Pamphlet to enhance student life at KANAZAWA UNIVERSITY
生きる！
伸びる！
輝く！
あなたのために

キツクメラッシ

When people are asked about the Kanazawa dialect, the first thing they usually think of is the suffix "-shimasshi" (which replaces the imperative form "shinasai" from standard Japanese.)

Lots of hoardings and road signs around the city feature the "-shimasshi" expression, and it’s part of the everyday language of Kanazawa.
(From the Kanazawa city government websites (Inetto))

This “Kitsukemasshi” is Kanazawa dialect for “Kii wo tsukete kudasai ne,” which means “Please take care” when you encounter various events and circumstances that you might run into in the future. The “Kii” part also sounds like “key,” and the pamphlet contains key knowhow and mindsets that we hope will be useful to you.

Please keep it close by and make use of it until you graduate.
Note that the content may change after publication, so please check for new information under the regularly-updated “Kiitsukemasshi” section of the university’s website.
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(1) Kanazawa University’s student consultation and support system

At Kanazawa University, to ensure that there’s always someone you can talk to from the time of your enrollment to the time you graduate, we have established a university-wide consultation and support system. Advisor teaching staff are familiar faces whom you can consult about things that are on your mind. And if the matter concerns your particular field of study, you can contact the student office for your school. In addition, you can consult the Health Service Center Student Consultation Office, the “Yorumasshi” universal consultation office in the General Education Building, the Harassment Consultation Desk, the Career Support Office, and the Disabled Student Support Office. You can also consult more than one of them at the same time.

(2) Seek advice if there’s something worrying you!

[Advisor teaching staff]

★Advisor teaching staff are assigned to each and every student. Which members of the teaching staff serve as your advisor teaching staff depends on factors such as the school, year of study. Your advisor may be specifically assigned to you, or the role may be performed by your class leader, one of your seminar instructors or lecturers, or your supervisor. Please make sure to confirm who your advisor is in advance.

★The role of advisor teaching staff is to assist you in enjoying a smooth student life. Please ask them about things you don’t understand relating to your studies or living, or seek their advice. They’ll provide you with useful information, introduce you to other people you could consult, and give you advice.
If you feel that things aren’t going well with your advisor, if you are unable to communicate with them, or if you have any other concerns, please consult the student office for your school. They’ll be happy to help you.

Messages from senior students (1)

“At university you don’t have a homeroom teacher. But you have an advisor on the teaching staff who is always there to give you advice. So if there’s anything worrying you, be sure to consult them.”

Advisor teaching staff for each school etc. are as follows:

• School of Humanities: First-year students are notified of the name of their advisor and how to contact them after they enroll. For students in their second or subsequent years, their advisor is a member of the teaching staff from their field of study.

• School of Law: An advisor is assigned to each student.

• School of Economics: An advisor is assigned to each student from their first year.

After being assigned practice (from the third-year onwards), the advisor is the member of the teaching staff in charge of the student’s practice.

• School of Teacher Education / School of Regional Development Studies: An advisor is assigned to each student from their first year. As the student advances through the years and they are assigned a supervisor, this supervisor will be their advisor.

• School of International Studies: In the first year, the advisor is the instructor for Freshman Seminar I. From the second year onwards, the advisor is the instructor for the student’s course.

• College of Science and Engineering (all schools): An advisor is assigned to each student from their first year.

• School of Medicine: The class leader for each year is the advisor.

• School of Pharmacy / School of Pharmaceutical Sciences: An advisor is assigned to each student from their first year. After a student is assigned to a lab, a face-to-face instructor appointed by the head of the lab is their advisor.
• School of Health Sciences: The class leader for each year is the advisor.
• School of General Education: The leader of each class is the advisor.

[School etc. consultation desks / consultation offices] (student consultation by teaching staff from each school etc.)

There is a student consultation office in the student office for each school etc. These offices are especially useful for providing advice about studying, student life, courses to take, future career paths, etc. They can also tell you who you should consult for specific issues.

”Yorumasshi” universal consultation office in the General Education Building
See page 14.

Each college, school, etc.

○ College of Human and Social Sciences
  ★ School of Humanities

All full-time teaching staff in the School of Humanities serve as advisors for first-year students. But they can also consult the instructor of their freshman seminar or a Student Life Committee member. In their second year, after they have joined a specialist field, their advisor will be one of the teaching staff for the field concerned (Please use the “office hours” specified by each teaching staff member (the syllabus provides days/times, methods of arranging meetings, etc.).

★ School of Law

Various systems are in place, including the assignment of a personal advisor to all new first-year students, a student consultation office that anyone can use to ask for advice at any time, and office hours, during which students can consult the teaching staff member they wish to talk to at the appointed time. For more details, please refer to the School of Law handbook.
★★School of Economics
Advisor teaching staff are available daily to respond to queries about how best to study, which subjects to take, and curriculum-related matters, as well as to provide advice about various matters relating to life. For questions about the content of lectures, you can also take advantage of the “office hours” specified by each teaching staff member.

★★School of Teacher Education
Harassment counsellors and advisor teaching staff are ready to provide advice to students about various matters. Please consult them without hesitation if you have anything on your mind with regard to your studies, student life, harassment, etc. Individual teaching staff members also have office hours during which you can consult them.

★★School of Regional Development Studies
Advisor teaching staff are assigned so that students can obtain advice about various matters. Please consult them for help with determining study plans, studying overseas, career paths, daily life, etc. so that your student life goes smoothly. Individual teaching staff members also have office hours during which you can consult them.

★★School of International Studies
Advisor teaching staff are assigned so that students can obtain advice about various matters. Please consult them for help with determining study plans, studying overseas, career paths, daily life, etc. so that your student life goes smoothly. Individual teaching staff members also have office hours during which you can consult them.

★★Student consultation office (human and social sciences)
There’s a student consultation office for human and social sciences. If you are a student in the College of Human and Social Sciences, please feel free to make use of it (contact details etc. are provided below) if you
have any worries about grades/credits, advancing to the next year, graduation, interpersonal relationships, career paths, job hunting, extracurricular activities, etc. Depending on the matter concerned, a counsellor from the Health Service Center can also offer you advice.
Consultation date/time: Please make contact using the dedicated telephone line or dedicated email address below, stating the date and time you wish to come in for a consultation:

Location: 6F, Human and Social Science Hall 3
Dedicated telephone line: 080-5854-2193 (weekdays 8:30 – 17:00)
Dedicated email address: soudan@ed.kanazawa-u.ac.jp

(Please use “Consultation Reservation Request” as the title, and write your name and school in the body, as well as a summary of the matter you would like advice about. Your request will be kept strictly confidential.)

College of Science and Engineering

★College of Science and Engineering (all schools)

An advisor teaching staff member is assigned to every student, and their role is to help ensure the life of the student goes smoothly. If you are troubled or concerned about your studies, your future, health issues, or anything else, please feel free to ask the advisor for your school absolutely anything. We will be sure to maintain the confidentiality of the content of your consultation.

There is also a student consultation desk for science and engineering students, so please feel free to make use of it (contact details etc. are provided below) if you have any worries, no matter how small, about grades/credits, advancing to the next year, graduation, interpersonal relationships, career paths, job hunting, extracurricular activities, etc. Depending on the matter concerned, a qualified psychologist from the Health Service Center can also offer you advice.
Science and Engineering Student Consultation Desk
   Dedicated telephone line: 076-234-6800
   Dedicated email address: soudan@se.kanazawa-u.ac.jp
   (If you use email, there’s a risk that our reply will not reach you, so please include your name or your telephone number if you can. Your communication will be kept strictly confidential.)

College of Medical, Pharmaceutical and Health Sciences
   The College of Medical Pharmaceutical and Health Sciences offers a one-stop desk for providing various sorts of advice. Please make contact using the following telephone number or email address:
   Dedicated telephone line: 080-8695-1301 (weekdays 8:30-17:00)
   Dedicated email address for consultations: soudan@med.kanazawa-u.ac.jp

School of Medicine
   In the School of Medicine, you can consult your tutor, class leader, or the chair of the Student Support Committee. However, if you wish to consult the chair of the Student Support Committee, please inform the head of student affairs in the student office for the college in advance.

School of Pharmacy / School of Pharmaceutical Sciences
   Please feel free to consult the advisor teaching staff member who has been assigned to you about anything that’s troubling you, even if it doesn’t relate to your studies. You can contact them whenever you like, even if it’s outside the prescribed regular consultations.

School of Health Sciences
   Class leaders and student counsellors are ready to offer advice at any time. You can also speak to someone from the Student Support and Consultation office in the consultation room (Room 1122) in Hall 1. Contact details are shown below, so please feel free to consult them:
   Wednesdays, 11:00-15:00, Qualified Psychologist Adachi (Health Service
Center)
(Students from outside the School of Health Sciences can also make use of
this service.)

● Institute of Liberal Arts and Science
  ★ School of General Education

A teaching staff member is in charge of each class, and is on hand to
provide advice about studying and living. Furthermore, academic
advisors offer assistance with selecting study/career paths and planning
which subjects to take. If you are worried about your future, you can
obtain information and explanations about each school from an academic
advisor. And if necessary, you can also receive advice from teaching staff
from the school your wish to join.

[Health Service Center Student Consultation Office]

● What is the Health Service Center Student Consultation Office?

Psychological counsellors (qualified psychologists) offer confidential
consultations from an expert standpoint with regard to various worries and
problems that students face. At the university, counselling services are
referred to as “student consultations.” Please book and come in for a
consultation. If there’s something on your mind, be it a psychological concern
about your relationships with other people or your personality, worries about
your studies or future, health concerns such as insomnia or loss of appetite,
etc.

Counselling is centered on the person coming for advice. A qualified
psychologist asks what’s troubling them, what their hopes are, and so on, and
helps them to zone in on their problem. The psychologist helps make it easy
for the person to settle on a solution that suits them. In addition, the
psychologist can, based on the person’s wishes, provide them specialist
information, act as a go-between to improve relationships between the person
and others, refer the person to appropriate people or organizations, and
perform various other services.

It seems that more and more people feel reluctant to go to the Consultation
Office, and instead search for solutions on the web or seek advice using social media, but it is difficult to find solutions to specific worries and problems. If your worries and problems are continuing even after consulting your friends and family, please try out our counselling service. You can also use the service if a friend or family member is in difficulty. Try to acquire the **flexibility to rely on others in times of need.**

- Where is the Health Service Center Student Consultation Office?

  The Student Consultation Office operates out of two locations: Health Service Center Headquarters (Administration Office) and the South Office (Natural Science and Technology Main Hall). Counsellors are also present at the student consultation office for the School of Health Science on Wednesdays at 11:00-15:00, at the student consultation office for human and social sciences (Room 1607, 6F, Human and Social Science Hall 3) on Wednesdays at 12:15-16:00. A counsellor may not be present when measures are being taken to tackle the spread of infectious diseases or during holiday periods, so please be sure to reserve in advance.

- How can you reserve a counselling (student consultation) session?

  Many students take advantage of counselling services, so if you wish to have a meeting, please first make a reservation via telephone or email (contact details below).

  When infectious disease measures are in effect, remote (online) consultations are available. Although, you can come directly to the Health Service Center, you may be unable to receive a consultation on that day. However, please come to the Health Service Center immediately if the matter is urgent.

  **Telephone:** 076-264-5255 (Administration Office), 076-234-6803 (South Office)

  **Consultation hours:** Monday-Friday, 8:00-17:00; also possible during holiday periods

  **Email:** hokekan@kenroku.kanazawa-u.ac.jp
Who are the counsellors?

Full-time counsellors:  Yumi Adachi (qualified psychologist)
                       Ayako Baba (qualified psychologist)

Part-time counsellors: Takako Sano (qualified psychologist)
                       Hideto Shibata (qualified psychologist)
                       Yuko Nagao (qualified psychologist)
                       Ryuji Tanaka (qualified psychologist)
                       Michie Nakamura (qualified psychologist)

Messages from senior students (2)

“At the Health Service Center, you can receive counselling regardless of your college or school. The counsellors are kind, and happy to give you advice. So definitely go there if there’s anything troubling you!”

Students can receive counselling free of charge. So don’t hesitate, and instead take advantage of this perquisite to student life!”
Location of Health Service Center Student Consultation Office

North Area Student Consultation Office (Human and Social Science Hall 3 6F 1607)

Administration Office

Health Service Center South Branch Office (Natural Science and Technology Main Hall G2)

Health Service Center entrance (1F)

Universal Consultation Office – Tama-shi (School of Health Sciences Hall 1 1F)

Health Service Center Takaramachi Branch Office (School of Medicine Hall P 1F)
Do you want to make more friends while taking part in volunteer activities on campus?

[Student Crew]

“Student Crew” are student volunteers who engage in activities to support the mental and physical health of students. They emerged out of a program for supporting growth through mental and physical development that was implemented by Kanazawa University in 2007-2010 and selected by the Ministry of Education, Culture, Sports, Science and Technology as a Student Support GP (Good Practice). Students from various colleges and schools gather together to assist with some of the activities (e.g. dietary education) of the Health Service Center, while also conducting activities in their schools or communities. They make more friends and improve their communication abilities. They can join at any time, and only need to participate when they are able to participate. If you want to do something, why not join them? International students also take part, so you can also broaden your perspective.

•How can you become a Student Crew member?

Please inquire when the Health Service Center is open (8:30-17:00).

Telephone: 076-264-5255 (Administration Office), 076-234-6803 (South Office)

Email: sgp8739310@ml.kanazawa-u.ac.jp

Start by checking out the posters displayed in the Student Union Hall or the information in the Acanthus portal site to find out about the programs. Many people become Student Crew after taking part in one that grabbed their interest, and Crew activities are wide ranging, so you can meet lots of different sorts of people. It’s bound to make your university life more satisfying. International students are also more than welcome to join. It’s a fantastic chance to make a lot of friends.”

[Disabled Student Support Office]

The Disabled Student Support Office is situated on 2F of the Administration Office of the Kakuma Campus. It handles various types of consultations relating to the studies and lives of students with disabilities.
Open-office time (reservations not required): Mondays, Wednesdays, and Fridays, 12:00-13:00

For your first consultation, please come to the office at during the open-office time above. If you wish to engage in a consultation that would take some time, adjustments can be made, so please contact us in advance using the following contact details:

Contact details: Disabled Student Support Office (Student Support Division, Educational Affairs Department)
Telephone: 264-5168  E-mail: siensitsu@adm.kanazawa-u.ac.jp

installation of multipurpose toilets (toilets that anyone can use)

At Kanazawa University, a multi-purpose toilet (toilet for everyone) that can be used by anyone, not only persons with disabilities, is installed at one location in each of the main buildings. Some toilets also contain a foldout changing stand, so please use it as necessary (see pp. 78-79 for a list of locations in each zone).

Message to students

Some of our students require various sorts of support to live their lives at the university. One example is notetaking during classes. Notetaking is only possible thanks to the support of students like you. If you are interested in becoming a notetaker, please come to the Student Support Office. We're waiting for you!

[International Student Consultations]

What are international student consultations?

We respond to various problems relating to studies, finances, and living that occur when studying overseas. Those approaching us for consultations include international students themselves, students at labs that have accepted international students, graduate-school international students, and teaching staff. Because your time spent studying abroad is limited, it's better to come in for a consultation sooner rather than later so we can solve your problem.
swiftly. And needless to say, we’ll protect your privacy.

★Reception desk  Organization of Global Affairs: Xue Yun (076-264-5130)

• There are also teaching staff tasked with handling consultations in partnership with the Organization of Global Affairs:
  
  ★Reception desks
  College of Human and Social Sciences: Etsuko Miyazaki
  Graduate School of Science and Engineering: Yumi Kishida
  Graduate School of Medical Sciences
  (specialization in medicine and specialization in medical science):
    Michihiro Mieda
  
  Graduate School of Advanced Preventative Medical Sciences:
    Atsushi Tajima

• Please also contact us if you have a law-related problem, as we can introduce you to an on-campus legal advisor.

[Consultations concerning overseas study]

• In the Organization of Global Affairs, there are teaching staff in charge of overseas study. The contact person is Mariko Saiki of the Organization of Global Affairs. There are also overseas-study advisor teaching staff in some schools. If you are a Japanese student who wishes to go abroad to study, they can provide you with useful advice.
  
  Message from Saiki: “The Kanazawa University Study Abroad Fair / KU to Abroad Briefing held every year in late June and the KU to Abroad Report Session held in January are good opportunities to hear directly from people with experience of leaving Japan to study abroad!”

[Consultations for persons wishing to become tutors for international students]

• We recommend that Japanese students who are interested in things like overseas study or the world’s cultures serve as tutors for international students. The website of the Organization of Global Affairs carries information about tutoring, so be sure to check it out.
How should I organize my lesson schedule? Which subjects should I take?

[“Yorumasshi” universal consultation office]

- The office is located on across from Educational Affairs in the Core Education Support Section at the back of 2F in the General Education Lecture Hall. It’s open on weekdays during term time (a monthly schedule of days the office is open, with the name of each counsellor, is displayed in front of the office). You can also book appointments by telephone or email, enabling you to adjust your consultation days and times to suit you.

- “Yorumasshi” is Kanazawa dialect for “Drop in” or “Why not drop in?” If there’s something you don’t understand or there’s something troubling you, please feel free to drop in! Teaching staff or student counsellors will be happy to give you advice, and if necessary, they can refer you to another teaching staff member or desk. And though this goes without saying, the nature of your consultation will be kept strictly confidential.

- In April every year, we field questions, mainly about which subjects to take.

  **Telephone: 076-264-5930**

  **Hours office is open:** Weekdays, 12:00-16:00

  **Email:** nandemo@adm.kanazawa-u.ac.jp

  **Website:** University homepage → For students → Student consultation desks → Universal consultation office

  https://www.kanazawa-u.ac.jp/faculty/kiko/kiko/Nandemo/soudan.htm

[Volunteering Consultation Desk]

The Students Department on 2F of the Administration Office gathers and disseminates information about volunteering so as to support volunteer activities by students. If you’d like to try volunteering, please come in and let
us know.
Telephone: 076-264-5167  Hours open: Monday-Friday, 9:00-15:45
Email: soudan@adm.kanazawa-u.ac.jp

(For general information about volunteering in Ishikawa prefecture, please contact
the Ishikawa Prefecture Volunteer Center (7F Korinbo La Moda, 2-4-30 Korinbo,
Kanazawa-shi; Telephone: 076-223-9558).

[International Exchange Activities]

★KISSA
If you feel like you want to make friends with international students, or want to make friends with students in different years, colleges, or schools, why not come and relax at KISSA?

KISSA is a student body that’s officially authorized by the Organization of Global Affairs. It conducts variety of student-centered activities aimed at increasing interactions between Japanese students and international students at Kanazawa University and creating opportunities for them to make friends with each other. Even if you feel you’d like to get acquainted with the international students, it requires courage to initiate conversation with them, doesn’t it? And even if international students want to make friends with Japanese students, it’s difficult for them to strike up conversation given their imperfect Japanese. The role of KISSA is tackle these sorts of dilemmas and help nurture cross-border friendships.

International students are studying Japanese, so you don’t need to be able to speak English. Feel free to drop during your lunch break or between lessons.

Locations for activities are currently undecided. We talk about various topics, and plan and organize a variety of events such as international cafes and language courses. Please check out the posters etc. and take part in one of them.

Staff are also more than welcome to participate: http://kissa464.com

The KISSA website also provides event information etc., so make sure you check it out.
There are so many events where you can make friends with international students. The international students are all super friendly, so you can hit it off with them right away!

★Halal food

The serving of Halal food, which Muslim students had long wished for, began in November 2010 in the Friendship Portal in the Natural Science and Technology Main Hall. The menu, which includes vegetarian curry and chicken (fried/steak), can be enjoyed by all students, not only Muslims.

To ensure that it isn’t mixed with other foods, Halal food is labeled as “Halal” on the price card etc. It is sold at lunch time in the don (dishes served on rice in a bowl) and curry corner and at dinner time in the cafeteria corner.

There is also a cooking manual for Muslim students and signs for non-Muslim students explaining what Halal is.

[Harassment Consultation Desk]
★Harassment Consultation Desk

At Kanazawa University harassment counsellors are located throughout the university (there were 45 such counsellors as of AY2020). These counsellors serve as the touchpoints for consultations concerning harassment. Regardless of your school etc., you can consult any of the counsellors, so pick one who you feel comfortable talking to.

The latest list of harassment counsellors is displayed on the Kanazawa University website:

Homepage > For students > Student consultation desks > General Consultation Office
https://consult.w3.kanazawa-u.ac.jp/

• If you’re experiencing harassment, don’t struggle with the problem on your own. Contact a harassment counsellor immediately!
• Or if you witness harassment, or a friend of yours is experiencing it, encourage the victim to seek help!
• And if you’re not sure whether it’s harassment, or even if it’s a minor matter,
please feel free to ask for advice.

- Harassment counsellors will rigorously safeguard your privacy, and give you advice in a friendly manner.
- Seeking a consultation is the first step in addressing the situation.
- Contact details for inquiries concerning harassment consultations:
  General Consultation Office  Telephone: 076-264-6160, 6154
  Email: consult@adm.kanazawa-u.ac.jp

★ Sexual harassment

Sexual harassment is defined as “sexual language or behavior that makes the other person feel uncomfortable.” It includes not only “language/behavior based on sexual interest or desire,” but also “language/behavior based on the intent etc. to discriminate on the basis of gender, sexual orientation, or gender identity.” Sexual harassment is also a problem at universities. The victims tend to be female, but in some cases are male.

- The difficulty of complaining about sexual harassment

  The power structure of the victim and the harasser (teaching staff member and student, senior student and junior student, etc.) makes it difficult for the victim to speak up. They may worry that if they reject the harassers advances the harasser may refuse to provide them with guidance, or that they may not receive a credit. In other words, they have an internal conflict of interest. Victims also often struggle with various unpleasant thoughts. For example, they may fear the relationship with the harasser becoming awkward, they may become overly self-conscious, or they may wonder whether they themselves did something wrong inadvertently.

- What is sexual harassment?

  Sexual harassment is a manifestation of failing to view someone as a human being, and is both a human-rights problem and an educational problem. If one respects the other person, it doesn’t occur. Sexual harassment encompasses not only overt sexual acts, but also physical contact that ignores the other person’s wishes, pressure to go out for dinner or on dates, and sexual teasing. Sexual discrimination (or more accurately, gender harassment) and language/behavior that defames homosexuals or
people with gender identity disorders also constitutes sexual harassment (or more accurately, SOGI (sexual orientation and gender identity harassment)). You also need to be careful not to say things like “even though you’re a woman (or man)...”

• Unconscious sexual harassment

Sometimes we engage in sexual harassment without even being aware of it. For example, we may not have realized that someone found something unpleasant because they didn’t tell us to stop (feeling unable to complain lies at the heart of the problem of sexual harassment). Thinking that something is permissible given social norms is the cause of unconscious sexual harassment.

• What to do if you are suffering or have witnessed sexual harassment

If you’ve suffered sexual harassment, there’s no need to beat yourself up about it. Rather than worrying about it on your own, please talk to someone you can trust. It’s also important to keep records of what’s happened.

And if you’ve witnessed sexual harassment, please assist the victim by, for example, cautioning the harasser, testifying as a witness if necessary, providing psychological support if you’re asked for advice, and in some cases, recommending that the victim visit a consultation desk.

★ Academic harassment

This is harassment where the harasser utilizes their authority in a research or educational context. Specific examples include research-related harassment, such as not providing research topics or forcing the victim to research a certain topic, and education/guidance-related harassment, such as using aggressive language, defaming or ridiculing the victim, refusing to provide guidance, or treating the victim unfairly in, for example, the award of credits.

★ Bullying and power harassment among students

If bullying happens at elementary schools, junior high schools, and high schools, it should come as no surprise that it also happens at universities. In
fact, Kanazawa University also sees consultations concerning bullying, or behavior that resembles it, among students. Bullying takes various forms, such as being excluded from activities of different kinds, being ignored, being subject to defamatory emails, being insulted or defamed on noticeboards etc. Furthermore, there are students who worry excessively about the relationships between senior and junior (in terms of study year) students during extracurricular activities, in labs, and in other living spaces. Continuous pressure that goes beyond appropriate limits constitutes power harassment. In principle, everyone at the university, including teach staff, is equal. It is therefore essential for us to all respect each other and build friendly relationships.

★Alcohol harassment

Urging people to down drinks in one or encouraging minors to drink is obviously unacceptable, but other examples of alcohol harassment are forcing people to drink, or criticizing them if they don’t drink, at parties and gatherings.

★Stop-job-hunting harassment

(The Educational Affairs Department handles consultations relating to job-hunting harassment)

A type of harassment that occurs during job-hunting activities is referred to as “stop-job-hunting harassment (Owahara in Japanese).” It describes a situation in which a company forces a student to finish their job-finding activities. For example, a company that takes a shine to a particular student might tell them that they’ll be offered a job if they put a stop to their job-hunting activities right now. The student might subsequently receive a job offer from another company (which they would prefer to work for), but when the student than tries to withdraw their application from the first company, that company might, for example, try to pressure them to accept their offer by saying that the student had already signed a letter of acceptance. It’s important to explain one’s wishes and circumstances and work for the company that we want to work for.

In addition, when visiting a company, it’s a good idea to call on former
students of the university who work for the company, so as to ask them what it’s like working there. But sometimes you can be forced to join them for meals or drinks beyond what is necessary. So please convey your wishes clearly and say no to anything you don’t want to do.

<table>
<thead>
<tr>
<th>Messages from senior students (5)</th>
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<tbody>
<tr>
<td>“If you see someone being harassed, contact the consultation desk right away! It’s important to speak up.”</td>
</tr>
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</table>

**[Other information]**

Information concerning the following is contained in the Kanazawa University Student Handbook, so please make sure to read it:
Lesson schedules, certificates/procedures, taking lesson subjects, tuition fees, scholarships, health management and illness/injury, future paths, extracurricular activities, places you can use for exercise/gatherings, on-campus services, overseas study, campus transportation rules, residence, harassment, awards/penalties, facilities, campus area maps, maps of Kakuma, Takaramachi, and Tsuruma campuses, map of buildings and traffic regulations in Kakuma zone

As for the following matters, they are included in the handbooks and information issued by each school etc., so be sure to read those, too (asterisks (*) indicate items for which information is not provided by some schools etc.): School etc. rules, detailed rules concerning studies, caution concerning studies, student numbers and name/column numbers, temporary absences from, withdrawals from, and returns to school, commuting/parking, accident reports, changes of address etc. gatherings*/notices, teaching staff list*, building map*, teaching staff offices map*
(3) For mental/physical health issues, go to the Health Service Center

The Health Service Center and me

- I want to undergo a medical examination
- I want a medical certificate
- I've hurt myself
  Is this a cold?
  I don't feel so good
- I'm free to use machines for measuring blood pressure, eyesight, and body fat
- I'm going to take a first-aid kit along to extracurricular activities and on overnight study trips
- What should I pay attention to with losing weight and dieting?
- I have a problem
  I'm worried
- I wonder which hospital I should go to
  I wonder if there's an eye doctor near where I live
Check out the website for more details
University home page > For students > Useful links > Useful information for student life > Student Consultation Office (Health Service Center)
The URL is http://hscl.w3.kanazawa-u.ac.jp

Medical certificates can be required in all sorts of situations

Have you undertaken a regular medical examination / health survey this year?

YES

Certificate

Machine for automatically issuing certificates (free of charge)

NO

Are you going to a hospital?

YES

You have to pay. Is there plenty of time before you?

YES

Certificate

NO

Which route will you choose?

If a certificate cannot be issued, please ask the Health Service Center what to do
• What is the Health Service Center?
  The Health Service Center is the place where you underwent a medical examination prior to your enrollment. You can also use it when you’ve come down with a cold, you’re feeling unwell, you need first aid after suffering an injury, you want some mental/physical health advice, you want to use the measurement instruments, etc. The Health Service Center is staffed with physicians, qualified psychologists, public health nurses, registered nurses, and administrative staff, who are there to help you stay healthy both mentally and physically.

  Messages from senior students (6)
  "When you’re living alone, it’s easy to become sloppy about managing your health, but the Center is very flexible, so let’s make use of it intelligently."

[Undergo a regular medical examination every year]
• Regular medical examinations are performed once a year. All of you should undergo them. If you require some special dispensation, please let us know in advance. Days, times, and other details are posted on the website, so make sure you don’t overlook this information.

  When undergoing your medical examination, you will need your student ID, as an automated system has been introduced.

• For as long as you are enrolled as a student, you can view the results of your medical examination for this year and past years by logging into the Acanthus portal. Please make use of them to manage your health.

  Messages from senior students (7)
  "If it’s inconvenient for you to undergo your medical examination on the specified day, you can change it to a different day. You need for submit your medical certificate on various occasions such as when doing an internship, applying for jobs, and participating in tournaments with your club, so make sure to undergo the examinations."

[Medical certificates]
• If you undertook all the components of the medical examination and were not instructed to undergo further tests, you can request the automatic issuance of a medical certificate from approximately 14 days after the examination until the end of the academic year in which you underwent the
examination. However, for students who have enrolled in schools, certificates will be issued from July.
• Even if you required further tests, you may be eligible for automatic issuance if you undergo the further tests on the designated day, so please undergo further tests promptly so as to safeguard your health.
  Furthermore, if you cannot obtain automatic issuance of a medical certificate even though you underwent a regular medical examination, please inform the Health Service Center.
• You will need to submit a medical certificate on such occasions as job hunting, advancing to graduate school, doing teaching practice or clinical practice (including nursing-care practice), studying abroad, appearing in tournaments as part of extracurricular activities, and applying for scholarships. So please be sure to undergo regular medical examinations.
• Given that medical certificates are only issued until the end of the academic year in which you underwent the examination, make sure you get your certificates issued early enough (and automatic issuance of medical certificates may be suspended for maintenance, so allow plenty of time to get your certificates issued).

[Infectious diseases]
1. “What should I do if I come down with an infectious disease?”
   If you catch an infectious disease such as influenza, please inform the teaching staff for the subjects you are taking. Please also report details of your disease using the Educational Affairs system.
   If you are unclear about anything, please call the person in Educational Affairs who is in charge of your school and follow their instructions.
2. What should I do to avoid contracting an infectious disease?
   (1) It is essential to receive the vaccines prescribed as necessary in the Immunization Act.
   (2) Get vaccinated for influenza every year.
   Note: There are also opportunities to get vaccinated on campus (at your own expense).
   (3) To prevent the spread of infectious diseases, gargle and wash your hands with running water and soap after returning home and practice “coughing etiquette.”
*“Coughing etiquette” means that when you have symptoms such as coughing or sneezing, you take steps to avoid infecting others, such as wearing a mask, not coughing/sneezing when facing others, and when you can’t help suddenly coughing/sneezing, you turn your face away and use a tissue etc. to cover your mouth and nose.

<table>
<thead>
<tr>
<th>Messages from senior students (8)</th>
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<tr>
<td>“You can get vaccinated against influenza at the Health Service Center on campus using influenza vaccine coupons you can purchase at the Co-op, which you are informed about in October or thereabouts each year. You can also receive the vaccine at the Takaramachi campus. I recommend it as it’s cheaper than getting the jabs at a clinic for the general public. But the number of coupons available for sale is limited, so be sure to purchase yours sooner rather than later.”</td>
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<tr>
<th>Messages from senior students (9)</th>
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<tbody>
<tr>
<td>“When you live alone, it’s tough when you get sick as there’s no one to take care of you. So get vaccinated, as it’ll prevent you from getting infected or ensure your symptoms are mild if you do get infected.”</td>
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3. **“What happens if there’s an outbreak of infectious disease at the university?”**

1) If an infectious-disease outbreak has occurred or is feared likely to occur, please endeavor to gather information about the infectious disease, as it will be provided via noticeboards, the website, and the Acanthus portal. And in such a case, please do not come to the university unnecessarily so as to prevent the disease spreading.

2) When participating in off-campus activities (internships, teaching, nursing care, etc. practice, volunteering, extracurricular activities, etc.), present a copy of your immunization certificate to the off-campus organization concerned as necessary. Note also that you can view the results of your medical examinations on the portal site as long as you are enrolled as a student. At the back of this pamphlet there’s an Immunization Record section, so please make use of it.
[Keep your health insurance card close at hand]

If there is only one health insurance card for your whole household, ask your provider to issue you with a card for an insured person living in a remote location. If you are enrolled in National Health Insurance, you can apply for the remote-location insured person card from the municipality of the location in which you have your address, and if you are enrolled in social insurance, you can apply for it from the health insurance association via the employer of the person on which you are dependent. You complete the application by submitting a remote-location insured person card issuance application form.

If each person in the household has their own card, there is no need to follow the above procedure.

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<tr>
<th>Messages from senior students (10)</th>
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<tr>
<td>&quot;The medical expenses you have to pay out of pocket differs greatly depending on whether you have an insurance card! People who don't have a card for just in case they get sick or injured should organize their own card as soon as possible and keep it with them at all times (such as by putting it in their wallet)!&quot;</td>
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[Confirmation of immunization record]

If you were born in Japan, your immunization record in the back of your mother and child health notebook (an important document issued to expectant mothers in Japan that contains, for example, a record of your growth and development). If you study abroad, you may need it to fill out forms about your health, so we recommend that you keep a copy of your mother and child health notebook.

[Beware of heatstroke!]

Heatstroke is a collective term for ailments that occur following intense activity in a hot environment (with high temperatures, high humidity, no breeze, and direct sunshine). Among sports injuries, it's the one most likely to put the sufferer in a serious condition, and in a worst-case scenario can even lead to death. At Kanazawa University in the past, one death has occurred of heatstroke, and there have also been serious cases that have led to multiple organ failure. It's a dangerous condition, so make sure you are aware of how to respond to it in an emergency. There is an ice-making machine in front of
the equipment storeroom on the Rugby Field, in front of the equipment storeroom on the Athletic Field, and on 2F of the Gymnasium, so please make use of them.

Ministry of Environment site with information about preventing heatstroke
https://www.wbgt.env.go.jp/

★Heatstroke symptoms
• **Level I (mild):** Symptoms include dizziness, lightheadedness, muscular pain, muscular stiffness (cramps), and profuse sweating. The cause is a loss of water and salt (sodium) due to sweating. This level used to be referred to as “heat cramps.” Treatment involves moving the person to a cool place and having them consume a sports drink (water containing 0.2% table salt).

• **Level II (intermediate):** Symptoms include headache, feeling unwell, nausea, vomiting, fatigue, and lethargy. The cause is circulating blood being dispersed to capillaries near the surface of the skin for the purpose of transpiration and transmission of heat, resulting in a relative lack of blood flow to major organs. This level used to be referred to as “heat exhaustion.” Treatment involves taking the person to hospital for a transfusion of extracellular fluid (Ringer’s lactate or saline solution)

• **Level III (serious):** Symptoms include disturbance of consciousness, seizures, impaired limb movement, and high body temperature (40 degrees Celsius or higher). The cause is a drop in circulating blood volume, higher oxygen consumption and metabolism due to the high temperature, and damage to the nervous system and organs. Previously, only this level was referred to as “heatstroke). It describes a situation in which a rise in body temperature has resulted in abnormal function of the central nervous system. You need to call an ambulance so the person can receive specialist treatment at a hospital.

★Key points for preventing heatstroke

• **Health management:** Take care to maintain your physical condition on a day-to-day basis, and do not force yourself to exercise if you are in poor physical shape, e.g. suffering from exhaustion, a fever, a cold, diarrhea, etc.

• **Exercise management:** Put together a training and competition plan that doesn’t overexert you. Determine break times in advance, and endeavor to
resupply yourself with water and sodium.

- **Exercise environment management:** Pay attention to the weather conditions, temperature, humidity level, etc. on days you exercise. On fine days during the summer, the temperature can rise to abnormal levels. At such times, it is important to refrain from exercising.

(See the Ministry of Environment’s information about heatstroke: [http://www.wbgt.env.go.jp/](http://www.wbgt.env.go.jp/))

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<tr>
<th>Messages from senior students (11)</th>
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<tbody>
<tr>
<td>“Take in fluids before you get thirsty! When you’re sweating a lot, I recommend sports drinks, as they are more easily absorbed by the body than water. You can also buy sodium tablets at the Co-op.”</td>
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</table>

**[Health management when traveling overseas]**

- Students nowadays have more and more opportunities to travel to various foreign countries. In these countries, diseases that are absent from Japan may be circulating, while differences in climate, exhaustion from travel, etc. may sap your physical strength, and you may become unexpectedly ill as a consequence. Make sure to get any vaccinations you need several weeks before your departure. You can check out the latest information from the website of the Quarantine Information Office, Ministry of Health, Labour and Welfare ([http://www.forth.go.jp/](http://www.forth.go.jp/)). And if you are unsure about anything, please consult the Health Service Center.

- If, after returning from a foreign country, you have a fever, diarrhea, or are in otherwise poor physical shape, please do not come to the university. Instead, please telephone the person in Educational Affairs who is in charge of your school and follow their instructions.

- In most cases when studying abroad (even if only for a short period), your medical certificate needs to contain records of certain immunizations you have received or proof that you have antibodies. If you require several types of vaccination or only a limited number of medical institutions provide vaccinations for the diseases concerned, the process could take several months, so if you know you are going to be studying abroad, we recommend that you complete your preparations ahead of time.
[Beware of sexually transmitted diseases]

• What are STDs (sexually transmitted diseases)?

Sexually transmitted diseases (STDs) are diseases with which you can become infected through the skin or mucous membranes during sexual acts. The pathogens can be transmitted not only during sexual intercourse, i.e. when the genitals come into contact with each other, but also during oral sex. As infectious diseases, they include syphilis and gonorrhea, as well as chlamydia and viruses (HIV, genital herpes, genital warts (human papillomavirus, HPV), viral hepatitis (A, B, C), cytomegalovirus, Epstein-Barr virus, etc.). As for infection routes, the diseases are mainly passed on via semen and vaginal secretions, but some are transmitted through saliva, while others are passed on through contact with localized injuries, skin, or membranes. HIV and viral hepatitis can also be transmitted via blood. What’s frightening about these infectious diseases is that even though a person may carry the pathogen and risk passing it on to others, they may have no clear symptoms of infection.

• Current situation with STDs

At present, it would be no surprise for any young person to get infected with an STD. Chlamydia, in particular, is the most common disease among both men and women. After an incubation period of one to three weeks, men may experience pain when urinating or their urine may contain pus. Women, however, typically don’t experience obvious symptoms other than perhaps an increase in vaginal discharge, so the disease is apt to be ignored. However, it can still be passed on to others and can also cause inflammation of the fallopian tubes, which can result in infertility in the future.

• STDs can also cause cancer. HPV is known to cause uterine cervical cancer,
but recently a vaccine has become available. There are many types of human papilloma virus, and there’s no vaccine against all of them, but it is said that combining HPV vaccination with examinations for uterine cervical cancer has made uterine cervical cancer a preventable disease. That being said, the vaccine is optional and you have to pay for it yourself. It is also recommended that you get vaccinated at the age of 11-12, before you come into contact with the virus.

- Protecting yourself and your partner from STDs
  Nothing is more important than prevention. Once infected with a virus such as HIV and HPV, you cannot eliminate it from your body. So be sure to practice the following:
  1) Do not have sexual intercourse at travel destinations or with unidentified partners
  2) Do not have sexual intercourse when you are in a condition in which you cannot make proper judgments, such as after consuming alcohol.
  3) If you are a man, make sure to wear a condom. If you are a woman, refuse to have sexual intercourse with a man who isn’t wearing a condom.
If you are worried, we recommend seeing a urologist if you are a man and a gynecologist if you are a woman. If you don’t know who you should consult, please ask the Health Service Center.

Messages from senior students (13)

At the Kanazawa Health Center (076-234-5116) in the Sainen district of the city, you can be tested for AIDS and chlamydia anonymously and free of charge.

[Contraception and family planning]

In life, we value our connections with others, and particularly our relationship with our partner. Sex is an important part of that process, but if you don’t want to get pregnant and give birth now, you should use condoms etc. so as to prevent both infection and unwanted pregnancies. Regarding family planning for your partner and yourself, it is important to create opportunities to discuss it. Even if you don’t have a partner at the moment, you shouldn’t feel embarrassed about keeping a condom with you.

Using contraception now will also increase the likelihood of safe pregnancy
and childbirth in the future, and the Health Service Center is standing by to offer your advice (076-264-5255).

[Sexual consent]
Sexual consent refers to the confirmation of consent for every sexual act. Before engaging in a sexual act, both of you should confirm that the other person consents, and respect the other person’s wishes. Sexual words/behavior for which consent has not been given constitute sexual violence.
Although knowledge concerning sexual consent is becoming more widespread, it holds the key to the elimination of sexual assault. Building equal relationships in every facet of life, not just in sexual relationships, is one way of taking good care of yourself.

[Locations of first-aid boxes]
Health Service Center (Administration Office, Natural Science and Technology Main Hall, School of Medicine Hall F, Student Union Hall Office) (However, the first-aid box in the Student Union Hall office contains only items for treating minor external injuries.)
[Off-campus organizations you can consult]

★For mental health advice (worries about interpersonal relationships and your personality, poor mental/physical health as a result of stress, consultations about alcohol and drugs, consultations about social withdrawal and domestic violence, etc.), consult the Ishikawa Prefectural Mental Health Center (2-6 Kuratsuki-higashi, Kanazawa-shi):
  • Consultation Section: Tel 076-238-5750 (direct line)
    Monday-Friday 8:30-17:15 (except public holidays etc.)
  • Mental Health Advice Line (for telephone consultations only) Tel 076-237-2700
    Monday-Friday 9:00-12:00, 13:00-16:00 (except public holidays etc.)

And if you would prefer a face-to-face meeting, please use the direct line to the Consultation Section to arrange an appointment.

★Consultations concerning developmental disorders (consultations for people with developmental difficulties and anyone connected with such people)
  Ishikawa Prefectural Developmental Disorder Support Center (2-6 Kuratsuki-higashi, Kanazawa-shi)
  • Support Section: Tel 076-238-5557 (direct line)
    Monday-Friday 8:30-17:15 (except public holidays etc.)

★Recently, various telephone consultation services have been established, making it easier than ever to seek advice. Some desks are staffed by volunteers, while others are staffed by experts and specialist employees. Contact details for many of them are included newspapers, but we have also provided contact details for some of them here.
  • Police headquarters (Police Safety Consultation Desk)
    Tel #9110 (same nationwide, also accessible from mobile phones)
    Tel 076-225-9110 (available 24 hours a day, calls at night and on weekends and holidays will be answered by the duty officer)
  • Prefectural Police Ladies Emergency Line (sex crime consultations)
    Tel #8103 (same nationwide, also accessible from mobile phones); 0120-010-783
    Tel 076-226-0281  Monday-Friday 9:00-17:45

★Purple Support Ishikawa (Ishikawa Support Center for Victims of Sexual Violence)
  Tel 076-223-8955
    Monday-Friday 8:30-17:15 (except public holidays and year-end / New Year holidays. However, urgent consultations such as medical emergencies can be handled 24 hours a day, 365 days a year)

• Consumer Hotline
  188 (no area code required)

• Prefectural Consumption and Living Support Center (consumption/living-related consultations)
  Tel 076-255-2120
  Monday-Friday 9:00-17:00  Saturdays 9:00-12:30 (except public holidays etc.)

• Prefectural Traffic Accident Consultation Center
  Tel 076-225-1690  Monday-Friday 9:00-17:00

• Prefectural Women’s Center / Women’s Universal Consultation Office
  Tel 076-231-7331
  Monday-Friday 9:00-17:00 (except public holidays etc. (reception until 16:30)

• Human rights consultations, Kanazawa District Legal Affairs Bureau
  Tel 0570-003-110  Monday-Friday 8:30-17:15

• Kanazawa Mental Helpline
  Tel 076-222-7556
  Monday-Wednesday 18:00-21:00, Thursdays/Fridays 18:00-23:00
  Saturdays 15:00-23:00  Sundays 9:00-23:00
  (public holidays and substitute holidays are treated as weekdays)

• Yorosoi Hotline (suicide prevention, domestic violence, sexual violence, sexual minorities)
  Tel 0120-279-338  24 hours

• Yorosoi Chat (https://yorosoi-chat.jp/) Consultations via LINE chat

• moyattter (https://moyattter.jp)
2. Let’s follow the rules

(1) Let’s follow university rules!

Unlike your school life until high school, at university there are no detailed “school rules,” and you are basically just expected to behave responsibly in line with societal common sense. So it could be said that behavior is left the discretion of each individual. However, this is backed up by you abiding by a minimal set of rules. Behavior that goes against common sense or violates rules undoes all our efforts and makes university life unpleasant.

What follows below are descriptions of rule violations that are seen on campus, as well as matters where you need to be reminded to behave with self-awareness. Let’s enjoy your campus life while following university rules!

[Lessons]

Let’s not chat to each other or use our smartphones or mobile phones in class. Allowing your phone to ring is obviously out of the question, but even if you set it to silent mode, it can bother others if it vibrates, so please switch it off completely. Phones interfere with the progress of the lesson, and are also annoying for other students. And interfering with lessons can be subject to punishment. Furthermore, do not leave trash behind in the classroom, particularly packaging and containers for food and drink you have brought with you. After using the classroom, the last person to leave should close the windows and turn off the air conditioner and the lights.

[Examinations]

In addition to cheating during examinations, it is also prohibited to plagiarize or copy and paste parts of other papers. Such actions are subject to punishment, and the penalties are severe, such as having all the credits you have obtained during the term nullified.
Messages from senior students (14)

“If you have your credits wiped, you may be unable to graduate! Take examinations seriously and feel nervous when you sit them!”

[Use of facilities]

All the equipment, cables, books, furniture, etc. (including toilet paper) in the university are the property of the university. Removing them and taking them away with you without permission constitutes the crimes of theft and embezzlement. In addition, graffiti and damaging/dirtying facilities can constitute the crime of property damage. Furthermore, sitting in corridors or on stairs creates and obstruction to other people.

You may use sports facilities such as the gymnasium and soccer field apart from during lesson times and when they are being used for extracurricular activities. When using these facilities, please abide by the following:

• Please fill out the prescribed application form at Student Consultation Section, Student Support Division, Educational Affairs Department at least two weeks before you wish to use the facility. Reservations cannot be made over the telephone.

(Even if no one is using a facility, you cannot just start using it without permission. Students of the university are not charged for use of facilities, so please only use them after submitting the application form and obtaining permission.)

• You must not use a facility under the following circumstances:
  • It is being used for a lesson, extracurricular activities, etc.
  • The university is closed on that day or a special event, such as the entrance ceremony, is being held

• Cleaning, turning off lights, etc. after use

  After using a facility, please put the equipment you used back where you found it, shut the windows, and turn off the air conditioner and the lights.

  In addition, after using the gymnasium, please mop the floor, and after using an outdoor facility such as the soccer field, please level the field using a ground rake etc.

• Consultation desk for submission of facility usage application form
and information concerning use of facilities
   Student Consultation Section, Student Support Division,
   Educational Affairs Department (Tel 076-264-5166)

[Careful management of valuables]
   There have been cases of wallets being stolen on campus. So please be
   sure to keep valuables with you. During PE lessons, please use one of the
   lockers for valuables. Also use the PC storage lockers (General Education
   Building: In front of Private Classroom B10, Private Classroom C10, and
   Lecture Room D10; Natural Science and Technology Building: Near the
   Student Section office) for laptops.

   Messages from senior students (15)
   “There have been actual cases of someone leaving their PC in a lecture room as they were only
   going to be gone for a short while, but then coming back and finding that it had disappeared.
   Even though it may be a hassle, be sure to keep your valuables with you!”

[Internet / web connections / social media]
   When using the network, you must have self-awareness as a member of
   society, and abide by the etiquette required by the network. Please read the
   following carefully so as to enjoy a safe and pleasant campus life.

1. Requirements for use
   To use the network, please enter a bona fide user ID and password. You
   cannot use the network just by connecting a device to it.

2. Authorization for use
   A user ID and password may only be used by the person to whom they
   were issued. You may not lend or transfer them to another person.

3. Scope of use
   Use of the campus network by students is limited to use required for study
   at Kanazawa University. You must not use it for commercial purposes,
   personal gain (including part-time work), etc.

4. Responsibility for use
   You must manage the user ID and password issued to you responsibly.
All liability arising from the theft of a user ID and password resides with the individual to which they were issued.

5. Prohibition of unauthorized use
   You must not use any computer or information on a network for which you do not have permission to use. **Use that infringes intellectual property rights such as copyrights and patents is also prohibited.**

6. Prohibition of interference with network operation and installation of infectious software
   You must use networks with great care so as not to damage or paralyze equipment/functions and **not to introduce computer viruses etc.**

7. Duty of care when exchanging information
   Styles of exchanging information between people differ depending on generation, occupation, etc. You must use networks only after fully understanding that text-based exchanges via networks are highly likely to result in misunderstandings.

8. Obligation to behave ethically
   When making statements in public forums (news sites, bulletin boards, chats, social media, etc.), you must be aware that you are member of Kanazawa University, exercise moderation, and maintain dignity. Use that contravenes public order and morals is not permitted. **It is also strictly prohibited to post personal or private information about others or engage in defamation, abuse, or hate speech.**

9. Awareness of personal responsibility
   Before disclosing personal information, you must be fully aware that it could be used for malicious purposes, and take care to protect your own privacy.

10. Prohibition of unlawful conduct
    Conduct that is unlawful in the real world is also unlawful in the online world. You must also not engage in conduct that is similar to unlawful conduct.

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Messages from senior students (16)

"Be responsible about what you post on social media! Make sure you don’t unknowingly become a victim a perpetrator!"
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[Commuting by car]
To make us an “eco-campus,” let’s be proactive in opting for public transportation such as buses. Commuting by car is not allowed in principle for such reasons as reducing vehicular accidents, the fact that there aren’t many parking places, and reducing CO2 emissions. However, we do take into account whether you have a disability, your year of study, where you live, and so on, and you are permitted to commute by car if you have no other alternative.

Inquiries concerning procedures are handled by the person in Educational Affairs who is in charge of core education. For students in their second year or above, they are handled by the person in Educational Affairs who is in charge of their school (you must take out non-compulsory insurance so as to provide extra coverage).

If you have been permitted to commute by car, you will be issued with a parking permit. It is prohibited to park in areas other than designated parking lots, on prefectural roads, on the on-campus ring road, near bus stops or their approaches/exits, on roads leading into parking lots, in academic zones, etc. Violators will have information such as license-plate numbers recorded and their vehicles will be clamped to render them immovable for one week.

Furthermore, aggressive driving on campus and malicious parking violations are subject to penalties as they harm the education and research environment.

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Messages from senior students (17)

“If you’re going to commute by bus, ICa is by far the cheapest way. When you charge the card with 1,000 yen, it actually gives you 1,100-yen worth of travel. You can also buy commutation passes with it. But the buses tend to get crowded in the winter, so you should allow plenty of time to get where you want to go.”

“If you drive a car, be especially careful in the winter as the roads can get icy and visibility can be poor!”
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[How to drive in parking lots]
You must obviously not park in places where parking is prohibited, but you must also not park on the road or in ways that inconvenience others. Furthermore, it is prohibited to park in spaces for people with disabilities unless you have obtained a special permit for your car.

Please park within the lines. Even if you can’t see the lines because of snow, do not leave more space than is necessary between your car and other cars (otherwise fewer numbers of cars will be able to park, which will encourage people to park on the road, and thus increase the risk of accidents). If traffic jams or congestion in parking lots is expected due to such factors as snowfall, please consider using the bus etc. instead, even if you are allowed to commute by car.

[On-campus environment]
Let’s maintain a pleasant campus environment by mutually acting in a responsible manner. Skateboards etc. not only damage facilities but also harm the education and research environment through the generation of noise, so they are prohibited, including at night and on holidays.

[Prohibition of religious missionary work]
Individuals are free to hold their own religious beliefs and ideas, but missionary work on the university campus, which is a place for education and research, is prohibited. If your conduct is deemed to constitute missionary work, you will be ejected from the campus immediately.

[Selling items for personal gain etc.]
On the university campus, which is a place for education and research, it is prohibited to sell items, provide mediation services or introductions, or solicit people for personal gain without permission.

[Meetings etc. of political organizations etc.]
On the university campus, which is a place for education and research, it is prohibited to advocate or organize meetings, distribute items such as flyers,
or gather signatures or donations for specific political organizations without permission.

[Punishments]
If you have cheated in an examination etc., violated traffic laws, drug laws, or stalking laws, or engaged in malicious unauthorized use of computers or the Internet, you will be subject to certain penalties. Punishments include expulsion or suspension from the university and reprimands. If you have been subject to penalties, the punishment may include not only academic-related penalties, but also cancelation/suspension of scholarships and recission of tuition-fee waivers.

[Preparations for disasters]
As a means of responding to a major disaster, Kanazawa University employs the C-SiREN system (Kanazawa University Emergency Communication System) to confirm the safety of people in the wake of a disaster etc. Please make sure to register your mobile-phone email address etc. through the Acanthus portal. When a disaster occurs or a drill is performed, a safety confirmation email will be sent to you, so be sure to reply to it.
If you live alone, what should you do to be prepared for a major disaster? Here are some examples: (1) Take steps to prevent your furniture, refrigerator, TV, etc. toppling over, (2) stockpile water and emergency food, (3) prepare a flashlight, a bag containing essentials you can evacuate with in case of emergency, (4) talk to your family about communication/action in case of emergency, (5) confirm the locations of evacuation shelters near your home.

(2) Let’s follow societal rules!
University life includes life not only at the university itself, but also within the community. In the community, you need to behave responsibly as a citizen and as a member of the community. If you break the law, not only will you be punished as a criminal, you may also be subjected to penalties from the university. Furthermore, it goes without saying that behavior that lacks
common sense as a resident interferes with life in the community. Everyone knows that the following acts are unacceptable, yet they have actually been committed by students, so we are including them here to encourage you to be self-aware:

[Shoplifting / bag theft]
Making off with someone’s bag obviously constitutes the crime of theft, but so does shoplifting, and the penalty for this crime is up to 10 years imprisonment and a fine of up to 500,000 yen. The university will also mete out its own punishment. Let’s be conscious not to inadvertently commit a crime.

[Hit-and-run accidents causing property damage]
If you make off after hitting another car while parking, this also constitutes the crime of “hit and run.” Trying to escape means “failure to report an accident,” which is a violation of the Road Traffic Act. So it can be the starting point for major problems in the future. If you happen to bump someone’s car in a parking lot, please first contact the parking lot superintendent (if the parking lot is on campus, this is the student desk nearby).

[Bicycle theft]
Stealing a bicycle also constitutes the crime of theft. “Borrowing” a bicycle parked in a bicycle parking lot or by the side of the road without permission for a little while, but then making it your own is obviously so (theft), but it’s also theft if you leave the bicycle somewhere after using it.

[Let’s follow traffic rules for bicycles!]
The road in front of Kanazawa University (prefectural Kanazawa-Inami route) is particularly busy with bicycles, even for Kanazawa City. And there
are also lots of accidents involving bicycles.

A bicycle is kind of vehicle (light vehicle). Bicycles should therefore be ridden on the left side of the road, so please ride on the road in the same direction as the cars.

As an exception, you can ride slowly on sidewalks on which bicycles are permitted, though you must give priority to pedestrians. However, bicycles cruising down slopes at high speed are extremely hazardous to pedestrians, and there have been cases of collisions with pedestrians that have resulted in the cyclist having to pay a huge amount of damages. So when descending a slope, make sure to reduce your speed sufficiently and give priority to pedestrians.

Furthermore, in recent years “bicycle lanes” have been established in built up areas within Kanazawa City and on the roads around Kanazawa University. These lanes are officially designated for bicycles, so you should use them when you are cycling unless it is impossible to do so.

Cyclists who have penalized for dangerous and unlawful behavior must undergo safety training. So make sure you understand the rules and practice safe riding.
[Manners when riding buses]

Talking on a mobile phone while riding a bus is prohibited. When the bus is crowded, please don’t loiter close to the entrance. Instead, move to the back of the bus to allow room for other passengers to board. Also, please do not place bags on vacant seats, as doing so prevents other passengers sitting down.

“Bus users are especially numerous on days when the weather is bad. So let’s exercise good manners so that as many people as possible can board comfortably. Even just holding your rucksack in front of you can allow more people to get on. It’s important to show a bit of consideration to others!”

[Noise pollution]

Loud sounds constitute noise pollution. They annoy people in the surrounding area, and are the cause of problems. At night, in particular, it is common sense to not make noise with your friends, turn the volume down on your TV and stereo (use headphones if you want to listen at loud volume). As for music clubs, they are prohibited from making a loud noise outside the designated times and places.

Don’t think it’s okay to keep making a noise just because no one’s complaining. Enjoy your music while thinking adequately about how other people nearby might feel about. If you party too hard, someone’ll stick an angry note on your door or you’ll get a visit from the police (I know this from personal experience).
[Improper disposal of household garbage]

If you’re living in an apartment or boarding house, you must take out only the designated trash on the designated day/time to the designated place. Carefully read newsletters etc. from the local government and follow the rules for your community. Dispose of your garbage appropriately and make sure to separate recyclables. If you don’t abide by the garbage rules, you could get into trouble with Kanazawa City or the police. It is also prohibited to bring household garbage to the university etc. for disposal. Illegal dumping of garbage either inside or outside the university is a crime. Under the law, an individual can be fined up to 10 million yen for doing so. Information about how to put out garbage in Kanazawa City, the days on which different types of garbage are collected, charges for collection of household garbage is included in the pamphlet you were given when you enrolled, and is also available on the following website.

There’s also a phone app (Iine Kanazawa 5374App (Gomi-nashi App) that gives you notifications of garbage collection dates.

You can download it by searching for “5374” in the App Store or on Google Play (it’s free to use). Also, if, when you graduate, you have items that you no longer need, please use a recycling company. It is also prohibited to abandon bicycles or scooters on campus after you graduate.

<table>
<thead>
<tr>
<th>Messages from senior students (20)</th>
</tr>
</thead>
<tbody>
<tr>
<td>“Please get information from your local residents’ association. You can get email notifications of collection dates, so you’ll never forget to take your garbage out! Furthermore, the Yamaya store in Morinosato collects newspapers, magazines, and bottles while it is open, so be sure to check it out!”</td>
</tr>
</tbody>
</table>

[Unauthorized use of CDs, DVDs, and PC software]

Unauthorized copying of such products using a PC etc. is a crime and a violation of intellectual property rights. It is also subject to penalties, so let’s use such products correctly.
[Proper use of social media]

Thanks to web pages, blogs, digital profiles, Wikis, and social media services such as mixi®, Facebook®, Twitter®, LINE®, YouTube®, and Niconico, it is no possible for anyone to broadcast information, but casual usage can lead to unanticipated problems such as the unintentional publication or posting of personal information. Please ask yourself questions about your own privacy, e.g. your profile settings, and the content of your posts. Ask yourself what sort of results that usage will produce, be well aware of past incidents, and use such services with care.

“Social media is really convenient for obtaining information about lessons and extracurricular activities, but if you post more personal information than is necessary, you can get caught up in unexpected problems ...”

[Management of personal information]

In today’s society, the management of personal information (information that can be used to identify individuals, such as addresses, names, telephone numbers, and IDs) is very important. Please be aware that there may be a lot of personal information in your vicinity. For example, there may be address books and contact lists for extracurricular club members that are stored in your computer. As such, take care to prevent the leakage of such information.

[Drug abuse and drug addiction]

If you abuse (even once) cannabis, narcotics, heroin, cocaine, MDMA, or dangerous drugs, you are at risk of becoming addicted or suffering an overdose. In a worst-case scenario, you could lose your life after using just one time. If you become chronically dependent, you may experience drug psychosis, hallucinations, delusions, and changes to your personality. And that is not all. Organs throughout your body, including the liver and the kidneys, will be affected, turning you into a mess both mentally and physically. The dangers of drugs use are closer at hand than you might imagine. For
example, these drugs are sold in entertainment districts and over the Internet. Cases of students being offered drugs while working part time at restaurants have also been reported, so please be fully on guard.

Besides their effect on the body, the possession and use of drugs is also strictly prohibited by law. For example, amphetamines are subject to jail terms of up to ten years, while cannabis can land you in jail for five years. If you’re ever encouraged to take drugs, you should clearly say, “NO!” If you sense even the slightest danger, have the courage to “bluntly refuse” and “escape.”

In addition to endeavoring to behave responsibly as a member of society with an adequate awareness of the horrors of drug abuse, please also be proactive in striving to prevent the abuse of drugs.

[Ministry of Health, Labour and Welfare website]
(Home > Policy Information > Health, Medical Care > Pharmaceuticals and Medical Devices > To protect people from drug abuse

[Consultation desks]

If you develop drug addiction, your brain will be in the abnormal state of craving the drug, and this is an extremely difficult to condition to overcome alone, even if you are not weak-willed person. As soon as you notice that you or others have a drug problem, please consult a specialist organization. There are consultation desks at government-run mental health and welfare centers nationwide as well as at health centers, medical institutions, police stations, etc. In Ishikawa Prefecture, the Ishikawa Prefectural Mental Health Center (076-238-5761) offers consultations on Mondays-Fridays (except year-end / New Year holidays and public holidays) from 8:30 to 17:15, while the Mental Health Advice Line (076-237-2700) does so on Mondays-Fridays (except year-end / New Year holidays and public holidays) from 9:00 to 16:00. In addition, the university’s Health Service Center (076-264-5255) also offers consultations on an ad hoc basis as necessary.
(3) Let’s follow drinking rules!

Alcohol consumption by minors is prohibited. No matter what kind of event it may be, offering alcoholic beverages to minors is against the law. Furthermore, if you are working part-time at a convenience store, bar/restaurant, etc., please be fully aware that it is prohibited by law to sell alcohol to minors. And the dangers of bathing/swimming after consuming alcohol go without saying.

At parties for dorm residents, club members, etc., there have been instances of students (including minors) dying as a result of reckless drinking, such as downing drinks in one gulp. In other cases, the drinker is saved only after being rushed to hospital in an ambulance. Such incidents are frequent occurrences in Japan. There are also cases of the individuals who forced the deceased to drink or who accompanied them being prosecuted for the crime of “inflicting bodily injury resulting in death.” You must absolutely never force someone to drink.

Drinking and driving is also absolutely unforgivable. And if you encourage someone to drink while knowing that they are going to be driving, you can be punished under the Road Traffic Act on the grounds that you assisted with the drunk driving. For example, you could have your driver’s license revoked.

<table>
<thead>
<tr>
<th>Messages from senior students (22)</th>
</tr>
</thead>
<tbody>
<tr>
<td>“You know yourself better than anyone else does. If you feel like you don’t want to drink anymore, refuse clearly. If you are unable to do that, you should find some way to escape. Alcohol is something that you want to enjoy, right?”</td>
</tr>
</tbody>
</table>

[Pressuring is crime]
Pressuring someone to drink alcohol is a crime. If you are pressured to drink, just stand up for yourself as a full-fledged adult and resolutely refuse. If you’re worried about your relationships with your seniors or friends if you refuse, please come into the Health Service Center for a chat.

[Chugging and forcing are prohibited]
There are huge differences from person to person.
person in the speed at which alcohol breaks down in the body. Weak drinkers are said to break down five grams per hour, while strong drinkers are said to break down approximately ten grams. One cup of refined sake (or one large bottle of beer or a double whisky with water) apparently contains about 22 grams of alcohol, so for a weak drinker, it will take more than four hours for the alcohol to disappear from the bloodstream.

The level of drunkenness depends on the concentration of alcohol in the blood. The following chart shows the relationship between blood concentration and drunkenness.

Relationship between blood alcohol concentration and drunkenness
<table>
<thead>
<tr>
<th>Blood concentration</th>
<th>Alcohol quantity (Assumes a person weighing 60kg who is able to drink alcohol)</th>
<th>Level of drunkenness</th>
</tr>
</thead>
<tbody>
<tr>
<td>0.02% - 0.04%</td>
<td>Japanese sake (1 cup or less) Large bottle of beer (1 or less) Double whisky (1)</td>
<td>Refreshed feeling / skin turns red / become lively / judgement somewhat impaired</td>
</tr>
<tr>
<td>0.05% - 0.10%</td>
<td>Japanese sake (1-2 cups) Large bottle of beer (1-2) Double whisky (2-3)</td>
<td>Tipsy feeling / hand movements become animated / self-control possible / body temperature rises / pulse quickens</td>
</tr>
<tr>
<td>0.11% - 0.15%</td>
<td>Japanese sake (3 cups) Large bottle of beer (3) Double whisky (3-4)</td>
<td>Become over-excited / speak in a loud voice / easily angered / wobbly when standing</td>
</tr>
<tr>
<td>0.16% - 0.30%</td>
<td>Japanese sake (5 cups) Large bottle of beer (5-7) Double whisky (5)</td>
<td>Staggering / keep saying the same thing over and over again / breathing quickens / nausea and vomiting</td>
</tr>
<tr>
<td>0.31% - 0.40%</td>
<td>Japanese sake (7 cups – 1 bottle) Large bottle of beer (8-10) Double whisky (1 bottle of whisky)</td>
<td>Can't stand up properly / clouded consciousness / incoherent speech</td>
</tr>
<tr>
<td>0.41% - 0.50%</td>
<td>Japanese sake (more than 1 bottle) Large bottle of beer (more than 10) Double whisky (more than 1 bottle of whisky)</td>
<td>Don't wake up even when shaken / incontinent to some degree / breathing is slow and deep / death</td>
</tr>
</tbody>
</table>

Chugging (i.e. downing a drink in one gulp) is the most dangerous way to drink. You mustn’t do it even if you’re being urged to do it.

And even if you’re drinking slowly, avoid drinking to the point that you begin to feel unwell or nauseous. There are groups that will set up buckets for revelers to vomit into, but such behavior is crazy. Make it a rule not to drink, or make others drink, until you/they throw up.

Also please be aware that there are people whose physical disposition means that they cannot drink alcohol.
If they down a drink in one gulp, the alcohol level in their blood will rise sharply before it can be broken down, and their blood alcohol concentration can immediately reach 0.4-0.5%, which can be fatal.
And for the same reason, you must not pressure someone to drink if they are weak drinker or if they are already quite drunk.

[What to do if an emergency arises]

If a friend you have been drinking with gets really drunk and falls asleep, they may be suffering acute alcohol intoxication. There's only a wafer-thin difference between drunken stupor, coma, and death, so please take the following steps immediately:

First, call their name or pinch them and see if they respond. If they do, get them to lie on their side, cover them in a blanket, and keep an eye on them. Having them sleep on their side is to ensure that even if they vomit, they won't choke on it. If they don't respond, put them on their side and keep them warm with a blanket etc., and call an ambulance immediately. A person's condition can change suddenly, so do not leave them alone. Make sure that there is someone with them.

Please also call an ambulance as soon as possible in any of the following circumstances:

• Their body temperature has dropped and their whole body is cold.
• Their breathing is abnormally rapid and shallow. Or their breathing is abnormally slow and they only take breaths sporadically.
• They are vomiting large quantities of blood.
• Their body is convulsing in a twitching fashion.
• They had a red face up till now, but their face has suddenly turned blue and they are vomiting.
• They are complaining of a splitting headache.

(4) Let’s follow smoking rules!

Smoking damages the health of not only the smoker themselves but also that of non-smokers around them. For this reason, the Health Promotion Act
makes it obligatory to prevent such harm. Specifically, public places such as schools, hospitals, and government offices must, in principle, be entirely non-smoking, while offices, public transportation, restaurants, bars, etc. must, in principle, be non-smoking indoors (designated smoking areas can be set up outside). The number of such facilities that are completely non-smoking is also increasing.

If you smoke, follow the rules about smoking and take adequate care to prevent non-smokers being bothered or the environment being polluted. And it goes without saying that minors are prohibited from smoking by law. Minors should obviously be aware of this themselves, but if you work part time in a convenience store, restaurant, bar, etc., remember that selling tobacco products to minors is a violation of the Act on Prohibition of Smoking by Minors.

The following are the minimum rules that smokers should follow:

1. Only smoke where permanent ashtrays are installed.
2. Don’t smoke while walking.
3. Don’t throw cigarette butts on the ground.
4. Don’t move ashtrays in smoking areas without permission.

At the university, the Takaramachi and Tsuruma campuses (university hospital, School of Medicine, School of Health Sciences) are completely non-smoking both inside and outside buildings. The Kakuma campus is non-smoking apart from in designated smoking areas (there are just four such areas).

In medical terms, smoking is a form of drug addiction. If you want to quit smoking but don’t know how to, or have tried to but haven’t been successful, pleased consult the Health Service Center or a medical institution that offers outpatient support with smoking cessation. Alternatively, visit the following website:


Kanazawa City has passed a local ordinance with the aim of keeping the city streets clean. The ordinance prohibits cigarette-butt littering and not cleaning up dog/cat mess, as such behavior worsens the living environment and is a nuisance to other people. It also imposes restrictions on smoking in
outdoor public spaces such as streets (specifically, with respect to smoking, the ordinance prohibits throwing cigarette butts etc. on the ground and imposes an obligation to endeavor not to smoke on in outdoor public spaces such as streets). So be sure to follow smoking rules and etiquette both on campus and off it.

<table>
<thead>
<tr>
<th>Messages from senior students (23)</th>
</tr>
</thead>
<tbody>
<tr>
<td>“At university, there are a lot of people around you with different values and ways of thinking. It is important to get others to understand you, but it is also important for you to understand others.”</td>
</tr>
</tbody>
</table>
3. Let’s eliminate traffic accidents

No one wants to have a traffic accident, and certainly no one wants to cause one. Yet numerous accidents occur every day. And sadly, in April 2012, a fatal accident occurred on campus.

Accidents affect the lives and long-term livelihoods of both the victims of accidents and those that caused them.

Having enrolled in university, many of you will be getting your driver’s licenses, and have the opportunity to drive a car. But please be careful. Driving an automobile means taking on a major social responsibility. You must personally take responsibility for the consequences of any accident that you cause (both the accident itself and any legal violations).

Please make sure you attend any traffic safety training programs held at the university.

<table>
<thead>
<tr>
<th>People who are unlikely to have accidents:</th>
</tr>
</thead>
<tbody>
<tr>
<td>◇ Can behave in such a way as to protect themselves from danger</td>
</tr>
<tr>
<td>◇ Obey traffic rules</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>People who frequently cause accidents and experience accidents:</th>
</tr>
</thead>
<tbody>
<tr>
<td>◇ Want to enjoy thrills</td>
</tr>
<tr>
<td>◇ Believe that it’s okay for them (but only them) to break the rules</td>
</tr>
</tbody>
</table>

Recognize your responsibilities as a member of society and maintain self-awareness as an adult.
(1) Common types of accident

[Traffic accident data]

<table>
<thead>
<tr>
<th></th>
<th>2016</th>
<th>2017</th>
<th>2018</th>
<th>2019</th>
</tr>
</thead>
<tbody>
<tr>
<td>No. of accidents</td>
<td>1,739</td>
<td>1,611</td>
<td>1,345</td>
<td>1,257</td>
</tr>
<tr>
<td>No. of deaths</td>
<td>14</td>
<td>9</td>
<td>4</td>
<td>4</td>
</tr>
<tr>
<td>No. of injured persons</td>
<td>1,985</td>
<td>1,827</td>
<td>1,540</td>
<td>1,438</td>
</tr>
</tbody>
</table>

[Where accidents occur]

The map below shows where accidents have occurred on and around the Kakuma campus. As you can, see many accidents happen at places where roads intersect each other. At intersections, pay attention to the movements of people and vehicles, and when crossing a road, always do so at a place where there are traffic lights or a crosswalk. **Accidents are particularly common at the intersection between the clubhouse and the Student Union Hall.** In winter, skidding-related accidents occur frequently on the long stretch of sloped road between Morinosato and the Kakuma campus. Even if the center of the road isn’t frozen, the mountain side of the road, which tends to be in the shade, can be frozen early in the morning or at night, so be careful.

Furthermore, parking cars or bikes in parking-prohibited zones (Kanazawa-Inami route, on-campus roads, academic zone) is dangerous as it is likely to lead to accidents. Controls are enforced, and your vehicle will be clamped, rendering it immovable. You may also be subject to penalties. So never park a car or bike in a parking-prohibited zone.

[Actual accidents involving Kanazawa University students]
• **Deadly accident on campus**

A direct collision occurred between a student’s car that had started to turn right into the clubhouse and a student’s scooter, which was coming downhill at speed from the Human and Social Science Hall. The student riding the scooter was killed.

• **Deadly accident on trunk road**

A student took the wheel of a friend’s car, as the friend had been drinking, and they headed out for a meal. The student was driving too fast, and was unable to cope with a gentle bend, and the car spun off the road, colliding with an electricity pole. The car was bended into L-shape. The student who was driving had already been offered a job, but was killed instantly.

• **Deadly accident due to drinking and driving**

After drinking, a student was driving home but went through a red traffic light. They hit, and killed, a newspaper delivery person who was crossing the crosswalk on a bicycle.

• **Deadly accident due to excessive speed**

A student traveling from Kakuma in the direction of Morinosato was driving at well over the speed limit, and was unable to cope with a gentle bend, causing the death of their passenger. The driver was expelled from the university, and was also found guilty of causing death by dangerous driving.

• **Serious injuries due to drinking and driving**

A student traveling from Kakuma in the direction of Morinosato was driving while intoxicated and at well over the speed limit. They were unable to complete a turn at a traffic light, and crashed into a video game arcade. Two pedestrians suffered serious injuries. The driver was suspended indefinitely from the university, and later found guilty of causing death by dangerous driving.
Map of Danger Spots on Kakuma Campus

Many accidents at the central intersection!
Watch your speed going downhill!
Many accidents inside and at entrances/exits of parking lots
Stop, and look left and right
Stop, and look left and right
Watch your speed going downhill!

In winter it becomes incredibly dangerous due to snow fall and ice. Be careful not to skid when the roads are frozen.

Messages from senior students (24)

“Kanazawa University students have a reputation for reckless driving ... I want to make the campus free of traffic accidents.”
(2) How not to cause accidents or become an accident victim

[Driving a car]

Deadly accidents, hit-and-run (of a person) accidents, and accidents causing injury that were the result of driving after drinking alcohol, driving without a license, or reckless driving such as substantially exceeding the speed limit will be severely punished, with the person who caused the accident possibly being expelled from the university.

● Drive at a safe speed

When the speed doubles, the shock of a collision increases four-fold. If you’ve only just got your driver’s license, it’s fun to drive fast, but if you cause a fatal accident, you become a criminal, and will be paying compensation for the rest of your life.

The speed limit on campus is 20 km/h, so be sure to stick to it.

● Concentrate on driving

Using a smartphone etc. while driving or focusing on the satnav screen (i.e. driving while doing something else) is a violation of the Road Traffic Act and carries penalties of up to six months in prison or a fine of up to 100,000 yen. You will also have three penalty points added to your license and have to pay a fixed charge of 18,000 yen (in case of a regular-sized car).

Talking on the telephone is the biggest culprit for reducing concentration. It is extremely dangerous and a common cause of accidents. Fiddling with the satnav or audio system is also hazardous, as
it stops you focusing on the road ahead, so only do it when the vehicle
isn’t moving.

• Do not drink and drive
  Absolutely do not drive even if you’ve only had one sip of alcohol.
  Even in tiny quantities, alcohol reduces reaction times. And if you cause
an accident after drinking, you will be subject to severe penalties under the
law, and your insurance will not pay out.

<table>
<thead>
<tr>
<th>Messages from senior students (26)</th>
</tr>
</thead>
</table>
| “You might think you’ll go out somewhere for a drink on your scooter, and then push it to return
home, but many people find alcohol dulls their judgement, so if you’re going out drinking, do so
on foot or via public transportation. Don’t go there by bicycle, either.” |

[Riding a scooter]

• People also die in scooter accidents.
Limit your speed, and always wear a motorcycle helmet. If you come off at
high speed, you will lose your life. There has also been a student who
collided with an elderly person and killed them.

• Keep an eye of steel sheets and lane markings on the roads
  Wet steel sheets and white lane markings result in skidding. And if you
come off, it’ll be in front of a car.

<table>
<thead>
<tr>
<th>Messages from senior students (27)</th>
</tr>
</thead>
</table>
| “Coming off a scooter is really dangerous! There are cheap helmets on the market, but don’t
worry the price and get a good one. And of course, ride safely every day.” |

[Riding a bicycle]

• Protecting yourself
  Riding with no light at night is a violation of the Road Traffic Act. It
makes you almost invisible to car drivers, so is incredibly dangerous. Keep
your light on both night and day so that drivers quickly notice that you are
there. And at night, another effective safe preservation strategy is to wear
brightly colored clothing so that you stand out. Riding against the traffic
with no light on is suicidal.
Riding under the influence of alcohol, with an umbrella, on the right side of the road, with a passenger, or while using a smartphone or earphone are all prohibited.

Kanazawa City has also passed a local ordinance requiring cyclists to take out insurance. (See p. 70).

<table>
<thead>
<tr>
<th>Messages from senior students (28)</th>
</tr>
</thead>
<tbody>
<tr>
<td>“In the area around the university, a lot of the drivers have only just got their licenses, so it can be more dangerous than the more built up areas. And even if you are riding safely, don’t forget to look left and right.”</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Messages from senior students (29)</th>
</tr>
</thead>
<tbody>
<tr>
<td>“Hurling down the hill at Kakuma is super dangerous. Riding with a passenger or while listening to music is also hazardous, and numerous students have been stopped by the police for those reasons. Be careful!”</td>
</tr>
</tbody>
</table>

[As a pedestrian]

- **Follow traffic rules and wear brightly colored clothing**

  Abide by traffic rules so that you don’t become an accident victim. And you can protect yourself at night by wearing bright colors so that you stand out.

<table>
<thead>
<tr>
<th>Messages from senior students (30)</th>
</tr>
</thead>
<tbody>
<tr>
<td>“When using the bus stop in the middle of the campus, crossing the road is extremely dangerous as there’s a bend close by. So cross at the crosswalk.”</td>
</tr>
</tbody>
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(3) **What to do if you’re involved in an accident**

If you are ever involved in accident, you’ll probably be shaking from the shock. But please try to stay as calm as possible and follow the steps below.

**Please also inform the university.**

- **Whatever you do, don’t try to escape.** Always take the appropriate action.

- **Make preserving life your top priority**

  If the accident has resulted in injury, be sure to call an ambulance using the number 119. If you can’t make the call yourself, ask the people around you to do it in a loud voice. If you run away leaving an injured person
unattended, your crime will be even more serious.

• **Protect injured persons**
  
  Move any injured people to a safe place immediately. Also move the vehicles involved in the accident to prevent other vehicles colliding with them. There's also a risk of fire, so be sure to turn off the engines.

• **Contact the police**
  
  Make sure to report the circumstances of the accident by dialing 110. It is important to confirm and record the circumstances of the accident, the license numbers of any other vehicles involved, and the contact details of the other driver(s), which you can confirm by looking at their driver's license or their vehicle's inspection certificate.

• **Call the university**
  
  Please report the circumstances etc. of the accident to the person who is in charge of your school.

• **Get examined by a doctor**
  
  If you are involved in accident, be sure to get examined by a doctor. Pain and problems often only emerge a few days later.

• **What to do if you are present at the scene of an accident**
  
  Please cooperate in reporting the accident and helping the victims. When witnessing a hit and run accident, record the car number or appearance of the car. If you smoke at the scene, the vehicles involved could catch fire, so make absolutely sure that you do not smoke.

  Prefectural Traffic Accident Consultation Center: Tel 076-225-1690
  
  (Consultation Corner, 1F Ishikawa Prefectural Headquarters Building)
  
  Office hours: Monday-Friday 9:00-17:00
  
  Consultations are available free of charge

*Messages from senior students (31)*

“Even if you made only slight contact, report the accident to the police. And even if you feel fine after the accident, it is difficult to gauge the degree of injury at that time. Injuries such as whiplash often only start to manifest themselves after some has passed, so get examined by a doctor. You may also be able to make an insurance claim.”
(4) Taking care in snowy weather

When the road is covered with snow, you can’t determine the lanes or the edge of the road, and cars are prone to skidding. The most important thing is to behave carefully. If you aren’t accustomed to snow, take extra attention. For example, be careful not to slip over and wear boots.

And even if there’s no snow around your house or apartment, there may be snow at the Kakuma campus, so check the web camera of the Acanthus portal to see the situation at Kakuma.

Messages from senior students (32)

“Kanazawa looks beautiful after a snowfall, but cars (and also bicycles and scooters) are not suited to such weather. If you feel you don’t have enough experience with snow, use public transportation instead without hesitation. And of course, even if you think you’re used to snow, remember that complacency is your biggest enemy.”

[Driving a car]

• Switch to studless tires

Be sure to replace the tires on all four wheels with winter (studless) tires as early in the winter as possible.

• All “sudden” operations are off limits

Sudden motion, sudden acceleration, sudden turning, and sudden braking all lead to skidding or the inability to move the vehicle.

• Reduce your speed to well below normal

On snowy roads, the distance it takes to stop the vehicle is two to four times greater than normal. So reduce your speed to well below normal and maintain more distance than usual from the vehicle in front. Collisions occur frequently on snow-covered roads. If you’re used to driving, use the engine braking to reduce your speed on snowy roads. But the brake lights won’t be illuminated, so be careful not to cause a collision.

• Maintain plenty of distance from other vehicles
On a snowy road, there’s no knowing when another vehicle will start skidding. So maintain plenty of distance from other vehicles so that you’ll be safe if one of them slides toward you.

**Bends on slopes are highly dangerous**

Even on a gentle bend on flat ground, you will skid at a speed of about 40kph. The Kakuma campus attracts more snow than the urban areas, and the area is filled with slopes and bends.

If you skid while ascending, you will block traffic, and if you skid while descending, lives could be in danger.

**Even 4WD vehicles skid on roads covered with ice or compacted snow**

On roads covered with ice or compacted snow, vehicles of any type can skid and become impossible to control.

**Freezing in shade and on bridges**

Kanazawa has a lot of bridges and slopes. Shady areas and the surfaces of bridges are prone to freezing. So slow down in advance and enter them slowly.

**Consideration for pedestrians**

If you enter a puddle of snow melt runoff at high speed, you will spray dirty water and snow like a shower. So good drivers show consideration for pedestrians and drive slowly.

**A shovel is an essential item to keep in your car**

Always keep a shovel in the trunk of your care. It’s useful for removing snow from your parking space and getting out when your car has gone into a snowdrift or is stuck in a rut.

**Another essential item is a snow wiper**

A snow wiper is useful for scraping off ice from glass surfaces and removing snow that has settled on your car.

[Riding a scooter/bicycle]

**Don’t ride two-wheelers on snowy roads!**
On snow-covered roads, brakes don’t work, and there’s always the danger of skidding and falling off. And if you come off, you might be run over by a car. So basically, don’t ride two-wheelers on snowy roads.

Take the bus on days when snow is falling or is on the ground.

[As a pedestrian]

● Slipping on snowy roads

It goes without saying that it is easy to lose your footing on snow-covered roads. So wear waterproof shoes for winter that don’t slip easily. Waterproof shoes are an essential winter item as there are lots of places where snow melt runoff is spurting out, lots of puddles, etc. Sometimes you have to walk in the lane for cars, but the edges of roads are sloped, so if you fall over, you could get caught under a car, so it’s very dangerous. To prevent yourself slipping, walk on places where a little snow has settled.

● Avoid getting close to cars

On snowy roads, cars cannot be controlled. You don’t know when a car is going to skid, so walking close to cars is suicidal.

Even if the road is covered with snow, try to walk on the sidewalk if there is one.
4. Preventing yourself becoming a victim of crime

Needless to say, to prevent yourself becoming a victim of crime, it is important to take care on a day-to-day basis. If you know about common methods of crime, and always exercise common sense, you will be far less likely to find yourself a crime victim. But even so, if you become a victim of theft or get caught up in a crime, promptly report it the police. The police are also there to provide you with advice about things that are worrying you.

Ishikawa Police Safety Consultation Desk, Ishikawa Prefectural Police Headquarters:
Tel #9110 (same nationwide, accessible from mobile phones)
Tel 076-225-9110

(Available 24 hours a day, calls at night and on weekends and holidays will be answered by the duty officer)

Many of you a living alone in the areas around the campus. In these areas, there are many students, and it's easy to let your guard down, i.e. stop taking steps to ensure your own safety. But remember that you are never far from crime. **Students of the university have fallen victim to various crimes such as robbery in their homes. And on campus, clubhouses are frequent sites for incidents of theft.** As a student and as a citizen, you need to take care to ensure your personal safety. To protect yourself and live in safety, each of you should confirm the following:

(1) Preventing yourself becoming a victim of theft in your home

The fundamental goal of locking doors and windows is to make it more difficult for thieves to enter. So be sure to always lock up.
[Front door]
When choosing an apartment, it is important to confirm the following. If any of the following are absent, ask the superintendent about it.
- There is a supplementary lock in addition to the main lock (one door, two locks).
- A lock guard (guard plate) is installed.
- A peep hole and door chain are installed.

[Windows]
- Properly lock windows for the bathroom, basin, toilet, etc.
- Lock both the central crescent lock and the lower revolving button lock.
- Also lock windows on the second floor and above.

[Around your home]
- Don’t leave items outside that thieves could stand on to climb into your home.
- Don’t leave items that could be used as crime tools lying around.

[Storage of keys]
- Store keys carefully to ensure that they cannot be used or duplicated without your permission.
- Do not place keys in the mailbox, under plant pots, etc.
- When moving in to an apartment or condominium, confirm the total number of keys. If you are uncertain about anything, ask for the locks to be changed.

[Burglary (when you are not there)]
- If you’re going be coming home late, bring your laundry in before you go out.
- Use timers for lights so that they switch on automatically when it gets dark.
- If you’re going to be away for an extended period, cancel your newspaper subscription etc. and let the superintendent know.
[Robbery (when you are there)]

- If someone that you don't recognize visits, check them out carefully through the peep hole etc.
- If a salesman, money collector, etc. that you don't recognize visits, leave the door chain on, ask them their business, and don't let them in inadvertently.
- Thieves will sometimes dress up as parcel, telegram, etc. delivery personnel to gain access, so confirm the sender etc.
- When you come home, check behind you before you open the door.

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<tr>
<th>Messages from senior students (35)</th>
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<td>“Store keys carefully. And if you lose a key, act calmly by, for example, consulting the real-estate agent or the police.”</td>
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(2) Preventing yourself becoming a victim of other crimes

[Bag snatching]
- Be careful with how you hold bags and other valuable items. For example, don’t hold them on the side on which cars and motorcycles are traveling. Instead, hold them on the building side, hold them close to your chest, or use the shoulder straps so they are difficult to pull off you.
- Make large payments via credit card or bank transfer. If you have no alternative but to carry a large quantity of cash with you, pay attention to the way you hold it. For example, you could endeavor to keep it next to your skin.
- When placing a handbag in the front basket of a bicycle, tie it to the basket with string, elastic, etc.

[Pickpocketing]
- When you are in a crowded place such as the basement floor of a department store or train station, take special care when taking out your wallet and putting it back and with wear you put valuables.
- Keep bags close to your chest, use the shoulder straps, etc,
- Don’t be careless when putting away your wallet, smartphone, etc. For example, don’ put them in the back pocket of pants.
- Rucksacks are especially common targets, so be careful when carrying one.

[Lost/stolen property]
- You may lose something in a changing room or shared lab at the university. As soon as you realize it’s gone, submit a loss property report to Educational Affairs. If you have lost your driver’s license (which can be used maliciously as ID), credit card, or smartphone (which can be used to make a large payments), inform not only Educational Affairs, but also the police and the credit card company or telephone company immediately to prevent these items being used maliciously. If such items find their way into the hands of a bad person, the outcome could be even worse than having cash stolen.
[Car theft]

- Don’t leave the ignition key, your driver’s license, valuables, etc. inside the car.
- Use anti-theft equipment such as a steering lock.
- Always lock the doors, even when only leaving the car parked for a short period of time.
- Don’t park on the road.

[Motorcycle theft]

- Don’t leave motorcycles on the road.
- Motorcycles can be stolen even if they have a steering lock, so also use wire lock etc.
- Join the Good Rider anti-theft registration scheme.
  You register your motorcycle under the Good Rider scheme at a nearby bike shop displaying a sticker in the window. The registration fee is 1,080 yen. You can register both new and used bikes. And you can register at any time, not just at the time you purchase the bike.

[Bicycle theft]

- Complete anti-theft registration for bicycles and use two locks
- Attach a supplementary lock such as a wire lock.
- Do not leave your bicycle on the road, under the eaves of buildings, in front of stations, etc.
- Be sure to complete anti-theft registration for your bicycle.

**Bicycle anti-theft registration**

Anti-theft registration is required by law, and it is performed at stores where bicycles are sold, such as bicycle shops, department stores, supermarkets, and home centers.

Registering your bicycle is effective for preventing it being stolen. And because data such as your address, name, the registration number, manufacturer, etc. will be entered into the police computer, if your bicycle does happen to be stolen or lost, it is likely to be swiftly found and returned
to you.

**[Fictitious payment demands / bank transfer fraud]**

Some dating sites, adult sites, etc. will make fictitious demands for usage fees, while criminals will use the name of a relative, lawyer, etc. to pretend that a family member has been involved in, say, a traffic accident, and try to extort cash from you. Postcards, sealed letters, emails, and the telephone are among the methods used to make such demands. If you are subject to a fictitious payment claim, do not call or email the sender to say something like, “I have no recollection of this.” If you do that, you’re just giving them new information, so you need to be careful. In the case of bank transfer fraud, you need to stick to rules like this: Do not transfer money if you cannot confirm the facts, do not transfer money immediately, and do not transfer money by yourself.

There have also been instances of students being offered cash to open a bank account for someone or transfer their account to someone when they graduate. This constitutes the selling of a bank account, and you could find yourself a participant in fraud without you realizing it. For example, the account could be used for fraud, and as the account holder, you could be arrested. If you’re ever unsure about what to do, don’t worry about it on your own. Be sure to consult an organization such as the Ishikawa Prefectural Policy Safety Consultation Desk (Tel 076-225-9110, Tel #9110).

**[Antisocial groups]**

These groups approach working people or students who are members of a religion or specific interest group on the auspices of inviting them to take part in on-campus voluntary seminars, other seminars, volunteer activities, circles, etc. While hiding the true nature of the activities, they will stick with the student until they are sure that the student will not leave once they reveal their true identity. Things start with meetings on campus, but gradually people from outside the university start to join the meetings. Their method of approach is
extremely clever, and even if you think you could never be deceived, you can be drawn in little by little without you even realizing what’s going on. The recruiters are extremely friendly, and will listen to your worries about all sorts of things. Once you have joined the group, it is extremely difficult to leave, and there have been serious cases of students abandoning their studies and suffering psychological and physical harm as well as loss of property. If something feels peculiar, please consult an advisor teaching staff member, the Universal Consultation Office, or the Student Consultation Office. And if you suspect that a friend has joined, please also seek a consultation in the same way.

[Stalking]

Under the Anti-Stalking Act, a “stalker” is defined as someone who follows someone around, lies in wait for them, makes silent phone calls to them, sends multiple emails without receiving a response, demands that the person meet with them or date them, etc. Repeated stalking results in the perpetrator being issued a warning or restraining order by the police or the Public Safety Commission. And if they still don’t stop, they can be imprisoned for up to a year and fined as much as one million yen. And if their actions are particularly egregious, these procedures can be omitted and the police can carry out an investigation.

To avoid being stalked, you need to take care to do the following:
• If you sense that you are being followed, pay attention to your surroundings, and hop in a taxi etc.
• If you receive a silent call, hang up immediately without saying anything.
• Shred documents containing personal information (e.g. utilities bills or credit card bills) before throwing them out.

And behavior that you may think is normal could constitute stalking. So reflect for a moment on any actions you have taken that could be perceived
as stalking.

If you’re concerned about anything, don’t worry about it on your own. Talk to people around you, and consult the police before things get out of hand.

[Police Safety Consultation Desk, Ishikawa Prefectural Police Headquarters] (Available 24 hours a day, calls at night and on weekends and holidays will be answered by the duty officer)

Tel #9110 (same nationwide, accessible from mobile phones) Tel 076-225-9110

[Dating violence]

Dating violence is violence perpetuated by a person, such as a boyfriend, that you are in a close romantic relationship with. It takes various forms such as restricting the other persons social relationships or activities, shouting at them and inflicting physical violence, and forcing them to have sex. It is an infringement of their human rights, and if you find yourself a victim of it, please pluck up the courage to take steps to stop it, such as talking to an adult you can trust, an advisor teaching staff member, the Universal Consultation Office, the Health Service Center, or the Student Consultation Office.

[Groping and other sex crimes]

● Don’t be easily lured into going somewhere.
● Avoid walking alone on dark streets at night.
● If you are physically touched, clear admonish the perpetrator.
● Only open the door to visitors to your home after you’ve confirmed who they are.
● Carry a rape alarm with you (you can buy one for about 1,000 yen).

If you fall victim to groping or other sex crime, please contact and consult any of the following. Don’t feel embarrassed, as seeking advice could help you prevent a recurrence.

And of course, you can also explain what’s happened to an on-campus advisor you’re familiar with instead.

The Health Service Center is also available for consultations.
[Prefectural Women’s Center / Women’s Universal Consultations]  Tel 076-231-7331

[Kanazawa Mental Health Advice Line]  Tel 076-222-7556

Prefectural Police Ladies Emergency Line (sex crime consultations)]  Tel 076-225-0281

[Purple Support Ishikawa (Ishikawa Support Center for Victims of Sexual Violence)]  Tel 076-223-8955
(3) Be careful about crimes involving PCs and telephones

“I bid successfully for an electronic device through an online auction, made contact with the seller via email, and sent the money. But the product never arrived, and after I sent the money I couldn’t contact the seller via email.” Recently, crimes like this are on the rise. Also increasing are crimes that involve the use of networks. For example, someone’s password is stolen and used to tamper with their website. Or emails are intercepted to gain authorized access. There are also cases of students nonchalantly replying to emails only to receive demands for money. So you really need to be careful.

To make sure you don’t get entangled in crimes like this, the following precautionary steps are necessary:

- If you can’t trust the other party, you generally shouldn’t pay for items in advance.
- Before you transfer the money, confirm the identity of the other party (real name, address, and telephone number). If they are reluctant to share this information with you, cancel the transaction.
- Do not tell your password to anyone else.

[Phishing fraud]

Phishing is a type of fraud where the fraudster sends an email designed to look like it’s from an actual bank, credit card company, shopping site, etc. When you click on a link embedded in the email, you get taken to a fake website that looks exactly like the website of the actual bank etc. You are then asked to enter important personal information such as your credit card number.

It goes without saying that credit card companies do not send out emails demanding that you enter your card number or PIN. Neither do banks call you asking for your account number and PIN. So beware of any communication asking you for such information.

[Spyware]

Some software on the market comes with other software that gathers users’ personal information and sends it to the individual or company that sold the
software. Such software, which is used for malicious purposes, is generally referred to as “spyware.” Most of it is embedded deep within the software, so gets into your computer when the software is installed. There’s also software such as Spybot that seeks out and destroys spyware, so if you notice anything odd about the operation of your PC, be sure to check things out.

Also put into practice what you have learned in Information Processing Basics (a class at the university) to use your PC and the Internet with care.

(4) Don’t fall victim to malicious selling techniques

People with a lack of business knowledge are frequently approached by fast-talking sales people who push them to buy products and services they don’t need.

Not only that, but students themselves often get into multi-level marketing schemes and prey on others. So whoever’s selling and whatever they’re selling, you need to be on guard.

[Common malicious selling techniques]

● Appointment sales

With this technique, the seller tricks the victim into coming to a coffee shop, business office, etc. by telling them via telephone, mobile phone, email, or social media that they’ve been selected for a free gift or that they’ve won a prize. After they arrive, they’re pressured into buying an expensive product.

● Romance (dating) sales

Here, the victim is contacted through social media or via a matchmaking site. Once the victim has met the trickster a few times and developed romantic feelings for them, the trickster might say something like “I failed to meet my sales quota this month” or “This product is perfect for you.” They get you to buy something at a high price, and once they’ve completed the transaction, their interest in you quickly cools. Romance sales is often combined with other selling techniques. Female students are targeted by attractive guys and male students are targeted by beautiful women.
• **Sales through hard-to-break contracts**

On the street near stations or in entertainment districts, you might be asked to fill out a questionnaire or if you’re interested in modeling work. The smooth-talker will then take you to a coffee shop or business office, where you’ll be urged to sign a contract for an expensive purchase. The product is often jewelry, art, cosmetics, or educational materials with member services.

• **Multi-level marketing**

A friend might ask you if you’re interested in an easy way to earn some money. But it’s really just a pyramid scheme based around products. Under Japanese law, it’s referred to as “chain selling.”

• **Hypnotic sales (SF sales)**

Hypnotic sales is where the seller brings together a large number of people at a public square, public building, hotel, etc. on the pretense of selling them daily goods or foods at huge discounts. They then get the crowd excited by giving away items for free or at incredibly low prices, which strips the participants of the ability to make calm decisions. They then get them buy a high-priced product, which was the goal all along. In Japan it’s sometimes referred to as “SF sales,” with “SF” being the initials of Shin-seihin Fukyu Kyokai, the company that first popularized the method.

• **Supernatural (good fortune) sales**

After asking the victim what they are unhappy or worried about, the seller informs the victim that they will be cursed unless they hold a service to quieten the spirits of the dead. This service requires the use of seals or prayer beads that are sold to them for an exorbitant price.

• **Impersonation sales**

This technique involves the seller dressing up like someone from the fire department, post office, NTT, etc., and then using confusing language to convince you to buy a fire extinguisher, telephone, alarm, etc.

• **Qualification sales**

Here, the seller tries to get you to enroll in an expensive course to obtain a bona fide professional certification such as judicial scrivener or licensed tour operator, or a certification that no one has heard of, by telling you that taking
the course will exempt you from having to take the national examination. They will charge you high lesson fees and sell you high-priced educational materials for an unfruitful course, and then make off with your money.

(5) What is the cooling-off system?

With this system, if you’ve bought something from a door-to-door salesperson etc., and it’s within the cooling-off period, you can withdraw your application and cancel the contract unconditionally by informing the seller in writing.

By taking advantage of the system, you needn’t pay the seller any compensation or monetary penalty. If you’ve already paid a deposit or application fee, they have to refund this money. And even if you’ve taken delivery of the products, the seller is responsible for all the necessary costs associated with the product return.

Note: If there is no mention of “cooling off” in the contract etc., there is no deadline for cooling off. You can cancel the contract unconditionally at any time.

Situations when you can’t use the cooling-off system

★ The cooling-off deadline has already passed
★ The products are consumables such as health foods or cosmetics, and you have already consumed some of them
★ The purchaser invited the salesperson to come to them.
★ The goods you accepted cost you less than 3,000 yen, and you paid for them at the same time
★ You purchased the goods online, via mail order, etc.
★ You are purchasing a passenger vehicle

How to use the cooling-off system

If you have signed a contract carelessly, and now want to cancel it, please first contact an organization such as the Consumption and Living Support Center and ask them for advice about what to do (such advice is free). Unless a certain period of time (which in the case of door-to-door sales is eight days
including the day on which you received the contract document) has already passed, you can ask for details about how to use the cooling-off system and then follow the procedures to do so.

**Consultation desks**

**[Prefectural Consumption and Living Support Center]** Tel 076-267-6110

**[Kanazawa Consumption and Living Center]** Tel 076-232-0070

To avoid problems, use a postcard to notify the seller of the cancellation, and send it by registered mail at a post office counter. Please do not cancel the contract over the telephone as there will be no evidence that you have done so. All you need to do is to send the notification within the cooling-off period. It doesn't matter if it reaches the seller after this period.

*Messages from senior students (38)*

“You shouldn’t be casual about signing contract just because the cooling-off system exists. It is important to calmly consider whether you need the product or service.”
How to issue the cancellation notification

To avoid problems, use a postcard to notify the seller of the cancellation, and send it by registered mail at a post office counter.

(6) Watch out for “black” part-time jobs
[Before starting a part-time job]

You will probably have more opportunities to work part time than you have in the past.

But if you find that your part-time job is interfering in your student life, it might be what’s known in Japan as a “black” part-time job. For example, the actual conditions may be different from what was stated in the job ad, your employer might pencil you in for a shift even though you have a test on that day, you may be unable to take days off, or you might not be allowed to quit unless you find the employer as a replacement.

So before you begin a part-time job, first pay attention to the following to avoid becoming the victim of a black part-time job:

1. Confirm the working conditions.

Even a part-time job is based on a labor contract, and the Labor Standards Act applies. The student is a party to the contract. Before you start working, you might find it difficult to speak up even if you have concerns, but it is dangerous to begin working under conditions that you cannot agree with. So have a proper conversation with the employer to confirm everything you need to know.

2. Get the working conditions in writing

Under the Labor Standards Act, an employer must make the working conditions clear at the time the contract is concluded, and the following six matters, which are especially important, must be set down in writing. The document presenting the working conditions that you will be shown is referred to (in Japan) as a “working conditions notification.” Be sure to receive and carefully examine your working conditions notification.
(1) How long is the contract?
(2) Criteria for renewing the labor contract if it is a fixed-term contract
(3) Where are what sort of work will you do? (location, description, etc.)
(4) What’s the situation with working hours and days off? (work start and finish times, whether there’s overtime, etc.)
(5) How will wages be paid? (how wages are determined and calculated, payment method and dates)
(6) Rules when leaving the job (matters concerning resignation or dismissal)

3. Keep the documents
To avoid problems, keep the following documents:

(1) Recruitment information
(2) Working conditions notification and other documents relating to the labor contract
(3) Pay slips

[Organizations to consult with that you should be aware of]
Because students tend not to be well versed in labor law, and may find it difficult to object to things, there are workplaces where they are treated unlawfully or inappropriately.
If something occurs that bothers you, don’t worry about it alone and try to put up with it. Instead, ask for advice at an early stage.

1. Easy-to-understand explanatory pamphlets about labor law
   • Ministry of Health, Labour and Welfare (MHLW), *Useful Information about Labor Law*
     http://www.mhlw.go.jp/stf/seisakunitsuite/bunya/koyou_roudou/roudouzenpan/roudouhou/
     This is an easy-to-understand pamphlet that explains aspects of labor law that you will want to be aware of if you are working. The areas covered include working conditions, overtime pay, extra pay for late-night work, paid
holidays, and dismissal.

• MHLW, Check Your Working Conditions
  
  http://www.check-roudou.mhlw.go.jp/

  Organizes and summarizes labor-law-related information.
The above documents are in Japanese, but the MHLW also offers useful
information in English and other languages here:
  https://www.mhlw.go.jp/stf/english/labour_standards_index.html

2. Who to consult if you have a problem

(1) Student Support Division, Educational Affairs Department (2F
Administration Office)

  Monday-Friday: 8:30-17:00
  Email: soudan@adm.kanazawa-u.ac.jp

(2) General Labor Consultation Corner

  Offers advice, including to students, on a wide range of matters that
include dismissal, termination, bullying/teasing, and power harassment.
  Expert advisors address your problems face to face or over the phone.
  There’s no need to reserve, and the advice is free of charge.

• General Labor Consultation Corner, Ishikawa Labor Bureau
  6F Kanazawa Station West Joint Government Building, 3-4-1 Sainen,
  Kanazawa-shi
  Tel: 076-265-4432 (Monday-Friday: 9:30-12:00, 13:00-17:00)

• Kanazawa General Labor Consultation Corner
  3F Kanazawa Shinkanda Joint Government Building, 4-3-10 Shinkanda,
  Kanazawa-shi
  (Inside the Labor Standards Inspection Office)
  Tel: 076-292-7947 (Monday-Friday: 9:30-12:00, 13:00-17:00)

• Working Conditions Consultation Hotline
  0120-811-610 (Monday-Friday: 17:00-22:00, Weekends and holidays:
  9:00-21:00)
5. Useful insurance for student life

- Insurance that is compulsory at Kanazawa University

Personal Accident Insurance for Students Pursing Education and Research (Gakkensai) and liability insurance coupled with Gakkensai (optional liability rider)

At Kanazawa University, to prepare for accidents during student life, it is compulsory to enroll in Gakkensai with a liability rider. Both types of insurance cover students at universities and junior colleges nationwide, and are administered by Japan Educational Exchanges and Services.

1) Overview of Gakkensai

Pays out both in Japan and abroad in event of (1) a sudden and random external accident that occurs during education or research activities and (2) physical injury suffered due to an accident while moving at an educational facility etc. Note that “illness” is not covered by this insurance.

2) Overview of liability rider

Pays out both in Japan and abroad in the event of a loss incurred as result of being legally liable for compensation after having caused an injury to another person or damage to another person’s property while participating in the regular curriculum, school events, extracurricular activities, or traveling to or from them (including internships, nursing care practice, teaching practice, volunteering, and traveling to and from such activities where they are positioned by the university as part of the regular curriculum or school events).

Note that “extracurricular activities” in the liability rider differ from “extracurricular activities” in Gakkensai. Specifically, in the former they refer to internships and volunteering conducted by circles that have been approved by the university as being conducted for the purpose of internships or volunteering.
(3) Other

You can make insurance claims from the person in charge of your school etc., so please let them know immediately if an accident occurs. For more details, please inquire at the Health Service Center office.

- **Insurance that is recommended by Kanazawa University**

**Comprehensive Insurance for Student Lives Coupled with Gakkensai (general life rider)**

The scope of activity of students extends beyond campus is marked by diversity. So at Kanazawa University, we strongly recommend that students also take out the Comprehensive Insurance for Student Lives Coupled with Gakkensai (general life rider), which provides coverage for all aspects of student life.

The general life rider covers not only the actual cost of treatment for injuries and illnesses both on and off campus that are not covered by Gakkensai (includes the amount you have to pay yourself when using public health insurance and novel influenza), but also, for example, compensation when you have caused an accident (including while working part time or taking part in club activities). It therefore provides comprehensive coverage for your student life 24 hours a day, and is to enroll in thanks to discounts from the organizations that offer it nationwide.

In addition, in cases where coverage under policies such as Gakkensai is likely to be inadequate, you can **optionally** take out general student life insurance as a **rider** to a student accident insurance, so if you wish to do so, please follow the enrollment procedures **after reading the pamphlet** explaining coverage that you were given when you started at the university. As it is a rider, this insurance is **only available to students enrolled in Gakkensai**.

If you have any questions about the general life rider, please first read the pamphlet explaining coverage that you were given at the time of admission procedure.
Pensions and insurance required by law

National Pension

The National Pension is part of the system of social security that the Japanese government is responsible for administering, and everyone aged 20 years or over is obligated to join. Students (including international students) are no exception.

However, in most cases students have no income, so it is difficult for them to pay the National Pension contributions themselves. There is therefore a Special Payment System for Students that allows them to start paying contributions after they begin working.

But if you don’t submit a notification that you wish to defer your contributions, not only will the annuity you receive in the future be reduced, but even if you have an accident etc. and suffer a disability, you will not be paid disability pension for the rest of life, so be careful.

You can enroll in the National Pension by completing the National Pension Insured Person Eligibility Acquisition Notification, which Japan Pension Service (JPS) will send you on the day before your 20th birthday, and submitting it at your Municipal Office or JPS Branch Office. Your Pension Handbook will be sent to you later, so please keep it carefully after it arrives.

Automobile liability insurance

This is insurance that is compulsory for all automobiles and motorcycles pursuant to the Act on Securing Compensation for Automobile Accidents. In the case of motorcycles, minibikes, scooters, etc. that do not need to undergo automobile inspections, the policy is apt to expire without you noticing. So please check the policy period by looking at the automobile liability insurance policy document or the sticker on your vehicle. Policies are normally for one year, but policies for longer periods of two to five years are also available, and the premiums for these may be discounted. The Kanazawa University Student Co-operative Union (http://www.kindai-coop.or.jp/) can introduce you to an insurance broker that you can use to take out a policy online.
o Mutual aid and insurance for a secure student life

(1) Student comprehensive mutual insurance

This is a mutual aid scheme that is ultimately underwritten by the University Co-operatives Mutual Aid Federation. It includes “mutual life,” which provides coverage for hospitalization/surgery for illness and hospitalization/surgery for injury. You can enroll at the counter of the Kanazawa University Co-op.

Messages from senior students (39)

“When I was hospitalized with appendicitis, I was already enrolled in mutual life, so I was able to receive a payout. It’s useful for those times when something unexpected happens. If you need to submit a diagnosis certificate, confirm the prescribed format for it.”

(2) Optional automobile insurance

Optional automobile insurance is an insurance you can enroll in to prepare for accidents where the amount of compensation paid from the legally-required automobile liability insurance will be insufficient or accidents where you have to compensate the other party for property damage. (Incidentally, if you wish to apply for a parking permit, you will need to enroll in this optional insurance.)

If you do not enroll in this insurance, there is a risk of you being subject to a huge financial burden in the event of an accident in which you have to pay compensation to the other party or an accident in which you have personally incurred medical expenses or have suffered a disability.

So to be prepared for unexpected accidents, make sure you take out optional insurance even for a scooter etc. The Kanazawa University Student Co-operative Union (http://www.kindai-coop.or.jp/) can introduce you to an insurance broker that you can use to take out a policy online.

Messages from senior students (40)

“Automobile liability insurance only covers injury or death. It’s useless if, for example, you crash into a wall, so you also take out optional insurance.”

(3) Bicycle liability insurance

In 2018, Kanazawa City revised its local ordinance for the promotion of safe use of bicycles to require bicycle users etc. to take out bicycle liability
insurance. However, if you have a rider with your property insurance or automobile insurance (personal liability coverage rider), insurance for the bicycle itself (TS Mark), etc., you need not take out a separate bicycle liability insurance policy. Note also that “(4) Student liability insurance” is included in bicycle liability insurance.

(4) Student liability insurance
This insurance covers you for legal liability that you might incur if, for example, you injure someone while riding your bicycle or leave a tap running in your apartment and flood the apartment below, damaging the occupant’s property. You can enroll at the Kanazawa University Co-up, though the policies are underwritten by Mitsui Sumitomo Insurance Co., Ltd.

(4) Co-op Student Life #110
We can introduce students 24 hours a day and 365 days a year to consultation services and the desks of organizations that can help them with various worries that they might have. For example, students can obtain help with problems involving bicycles, scooters, and cars, visits from professionals when they have problems with their plumbing, windows, and locks (available either free or at special prices for members), consultations concerning malicious business practices, and life-consultation support involving information about various facilities (free of charge).

For more details, please ask the Kanazawa University Co-operative.

<table>
<thead>
<tr>
<th>Messages from senior students (41)</th>
</tr>
</thead>
<tbody>
<tr>
<td>“When my bicycle had a puncture, I was able to get it fixed the same day and for only 1,000 yen. They also changed the lock for free, so this is a useful scheme to join as a way of being prepared for those moments when you’re in a pinch.”</td>
</tr>
</tbody>
</table>

(6) Volunteering insurance
If you going to be volunteering and want to have peace of mind, be sure to sign up for volunteering insurance.

It provides coverage for situations where, for example, you break some furniture at a facility you’re volunteering at, injure somebody at the facility, or
suffer an injury yourself.

You can enroll at the Ishikawa Council of Social Welfare Volunteer Center (Tel 076-234-1616) or the Council of Social Welfare for your own municipality.

<table>
<thead>
<tr>
<th>Message from senior students (42)</th>
</tr>
</thead>
<tbody>
<tr>
<td>“The number of students engaging in volunteering activities has been on the rise in recent years, but not all locations for volunteering are safe, so just to be on the safe side I recommend you take out insurance!”</td>
</tr>
</tbody>
</table>
6. Scholarships and new study support scheme

- Scholarships
  - Scholarship programs
    The scholarships handled by Kanazawa University comprise ones from the Japan Student Services Organization (JASSO) and ones from various other organizations (local authorities, private-sector organizations, etc.).
    There are loan-type scholarships (which need to be repaid) and grant-type scholarships (which don’t need to be repaid), but in either case, you will normally need to meet certain requirements, such as having an excellent academic record or difficulty with funding your studies.
  - Information provision
    Information about scholarships is generally provided through Acanthus portal notifications and postings. If you would like to apply for a scholarship or are already receiving one, please periodically check notifications from the Acanthus portal as well as noticeboards in your school or graduate school, the General Education Lecture Hall, and the Administration Office.
  - Important points
    If you decide to borrow using a loan-type scholarship, you need to realize that you will have to pay it back in the future, and be careful not to borrow too much.
    Note that with both loan-type and grant-type scholarships, if your academic performance slumps or you forget to complete any of the required procedures, your scholarship will be cancelled (meaning that you lose your status as a scholarship student) or suspended, even if you are in great financial difficulty.
    And if you take a leave of absence from the university or go and study abroad, you will generally have to discontinue your scholarship (though continuation is sometimes allowed if you are studying abroad), so please seek advice from the person in charge.

University home page > Student life > Financial assistance > Scholarships (Japanese site)
https://www.kanazawa-u.ac.jp/campuslife/economic/scholarship
[Person in charge of scholarships (other than those for international]
students)]
Person in charge of student support, Student Support Division, Educational Affairs Department (Tel 076-264-5170)
Note: There is also information about scholarships for international students on the university’s English website:
https://www.adm.kanazawa-u.ac.jp/ie/e/abroad/scholarship.html

Messages from senior students [43]
“When you were in high school, you probably relied on your parents or teachers to take care of documents, procedures, etc. But when you’re a university student, you become responsible for handling important documents relating to money by yourself...”

• New study support scheme

In April 2020, with the aim of ensuring that students don’t give up on their studies for financial reasons, a scheme for reducing or waiving tuition fees etc. was established under the Act on Support for Study at Universities etc. And at the same time, eligibility for grant-type scholarships from JASSO was expanded. Now, those eligible are students from households that do not pay residence tax or students from equivalent households (Japanese citizens, legal special permanent residents, other permanent residents etc., and long-term residents who are deemed to wish to remain in Japan permanently).

If you apply for the new study support scheme and have become eligible for support your enrollment fee and tuition fees will be reduced/waived in accordance with your support category (Category I: full waiver, Category II: two-thirds reduction, Category III one-third reduction), which is based on the income of your household. You will also receive a grant in accordance with your support category.

University home page > Student life > Financial assistance > New study support scheme (in Japanese)
https://www.kanazawa-u.ac.jp/campuslife/economic/school_support
[Person in charge of new study support scheme]
Person in charge of student support, Student Support Division, Educational Affairs Department (Tel: 076-264-5164, 5170)
7. Other

It isn’t good for students to spend so much time working part time that it affects their studies. Please choose a line of work that suits you, consider how it relates to your studies, and keep the number of hours you work to a minimum.

- **Restrictions on students’ part-time jobs**

From Shigotoba, a website that provides information about part-time job openings to Kanazawa University students:

<table>
<thead>
<tr>
<th>Dangerous</th>
<th>Specific examples</th>
<th>Reasons and other information</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>Operation of press, drilling machine, lathe, cutting machine, grass cutter, or other automatic machine</td>
<td>Sometimes possible if operation is via buttons, and the hand does not touch the machine directly.</td>
</tr>
<tr>
<td>2</td>
<td>Handling of or work in the vicinity of hazards such as high voltage or high-pressure gas (including work as an assistant)</td>
<td>A license is needed, and the degree of danger is high.</td>
</tr>
<tr>
<td>3</td>
<td>Driving vehicle such as a car or motorcycle</td>
<td>Highly dangerous, the financial/psychological cost of causing an accident is excessive, and criminal liability is a possibility.</td>
</tr>
<tr>
<td>4</td>
<td>Work within vehicle lanes on roads with heavy traffic</td>
<td>Possible if traffic is restricted while the work is being carried out, and if it is not dangerous.</td>
</tr>
<tr>
<td>5</td>
<td>On-site construction, water supply, etc. work</td>
<td>Assistive work sometimes possible if safety can be confirmed.</td>
</tr>
<tr>
<td>6</td>
<td>On-site construction/demolition work, clearing away of building materials</td>
<td>Interior decoration work possible.</td>
</tr>
<tr>
<td>7</td>
<td>Work 2m or more above the ground (window cleaning, equipment installation, etc.)</td>
<td>Highly dangerous due to risk of falls and falling objects.</td>
</tr>
<tr>
<td>8</td>
<td>Security guard, night watchman, traffic controller</td>
<td>Venue organization, guidance to visitors, reception desk work sometimes possible if not hired directly by a security company. (Working for a security company is not allowed as the Security Services Act applies.)</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Harmful to health</th>
<th>Specific examples</th>
<th>Reasons and other information</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>Handling of harmful chemicals such as agricultural fertilizers and pesticides</td>
<td>Preparation/assistance possible</td>
</tr>
<tr>
<td>2</td>
<td>Work in exceedingly high-temperature, high-humidity environments</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Work in environments with high levels of dust, powder, toxic fumes, noise, etc.</td>
<td>Likely to be hazardous to human health.</td>
</tr>
<tr>
<td>---</td>
<td>---</td>
<td>---</td>
</tr>
<tr>
<td>4</td>
<td>Participation in clinical trials of pharmaceuticals etc.</td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th></th>
<th>Risk of involvement in labor dispute</th>
<th>See Article 20 of the Employment Security Act.</th>
</tr>
</thead>
<tbody>
<tr>
<td>2</td>
<td>Mediation for for-profit staffing agency, mediation for unauthorized staff dispatcher that does not present authorization number</td>
<td>Goes against the spirit of the Employment Security Act (mediation of establishment of employment relationships) and Worker Dispatching Act.</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th></th>
<th>Involvement in multi-level marketing or pyramid schemes</th>
<th>See the Act on Prevention of Pyramid Schemes.</th>
</tr>
</thead>
<tbody>
<tr>
<td>4</td>
<td>Payment based on commission with no minimum salary</td>
<td>See Article 27 of the Labor Standards Act.</td>
</tr>
<tr>
<td>5</td>
<td>Job where worker can be expected to have to pay penalties or compensation</td>
<td>See Article 16 of the Labor Standards Act.</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th></th>
<th>Jobs that target only men or only women in recruitment/hiring</th>
<th>See Article 5 of the Equal Opportunity Act.</th>
</tr>
</thead>
<tbody>
<tr>
<td>7</td>
<td>Jobs that set a limit on the number of men and the number of women to be recruited/hired</td>
<td>See Article 5 of the Equal Opportunity Act.</td>
</tr>
<tr>
<td>8</td>
<td>Jobs that apply different conditions to men and women in recruitment/hiring</td>
<td>Same as above.</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th></th>
<th>On-street distribution of flyers or sticking up of posters without authorization</th>
<th>Possible if there are no problems with content and permission has been obtained.</th>
</tr>
</thead>
<tbody>
<tr>
<td>2</td>
<td>Surveys large numbers of unspecified persons in the street or by visiting their homes, surveys with problematic content</td>
<td>The other party is often put under pressure, and this is a frequent cause of problems.</td>
</tr>
<tr>
<td>3</td>
<td>Door-to-door sales, solicitation, full-time money collection</td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th></th>
<th>On-site work at venues where gambling is taking place, such as a horse and bicycle race tracks</th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>4</td>
<td>On-site work at businesses in or related to the entertainment trade such as bars, cabaret clubs, and pachinko parlors</td>
<td>Including places that serve alcohol late into the night.</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th></th>
<th>From an educational standpoint</th>
<th></th>
</tr>
</thead>
</table>

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<table>
<thead>
<tr>
<th></th>
<th>Unnecessary recruitment practices</th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>6</td>
<td>Late-night work for a week or more</td>
<td>Risk of harm to health.</td>
</tr>
<tr>
<td>7</td>
<td>All operations related to supporting election candidates</td>
<td>Often a breach of the Public Offices Election Act.</td>
</tr>
<tr>
<td>8</td>
<td>Privacy-related investigations</td>
<td></td>
</tr>
<tr>
<td>9</td>
<td>Selling in the open air or from stalls</td>
<td>The shop location isn’t fixed.</td>
</tr>
<tr>
<td>10</td>
<td>Performing credit checks and issuing reminders to repay loans or credit-card debt</td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>1</td>
<td>Jobs expected to affect human life</td>
<td>Swimming instructor, life guard, baby sitter, etc.</td>
</tr>
<tr>
<td>2</td>
<td>Jobs where the working conditions are unclear</td>
<td>Jobs where wages, hours, place of work, nature of work, wage payment method, etc. have not been clearly stated.</td>
</tr>
<tr>
<td>3</td>
<td>Jobs for which a certain number of people must be hired</td>
<td>For example, if even one person out of ten cannot be hired, none of the other nine will be hired.</td>
</tr>
<tr>
<td>4</td>
<td>Even when students are introduced, recruitment is repeated for no good reason</td>
<td></td>
</tr>
<tr>
<td>5</td>
<td>Jobs for which registration is required</td>
<td>Employment is unstable, and sometimes costs money.</td>
</tr>
<tr>
<td>6</td>
<td>Teacher at tutoring school that has been in operation for less than one year or concludes contracts that are disadvantageous to students</td>
<td></td>
</tr>
<tr>
<td>7</td>
<td>Introduction to company that dispatches home tutors</td>
<td></td>
</tr>
<tr>
<td>8</td>
<td>Job that makes students bear responsibility for accidents on the job</td>
<td></td>
</tr>
<tr>
<td>9</td>
<td>Other jobs deemed to be extremely undesirable</td>
<td>For example, only part-timers have to wait in line for shifts.</td>
</tr>
</tbody>
</table>

*Messages from senior students (44)*

“Before taking a part-time job, make sure you properly confirm the law. When choosing a place to work, it’s easy to focus only on the hourly pay, but you should also check the hours that you can work, whether they pay travel, etc. My employer pays a pretty low hourly rate, but I get free meals, and they also pay my travel expenses on top of my wages.”
Map of locations of AEDs and stretchers
List of locations of multi-purpose toilets
As of December 23, 2019

<table>
<thead>
<tr>
<th>Area</th>
<th>Building</th>
<th>Floor no.</th>
<th>Changing stand</th>
</tr>
</thead>
<tbody>
<tr>
<td>Kakuma I</td>
<td>Human and Social Science Hall 2</td>
<td>1</td>
<td>Yes</td>
</tr>
<tr>
<td></td>
<td>Human and Social Science Hall 3</td>
<td>1</td>
<td>Yes</td>
</tr>
<tr>
<td></td>
<td>General Education Lecture Hall</td>
<td>2</td>
<td>Yes</td>
</tr>
<tr>
<td></td>
<td>General Education Lecture Hall</td>
<td>3</td>
<td>-</td>
</tr>
<tr>
<td></td>
<td>General Education Lecture Hall</td>
<td>4</td>
<td>-</td>
</tr>
<tr>
<td></td>
<td>General Education Lecture Hall</td>
<td>5</td>
<td>-</td>
</tr>
<tr>
<td></td>
<td>North Campus Store and Restaurant</td>
<td>1</td>
<td>Yes</td>
</tr>
<tr>
<td></td>
<td>Gymnasium</td>
<td>1</td>
<td>Yes</td>
</tr>
<tr>
<td></td>
<td>Central Library</td>
<td>2</td>
<td>Yes</td>
</tr>
<tr>
<td></td>
<td>Student Union Hall</td>
<td>1</td>
<td>-</td>
</tr>
<tr>
<td></td>
<td>Student Union Hall</td>
<td>2</td>
<td>Yes</td>
</tr>
<tr>
<td></td>
<td>Center for Regional Collaboration</td>
<td>1</td>
<td>Yes</td>
</tr>
<tr>
<td></td>
<td>Administration Office</td>
<td>2</td>
<td>Yes</td>
</tr>
<tr>
<td></td>
<td>International Media Center</td>
<td>1</td>
<td>Yes</td>
</tr>
<tr>
<td></td>
<td>Natural Science and Technology Hall 5 A</td>
<td>3</td>
<td>-</td>
</tr>
<tr>
<td></td>
<td>Natural Science and Technology Hall 5 B</td>
<td>1</td>
<td>Yes</td>
</tr>
<tr>
<td></td>
<td>Nano Life Science Institute</td>
<td>1</td>
<td>Yes</td>
</tr>
<tr>
<td></td>
<td>Natural Science and Technology Hall 1</td>
<td>1</td>
<td>Yes</td>
</tr>
<tr>
<td></td>
<td>Natural Science and Technology Hall 2</td>
<td>1</td>
<td>Yes</td>
</tr>
<tr>
<td></td>
<td>Natural Science and Technology Hall 3</td>
<td>1</td>
<td>Yes</td>
</tr>
<tr>
<td>Kakuma II</td>
<td>Natural Science and Technology Main Hall</td>
<td>G2</td>
<td>Yes</td>
</tr>
<tr>
<td></td>
<td>Natural Science and Technology Main Hall</td>
<td>1 (Men)</td>
<td>-</td>
</tr>
<tr>
<td></td>
<td>Natural Science and Technology Main Hall</td>
<td>1 (Women)</td>
<td>-</td>
</tr>
<tr>
<td></td>
<td>Natural Science and Technology Main Hall</td>
<td>2 (Men)</td>
<td>-</td>
</tr>
<tr>
<td></td>
<td>Natural Science and Technology Main Hall</td>
<td>2 (Women)</td>
<td>-</td>
</tr>
<tr>
<td></td>
<td>Natural Science and Technology Main Hall</td>
<td>3 (Men)</td>
<td>-</td>
</tr>
<tr>
<td></td>
<td>Natural Science and Technology Main Hall</td>
<td>3 (Women)</td>
<td>-</td>
</tr>
<tr>
<td></td>
<td>Natural Science and Technology Lecture Hall</td>
<td>1 (Women)</td>
<td>Yes</td>
</tr>
<tr>
<td></td>
<td>Natural Science and Technology Lecture Hall</td>
<td>1 (Men)</td>
<td>-</td>
</tr>
<tr>
<td></td>
<td>Natural Science and Technology Library / South Welfare Facilities</td>
<td>G2</td>
<td>Yes</td>
</tr>
<tr>
<td></td>
<td>Natural Science and Technology Library / South Welfare Facilities</td>
<td>1</td>
<td>-</td>
</tr>
<tr>
<td></td>
<td>Natural Science and Technology Library / South Welfare Facilities</td>
<td>2</td>
<td>-</td>
</tr>
<tr>
<td></td>
<td>Cancer Research Institute</td>
<td>2 (Women)</td>
<td>Yes</td>
</tr>
<tr>
<td></td>
<td>Cancer Research Institute</td>
<td>2 (Men)</td>
<td>-</td>
</tr>
<tr>
<td></td>
<td>Venture Business Laboratory</td>
<td>3</td>
<td>Yes</td>
</tr>
<tr>
<td></td>
<td>Kakuma no Sato (50th Anniversary Memorial Hall)</td>
<td>1</td>
<td>-</td>
</tr>
<tr>
<td>Area</td>
<td>Building</td>
<td>Floor no.</td>
<td>Baby-changing stand</td>
</tr>
<tr>
<td>------------------</td>
<td>-------------------------------------------------------</td>
<td>-----------</td>
<td>---------------------</td>
</tr>
<tr>
<td>Takaramachi</td>
<td>School of Medicine Hall E</td>
<td>1</td>
<td>Yes</td>
</tr>
<tr>
<td></td>
<td>School of Medicine Hall E</td>
<td>2</td>
<td>-</td>
</tr>
<tr>
<td></td>
<td>School of Medicine Hall F</td>
<td>3</td>
<td>-</td>
</tr>
<tr>
<td></td>
<td>School of Medicine Hall F</td>
<td>1</td>
<td>Yes</td>
</tr>
<tr>
<td></td>
<td>Medical Branch Library</td>
<td>1 (North)</td>
<td>Yes</td>
</tr>
<tr>
<td></td>
<td>Medical Branch Library</td>
<td>1 (South)</td>
<td>-</td>
</tr>
<tr>
<td></td>
<td>Medical Branch Library</td>
<td>2</td>
<td>-</td>
</tr>
<tr>
<td></td>
<td>Ju-zen Hall</td>
<td>1</td>
<td>Yes</td>
</tr>
<tr>
<td></td>
<td>Memorial Hall</td>
<td>1</td>
<td>Yes</td>
</tr>
<tr>
<td></td>
<td>School of Medicine Hall C</td>
<td>1</td>
<td>Yes</td>
</tr>
<tr>
<td></td>
<td>Common Education and Research Hall</td>
<td>1</td>
<td>Yes</td>
</tr>
<tr>
<td></td>
<td>School of Medicine Welfare Facilities</td>
<td>1</td>
<td>Yes</td>
</tr>
<tr>
<td>Tsuruma</td>
<td>School of Health Sciences Hall 2</td>
<td>1</td>
<td>Yes</td>
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<tr>
<td></td>
<td>School of Health Sciences Hall 2</td>
<td>2</td>
<td>-</td>
</tr>
<tr>
<td></td>
<td>School of Health Sciences Hall 4</td>
<td>1</td>
<td>Yes</td>
</tr>
<tr>
<td></td>
<td>School of Health Sciences Hall 4</td>
<td>3</td>
<td>-</td>
</tr>
<tr>
<td></td>
<td>School of Health Sciences Hall 5</td>
<td>2</td>
<td>Yes</td>
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<tr>
<td></td>
<td>School of Health Sciences Welfare Facilities</td>
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<td>Yes</td>
</tr>
<tr>
<td></td>
<td>School of Health Sciences Gymnasium</td>
<td>1</td>
<td>Yes</td>
</tr>
<tr>
<td>Higashi-Kenroku</td>
<td>Special Education School Building</td>
<td>1</td>
<td>Yes</td>
</tr>
<tr>
<td>Heiwamachi</td>
<td>Special Education School Gymnasium</td>
<td>1</td>
<td>Yes</td>
</tr>
<tr>
<td></td>
<td>Affiliated Elementary School</td>
<td>1</td>
<td>Yes</td>
</tr>
<tr>
<td></td>
<td>Affiliated Junior High School (to be established in 2020)</td>
<td>1</td>
<td>Yes</td>
</tr>
</tbody>
</table>
Editorial Committee (Years of study are as of the time of production)

© Student Life Committee Chair         Masayoshi Shibata
Institute of Liberal Arts and Science    Tatsuo Watanabe
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Health Service Center                   Yumi Adachi
Student Support Division, Educational Affairs Department
                                       Yorihiko Uetani

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                 Yume Fujita (School of Law, 1st year)

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Cover design       Mizuki Itai (Art club: School of Economics, 1st year)
Published
April 2020

Student Life Committee, Educational Planning Council, Kanazawa University

Secretariat: Educational Affairs Department, Kanazawa University
Kakuma-machi, Kanazawa-shi 920-1192
Tel: 076-264-5168 (Person in charge of student consultations, Student Support Division)
Email: soudan@adm.kanazawa-u.ac.jp

Request:
We have produced this pamphlet and distributed it to all new students (including students transferring in from other universities, new graduate students, students switching to different departments, research students, etc.) so as to ensure their student life at Kanazawa University goes smoothly. For the benefit of the students who follow in your footsteps in the future, we would like to make future versions of the pamphlet even better, so please contact the Educational Affairs Department via email etc. with your impressions, questions, and opinions.

This pamphlet is also scheduled to be used as reference material in a general education lecture called Life at University and in Society, which will be taken by all students enrolling in the 2020 academic year.

Messages from senior students (45)

“Your time as a university student will fly by in an instant. So if you feel that there’s something you want to do, seize the opportunity and take action now. The best day to start is today!”
Space to stick certificates of immunization etc.
<Call for illustrations for cover of 2022 edition>

We want illustrations that could be used for the cover of

*Kiitsukemasshi*

We are wish to widely solicit illustrations that could be used for the cover of the pamphlet for the 2022 academic year. Please send your illustrations as follows:

If we choose to use your illustration, we'll gift you some goods that will be useful in your university life as a prize! (Though what you will get has yet to be decided ...)

We're looking forward to receiving lots of entries from you all!

★Eligibility to enter: You can enter as either an individual or a group. As long as you have some connection with the university, you are welcome to enter.

★Guidelines: *Kiitsukemasshi* is a pamphlet for new students aimed at making them more aware of various matters relating to university life as a whole, so your illustration should be in line with the content.

★Size: The size of the picture on the cover (15cm x 15cm) or A5 size

★Text to include:

All text included in the cover (please use 2021 as the fiscal year)

★Submission deadline: Thursday, September 30, 2021

Either bring the picture/file to the person in charge of student consultations in the Student Support Division or email the file to soudan@adm.kanazawa-u.ac.jp.
# Immunization Record Chart

<table>
<thead>
<tr>
<th>Periodic type-1 illness immunizations</th>
<th>No. of times</th>
<th>Date of immunization</th>
<th>Medical institution</th>
<th>Manufacturer</th>
<th>Lot no.</th>
</tr>
</thead>
<tbody>
<tr>
<td>DTaP three-in-one vaccine:</td>
<td>1st</td>
<td>1</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>D (diphtheria)</td>
<td>2</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>T (tetanus)</td>
<td>3</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>aP (pertussis)</td>
<td>4</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>2nd</td>
<td>5</td>
<td></td>
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<tr>
<td>BCG</td>
<td></td>
<td></td>
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<td></td>
<td></td>
</tr>
<tr>
<td>Measles/rubella (combined)</td>
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<td></td>
<td></td>
<td></td>
<td></td>
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<tr>
<td></td>
<td>2</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Japanese encephalitis</td>
<td>1st</td>
<td>1</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
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<td>3</td>
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<tr>
<td></td>
<td>2nd</td>
<td>4</td>
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<tr>
<td>Live polio (OPV)</td>
<td>1</td>
<td></td>
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<td></td>
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<tr>
<td></td>
<td>2</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Chicken pox</td>
<td>1</td>
<td></td>
<td></td>
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<tr>
<td></td>
<td>2</td>
<td></td>
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<tr>
<td>Mumps</td>
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<tr>
<td></td>
<td>2</td>
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<tr>
<td>Hepatitis B</td>
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<tr>
<td></td>
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<td></td>
<td>3</td>
<td></td>
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<tr>
<td>Hepatitis A</td>
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<tr>
<td></td>
<td>2</td>
<td></td>
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<td></td>
</tr>
<tr>
<td></td>
<td>3</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Influenza</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Tuberculin test</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>
🎉Emergency contacts on campus (in case of incidents, accidents, illnesses, theft, suspicious persons, etc.)

**Weekday daytimes**
Person in charge of each school etc., Health Service Center (refer to the following chart)

<table>
<thead>
<tr>
<th>School etc.</th>
<th>Telephone</th>
<th>School etc.</th>
<th>Telephone</th>
</tr>
</thead>
<tbody>
<tr>
<td>Person in Educational Affairs in charge of core education (General Education Department)</td>
<td>076-264-5758</td>
<td>Graduate School of Medical Sciences (Pharmacy Division)</td>
<td>076-223-6827</td>
</tr>
<tr>
<td>College of Humanities and Social Sciences (all schools)</td>
<td>076-264-5967</td>
<td>Graduate School of Medical Sciences Health Science Division</td>
<td>076-265-2515</td>
</tr>
<tr>
<td>College of Science and Engineering (all schools)</td>
<td>076-234-6818</td>
<td>Graduate School of Advanced Preventive Medical Sciences</td>
<td>076-265-2121</td>
</tr>
<tr>
<td>College of Medical, Pharmaceutical and Health School of Medicine</td>
<td>076-265-2125</td>
<td>Graduate School of Frontier Science</td>
<td>076-264-5971</td>
</tr>
<tr>
<td>College of Medical, Pharmaceutical and Health School of Pharmacy</td>
<td>076-234-6827</td>
<td>Law School</td>
<td>076-264-5967</td>
</tr>
<tr>
<td>College of Medical, Pharmaceutical and Health School of Health Sciences</td>
<td>076-265-2515</td>
<td>Graduate School of Professional Development in Teacher Education</td>
<td>076-264-5967</td>
</tr>
<tr>
<td>Graduate School of Human and Socio-Environment Studies</td>
<td>076-264-5967</td>
<td>Health Service Center (Administration Office)</td>
<td>076-264-5255</td>
</tr>
<tr>
<td>Graduate School of Natural Science and Technology</td>
<td>076-234-6818</td>
<td>Health Service (Natural Science and Technology Main Hall)</td>
<td>076-234-6803</td>
</tr>
<tr>
<td>Graduate School of Medical Sciences (Medicine Division)</td>
<td>076-265-2121</td>
<td>Health Service Center (Takaramachi)</td>
<td>076-265-2133</td>
</tr>
</tbody>
</table>
Nighttime, holidays, etc.

Kakuma Campus Central Surveillance Office
076-264-6295

(This is only for emergencies! For consultations other than incidents, accidents, illnesses, theft, and suspicious persons, please call the numbers for weekday daytimes (above). The number is also on the back of your student ID.)

Note: If dialing 110 or 119 is also essential, you can do you so directly yourself in case of emergency.

However, after doing so, please call the Central Surveillance Office yourself immediately afterwards.

☆ External consultation organizations

<table>
<thead>
<tr>
<th>Organization name</th>
<th>Telephone number</th>
<th>Organization name</th>
<th>Telephone number</th>
</tr>
</thead>
<tbody>
<tr>
<td>Ishikawa Prefectural Mental Health Center</td>
<td>076-238-5750</td>
<td>Purple Support Ishikawa</td>
<td>076-223-8955</td>
</tr>
<tr>
<td>Mental Health Advice Line</td>
<td>076-237-2700</td>
<td>Consumption and Living Support Center</td>
<td>076-267-6110</td>
</tr>
<tr>
<td>Ishikawa Prefectural Developmental Disorder Support Center</td>
<td>076-238-5557</td>
<td>Prefectural Traffic Accident Consultation Center</td>
<td>076-225-1690</td>
</tr>
<tr>
<td>Police Safety Consultation Desk</td>
<td>#9110 (accessible from mobile phones) 076-225-9110</td>
<td>Women’s Universal Consultation Office</td>
<td>076-231-7331</td>
</tr>
<tr>
<td>Human Rights Consultation Office</td>
<td></td>
<td></td>
<td>0570-003-110</td>
</tr>
<tr>
<td>Prefectural Police Ladies Emergency Line</td>
<td>#8103 (accessible from mobile phones) 076-225-0281</td>
<td>Kanazawa Mental Helpline</td>
<td>076-222-7556</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Yoriso Hotline</td>
<td>0120-279-338</td>
</tr>
</tbody>
</table>

* The telephone number for Student Life Free Medical Consultations Hotline(for students enrolled in general mutual aid) is in the Mutual + Insurance Handbook in the same envelope as your mutual aid certificate