

Academic Year 2025



Student Handbook



Must Read!!!

As You Begin Your New Life

-When You Encounter Trouble, Your First Step Is to Ask for Help-



KYUSHU UNIVERSITY

Introduction

We, the faculty and staff, extend our heartfelt welcome to all of you who have joined Kyushu University with hopes for the future and the aspiration to fulfill your dreams. I am sure you have been eagerly looking forward to the start of your university journey.

You will make lifelong friends and gain a wealth of experiences unlike those of your high school years, including opportunities to interact with senior members in your club activities. Through university lectures, you will not only acquire a deeper level of knowledge in your specialized field but also the ability to consider and approach phenomena in a multifaceted manner, and to take a holistic view of the future.

I encourage all Kyushu University students to keep in mind that they are expected to play a vital role in contributing to Japan's future prosperity and the realization of a sustainable world. I hope that you will dedicate yourselves to continuous self-improvement with a sense of pride as a student of Kyushu University.

In today's society, we face various dangers and risks even in our everyday lives.

In recent years, political conflicts and divisions have intensified across the world, making it essential to recognize the risks of encountering incidents or accidents while studying abroad or traveling.

Even within Japan, your personal information could be leaked and misused without your knowledge, or you could be targeted for recruitment into hazardous part-time jobs or group activities. Your experiences as a student will become truly invaluable, lifelong assets, so I encourage you to take on challenges that will enhance your abilities through a diverse range of studies and activities. At the same time, I also urge you to take every precaution to protect yourself and avoid any incidents or accidents.

Additionally, carelessness on your part could unintentionally put you in the position of a perpetrator, so please remain vigilant and never assume, "I would never do anything like that." In consideration of these circumstances, this Student Handbook includes things to keep in mind to prevent problems and accidents by providing initial steps to take in the event of an accident.




Various faculty and staff members are available to aid you if you have any worries or concerns in your daily life, or if you encounter any problems that you find difficult to handle on your own, including first-year support faculty members, counselors at the Center for Health Sciences and Counseling, and physicians at the Health Consultation Office. All consultations are strictly confidential, so please feel free to seek advice from the specialist staff available. The best ways to protect yourself from incidents and accidents are to cultivate awareness, engage in introspection, and exercise sound judgment and caution in your actions.

We hope that this Student Handbook will help you resolve any issues you may face and allow you to fully enjoy campus life at Kyushu University.

Sincerely,
April 1, 2025

Executive Vice President and Senior Vice
President of Kyushu University
Yoshimi Sonoda

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Intended for students who have enrolled at Kyushu University and will spend one year in the Ito Campus Center Zone, this booklet provides useful information on student life and other topics.

At Kyushu University, administrative work related to academic affairs and student support is mainly handled by the Academic Affairs Division and Student Affairs Division of the undergraduate school or graduate school to which you belong.

That said, the Ito Campus Center Zone, where students spend their first year subsequent to enrollment, houses the central administration where common University-wide tasks are performed, and this booklet provides primarily information from this organization.

The age of adulthood has been lowered!

As of April 2022, the age of adulthood has been lowered from 20 to **18**.

To know what precautions are necessary due to the change, review the following key points and bear them in mind as you pursue your university life.

- **What is adulthood (the age at which a person is no longer subject to parental authority)?**
 - ☆ You can enter into contracts without parental consent ↔ You are responsible for honoring the contracts you enter into
 - ☆ Credit cards are convenient ↔ Missed payments may lead to future trouble!
- **No alcohol, smoking, or gambling before you turn 20!**
- **SNS—convenient but scary!**
 - ☆ You may end up a victim or a perpetrator.
 - ☆ Risk → Leaking of personal information, spreading of slander, photos, etc.

Ministry of Justice website
<https://www.moj.go.jp/seinen/> (Japanese only)





Chapter 1 Everyday Life at the University

I Basic Information

1 Offices for Procedures After Enrollment

1 Center Zone Office

During the year you spend studying in the Ito Campus Center Zone, you will complete any administrative procedures primarily through the Education Support Division, Student Support Division, and Career and Scholarship Support Division. Unlike senior high school, the offices are organized by service. A variety of consultation services are provided, so please do not hesitate to utilize these offices.

Category	Section Name	Contact	Campus
General information	Student Affairs Planning Division, Student Affairs Department General Affairs Section	092-802-5925	Ito Campus
Entrance and Degree Conferral Ceremonies			
Japan Student Services Organization (JASSO), University and Other Scholarships	Career and Scholarship Support Division, Student Affairs Department Scholarship Section	092-802-5931	
Enrollment Fee Exemption, Tuition Fee Exemption, etc.	Career and Scholarship Support Division, Student Affairs Department Students' Payment Exemption Section	092-802-5948	
Classes, Coursework, Examinations, Grades, etc., Pertaining to Students in the KIKAN Education Program	Education Support Division, Student Affairs Department Academic Affairs Section for KIKAN Education	092-802-5941	
Credit Transfer from the Open University of Japan			
Challenge 21	Student Affairs Planning Division, Student Affairs Department Student Affairs and Information Section	092-802-5935	
Life Support Counseling for KIKAN Education Students (One-Stop Consultation Service)		092-802-5915	
Student Registration (Leave of Absence, etc.) / New Student Support, etc. / Student Commuter Certificate	Student Support Division, Student Affairs Department Student Support Section	092-802-5961	
Lost and Forgotten Items			

Category	Section Name	Contact	Campus
Job-Search Information, Job-Search Consultation, Job-Search Guidance, On-Campus Joint Company Information Sessions	Career and Scholarship Support Division, Student Affairs Department	092-802-5897	Ito Campus
Career Guidance, Internships, Self-Development Programs, On-Campus Individual Company Information Sessions	Job and Career Support Section	092-802-5903	
Kuju Joint Training Center Yamanoie	Student Support Division, Student Affairs Department Welfare Section	092-802-5992	
Student Dormitories		092-802-5963	
Extracurricular Activities	Student Support Division, Student Affairs Department Extracurricular Support Section	092-802-5966	
Management and Operation of Athletic Facilities and Equipment			
Student Support Association	Student Support Association Administration Bureau	092-802-5968	
General Selection (Individual Achievement Test)	Admission Division, Student Affairs Department Admission Section 1	092-802-2004	
The Common Test for University Admissions, Entrance Examination for Privately Financed International Students, International Returnee Student Selection	Admission Division, Student Affairs Department Admission Section 2	092-802-2005	
Comprehensive Selection, School Recommendation-based Selection, and International Entrance Examinations	Admission Division, Student Affairs Department Planning and Public Relations Section	092-802-2006	

■ Student ID Card (for re-issuance, contact the Student Support Section)

Please carry your student ID card with you at all times as it is important for showing your status as a student. Students must present their ID cards when using the library, taking exams, using student discounts, applying for scholarships, borrowing equipment for extracurricular activities, or otherwise demonstrating their student status. In the event your card is lost or damaged, please follow the procedures for having your card re-issued. (2,000 yen required)

■ Student Commuter Certificate (certificates issued by the Student Support Section)

When purchasing a student commuter pass, a Student Commuter Certificate with the University's seal of approval is required.

■ Motorcycle Entry Form (submit form to the Student Support Section)

If you wish to enter campus by motorcycle, you must submit a Motorcycle Entry Form.

■ Automobile Entry Permit Form (submit form to the Student Support Section)

Undergraduate school students are generally not allowed to enter the campus by car. If you need to enter the campus by car due to a disability or health condition, please consult with the Student Support Section.

■ Certificate of Enrollment, JR student Fare Discount Certificate (Student Discount Certificate), Health Certificate, Transcript, Certificate of Expected Graduation (Completion)

Certificates can be issued at automated certificate machines (for a free) on campus and convenience stores (for a fee).

For details, please check "Issuance of Certificates" (page 7).

■ Tuition Fee Exemption and Scholarships (for applications and procedures, contact the Students' Payment Exemption Section and the Scholarship Section)

Applications for tuition fee exemption are accepted around February/March for the first semester and around August/September for the Second Semester. Tuition reductions will be granted each semester based on the application. The office also handles inquiries regarding the Japan Student Services Organization Scholarship and other scholarships.

■ Leaves of Absence and Withdrawals (submit requests to the Student Support Section)

Students wishing to take a leave of absence or withdraw from the University after enrollment must submit the designated request form to receive permission. Please contact the Student Support Section for the required documents. In addition, when the justification for the leave of absence no longer exists, the student must follow the procedures for reinstatement.

■ Change of Address, etc. (submit forms to the Student Support Section)

If a parent or guardian has a change of address after enrollment, promptly notify the University.

2 Undergraduate School Offices

After spending the prescribed period of time on the Ito Campus after enrollment, students next study in their respective undergraduate schools. Each undergraduate school has its own Student Affairs Section for various administrative procedures and student counseling, including course registration procedures and the issuance of various certificates.

Below is the contact information for each of the Student Affairs Sections.

Undergraduate School	Section Name	Contact	Campus
School of Interdisciplinary Science and Innovation	Academic Affairs Section	092-802-5890	Ito Campus
School of Letters	Section for Humanities and Integrated Sciences for Global Society	092-802-6372	
School of Education	Section for Human-Environment Studies and Education	092-802-6362	
School of Law	Section for Law	092-802-6367	
School of Economics	Section for Economics	092-802-6383	
School of Science	Academic Affairs Section	092-802-4013	
	Student Support Section	092-802-4014	
School of Engineering	Academic Affairs Section	092-802-2722	
	Student Support Section	092-802-2736	
School of Agriculture	Student Affairs Section	092-802-4508	
School of Medicine (Department of Medicine, Department of Biomedical Science)	Student Affairs Section for School of Medicine	092-642-6020	Hospital Campus
School of Medicine (Department of Health Sciences)	Student Affairs Section for Department of Health Sciences	092-642-6680	
School of Dentistry	Student Affairs Section for Graduate School of Dental Science and School of Dentistry	092-642-6261	
School of Pharmaceutical Sciences	Student Affairs Section for Graduate School / School of Pharmaceutical Sciences	092-642-6541	
School of Design	Academic Affairs Section	092-553-4418	
	Student Affairs Section	092-553-4586	

2 Issuance of Certificates

Various certificates are issued at automated certificate machines on campus, in convenience stores in Japan, and at your Student Affairs Section office.

Automated certificate machines are located on each campus in the locations shown below. You can obtain necessary certificates from any certificate machine regardless of the undergraduate school you belong to, so use the nearest machine at your convenience, such as during breaks.

Please note that there is a fee for certificates issued at convenience stores.

○ Certificates issued at automated certificate machines and convenience stores

- Certificate of enrollment (Japanese/English)
- Health certificate
- Certificate of expected graduation (completion) (Japanese/English)
- JR student fare discount certificate (Student Discount Certificate) *Issued on campus only
- Transcript (Japanese/English)

○Instructions

Apply online for the certificate you need and the method to receive it. To receive your certificate from an automated certificate machine, use the touch screen to enter the confirmation number you receive when applying online.

For more information regarding certificate issuance, please visit the following URL:

<https://www.kyushu-u.ac.jp/ja/education/procedure/certificate>

(for Japanese)

<https://www.kyushu-u.ac.jp/en/education/procedure/certificate>

(for English)

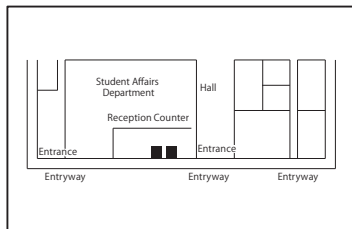


	Campus	Location	Hours of Operation
(1)	Ito Campus	Center Zone 1, 2F, Student Affairs Department Lobby	8:30 - 17:15
(2)		East Zone 1-C, 1F In front of the Academic Affairs Division / Student Affairs Division Administrative Office for the Department of Humanities, Human-Environment Studies, Law, Economics and Integrated Sciences for Global Society	Mon., Tues., and Thu., 8:30 - 17:30 Wed. and Fri., 8:30 - 20:30
(3)		West Zone 1-A, 3F Inside the Academic Affairs Division Administrative Office for the School of Science	8:30 - 17:15
(4)		West Zone 4, 2F Inside the Academic Affairs Division Student Hall for the School of Engineering	8:30 - 17:15
(5)		West Zone 5, East Wing 3F Inside the Student Affairs Section Administrative Office for the School of Agriculture	8:30 - 17:15
(6)	Hospital Campus	Building A of Basic Sciences, 1F	9:00 - 17:15
(7)	Ohashi Campus	School of Design Administration Building 1F Inside the Student Affairs Division	8:30 - 17:15
(8)	Chikushi Campus	Administration Building 1F	8:30 - 17:15

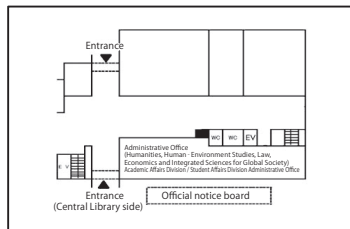
*Not open Saturdays, Sundays, or holidays

○Locations of Certificate Machines

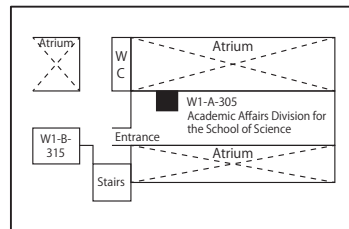
(1) Ito Campus
Center Zone 1, 2F



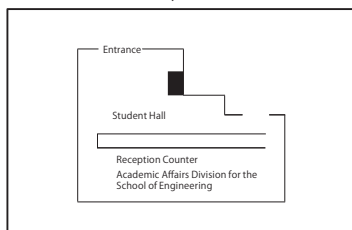
(2) Ito Campus
East Zone 1-C, 1F (front)



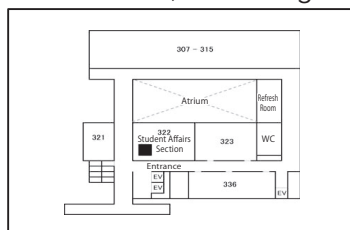
(3) Ito Campus
West Zone 1-A, 3F



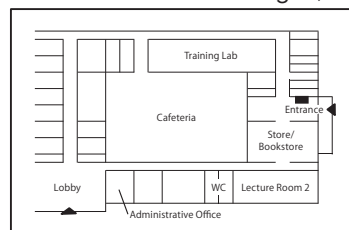
(4) Ito Campus
West Zone 4, 2F



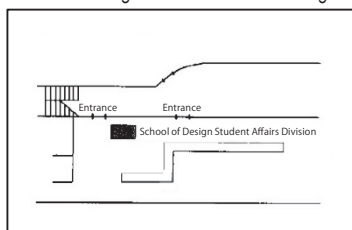
(5) Ito Campus
West Zone 5, East Wing 3F



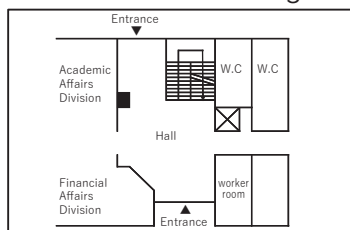
(6) Hospital Campus
Basic Research Building A, 1F



(7) Ohashi Campus
School of Design Administration Building 1F



(8) Chikushi Campus
Administration Building 1F



3 IC Type Student ID Card

Kyushu University issues an IC Type Student ID Card to newly enrolled students. The card is needed in the following situations:

- Library entry and borrowing of books
- Card key access to Ito Campus buildings (only for those allowed)
- E-money at the Kyushu University CO-OP (only upon request)

The IC Type Student ID Card is with a built-in IC chip and antenna that can be damaged if the card is bent or pressed. If you lose your IC Type Student ID Card, please report it immediately to the Student Support Section of the Student Support Division (or, from your second year onward, to the Student Affairs Section of your undergraduate school). The reported IC Type Student ID Card will be deactivated to prevent unauthorized use.

*If you need to have your card reissued due to loss or damage, a reissuance fee of 2,000 yen will be charged.

4 National Pension

Under the National Pension System, everyone aged 20 to 59 residing in Japan is required to participate in the National Pension System.

The procedures to enroll in the National Pension System should be completed at the Japan National Pension System office of the city, ward, town, or village where you are registered as a resident.

[National Pension Contribution Special Payment System for Students]

For students who have no income, there is the “Special Payment System for Students” that enables them to defer insurance payments.

For more information, please visit the website below.

○National Pension Contribution Special Payment System for Students (Japan Pension Service)

<https://www.nenkin.go.jp/service/pamphlet/kaigai/gakuseinouhutokurei.html>
(for English)



5 Alumni Association and Student Support Association

○Kyushu University Alumni Association

The association was established in March 1999 to promote nationwide exchange and cooperation among the alumni associations of various departments and regional areas with the goal of promoting mutual exchange and friendship among alumni and maintaining close contact with Kyushu University. Through its support of activities and informational exchange across alumni associations, it aims to help the University grow.

<https://doso-rengo.jimu.kyushu-u.ac.jp> (Japanese only)



○Kyushu University Student Support Association

The Kyushu University Student Support Association was established in February 2001 at the initiative of the parents and guardians of Kyushu University students, and is composed of the parents and guardians of Kyushu University students, Kyushu University board members and faculty, retirees of Kyushu University, graduates, and others who agree with the purpose of the association, which is to foster human development through support of students' extracurricular activities and student life, and to contribute to promoting the revitalization of Kyushu University. Dues from members (parents and guardians, faculty and staff, etc.) also cover the various costs of supporting students.

<https://kouenkai.student.kyushu-u.ac.jp> (Japanese only)



6 List of Related QR Codes

○Tuition, Fees & Scholarships

Kyushu University TOP → Admissions → Tuition, Fees & Scholarships

<https://www.kyushu-u.ac.jp/ja/admission/fees/> (for Japanese)

<https://www.kyushu-u.ac.jp/en/admission/fees/> (for English)



○Job and Career Support

Kyushu University TOP → Campus Life → Careers & Employment

<https://www.kyushu-u.ac.jp/ja/education/employment> (for Japanese)

<https://www.kyushu-u.ac.jp/en/education/employment/foreign>
(for English)



○Student Portal System

Kyushu University TOP → Academics → Course Registration →
Registration / Syllabuses → Student Portal System

<https://ku-portal.kyushu-u.ac.jp>



○Other Educational Environment at Kyushu University

Kyushu University TOP → Academics → Course Registration →
Registration / Syllabuses → Computer System for Education

<https://ecs.kyushu-u.ac.jp> (Japanese only)



○Training Centers and Student Facilities

Kyushu University TOP → Campus Life → Campus Life → Student Facilities

<https://www.kyushu-u.ac.jp/ja/education/life/institution> (for Japanese)

<https://www.kyushu-u.ac.jp/en/education/life/institution> (for English)



○Kuju Joint Training Center / Yamanoie

<https://kokonoe.student.kyushu-u.ac.jp/>

(Japanese only)



○Learning and Community Space “Q-Commons”

<https://www.artsci.kyushu-u.ac.jp/about/q-commons.html>

(Japanese only)



○Tell me how! Q-boy (Student Risk Management Educational Videos)

https://www.youtube.com/playlist?list=PLVhByfY_xuBJ5H7uYpHdL8tIgxMn6dOCy

(Japanese only)



II Rules

For members of society to live peacefully together, societies (groups) have “rules” that must be followed. Avoid becoming a nuisance to others by following the rules and helping each other to lead an orderly university life. This way, everyone can enjoy student life in a safe and comfortable way.

1 Traffic Rules and Manners

Many college students are involved in tragic traffic accidents each year that result in injury or even death.

Strictly observe all traffic rules, and always watch out for traffic accidents.

Our motto is,
“Never be the victim of
an accident, and never
be the cause!”

Plus...

When driving, it is important to stay relaxed mentally and not rush, and to be considerate toward others and share the road.
Preventing traffic accidents is your responsibility.

Driving in a “rushed,” “angry,” “arrogant,” or “tired” way may necessitate emergency braking, emergency steering, emergency acceleration, and emergency starts, any of which may cause traffic accidents. “Banish the 4 Evils and 4 Emergencies!”

Driving Precautions

- Obey speed limits. Excessive speed is the number one factor in fatal accidents!
- Always wear a helmet while riding a motorcycle.
- Do not carry a passenger on bicycles or 50cc motorcycles.
- At places like intersections, where visibility is poor, always come to a stop and proceed slowly.
- Never drive without a license, and never drive while under the influence of alcohol.
- Park cars, motorcycles, and bicycles in their designated areas. Unauthorized parking in facilities and stores near the University is strictly prohibited.
- Pay careful attention to the walking speed of “elderly and children” and drive slowly.
- Never drive assuming what others may do.
- Never use a mobile phone while driving a car or other vehicle.
- Always wear a seat belt while riding in a car.

1 Manners During School Commute

The University has received sharp criticism from the general public, including members of the local community, regarding the manner in which our students commute to and from campus. Be mindful of your status as a student at the University, and also behave in a manner appropriate as a resident as well.

Use of Public Transportation

- Please refrain from jumping lines, taking up seats with luggage, making noise inside trains and vehicles, and other behaviors that may disturb other passengers.
- Remember to always be attentive to your surroundings, for example, by giving up your seat to those who need priority seating.

Use of Bicycles

There has been a sharp increase in bicycle accidents on and off campus. In many cases, the cyclist is the cause of the accident, so please be very careful when riding a bicycle.

Bicycles are “vehicles.” Violations of the traffic rules set forth in the Road Traffic Act and other laws are punishable.

Follow the traffic rules and drive safely!

*Since October 1, 2020, all bicycle users in Fukuoka Prefecture are required to purchase bicycle insurance. Check your insurance coverage status and be sure to purchase insurance if you are not yet enrolled.

*As of April 1, 2023, everyone obligation to make the best efforts to wear a helmet when riding a bicycle. Protect your life by wearing a helmet.

*As of November 1, 2024, stricter penalties have been imposed for “distracted cycling” such as using a smartphone while riding, and cycling under the influence of alcohol has now been officially designated as a punishable offense. With regard to cycling under the influence of alcohol, penalties apply not only to the individual operating the bicycle but also to those who provide alcohol to someone likely to ride while intoxicated, as well as anyone who aids or facilitates drunk cycling. To protect yourself and those around you from bicycle-related accidents, please take the time to review and familiarize yourself with the rules of safe cycling.

- Cyclists must ride on the left side of the road, and in areas where sidewalks and automobile lanes are separated, please make sure to ride in the bicycle lane.
- When using a pedestrian crossing, be careful not to interfere with or frighten pedestrians.
- Pedestrians have priority on sidewalks; proceed slowly on road-side. Excessive speed may lead to accidents.
- Never ride while under the influence of alcohol, two-to-a-bicycle, ride side by side, or without lights in the evening / at night!
- Never ride while using a mobile phone, headphones at loud volume, etc., or while holding an open umbrella!
- Slow down when exiting the gate and watch for pedestrians.
- There have been frequent rear-end accidents involving cars and motorcycles. Sudden lane changes, which are the main cause of such accidents, are very dangerous and should be avoided.
- Bicycles must not be parked anywhere other than the designated areas! Bicycles left unattended on campus will be moved to the bicycle parking area, or removed, as soon as they are found.

Use of Automobiles and Motorcycles

The main causes of traffic accidents involving students at the University range from the rudimentary (looking away from the road, not seeing signs, and driver errors caused by inexperience, etc.) to the anti-social (excessive speed with no regard for the rules, unreasonable overtaking, etc.).

Once a student is involved in an accident, it not only interferes with the student's studies, but also places a tremendous emotional and financial burden on their family, regardless of who caused it.

○When driving, it is important to obey the traffic rules, be relaxed and considerate toward others, and share the road. Drive with great care and extreme caution.

Caution! Parking on Campus

In general, undergraduate school students are not allowed to commute by car. The Hospital Campus and Ito Campus have introduced a fee system for vehicles entering the campus. Vehicles other than those with an entrance pass or pass card are not allowed to enter.

*Since many traffic accidents require insurance payouts, be sure to purchase automobile liability insurance and voluntary automobile insurance under the insurance system (see p.67), and be careful not to let your insurance coverage expire.

*Increasingly, drivers are also being sued for high-figure damages for causing injury or death to others while operating a motor vehicle. Please enroll in insurance for emergency situations.

2 On-campus Traffic Manners

A large number of accidents have been occurring on campus. The same traffic rules as on public roads should be obeyed.

- Reckless driving is very dangerous and should never be done. If seen, please notify security or your school's Student Affairs Section.
- Driving in the wrong direction on a one-way street is a dangerous practice and may lead to accidents. Do not ever do it.
- Wearing no helmet, riding two-to-a-cycle on a 50cc motorcycle, and engaging in driving practice is dangerous and should be avoided. Also, excessive noise from motorcycles and cars is a nuisance for surrounding areas, so exercise caution.
- Motorcycles and automobiles must be parked in their designated areas.

2 Penalties for Reckless, Dangerous Driving

Each student should be aware of the severe penalties that may be imposed for reckless and dangerous driving behaviors, such as driving while under the influence of alcohol, and should take care to drive safely.

Prohibition against driving while intoxicated / driving while under the influence of alcohol

Driving while intoxicated or driving while under the influence of alcohol is a serious crime and an anti-social act that threatens the life and health of innocent people. Never operate a motorcycle, car, or bicycle after drinking alcohol.

[Penalties for Driving While Under the Influence of Alcohol]

The penalties for driving while under the influence of alcohol are especially severe!

Driving While Intoxicated

Penalty: Up to 5 years imprisonment or a fine of up to 1,000,000 yen
Violation points: 35 points
Administrative penalty: Unconditional revocation of license (disqualification period of 3 years)

Driving While Under the Influence of Alcohol

Penalty: Up to 3 years imprisonment or a fine of up to 500,000 yen
- Alcohol concentration of 0.25 mg or more per liter of breath
Violation points: 25 points
Administrative penalty: License revocation (disqualification period of 2 years)
- Alcohol concentration of 0.15 mg or more but less than 0.25 mg per 1-liter of breath
Violation points: 13 points
Administrative penalty: License suspension for 90 days

*The provider of the vehicle, the provider of the alcoholic beverages, and the passengers in the vehicle are also subject to severe penalties. Be very careful.

[Penalties for Other Reckless Violations]

Violation of Prohibition against Acting in Concert with Another Person in a Dangerous or Annoying Manner

Penalty: Up to 2 years imprisonment or a fine of up to 500,000 yen
Violation points: 25 points
Administrative penalty: License revocation (disqualification period of 2 years)

Driving While Overworked or Otherwise Compromised

Penalty: Up to 3 years imprisonment or a fine of up to 500,000 yen
Violation points: 25 points
Administrative penalty: License revocation (disqualification period of 2 years)

Unlicensed Driving

Penalty: Up to 3 years imprisonment or a fine of up to 500,000 yen
Violation points: 25 points
Administrative penalty: License revocation/denial (disqualification period of 1 year)

3 When You Meet With an Accident, or Cause an Accident

Call 119

- Lives come first! Call 119 immediately. You must not abandon injured persons and flee.
- Move the injured person to a safe location to prevent further accidents. Move your car so that it does not interfere with other traffic.
- Give first aid to the injured person. ⇒ See p.72

Call 110

- If you are involved in a traffic accident, call 110! Keep a record of the circumstances and time of the accident.
- Do not simply accept a settlement negotiation, and be sure to request an accident inspection by the police. They may make exorbitant demands later on. Be careful!
- Contact your insurance company as well.

Don't forget to also contact the university!

— Contact your school's Student Affairs Section. See "Emergency Contacts" on pp.63-66. —

III Crime Prevention

As a new student, you are no doubt excited at the prospect of your student life to come. Be that as it may, please remember that there are groups of people who view new students like yourself as the perfect target.

You may be approached near the entrance ceremony venue or on campus by people using phony group names (club names), who ask you for your signature or other information.

Please be careful and think twice before giving them your personal information.

1 Beware of Solicitations from Subversive, Antisocial, and Extremist Groups

The freedom of religion and thought is guaranteed by the Constitution. That is as it should be. However, there are antisocial cults and extremist groups that take advantage of this fact and use their own peculiar interpretations to say that lies and illegal activities are “fine.”

They conduct aggressive recruiting efforts during the entrance season in an attempt to expand their influence. On and off campus, they skillfully approach students by sometimes impersonating students. You must be careful because these people will approach you using a phony club name to keep from alarming you, rather than reveal the actual name of their organization or religion.

! If this happens to you, watch out!

- Someone uses an SNS, such as X (formerly Twitter), Facebook, or Instagram, to contact you and get you to be friends by mentioning topics of interest to students, especially new students (e.g. medical, international (study abroad), volunteer activities).
- Someone approaches you on campus, at the train station, at the bookstore, or elsewhere, pretending to ask for help, and invites you to dinner or asks you for your contact information, etc.
- Someone approaches you with clever statements that appeal to your conscience, such as, “Don’t you think today’s world is strange?”
- After you’ve refused them, someone still tries to get you to write down your personal information, saying, “In that case, how about just signing your name?”
- Someone invites you to grab a meal or something off campus. The place might be a private house that is used as a base for their activities, or even a community center or public facility. Later on, they invite you to an overnight retreat.
- Someone says to you, in an effort to sever your ties with other people, “You’re the only one who understands what I’m saying, so don’t talk about it with your family or acquaintances.”
- The nature of an invitation you originally received starts to change over time.
- You only get to know the true name and purpose of the organization later on.
- Someone claims that the information in the world and what the University tells you are “lies” and “fabrications,” and that only their beliefs and goals are true.

Don't let your valuable student life go to waste

- *If something doesn't interest you from the start, say "no" loud and clear!
- *Think twice before handing out personal information about yourself or your parents, etc.!
There have been cases of people forcing their way into homes or pressuring parents, etc. to pay membership dues.
- *If something seems wrong or suspicious to you, seek advice or information about it from the University as soon as possible!
- *If you ever find yourself thinking that you need out of an organization, seek advice from the University, whatever the circumstances!

Contact for Advice or Information

Extracurricular Support Section, Student Support Division, Student Affairs Department, Ito Campus ☎ 092-802-5966

Student Support Section, Student Support Division, Student Affairs Department, Ito Campus ☎ 092-802-5961

2 Never, Ever! Drug Abuse: Stand Strong Against Temptation!

The common characteristics of abused drugs are their tendency to cause dependence and their potential for adverse physical and mental effects. "What could it hurt to try it just once?" Such a light-hearted attitude can be the start of an unstoppable vicious cycle that lasts a lifetime.

In order to protect the healthy campus life of our students, the University does not tolerate drug abuse of any kind and will take strict measures to address such problems.

■ What is Drug Abuse?

Drug abuse refers to the use of pharmaceuticals or industrial chemicals for purposes or in ways that are illegal. The act of using drugs for such purposes, even once, constitutes abuse.

■ Drug Abuse and Health Problems

If a drug is used in large quantities or a person is hypersensitive to the drug, acute poisoning may result in death or disability. Even in the absence of acute poisoning, repeated use can damage the brain and internal organs, resulting in health problems as shown in Figure 1.

People tend to think marijuana is safer than other drugs, but this is not at all the case. Abuse may cause cannabis psychosis, which is accompanied by auditory hallucinations, delusions, and a decrease in motivation.

■ The Terror of Drug Abuse (Dependence and Withdrawal Symptoms, Resistance, Flashbacks)

When the effects of a drug wear off, dependence leads to a craving for more of the drug; and when the drug is stopped, the abnormal symptoms called "withdrawal symptoms" lead the person to repeatedly use the drug in an attempt to escape their pain. Moreover, as a

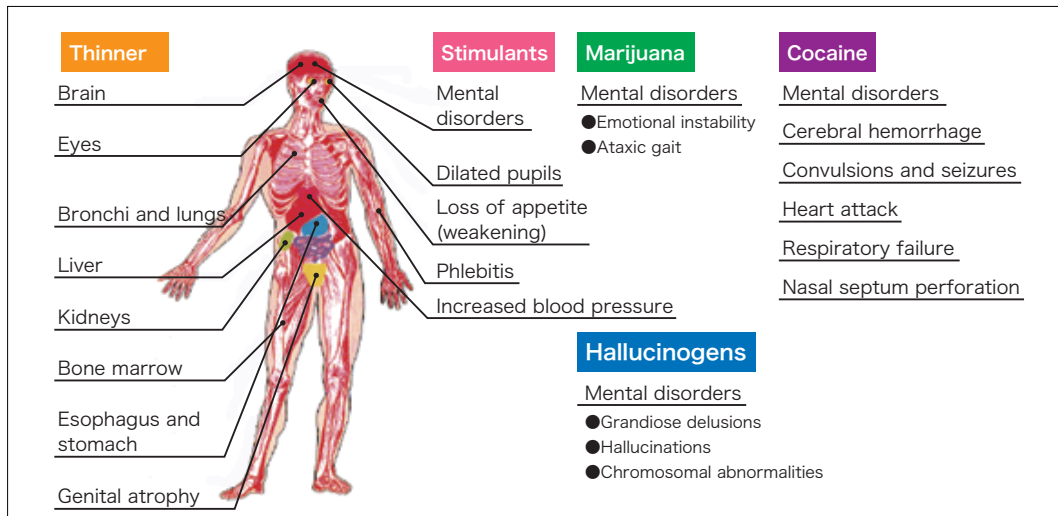


Figure 1

drug is repeatedly abused, a resistance to it forms such that the same dose becomes less effective, quickly resulting in a need for larger and more frequent doses.

Even if a person successfully quits drugs, little things like having a drink, insomnia, or stress can cause flashbacks (spontaneous relapse) in the form of hallucinations and delusions, as shown in Figure 2, causing the person to continue suffering from the aftereffects of their drug abuse.

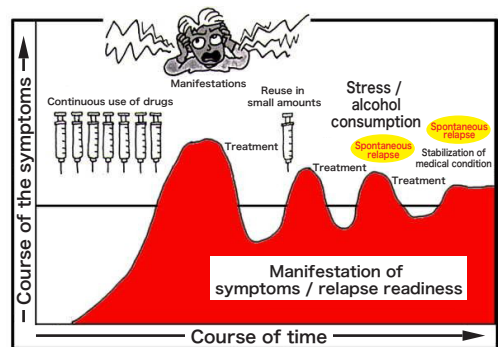


Figure 2 Flashback phenomenon
(Source: Drug Abuse Prevention Center DAPC)

■ The Sweet Temptation of Drug Abuse

Abused drugs are referred to by many fancy nicknames, such as those in Table 1, in an attempt to lower a user’s guard. In many cases, people are lured into abusing dangerous drugs without knowing it by tempting statements like, “you will lose weight,” “you will have more energy,” “you will feel better,” “you will feel refreshed,” “everyone is doing it,” or “if it’s just once, it’s no problem.” Never be fooled into thinking that just because you have never heard the name, it must be safe.

Table 1 Common names of some abused drugs

Stimulants	S, Speed, Shabu, Ice, etc.
Heroin	Pei, China White, Junk, etc.
Cocaine	Coke, Snow, Crack, etc.
Cannabis	Happa, Marijuana, Grass, Choco
LSD	Acid, Phoenix, Dragon, Paper, etc.
MDMA	Ecstasy, Batsu, Tama, Adam, X, etc.
Thinner	Anpan, Jun-shabu, Jun-toro, Neta, etc.

■ Dangerous Drugs

“Dangerous drugs” refer to drugs that are not classified as narcotics or stimulants but are suspected of similar harmful effects. These used to be called “legal (loophole) drugs.” To evade regulations, they are sold under the guise of other purported uses (e.g. video cleaners, air fresheners, research reagents). Because many of them violate the Pharmaceutical Affairs Act, the Pharmaceutical Affairs Act was revised on April 1, 2007, to tighten regulations and controls on dangerous drugs.

Even so, there has been no end to the tragic incidents caused by dangerous drugs, such as the reckless driving accident in Tenjin on February 4, 2014. Because the ingredients are unknown, they are said to be even more dangerous than stimulants, and the number of fatal accidents have increased considerably. As a result, enforcement has been repeatedly strengthened through the use of “blanket designations.”



If you or someone around you is struggling with drug abuse, please consult with the Center for Health Sciences and Counseling.

Kyushu University Center for Health Sciences and Counseling

☎ 092-802-5881 (Main reception) <https://chc.kyushu-u.ac.jp/en/>



Also, please check the following consultation offices and website information.

General Consultation Service for Drug Abuse

Pharmaceutical Affairs Division,
Health and Medical Care
Department, Fukuoka Prefecture

☎ 092-643-3287

If you have witnessed drug abuse or have been offered drugs, please contact the Student Support Division or any undergraduate school offices for advice!

Extracurricular Support Section, Student Support Division,
Student Affairs Department, Ito Campus

☎ 092-802-5966

Student Support Section, Student Support Division,
Student Affairs Department, Ito Campus

☎ 092-802-5961

Contact details for each undergraduate school offices: Listed at the top of page 7

NODRUG FUKUOKA site

<https://www.no-drugs-fukuoka.jp/>
(Japanese only)



3 For Personal Computer and Smartphone Users

■ Precautions Users Should Take to Avoid Causing Incidents

When you go from victim to secondary perpetrator and cause an incident, you lose enormous amounts of valuable study and research time and experience mental distress. Please take precautions not only on campus but at home as well to prevent incidents from occurring due to the inappropriate use of these computer networks.

Additionally, always read the Information Security Guide published by Kyushu University carefully to confirm what precautions you should take. In the event of an incident, please follow the procedures described in the Information Security Guide.

URL: <https://www.sec.kyushu-u.ac.jp/> (for Japanese)

URL: <https://www.sec.kyushu-u.ac.jp/kyudai-csirt-en/> (for English)



<p>● Be careful that your computer or smartphone does not get stolen or lost</p>	<p>Be very careful that your computer or smartphone does not get stolen or lost. If you have purchased your computer or smartphone with research lab (University) funds, please follow your faculty advisor's directions when taking them off campus. Additionally, when you have permission and take them off campus, be very careful not to leak any information stored on the drive. For computers, be sure that the internal drive is fully encrypted using features provided by the OS (e.g. BitLocker).</p>
<p>● Be sure to comply with laws and ordinances</p>	<p>Never make illegal use of commercial software or use non-genuine Windows, which is a violation of the license. Mining virtual currency on campus for profit is forbidden as it constitutes misappropriation of information equipment and electricity. Be sure to comply with copyrights on the Internet. Copyrighted music, movies, and other digital content are often illegally distributed on the Internet. Obtaining or using such illegal content via the Internet is itself also illegal and must never be done.</p>
<p>● Do not share your ID with other people</p>	<p>Be careful not to let your off-campus friends or others use the campus network or your computer or smartphone with your authenticated University-wide common ID (SSO-KID, student ID). If a friend borrowing your computer causes an information incident, the lender will also be held responsible.</p>
<p>● Watch out for network scams</p>	<p>Be careful not to be misled to illegitimate sites and divulge your ID and password on them. If you receive what is called a "phishing e-mail," which typically includes a URL to a site that imitates the login page of a bank, Google, or basic University-wide e-mail, as well as some message like, "Please change your password immediately," or if you receive what is referred to as a "targeted e-mail," in which the subject line and body of the message appear to be a legitimate business or a request and you are directed to open a URL or attachment in the body of the message, please double check to make sure that the information is genuine. If you are ever unsure, seek advice from the Information Infrastructure Initiative.</p>
<p>● Stay on top of new threats</p>	<p>Every year, attacks involving new methods of attack are confirmed, such as support scams and SMS-based money transfer scams. Check regularly for the latest threat information published by the IPA. Staying on top of threat information will help prevent damage before it occurs. IPA : https://www.ipa.go.jp/security/security-alert/ (Japanese only)</p>
<p>● Do not post inappropriately to SNS and message boards</p>	<p>Be mindful of making inappropriate or excessive posts on message boards and social networking sites like X (formerly Twitter) and Facebook. There have been cases where students have used the anonymity of social networking sites to make comments they would not normally make, and as a result, there have been cases in which the University has been contacted in response or even had their privacy disclosed to a large number of unspecified people. Even anonymous posts on the Internet, if investigated, can reveal the identity of the poster.</p>



[Code of Information Ethics and Security Policy]

To ensure that information assets, including networks, computers, and information, can be used with peace of mind, a basic policy has been established for providers and users of the relevant information assets regarding what they need to know, their responsibilities, and the information security practices they must observe. Be sure you understand the Code of Information Ethics and Security Policy, and abide by the established operational rules.

4 Watch Out for Bank Transfer Scams

The tactics of “bank transfer scams” have been escalating and becoming more sophisticated. In some cases, laws are abused, making it important to respond with a cool head.

■ Ignore fictitious invoices!

→ If you have no recollection of the charge, seek advice from a Consumer Affairs Center.

■ I received a collection letter from the court!

→ You need to contact the court immediately to confirm if it is genuine or not! Do not trust the phone number on the letter, and be sure to verify the court's phone number before contacting them.

*Even if you have no recollection of it, you can end up legally disadvantaged if they manipulate the court proceedings and you fail to take action.

Where to seek advice regarding malicious business practices and bank transfer scams

Fukuoka Prefecture Consumer Affairs Center



092-632-0999

<https://www.pref.fukuoka.lg.jp/contents/shouhiseikatsu.html> (for Japanese)

Mon.-Fri., 9:00-16:30 Sun. (telephone support), 10:00-16:00

Fukuoka City Consumer Affairs Center



092-781-0999

Mon.-Fri., 9:00-17:00 2nd & 4th Sat. (telephone support), 10:00-16:00

5 Beware of Consumer Troubles

In the course of your student life, various troubles related to products, services, or other consumer affairs may lurk in unexpected places and even target you. There is no “easy way” to make money. Beware of tempting invitations and too-good-to-be-true stories, and take care to avoid not only becoming a victim, but also becoming an inadvertent perpetrator.



Spam messages that lead to illegitimate billing

Clicking on an e-mail sent to your computer or mobile phone that advertises a “dating site” or “adult site” may result in a user fee being charged. Do not carelessly open e-mails from places you do not remember registering with.



Multiple debts

A person who owes a large amount of money to multiple financial institutions or credit card companies and has difficulty repaying their debt is said to have “multiple debts.” Be careful not to incur large debts through the unplanned use of credit or casual borrowing from consumer finance companies.



Network businesses (pyramid schemes)

This is a business scheme in which individuals are recruited as salespeople for products, etc., and then told they will make money by recruiting additional salespeople, thus growing the organization in a chain-like fashion. It can destroy trust between family members, as well as friendships. Watch out for phrases like “You're guaranteed to make money” or “You'll make your money back immediately.”



Online shopping and online auctions

Internet shopping and auctions have had problems such as when a buyer transfers payment, but the item does not arrive or a counterfeit item is sent instead. Since you cannot see who you are dealing with, carefully assess whether the seller is trustworthy or not.



Affiliates

This is a system in which you post advertisements for products on your blog, etc., and receive a commission from the seller when an order is placed. Problems may arise with the person who purchased the product based on the advertisement, and there have been cases in which registration fees and personal information have been stolen.



“Appointment sales” and “catch sales”

You get a phone call saying that you have been “specially selected,” or you are stopped on the street and led to a sales office or other location, and are pressured to sign a contract to purchase goods or services. Be careful not to easily go along with a tempting invitation, and firmly decline the purchase of goods you do not need.



Certification scheme

This is a business scheme in which a person receives a phone call at home or at a workplace and is pressured into signing a contract to take a course or purchase materials to obtain a certification. Vague responses like “I’m fine” or “Uh-huh” may lead to trouble. If you have no intention of signing a contract, be very clear when you decline.



Unscrupulous door-to-door sales

This is a business scheme in which salespeople visit your home or workplace to sell products by lying to you to make you open the door. Do not open your door without thinking, and double-check what they want. Don’t be misled by how they dress or their sales talk, and always exercise great care before signing any contracts.

These are just a few examples. Be careful not to fall into a clever trap.

Consumer Hotline



188 Sat., Sun., & holidays, 10:00-16:00

Cooling-off System

The Act on Specified Commercial Transactions allows for unconditional cancellation of contracts within a certain period of time.

The cooling-off period begins on the date of receipt of the contract document. Including that day, the period lasts...

8 days for... Telemarketing sales, specified continuous service offers, door-to-door sales (including “appointment sales” and “catch sales”)

20 days for... Multilevel marketing transactions (pyramid schemes), business opportunity related sales transactions (work-at-home schemes)

Notify the seller in writing (via postcard, etc.) within the above period. Notices should be sent by registered mail. In principle, the full amount paid will be refunded, but there are cases in which cooling-off is not possible. For details, please consult with a Consumer Affairs Center. Mail order sales are not subject to a cooling-off system.

6 Resolving Labor Troubles at Part-time Jobs

- Before starting a part-time job, check the working conditions, too
When starting a part-time job, in addition to the hourly wage and job description, be sure to ask the employer about the working conditions (contract period, working hours, overtime, breaks, rotations, calculation of part-time wages, payment method and payment date, rules for quitting, etc.). For reference, see “Points to Know Before Starting a Part-time Job.”
- Don't let an unscrupulous home-tutoring agency take advantage of you
In recent years, there have been cases of unscrupulous home-tutoring agencies. For example, you may be forced to buy expensive educational materials as a package deal, be assigned to a large number of lessons, or have your registered personal information shared. To avoid being taken advantage of by such unscrupulous agencies, please be careful and think twice before providing your personal information.

■ Labor problems and where to seek advice

If you have labor-related problems, such as penalties for not meeting quotas, excessively long work hours not covered in your contract, or unpaid part-time work, you have the option of consulting with the Labor Standards Inspection Office and the General Labor Consultation Corner.

Points to know before starting a part-time job
(Ministry of Health, Labour and Welfare website)

URL: <https://www.check-roudou.mhlw.go.jp/parttime/>
(Japanese only)

Labor Consultation Service (Labor Bureau, Labor Standards
Inspection Office and General Labor Consultation Corner)

URL: <https://www.check-roudou.mhlw.go.jp/soudan/>
(Japanese only)

7 Disciplinary Action Against Students

If a student violates the rules of the University or acts contrary to their duties as a student, the University will take disciplinary action against the student, from the viewpoint of educational guidance as a university, for criminal or other acts in accordance with the “General Regulations of Undergraduate Schools of Kyushu University” and “General Regulations of Graduate Schools of Kyushu University.” Please always make an effort to practice moderation on a daily basis.

The following “Examples of Disciplinary Standards” has also been established as guidelines to ensure the appropriateness and fairness of disciplinary actions.

[Examples of Disciplinary Standards]

Although the “Examples of Disciplinary Standards” are to serve as a reference, disciplinary actions will be determined on an individual, case-by-case basis.

Classification	Specific Examples of Misconduct	Type of Disciplinary Action
Criminal Acts	Has committed murder, robbery, non-consensual sexual intercourse, etc., arson, kidnapping for ransom, or other such heinous criminal act	Expulsion
	Has attempted to commit murder, robbery, non-consensual sexual intercourse, etc., arson, kidnapping for ransom, or other such heinous criminal act, or has committed a drug-related crime (the use of prohibited drugs, the sale, brokering, etc., of prohibited drugs, or the cultivation of plants that could be used for prohibited drugs)	Expulsion or Suspension
	Has committed fraud, extortion, threats, coercion, negligent injury, or other such criminal act	Expulsion or Suspension
	Has committed theft (burglary, luggage theft, shoplifting, etc.)	Expulsion, Suspension, or Reprimand
	Has committed breaking and entering, violent acts that do not result in injury to others, or other such criminal acts in violation of the Penal Code, etc.	Suspension or Reprimand
	Has committed acts of obscenity, molestation, peep and pry, voyeurism, or other such disturbing acts in violation of the Penal Code, Minor Offenses Act, etc.	Expulsion, Suspension, or Reprimand

Classification	Specific Examples of Misconduct	Type of Disciplinary Action
Criminal Acts	Has committed acts in violation of the Anti-Stalking Act	Expulsion, Suspension, or Reprimand
	Has committed violations of the Act on Prohibition of Unauthorized Computer Access and criminal acts that make unauthorized use of information and communications technology	Expulsion, Suspension, or Reprimand
Traffic Accidents, etc.	Has caused a traffic accident involving bodily injury due to reckless driving behavior, including drunk driving (driving while intoxicated, driving while under the influence of alcohol), driving without a license, reckless driving, hit-and-run driving, etc.	Expulsion or Suspension
	Has committed reckless violations of traffic laws and regulations, including drunk driving (driving while intoxicated, driving while under the influence of alcohol), driving without a license, reckless driving, etc.	Expulsion or Suspension
	Has caused a traffic accident involving bodily injury due to considerable negligence, such as not paying attention to the road ahead	Suspension or Reprimand
Others	Has committed violent acts that seriously interfere with the education, research, or administration of the University	Expulsion, Suspension, or Reprimand
	Has forced another person to drink, resulting in death	Expulsion or Suspension
	Has repeatedly engaged in behavior of an intimidating, harassing, or sexual nature contrary to the other person's wishes	Expulsion, Suspension, or Reprimand
	Has committed, instigated, or aided in acts of academic plagiarism or the fabrication/falsification of data	Expulsion, Suspension, or Reprimand
	Has used, bought, or sold, or acted as a go-between for dangerous drugs	Expulsion, Suspension, or Reprimand
	Has committed acts that damage another person's character through slander and libel on the internet or elsewhere	Expulsion, Suspension, or Reprimand

*Regarding misconduct on examinations, the following severe measures will be taken in principle in accordance with the "Handling of Fraud in Examinations, Violations of Instructions, etc., for KIKAN Education Courses" or other guidelines on examination misconduct established by the undergraduate schools, etc.

- (1) Measures to be taken in response to acts of fraud in examinations
 - 1) In principle, all KIKAN education courses for the semester in question, with the exception of experiments, practical training, and practical skills courses, will be invalidated.
 - 2) The dean of the school will inform the student of the above measures and issue an admonishment.
- (2) Handling of acts in violation of the instructions
 - 1) The course(s) in question for the semester in question will be invalidated.
 - 2) The dean of the school will inform the student of the above measures and issue an admonishment.

8 Stolen and Lost Items

- Even on campus, please be very careful with your valuables so they do not get stolen! Thefts have been reported in gymnasium locker rooms and club activity rooms, both in class and during extracurricular activities. When using the gymnasium, **please make sure to put all cash and valuables in a strongbox**. During extracurricular activities, take precautions on your own to prevent theft, either by wearing your valuables or by using a method of storage decided upon by your club. In the event that items are stolen or lifted, please contact the relevant section of your undergraduate school or graduate school as soon as possible, and report the incident to the nearest police station.
- **Be careful not to drop or forget your items, too!**

At the beginning of the school year, there is a sharp increase in the number of lost keys. Attach a key ring or other visible markers.

If you lose or find something...

Contact the Student Support Division Student Support Section
or your Student Affairs Section!

For example, watch out for these situations...

- Do not walk away from your bag, leaving it behind with valuables inside.
- Always lock unoccupied common rooms when leaving them, and never leave valuables unattended.
- When parking a motorcycle or bicycle, do not rely on just the handlebar lock. Use a chain or other lock to make it doubly secure. Unlocked bicycles are being stolen.

9 Protecting Yourself from Robbery and Assault

There have been cases of suspicious persons entering the campus and causing harm to students, faculty, and staff. Avoid staying out late or walking alone on dark nighttime streets, especially when using University facilities at night or on holidays.

Be careful of acting independently at night!

If you see a suspicious person...

Keep yourself safe by leaving the area.

Notify the Security Office and/or a faculty, and staff
Remember the suspicious person / assailant's
characteristics and report them.



If you are harmed...



Call 110

Notify the Security Office and/or a faculty, and staff

See "Emergency Contacts" on pp.63-66.

10 For Female Students

Sex crimes and thefts targeting female students living alone have been occurring in many regions. The perpetrators of these crimes verify that the woman lives alone by thoroughly casing the area and tailing her before invading her home when she is bathing or asleep. Remember always to lock your door immediately upon returning home.

The perpetrators of these crimes will enter through areas you forget to lock, including small bathroom windows, balcony windows, bay windows, and front entryway doors, so be very careful to lock every door with a chain lock, even in residences on the second floor or higher!

When you open the door to greet visitors, keep the chain fastened.

Molestations are occurring, and not only in the summertime!

Avoid walking alone on dark nighttime streets.

If a suspicious person is on campus, notify the Security Office and/or a faculty/staff member immediately.

Don't just take steps to protect yourself, encourage others to do the same!



If you are harmed...



Call 110

Notify the Security Office and/or a faculty, and staff

See "Emergency Contacts" on pp.63-66.

If you have worries or concerns, contact the Center for Health Sciences and Counseling for advice

See "Consultation Services" on p.35.

The police also have female psychologists available to talk with you about your worries and concerns.

Contact: "Kokoro Relief Line" 📞 092-632-7830

Hours: Mon.-Fri., 9:00-17:45
(except year-end and New Year holidays)



Chapter 2

University Life and Health

Among other things, life at college is a time to establish healthy habits before entering the workforce as an adult. Lifestyle habits established during this period will affect your ability to lead a healthy life after university. This section addresses some of the most frequently discussed issues regarding the physical and mental health of university students.

I Mind

1 University Life and Mental “Worries”

Through friendships, clubs, studies, part-time jobs, and other new environments of university life, you will broaden and deepen your experience.

When experiencing new things, it is also only natural to sometimes hit a wall or have trouble figuring out what to do.

When people worry too much, they may

- Have trouble managing their studies
- Tend to withdraw from society
- Blame themselves or other people
- Become so obsessed with one thing that they cannot see their situation in a level-headed manner
- Feel exhausted
- Become very anxious, impatient, or panicked



This can result in insomnia (difficulty sleeping or shallow sleep), loss of appetite, physical discomfort, or other problems, leading to a loss of confidence and energy that can produce a vicious cycle. When such a condition persists for a certain period of time, it means that continuing to worry about things all on your own is unlikely to give you answers or resolve the situation, so you should seek advice from friends, family, or University counselors, faculty, or staff. Additionally, there are more and more students who, no matter how worried they become, think that they should not show weakness to others and must solve all their problems on their own. Remember, seeking advice from others while working to solve your own problems is an important skill to learn during university.

■ What Counselors, Psychiatrists, and Psychotherapists Can Do

When you have “worries,” it is important to put them into words and talk about them with someone. Talking can help you sort out your feelings and thoughts, make you feel a little more at ease, or help you find clues and hints for a solution. It is also important to seek advice from friends, family members, or teachers and have them listen sympathetically.

At Kyushu University, there are also counselors and doctors to offer you advice, so take advantage of them.

Through dialogue, counselors assist students in making better choices in their school lives and in life, and they can help you discover solutions to your problems. In some cases, relaxation and other techniques are used to alleviate anxiety.

Psychiatrists use their knowledge of medicine to provide medical treatment to alleviate symptoms and reduce anxiety. With conditions like persistent insomnia, loss of appetite, and hopeless loss of motivation, the first priority is to rest the brain physiologically and establish a rhythm in everyday life. Toward that end, psychiatrists offer support using sleeping pills, antidepressants, and other medications that help stabilize a person's mind. Psychotherapists, who also use their knowledge of medicine to provide medical treatment, aim primarily to improve the stress-related feelings of physical discomfort and symptoms that manifest themselves in a person's body.

All of this support is designed to help you achieve a healthy sense of autonomy and spontaneity, and to help you "worry in a good way." Feel free, sometimes bold even, and take advantage of these services.

2 Adapting to University Life

Leading a fulfilling university life means having to overcome a variety of issues in an environment that is different from the one you knew in high school. Whenever we find ourselves in a new environment where so many things are unfamiliar, it is only natural to feel uncertain and ask ourselves, "Will I make it through? Am I doing this right?" At such times, do not struggle to figure things out all by yourself. Talk to people you trust and take advantage of counseling.

◎ Academics

The learning environment at university is different from high school, so you may find yourself confused when it comes to course selection, study methods, or test preparation. There will also be a growing number of assigned reports, as well as presentations to be delivered in front of other people, which will require you to formulate questions on your own, gather data, and present your own opinions. Once classes start, you may even find yourself questioning why you chose the university or department and begin having doubts about the path ahead.

◎ Daily Life

Leading a fulfilling student life also requires life management skills. If you stay up late at night playing games, you may end up missing class, unable to get up in the morning. If you belong to a student club that trains hard every day, you may slip into the habit of missing class because you are tired. This is why being mindful of your daily routines, lifestyle, and physical condition is so important.

◎ Personal Relationships

If you maintain ties with your fellow classmates, you will stay informed about various things, and your studies will go smoothly, too. Without such ties, you may find yourself struggling alone and having a hard time. Having just one person to talk to can often help in terms of how you feel. Be bold and talk to people, and seek out places where like-minded people meet.

© At the Student Counseling Office, counselors specializing in clinical psychology are available for the following kinds of consultation.

· “I can’t get used to university life” · “I don’t understand what my goals since enrolling are anymore” · “I am having trouble with friendships in classes and student clubs” · “I am unmotivated and can’t pass my classes” · “Thinking about my future career path makes me anxious” · “I am worried about my relationships with the older students and faculty members in my laboratory”

© Undergraduate and graduate school faculty-member advisors are also available for the following kinds of consultation related to issues in your field of study.

· “What kinds of study can I do in my field?” · “I don’t get how to enroll or study in my field” · “What employment and career-path opportunities are there after graduation?”

© **If you are unsure where to seek advice regarding the Center for Health Sciences and Counseling, the Coordination Section is available to help.**

The Coordination Section provides general consultation services on campus to students, faculty and staff seeking advice. The office serves to connect people to on- and off-campus support (doctors, counselors, etc.) based on the nature of their consultation. Doctors, counselors, disabled student support staff, and faculty/staff members work together to support students. If you are not sure where to go for advice, or if you have multiple problems occurring at the same time, why not try consulting with the Coordination Section? The office accepts consultations by phone and e-mail as well, so never hesitate to get in touch. (See p. 35)

3 When Insomnia, Anxiety, or Depression Occurs

Insomnia

Philosopher Immanuel Kant cited hope, laughter, and sleep as three things that alleviate life’s hardships. In this sense, sleep is a physiological phenomenon that is very important to living a comfortable life, yet as many as 20% of people today reportedly suffer from sleep disorders. Sleep disorders, which refer to problems of sleep duration (quantity) and depth (quality), are caused by things like stress and physical illness. That makes sleep is a barometer of mental and physical health. Persistent sleep disorders (insomnia) are also known to increase the risk of physical illnesses, including heart disease and stroke, as well as mental illnesses such as depression. The early treatment of sleep disorders can thus help prevent other diseases as well.

Anxiety

Anxiety is a word that expresses “feelings of fear without an object.” Anxiety itself is very beneficial when it comes to avoiding danger and failure, acting as an alarm system for the mind. On the other hand, when anxiety is excessive, it can negatively affect work, school, or daily life, resulting in social dysfunction. When anxiety is so intense and it interferes with social activities generally, it is referred to as “pathological anxiety” and is treated if the symptoms are severe. If 1) even little things cause you anxiety, 2) the intensity is disproportionate to the cause, and/or 3) the feeling endures for a long time, it may be a kind of pathological anxiety called “anxiety disorder.” Anxiety disorders are classified based on their characteristics. Examples include generalized anxiety disorder, panic disorder, obsessive-compulsive disorder, social anxiety disorder, and PTSD.

Depression

When people face constant adversity or experience unhappy events, they can become sad and lose motivation and energy. Usually, such feelings of sadness go away within a few days, but if they continue on a daily basis for two weeks or more, they may actually be “depression.” The symptoms of depression, which include not only sadness but also a lack of interest in anything, a loss of appetite, the inability to sleep, constant fatigue, and the inability to concentrate, will occur almost daily and, in severe cases, can even lead a person to consider suicide. Though not as severe as depression, another condition, called “adjustment disorder,” is caused by mental stress and can depress a person’s mood and adversely affect their behavior. “Adjustment disorder” symptoms generally diminish or disappear when the underlying stress is eliminated. Sustained stress, however, has the potential to worsen the symptoms and lead to “depression.”

If you experience any of the above symptoms, why not try seeking some advice from a specialist? Each campus has a Health Consultation Office where psychiatrists, psychotherapists, doctors, and public health nurses are available for consultations. They can also provide consultation regarding mental health-related leaves of absence and returning to school, as well as provide referrals to outside medical facilities. Your privacy is protected, including even the fact of your visit, so do not be nervous about seeking advice.

4 Supporting students with disabilities in their learning

The University prohibits discrimination on the basis of disability and provides reasonable accommodations in order to develop and promote an environment in which people with disabilities (students, faculty, and staff) can study, work, research, and teach.

Here are some examples of “discrimination on the basis of disability”

- A student with a hearing impairment requests to take a physical education class but is not permitted to do so because of a disability.

Unilaterally refusing to allow participation in a class on the basis of a hearing impairment constitutes discrimination. The student must be asked about their hearing and any previous accommodations, and consideration must be given to accommodations that would allow them to participate in class. (For example, when explaining competition rules, it should be done in a way that allows them to be visually confirmed, e.g., by presenting on paper, etc.)

- A student with disabilities was denied entrance to the dormitory because they wished to use a helper from off-campus in the dorm.

Unilaterally refusing admission to a dormitory on the basis of “request to use a helper” constitutes discrimination. First, the student must be asked about the situations and circumstances in which they wish to have a helper.

The Support Section for Inclusion supports students with disabilities so that they can fully utilize their individuality and abilities in their academic studies and student life.

To ensure equal learning opportunities, we provide consultation services regarding reasonable accommodations and support to complete request forms. We also educate the university community on accessibility* and train accessibility peer supporter students.

* “Accessibility” refers to ease of access, ease of participation, obtainability, approachability, usability, and comprehensibility.

1. What is a “reasonable accommodation”

The University defines a person with a disability as “any person with a physical disability, intellectual disability, mental disability, developmental disability, higher brain dysfunction, intractable disease, or other physical or mental impairment who is continuously and considerably restricted in daily life or social life due to their disability or social barriers, and who is a faculty member, etc. or student of the University, or who participates generally in activities conducted by the University, such as education and research.” “Reasonable accommodation” refers to the necessary and appropriate changes, adjustments, and

services that the University provides to ensure equal academic opportunities for people with disabilities, tailored to the needs of each individual without causing undue burden and while maintaining the essential nature of education.

Example 1 Improving, changing, or adjusting existing rules and environments, or allowing “exceptions” to the rules, so that people with disabilities can also participate equally.

A hearing-impaired student explains they have difficulty hearing and asks that the content of discussions be made understandable. To do so, notetakers (information supporter)^{*1} are assigned to transcribe what teachers and students say.

*1 A method of transcribing what a speaker says by hand or by computer.



Example 2 Considering and providing individualized accommodations on a case-by-case basis since disabilities are diverse and every person is different.

A student who uses a wheelchair and a student with a visual impairment explain that they have difficulty getting to the classroom. Although the nature of the problem is the same, the following accommodations are provided based on an individualized consideration of their respective needs according to each one's disability.

- Student who uses a wheelchair: Changes to classrooms are made, which make it easier to move around.
- Student with a visual impairment: The student is told the route and conditions verbally or is led directly to the classroom by a guide helper.

- The Reasonable Accommodation Guidebook and information on disabilities is available on the Support Section for Inclusion website.

<https://www.chc.kyushu-u.ac.jp/~webpage/organization/barrierfree.html>
(for Japanese)

<https://www.chc.kyushu-u.ac.jp/~webpage/english/organization/barrierfree.html>
(for English)



2. Procedure to receive reasonable accommodations

- The procedure to receive a reasonable accommodation begins with a request from a student with disabilities.
- The specifics of the reasonable accommodation will be agreed upon through constructive dialogue based on the request.
- For details, please refer to [Process of post-enrollment study support for students with disabilities].

“Regulations Related to Promoting the Elimination of Discrimination on the Basis of Disability at Kyushu University”

“Implementation Guidelines Related to Promoting the Elimination of Discrimination on the Basis of Disability”

“Process of post-enrollment academic support for students with disabilities”

<https://www.kyushu-u.ac.jp/ja/university/publication/handicapped-support/>
(Japanese only)



3. Learning more about accessibility — Accessibility peer supporter student training —

- To deepen both the intellectual and experiential understanding of accessibility, meaning “ease of use and of participation for all people,” the following courses are offered. Individuals who complete these courses are qualified to take the examination for the Accessibility Leader Certification (Levels 1 and 2), which is recognized by the Accessibility Leader Promotion Consortium. (Certifications in 2024: 18 at Level 1; 146 at Level 2; 164 in total)

Courses offered through the Accessibility Leader Promotion Program

KIKAN Education	General Education	Introduction to Barrier-Free Assistance	Intellectual and experiential learning about social barriers (physical disability, visual impairment, hearing impairment, mental disability, developmental disability, infirmity/frailty, LGBTs)
		Universal Design Research	Intellectual and experiential understanding necessary to build a universal design society based on multiple perspectives, including law, art, anthropology, higher education, and engineering
		Introduction to Accessibility	Understanding information accessibility, acquisition of assistive technologies
		Introduction to Accessibility Support	Intellectual and experiential learning about hearing impairment, acquisition of information accessibility support technologies, linguistic understanding of sign language
KIKAN Education	General Education	Basic Accessibility	Intellectual/basic understanding of accessibility
	Upper-division KIKAN Education	Management of Accessibility	Implement projects to improve accessibility in higher education based on diversity and accessibility-related knowledge
School of Education	Educational Psychology Studies	Accessibility Psychology 1	Psychological understanding of “disability” accessibility
		Accessibility Psychology 2	Psychological understanding of “developmental disability” accessibility, and of accessibility needs from the perspective of the individuals involved
		Accessibility Psychology Exercise	Understanding of accessibility in special needs education from a psychological perspective
		Accessibility Practical Exercise	Experiential learning through observational training, etc., at off-campus facilities, elementary and junior high schools, and special needs schools

Accessibility Peer Supporter Students

Kyushu University is looking for accessibility peer supporter students to improve the accessibility of on-campus facilities and information and to provide assistance to people with disabilities. Students from diverse undergraduate and graduate schools participate in the program, engaging in activities that utilize their individual areas of expertise. Interested students are encouraged to apply.

Peer supporter activities also provide students the opportunity to actually apply the accessibility-related knowledge they acquire in the above classes. In this way, by improving individual students' understanding and through actual support activities, we help to ensure that study and work environments are highly accessible.

Accessibility Peer Supporter Activities

- (1) Support activities: Barrier-free map creation, information integrity through computer-based notetaking, learning consultation services for students with developmental disabilities, mobility assistance, etc.
- (2) Educational activities: Publicity via X, Facebook, and websites, and creation of educational manga, etc.
 X account: @q_peersupporter
 Website URL: <https://qupeersuporter.wordpress.com/> (Japanese only)
- (3) Training activities: Participation in Accessibility Leader Promotion Consortium-sponsored camps, The Postsecondary Education Programs Network of Japan (PEPNet-Japan) symposiums, the Inter-University Collaboration Program of Kyushu-Area National University Corporations to Support Persons with Disabilities, etc.
 Training courses sponsored by the Support Section for Inclusion
 - Computer notetaking courses
 - Subtitling courses
 - Sign language courses (Sign-language proficiency certifications in 2024: 3 at Level 1; 3 at Level 2; 15 at Level 3; 21 in total)
 - Course to become a guide/helper for visually impaired persons (11 attendees completed training for companion support workers in the 2024 academic year)
 - Course to become a guide/helper for wheelchair users (8 attendees completed training for mobility care workers in the 2024 academic year)
 - Training for suicide prevention workers Among others

Detailed information on applying for peer supporter activities
(applications are continuously accepted)



URL: <https://www.kyushu-u.ac.jp/ja/university/publication/handicapped-support/handicapped>
(Japanese only)

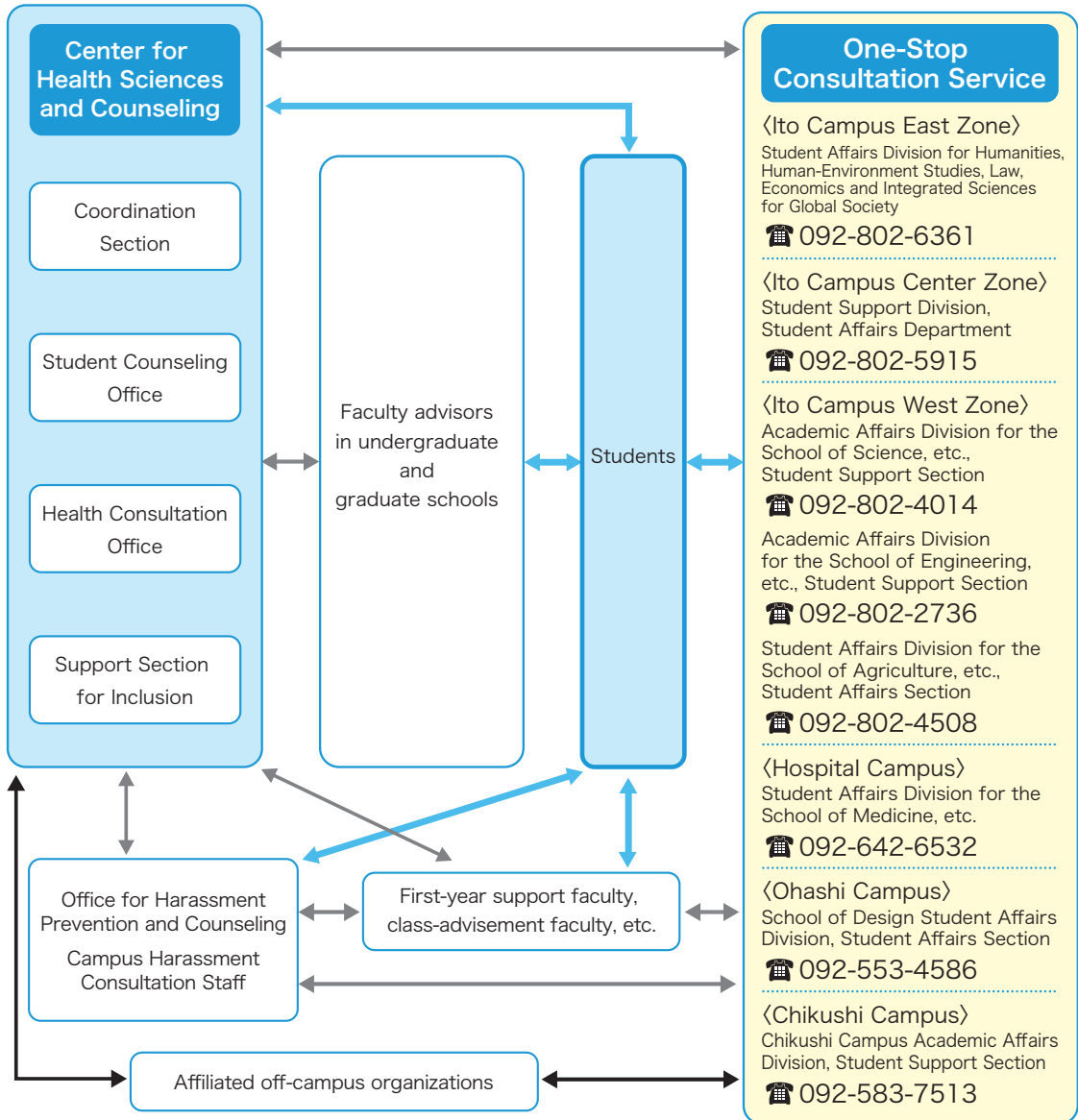
Contact Information

Center for Health Sciences and Counseling, Support Section for Inclusion
 ☎ 092-802-5859 E-mail : inclusion@chc.kyushu-u.ac.jp

5 When You Don't Know Where to Ask for Help

If you are unsure where to seek advice or simply have a problem and do not know what to do, please contact one of the “One-Stop Consultation Service” offices below. These offices are also available for consultation by phone. Administrative staff are available to help, so don't hesitate to seek advice. Depending on the nature of the consultation, referrals will be made to affiliated on-campus or off-campus organizations.

■ Student Consultation System



Consultation Services

During Business Hours

Center for Health Sciences and Counseling

Ito Campus Ito Center Head Consultation Office	☎ 092-802-5881
Ito Campus Ito Center Zone 1, Support Section for Inclusion	☎ 092-802-5859
Ito Campus Ito West Zone Branch Office	☎ 092-802-3297
Hospital Campus Hospital Branch Office	☎ 092-642-6889
Ohashi Campus Ohashi Branch Office	☎ 092-553-4581
Chikushi Campus Chikushi Branch Office	☎ 092-583-8431

Campus “One-Stop Consultation Service” offices

Telephone numbers are listed on p. 34.

After Hours, Emergencies

Police	☎ 110	Emergency	☎ 119
Emergency Medical Information Center			☎ 092-471-0099

Web Consultation Reception Form

The Center for Health Sciences and Counseling accepts consultations from students, faculty, staff, parents, and guardians through the “Web Consultation Reception Form” on its website.

The QR code or URL below can be used to access the site, where you can enter your consultation details in the “Web Consultation Reception Form.”

The Web Consultation Reception Form can be completed in one of three available languages (Japanese, English, or Chinese).

Once the explanatory and consent statements regarding the use of the “Web Consultation Reception Form” have been read and agreed to, the form entry screen will appear, and the necessary information can be entered.

On the confirmation screen, please check that all the information has been entered correctly, then lastly, click the submit button.

Please also check that you receive the confirmation email that will be sent once the form has been submitted.

A staff member will contact you by phone or e-mail at a later date based on the information entered on the form.

Website URL: <https://consult.kyushu-u.ac.jp/en/project/>

Contact: Center for Health Sciences and Counseling (092-802-5881)



6 Protecting Lives from Psychological Crises

■ Let's Prevent Suicide Together

Anyone dealing with frequent, intense stress in their school life, work, or private matters can slip into depression or stress-related illness. In such moments, if they isolate themselves and confide in no one, their feelings of hopelessness can grow stronger and lead them to withdraw, hurt themselves, disappear, or even, in the worst case, choose death.

All of us, faculty and staff included, are now fellow members of the Kyushu University community. While no individual person's problems are simple, and no one person can solve all of them, it is always important that we reach out to others in need and support each other.

These are times when it can be difficult to connect others. Nevertheless, if you see someone in distress or in need, please direct them to an office where they can get the support they need. Likewise, if you find yourself in need, be brave and quietly confide in a person, family member, or faculty/staff member whom you think may be able to help you.

■ Signs of Poor Mental Health

The following are some signs of poor mental health. If a friend is suffering from any of the following, please reach out to them. Likewise, if you find yourself experiencing a mental crisis like these, please come to us for advice.

- Suddenly misses a lot of school
- Unable to sleep; wakes up in the early morning
- Has no appetite
- Feels depressed
- Feelings fluctuate drastically; every day is unbearably painful
- Feels worthless; blames self harshly
- Complains vaguely about physical ailments here and there
- Tormented by feelings of hopelessness from undecided employment or career path
- Puts affairs in order and goes off somewhere
- Has recently lost something or someone important, one after another
- Avoids interaction with people and cannot be contacted

In particular, poor sleep quality and loss of appetite are indications that a mental crisis is quite advanced.

What to do when a friend or loved one asks for advice, or when you notice something

- First, reach out to them and take time to listen carefully in a calm, unhurried, and quiet environment to what they have to say.
- Listen to what they have to say without judgment and sympathize with their suffering to the extent you understand it.
- If it is a difficult situation for one person to handle alone, ask someone else for assistance and create a support system.
- If they cannot be kept safe, consider contacting a family member or guardian.

7 Promoting Diversity, Equity, and Inclusion

At Kyushu University, we are committed to creating a campus where everyone can take pride in themselves and pursue their full potential. To achieve this, we promote diversity to ensure that the campus is a place where all students are able to maximize their abilities regardless of their attributes, values, or experiences. We also emphasize inclusion, enabling a diverse range of individuals to collaborate as equals with a sense of unity, and uphold equity by ensuring fair access to resources and opportunities tailored to individual needs. For more information, please visit the following URL.

<https://www.kyushu-u.ac.jp/en/university/approach/diversity-equity-inclusion>



II Body

1 Alcohol Consumption

■ Alcohol Consumption

Although the legal age of adulthood has been lowered to 18, smoking and drinking remain prohibited for those under 20. You are an adult at 18, but do not forget that drinking and smoking are prohibited.

As a part of college life, there will be many occasions when both current and incoming students under the age of 20 will be exposed to alcohol consumption. While no one under the age of 20 should ever be allowed to consume alcohol, those who have reached the age of 20 still need to exercise good manners when they drink. Whether you are a new student with no prior drinking experience or a current student welcoming others, never over drink. Above all, never under any circumstances force people to consume alcohol, and never try to liven a gathering by chugging drinks.

Chugging alcohol is a very dangerous and life-threatening practice. During the 30 years of the Heisei era (1989-2019) alone, there were more than 122 chugging-related deaths among college students. In 2003, some 15,000 people in Tokyo Metropolis and 8,000 people in Osaka City were transported to hospitals for acute alcohol intoxication. This led to an anti-chugging campaign that resulted in a considerable decrease in incidents by 2009 to 2011. Unfortunately, since 2012 the number has been on the rise again. In the Tokyo Metropolitan Area, the number has even exceeded the 2003 peak. In 2019, there were more than 18,000 incidents. Although this number decreased sharply in 2020 due to the COVID-19 pandemic, this drop is only attributable to the pandemic. It must be fully understood that acute alcohol intoxication is a dangerous condition that can lead to death. It is also a fact that about half of all Japanese people are constitutionally incapable of drinking alcohol at all, or can do so only in small quantities.

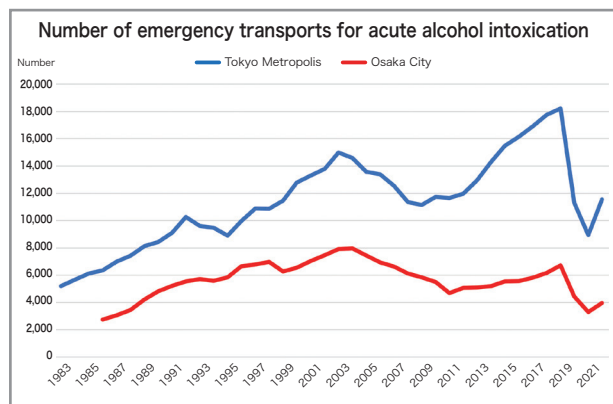
Habitual alcohol consumption also has a negative effect on memory and learning ability, especially in younger people. This is the reason why the law prohibits drinking under the age of 20.

Five definitions of “alhora”

[Alhora]

“Alhora” is an abbreviation for alcohol harassment and refers to an alcohol consumption-related violation of human rights.

1. Forcing someone to consume alcohol
2. Making someone chug alcohol
3. Getting someone drunk on purpose
4. Being inconsiderate of non-drinkers
5. Behaving disruptively from drunkenness



The mechanism of intoxication

Intoxication is when your brain is anesthetized.



Buzzed

BAC 0.02% to 0.1%

Equivalent to 1-2 cups of sake or 1-2 beers

Anesthetizes the cerebral cortex. Rational thought is impaired. Eases tension, relaxing.

→ **This is the appropriate limit**



Intoxicated

BAC 0.1% to 0.2%

Equivalent to 3-5 cups of sake or 3-5 beers

Anesthetizes the limbic system. Visibly "drunk." Wobbly footing, slurred speech.

→ Excessive drinking

Stop drinking!



Stupor

BAC 0.2% to 0.3%

Equivalent to 5-7 cups of sake or 5-8 beers

Anesthetizes the entire brain. Begins spreading to the brainstem and spinal cord. Passed out. → If vomit gets stuck in the throat, death by asphyxiation can result!

Never leave them alone!



Coma ⇒ Death

BAC 0.3% to 0.4% (coma) 0.4% or higher (death)

7 cups to one bottle of sake, 8-10 beers (coma)

One bottle or more of sake, 10 or more beers (death). Anesthetizes brainstem and spinal cord as well. Reaches the respiratory center in the medulla oblongata. Non-responsive even when tapped or pinched.

→ **Call ambulance immediately!**

Source: ASK Ikkinomi/Alhara Prevention page (<https://www.ask.or.jp/article/8720>) for Japanese, (<https://www.ask.or.jp/english>) for English

* The diagram was created by the University based on data from the above website.

2 Sleep

■ Get enough sleep and establish a healthy daily rhythm

As a university student, your lifestyle may become irregular, and some individuals experience sleep issues such as difficulty falling asleep or poor sleep quality due to staying up late or sleeping in, which disrupts their sleep rhythm. Lack of sleep can reduce your performance during the day, impair your attention and judgment, and negatively impact your academic achievements.

Get some sunlight in the morning and eat breakfast!

Exposure to the morning sun and having breakfast can help reset your internal clock.

When you start living on your own, it is especially easy for your daily rhythm to become disrupted. Make an effort to maintain a well-regulated internal clock to keep your sleep-wake cycle on track.



Exercise during the day and be more active!

Engaging in physical activity during the day and experiencing moderate fatigue can help you fall asleep more easily and enhance the quality of your sleep. If you find establishing a regular exercise routine to be difficult, try increasing your level of activity by walking to school or using a bicycle.

Avoid using smartphones or computers before bed!

Using smartphones or computers before bed can cause you to stay up late, which can lead to sleep deprivation.

Be sure to get enough sleep!

With a busy schedule filled with studies, part-time work, and club activities, it's easy to fall into chronic sleep deprivation. Strong drowsiness during the day or oversleeping on your days off are signs of sleep deprivation. To stay active and energized each day, make a conscious effort to get enough sleep.

If you need to take a nap, keep it to no longer than 30 minutes and before 3:00 p.m. to avoid disrupting your nighttime sleep.

If you continue to have difficulty sleeping, please consult with the Center for Health Sciences and Counseling as soon as possible.

3 Diet

There are also many noticeable problems with the eating habits of college students, including skipping meals because they are too much trouble, getting by with something quick and easy, or only eating favorite foods.

Eat three good meals a day

Breakfast is especially important because it provides the energy you need to stay active throughout the day. Eat breakfast every day, even if it is just a light meal, like a rice ball or bread and soup.



Eat vegetables

Nutritional surveys previously conducted on Kyushu University students showed that they were deficient in vegetables, bean products (tofu and natto), and seaweed (nori, wakame, and kombu). These foods condition the body and strengthen the immune system. They are also high in dietary fiber, which helps prevent constipation.

What's the trick to eating lots of vegetables?



- Eat a full meal rather than a la carte items
- Don't skip the vegetables that come with the entree
- If you have the money in your wallet, add a vegetable salad to your meal
- When making soup or miso soup, add lots of ingredients
- To eat lots of vegetables, try steaming them in the microwave and eating them with ponzu, or try making a hot pot out of them

■ Eating When You Are Not Feeling Well

If you catch a cold, have an upset stomach and diarrhea, or otherwise feel unwell, eat something that is easy to digest and get some rest.

○ Easy-to-digest foods

- Tender, boiled foods
- Low-fat foods
- Warm foods
- Foods low in dietary fiber



Rice gruel/porridge



Udon noodles



Boiled tofu



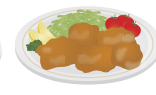
Gelatin dessert

White bread
(excluding crust)

Banana

× Hard-to-digest foods

- Raw foods
- Fried/sauteed foods
- Hard foods
- Spices

Salad
(raw vegetables)Deep-fried
pork cutlet

Deep-fried chicken



Curry with rice



Coffee



Spices

Also, remember to stay adequately hydrated. If diluted, sports drinks or other beverages are fine to drink.

During cold months, also be sure to hydrate with warm beverages.

4 Smoking

All Kyushu University campuses have been fully smoke-free since September 2019. This policy is a result of the revised Health Promotion Act, which went into full effect in April 2020 and was established to prevent health hazards caused by passive smoking. In 2003, the WHO developed the Framework Convention on Tobacco Control, which aims to “protect present and future generations from the devastating health, social, environmental and economic consequences of tobacco consumption and exposure to tobacco smoke.” The FCTC has been ratified by Japan, and the Act was revised in response to this global trend.

According to a Japanese national survey, it is estimated that 15,000 people die each year as a result of passive smoking, despite the fact they have never themselves smoked. Lung cancer, ischemic heart disease, and stroke are the main causes, but many other diseases are also caused by passive smoking. Passive smoking is a more serious problem than you may think.

In addition to passive smoking, the concept of thirdhand smoke has recently emerged. It refers to health problems caused by tobacco contamination on people who have finished smoking or in the environment where smokers were present. Recall the smell when you get into an elevator or a cab. The issue is not that the smell is unpleasant. Rather, it has already been proven that tobacco-derived chemicals inhaled through volatilization or other means are toxic, including carcinogenic. Therefore, the only way to prevent passive smoking in facilities used by large numbers of people is to eliminate smoking areas altogether.

In 10-20 years time, when students like yourselves have become the backbone of society's

workforce, there is no doubt that simply having a smoking habit will negatively affect you in various situations. Even today, life insurance policies differentiate premiums between smokers and nonsmokers, and this trend is likely to grow in the future. Meanwhile, an increasing number of listed companies are not even accepting job search entry sheets from some applicants simply because they have a smoking habit. Smoking will definitely have only a negative impact on your future.

If you are someone who does not currently have a smoking habit, do not smoke in the future; if you are currently a smoker, quit while you are still a student so you can enter society as a non-smoker. Although the legal age of adulthood has been lowered to 18, smoking and drinking remain prohibited for those under 20. Even after you turn 20, make the choice to never start smoking.

Recently, heated tobacco products (iQOS, Ploom TECH, glo) have become popular, but perpetuate dependence on nicotine just like tobacco, and the health effects are comparable to those of conventional cigarettes. The brochures for heated tobacco products tout a “90% reduction in harmful substances,” but that applies to only 9 of the more than 200 harmful substances found in the 5300 chemicals contained in tobacco smoke. Furthermore, these are toxic substances that should not be absorbed by the human body even small quantities. Moreover, when heated tobacco products are used, they disperse an aerosol containing the toxic substances mentioned above, and this aerosol causes the same health hazards as passive smoking.

The Center for Health Sciences and Counseling offers a smoking cessation support program for students, faculty, and staff who wish to quit smoking. To date, a total of 85 students, faculty, and staff have successfully quit smoking for more than one year.

Why not take the first step and come talk to us?

5 Influenza

Every winter, with the news reporting on vaccinations and epidemics, no doubt you are as concerned as everyone about not catching the flu. You probably even remember the novel influenza pandemic that affected the entire world in 2009.

During that pandemic, Kyushu University asked all students to promptly visit a medical clinic if they had flu symptoms, and if diagnosed, to report it to the University and stay home on an authorized absence (official absence). Thanks to the cooperation of students, the University was able to prevent the spread of the disease on campus, and the outbreak did not reach the point that we had to suspend classes.

Since 2010, with everyone’s cooperation and thorough reporting of influenza cases, there has never been any large-scale spread of influenza on campus. Thank you for your continued cooperation in reporting any influenza cases and for taking an authorized absence rather than coming to school.

Influenza is different from a normal cold. This disease is caused by infection with either type A or type B influenza virus. While there is a vaccine for influenza, just being

vaccinated does not mean that you cannot catch the flu. Still, it has been shown to be effective both at preventing the onset of influenza and, following onset, at preventing severe illness and death. Increased vaccination can reduce the number of severe cases in children and the elderly, and to some extent can also reduce the spread of infection. The effect of anti-influenza drugs (e.g., Tamiflu) is to shorten the duration of influenza symptoms by suppressing the growth of the virus. Such drugs must be taken within 48 hours of the onset of symptoms, and because you will continue to shed the influenza virus even if your symptoms become less severe, you should refrain from returning to school “until five days have passed since the onset of symptoms (five full days beginning the day after the onset of symptoms) and two days have passed since the fever has broken (two full days beginning the day after the fever breaks).

The key to preventing not only influenza but also other infectious diseases is to manage your health by getting adequate sleep and nutrition and leading a well-regulated lifestyle. Then, by maintaining proper hygiene, such as washing your hands and wearing a mask when you are showing symptoms, you will be able to prevent your own infection, as well as that of others. Live a healthy lifestyle every day.

6 Measles, Rubella, and Other Infectious School Diseases

Since rubella continues to be prevalent throughout the country and women who contract rubella in the early stages of pregnancy are at increased risk of congenital rubella syndrome in their babies, it is recommended that women consider getting vaccinated against rubella before they become pregnant. It is also recommended that adult males confirm rubella antibody titer and get vaccinated. In particular, for those generations (such as your parents or guardians) for whom rubella vaccination was not publicly offered, antibody testing and vaccination are now available through vouchers. Society as a whole can control infection if we work together!

The measles outbreak in Okinawa that began in March 2018 and the rubella epidemic in the Tokyo metropolitan area that began around September 2018 are both still fresh in our minds. The cause of the measles outbreak in Okinawa, which eventually spread to 101 people, was the same as the 2007 measles outbreak that caused many high schools and universities to close. By 2007, measles outbreaks had been on the decline in Japan. As a result, there was a growing number of people who had never had or been vaccinated against the measles. Additionally, there was a large number of people for whom more than 10 years had passed since they were vaccinated and whose immunity was weaker as a result. It is believed that the overall immunity of the Japanese population had thus declined, leading to the 2007 measles outbreak.

There is no cure for measles and rubella; they can only be prevented. Even though vaccination is the only method of prevention, it was not generally known prior to the 2007 measles outbreak that immunity declines after vaccination. Today, the general rule is two doses of both measles and rubella vaccines. A one-time vaccination will allow

the antibody titer that prevents infection to decline year by year, thus increasing the possibility of infection. For this reason, between the years 2008 and 2012, students in the age groups belonging to the first year in junior high school and the third year in senior high school students were administered additional vaccinations. It is likely that some of you are even among those who were vaccinated at this time. Thanks in part to the effectiveness of these measures, Japan reached a measles-free status in March 2015. Currently, measles is no longer endemic to Japan, and any outbreak of measles in Japan is an imported infectious disease. The measles outbreak in Okinawa in 2018 was also attributed to a measles virus brought in from overseas.

Please check your Family Handbook, Maternal and Child Handbook, or other records regarding your measles and rubella history and vaccination status, and if you need to be vaccinated and are eligible for vaccination, please get vaccinated.

For more information, please visit the Center for Health Sciences and Counseling website. It is important to fully understand infectious diseases such as measles and rubella, which can pose health risks not only to oneself but also to other people, and take action to prevent infection, as well as the spread of infection.

If you plan to live in the dormitory or in a group setting for even a short period of time, or if you plan to study abroad, you should also deepen your understanding of meningococcal disease.

Meningococcal disease is an infection caused by the bacterium *Neisseria meningitidis*. The disease, which can be transmitted to anyone through coughing or sneezing, can cause pneumonia, arthritis, otitis media, and urinary tract infections. In rare cases, it can lead to invasive meningococcal disease accompanied by bacteremia, sepsis, meningitis, or meningoenzephalitis.

Invasive meningococcal disease has a rapidly progressing fulminant form observed in 10-20% of cases, with a fatality rate of 19% and sequelae in 11-19% of cases. The U.S., Australia, Canada, the U.K., the Netherlands, and other countries offer routine vaccination against meningococcal disease, and you may be required to get vaccinated when you study abroad. It is a very meaningful experience to go overseas and broaden your horizons during college. At the same time, there are some regions where sanitation is poor and infectious diseases are prevalent, unlike Japan. Tuberculosis, parasites, and other diseases remain endemic in many parts of the world. It is ill-advised to enter areas where infectious diseases are prevalent without any prior knowledge. When planning your trip abroad, we want you to be well informed about infectious and endemic diseases that are prevalent in the country you will be visiting and take the necessary precautions as you broaden your horizons.

7 Tuberculosis

As you may know, there were news reports of young TV talents contracting tuberculosis in 2009 and again in 2010. Despite that, many people may still think that TB is a disease of the past. Nevertheless, as statistics for 2023 show, there were 10,096 new cases over the

year, with 1,587 deaths. In other words, TB is a serious infectious disease in Japan with 28 new cases and 4.3 deaths daily. The number of patients and deaths have both declined in recent years, and in 2021, Japan finally reached the threshold of a low-prevalence country, maintaining this status in both 2022 and 2023. However, unfortunately, it is necessary to realize that, cases of tuberculosis continue to be detected almost every year during the University's regular student health checkups. Be sure to get your regular student health checkup to ensure early detection and treatment of tuberculosis. To prevent not only tuberculosis but other infectious diseases as well, the important thing is to lead a well-regulated lifestyle and maintain resistance to illness. Watch out for fatigue, lack of sleep, and stress. It is important to take care and keep in mind that infectious diseases can be anywhere.

The Center for Health Sciences and Counseling website provides up-to-date information on influenza and other infectious diseases that are becoming prevalent.

Please check it out.



8 Sexually Transmitted Infections (STIs)

According to the 2023 Annual Report of the Ministry of Health, Labour and Welfare's AIDS Surveillance Committee, the number of reported HIV infections and AIDS patients in Japan totaled 960, marking the second year in a row that the number of newly reported cases of HIV-infection and AIDS combined has fallen below 1,000, which prior to 2022 had not been the case since 2003, twenty years earlier. However, the number of cases is once again on the rise, and it is possible that the drop was simply a reflection of the decrease in contact with infected people due to the COVID-19 pandemic. That averages to about 2.6 cases reported per day. Keeping a close eye on trends in the number of new infections and the number of AIDS patients is important. During the year 2023, there were 669 new HIV infections and 291 AIDS cases. Although the number of new HIV infections and new AIDS cases has remained unchanged over the past few years, the number of AIDS patients is expected to increase in the future as the people already infected with HIV develop AIDS.

Among Japanese male citizens, homosexual contact is the most common route of infection, followed by heterosexual contact, while among Japanese female citizens, almost all infections are through heterosexual contact. Since 2011, as one of the regions with high numbers of newly reported HIV infections, Kyushu has seen a growing number of cases. Since the 1990s, the potential for transmission through heterosexual sexual contact has been increasing, making it always necessary to behave with those risks in mind.

Sexually transmitted diseases are not limited to HIV infection alone. While genital chlamydia, gonorrhea, and genital herpes are typical examples, genital chlamydia infections have been increasing at a rapid rate since 1998. Having a sexually transmitted disease like genital chlamydia is said to increase the risk of HIV infection by 2 to 5 times. The only way to reduce the risk of sexually transmitted diseases is to use condoms.

Avoiding sexual intercourse with an indiscriminate number of people is also effective. If you do catch something, it is important to get treatment together with your partner at the same time. Otherwise, even if one of you is treated, the infection will reoccur if the other is not. Also keep in mind that women who catch a sexually transmitted disease will often be less aware of their symptoms. If you have concerns about sexually transmitted diseases, please do not hesitate to seek advice from the Health Consultation Office. Referrals to appropriate medical facilities are also made as needed. Of course, you can rest assured that your personal information will be protected. Fukuoka City has also offices (see below for the HIV Hotline) where you can seek anonymous advice about sexually transmitted diseases and get tested for AIDS and chlamydia at no charge. The information provided by the Japanese Society for Sexually Transmitted Infections for junior and senior high school students is also useful. (<https://jssti.jp/prevention/> (Japanese only))

* Consultation on sexually transmitted diseases (HIV Hotline) hours: 9:00 a.m. to 5:00 p.m. weekdays (except national holidays and December 29 to January 3)



Consultation on sexually transmitted diseases (HIV Hotline)

Chuo Ward Health and Welfare Center (Chuo Health Center)	☎ 092-712-8391	Jonan Ward Health and Welfare Center (Jonan Health Center)	☎ 092-822-8391
Higashi Ward Health and Welfare Center (Higashi Health Center)	☎ 092-651-8391	Sawara Ward Health and Welfare Center (Sawara Health Center)	☎ 092-846-8391
Hakata Ward Health and Welfare Center (Hakata Health Center)	☎ 092-441-0023	Nishi Ward Health and Welfare Center (Nishi Health Center)	☎ 092-891-0391
Minami Ward Health and Welfare Center (Minami Health Center)	☎ 092-541-8391		

9 Syphilis

As you are all aware from news reports, there has been a surge in syphilis infections, a sexually transmitted disease, over the past five years. Prior to the development of penicillin, the world’s first antibiotic, syphilis was an extremely difficult disease to treat. Today, however, if diagnosed early, it can be completely cured without any aftereffects. In order to recognize syphilis early, individuals infected need to be aware of its symptoms and take appropriate measures. **As with all infectious diseases, it is possible to infect others even if asymptomatic and to be infected by an asymptomatic partner. In other words, you need to be aware of the fact that you can infect others and be infected without realizing it!**

Syphilis is an infectious disease caused by a bacterium called *Treponema pallidum*. It is transmitted through sexual contact with an infected person. It is also known to be transmittable through kissing. The course of the disease after infection is described on the follows.

Primary

Three to four weeks after the sexual intercourse that triggered the infection, a lump or dimple will appear at the site of infection. Although painless, it is best to seek medical attention at this point.

Secondary

Three months after infection, a pinkish rash and/or crusty patches that are neither painful nor itchy will appear on the skin of the abdomen, or over the entire body.

Latent

If not treated, then three to ten years after infection, hard lumps or rubbery tumors called gummata will form not only on the skin but also on bones, muscles, liver, kidneys, and various other organs. These rubbery tumors then go on to destroy the surrounding cells and tissues as well.

Tertiary (Late)

If untreated for more than 10 years following infection, it invades the cardiovascular and central nervous systems, causing symptoms such as aortic aneurysms, aortic rupture, nerve damage, and eventually death.

Although the symptoms of latent and tertiary syphilis will not disappear unless treated, **the lumps and dimples of the primary stage as well as the pinkish rash and crusty patches of the secondary stage will disappear naturally even without treatment.** This does NOT mean that the case of syphilis has been cured! The symptoms are simply no longer apparent. It is still absolutely necessary to receive treatment. Without treatment, **you may infect others without realizing it, and you yourself will move into the third and fourth stages as latent syphilis.**

It is known that infections are spreading rapidly among college-age men and women. Do not assume that you are fine if there is even the possibility that you are infected. Please do not hesitate to get tested at a medical institution capable of treating sexually transmitted diseases.

Information provided to the public by the Japanese Society for Sexually Transmitted Infections

- Information on syphilis
http://jssti.umin.jp/prevention/index_syphilis.html
 (Japanese only)
- Leaflet for junior high and high school students
<http://jssti.umin.jp/prevention/syphilis/02.pdf>
 (Japanese only)



10 COVID-19

COVID-19 was first identified in Wuhan City in the People’s Republic of China in December 2019. According to statistics for the period between December 31, 2019 and November 30, 2023, COVID-19 inflicted significant harm as it spread worldwide, infecting 772 million and causing the death of 6.98 million. In Japan, the status of COVID-19 under the Infectious Diseases Act was changed on May 8, 2023, from “novel influenza and other infectious diseases (so-called type 2 equivalent)” to “type 5 equivalent,” the same as seasonal influenza.

As a result, various restrictions have been removed and life is returning to the way it was before the coronavirus pandemic. Even so, as of December 1, 2023, the WHO has not yet declared an end to the pandemic, nor is it true that there have been no further cases of infection in Japan.

Moreover, as of December 1, 2022, we have yet to identify the animal (reservoir) from which originated the virus (SARS-CoV-2) that causes COVID-19. Looking ahead, it is likely to be years before COVID-19 is declared to have “ended” worldwide.

COVID-19 is an infectious disease that can affect anyone, and no matter what precautions are taken, it is impossible for anyone to reduce their chance of infection to zero.

Unless you are doing something intentionally to infect or cause infection, there is no reason to be blamed or feel guilty if someone happens to become infected.

Be aware that how you act once you become “infected” or “possibly infected” is very important, both for yourself and for society.

Kyushu University has set up a special “COVID-19 Updates and Resources” page on its website, where e-learning materials and other educational resources are available. The University’s response can also be found on the special page. It is everyone’s individual responsibility to act appropriately based on the latest information issued by public institutions and the University.

11 Get Your Periodic Student Health Checkup Every Year!

Managing your health begins by taking an interest in your own health. Health checkups include height, weight, blood pressure, and chest X-ray. Get a health checkup once a year. Everyone who completes their health checkup will also receive a Health Certificate.

*Health checkups are by appointment only.

For details, please visit the Center for Health Sciences and Counseling’s “Health Checkup for Students” page.

12 For People Living on Their Own or in the Dormitories for the First Time After Enrollment

For those who will leave home after enrollment to live alone or in a dormitory, please bring your health insurance card and first aid supplies in case of illness after enrollment. If you have a chronic illness or other medical condition that requires regular visits, consult your primary care physician about a referral letter and/or prescription for medication.

■ Health Insurance Card (My Number Card (Individual Number Card) as your Health Insurance Certificate or document verifying eligibility)

Required when visiting a clinic, hospital, or other medical institution.

■ Emergency Supplies

It is hard to start preparing once you are already sick.

Be sure to have on hand the following and any medications you take regularly.

- Thermometer** (must have)
- Antipyretic analgesic**
- Cold medicine**
- Stomach medicine**
- First-aid bandages**
- Mask**

Observe cough etiquette!



- If your symptoms include coughing, sneezing, runny nose, or fever, **wear a mask.**
- Tissue paper that has been used to cough, sneeze, or blow your nose should be disposed of in a trash can with a lid or in a tied plastic bag. Don't forget to **wash your hands.**

13 Seeking Help and Getting Treatment When You Don't Feel Well

If you are not feeling well, or if you suspect that you have COVID-19, influenza, or other infectious disease, do not come to campus, and be sure to seek advice and/or undergo a medical examination as soon as possible.

The on-campus Health Consultation Office has doctors and public health nurses available for consultation. First, contact the office by telephone. (See the Consultation Services table on p. 35)

If you need to be seen by a doctor, the Ito campus has a clinic. Do not hesitate to use it. Fukuoka Medical Information Network is useful for finding nearby medical institutions.

○ **Kyushu University Ito Clinic** (Center Zone 6 1F) ☎ 092-802-6580

*Health Insurance Card (My Number Card (Individual Number Card) as your Health Insurance Certificate or document verifying eligibility) required.

*Treatment covered by health insurance (requires payment)



<https://itoclinic.kyushu-u.ac.jp>
(Japanese only)

○ **Fukuoka Medical Information Network**

*Enables you to set search parameters to find medical institutions in Fukuoka Prefecture.



<https://www.fmc.fukuoka.med.or.jp/>
(Japanese only)



Chapter 3

Disaster Readiness

1 Preparing for Disasters

- Be sure to provide your current address, as well as notice of any changes, to the University and the municipal office where you reside.
- Check the hazard map to see if the area around your home is designated as a possible flood zone, a landslide disaster prevention area, or a special landslide disaster prevention area. Be prepared with when and where to evacuate and what to bring, and actively participate in disaster drills and other such activities.
- In the event of a disaster, stay in contact as best as you can with your Student Affairs Section, your friends, etc.
- Always be very mindful about the location of hazardous materials in your immediate vicinity.
- Take steps to prevent falling objects and confirm emergency evacuation sites and routes.
- Make sure you know what emergency items to take with you and where they are located.
- A portable radio, flashlight, emergency tools (jacks, crow-bars, hammers, etc.), medical supplies, etc., should be stored in a specific place.



2 Preventing Fires

Beware of fire!

Be very careful with fire in your boarding house or apartment, too!

- If you have no choice but to use a fire, pay attention to the surrounding area! When using electrical appliances in particular, be sure to avoid short circuits or such accidents.
- No open fires inside facilities!
- Never toss cigarette butts!
- Do not place flammable items near space heaters.
- Do not exceed an electrical outlet's capacity.
- When done using a space heater, always check that the fire is out!
- When done using a facility, always check for fire!
- Do not leave objects in corridors, stairways, or other places that may obstruct passage or evacuation.
- Actively participate in fire drills and other such activities and confirm your role, etc.

In the event of a fire...



Call 119

See pp. 63-66 and pp. 70-75 for emergency procedures.

3 Responding to Disasters

1. What to do in a fire

- 1) Quickly notify others
 - (1) Yell out "Fire!" in a loud voice and tell the people nearby to notify others quickly
 - (2) If there is an emergency alarm, use it. Calmly call 119.
 - (3) Notify the security office of the fire.
 - (4) Contact the faculty supervisor and affiliated administrative office.
- 2) Quickly extinguish it
 - (1) After ensuring your personal safety by making sure you have an escape route, use buckets, fire extinguishers, wet cloths, or other such items to extinguish the fire. Keep in mind that fire extinguishers and water cannot be used in the case of certain chemical fires.

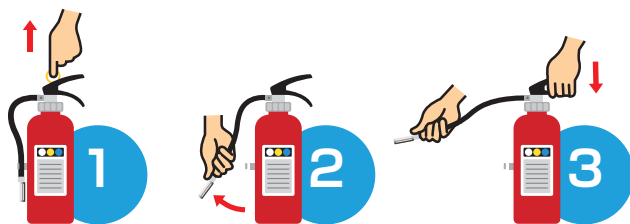
*If the fire reaches the ceiling or you feel endangered, stop attempting to extinguish the early-stage fire and evacuate immediately.
 - (2) If necessary, organize a self-defense fire brigade to extinguish the fire.
 - (3) When firefighters arrive, report on the status of the fire's spread and cooperate with firefighting activities to the extent possible.
- 3) Quickly evacuate

When a fire grows large, do not try to extinguish it at all costs. Evacuate quickly, following the guidelines below.

 - (1) Cover your nose and mouth with a towel or handkerchief and stay as low as possible while evacuating to avoid smoke inhalation.
 - (2) If you cannot see in front of you due to smoke, maintain your bearings by keeping your hand to the wall as you evacuate.
 - (3) The extent possible when evacuating, prevent the further spread of fire by closing the windows and doors of burning rooms.
 - (4) Do not use the elevators.
 - (5) Once you have evacuated, do not go back.

The three basic rules in a fire

- (1) Quickly notify others (2) Quickly extinguish it (3) Quickly evacuate



2. What to do in an earthquake

- 1) When the earthquake hits
 - If you are in a research office, administrative office, classroom, etc.
 - (1) Hide under a sturdy table, desk, or other such space where objects will not "fall, topple over, or shift" against you, and monitor the situation until the shaking stops.
 - (2) When the shaking stops, open the door and locate the exit so you can evacuate.
 - (3) Anyone near a window should move away from the window immediately.
 - If you are in a laboratory
 - (1) First, ensure your own safety.
 - (2) After the shaking stops, calmly check for fires, turn off any electrical equipment, and store hazardous materials safely in a case, container, etc.

The three basic rules in an earthquake

- (1) Ensure your personal safety based on the situation (2) Secure an exit route (3) Deal with fire swiftly

- (3) In the event of a fire, take steps after the shaking stops to extinguish the fire in its early stages using a fire extinguisher. If the fire cannot be extinguished, close the room door and evacuate immediately.
- (4) To prevent secondary disasters, handle hazardous materials with extreme care.
- If you are in a hallway
 - (1) Do not recklessly exit the building, where there may be hazards like glass and fallen objects that could injure you; instead, get under something like a nearby desk or chair that will protect you from falling objects.
 - (2) If there is nothing nearby that can protect you against falling objects, keep your distance from objects that could fall and instead crouch down, covering your head with clothing or other belongings.
- If you are in an elevator
 - (1) Press the buttons on all floors and get off on whichever floor the elevator stops.
 - (2) If the elevator stops between floors, use the emergency button or intercom to call for outside help.
- If you are in a library, gymnasium, dining hall, etc.
 - (1) Move away from objects that could fall or topple over (bookshelves, lockers, vending machines, etc.), get under a sturdy table or desk, and monitor the situation until the shaking stops.
 - (2) If there is nothing to hide under, move to a place where there are no objects that might fall from above or topple over or shift against you from the side; once there, stay low to the ground and protect your head with a handbag or other such object.
 - (3) After the shaking stops, calmly turn off any electrical equipment that was in use.
- If you are outside
 - (1) Move away from buildings, block walls, and other objects that could collapse, stay low to the ground, and protect your head with a handbag or other such object.
- 2) After the earthquake stops
 - (1) After the earthquake subsides, evacuate to a designated primary evacuation site (see pages 55-57).
 - (2) Confirm the safety of fellow members of your research office, administrative office, etc.

3. What to do in a storm

- 1) Before a storm hits
 - (1) Pay attention to the weather information and inspect the building in which you live, reinforcing it as needed. Also, bring inside any outdoor items that could get blown around.
 - (2) Move cars, motorcycles, and other vehicles as needed.
 - (3) Take steps to prevent flooding in low lying areas, for instance, by preparing sandbags, and relocate valuable items to a room on the second floor or higher.
 - (4) In areas where landslides are expected, make preparations to evacuate as soon as possible.
- 2) When a storm hits
 - (1) Use curtains and blinds to protect against any glass windows that may shatter, and keep away from glass windows.
 - (2) Do not go outside the building.

The three basic rules in a storm

- (1) Pay attention to weather information
- (2) Perform inspections and repairs quickly
- (3) Be ready to evacuate

■ Kyushu University Crisis Management Website

To provide immediate access to response information needed in the event of a disaster or other such emergency, a “Crisis Management” link has been placed at the top page of the Kyushu University website and should be checked regularly for information, including illustrated information on “Crisis Management Response” and “Disaster and Crisis Readiness.”

<https://www.kyushu-u.ac.jp/ja/crisismanagement/riskmanagement>



■ Safety Confirmation System (ANPIC)

Kyushu University has implemented the Kyushu University Safety Confirmation System (ANPIC) to quickly and reliably confirm the safety of people in the event of a crisis such as a large-scale disaster.

In the event of an earthquake of Intensity 5 Upper or greater in Fukuoka Prefecture or a neighboring prefecture, or in the event of some other major disaster or emergency, the entire campus will receive a mass email sent to their primary email address to confirm that everyone is safe. If you have a smartphone or other such device, please complete the initial setup process (full registration) and allow it to provide notifications and reports via the app or LINE. Also, if you normally use a feature phone, please add the email address for your mobile, etc. In the event of a crisis, please ensure your personal safety immediately and be sure to report your safety status to University Headquarters.

- To learn more
Kyushu University Safety Confirmation System (ANPIC)
<https://www.kyushu-u.ac.jp/ja/crisismanagement/riskmanagement/anpic>
(Japanese only)
- Initial setup (full registration) site
<https://anpic-kyushu-u.jecc.jp/kyushu-u/regist/> (Japanese only)
- Contact information
- Safety Confirmation System, General Affairs Department, General Affairs Division
anpic@jimu.kyushu-u.ac.jp



■ Emergency Communication in the Event of a Disaster

In the event of a disaster on campus, please immediately contact your Administration Office (or the Security Office, if outside work hours).

Security Office Contact Information for Each Campus

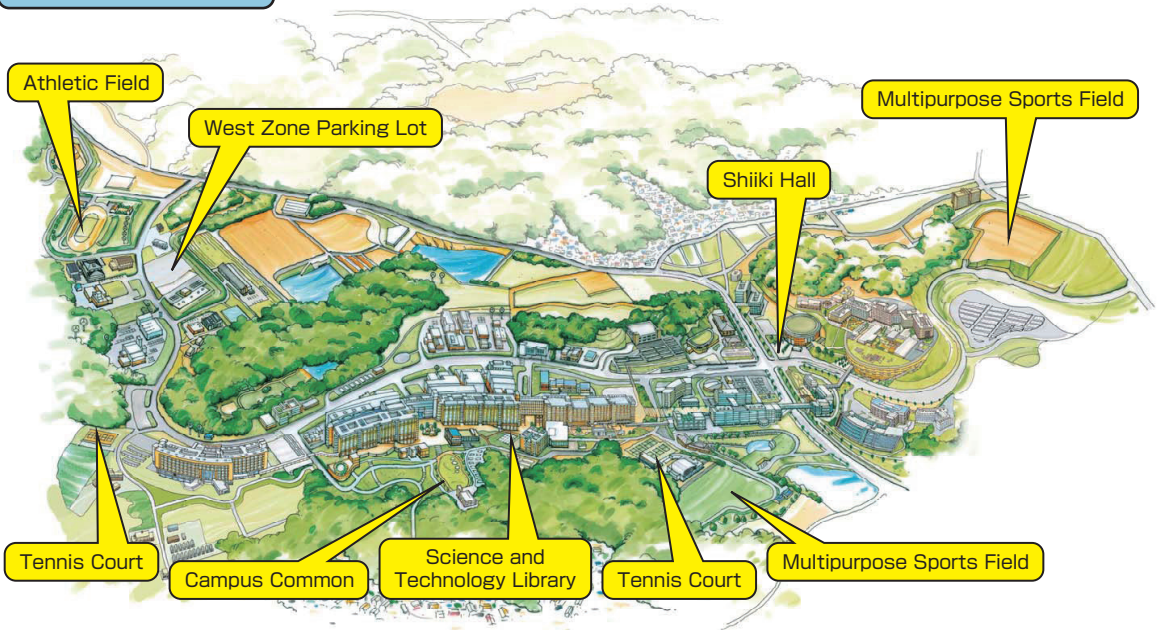
Ito Campus (Big Orange)	☎ 092-802-2305 or ext. (90) 166
Hakozaki Campus (Main Gate)	☎ 092-642-2196 or ext. (99) 8888
Hospital Campus (Eastern Gate)	☎ 092-642-6019
Hospital Campus (South Ward 1F, After-hours Reception)	☎ 092-642-5019
Chikushi Campus (Onojo Gate)	☎ 090-3196-3400 or ext. (93) 7117
Chikushi Campus (Kasuga Gate)	☎ 090-3196-3401 or ext. (93) 7135
Ohashi Campus (Main Gate)	☎ 092-553-4428 or 090-5292-3130

※ Chikushi Campus security is on duty only on weekday evenings and holidays.
During daytime hours on weekdays, call the Chikushi Campus General Affairs Division at 092-583-7502.

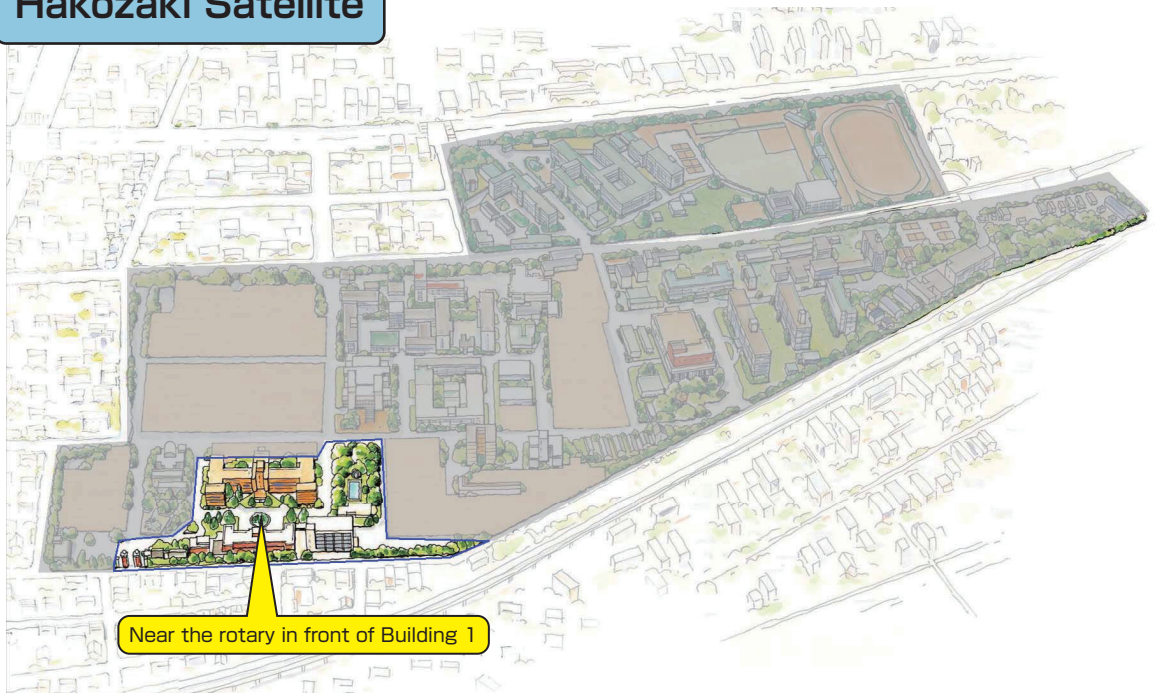
■ Evacuation Sites on Each Campus

Each Kyushu University campus has sites that have been designated as evacuation areas to ensure the safety of students, faculty, and staff in the event of a disaster. Be prepared for an emergency by knowing where they are.

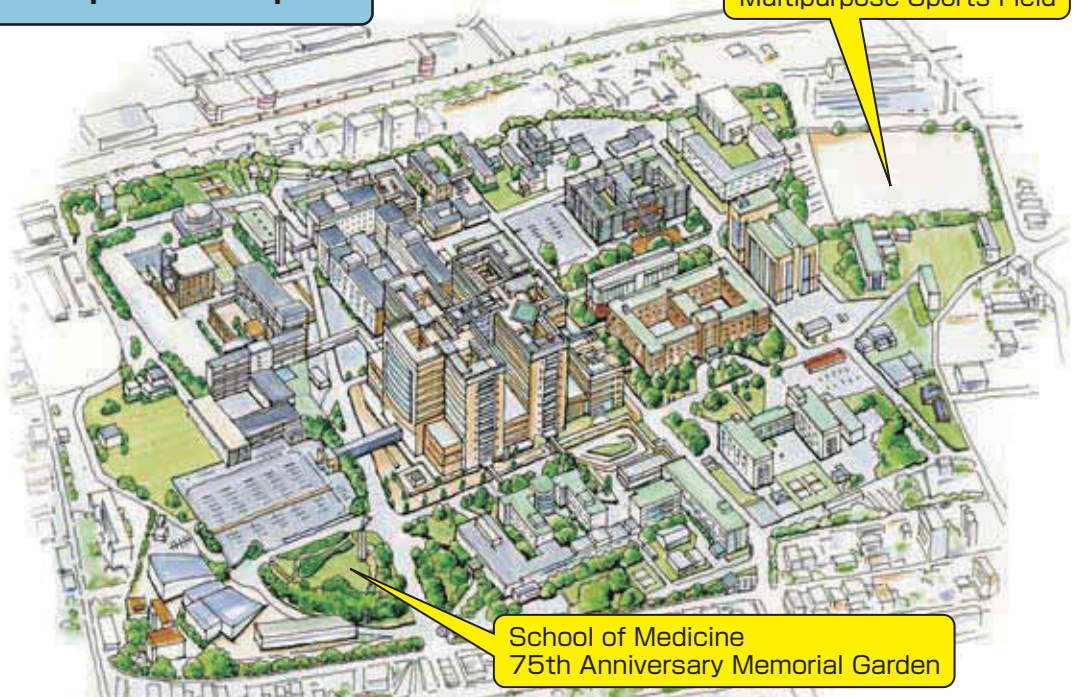
Ito Campus



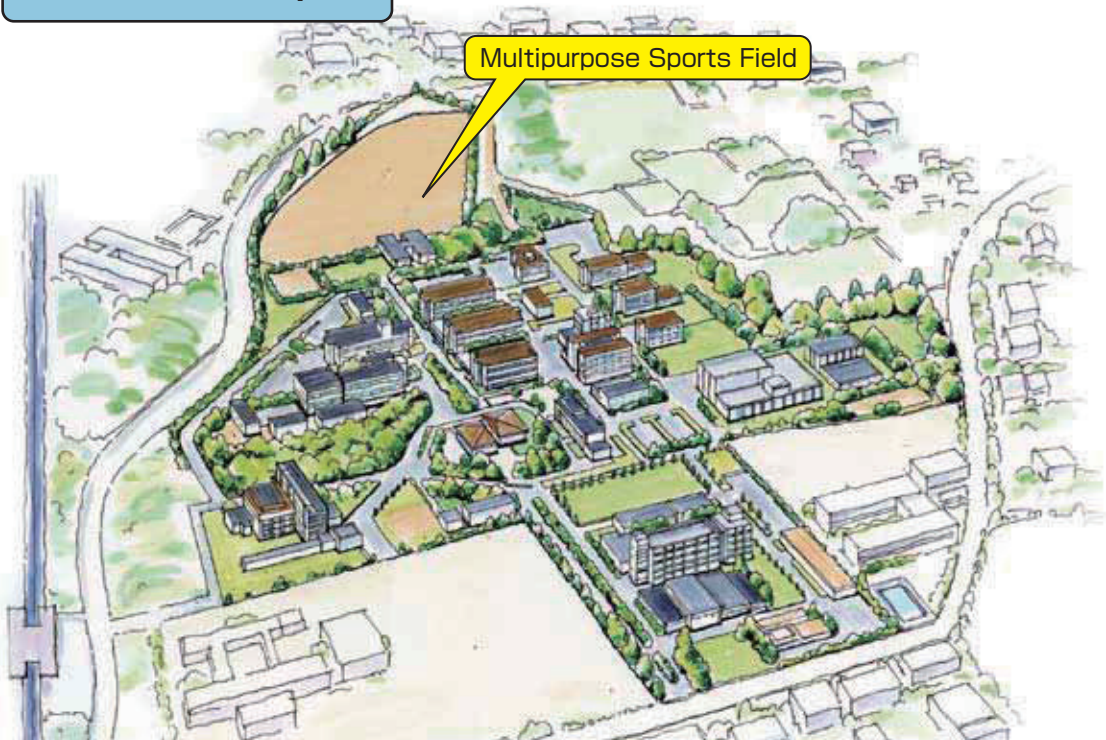
Hakozaki Satellite



Hospital Campus

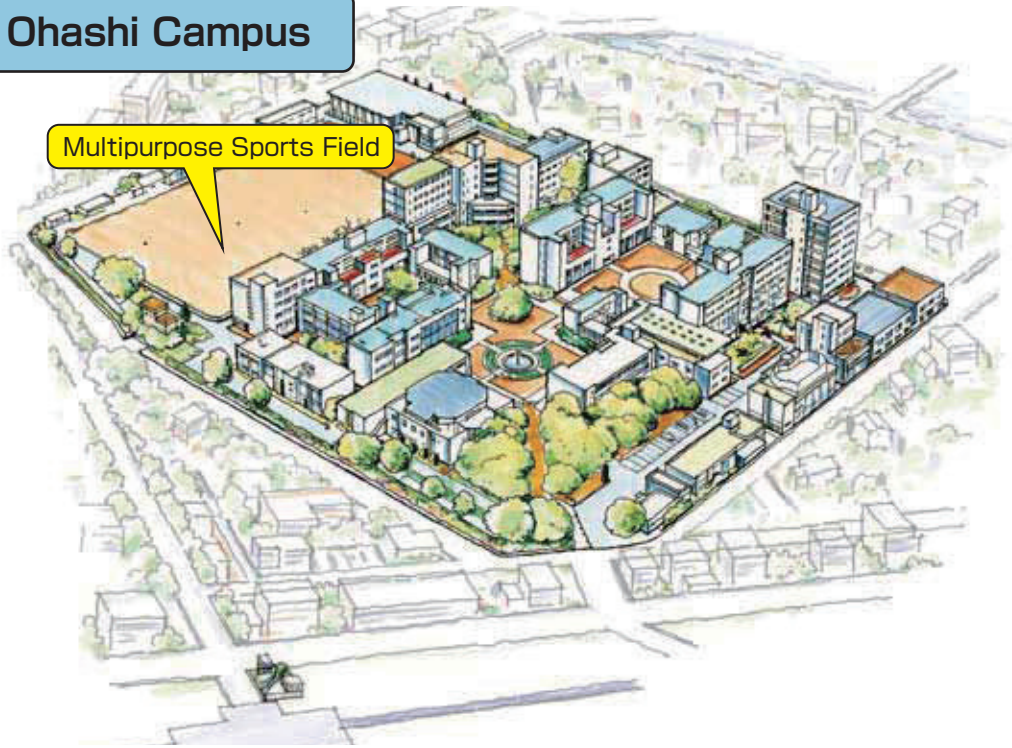


Chikushi Campus



Ohashi Campus

Multipurpose Sports Field



4 Preventing Accidents at Sea and in the Mountains

Accidents involving young people in the ocean and in the mountains are occurring across Japan! Tragic accidents can severely impact your future and cause your family immeasurable grief. Please have a careful plan and put safety first whenever going to the ocean or mountains. Provide your itinerary to the Student Affairs Section.

In the event of an accident...

Contact the Student Affairs Section!

Read the section on “Safety Measures for Curricular and Extracurricular Activities” (p. 63), as well.

5 For Overseas Travelers

- Before traveling overseas, be sure to submit a notice of overseas travel to your Student Affairs Section.
- When traveling overseas, registration with the Ministry of Foreign Affairs Overseas Travel Service is required.

(If less than 3 months, use Tabireg; if 3 months or longer, use Online Residential Registration)

Please register at the following URL:

<https://www.ezairyu.mofa.go.jp/> (Japanese only)



- Avoid impractical plans.
- Gather thorough local information and follow the advice and recommendations of local diplomatic missions abroad.
- Check your health, as well as personal medical supplies. If you have pre-existing medical conditions, seek medical advice.
- If you are involved in an incident or accident, please seek advice from the diplomatic mission abroad, someone relevant at Kyushu University (e.g., your academic advisor, research office, undergraduate/graduate school Student Affairs Section, International Student Exchange Division), and your family.
- Be sure to purchase insurance, including overseas travel insurance.



Chapter 4 Harassment

1 Harassment Prevention and Countermeasures

The University is committed to preventing and combating harassment as an act that does serious harm to the study, work, educational, and research environment for students and employees.

To achieve a healthy and comfortable campus environment free from harassment, each of us should deepen our understanding of these issues and be sincere in our efforts to address them.

! Please be careful!

- Sexual harassment is sexual language or behavior that adversely affects a work or study environment by making another person uncomfortable, regardless of the intent of the offender. This includes, for instance, coercion into a social or sexual relationship by taking advantage of a hierarchical relationship or position, as well as actions that benefit or disadvantage a person based on their response to sexual language or behavior (quid pro quo sexual harassment); the unwanted use of sexual language and behavior or posting of images, sexist language and behavior (hostile environment sexual harassment); and so on.
- Sexual harassment is especially common in power relationships, such as older and younger, supervisor and subordinate, faculty advisor and student, and so on. It can be not only by men toward women, but also by women toward men or between people of the same sex.
- Sexual language and behavior is still sexual harassment regardless of sexual orientation (i.e., the gender toward which one's romantic and sexual feelings are directed) or gender identity (i.e., one's self-perception of their own gender).
- Power harassment refers to language or behavior that is used from a dominant position within a relationship and goes beyond what is necessary and reasonable for the work or study, to the point that it adversely affects the work or study environment. When it involves teaching and research, it is called academic harassment. This includes, for example, interfering with research or employment, abandoning instruction, acting or reprimanding in an intimidating way, and so on.
- Power harassment and academic harassment are not only perpetrated by those in higher positions against those in lower positions, but can also be perpetrated by those in lower positions against those in higher positions, for example, by taking advantage of superiority in numbers.
- Harassment based on pregnancy, childbirth, childcare leave, nursing care leave, and so on refers to language or behavior that denies pregnancy, childbirth, etc. or denies the use of systems such as parental or caregiver leave to the point that it adversely affects the work or study environment.
- In addition to the above forms of harassment, there are other types of harassment that can also adversely affect the work or study environment, such as unjust ostracism and bullying, forced drinking and drunken misconduct, coerced illicit behavior, insisting that others become involved in a religion or ideology someone supports, and so on.

These are some examples of sexual harassment

- Demanding a relationship with someone, promising to raise their grade or help them get promoted; when refused, you treat them unfairly when grading or evaluating them.
- Displaying sexually explicit images in a way that others can see them.
- Making stereotypical remarks about gender, such as “Women are so...” or “What kind of a man would...”
- Using discriminatory language or behavior regarding sexual minorities.

These are some examples of academic harassment

- Failing as a faculty member to supervise the research of just one particular student, or supervising the student in an overly harsh way.
- Repeatedly using abusive language or making remarks that denigrate a person’s character, such as “How can you still not understand what I’m saying?” or “You’re incompetent,” in front of others in the class, seminars, or other such venues.
- Impeding a student’s graduation or employment. Giving no credit without a legitimate reason.
- Changing the authorship of a paper or excluding a person from a research team in a disadvantageous way without a legitimate reason. Not letting someone use experiment equipment, reagents, etc.

These are some examples of power harassment

- Repeatedly making remarks that denigrate a person’s character, such as “Idiot!” “You’re incompetent!” “You’re useless!” and so on.
- Acting coldly toward just one particular person, or insulting them in public.
- Harassing someone by ignoring their requests for guidance, failing to provide necessary explanations, and so on.
- Revealing sensitive personal information such as sexual orientation, gender identity, medical history, or infertility treatment without the consent of the person concerned.

These are some examples of harassment related to pregnancy, infertility treatment, childbirth, childcare leave, nursing care leave, and so on

- Making a remark as a faculty member to a student seeking advice about childbirth-related academic leave that they will have to quit their studies if they take leave.
- Refusing as a faculty member to grant a student’s request to be absent from class due to pregnancy-related health problems, saying something like, “That’s your problem, not mine.”
- Making repeated remarks to a fellow student, who has announced her pregnancy, that she is making trouble and not thinking enough about the people around her.
- Making repeated remarks as a faculty member to the effect that, “I don’t advise people who get pregnant as a student.” Intending not to advise, or failing to advise, in actual practice.

2 How to Avoid Becoming a Perpetrator of Harassment

- People see things differently, including things that would never bother you personally. Understand that there are many different ways of seeing things, based on age, gender, status, cultural differences, and so on.
- Value the other person’s character and intentions and consider your actions from their point of view.

- Exercise self-control so that you do not take out your frustrations on others or behave emotionally towards them.
- It is important to exercise caution on a regular basis so that you do not find yourself the perpetrator of harassment without realizing it.
- Be intentional in creating an open environment where people can express and communicate their feelings and opinions on a regular basis.
- Seek to educate yourself about harassment through leaflets, internet sites, and training sessions on harassment prevention.

3 Preventing Harassment Problems from Getting Worse

- Do not assume that a person “doesn’t mind” just because they do not protest. They may not be able to clearly express their intentions, especially if there is a hierarchical or power relationship between the two of you.
- If you discover that someone was made uncomfortable, do not use the same language or behavior again.
- If you have done something that constitutes harassment, immediately apologize to the other party and make a sincere effort to maintain a good relationship with them.
- If you are unsure whether your language or behavior constitutes harassment, or if you are told that what you did was harassment and do not know how to respond, it is recommended that you seek advice from the Office for Harassment Prevention and Counseling. Responding early can prevent the problem from getting worse.

4 If You Witness Harassment

- If possible, give a warning to the person who uses harassing language or behavior.
- Say a few words to the person who is being harassed and listen carefully to what they have to say.
- It is important to avoid casually criticizing the person who was harassed by suggesting that they were also partially to blame, and do not take action without the person’s consent.
- Encourage them to seek advice from someone they trust and suggest they visit the Kyushu University Office for Harassment Prevention and Counseling. Another way to help those who are not knowledgeable about harassment is to show them “Kyushu University Guidelines for the Prevention of Harassment” and the Office for Harassment Prevention and Counseling leaflet.
- If you are unsure what you should do as someone involved, please consult with the Office for Harassment Prevention and Counseling. (Third-party consultations are also accepted.)

5 If You Are a Victim of Harassment

- There is no need to blame yourself.
- Expressing your displeasure is also important, but it will not be considered your fault if you could not.
- Do not agonize over it alone. Seek advice from trusted friends and faculty around you. Harassment is not just your own problem.
- Keep records whenever possible (e.g., “when,” “where,” “from whom,” and “what was done”). It is also a good idea to request statements from anyone who is willing to be a witness.
- If you have no one around you to consult with, please take advantage of the Office for Harassment Prevention and Counseling.

The University has developed “Kyushu University Guidelines for the Prevention of Harassment” and “Procedures of Request for Complaint Consultation and Grievance Relevant to Harassment” in order to disseminate its basic approach to preventing harassment and resolving problems.

Additionally, the University has established the Office for Harassment Prevention and Counseling on campus to field consultations and complaints regarding harassment, and each campus has an assigned counselor. You can consult with any counselor, regardless of your department.

The Guidelines for Resolving Harassment, as well as counselor names and their dedicated e-mail addresses, are posted on the University’s website (<https://www.kyushu-u.ac.jp/ja/university/publication/harassment/>)(Japanese only).



Please visit the Office for Harassment Prevention and Counseling website (<https://ohpc.kyushu-u.ac.jp/>) to schedule a consultation appointment with the Office for Harassment Prevention and Counseling.

Consultation Services

Kyushu University Office for Harassment
Prevention and Counseling

☎ 092-802-6091

FAX 092-802-6092

E-mail: syjsoudan@jimu.kyushu-u.ac.jp



Chapter 5

Safety Measures for Curricular and Extracurricular Activities

I Safety Measures

1 Curriculum-related Precaution (Experiments, Practicums, Seminars, etc.)

In recent years, it has become normal to offer experiments, practical training, and various other types of experiential education. While these provide experiences that cannot be replicated through book learning alone, they also carry the risk of serious accidents due to a lack of preparation and experience in advance. Exercise the utmost caution to manage safety and prevent accidents by following the study guide, as well as any guidance provided by your academic advisor and more advanced students; when anything is unclear, always double-check.

The University classifies experiential educational and research activities into three categories: outdoor activities, off-campus activities, and laboratory activities. “Guidelines for Safety in Education” have been developed for each kind of activity and are published on the Kyushu University website.

Please use them together with any manuals prepared by the individual undergraduate and graduate schools, and always keep safety in mind to avoid accidents.

Please also check the “Safety Guide” that begins on p. 70 for steps to take in an emergency.

Safety Management in Education and Research Activities

<https://www.kyushu-u.ac.jp/ja/faculty/safety/> (Japanese only)

- Guidelines for Safety in Education - Outdoor Activities
- Guidelines for Safety in Education - Off-Campus Activities
- Guidelines for Safety in Education - Laboratory Activities



Contact information for Student Affairs Sections

Ito Campus East Zone

School of Letters, Graduate School of Humanities

School of Law, Graduate School of Law

Law School (Professional Graduate School)

School of Education, Graduate School of Human-Environment Studies

School of Economics, Graduate School of Economics

Graduate School of Integrated Sciences for Global Society

☎ 092-802-6381

Ito Campus Center Zone

School of Interdisciplinary Science and Innovation

☎ 092-802-5890

Ito Campus West Zone

School of Engineering, Graduate School of Engineering, Graduate School of Information Science and Electrical Engineering	☎ 092-802-2722
Graduate School of Integrated Frontier Sciences	☎ 092-802-3859
School of Agriculture, Graduate School of Bioresource and Bioenvironmental Sciences	☎ 092-802-4508
School of Science, Graduate School of Science, Graduate School of Mathematics Graduate School of Systems Life Sciences	☎ 092-802-4014
Joint Graduate School of Mathematics for Innovation	☎ 092-802-4355

Hospital Campus

School of Medicine Department of Medicine, Department of Biomedical Science Graduate School of Medical Sciences	☎ 092-642-6020
School of Medicine Department of Health Sciences, Graduate School of Medical Sciences Department of Health Sciences	☎ 092-642-6025
School of Dentistry, Graduate School of Dental Science	☎ 092-642-6680
School of Pharmaceutical Sciences, Graduate School of Pharmaceutical Sciences	☎ 092-642-6262
	☎ 092-642-6541

Chikushi Campus

Interdisciplinary Graduate School of Engineering Sciences	☎ 092-583-7512
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Ohashi Campus

School of Design, Graduate School of Design	☎ 092-553-4418
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2 “Safe” and “Healthy” Extracurricular Activities

During extracurricular activities, always watch out for injuries and accidents and practice “safety first” by avoiding “carelessness” and having a “plan that is practical.” Follow the instructions and advice of your faculty advisor, supervisor, or leader to ensure that activities are “safe” and “healthy.”

■ Causes of Injuries and Accidents

- (1) Activities that exceed your abilities (games between opponents of overly different skill levels, plans, or activities that exceed your physical fitness)
- (2) Accumulated fatigue
- (3) Accidents resulting from carelessness or errors in judgment
(e.g., incorrect weather forecasts, inadequate equipment inspections, misjudged levels of fatigue among members)

■ To Avoid Accidents

- (1) Understand the condition of your own health and fitness, as well as that of your fellow team members.
- (2) Exercising too hard under the hot sun will lead to accidents. Take care also to hydrate and replenish salts.
- (3) Inspect facilities, equipment, and tools regularly for safety, contact the relevant party immediately about irregularities, and avoid further use until safety is confirmed.

- (4) Incorporate accident prevention measures into training manuals, etc., when creating them.
- (5) Thoroughly study the safety standards for each type of activity.
- (6) If going on a trip using a car, be especially careful to drive safely to avoid accidents.
- (7) Avoiding copyright violations for performances and screenings
Music, video, and other copyrighted works are protected by copyright law. Except in cases where the performance or screening is not for profit and no fees are collected from the audience, public performances and screenings of such works require the permission of the copyright holder. Properly handle such matters by making adequate contact with copyright protection-related organizations.

Japanese Society for Rights of Authors, Composers and Publishers (JASRAC) Kyushu Branch ☎ 092-441-2285

■ Be Prepared If an Accident Happens

- (1) Create a manual to deal with foreseeable emergencies.
(Have an emergency contact system and response measures in the event of an accident.)
- (2) Use the insurance system. (For instance, get sports safety insurance, not just university insurance.)
- (3) Conduct trainings on rescue methods
- (4) Have a first aid kit
- (5) Learn correctly how to provide first aid
- (6) For off-campus activities, submit the “Retreat/Trip/Competition/Event Notice” form to the Student Support Division at least one week prior to the activity.
- (7) Carry insurance cards, etc., and know blood types.
(A blood donation drive is held every year that can be used to find out.)
- (8) In the event of an accident or other incident, regardless of whether it occurs during a trip or practice, take appropriate first aid measures, and then immediately contact the faculty advisor and the Student Support Division.

Safety Manual for Extracurricular Activities

<https://www.kyushu-u.ac.jp/ja/education/extracurricular/> (for Japanese)

<https://www.kyushu-u.ac.jp/en/education/extracurricular> (for English)



3 Volunteer Activities

The Great East Japan Earthquake and torrential rain disasters in various regions have caused extensive damage. As efforts continue to be made to rebuild at the disaster sites, many students are participating in the recovery efforts as volunteers. When engaging in such volunteer activities, please keep the following points in mind, making sure to gather information about the situation in the affected areas and take action prudently.

[To Ensure Safety]

When volunteering, please complete the designated form and submit it to the Student Affairs Department Student Support Division (Ito Campus Center Zone 1, 2F) or your undergraduate school's Student Affairs Section service window.

The following are required to participate in volunteer activities.

- 1) Enrollment in insurance for volunteer activities, etc.
- 2) Parental/guardian consent
- 3) Strict adherence to the "Four Basic Rules of Volunteer Activities" and the "Ten Principles of Student Volunteer Activities in Natural Disasters."

Disaster Relief Volunteer Activities
<https://www.kyushu-u.ac.jp/ja/university/approach/disaster> (Japanese only)



4 Preventing Accidents When Mountain Climbing, etc.

- Bring equipment appropriate for the intended purpose.
- Are you up to the challenge of the climb in terms of your equipment, planning, skills, and stamina?
- Understanding the weather conditions is essential to mountain climbing.
- Mountain weather often changes very suddenly, and conditions can turn very stormy.
- Your climbing plan can save your life, just like your climbing rope.
- Avoiding danger is your responsibility.
- Be especially careful when the seasons are changing. It may be spring in the foothills but winter in the mountains, so beware of avalanches, snowstorms, and icy conditions.



5 Emergency Contacts

In the event of an accident... ► First, call 119 or 110!

Who to contact during extracurricular activities

Ito Campus Center Zone

Extracurricular Support Section

☎ 092-802-5966

Who to contact about incidents/accidents on holidays and at night

Ito Campus

Security Office ☎ 092-802-2305

Hospital Campus

Security Office ☎ 092-642-6019

Chikushi Campus

Security Office ☎ 090-3196-3400

Ohashi Campus

Security Office ☎ 092-553-4428

II Insurance System

In modern society, there is always the risk that one's own financial resources will be not be enough to cover an accident. Be prepared in event of a catastrophe by using the insurance scheme that is right for you.

1 Personal Accident Insurance for Students Pursuing Education and Research

■ Personal Accident Insurance for Students Pursuing Education and Research (Gakkensai)

This insurance covers accidents during lectures, experiments, practical training, and so on that are part of the university curriculum, as well as extracurricular activities and various university events (including internships and volunteer activities). It also covers accidents while commuting to and from the university and during transportation between university facilities, as well as disasters occurring inside university facilities and other such unforeseen accidents. Because enrollment is possible at a relatively low premium, many universities across the country are enrolled in this insurance.

■ Liability Insurance Coupled with Gakkensai (Futaibaiseiki)

This insurance covers legal damages caused by injuries to others or damage to others' property during curricular activities, experiments, practical training, and the like, as well as during or traveling to and from extracurricular activities (except club activities, which are not covered) and various university events (including internships and volunteer activities). If you wish to enroll in this insurance, you must also enroll in Gakkensai.

*Most students are required to enroll in the above insurance when they participate in educational training, internships, volunteer activities, etc., so all students generally enroll when they begin university.

Gakkensai and Futaibaiseiki Contact Information: Kyushu University CO-OP ☎ 0120-21-7131

2 Other Types of Insurance

■ Comprehensive Insurance for Students Lives Coupled with Gakkensai (Futaigakuso)

This is an insurance policy that can be purchased when coverage is considered insufficient under Gakkensai. It covers illness and injuries in daily life and includes supplementary liability. If you wish to enroll in this insurance, you must also enroll in Gakkensai.

Comprehensive Insurance for Students Lives Consultation Desk ☎ 0120-811-806 Receptionist (9:30-17:00, except Saturdays, Sundays and national holidays)

■ University CO-OP Student Comprehensive Mutual Insurance

This insurance is provided through a co-operative association. It covers students 24 hours a day, whether in Japan or overseas, and includes hospitalization for illness, accidents in hang gliding, etc., fire in apartments and dormitories, and wind and water damage.

University CO-OP Mutual Aid and Insurance Support Hotline



0120-335-770

Hours of operation: Weekdays, 9:40-17:30 Saturdays, 9:40-13:00

■ Sports Safety Insurance

This insurance is provided by the Sports Safety Association, a public interest incorporated foundation, and can be purchased at a low premium by groups involved not only in sports activities but also cultural and volunteer activities. It also covers injury accidents with an outpatient treatment of less than 14 days, which is not covered by Gakkensai, as well as liability accidents during club activities. This insurance must be purchased by a group of four or more people.

Sports Safety Association, Fukuoka Prefecture Chapter



092-622-5775

■ Comprehensive Student Insurance

This is provided by private insurance companies and the like. There are a variety of insurance policies that cover all aspects of student life, with no limitations such as during classes or extracurricular activities. Some policies also include coverage for accidents in foreign countries. Policies can be tailored to your particular needs.

■ Travel Insurance

Both domestic and foreign policies are available, and both provide coverage for injuries, illness, and damage to property while traveling. Some companies also maintain a Japanese-language telephone service network to assist in the event of an accident overseas.

■ Compulsory Automobile Liability Insurance (Jibaiseki)

This insurance is required by law. It also applies to mopeds. Pay careful attention to expiration dates.

■ Automobile Insurance (Voluntary Insurance)

This insurance supplements coverage under Jibaiseki. The premiums vary depending on the amount of insurance, driver's age and accident history, and other factors. A policy discount for one-time annual payments is also available.

■ Bicycle Insurance

Even if you are obeying the traffic rules while riding your bicycle, traffic accidents can happen.

When a person is injured or otherwise harmed, compensation must be paid.

Since October 1, 2020, all bicycle users in Fukuoka Prefecture are required to purchase bicycle insurance. Check your insurance coverage status and be sure to purchase insurance if you are not yet enrolled.

To ensure that damages are properly compensated, you should purchase supplementary insurance with the TS Mark or bicycle liability insurance offered by insurance companies.

What should I do in a situation like this?

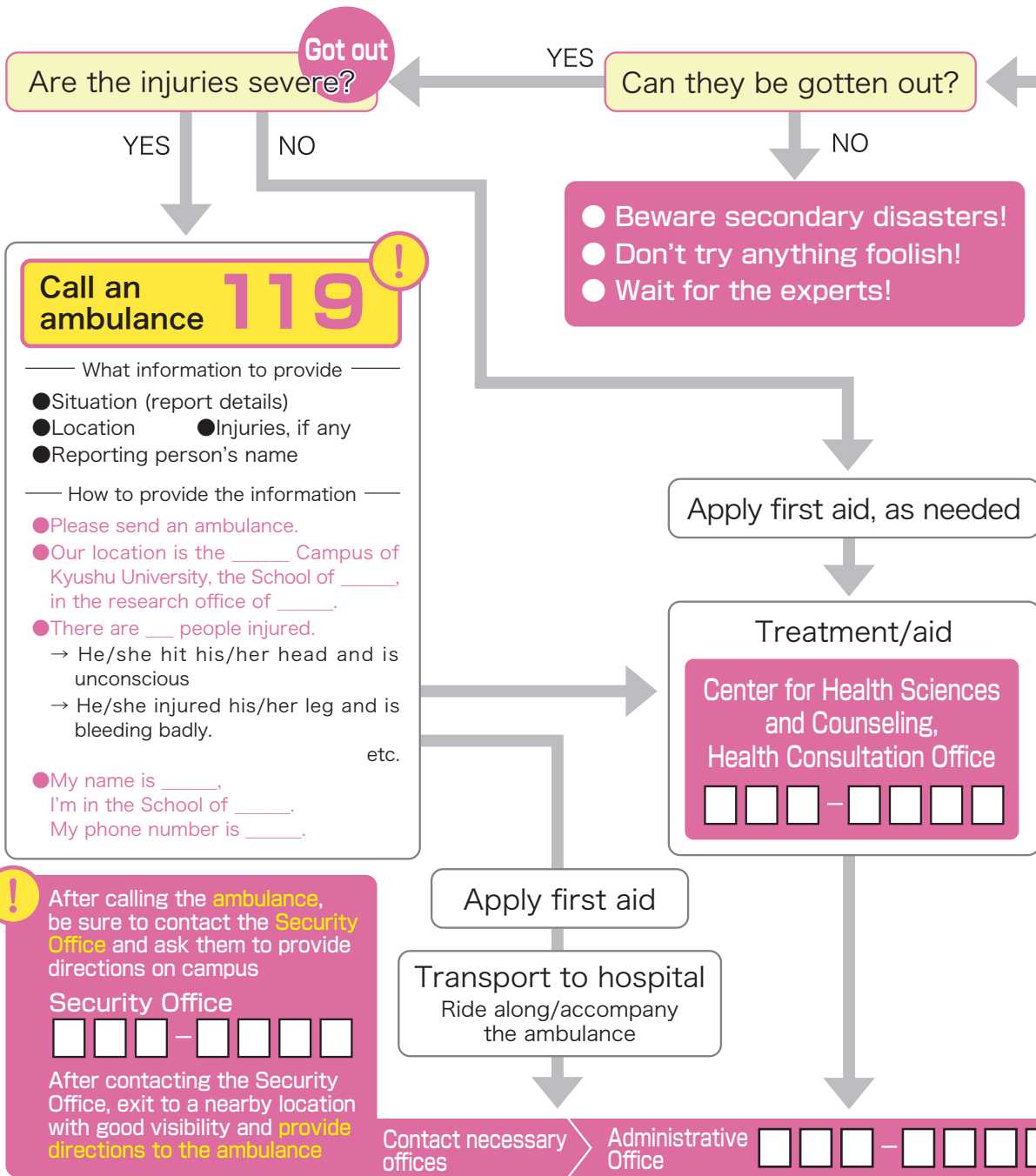
Fire/Explosion

□ □ □ - □ □ □ □

▲ Enter the numbers to call in the empty boxes



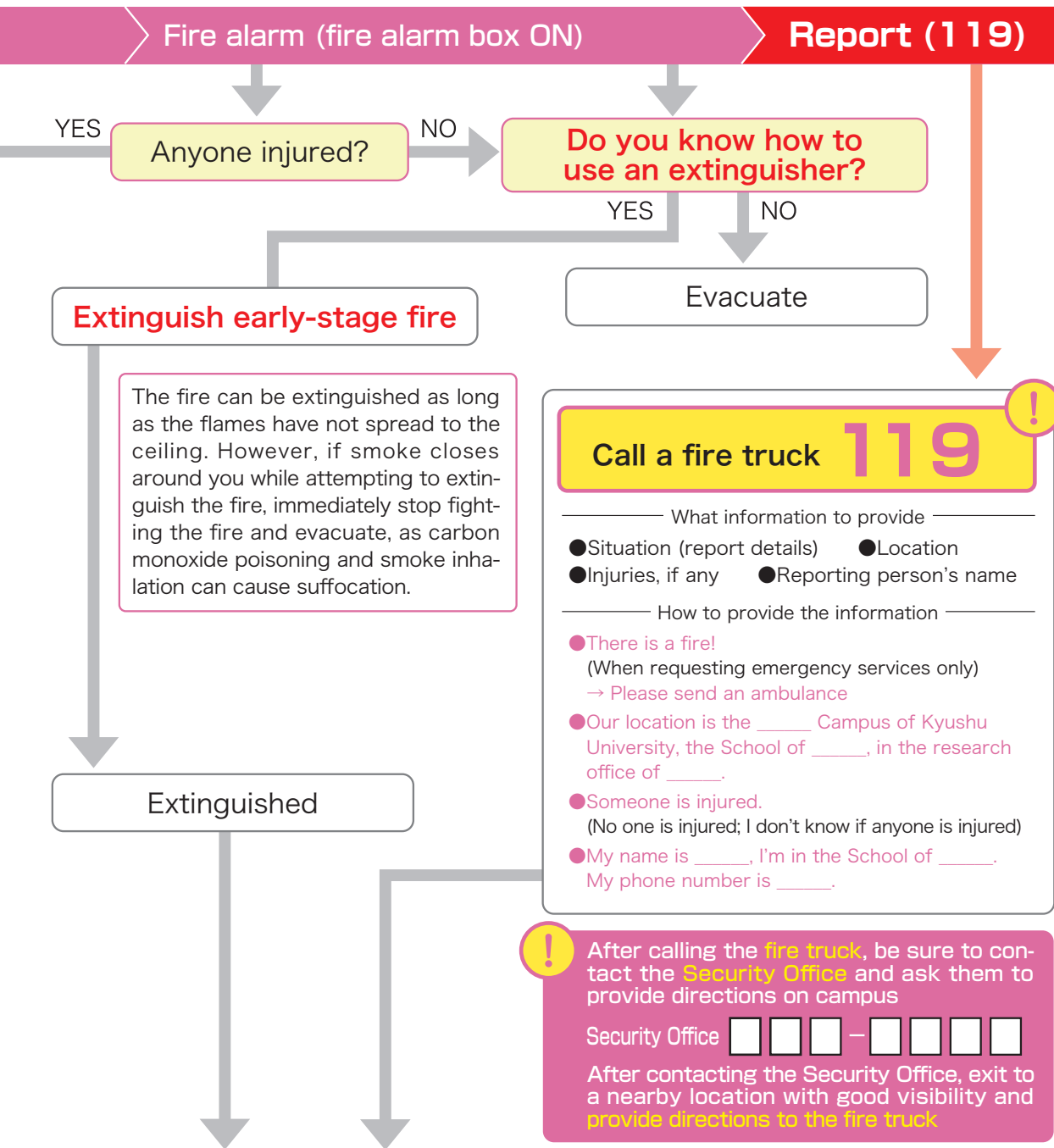
Fire/explosion occurs! → Ensure your own personal safety → Yell to others to let them know



How would you react in case of an emergency

- When You Do Not Know Where to Call
092-802-5925 (General Affairs Section, Student Affairs Planning Division,
Student Affairs Department)
- Nighttime/Holidays
092-802-2305 (Ito Campus Security Office)

Be aware of the risks at all times, and encourage safety management and safety checks around you! Know the escape routes and contact information ahead of time!



Research office person-in-charge -

Nighttime/holidays -

No matter how small the issue, contact the Center for Health Sciences and Counseling



Emergency!

In the event of a serious accident, call **119** first.

First-aid checklist

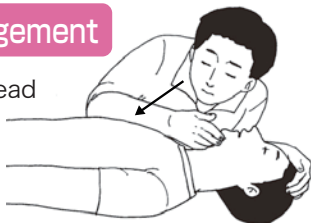
Is the person conscious?

YES

NO

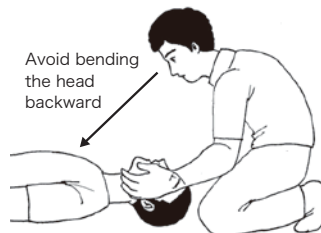
Airway management

Lower the head and raise the chin



If you suspect a neck fracture, sit above the head and raise the chin up with both hands

Avoid bending the head backward



If the person is breathing

Recovery position

Tilt the head back to clear the airway



If the person is not breathing

Artificial respiration

Deliver a large, quiet breath for two seconds, two times

Airway management



Pinch the nose
Prevents the incoming air from escaping



Fingers are used to hold the chin up



Verify that the chest is rising

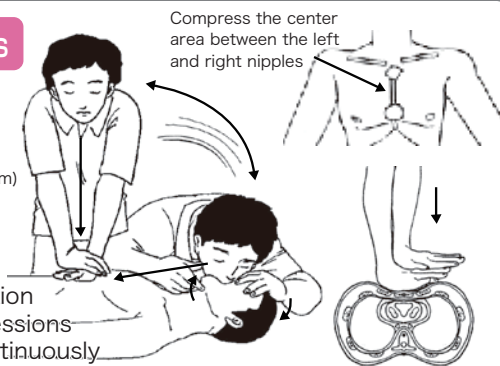
*Use an artificial respiration mouth sheet (if possible)

If there is no sign of circulation (proper breathing, cough, movement)

Chest compressions

With palms stacked on top of each other, vertically compress the sternum (a depth of 4-5 cm) at a rate of about 100 times per minute

<If working alone>
Perform artificial respiration twice, then chest compressions 15 times, and repeat continuously

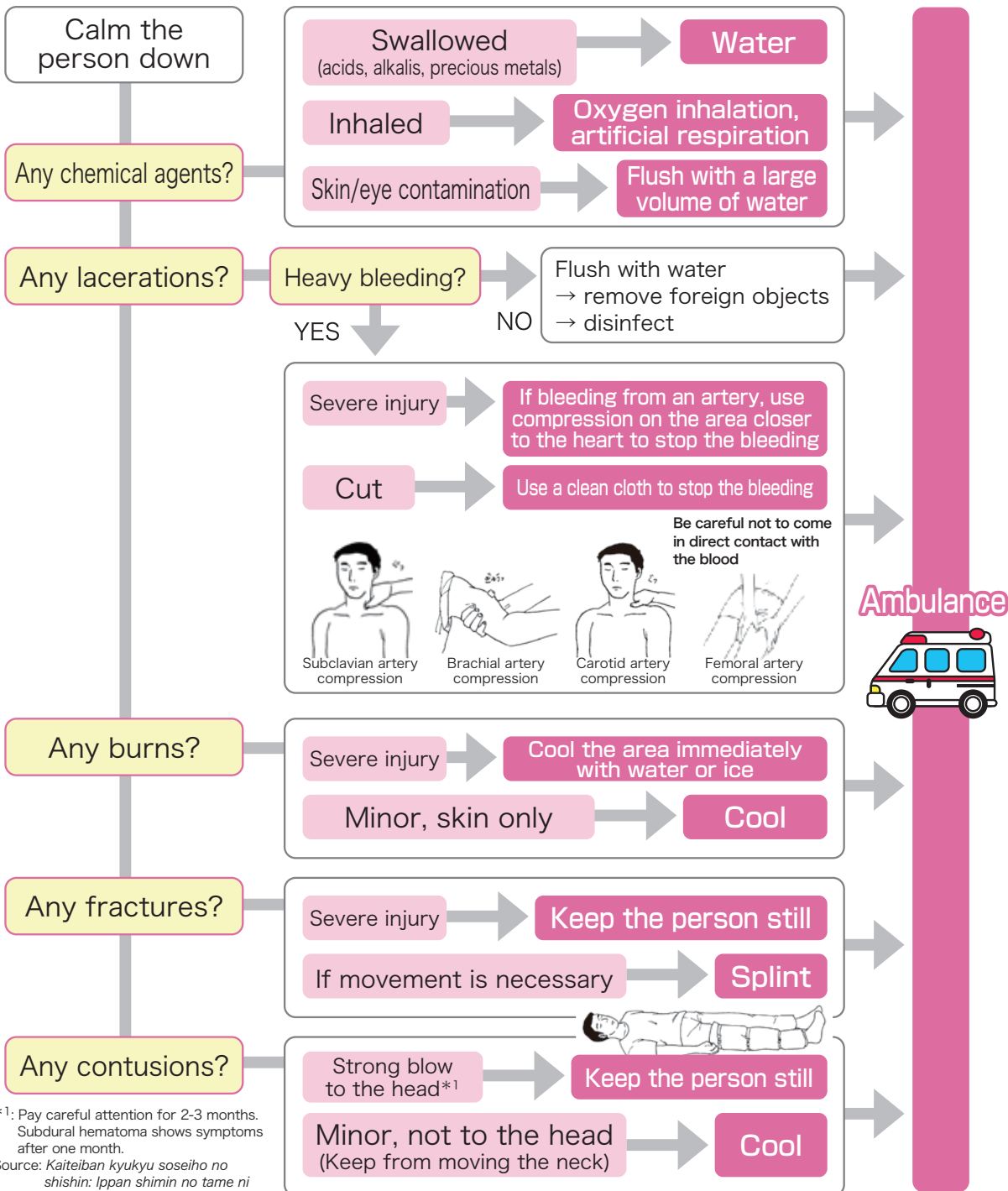


Compress the center area between the left and right nipples

Please contact Institute of Health Science, no matter how trivial it is

When done providing aid...

Contact the Center for Health Sciences and Counseling



*1: Pay careful attention for 2-3 months. Subdural hematoma shows symptoms after one month.
 Source: Kaiteiban kyukyū soseihō no shishin: Ippan shimin no tame ni (Revised CPR Guidelines: For the general public), Herusu Shuppan



Emergency!

What should I do in a situation like this?

Personal injury accident or sudden illness

How would you react in case of an emergency

-

▲ Enter the numbers to call in the empty boxes

Someone is injured or sick!

Yell for people to come

Is the person conscious?

YES

Are the injuries severe?

NO

YES

NO

Call an ambulance 119

After calling the ambulance, be sure to contact the Security Office and ask them to provide directions on campus

Security Office

-

After contacting the Security Office, exit to a nearby location with good visibility and provide directions to the ambulance

- Kyushu University _____ Campus
- Situation
- Number of people



Apply first aid



Treatment or aid



Ride along in the ambulance



Center for Health Sciences and Counseling

-

Contact faculty/staff, students
Research office:

- -

Administrative Office:

- -

Nighttime/holiday contact
Administrative Office:

- -

Kyushu University Emergency Response Flowchart

Attention students, faculty, and staff!

In the event of an on-campus fire or experiment accident, incident/accident, suspicious person/object, object falling from the sky, or theft, please take the following actions immediately

Ensure your own personal safety **Report/Contact**

STEP 1

Police 110
Fire/ambulance 119

* University permission is not needed to make a report

STEP 2

Security Office

Ito Campus

● 092-802-2305

Hospital Campus

- 092-642-6019 (Eastern Gate)
- 092-642-5019 (South Ward Nighttime Entrance)

Ohashi Campus

● 092-553-4428 or 090-5292-3130

Chikushi Campus * Weekday nights and holidays only

- 090-3196-3400 (Onojo Gate)
- 090-3196-3401 (Kasuga Gate)

Hakozaki Satellite

● 092-642-2196

STEP 3

Faculty supervisor,
Section Administrative Office

* Excluding weekday nights and holidays

<Administrative office telephone numbers>

- Humanities, Human-Environment Studies, Law, Economics and Integrated Sciences for Global Society 092-802-6302
- School of Science, etc. 092-802-4003
- School of Engineering, etc. 092-802-2708
- School of Agriculture, etc. 092-802-4504
- KIKAN Education, School of Interdisciplinary Science and Innovation 092-802-5921
- I2CNER Q-PIT 092-802-6932
- University Library 092-802-2472
- School of Medicine, etc. 092-642-6240
- School of Design 092-553-4408
- Chikushi Campus 092-583-7502

Contact Key Points

Communicate information clearly

When?
Who?
Where?
What?

Affiliation, name, and phone number
of the person making contact

- Crisis Management Section
General Affairs Division, General Affairs Department, Kyushu University
Weekdays: 092-802-2000 (direct)
Nighttime/holidays: (1) 070-1258-5576 (2) 080-3595-1148
✉ q-crisis@jimu.kyushu-u.ac.jp

Kyushu University website
Crisis Management page



学生歌「松原に」

Tempodimarcia (♩ = 130~140)

秋山喜文 作詞
山田尚慶 作曲

1 あら-しぐ-も ち- に こめ て

やの-はや- て ほ- ほう つ も

ほう る い に ひはもえ て -

ほこ-らか- に じゆうをまも る

譲^{ゆず}若^{わか}縷^{いと}日^ひ 翳^{かげ}梅^{うめ}黒^{くろ}罨^{うも} 誇^{あほ}勃^{はつ}茨^{いば}嶺^ね
 る者^{もの}はな きにきも ら墨^{すみ}の雲^{くも}
 なの上^{うへ}高^{たか}きお 蛾^か朽^くか に疾^{はや}風^{かぜ}
 なき 瞳^{ひとま}の 冥^ま松^{まつ}原^{はら}に 火^ひは 地^ちに
 情^{じやう}は 澄^{あや}み たに 自^{みづか}は 類^{るい}打^うめ
 熱^{あつ}を 焚^たく 性^{しやう}を 磨^{みが}く 舞^まうも
 守^{まも}る

春の讃歌

浜田幸一郎 作詞
荒谷 俊治 作曲

しらぬい の つくし の はま- に 見よ

や-や みを やぶ-りて もえ たつ は わか

もの たち- の えん ぶの かがり 火 血

は-たぎ-り ころろ は おど る われ

ら - わかき 子ら 五せ- ん ま

つばら- に -ゆめを むすび て もとめ

ん もとめ ん ああ しん せん び

讃 い これ 愛 今 つ 南 求 松 わ 血 若 見 不
 えん ざ と と そ ど 風 め ち 原 れ は 者 や 知
 讃 共 れ と ぞ とう 立 れ に 夢 ら は た 者 や 火
 えん 輝 知 歌 う 世 紀 担 若 若 だ の 闇 を 破
 えん 青 情 は は 紀 担 若 若 だ の 闇 を 破
 意 春 熱 そ それ 春 者 者 だ の 闇 を 破
 の 春 そ ろ 秘 の 者 者 だ の 闇 を 破
 を 春 て む の 者 者 だ の 闇 を 破