

GAKUSEI SHIEN DAYORI

TOHOKU UNIVERSITY
GAKUSEISHIEN
DAYORI

2016.1.22 No.

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Drinking Responsibly Spring Break and the “Farewell Party Season”

There will be ample opportunities for you to drink alcohol during spring break on trips with friends, club excursions or retreats, and also at parties for clubs and departments in the March “farewell party season.” After a long semester, it’s only natural that you’ll feel ready to cut loose at these events, but this also increases the risk of drinking too much, potentially leading to accidents.

Last December, an underage student at a university in the Kansai area died of acute alcohol poisoning while drinking at her university.

Many alcohol-related college student deaths are caused by practices such as chugging (*ikki nomi*) and “calls” (calling on others to finish their drinks immediately).

At Tohoku University, last year and the year before, some club members from the Students’ Friendship Association became drunk and defaced and damaged school property, resulting in disciplinary measures being taken.

Depending on how you drink, you could suffer serious accidents or even death. When drinking, please take care of not only yourself, but also your friends and other party-goers. Think carefully about underage drinking, excessive drinking, and peer pressure, and consider ways to ensure you drink moderately and responsibly.

☒ **DON’ T drink if you’ re underage (under 20)**
DON’ T give alcohol to underage students

☒ **DON’ T pressure others to drink**
(alcohol-related harassment)

☒ **DON’ T chug DON’ T call out others**

If you find a drunk/unconscious person:

- Don’ t leave them alone. Make sure they receive care.
- Turn them on their side and cover them with a blanket to keep them warm.

Call an ambulance immediately if:

- The person’ s temperature drops and their whole body is cold.
- They appear to be having trouble breathing, or are snoring very loudly.
- The person does not respond, even if you call their name or shake them.



Trouble with Part-Time Jobs

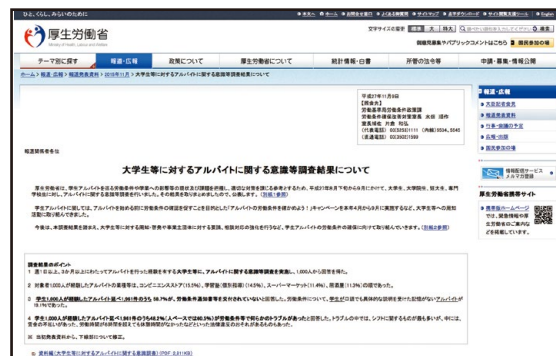
Last November, the Ministry of Health Labour and Welfare conducted an opinion survey of university students regarding part-time jobs due to problems such as failure to respect students' time constraints by employers and forced unpaid work (*burakku baito*).

Ministry of Health Labor and Welfare homepage (Japanese):

<http://www.mhlw.go.jp/stf/houdou/0000103577.html>

According to the survey, 60 percent of the 1,000 university students who responded said they had experienced problems at their part-time jobs. The most common problem was students being given more shifts than they had agreed to when they were hired. They also reported unpaid wages and not being given breaks, even during shifts that exceeded six hours. Some also felt that their jobs hindered their studies, e.g. they could not attend classes due to their shift schedules, or could not take time off during the exam period. According to the 11th Student Life Survey conducted last November by Tohoku University, 81 percent of undergraduate and 76 percent of graduate students performed part-time jobs, indicating that it is an indispensable part of student life. With the end of exams and the start of spring break, many students will probably begin part-time jobs. About 20 percent of Tohoku University students work over the long term-end vacations. Hopefully, you will have no problems, but it is possible that you will experience unforeseen issues such as sexual harassment or power harassment by coworkers or employers. If you experience such problems, do not keep them to yourself. Consult with your family, peers, or the University Counseling Center.

Also the National Labor Bureau and Labor Standards Inspection Office operates "General Labor Counseling Corners." These offer counseling, both in-person and by phone, by professional consultants on working conditions and job-related bullying and harassment.



● Sendai General Labor Counseling Corner

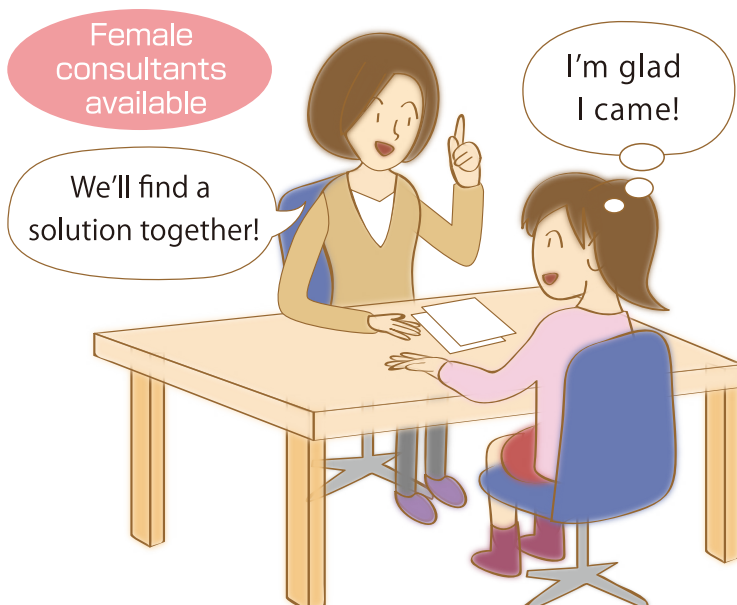
- Location: Sendai 4th Joint Gov' t. Building (Kōdōchōsha), Teppō-chō 1, Miyagino-ku, Sendai
- Inquiries

Miyagi Prefecture General Labor Counseling Corner:

022-299-8834

Sendai General Labor Counseling Corner:

022-299-9075



Beware of Deceptive Recruiting

In the past, we have issued warnings about religious groups that perform suspicious recruitment activities (recruiting under false pretenses). This semester too, we received a number of inquiries about such recruitment practices after classes began. Please read the below warning signs of deceptive recruitment so that you can avoid falling victim to it.

Common Opening Lines:

- Please fill out our survey.
- Have you ever wondered about the meaning of life?
- Would you like to participate in a volunteer activity?
- Please come to my dinner/study group.
- Where's the restroom (etc.)?

Common Tactics/Traits:

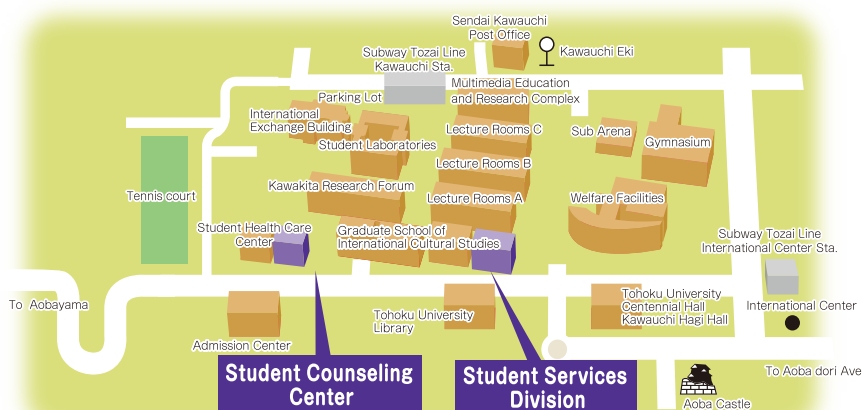
- Approaching lone students at campus cafeterias, benches, empty classrooms, etc.
- Often work in pairs.
- Members are often not Tohoku University students.
- Members do not at first mention their true affiliation or group.

Such groups will commonly try to build positive relationships through volunteer activities, study groups, or sports in order to make it harder to refuse their demands after they reveal their religious affiliations.

Preventative Measures

- Never provide strangers with personal information, such as your address, phone number, email, or SNS username.
- Flatly refuse their invitations.

In the past, students who provided personal information have been harassed at their own apartments. If approached by a stranger, use caution. Do not simply answer any questions you are asked. Such groups recruit not only on campus but also via Internet sites and door-to-door at apartment buildings. Groups that use deceptive recruiting tactics are difficult to detect as they are extremely skilled at concealing their true affiliations. If you feel any suspicions about, or discover, such recruiting, please contact the University Counseling Center or Student Services Division.



University Counseling Center:
022-795-7833
Student Services Division:
022-795-7818

Tohoku University forbids organized recruiting activities on campus by outside groups.

Use Subways and Buses for a Safe, Pleasant Commute

The Sendai Tozai Subway Line opened on December 6th of last year, providing very convenient access to Kawauchi and Aobayama campuses.

○Sendai City Transportation Bureau Homepage:
<http://www.kotsu.city.sendai.jp/>

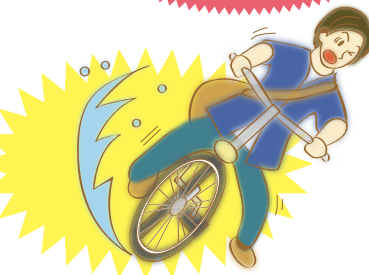


Commuting by bicycle/motorcycle is dangerous on icy winter roads!

**BICYCLE ACCIDENTS
ARE ON THE RISE**

Last year many cyclists suffered injuries from collisions with vehicles due to going too fast, hitting the curb because of steering misjudgments, and skidding and falling on wet roads.

One accident involving an international student was due to the fact that the student was unfamiliar with Japanese traffic laws. Commuting by bicycle or motorcycle requires extra care during the winter months as it is dangerous for various reasons — it becomes dark early in the evening, and roads are snowy and icy. Therefore, we recommend using subways and buses for a safer, more pleasant commute.



March is Moving Season

In Japan, more people move in March than at any other time of the year. Many students move into new apartments during spring break too. If you are thinking of moving anyway, we suggest moving to a place near a subway station so that you can get to campus safely and comfortably, regardless of weather conditions.



(Tozai Subway Line, Kawauchi Station)

Preventing Theft of Valuables (Money, Wallets) and Bicycles

Thefts of valuables, such as wallets, and bicycles occur frequently on Kawauchi campus.

There have been many reports of thefts of items left unattended in university buildings, for example in the gymnasium changing rooms. The majority of bicycle thefts occur when the bicycle is left unlocked, either because the owner believes it will be safe to leave it unattended for a short time, or she/he forgets to lock it.

Please take simple precautions, such as keeping wallets and valuables with you, not carrying large amounts of cash, and locking bicycles with two locks (double-locking).

Also, last year a clubroom was robbed, so please do not keep money for club expenses in cash. Deposit it in a bank account etc. instead for safekeeping.

- Don't leave valuables unattended
- Double-lock your bicycle
- Keep funds for clubs etc. in a bank account



◆Cases of Bicycle Theft at T.U. (Locked vs. Unlocked)

Statistics for 2015 are current as of January 2016

No. of Locks	2012	2013	2014	2015
None	18	11	13	14
One	4	10	12	5
Two	0	1	1	0
Total	22	22	26	19

