

To All Students,

Chief Academic Officer/Vice President

## Precautions for Winter Holidays

As the winter holidays and New Year holidays are approaching, many of you may be planning for activities such as returning to a hometown, extracurricular activities and leisure activities. During the winter season, it is easy to become distracted since the sun sets early and temperature stays low. Please take extra care to avoid any accidents or becoming the cause of an accident.

During this time of the year, the flu spreads throughout Japan every year. We ask that all students take basic quarantine measures once again, and behave responsibly as a student of TUAT. Please act accordingly while paying close attention to the following points.

### ① Prevention of the Spread of Flu

- Reported cases of flu are increasing regardless of the season this year, but winter season is particularly concerned. Please continue to monitor your health condition on a daily basis, whether you are on or off campus.
- If you have been confirmed of infection, immediately report it to TUAT.
  - ◆Contact of the University if you have been confirmed with flu or other infectious disease: [https://www.tuat.ac.jp/campuslife\\_career/campuslife/tetuduki/kansen/](https://www.tuat.ac.jp/campuslife_career/campuslife/tetuduki/kansen/)

### ② Extra-curricular Activities

- Before engaging in extra-curricular activities off-campus, please submit a “Request for Extracurricular Activities Off-Campus.”
- Accidents or incidents may increase as you get engaged in more activities. Please take extra care to avoid unexpected accidents and/or incidents. In some cases, it is possible to prevent accidents before they occur by predicting possible accidents and preparing for them along with suitable plans.
- Obey the traffic rules and be aware of traffic manners, to avoid being a victim or the cause of a traffic accident. Under the Road Traffic Law, bicycles are “vehicles”. If a bicycle rider fails to follow the rules and causes an accident, he/she becomes the aggressor and the bicycle rider is held responsible.

### ③ Precautions concerning alcohol consumption

Attention! Minor drinking is prohibited by law. The person who provides an alcoholic beverage to a minor will also be held responsible.

【Strictly Prohibited】

Avoid dangerous acts such as binge drinking, forcing a person who cannot ingest alcohol to drink, drink-driving (including drink-driving a bicycle), etc.

In addition, know your own consumption limits and avoid excessive drinking Do not drink (or refrain from drinking) if you are not feeling well.

### ④ Drug Abuse

Attention! “Possession,” “Use” of drugs are strictly prohibited by law, and those acts will be punished.

【Strictly Prohibited】 \*Stimulants, marijuana, dangerous drugs, magic mushrooms, etc.

The use of drugs is not only harmful to the mind and body, but is also an illegal act and will be punished by law. Drug abuse will drastically change your life. Do not give in to temptation, curiosity, or have any other momentary lapse in judgment that could lead to drug use.

The dangers of drugs are closer than you think. If you are offered a drug in any cases, refuse it firmly, and stay away from drugs.

### ⑤ Precautions for Using SNS

While social media such as LINE, X (formerly Twitter), and Facebook etc., are very convenient to connect with people, they can also get you into unexpected troubles or hurt others by posting and sending inappropriate information. This may result in "legal penalties," regardless of whether or not there is a malicious intent. Please understand the characteristics of social media, as it may have serious and dangerous impact in your future life. Please always keep in mind to use social media properly.

### ⑥ Fraud e-mails (Scam e-mails) and Handling Personal Information

- There was an incident involving e-mail fraud where a person received an invoice from overseas for a dissertation publication fee by a fraud e-mail (sent from a personal Gmail account) that closely resembled an official email (sent from a cooperate email account), and it lured the person into sending money to a fake illegal bank account. Also, there have been cases where a person provided his/ personal information to a third party, and the personal information was used fraudulently in a way he/she did not intended to.
- Please be aware that the fraud troubles can be kept minimum by taking daily precautions.
  - \*Please refer to the notice dated December 4, 2011 ([Caution] Be Wary of E-mail Fraud (E-mail Scam) and Handing Your Personal Information on the SIRIUS bulletin board for details.

### ⑦ Overseas trips

- If you are traveling abroad, please check the TUAT website, “To Students Who Plan to Travel Abroad.” [https://www.tuat.ac.jp/NEWS/important/travel\\_abroad.html](https://www.tuat.ac.jp/NEWS/important/travel_abroad.html)
- Before you travel, please check “[Study Abroad Handbook](#)” for information on how to ensure your safety, and be sure you have the contact information of the support office at your destination in case you face any problems while you are abroad.

### ⑧ Contact the following if you encounter an incident/accident in Japan or overseas OR if you have any questions:

Your affiliation at TUAT	Office (Weekdays 8:30 - 17:15)		Office (Saturdays, Sundays , Holidays and Night time from 17:15- next day 8:30)
Faculty/Graduate School of Agriculture	Student Support Section	TEL:042-367-5579	Fuchu Campus (Night Duty Room) TEL: 042-367-5664
United Graduate School of Agricultural Science	Student Affairs Section	TEL:042-367-5670	
Faculty/Graduate School of Engineering	Student Support Section	TEL:042-388-7011	Koganei Campus (Guard Station) TEL: 042-388-7007
BASE	Educational Affairs Section	TEL:042-388-7217	

※Calling from overseas: press country number +81, then area code starting with 42

(ex) domestic: 042-388-7011 overseas: +81-42-388-7011

Risk management company IR&C Japan: 001-81-3-6625-8593