

To all students

SHOJI Ruri, Vice-President for Student Support and Public Relations

## Precautions for the Summer Holiday

As we enter the summer vacation, you will probably encounter many situations in which you feel less constrained. However, COVID-19 infections have been spreading rapidly nationwide since the start of this month.

I would therefore like to disseminate and draw your attention to the following points once again. Long holidays are a special time, and I hope you will have a productive summer holiday by spending it safely and in good health.

### 1. Health management

During the summer holiday, **all students should take good care of their health and implement basic measures against infection. Please avoid nonessential social gatherings and dining in groups, even with only small numbers of people.**

Due to the spread of infections, it seems to be taking a long time for patients to be accepted to accommodation facilities for recuperation. Minato City and other municipalities are announcing **vaccination drives** as a measure against infections. **Vaccination can prevent the development of symptoms or severe illness and relieve pressure on local medical systems. Please actively consider getting vaccinated if you are not yet vaccinated or receiving your third vaccination if you have been vaccinated twice.**

- “Covid-19 Vaccination Considerations for Those Involved in Onboard Research or Training”

<https://www.kaiyodai.ac.jp/overview/img/77791a814078073af84c83115e20eb68.pdf>

- “[Special page] Vaccination against new coronavirus infection”

[https://minato.j-server.com/LUCMINATO/ans/tl.cgi/https://www.city.minato.tokyo.jp/wakuchintan/corona\\_wakuchin/wakuchin1.html?SLANG=ja&TLANG=en&XMODE=0&XJSID=0](https://minato.j-server.com/LUCMINATO/ans/tl.cgi/https://www.city.minato.tokyo.jp/wakuchintan/corona_wakuchin/wakuchin1.html?SLANG=ja&TLANG=en&XMODE=0&XJSID=0)

#### ① COVID-19

**Please avoid going on campus and consult a medical institution if you have a fever of 37.5°C or higher and symptoms such as a cough, sore throat, runny nose, diarrhea, vomiting, and muscle or joint pain. If you become infected with COVID-19 or are identified as having been in close contact with an infected person, please notify one of the contacts listed in “9. Emergency contact information.”**

- “Regarding Measures for the Prevention of COVID-19 Infection When Attending Classes”

[https://www.kaiyodai.ac.jp/overview/img/e69c762bc7319803267abf187d975990\\_1.pdf](https://www.kaiyodai.ac.jp/overview/img/e69c762bc7319803267abf187d975990_1.pdf)

- “Student and University Response in Matters Involving Coronavirus Infection”

[https://www.kaiyodai.ac.jp/overview/img/cf0468adba2651a72960f3c2f888a583\\_1.pdf](https://www.kaiyodai.ac.jp/overview/img/cf0468adba2651a72960f3c2f888a583_1.pdf)

#### ② Influenza

**If you are diagnosed with influenza, please notify one of the contacts listed in “9. Emergency contact information.”**

#### ③ Norovirus

**Please consult a medical institution if you experience nausea, vomiting, diarrhea, stomach pain, and a fever around 37-38°C.**

### 2. Voluntarily refraining from travel, hometown visits, dining in groups, etc.

- ① If you will be traveling or visiting your hometown, please take good care of your health and **try to meet or dine with other people as little as possible while there.**

In order to prevent the spread of COVID-19, **it is critical to take steps such as reducing your social contacts and minimizing travel.**

[Reference] “COVID-19 Information and Resources” (Website of the Cabinet Secretariat)

<https://corona.go.jp/en/>

### 3. For students traveling abroad

When considering travel abroad, please thoroughly read “Notice to Students Considering Travel Abroad (July 13, 2022)” as well as “Six Requirements before Traveling Abroad” and **decide carefully based on various perspectives such as whether or not your destination country or region meets the criteria set by the university, whether or not safety can be ensured there, and whether or not you can comply with border control measures upon returning to Japan.**

- “Notice to Students Considering Travel Abroad (July 13, 2022)”

<https://www.kaiyodai.ac.jp/overview/img/06e90d1cdbf0b1a09a2d82d9afcf2e59.pdf>

- “Six Requirements before Traveling Abroad”

<https://www.kaiyodai.ac.jp/overview/img/a192625f898f7e6b6e75ca3e7ac8d243.pdf>

If, after consideration, you decide to travel abroad, **please submit a “Temporary Leave Notification” to the clerk for international cooperation of the Academic Support and International Division (Shinagawa) or the clerk for student service of the Etchujima Campus Administration Division (Etchujima) before your departure.**

- “Temporary Leave Notification (for travel abroad)”

<https://www.kaiyodai.ac.jp/overview/img/49d038aef4fae233fb7ea0dbc7cd5e68.doc>

#### 4. Crisis management

##### ① Registering for the emergency contact system

In the event of an emergency, the university will send safety confirmations and important announcements to your mobile email address. We therefore request that you register your email address. Otherwise, you may be unable to receive important messages.

- Emergency Contact System

[https://www.kaiyodai.ac.jp/student/health/kinkyu\\_renraku.html](https://www.kaiyodai.ac.jp/student/health/kinkyu_renraku.html)

##### ② Official temporary website

If you have difficulty accessing the university’s official website in an emergency, please check the official temporary website for important information.

- Tokyo University of Marine Science and Technology Official Temporary Website

<https://sites.google.com/site/kaiyodaijp/>

#### 5. Precautions for using social media such as Twitter and to avoid becoming involved in criminal activity

Most of you probably use social media such as Facebook and Twitter or blogs. However, **content that you post on the internet is published to the entire world.**

If the content is reproduced or spread, it will remain online for a long time and may lead to problems. Individuals may be identified based on pictures posted, leading to baseless defamation or becoming the target of a so-called “internet mob.” **Please be very careful when posting pictures or videos on the internet including to social media, such as by not posting personal information, not posting pictures of people without their consent, or editing pictures so that individuals appearing in them cannot be identified.**

[Reference]

(Ministry of Internal Affairs and Communications) #NoHeartNoSNS special website

<https://no-heart-no-sns.smaj.or.jp/>

There are also worries regarding a growing number of cases of accidental involvement in criminal activity via incitement to engage in illicit moneymaking activities such as fraud. **If you are recruited for activities purported to be “part-time work” through means such as social media, email, flyers, or offers from friends or acquaintances, be sure to stringently verify the source and accuracy of the information so that you do not become involved in criminal activity.**

- “Notice: Avoid Becoming Involved in Criminal Activity”

<https://www.kaiyodai.ac.jp/topics/img/b40be0b8604baf55e9f4b405ed24e7ec.pdf>

#### 6. Preventing harassment

**All members of the university community must remain fully aware and do their best to prevent harassment.** Prevention starts by being considerate toward the people around you on a daily basis. The university also has consultants to whom you can turn for advice at any time. Information such as the names and contact information of consultants can be found on the university’s website and in the following pamphlet.

[https://www.kaiyodai.ac.jp/overview/img/ec89d929c44e7590fa5505bc6b28a8c3\\_3.pdf](https://www.kaiyodai.ac.jp/overview/img/ec89d929c44e7590fa5505bc6b28a8c3_3.pdf)

Harassment includes the following forms.

- (1) Sexual harassment: sexual behavior or actions that make others uncomfortable
- (2) Academic harassment: unfair action based on a superior position in education or research
- (3) Alcohol harassment: abuse or unpleasant behavior related to alcohol, such as forcing someone to drink

#### 7. Cautions regarding drinking alcohol and drug abuse

**Individuals under the age of 20 are prohibited by law from drinking alcohol.** Even if someone offers you a drink, it is important to refuse firmly.

Never force or pressure others to drink alcohol. Driving under the influence and riding in a car driven by someone under the influence are also strictly prohibited.

Drug abuse is harmful to your body and mind. Both the possession and use of drugs are prohibited by law, with violators subject to strict punishment. Please take the dangers of drug use seriously and remember that a brief moment of curiosity can have devastating consequences.

## 8. Following ocean rules and etiquette

During the summer holiday, you may have opportunities to spend time in or near the ocean at training camps or on retreats or expeditions. However, there are rules and etiquette that you must follow. Please check the URL below for ocean rules and etiquette to ensure an enjoyable time.

- “Ocean Rules & Etiquette Manual: For an Enjoyable Time” (National Federation of Fisheries Cooperative Associations)

<http://www.sogyoren.jf-net.ne.jp/manners.pdf>

\*Please check with the local prefectural government for the latest information.

## 9. Emergency contact information

The clerk for campus life, Student Support Division (03-5463-0433) [g-gaku@o.kaiyodai.ac.jp](mailto:g-gaku@o.kaiyodai.ac.jp)

The clerk for overseas students, Academic Support and International Division (03-5463-0436)

[ks-ryuu@o.kaiyodai.ac.jp](mailto:ks-ryuu@o.kaiyodai.ac.jp)

The clerk for student service, Etchujima Campus Administration Division (03-5245-7316,7317)

[e-gaku@o.kaiyodai.ac.jp](mailto:e-gaku@o.kaiyodai.ac.jp)

\*If the university is closed, please contact one of the guard stations

(Shinagawa: 03-5463-0376; Etchujima: 03-5245-7323).