in a long time.

In the past, there have been cases of Tohoku University students being involved in traffic accidents during long holidays. These have led to them being injured or even killed. Consequently, we ask that you read the following and exercise caution when driving to avoid accidents.

Before operating motor vehicles:

- 1 Plan your schedule so that you have plenty of time to spare.**
- 2 Research the route you will take.**
- 3 Confirm the details of the insurance that covers the vehicle you will be driving/riding in.**
- 4 Be mindful of changing weather and your own physical condition.**

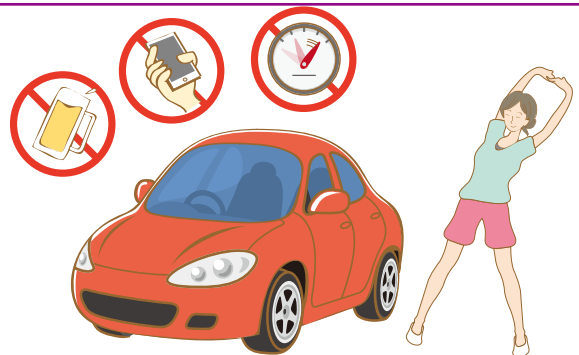
○It is critical to plan around the experience/proficiency level of your driver (distance, time, weather, route, etc.). Make sure you understand what your insurance will cover in the event of an accident, and enroll in additional insurance as necessary.



While driving:

- 1 Observe all traffic laws.**
- 2 Take rests. Drive in shifts with another driver.**
- 3 Be ready to change your plans if the weather turns bad or the driver isn't feeling well.**

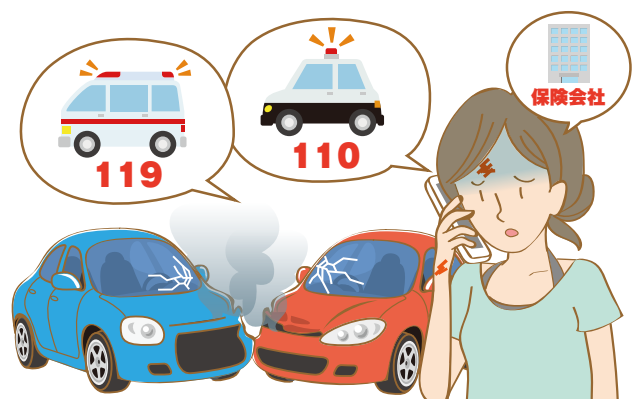
○Accept that when traveling you must often change your plans due to unforeseeable reasons. Do not drive dangerously (speeding, driving while fatigued, etc.) to make up lost time.



If you are involved in an accident:

- 1 Calmly bring the vehicle to a stop.**
- 2 Call an ambulance (dial 119) if anyone is injured.**
- 3 Once everyone is safe, call the police (dial 110).**
- 4 Contact your insurance company.**

○If you are involved in a traffic accident, call the police regardless of whether anyone was injured. Be ready to call the police yourself if the other driver involved in the accident is unwilling to do so. Trying to work things out with the other driver without calling the police is always inadvisable and usually leads to problems later on.



Drinking responsibly

You will probably have various opportunities to drink alcohol over the summer vacation. Before doing so, please review the following and take measures to avoid alcohol-related mishaps.



【 Prohibited Actions: 】

Drinking by persons under 20 years of age (includes abetting underage drinking)	Drinking by persons under the age of 20 is forbidden by law in Japan. This includes international students. Encouraging or assisting drinking by minors is also forbidden.
Pressuring others to drink (alcohol-related harassment)	The amount of alcohol that an individual can handle varies greatly from person to person and depends on their physical condition as well. Some people are unable to drink at all, or do not enjoy it. Never pressure them (or allow others to pressure them) to drink. Create an environment where everyone can have a good time, regardless of whether they're drinking.
Chugging (<i>ikki nomi</i>)/ speed drinking	Even if you have a high tolerance for alcohol, drinking too much in too short a time (chugging etc.) is potentially fatal. It's fun to be the life of the party, but it's not worth losing your life over.

【 Caring for someone with alcohol poisoning 】

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 take measures to prevent loss of body heat.	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.	Danger signs: Failure to wake up even when shaken, low body temperature, irregular breathing, copious vomiting etc.

Waste not want not!

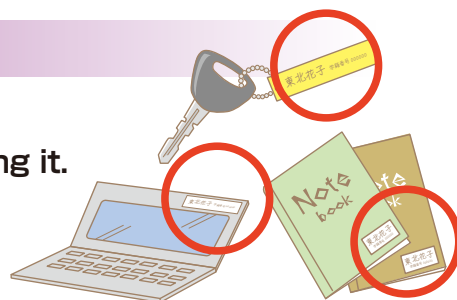
Between April and June 500 lost or forgotten items were turned in to the lost and found at Kawauchi Kita Campus. Among them were valuables such as wallets and smartphones. Please take care of your belongings so that you do not lose or forget them.

To prevent losing/forgotten your belongings:

- **Put some kind of distinguishing mark on them.**
For example, register your user name in your electronic dictionary, and put a name label on it. Most bicycle lock keys are indistinguishable from each other; write down the lock's serial number and put the key on a distinctive keyring etc.
- **Before leaving campus with your classmates, remind each other to check for forgotten belongings.**
Many of the forgotten items were clothes, notebooks, and textbooks left behind in classrooms and cafeterias.

If you lose something:

- 1 Try to remember the last place you used it.
- 2 Look for it in the place where you last remember having it.
- 3 If you cannot find it, come to the lost and found.
(The Kawauchi Kita Campus lost and found is in the Student Services Division, desk ①.)



Heatstroke advisory

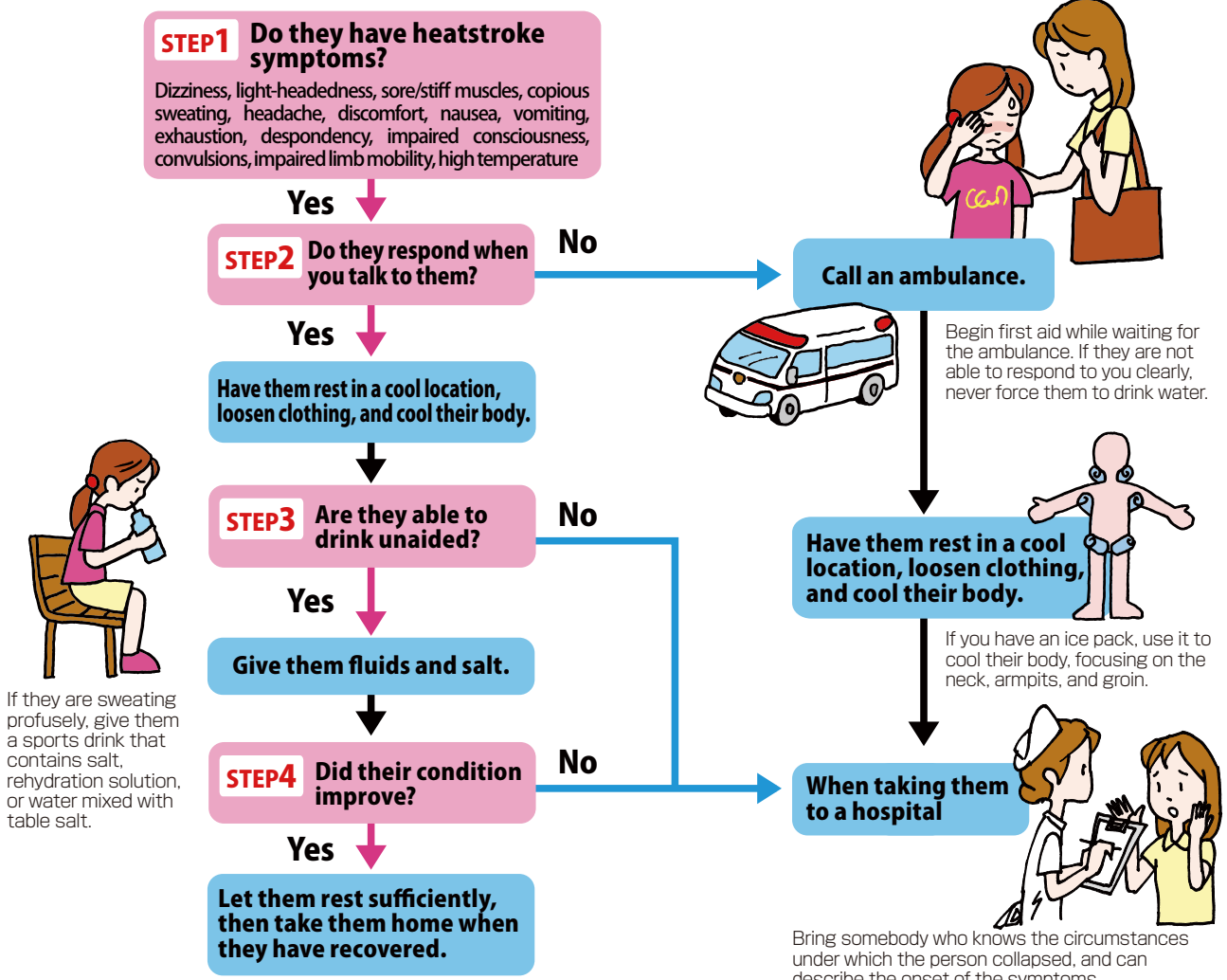
Heatstroke occurs when your body's own temperature regulatory system is unable to keep your body sufficiently cool, so you become overheated. In extreme cases, it can lead to death. Prevention (wearing a sun hat when outside, staying hydrated, keeping in the shade as much as possible) and early treatment are critical.

Heatstroke Symptoms and Prevention

Severity	Symptoms	Measures (details below)
Minor	Dizziness, light-headedness, sore muscles, muscle stiffness (cramps), copious sweating	Administer first aid on the spot
Moderate	Headache, feeling ill, nausea, vomiting, exhaustion	Go to a hospital
Severe	Loss of consciousness, convulsions, inability to walk, abnormal responses to stimulus, high body temperature (fever)	Go to a hospital

First Aid for Heatstroke Victims

Treating heatstroke victims: Remain calm. Assess their condition before acting. Early treatment is critical.



What to do if you suspect heatstroke

Quoted, with minor alterations, from the Manual of Environmental Health: Heatstroke, published by the Ministry of the Environment.