

Dear Technical Intern Trainees, Hope you all are doing well with your Training. So the Golden week holidays are coming soon. In 2020 there is a long vacation for 5 days. If your company is also having the holidays, hope you would like to travel during this long vacation. So, we would like to give you following instructions in order to have a safe vacation period during the Golden Week.

1. Be careful when going out and staying out



(1) Keep your residence card and IM Japan Identification card with you. Make sure you always take these two identifications with you every time you go out. If there is a police checkup, show your Identification cards.

① Residence Card

The provisions of Article 23 of the Immigration Control Act: Foreigners staying in Japan must always carry a residence card. You don't need to carry your passport with you if you have your residence Card.

② IM Japan ID

If you lose your passport, residence card or any ID, please contact IM Japan asap.

(2) Notification documents when going out and traveling

You need to pass the notification documents to your company when going out and traveling. If there is a day you cannot make it home, let your company know asap. If other people like other trainees or people not related to your work are going to stay at your apartment, you need to pass the accommodation approval request to your company.

(3) Prevention of the traffic accident

When going out, follow the Japanese traffic rules. It is not allowed to use your cellphone or umbrella and listening to music while riding the bike. Even riding a bike after drinking alcohol is not allowed. You need to turn on the light of the bike when in use during the night. Always be careful and follow the rules when riding the bike.

Prohibition of driving of cars, motorbikes, always remembers, you cannot drive any kind of vehicles in Japan, because you do not have a Japanese License.

Riding the train without a ticket is a crime. You need to pay for the train fee. Always check the price of the ticket you need.

2. How to Spend the Holidays



(1) Fire prevention.

Always turn off the gas and electricity when going out. Do not leave the kitchen while cooking and be careful when smoking. When there is fire, use the fire extinguisher, and if does not work, remember the Fire Evacuation Drill which you have practiced in the training center and shout "Kaji da! Tasukete!", then call 119. If a trainee caused a fire, they might make it a crime, so please be careful.

(2) Confirmation of handling date of bank, post office ATM machine.

Almost all of the ATM and post office are closed on Golden Week. Be sure to withdraw cash before golden week. Also check when the post office and ATM is going to be closed this coming golden week.

3. Health care

The hot season of Japan is coming. You will get completely exhausted, so have a meal with lots of nourishment in the summer. Because it is humid at the time of the rainy season, bacteria are easy to propagate to food and many people suffer from food poisoning (abdominal pain or diarrhea) when they eat it.

◀In order to prevent food poisoning, please note the following. ▶

1. Fresh food (meat, fish etc) check the expiration date etc and purchase fresh items.
2. Be sure to prepare and eat soon.
3. Wash hands thoroughly with soap before cooking, and wash kitchen knives, dishes and cutting boards with detergent well after cooking. When hot water is applied, it has a disinfecting effect.
4. Make sure to eat only well cooked fish and meat.

We are currently worried about the New Coronavirus. Let's make sure to get the right information from the HP "New Coronavirus Infectious Disease Control" without responding excessively



4. About drinking alcohol

Do not drink too much. Alcohol can give you many problems. If someone wants to make you drink and you don't want to, be brave to say NO. Beware of drinking alcohol straight. If someone is drunk, never leave him alone. If you think something is strange, call the ambulance.

5. Prohibition of non-qualified activities (part-time job)



It is prohibited to work for other companies get paid. While on vacation, do not work or help other companies. Act firmly while you are on vacation; always remember that you are an intern trainee.



Contact with IM Japan

In case you feel ill or be involved in a trouble or have something to consult with, please contact IM Japan either be in touch with the branch office or directly with the staff in charge. If you make a call on a holiday or late at night, your call will be transferred automatically to the person to respond in case of emergency. The "Free dial" phone reserved for IM Japan trainees can be called up from public phones (not from cellphones).

HOKKAIDO branch	011-729-1616	Free Dial (only for trainee) 0120-177-460 Mobile Phone cannot connect.	Consultant Foreign Language ほくごそうだん 母国語相談	
TOHOKU branch	022-292-3430		Monday – Friday (except public holidays)	
TOKYO branch	03-6264-9600		19:00 – 21:00	
TAKASAKI branch	027-381-6974		Your Country	Phone Number
SAITAMA branch	048-815-9602		Indonesia	080-3392-4793 080-3392-6376
NAGANO branch	0263-48-3731		Thailand	080-3524-8880
SHIZUOKA branch	053-488-6611		Vietnam	080-4081-5100
TOKAI branch	052-223-1921		Bangladesh	080-9700-9059
HOKURIKU branch	076-471-7641		Sri Lanka	070-7488-3432
KANSAI branch	06-6944-0521		Philippines	070-7488-3429
HIROSHIMA branch	082-568-1701			
MATSUYAMA branch	089-993-5340			
FUKUOKA branch	092-710-5761			
KUMAMOTO branch	096-223-5333			
OKINAWA branch	098-951-1616			