

2-4 Disaster prevention (on/off campus)

1 Earthquakes

Because of its location at the juncture of several tectonic plates, Japan is often subject to earthquakes. On March 11th, 2011, a massive earthquake and tsunami hit the Pacific coast of Northeastern Japan. Other recent disasters include the Great Hanshin Earthquake of 1995 (Kobe and Osaka region), and the Niigata earthquake of 2004. People who live in Japan should be prepared to deal calmly with natural disasters, for example by keeping themselves informed of the latest evacuation routes. In case of a disaster, Japan's national broadcaster NHK relays information and advice in English and other languages through television, radio and the internet.

Preparing for earthquakes

To keep damage from earthquakes to a minimum, it is important to be prepared.

- Secure furniture that may topple over easily, such as drawers and bookshelves, with braces. Do not leave items in high places.
- Keep a fire extinguisher at hand, or make sure you know where the nearest one is located.
- Prepare an emergency backpack (with items such as first-aid equipment, daily items and valuables). In particular, be prepared to take your passport, residence card, and health insurance card with you in case of an evacuation.
- Participate actively in disaster-prevention drills conducted by your local community or university.
- If you live with family, make sure to know each other's contact information and decide in advance where you should meet in the event of a major disaster.

When an earthquake strikes

Violent tremors can last for several minutes, and may be followed by powerful aftershocks. When an earthquake strikes, remember the following points to minimize potential consequences, such as fires and serious injuries.

1. Turn off all sources of fire or heat (gas equipment and related appliances).
2. Open a door or window to secure an exit. If you decide to go outside, proceed with caution and beware of falling objects.
3. Protect yourself by crawling under a table or any other type of sturdy furniture.
4. Get accurate information from official sources such as TV or radio.
5. Check on the safety of your neighbors and assist them if you can.
6. If you are outdoors, stay away from objects or structures that may collapse (walls, gate posts, etc.).

The evacuation sites on campus are as follows:

- Shinagawa Campus: main ground (soccer pitch)
- Etchujima Campus: Meiji-Marui Square

Please be sure to check the location of the nearest evacuation site in the neighborhood where you live.

Example of items to prepare in case of disaster

Mineral water, preserved foods, flashlight, undergarments, medicine, sturdy gloves, pocket handwarmers, medical masks, towels, tissues, matches, candles, paper cups, paper plates, and a portable radio.

2 Fire prevention

Japanese houses are traditionally made of materials that burn easily. Please be particularly careful about extinguishing items that may cause fire, such as heating equipment, cigarettes and gas appliances, when you leave your home or go to sleep.

What to do if a fire breaks out

- Dial 119 for the fire department; alert your neighbors and ask for help in extinguishing the fire.
- If it is possible to extinguish the fire within the first few minutes, you should attempt to do so. If the fire has spread over a wide area or has reached the ceiling, focus your attention on escaping rather than working to put out the fire.
- If a pan with oil in it catches fire, do not pour water on the flames. Use a fire extinguisher, or cover the flames with a wet towel or piece of cloth.
- To avoid inhaling toxic fumes, cover your mouth with a wet towel and crouch low while making your escape.

3 Everyday precautions

While Japan is generally considered a safe country, it can be dangerous to walk alone at night or to let someone you do not know in your home. You should avoid walking alone in areas where there are few other people present and it is best to avoid using a phone booth in empty locations late at night. In addition, please beware of the following points, since breaking Japanese law may result in arrest or deportation:

- Non-Japanese citizens must carry their residence card at all times.
- It is forbidden to work part-time without permission or to do work that is not allowed under the terms of your visa.
- Riding a bicycle: do not carry another person on your bicycle, ride at night without a light, or with an open umbrella. Never ride a bicycle that doesn't belong to you (see section below).
- Carrying a knife for self-defense purposes is forbidden.
- Do not lend or borrow a residence card, student ID card, or National Health Insurance card.

Riding a bicycle in Japan

In Japan, every bicycle must be registered to a specific owner to prevent theft. It is particularly recommended to follow these rules:

- Register your bicycle at the shop where you bought it.
- Clearly mark your name and address on the bicycle.
- Make sure you never leave your bicycle unlocked.
- When you receive a bicycle from a friend, classmate, etc., ask them to write a certification of transfer (free format), and then register your bicycle at a shop.
- Never ride an abandoned bicycle, since you could be suspected of stealing it.

Drugs and narcotics

Japan has a zero-tolerance policy on the use of drugs and stimulants such as marijuana, cocaine, heroin and LSD. Drugs have adverse consequences on physical and mental health, and lead to addictions that may require long periods of rehabilitation and medical treatment. Drug-related offences usually result in incarceration and/or deportation.

Dial 110 (police department) to report a crime, theft, traffic accident or other emergencies

Calls are answered around the clock.

To call from a public phone:

- pick up the receiver, push the emergency button if available, or dial 110
- explain the emergency
- state your name and exact location



Harassment

Counselors designated by the university are available for confidential advice on harassment matters. Their names and contact information are available on the following page:
<https://www.kaiyodai.ac.jp/en/campuslife/inquirycounter/>

<Avoiding becoming involved in criminal activities>

There have been many cases recently of international students becoming involved in criminal activities, especially through social media. By understanding the dangers of social media, you can stay safe and legal while studying in Japan.

[Precautions on the Use of Social Media]

- Everything you post online can be seen by the entire world. Please be careful when using social media platforms such as X, Facebook, Instagram, WhatsApp, WeChat, QQ, Soul, KakaoTalk, and Tinder.
- Avoid being tricked into becoming involved in crimes by people pretending to be your friends or kind strangers on social media. Never share personal information, including your passwords, student ID card, driver's license, health insurance card, individual identification number (My Number) card, bank account, or residence card.
- If someone approaches you on social media with an "easy way to make money," or another similar offer, do not accept such offers easily. If they ask you to sell your bank account or mobile phone to them, pick up packages or withdraw money for them, etc., there is a very high chance that doing so will involve you in a crime.
- If your Japanese bank account is used for criminal purposes, it will be frozen. Financial institutions share information about accounts that have been frozen for this reason, and you will be unable to open another bank account in Japan. You may also be arrested and face penalties such as deportation or imprisonment if found to be involved in a crime.