

GAKUSEI SHIEN DAYORI

TOHOKU UNIVERSITY
GAKUSEISHIEN
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Student Support Newsletter



CONTENTS

P1	P2	P3	P4
●Congratulations to our new students! (Welcome Events)	●Sendai City Bicycle Safety Bylaws ●Theft on Campus	●Avoiding Alcohol-related Accidents and Injuries ●Advice from the Counseling Office	●Center for Career Support Announcements

Congratulations to our new students! (Welcome Events)

Tohoku University strongly encourages students to participate in extracurricular activities to develop their social skills, independence, and leadership abilities. In April, the 190 clubs and circles affiliated with the Gakuyu-kai (Students' Friendship Association) conduct performances, presentations etc. to showcase their activities and welcome new students.

These events are a great chance to familiarize yourself with the university's many organized activities.

●Spring Festival, —April 6 (Sat.)

There will be a Culture Festival, in which the university's cultural groups hold exhibitions, and a Sports Festival, consisting of performances by athletic groups.

Also, the New Student Welcome Concert, jointly performed by the university's musical organizations, will be on April 14 (Sun.). The Spring Sports Day on April 21 (Sun.) fosters friendly relations between new students.



●Volunteer Fair

Booths will be set up to provide information on volunteer organizations involved in support for areas affected by the Great East Japan Earthquake, community development, child learning assistance, the environment, and international activities.

Dates (come/go freely)

April 6 (Sat.) 11:00 - about 16:00, University Library
April 8 (Mon.) 13:00 - about 17:00, University Library
April 15 (Mon.) 15:00 - about 18:30, University Library

April 11 (Thu.), 12 (Fri.), 17 (Wed.), 23 (Tue.)
16:00 - 18:30 University Library



Sendai City Bicycle Safety Bylaws

Many students use bicycles for transportation. If you are one of them, please note that on January 1, 2019, the Sendai City Bicycle Safety Bylaws were enacted, encouraging cyclists in Sendai to do the following:

- Observe all traffic laws
- Wear helmets
- Be considerate of pedestrians
- Have bicycles inspected/maintained
- Enroll in mandatory cyclist liability insurance (starting April 1, 2019)

See the Sendai City Website for details.

<https://www.city.sendai.jp/jitensha/kurashi/anzen/anzen/kotsu/jitensha/joureiseitei.html>



Mandatory Cyclist Liability Insurance

As of April 1, 2019, the Sendai Bicycle Safety Bylaws make it mandatory for anyone riding bicycles within city limits to enroll in cyclist liability insurance so that they will be prepared in case they become liable for high damages. Please carefully review the conditions of your student insurance (which all students enroll in) along with your own and your family's policies. If necessary, enroll in additional cyclist insurance.

	Japanese Students	International Students
Insurance required by the university	Personal Accident Insurance (Gakkensai) and Supplementary Personal Liability Insurance for Students (Gakkenbai)	Gakkensai and Comprehensive Personal Liability and Accident Insurance for Students (Inbound Futaigakusou)
Coverage for cyclist liability under the above insurance	Gakkenbai partially covers you, but its scope is very limited. Not covered: Commuting between home and university on holidays; cycling for purposes other than commuting to school	Covered under Inbound Futaigakusou.
Relevance to Sendai City Bylaws (Mandatory Insurance)	Gakkenbai provides partial coverage, but its scope is narrow. It is necessary to enroll in separate cyclist liability insurance.	Covered by Inbound Futaigakusou.

Examples of Cyclist Liability Insurance

- TS Mark, provided by a bicycle dealer
- Cyclist insurance provided through an insurance company
- Personal Liability Insurance for Students provided by the University Co-op
- Comprehensive Personal Liability and Accident Insurance for Students

Note: You may already be covered under the personal liability provisions of your or your family's vehicle or fire insurance. Credit cards also sometimes provide coverage.

Theft on Campus

The university has received many reports of theft and cases where property was apparently taken by mistake. Please take care of your belongings to avoid losing them.



Bicycles/ motorcycles

- Always park in designated parking places.
- Use 2 locks on different parts of your vehicle.
- Don't leave your vehicle in one place for a long time.

Students sometimes forget to lock their bicycles (or leave the keys in the ignition of their vehicles) when hurrying to class.

Wallets/ Valuables

- Carry valuables with you at all times.
- Do not carry large amounts of cash.
- When using the gymnasium for class/club activities, leave your wallet etc. in a place where you can see it, or use the lockers in the Kawauchi Gymnasium or Sub Arena.
- Keep club funds etc. in a bank account.

We have received reports of money disappearing from wallets left unattended in bags in classrooms, cafeterias, changing rooms, etc.

Footwear/ Shoes

- People sometimes take the wrong shoes from the shoe lockers when leaving the Kawauchi Kita Campus gym. We recommend bringing a bag to put your shoes in and taking them with you when entering the facilities.

Avoiding Alcohol-related Accidents and Injuries

Every year, there are alcohol-related accidents and injuries involving students. Please read the below carefully and take the appropriate precautions.



Prohibited Actions

Drinking by persons under 20 years of age	The drinking age is 20 in Japan. Do not drink if you are underage. If you observe underage drinking, or situations in which underage people are being encouraged to drink, please intervene to stop it.
Pressuring others to drink (alcohol-related harassment)	Do not engage or be complicit in forcing others to drink under the pretext of seniority, dorm/club traditions, or fitting in with the group. Chugging (<i>ikki nomi</i>) and competitive speed drinking are also forbidden.
Disruptive behavior	Do not engage or be complicit in disruptive behavior such as making excessive noise, non-consensual physical contact, etc. Everyone's ability to consume alcohol varies depending on their individual constitution and day-to-day physical condition. Moderate your alcohol intake to avoid overdoing it.

If you find someone who has had too much...

Do not leave them alone	Their condition could suddenly worsen, leading to death. Or they could injure themselves in their impaired state.
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 choke on their own vomit and die from suffocation
Call an ambulance! (dial 119)	Call an ambulance (dial 119) if they fail to react even when shaken, have low body temperature, are breathing irregularly, or are vomiting a lot.

Advice from the University Counseling Office

Congratulations to our new and continuing students! Since your university life is just beginning, it is natural to have many expectations and many worries related to this big change. Perhaps you are worried about living on your own for the first time, cooking, cleaning, laundry, studying, and making friends. It may seem that you have an endless list of things to worry about. But there are also things to be excited about, such as having free time, meeting new people, studying in a new environment, joining clubs, and working part time. In particular, your first month at the university will be packed with new exciting events. It may feel like an intense sprint straight to the goal. As soon as you reach one goal, you may start running to the next. If you never rest, you may burn out. Please don't forget to take breaks between the goals and/or even while you are running. Talk to friends. Spend time with supportive family members. Get a massage. Listen to music or read a book. Or just find a cozy spot to take a nap. While at the university, even if you feel the time is short, it is long enough, and there will be many challenges to overcome. Try to overcome each challenge one by one, and don't forget to take rests in between. It's also fine to choose not to pursue a goal once in a while.

If you feel that you are getting off track, stumbling before you reach your goal, or unable to take action, the Counseling Office offers a place where you can rest. The counselors will help you think about ways to achieve your goals, consider what kind of support you need, or simply talk things over with you. We may also accompany you on your journey, and may want to help you plan the best route, too. Throughout your student life, we hope that you'll be able to find good ways to rest and overcome those challenges, and a pace that you can sustain over the long term. Everyone has different goals, different needs regarding the quality and quantity of rest, and different paths to achievement. We hope that you'll be able to find an approach that's right for you.

Center for Counseling and Disability Services, Counseling Office

Phone : 022-795-7833

E-mail : gakuso@ihe.tohoku.ac.jp

Center for Career Support Announcements



The Center for Career Support offers various services year-round. It provides support to students, from their first year on, to help them solidify their career plans. All services are free of charge.

Why not drop by and have a look?

Note: Support for doctoral students is also available. 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 planning a career and understanding the relevant professional communities.
- We also hold extracurricular activities such as individual counseling, seminars, and on-campus seminars given in cooperation with enterprises. For the most part, these are open to all students regardless of year.

Career Support Information

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

Information Services

- We provide various information services, such as books, newspapers, and magazines related to careers and job-hunting, information on employer seminars, job aptitude tests, information about on-campus part-time jobs, etc. Feel free to use these services for your information-gathering activities.

Sign up for the mailing list

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



Use the QR code to sign up! ➡



Our latest Tweets can be found @tohokucareer. Please follow us!

More information is available on the website



Tohoku University Center for Career Support

search

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



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