きいつけまつし

～ For safe and comfortable student life ～

To the Japanese Version

KANAZAWA UNIVERSITY 1862–1949 金沢大学

Edition 2026

Please take care

きぃつけまっし

生きる！
Live!

伸びる！
Grow!

輝く！
Shine!

あなたのために
FOR YOU

きぃつけまっし

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

Lots of hoardings around the city feature the *-shimasshi* expression, which is part of the everyday language of Kanazawa. (From the Kanazawa city government websites (linetto))

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

Please bookmark this site so that it can help you until you graduate.

Contents

1. Mental and Physical Health and Concerns

(1) Kanazawa University' s student consultation and support system ····· 1

(2) Don' t hesitate to contact us if something is worrying you! ····· 1

[Advisor] ····· 1

[School etc. consultation desks / consultation offices]
(student consultation by teaching staff from each school etc.) ····· 4

[Health Service Center Student Counseling Office] ····· 9

["Yorumasshi" universal consultation office] ····· 14

[Support Office for Students with Disabilities] ····· 14

[International Student Consultations] ····· 15

[Consultation Services for Study Abroad] ····· 18

[Consultations for persons wishing to become tutors for
international students] ····· 19

[Harassment Consultation Desk] ····· 19

[LGBTQ+ Consultation Desk] ····· 23

[Other information] ····· 23

(3) For mental / physical health issues, Visiting Health Service Center ····· 25

[Off-campus organisations consultations] ····· 37

[On-campus earthquake-related consultation desk] ····· 39

2. Let' s Follow the Rules

(1) Let' s follow university rules! 40

Classes, examinations, use of generative AI, extracurricular activities, use of facilities, etc.

(2) Let' s follow societal rules! 51

Personal information management, drug abuse,drug addiction, etc.

(3) Let' s follow drinking rules! 58

(4) Let' s follow smoking rules! 61

3. Let' s Eliminate Traffic Accidents

(1) Common types of accident 65

(2) How not to cause accidents or become an accident victim 68

(3) What to do if you' re involved in an accident 74

(4) Taking care in snowy weather 75

4. Preventing Yourself Becoming a Victim of Crime

(1) Preventing yourself from becoming a victim of theft in your home 79

(2) Beware of solicitation by cults or antisocial groups 81

(3) Preventing yourself from becoming a victim of other crimes 82

(4) Be careful about crimes involving PCs and telephones 87

(5) Don' t fall victim to malicious selling techniques 88

(6) What is the cooling-off system? 90

(7) Watch out for "black" part-time jobs 92

5. Useful Insurance for Student Life

○ Insurance that is compulsory at Kanazawa University

Personal Accident Insurance for Students Pursuing Education and Research (Gakkensai) and Liability Insurance Coupled with Gakkensai (Futaibaiseki) 96

○ Insurance that Kanazawa University recommends

Comprehensive Insurance for Student Lives Coupled with Gakkensai (Futaigakuso) 97

○ Pensions and insurance required by law

National Pension 98

Automobile liability insurance 98

Bicycle liability insurance 99

○ Mutual aid, insurance and Service for a secure student life

(1) Optional automobile insurance 99

(2) Co-op Student comprehensive mutual insurance 100

(3) Student liability insurance 100

(4) Student Life #110 101

(5) Volunteering insurance 101

6. Scholarships and New Study Support System ····· 102

7. Understanding Gender Diversity ····· 105

8. Job-Card ····· 107

9. Other ····· 109

○ Restrictions on students' part-time jobs

○ Emergency equipment locations (AEDs, stretchers, etc.)

○ List of locations of barrier-free toilets

Our university's telephone service hours are from 9:00 a.m. to 5:00 p.m. on weekdays (excluding national holidays, the summer recess, and the year-end/New Year holidays).
The emergency contact information is listed on the final page, so please check it.

1. Mental and Physical Health and Concerns

(1) Kanazawa University's student consultation and support system

Kanazawa University has established the KUGS Support Network, where students can consult most convenient contact point, and works with other support organization and relevant departments to support students as needed.

In order to provide comprehensive support so that all students can enjoy the fruits of education on as equal a basis as possible, regardless of any differences or difficulties, the KUGS Support Network provides various types of support for students, including academic support, career development support, health support, support for students with disabilities and support for sexual minorities. The contact points for consultation include advisors, the Student Affairs Division for each school, the Health Service Center Student Counseling Office, the "Yorumasshi" universal consultation office in the General Education Lecture Hall, the Harassment Consultation Desk, the LGBTQ+ Consultation Desk, the Career Support Office, and the Support Office for Students with Disabilities.

If you want to talk to someone about a problem or trouble but do not know how to do so, or if you feel uncomfortable consulting the relevant department, do not keep it to yourself but contact any teacher or consultation desk with whom you feel easy to talk.

(2) Don't hesitate to contact us if something is worrying you!

[Advisor]

★Each student is assigned a member of the advisor teaching staff. Please make sure you confirm who your advisor is in advance.

★The role of the academic advisors is to help you enjoy a smooth

student experience. Please ask them about things you don't understand about your studies or life, or seek their advice. They'll give you useful information, introduce you to people you can talk to, and advice.

★If you feel that things aren't going well with your advisor, if you are unable to communicate with them, or if you have any other concerns, please consult the student affairs office at your school.

Messages from senior students (1)

Some schools have academic staff in charge but some don't... But you have an advisor on the teaching staff who is always there to give you advice. So if there's anything worrying you, be sure to consult them.

★Advisors for each school and college are as follows:

- College of Transdisciplinary Sciences for Innovation (all schools): An advisor is assigned to each student from the first year, and the number of advisors gradually increases from the second year.
- School of Humanities: First-year students are notified of the name of their advisor and how to contact them after they enroll. For students in their second or subsequent years, their advisor is a member of the teaching staff of the program they have selected.
- School of Law: Each student is assigned an advisor from the first year. Once being assigned to a seminar, the advisor is the member of the teaching staff in charge of the seminar.
- School of Economics: Each student is assigned an advisor from the first year. Once being assigned a seminar (from the fourth quarter of the second-year onwards), the advisor is the member of the teaching staff in charge of the seminar.
- School of Teacher Education: A member of the teaching staff in charge of the unit (student group) that a student belongs to from the first year is the student's advisor.
- School of Regional Development Studies: Each student is

assigned an advisor from their first year. As the student advances through the years and they are assigned a supervisor, this supervisor will be their advisor.

· School of International Studies: In the first year, the advisor is the instructor for Academic Skills. In the second year, the advisor is the member of the teaching staff in charge of the laboratory to which the student is assigned. From the third-year onward, basically the supervisor of your seminar is the advisor.

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

· School of Medicine: A tutor is assigned to each student from his/her first year.

· School of Pharmacy: An advisor is assigned to each student from their first year. After a student is assigned to a lab, an advisor appointed by the head of the lab also provides advice.

· School of Medical and Pharmaceutical Sciences: An advisor is assigned to each student from their first year.
From the second year onward, the advisor is appointed according to the course to which the student is assigned. After the student is assigned to a lab in the third year, an advisor appointed by the head of the lab also provides advice.

· School of Health Sciences: The Classroom Teacher for each year is the advisor.

· School of General Education: A classroom teacher is the advisor. Separately, there are academic advisors who help students choose their school.

* For graduate students, an advisor is appointed for each student besides their academic supervisor. For details, please check with the section in charge of your graduate school.

[School etc. consultation desks / consultation offices]

(student consultation by teaching staff from each school etc.)

There is a student consultation office in the student office for each school etc. These offices are especially useful for **providing advice about studying, student life, courses to take, future career paths**, etc.

They can also tell you who you should consult for specific issues.

■"Yorumasshi" universal consultation office in the General Education Lecture Hall

See p.14.

■Each college, school, etc.

○ College of Transdisciplinary Sciences for Innovation

★All schools

An advisor is assigned to every student, whose role is to help ensure the life of the student goes smoothly. If you are troubled or concerned about your studies, your future, career, health issues, or anything else, please feel free to ask the advisor about absolutely anything at your school. The content of your consultation will be kept confidential.

The College of Transdisciplinary Sciences for Innovation has set up a dedicated telephone line for the Consultation Desk for Transdisciplinary Sciences Students. Please do not worry alone but just consult us.

★Consultation Desk for Transdisciplinary Sciences Students

Dedicated telephone line 076-208-4313(weekdays 8 :30 – 17:00)

Dedicated email address:

yugo-soudan@adm.kanazawa-u.ac.jp

○ College of Human and Social Sciences

★School of Humanities

All full-time teaching staff in the School of Humanities serve as advisors for first-year students. They may also consult their instructors of Academic Skills and Presentation/Debates or

a Student Life Committee member. In the second year, the teaching staff members of the program you select serve as your advisors, and from the third year onward, the teaching staff members in charge of your main course model in the elective programs serve as your advisors.

You are recommended to use the "office hours" offered by each teaching staff member.
(The available times and days and how to use are provided in the syllabus.)

★School of Law

Various systems are in place, including advisors for all students from their first year, a student consultation office that anyone can use to ask for advice at any time, and office hours, during which students can consult the teaching staff member they wish to talk to at the appointed time. For more details, please refer to the School of Law handbook.

★School of Economics

Advisors are available daily to respond to queries about how best to study, which subjects to take, and curriculum-related matters, as well as to provide advice about various matters relating to life. For questions about the content of lectures, you can also take advantage of the "office hours" specified by each teaching staff member.

★School of Teacher Education

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

★School of Regional Development Studies

Advisors are assigned so that students can obtain advice about various matters. Please consult them for help with determining study plans, studying overseas, career paths, daily life, etc. so that your student life goes smoothly. Individual

teaching staff members also have office hours during which you can consult them.

★School of International Studies

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

★Student consultation office (College of human and social sciences)

There's a student consultation office for college of human and social sciences. If you are a student in the College of Human and Social Sciences, please feel free to make use of it (contact details. etc. are provided below) if you have any worries about grades/credits, advancing to the next year, graduation, interpersonal relationships, career paths, job hunting, extracurricular activities, etc. Depending on the matter concerned, a certified public psychologist from the Health Service Center can also offer you advice.

Consultation date/time: Please make contact using the dedicated telephone line or dedicated email address below, stating the date and time you wish to come in for a consultation

Location: Room 1607, 6 F, Human and Social Science Hall 3

Dedicated telephone line 076-264-5400(weekdays 8 :30 – 17:00)

* Your call will be forwarded to the Student Affairs Division of the Human and Social Administration Department.

Dedicated email address:n-soudan@adm.kanazawa-u.ac.jp

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

A certified public psychologist from the Health Service Center is available at the student consultation office every

Wednesday from 12:15 to 16:00 (appointment required), except during vacations. If you wish to consult with a certified public psychologist at a date and time other than the above, please contact below.

Tel: 076-264-5255

(Health Service Center, from 8 :30 to 17:00 on weekdays)

Email address: hokekan@kenroku.kanazawa-u.ac.jp

○ College of Science and Engineering

★All schools

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

There is also a student consultation desk for science and engineering students, so please feel free to make use of it (contact details etc. are provided below) if you have any worries about grades/credits, advancing to the next year, graduation, interpersonal relationships, career paths, job hunting, extracurricular activities, etc. please feel free to ask the advisor for your school absolutely anything. Depending on the matter concerned, a certified public psychologist from the Health Service Center can also offer you advice.

★Science and Engineering Student Consultation Desk

Dedicated telephone line 076-234-6800(weekdays 8 :30 – 17:00)

Dedicated email address:soudan@se.kanazawa-u.ac.jp

* If you use email, there's a risk that our reply will not reach you, so please include your name or your telephone number if you can. Your communication will be kept strictly confidential.

○ College of Medical, Pharmaceutical and Health Sciences

The College of Medical Pharmaceutical and Health Sciences

has a dedicated telephone line for providing advice on various methods of consultation.

Dedicated telephone line 080-8695-1301(weekdays 8 :30 – 17:00)

★School of Medicine

In the School of Medicine, you can consult your tutor or the Student Support Committee members. Please feel free also to consult the chair of the Student Support Committee.

★School of Pharmacy

Please feel free to consult the advisor who has been assigned to you about anything that's troubling you, even if it doesn't relate to your studies. You can contact them whenever you like, even if it's outside the prescribed regular consultations.

★School of Medical and Pharmaceutical Sciences

Please feel free to consult the advisor who has been assigned to you about anything that's troubling you, even if it doesn't relate to your studies. You can contact them whenever you like, even if it's outside the prescribed regular consultations.

★School of Health Sciences

Classroom teachers and student counsellors are ready to offer advice at any time. You can also speak to someone from the Student Support and Consultation office in the consultation room (Room 1122) in School of Health Sciences Hall 1. So please feel free to consult them.

Tuesdays, 11:00 to 15:00, by a certified public psychologist (Health Service Center)

* Students from outside the School of Health Sciences can also make use of this service.

○ Organization for Education Support, Liberal Arts, and International Cooperative Learning

★School of General Education

A teaching staff member is in charge of each class, and is on hand to provide advice about studying and living. Furthermore, academic advisors offer assistance with selecting study/career paths and planning which subjects to take. If you are worried

about your future, you can obtain information and explanations about each school from an academic advisor or from the teaching staff of the school you wish to join.

■One-Stop Consultation Counter for all students

"I want to talk to someone about a problem or trouble, but I don't know where to go to talk about it."

In such cases, you should first consult with a faculty member or staff member with whom you feel comfortable talking to. If you do not know where to go for help, please contact the One-Stop Service for Students below.

International students:
E-mail: intlsupport@ml.kanazawa-u.ac.jp
*Depending on the query, the respective person in charge will reply.

[Health Service Center Student Counseling Office]

●What is the Health Service Center Student Counseling Office?

Certified Public Psychologists offer confidential consultations from an expert standpoint with regard to various worries and problems that students may face during their student life. Please book and come in for counseling if there's something on your mind, be it a psychological concern about your relationships with other people or your personality, worries about your studies or future, health concerns such as insomnia or loss of appetite, etc.

At the university, such counseling services are referred to as "student counseling". Student counseling is centered on the person coming for advice. A certified public psychologist asks what's troubling them, what their hopes are, and helps them to zone in on their problem. The psychologist supports them in settling on a solution that suits them. In addition, the psychologist can, based on the person's wishes, provide them with specialist information, act as a go-between to improve relationships between the person and others, refer the person to appropriate people or organizations, and

perform various other services.

Nowadays, many people look for solutions on websites, social media, and through generative AI, but it's not always easy to find solutions to individual worries and problems. If you've tried talking to friends and family but your worries and problems persist, please consider using student counseling services. Not only the person experiencing the difficulties, but also their friends and family can utilize student counseling. Let's cultivate flexibility to rely on others in times of need.

● Where is the Health Service Center Student Counseling Office?

The Student Counseling Office operates out of two locations: Health Service Center Headquarters (1F, Administration Office) and the South Branch (Natural Science and Technology Main Hall G2 floor).

There are also specific days when dedicated counselors are available in the College of Human and Social Sciences and in the School of Health Sciences (see pp.6-7 for the consultation room in the college of Human and Social Sciences, and p.8 for the consultation room in the School of Health Sciences). The counsellor may not be present during holiday periods, so please be sure to reserve in advance. Remote (online) consultations are also available.

● How can you reserve a counseling (student counseling) session?

Many students take advantage of counseling services, so if you wish to have a meeting, please first make a reservation.

- Open Acanthus Portal > Academic Affairs Information Service > Other Systems > Health Management System > Counseling Application
- Follow the on-screen instructions to confirm and agree to the usage instructions before proceeding with the application.
- You will receive an application approval message on the Acanthus Portal later.
- Open Acanthus Portal > Academic Affairs Information Service >

Other Systems > Health Management System > Counseling Application

- Follow the on-screen instructions to register your consultation details.
- At a later date, you will receive a message on the Acanthus Portal regarding the first consultation (consultation method, consultation date and time).

Although, you can come directly to the Health Service Center, you may be unable to receive counseling on that day. However, please come to the Health Service Center immediately if the matter is urgent.

Tel: 076-264-5255 (Administration Office),
076-234-6803 (South Branch)
Counseling hours: Monday-Friday, 8 :30-17:00; also possible during holiday periods
Email: hokekan@kenroku.kanazawa-u.ac.jp

● Who are the couselors?

Two full-time counselors and eight part-time counselors are available.

Messages from senior students (2)

At the Health Service Center, you can receive counselling regardless of your college or school. The counsellors are kind, and happy to give you advice. So definitely go there if there's anything troubling you!
Students can receive counselling free of charge. So don't hesitate, and instead take advantage of this perquisite to student life!

● Student Crew

"Student Crew" are student volunteers who engage in activities to support the mental and physical health of students. They emerged out of a program for supporting growth through mental and physical development selected by the Ministry of Education, Culture, Sports, Science and Technology as a Student Support GP (Good Practice). Students across schools and years assist with some of the activities (e.g., dietary education) of the Health Service Center, while also

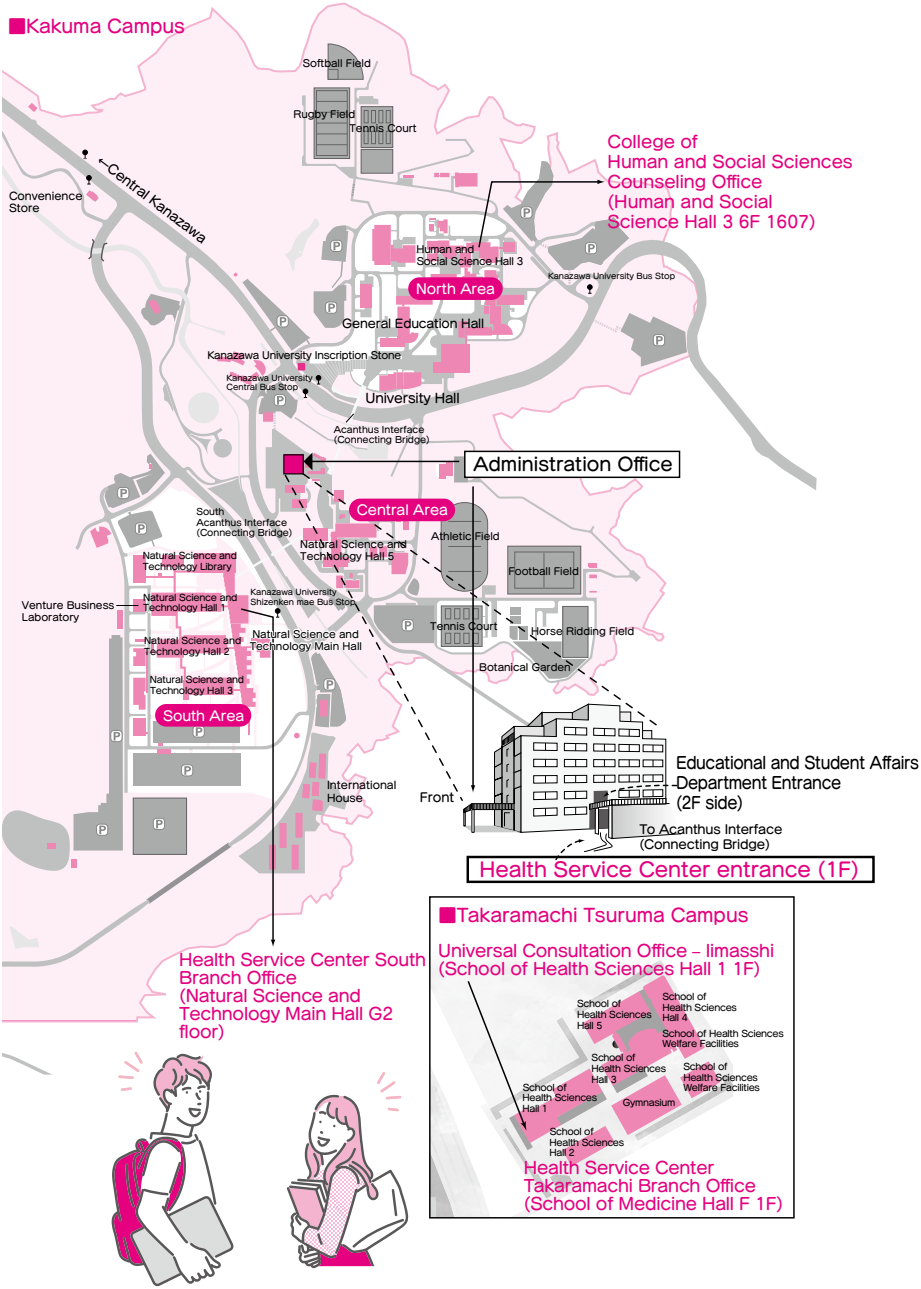
conducting activities in their schools. They make more friends and improve their communication abilities. They can join at any time, and only need to participate when they can participate. If you want to do something, why not join them?

- How can you become a Student Crew member?
  Please contact the Health Service Center from 8:30 to 17:00 on weekdays.
  Tel: 076-264-5255 (Administration Office),
  076-234-6803 (South Branch)
  Email: hokekan@adm.kanazawa-u.ac.jp

Messages from Student Crew

The activities of Student Crew are diverse, in which you can meet various people from other schools or other years, international students, and many others. (including graduate students) At meetings held once or twice a month, we actively exchange opinions to decide on activities. You can attend whenever it is convenient. So if you are interested, check the poster in the Student Union Hall or the notice on the Acanthus Portal. You can also find posts of the Student Crew activities on the Health Service Center's X (formerly Twitter). Please take a look (@ku_wellness).

Location of Health Service Center Student Counseling Office



["Yorumasshi" universal consultation office]

- The office is located across from General Education Student Affairs Section at the back of 2F in the General Education Lecture Hall. A monthly schedule of days the office is open, with the name of each counsellor, is displayed in front of the office. You can also make appointments by telephone or email, enabling you to adjust your consultation days and times to suit you.
  "Yorumasshi" is Kanazawa dialect for "Drop in" or "Why not drop in?" If there's something you don't understand or there's something troubling you, please feel free to drop in! Teaching staff or student counsellors will be happy to give you advice, and if necessary, they can refer you to another teaching staff member or offices. And though this goes without saying, the nature of your consultation will be kept strictly confidential.
- Each April, we field questions mainly about courses, such as how to organize the timetable, which classes to take, and so on.

Tel: 076-264-5930
Opening hours: Please refer to the timetable on the website.
Email: nandemo@adm.kanazawa-u.ac.jp
Website: University website → Students
→ Universal consultation office
https://www.kanazawa-u.ac.jp/faculty/kiko/kiko/Nandemo/soudan.htm
(Japanese only)

Message from student counsellor

Come to us for advice or just for a chat! Feel free to drop in!

[Support Office for Students with Disabilities]

The Support Office for Students with Disabilities is situated on 1F of the Administration Office of the Kakuma Campus. It handles various types of consultations relating to the studies and lives of students with disabilities.

To request a consultation, please contact the office below. We will arrange your consultation date.

Contact details:

Support Office for Students with Disabilities (Student Support Division, Educational and Student Affairs Department)

Tel: 076-264-5168

Email: siensitsu@adm.kanazawa-u.ac.jp

● Installation of barrier-free toilets

At Kanazawa University, barrier-free toilets are available in each of the main buildings, ensuring accessibility for everyone, including individuals with disabilities. Some of these facilities are equipped with foldable changing stands for added convenience. Please feel free to use them as needed. For a complete list of locations by zone, refer to pp.115-117.

[International Student Consultations]

● Available Support for International Students

The following contacts are available to assist with a range of issues that may arise during your studies, including academic, financial, and everyday life matters. These services are extended to international students, students in laboratories, graduate students, and teaching faculty.

Given the limited duration of your time abroad, we encourage you to seek consultation at your earliest convenience to ensure any concerns are addressed promptly. Rest assured that all matters will be handled with the utmost respect for your privacy.

★Reception desk -List of Faculty Members-

University Representative	
Raj Lakhi SEN	sen-rl@staff.kanazawa-u.ac.jp

College of Transdisciplinary Sciences for Innovation	
XiaoTENG	riendyteng@se.kanazawa-u.ac.jp

Graduate School of Frontier Science Initiative	
Kohsuke TSUCHIYA	ktsuchiya@staff.kanazawa-u.ac.jp

College of Human and Social Sciences, Graduate School of Human and Socio-Environment Studies, Graduate School of law	
Tim GRAF	timgraf@staff.kanazawa-u.ac.jp

College of Science and Engineering, Graduate School of Natural Science and Technology	
Yumi KISHIDA	kishida@se.kanazawa-u.ac.jp

Graduate School of Medical Sciences, (Division of Medicine and Division of Medical Sciences)	
Noriyuki OZAKI	nozaki@med.kanazawa-u.ac.jp

Graduate School of Advanced Preventive Medical Sciences	
Kouyuki HIRAYASU	hirayasu@med.kanazawa-u.ac.jp

● The Free Consultation for Foreign Residents offered by the Ishikawa Foundation for International Exchange for legal issues.

Ishikawa Foundation for International Exchange
https://www.ifie.or.jp/index.php
3 F Rifare Bldg., 1-5- 3 Hon-machi, Kanazawa-shi 920-0853
Tel: 076-262-5932 FAX: 076-222-5932
Email: kikaku 3 @ifie.or.jp

● Important Legal and On-Campus Procedures for Students

While enrolled, students must adhere to the following legal and institutional procedures. Failure to comply may result in fines or loss of residency in Japan:

・Change of Address (Moving): Report any address changes to the

Municipal Office or Immigration Services Bureau.

- Period of Stay Expiration: When nearing the end of the current period of stay, students must apply for an extension or a change of residence status at the Immigration Services Bureau.
- Status of Residence Change: In the case of a change in residence status, students must follow the procedures at the Immigration Services Bureau and notify the Student Affairs Office.
- Employment or Business Ventures: If a student finds employment or starts a business, they are required to update their residence status at the Immigration Services Bureau.
- Leave of Absence, Graduation, Transfer, or Withdrawal: Students must follow the necessary procedures, including notifying the Immigration Services Bureau if transferring or changing status.
- Students who plan a temporary or permanent return to their home country should consult their academic advisor and inform the Student Affairs Office in their department.
- Part-time Employment: International students may work up to 28 hours per week (up to 8 hours per day during long vacation periods) but are prohibited from employment in adult entertainment establishments. Appropriate permits must be obtained from the Immigration Services Bureau.

Kanazawa Branch, Nagoya Regional Immigration Services Bureau
Immigration Services Agency website
https://www.moj.go.jp/isa/index.html
3-4-1 Sainen, Kanazawa-shi
(Station West Joint Government Building)
Tel: 076-222-2450 FAX: 076-233-838

The Support for International Students website offers comprehensive information on the required procedures. We strongly recommend reviewing this resource, along with other important details relevant to international students residing in Japan.

Support for International Students website
https://intl-support.w3.kanazawa-u.ac.jp
Checklist before returning home
https://intl-support.w3.kanazawa-u.ac.jp/returning-home.php

[Consultation Services for Study Abroad]

- For any inquiries regarding study abroad, please contact the Study Abroad Promotion Section within the International Student Exchange Division, International Relations Department (located on the 3rd Floor of the Administration Office), or the designated section for study abroad matters within your department.

  If you have questions about study abroad opportunities, such as student exchange programs (long-term study at partner universities under exchange agreements), short-term overseas training (including practical experience, language training, internships, and specialized training), or available scholarships, please do not hesitate to reach out.

  We also hold periodic briefings on study abroad programs, and students with an interest in studying abroad are encouraged to attend.

  Acanthus portal top: "Int'l Collab & Study Abroad" under "Education & Leaning" category
  https://www.kanazawa-u.ac.jp/global-network/
  X (former Twitter) @studyabroadKU
  YouTube @studyabroadKU
  Instagram @kanazawau_studyabroad

- We have dedicated teaching faculties responsible for support for study abroad, with study abroad advisors available in certain schools. These faculty members are equipped to offer tailored guidance to students interested in pursuing educational opportunities overseas.

  Additionally, the Study Abroad Exchange Program Information Session held in June or July and the videos posted on our channel (https://www.youtube.com/@studyabroadKU/shorts) provide

valuable opportunities for students to hear from those who have studied abroad.

★Reception desk: International Student Exchange Division, International Relations Department
studyabroad@adm.kanazawa-u.ac.jp

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

- We encourage domestic/Japanese students who are interested in studying abroad or learning about different cultures to consider becoming tutors for international students. Information about tutoring opportunities is available on our website, and we recommend reviewing the details there.

Tutor

https://intl-support.w3.kanazawa-u.ac.jp/support/tutors.php

Messages from senior students (3)

This is a fantastic chance to get to know the international students on campus! Your English ability might improve, too!
The procedures required to start living in Japan are difficult, and they are tricky even for native Japanese speakers. Why not help international students get off to a smooth start in their studying in Japan?

[Harassment Consultation Desk]

★Harassment Consultation Desk

At Kanazawa University, harassment counsellors are located throughout the university. These counsellors serve as the touchpoints for consultations concerning harassment. Regardless of your department, you can consult any counsellors who you feel comfortable talking to. The consultation will also deal with the cases of off-campus college activities and internships.

The latest list of harassment counsellors is available on the University website University Top → Search "General Consultation Office"

https://consult.w3.kanazawa-u.ac.jp/

- If you're experiencing harassment, don't struggle with the problem on your own. Contact a harassment counsellor immediately!

- Or if you witness harassment, or a friend of yours is experiencing it, encourage the victim to ask for help!
- And if you're not sure whether it's harassment, or even if it's a minor matter, please feel free to ask for advice.
- Harassment counsellors will rigorously protect your privacy, and give you advice in a friendly manner. So please feel free to consult them.
- To ask for a consultation is the first step in addressing the situation.

Contact details for inquiries concerning harassment consultations

General Consultation Office

Tel: 076-264-6160, 6154

Email: consult@adm.kanazawa-u.ac.jp

★Sexual harassment

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

● The difficulty of complaining about sexual harassment

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

- What is sexual harassment?

  Sexual harassment is a manifestation of failing to view someone as a human being, and is both a human-rights problem and an educational problem. If one respects the other person, it doesn't occur. Sexual harassment encompasses not only overt sexual acts, but also physical contact that ignores the other person's wishes, pressure to go out for dinner or on dates, and sexual remarks and teasing. Sexual discrimination (gender harassment), language/behavior that defames people of LGBTQ+ (SOGI (sexual orientation and gender identity) harassment), and exposure of these to others without consent of relevant persons (outing) also constitute harassment. You also need to be careful not to say things like "even though you're a woman (or man) ..."
- Unconscious sexual harassment

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

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

  If you have witnessed sexual harassment, please assist the victim by, for example, cautioning the harasser, testifying as a witness if necessary (it is prohibited to treat you unfavorably for being a witness), providing psychological support if you're asked for advice, and in some cases, recommending that the victim visit a consultation desk, Health Service Center, or any other student consultation desk.

★Academic harassment

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

★Bullying and power harassment among students

It is not surprising that bullying occurs among university students. In fact, Kanazawa University also sees consultations concerning bullying, or behavior that resembles it, among students. Bullying takes various forms, such as being excluded from activities of different kinds, being ignored, being subject to defamatory emails, being insulted or defamed on social media, etc. Some students worry about personal relationships in extracurricular activities, labs, part-time jobs, and other aspects of their lives. Continuous pressure that goes beyond appropriate limits constitutes power harassment. It is therefore essential for us to all respect each other and build friendly relationships.

★Alcohol harassment

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

★Stop-job-hunting harassment

(* The Career Support Office, Educational and Student Affairs Department handles consultations relating to job-hunting harassment.)

A type of harassment that occurs during job-hunting activities is referred to as "stop-job-hunting harassment (Owahara in Japanese)." It describes a situation in which a company forces a

student to finish their job-finding activities. For example, a company that takes a shine to a particular student might tell them that they'll be offered a job if they put a stop to their job-hunting activities right now.

The student might subsequently receive a job offer from another company which the student would prefer to work for and try to decline the offer from the first company, and that company might, for example, try to pressure them to accept their offer by saying that the student had already signed a letter of acceptance or a written pledge. So please convey your wishes clearly and say no to anything you don't want to do.

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

Messages from senior students (4)

If you experience any harassment or see someone being harassed, contact the consultation desk right away! Don't worry, the counselors are on your side.

[LGBTQ+ Consultation Desk]

Kanazawa University has a consultation service in place for LGBTQ+ persons and those around them regarding various concerns, gender identity, sexual orientation, etc. Consultation is also available for those around the parties involved. Counselors have received training on LGBTQ+ and have a duty of confidentiality. So feel free to consult them.

■LGBTQ+ Consultation Desk

https://ipdi.w3.kanazawa-u.ac.jp/en/global/soudan

[Other information]

Information concerning the following is contained in the Handbook for Student, so please make sure to read it thoroughly.

Certificates/procedures, course schedule, taking class subjects,

academic and career advancement, tuition/student insurance, scholarships, health care and illness/student counselling, harassment consultation, study abroad, awards/disciplinary action, extracurricular activities, facilities that can be used for extracurricular activities, welfare-related facilities, campus traffic rules, dormitories for students and residence information, campus facilities, campus locations, campus maps (Kakuma, Takaramachi, Tsuruma), Kakuma campus traffic regulations diagram

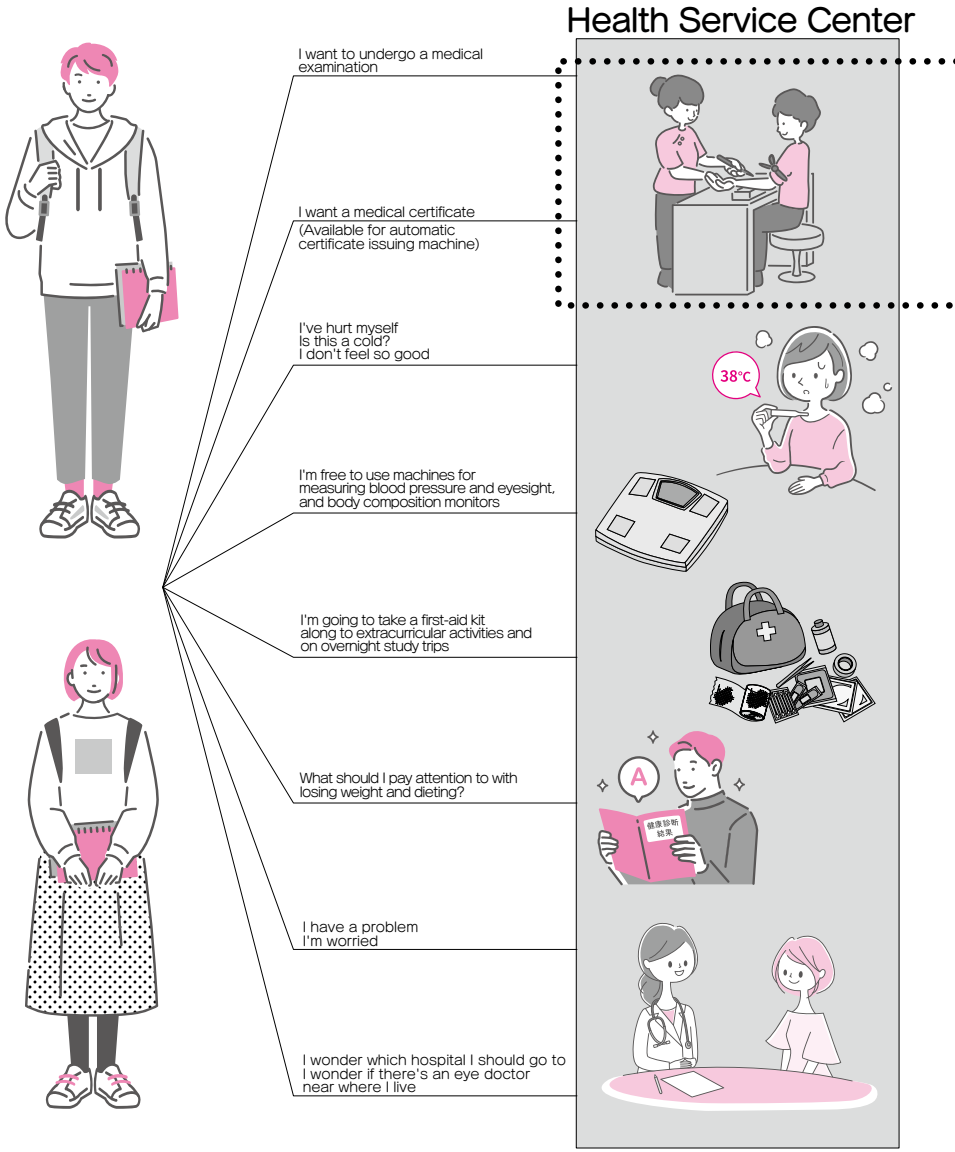
Handbook for Students

As for the following matters, they are included in the information and handbooks issued by each school, so be sure to read those thoroughly, too (asterisks (*) indicate items for which information is not provided by some schools).

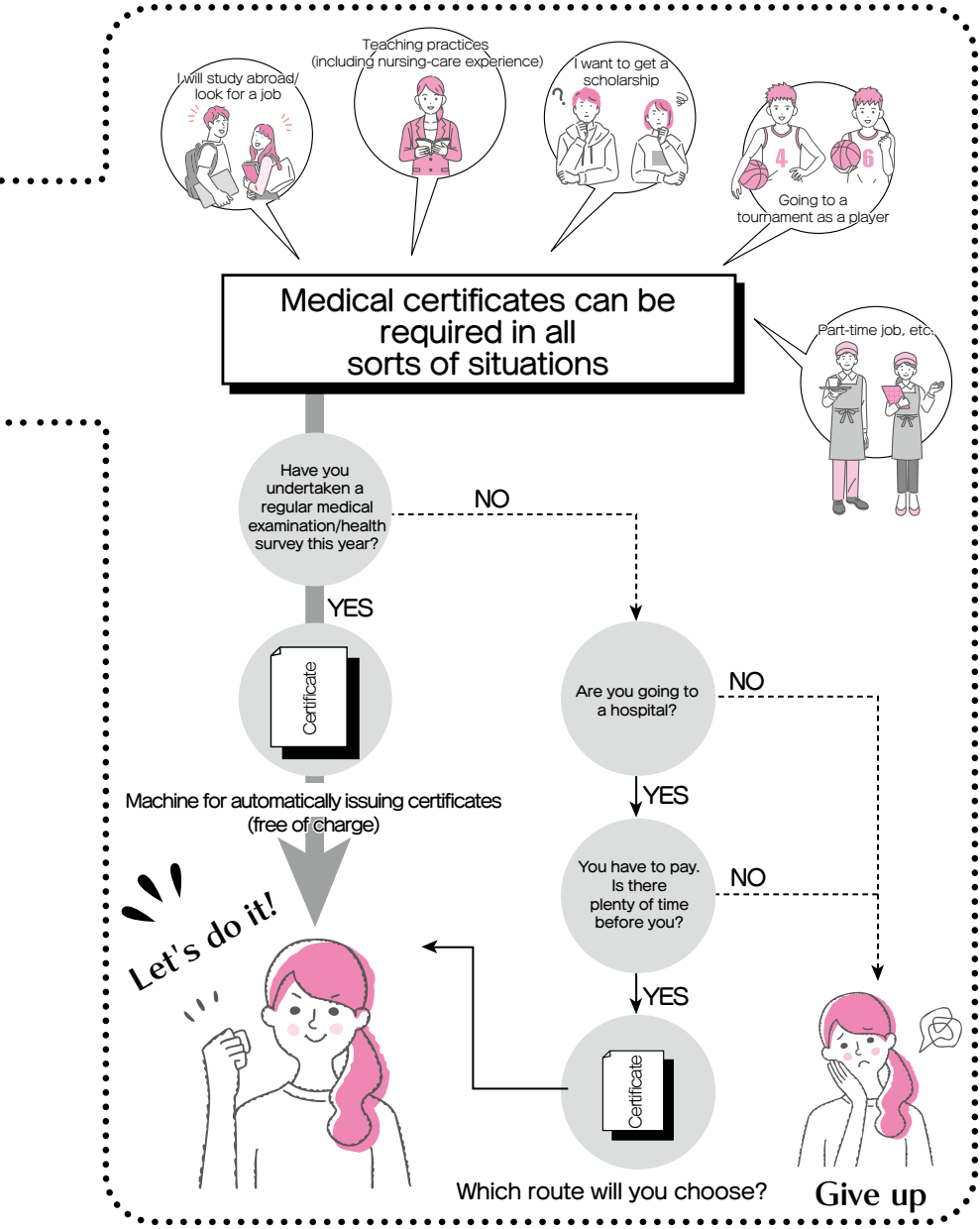
School policies, detailed rules concerning studies, caution concerning studies, student ID number and name/column numbers, temporary absence from school/ withdrawal/return to school, commuting/parking, accident reports, changes of address, notices, teaching staff list*, building map*, teaching staff offices map*

(3) For mental / physical health issues, Visiting Health Service Center

The Health Service Center and me



Check out the website for more details
University home page → Search “Student Counseling Office (Health Service Center)”
The URL is https://hsc.w3.kanazawa-u.ac.jp/



Note) It may take several months to complete the vaccination. So if you are to study abroad, be careful. If a certificate cannot be issued, please ask the Health Service Center what to do.

- What is the Health Service Center?

  The Health Service Center is the place where you underwent a medical examination after your enrollment. You can also use it when you've come down with a cold, you're feeling unwell, you need first aid after suffering an injury, you want some mental/physical health advice, you want to use the measurement instruments, etc. The Health Service Center is staffed with physicians, certified public psychologists, public health nurses, registered nurses, and administrative staff, who are there to help you stay healthy both mentally and physically.

Messages from senior students (5)

When you're living alone, it's easy to become sloppy about managing your health. But the Center is very flexible, so let's make use of it intelligently.

[Undergo a regular medical examination every academic year]

- Regular medical examinations are performed once an academic year. All of you should undergo them. If you require some special dispensation, please let us know in advance. This service is by appointment only.

  Please check the schedule and how to make a reservation on the notice board or our website, and make sure to book in advance.

  When undergoing your medical examination, you will need your student ID, as an automated system has been introduced.
- For as long as you are enrolled as a student, you can view the results of your medical examination for this year and past years by logging into the Acanthus portal. Please make use of them to manage your health.

Messages from senior students (6)

You need to submit your medical certificate on various occasions such as when doing an internship, applying for jobs, and participating in tournaments as part of extracurricular activities, so make sure to undergo the examinations.

[Medical certificates]

- If you undertook all the components of the medical examination and were not instructed to undergo further tests, you can request the automatic issuance of a medical certificate from approximately 14 days after the examination until the end of the academic year in which you underwent the examination.

- Even if you required further tests, you may be eligible for automatic issuance if you undergo the further tests on the designated day, so please undergo further tests promptly so as to safeguard your health.
  Furthermore, if you cannot obtain automatic issuance of a medical certificate even though you underwent a regular medical examination, please inform the Health Service Center.
- You will need to submit a medical certificate on such occasions as off-campus dispatch, job-hunting, doing teaching practice or clinical practice (including nursing-care practice), studying abroad, appearing in tournaments as part of extracurricular activities, and applying for scholarships. So please be sure to undergo regular medical examinations.
- Given that medical certificates are only issued until the end of the academic year in which you underwent the examination, make sure you get your certificates issued early enough (and automatic certificate issuing machine may be suspended for maintenance, so allow plenty of time to get your certificates issued).

[Infectious diseases]

1."What should I do if I come down with an infectious disease?"

If you catch an infectious disease such as influenza and COVID-19, Access and register the Infectious Disease Reporting Form (https://forms.office.com/r/zYDWFafDFu)

After registering the form, please report the information to the academic affairs section of your department. If you are unclear about anything, contact the Educational Affairs and follow their instructions.

Recuperation period : https://hsc.w3.kanazawa-u.ac.jp/infection/

2.What should I do to avoid contracting an infectious disease?

(1)It is essential to receive the vaccines prescribed as necessary in the Immunization Act.

(2)Get vaccinated for influenza every year.

Note:There are also opportunities to get vaccinated on campus (at your own expense).

(3)To prevent the spread of infectious diseases, gargle and wash your hands with running water and soap after returning home and practice "coughing etiquette*."

*"Coughing etiquette" means that when you have symptoms such as coughing or sneezing, you take steps to avoid infecting others, such as wearing a mask, not coughing/sneezing when facing others, and when you can't help suddenly coughing/sneezing, you turn your face away and use a tissue etc. to cover your mouth and nose.

Messages from senior students (7)

Purchase your influenza vaccine coupons at the Co-op! You can get vaccination, which is cheaper than that at a clinic for general public, at the Health Service Center or the Takaramachi campus, so you can get it between classes. You will be informed of the coupons around October or November each year. The number of coupons available for sale is limited, so be sure to purchase yours sooner rather than later.

Messages from senior students (8)

When you live alone, it's tough when you get sick as there's no one to take care of you. So get vaccinated, as it'll prevent you from getting infected or ensure your symptoms are mild if you do get infected.

3."What happens if there's an outbreak of infectious disease at the university?"

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

(2)When participating in off-campus activities (internships, teaching, nursing care, etc. practice, volunteering, extracurricular activities, etc.), present a copy of your immunization certificate to the off-campus organization concerned as necessary. Note also that you can view the results of your medical examinations on the portal site as long as you are enrolled as a student.

[Keep your My Number insurance card or eligibility confirmation document handy]

When visiting a hospital, please bring your My Number health insurance card (registered My Number card for use as a health insurance card) as it is required to receive insured medical treatment. Those who do not have a My Number card or have not registered to use a My Number health insurance card can receive medical treatment with a "Qualification Confirmation Letter" sent by their insurer.

Messages from senior students (9)

The medical expenses you have to pay out of pocket differs greatly depending on whether you have a My Number health insurance card or a certificate of eligibility

[Confirmation of immunization record]

The mother and child health notebook contains your immunization history and is a valuable source of information on your growth and development. If you study abroad, you may need it to fill out forms about your health, so we recommend that you keep a copy of your mother and child health notebook.

[Beware of heatstroke!]

Heatstroke is a collective term for ailments that occur following intense activity in a hot environment (with high temperatures, high humidity, no breeze, and direct sunshine).

Among sports injuries, it's the one most likely to put the sufferer in a serious condition, and in a worst-case scenario can even lead to death. At Kanazawa University in the past, fatal accidents have occurred of heatstroke, and there have also been serious cases that have led to multiple organ failure.It's a dangerous condition, so make sure you are aware of how to respond to it in an emergency. There is an ice-making machine in front of the equipment storeroom on the Rugby Field, in front of the equipment storeroom on the Athletic Field, and on 2F of the Gymnasium, so please make use of them.

★Heatstroke symptoms

- **Level Ⅰ (mild)**: Symptoms include dizziness, lightheadedness, muscular pain, muscular stiffness (cramps), and profuse sweating. The cause is a loss of water and salt (sodium) due to sweating. This level used to be referred to as "heat cramps." Treatment involves moving the person to a cool place and having them consume a sports drink (water containing 0.2% table salt).
- **Level Ⅱ (intermediate)**: Symptoms include headache, feeling unwell, nausea, vomiting, fatigue, and lethargy. The cause is circulating blood being dispersed to capillaries near the surface of the skin for the purpose of transpiration and transmission of heat, resulting in a relative lack of blood flow to major organs. This level used to be referred to as "heat exhaustion." Treatment involves taking the person to hospital for a transfusion of extracellular fluid (Ringer's

lactate or saline solution)

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

★Key points for preventing heatstroke

- **Health management**: Take care to maintain your physical condition on a day-to-day basis, and do not force yourself to exercise if you are in poor physical shape, e.g. suffering from exhaustion, a fever, a cold, diarrhea, etc.
- **Exercise management**: Put together a training and competition plan that doesn't overexert you. Determine break times in advance, and endeavor to resupply yourself with water and sodium.
- **Exercise environment management**: Pay attention to the weather conditions, temperature, humidity level, etc. on days you exercise. On fine days during the summer, the temperature can rise to abnormal levels. At such times, it is important to refrain from exercising.

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

● When the temperature is 35° C or higher (WBGT heat index of 31° C or higher), exercise should be stopped in principle.

Messages from senior students (10)

Take in fluids before you get thirsty! When you're sweating a lot, I recommend sports drinks, as they are more easily absorbed by the body than water. You can also buy sodium tablets at the Co-op.

[Health management when traveling overseas]

- Students nowadays have more and more opportunities to travel to various foreign countries. In these countries, diseases that are absent in Japan may be circulating, while differences in climate, exhaustion from travel, etc. may sap your physical strength, and you may become unexpectedly ill as a consequence. Make sure to get any vaccinations you need several weeks before your departure. You can check out the latest information from the website of the Quarantine Information Office, Ministry of Health, Labour and Welfare (https://www.forth.go.jp/). You may also download a PDF version of the Health Guide for Studying Abroad at the website of the Health Service Center. (https://hsc.w3.kanazawa-u.ac.jp/)
- If, after returning from a foreign country, you have a fever, diarrhea, or are in otherwise poor physical shape, please do not come to the university. Instead, please telephone the person in Educational Affairs who is in charge of your school and follow their instructions.
- In most cases when studying abroad (even if only for a short period), your medical certificate needs to contain records of certain immunizations you have received or proof that you have antibodies. If you require several types of vaccination or only a limited number of medical institutions provide vaccinations for the diseases concerned, the process could take several months, so if you know you are going to be studying abroad, we recommend that you complete your preparations ahead of time.

  Ministry of Foreign Affairs of Japan Overseas Safety website https://www.anzen.mofa.go.jp/

Messages from senior students (11)

If you're not in tiptop physical condition, your much-anticipated trip overseas could be wasted, so make sure you prepare properly!
Be sure to check in advance what actions you should take in case you become ill during the trip. Be well-prepared and off you go! Health and safety first!

[Beware of sexually transmitted diseases]

- **What are STDs (sexually transmitted diseases)?**

  Sexually transmitted diseases (STDs) are diseases with which you

can become infected through the skin or mucous membranes during sexual acts.

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

- Current situation with STDs

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

- STDs can also cause cancer. HPV is known to cause uterine cervical cancer, but recently a vaccine has become available. There are many types of human papilloma virus, and there's no vaccine against all of them, but it is said that combining HPV vaccination with examinations for uterine cervical cancer has made uterine cervical cancer a preventable disease. He HPV vaccine is a routine vaccination for girls from the sixth grade of elementary school to the first year of high school.

● **Protecting yourself and your partner from STDs**

Nothing is more important than prevention. Once infected with a virus such as HIV and HPV, you cannot eliminate it from your body. So be sure to practice the following:

1)Do not have sexual intercourse at travel destinations or with unidentified partners

2)Do not have sexual intercourse when you are in a condition in which you cannot make proper judgements, such as after consuming alcohol.

3)If you are a man, make sure to wear a condom. If you are a woman, refuse to have sexual intercourse with a man who isn't wearing a condom.

If you are worried, we recommend seeing a urologist if you are a man and a gynecologist if you are a woman. If you don't know who you should consult, please ask the Health Service Center.

Messages from senior students (12)

At the Kanazawa Health Center (076-234-5116) in the Sainen district of the city, you can be tested for AIDS and chlamydia anonymously and free of charge.
(By appointment Wednesday, 13:30 to 15:00)

[Contraception and family planning]

In life, we value our connections with others, and particularly our relationship with our partner. Sex is an important part of that process, but if you don't want to get pregnant and give birth now, you should use condoms etc. so as to prevent both infection and unwanted pregnancies.

Regarding family planning for your partner and yourself, it is important to create opportunities to discuss it. Even if you don't have a partner at the moment, you shouldn't feel embarrassed about keeping a condom with you.

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

[Sexual consent]

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

[Locations of first-aid boxes]

Health Service Center (Administration Office, Natural Science and Technology Main Hall, School of Medicine Hall F), Student Union Hall Office
(However, the first-aid box contains only items for treating minor external injuries.)

[Off-campus organisations consultations]

★For mental health advice (worries about interpersonal relationships and your personality, poor mental/physical health as a result of stress, consultations about alcohol and drugs, consultations about social withdrawal and domestic violence, etc.), consult the Ishikawa Prefectural Mental Health Center (2-6 Kuratsuki-higashi, Kanazawa-shi):

・Consultation Section: Tel 076-238-5750 (direct line)
Monday-Friday 8:30-17:15 (except public holidays and year-end / New Year holidays.)

・Mental Health Advice Line (for telephone consultations only)
Tel 076-237-2700 (Weekdays daytime)
0570-783-780 (Weekdays 17:00 to 9:00 the following day / Saturdays, Sundays, national holidays 0:00 to 24:00)

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

★Consultations concerning developmental disorders (consultations for people with developmental difficulties and anyone connected with such people) Ishikawa Prefectural Developmental Disorder Support Center (2-6 Kuratsuki-higashi, Kanazawa-shi)

・Tel 076-238-5557 (direct line)
Monday-Friday 8:30-17:15 (except public holidays and year-end / New Year holidays.)

★Recently, various telephone consultation services have been established, making it easier than ever to seek advice. Some desks are staffed by volunteers, while others are staffed by experts and specialist employees. We have provided contact details for some of them here.

・Police headquarters (Police Safety Consultation Desk)
Tel #9110 (same nationwide, also accessible from mobile phones)
Tel 076-225-9110 (Weekdays from 9:00 to 17:45)
Tel 076-225-0110 (If there is an emergency on Saturdays, Sundays, holidays, or after hours)

・Sex crime hotline
Tel #8103 (same nationwide, also accessible from mobile phones),
0120-010-783
Tel 076-225-0281 (On weekends and holidays, police officers on duty will respond outside of office hours.)

・Purple Support Ishikawa (Ishikawa Support Center for Victims of Sexual Violence)
Tel #8891 (same nationwide, also accessible from mobile phones)
Tel 076-223-8955
Monday-Friday 8:30-17:15 (except public holidays and year-end / New Year

holidays. However, urgent consultations such as medical emergencies can be handled 24 hours a day, 365 days a year)

· Consumer Hotline188 (no area code required)

· Prefectural Consumption and Living Support Center (consumption/living-related consultations)

Tel 076-255-2120

Monday-Friday 9 :00-17:00 Saturdays 9 :00-12:30 (except public holidays and year-end / New Year holidays.)

· Prefectural Traffic Accident Consultation Center

Tel 076-225-1690 Monday-Friday 9 :00-17:00 (except public holidays and year-end / New Year holidays.)

· Human rights consultations, Kanazawa District Legal Affairs Bureau

Tel 0570-003-110 Monday-Friday 8 :30-17:15

· Ishikawa Prefecture Women's Consultation Support Center

Tel #8778, 076-208-3304

Monday to Friday 9 :00 - 11:30, 13:00 - 16:30 (except public holidays and year-end / New Year holidays.)

· SNS (LINE) consultation "Women's Consultation Room @Ishikawa"

(https://page.line.me/276hosra?oat_content=url&openQrModal=true)

Wednesday, Saturday, Sunday 18:00 - 20:30 (excluding New Year's holidays)

· Kanazawa Mental Helpline

Tel 076-222-7556

Monday-Wednesday 18:00-21:00, Thursdays/Fridays 18:00-23:00Saturdays 15:00-23:00 Sundays 9 :00-23:00

[Public holidays and substitute holidays Monday-Wednesday 9 :00-21:00, Thursday-Saturday 9 :00-23:00]

· Yorisoi Hotline (suicide prevention, domestic violence, sexual violence, sexual minorities)

Tel 0120-279-338 24 hours (Foreign language support: 10:00-22:00)

· Yorisoi Chat (https://comarigoto.jp) Consultations via LINE chat

· *Ikizurabitto* (https://yorisoi-chat.jp/) Consultations via LINE, chat, etc.

· moyatter (https://moyatter.jp)

★Mental concerns related to the earthquake disaster

· Ishikawa Mental Care Center

Monday - Friday, 9 :00-17:00

(except public holidays and year-end / New Year holidays.)

[Disaster victim consultation hotline] Tel 0120-333-247

[Supporter support hotline] Tel 0120-555-442

[On-campus earthquake-related consultation desk]

· KEYPAT, Team of public certified psychologists and clinical psychologists dedicated to providing psychological care in times of disaster
E-mail: keypat-info@ml.kanazawa-u.ac.jp

2. Let's Follow the Rules

(1) Let's follow university rules!

Unlike your school life until high school, at university there are no detailed "school rules," and you are basically just expected to behave responsibly in line with societal common sense. So it could be said that the discretion of each individual is respected.

However, this is backed up by all of you abiding by a minimal set of rules. Behavior that goes against common sense or violates rules undoes all our efforts and makes university life unpleasant.

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

[Notification, etc. from the University]

All communications to students from the University will be posted on the bulletin board or on the Acanthus Portal.

No remedy will be provided for any disadvantage caused by overlooking them. So please make it a habit to always check them.

In addition, internal notices are basically written in both English and Japanese (only the subject line is in Japanese-English order). Please be careful not to miss anything. Inquiries and surveys from universities may also be made through the Acanthus Portal. Please check the due date, etc. and be sure to respond to them.

See below to set up a forwarding email address from the Acanthus Portal.

https://acanthus.cis.kanazawa-u.ac.jp/base/setting-forward/

[Classes]

Your attendance is checked with your student ID cards before classes begin.

Note that credits may not be approved in the case of misuse of your ID.

Let's not chat to each other or use our smartphones or mobile phones in class. Allowing your phone to ring is obviously out of the question, but even if you set it to silent mode, it can bother others if it vibrates, so please switch it off completely. Phones interfere with the progress of the lesson, and are also annoying for other students. Photographing, video recording, or audio recording during class without permission is also prohibited. Interfering with lessons can be subject to punishment. Furthermore, do not leave trash behind in the classroom, particularly packaging and containers for food and drink you have brought with you. After using the classroom, the last person to leave should close the windows and turn off the air conditioner and the lights.

[Examinations]

In addition to cheating in examinations, actions such as copying and pasting reports, plagiarizing other people's works (including theses and publications, as well as website content and works), fabricating or falsifying experimental or survey result data, submitting reports or works written by others as your own, showing others your answers, and violating instructions at a remote site, falsifying the results of tests conducted by other institutions (including external English tests) when this university uses such results; and cases in which other institutions determine that misconduct has occurred or invalidate the test results are also considered acts of misconduct. **Such actions are subject to punishment, and the penalties are severe, such as having all the credits you have obtained during the term nullified.**

Messages from senior students (13)

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

[Use of generative AI (ChatGPT, BingAI, Bard, etc.)]

The reports assigned to students in various classes at the

University and their degree-seeking theses should be prepared based on discussions in class or labs, research that students are expected to conduct on their own, and their own ideas. The University has always prohibited plagiarism (copying and pasting) and fabrication of other people's works, and has taken disciplinary actions against them as misconducts. Similarly, preparing an assignment report or degree-seeking thesis simply by using the generative AI without thinking by yourself, using generative AI during an examination may constitute a misconduct. If any instructions are given by your instructor in individual classes regarding the use of generative AI, please follow them.

[Extracurricular activities]

To lead a meaningful student life, it is important not only to devote yourself to your classes but also to participate in extracurricular activities.

In addition to learning in formal education, you are encouraged to develop affluent social natures and human qualities that will enable you to play a leading role in society in the future.

Kanazawa University has university-approved extracurricular activity organizations (membership is open to all colleges), as well as extracurricular activity organizations approved by colleges and schools.

- Guide to university-approved extracurricular activity organizations:
  https://www.kanazawa-u.ac.jp/students/extracurricular
  (Japanese only)

[Use of facilities]

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

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

- Please submit your application through the Acanthus Portal's facility reservation system at least two weeks in advance.
  *Even if the facility appears to be available, you are not allowed to use it without permission. Since no usage fee is charged to students of this university, you must obtain approval before using the facility.
- The facility must not be used in the following cases:
  · When it is being used for classes or extracurricular activities
  · In the case of special events such as admission examinations or other important university events
- After using a facility, you must put the equipment you used back where you found it, shut the windows, and turn off the air conditioner and the lights. In addition, after using the gymnasium, please mop the floor, and after using an outdoor facility such as the multipurpose field, please level the field using a ground rake etc.
- Consultation desk for facility use
  Student Service Section, Student Support Division, Educational and Student Affairs Department (Mail soudan@adm.kanazawa-u.ac.jp)

[Careful management of valuables]

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

Messages from senior students (14)

A university is a place where not only students but also an unspecified number of people are present. So even though it may be a hassle, be sure to keep your valuables with you!

[Internet / web connections / social media]

When using the network, you must have self-awareness as a member of society, and abide by the law and the rules required by the network.

Please read the following carefully so as to enjoy a safe and pleasant campus life.

1.Requirements for use

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

2.Authorization for use

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

3.Scope of use

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

4.Responsibility for use

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

5.Prohibition of unauthorized use

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

6.Prohibition of interference with network operation and installation of infectious software

You must use networks with great care so as not to damage or paralyze equipment/functions and **not to introduce computer viruses etc.**

7.Duty of care when exchanging information

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

8.Obligation to behave ethically

When making statements in public forums (news sites, bulletin boards, chats, social media, etc.), you must be aware that you are member of Kanazawa University, exercise moderation, and maintain dignity. Use that contravenes public order and morals is not permitted.

It is also strictly prohibited to post personal or private information about others or engage in defamation, abuse, or hate speech.

9.Awareness of personal responsibility

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

In addition, there have been cases in which the University and its students have been sued for expensive damages resulting from unauthorized use of networks and software, and students have been held responsible for their own actions.

10.Prohibition of unlawful conduct

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

Messages from senior students (15)

Be responsible about what you post on social media! Make sure you don't unknowingly become a victim a perpetrator!

[Commuting by car]

To make us an "eco-campus," let's be proactive in opting for public transportation such as buses. Commuting by car is not allowed in principle for such reasons as reducing vehicular accidents, the fact that there aren't many parking places, and reducing CO_2 emissions. However, we do take into account whether you have a disability, your year of study, where you live, and so on, and you are permitted to commute by car if you have no other alternative.

Inquiries concerning procedures are handled by the person in Educational Affairs who is in charge of core education. For students in their second year or above, they are handled by the person in Educational Affairs who is in charge of their school (you must take out non-compulsory insurance for the vehicle owned by yourself or your family).

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

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

Messages from senior students (16)

Buses tend to be crowded on rainy days and during the winter season. So act with extra time!
If you drive a car, be especially careful in the winter as the roads can get icy and visibility can be poor!

[How to drive in parking lots]

You must obviously not park in places where parking is prohibited, but you must also not park on the road or in ways that inconvenience others. Furthermore, it is prohibited to park in spaces for people with disabilities unless you have obtained a special permit for your car.

Please park within the lines.

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

[Commuting and parking by motorcycle and bicycle]

Follow the traffic rules. Parking of motorcycles and bicycles in areas other than the designated parking areas is prohibited.

Under the Kanazawa City Ordinance on the Promotion of Safe Use of Bicycles, bicycles are considered "vehicles" and it is mandatory to have insurance (bicycle liability insurance) to compensate for damage to the life or body of the other party in the event of an accident while using a bicycle.

Be sure to check that you have your own insurance.

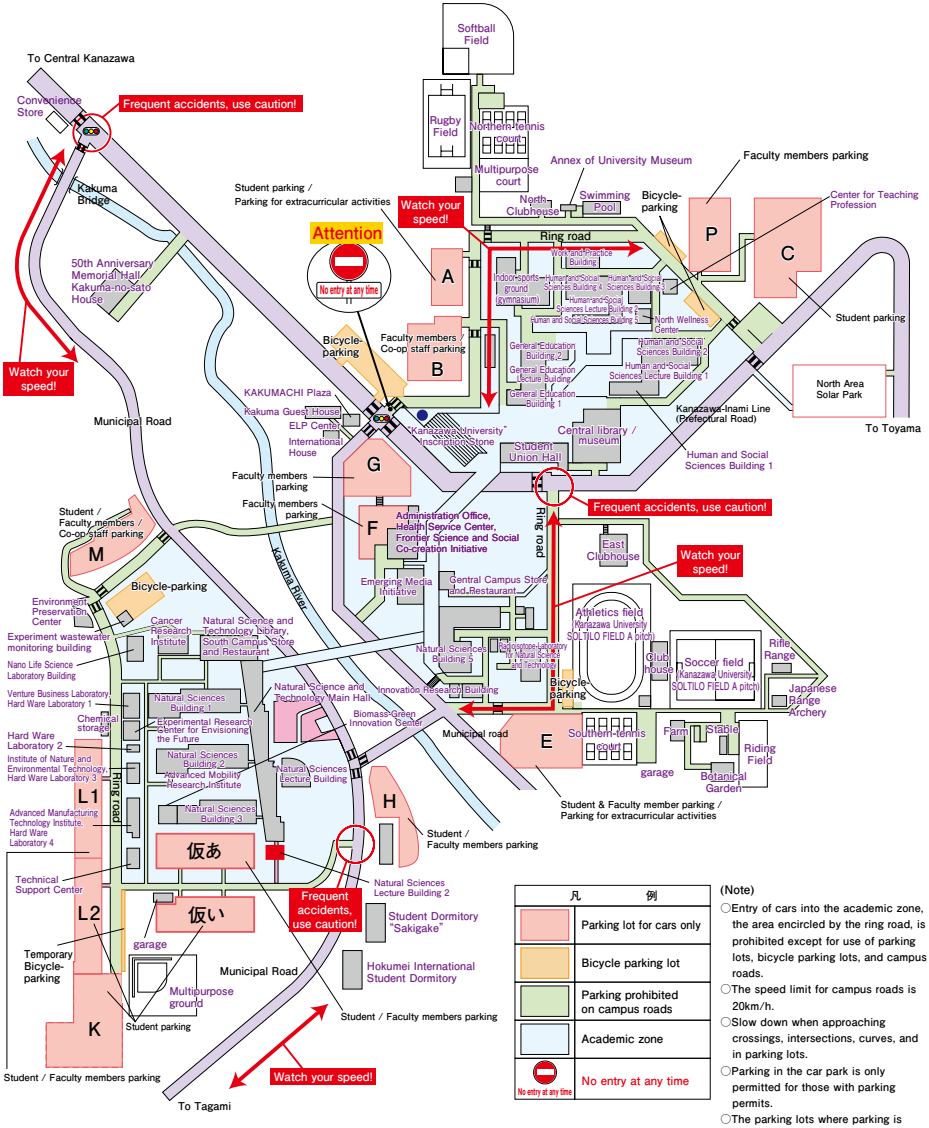
The number of accidents involving bicycles has been rapidly increasing in recent years. In addition to observing traffic laws, please wear a helmet while riding and put two types of locks when parking your bike.

[Electric scooters]

With the partial enforcement of the revised Road Traffic Law on July 1, 2023, electric scooters, etc. that meet certain standards are classified as "specified small motorized bicycles," a type of motorized bicycle, to which new traffic rules such as no driver's license required are applied.

As with bicycles, all scooters are prohibited in the pedestrian area (Academic Zone) at Kanazawa University. So be careful.

Kakuma campus traffic regulations diagram



凡	例
	Parking lot for cars only
	Bicycle parking lot
	Parking prohibited on campus roads
	Academic zone
No entry at any time	No entry at any time

(Note)

○Entry of cars into the academic zone, the area encircled by the ring road, is prohibited except for use of parking lots, bicycle parking lots, and campus roads.

○The speed limit for campus roads is 20km/h.

○Slow down when approaching crossings, intersections, curves, and in parking lots.

○Parking in the car park is only permitted for those with parking permits.

○The parking lots where parking is permitted vary depending on your college or graduate school.

○Parking of cars and bicycles is prohibited outside of designated parking lots.

[On-campus environment]

All students should act in a responsible manner to maintain a pleasant campus environment.

Skateboards etc. not only damage facilities but also harm the education and research environment through the generation of noise, so they are prohibited, including at night and on holidays.

[Prohibition of religious or ideological missionary work]

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

[Selling items for personal gain etc.]

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

[Meetings etc. of ideological organizations etc.]

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

[Punishments]

Certain punishments will be imposed if you engage in an act such as cheating in an examination (including the use of generative AI), violating traffic laws, drug crime, stalking, obscenity, illegal use of computer or network, loss of intellectual property, criminal acts, coercing others to drink alcohol, harassment or other acts that infringe on human rights, reckless driving or malicious parking violation on the university campus, leakage of personal information, fabrication, alteration or plagiarism in the preparation of thesis papers, obstruction of the university's education/research activities, and acts that ruin the honor or credibility of the university.

Punishments include expulsion or suspension from the university and admonitory warning. If you have been subject to penalties, the punishment may include not only academic-related penalties, but also cancelation/suspension of scholarships and rescission of tuition-fee waivers.

[Preparations for disasters]

As a means of responding to a major disaster, Kanazawa University employs the C-SIREN system (Kanazawa University Emergency Communication System) to confirm the safety of people in the wake of a disaster etc. Please make sure to register your mobile-phone email address etc. through the Acanthus portal (https://acanthus.cis.kanazawa-u.ac.jp/base/setting-urgent/).

If you receive a safety confirmation email in the event of a disaster or during a drill, be sure to reply to it.

If you live alone, what should you do to be prepared for a major disaster? (1) Take steps to prevent your furniture, refrigerator, TV, etc. toppling over, (2) stockpile water and emergency food, (3) prepare a flashlight, a bag containing essentials you can evacuate with in case of emergency, (4) talk to your family about communication/action in case of emergency, (5) confirm the locations of evacuation shelters near your home.

[If you see a suspicious person or dangerous creature]

If you encounter someone acting suspiciously on campus, or if you see a dangerous creature etc. such as a bear or wasp nest, just leave the area quietly so as to avoid unnecessary stimulation and notify the nearest office. Your information will lead to the safety of many students, faculty and staff.

(2) Let's follow societal rules!

University life includes life not only at the university itself, but also within the community. In the community, you need to behave responsibly as a citizen and as a member of the community.

If you break the law, not only will you be punished as a criminal, you may also be subjected to penalties from the university. If you break the law, not only will you be punished as a criminal, you may also be subjected to penalties from the university. Furthermore, it goes without saying that behavior that lacks common sense as a resident interferes with life in the community. Everyone knows that the following acts are unacceptable, yet they have actually been committed by students, so we are including them here to encourage you to be self-aware:

The useful information for daily life on the Government Public Relations Online (https://www.gov-online.go.jp/en/) is also helpful.

[Obtaining a My Number Card]

My Number is a 12-digit number that every person (including foreign residents) who has a resident registration in Japan has, and in principle, the same number for the rest of his/her life, except in cases where there is a risk that the number may be leaked or used illegally.

My Number is used to confirm that the information of an individual existing in multiple organizations in the three fields of social security, tax, and disaster countermeasures is that of the same person, and it is prohibited to collect or store personal information including My Number except as stipulated by law. If you are asked to provide your My Number, be careful not to respond easily. You will never be asked by telephone to provide it.

Kanazawa University is promoting the development of an ID smartphone app based on the acquisition of My Number Cards, and the opportunities to use the card is increasing both on and off campus. So those who have not yet acquired a card (with a photo

and IC chip) are encouraged to obtain it upon entering the university.

[Preventing consumer affairs troubles]

A variety of troubles involving university students are frequently reported, such as contracts, malicious business practices, and door-to-door or mail order sales targeting them, accidents caused by products, foods, and services, and false advertisements.

Do not hesitate to call the Consumer Hotline (nationwide number: 188).

[Shoplifting / bag theft]

Making off with someone's bag obviously constitutes the crime of theft, but so does shoplifting, which is subject to the penalty up to 10 years imprisonment or a fine of up to 500,000 yen. The university will also mete out its own punishment. Let's be conscious not to inadvertently commit a crime.

[Hit-and-run accidents causing property damage]

If you make off after hitting another car while parking, this also constitutes the crime of "hit and run." Trying to escape means "failure to report an accident," which is a violation of the Road Traffic Act. So it can be the starting point for major problems in the future. It must always be reported to the police. If you happen to bump someone's car in a parking lot, please first contact the parking lot superintendent (if the parking lot is on campus, this is the student desk nearby).

[Bicycle theft]

Stealing a bicycle also constitutes the crime of theft "Borrowing" a bicycle parked in a bicycle parking lot or by the side of the road or an umbrella placed in front of a classroom or cafeteria without permission for a little while, but then making it your own is obviously so (theft), but it's also theft if you leave the bicycle somewhere after using it.

[Manners when riding buses]

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

Messages from senior students (17)

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

[Noise pollution]

Loud sounds constitute noise pollution. They annoy people in the surrounding area, and are the cause of problems. At night, in particular, it is common sense to not make noise with your friends, turn the volume down on your TV and stereo (use headphones).

As for groups of music-related extracurricular activities, they are prohibited from making a loud noise outside the designated times and places.

Messages from senior students (18)

Don't think it's okay to keep making a noise just because no one's complaining. Enjoy your music while thinking adequately about how other people nearby might feel about. If you party too hard, someone'll stick an angry note on your door or you'll get a visit from the police (I know this from personal experience). Skateboarding at night also annoys neighbors.

[Separating household garbage]

If you're living in an apartment or boarding house, you must take out only the designated trash on the designated day/time to the designated place. Carefully read newsletters etc. from the local government and follow the rules for your community. Dispose of your garbage appropriately and make sure to separate recyclables. If you don't abide by the garbage rules, you could get into trouble with Kanazawa City or the police. It is also prohibited to bring

household garbage to the university etc. for disposal. Illegal dumping of garbage either inside or outside the university is a crime. Under the law, an individual can be fined up to 10 million yen for doing so. Information about how to put out garbage in Kanazawa City, the days on which different types of garbage are collected, charges for collection of household garbage is included in the pamphlet you were given when you enrolled, and is also available on the following website.

There's also a phone app (Ii ne Kanazawa 5374App (Gomi-nashi App) that gives you notifications of garbage collection dates. You can download it by searching for "5374" in the App Store or on Google Play (it's free to use).

Also, if, when you graduate, you have items that you no longer need, please use a recycling company. It is also prohibited to abandon bicycles or scooters in parking areas on campus or dump electrical appliances or furniture upon your graduation.

Messages from senior students (19)

Please get information from your local residents' association. You can get email notifications of collection dates, so you'll never forget to take your garbage out! Furthermore, the Yamaya store in Morinosato collects newspapers, magazines, and bottles while it is open, so be sure to check it out! Albis Tagami store also collects cardboard every Sunday.

[Separation of garbage on campus (business sites)]

Rules are different from the Kanazawa City's "household garbage" sorting rules.

Garbage generated on the university campus (business site) is business-related garbage and must be separated in accordance with the Kanazawa City's rules for business-related garbage sorting rules.

In particular, throw plastics, plastic shopping bags, etc. (even if soiled) in the "waste plastics" section, not in the [burnable trash] boxes on campus.

In addition to the containers with a waste plastics mark (such as box lunch containers from convenience stores, cub noodle containers, and plastic shopping bags),

plastic products that are separated into burnable waste in general households (plastic spoons and forks, disposable gloves, etc.) are also considered "waste plastics."

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

Unlawful copying using a PC or other device is a crime of infringement of intellectual property rights and is subject to high liability claims.

Kanazawa University holds students accountable and subject to disciplinary action. So use them correctly.

[Intellectual property rights]

Intellectual property rights are the rights to protect, for a certain period of time, as property, what has been created by a wide range of human intellectual and creative activities.

Patent rights protect ideas while copyrights protect expressions. Be careful not to unknowingly infringe such rights. It is also illegal to download copyrighted works knowing that they are illegally posted "pirated copies," even for personal use.

[Proper use of social media]

Thanks to web pages, blogs, digital profiles, Wikis, and social media services such as Instagram®, Facebook®, X®, LINE®, YouTube®, Tik Tok®, and Niconico, it is now possible for anyone to broadcast information. But unintentional disclosure or posting of personal information can lead to human rights violations and defamation, which may result in unanticipated problems and court cases. Please ask yourself questions about your own privacy, e.g. your profile settings, and the content of your posts. Ask yourself what sort of results that usage will produce, be well aware of past incidents, and use such services with care. Taking out or providing research information or equipment off campus is also a crime.

Messages from senior students (20)

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

[Management of personal information]

In today's society, the management of personal information (information that can be used to identify individuals, such as addresses, names, telephone numbers, and IDs) is very important. Please be aware that there may be a lot of personal information in your vicinity. For example, there may be address books and contact lists for extracurricular club members that are stored in your computer. As such, take care to prevent the leakage of such information. Information that belongs to the privacy of others (information requiring special consideration), such as sexual orientation, gender identity, and medical information, must not be leaked over the Internet or orally without consent of the individual concerned, in principle.

Messages from senior students (21)

You will probably have more opportunities to handle personal information in your daily life. You should set up passwords for your PC and smartphone, and take security measures. You'd better not carry documents containing personal information, and dispose of them when you no longer need them. As the slightest carelessness can lead to information leaks, take extreme care when disposing of them!

[Drug abuse and drug addiction]

If you abuse (even once) cannabis, narcotics, heroin, cocaine, MDMA, or dangerous drugs, you are at risk of becoming addicted or suffering an overdose. In a worst-case scenario, you could lose your life after using just one time. If you become chronically dependent, you may experience drug psychosis, hallucinations, delusions, and changes to your personality. And that is not all. Organs throughout your body, including the liver and the kidneys, will be affected, turning you into a mess both mentally and physically.

The dangers of drug use are closer at hand than you might imagine. For example, these drugs are sold in entertainment districts

and over the Internet. Cases of students being offered drugs while working part time at restaurants or those being requested to carry luggage at airports have also been reported, so please be fully on guard.

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

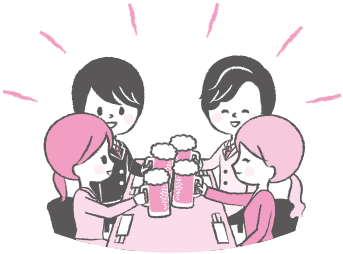
In addition to endeavoring to behave responsibly as a member of society with an adequate awareness of the horrors of drug abuse, please also be proactive in striving to prevent the abuse of drugs.

[Ministry of Health, Labour and Welfare website]
https://www.mhlw.go.jp/english/policy/health-medical/pharmaceuticals/dl/191009-02.pdf

[Consultation desks]

If you develop drug addiction, your brain will be in the abnormal state of craving the drug, and this is an extremely difficult to condition to overcome alone, even if you are not weak-willed person. As soon as you notice that you or others have a drug problem, please consult a specialist organization. There are consultation desks at government-run mental health and welfare centers nationwide as well as at health centers, medical institutions, police stations, etc. In Ishikawa Prefecture, the Ishikawa Prefectural Mental Health Center (076-238-5750) offers consultations on Mondays-Fridays (except year-end / New Year holidays and public holidays) from 8:30 to 17:15, while the Mental Health Advice Line (076-237-2700) does so on weekdays day time (0570-783-780 for 17:00 to 9:00 the following day on weekdays and 0:00 to 24:00 on Saturdays, Sundays, and public holidays).In addition, the university's Health Service Center (076-264-5255) also offers consultations on an ad hoc basis as necessary.

(3) Let's follow drinking rules!



Alcohol consumption by minors is prohibited. Under any circumstances, it is illegal to offer alcohol to anyone under the age of 20. Furthermore, if you are working part time at a convenience store, bar/restaurant, etc., please be fully aware that it is prohibited by law to sell alcohol to minors. And the dangers of bathing/swimming after consuming alcohol go without saying. Based on the Student Disciplinary Regulations, coercing someone to drink alcohol is subject to disciplinary action.

At parties for labs, extracurricular activities, etc., there have been instances of students (including those under 20) dying as a result of reckless drinking, such as downing drinks in one gulp. In other cases, the drinker is saved only after being rushed to hospital in an ambulance. Such incidents are frequent occurrences in Japan. There are also cases of the individuals who forced the deceased to drink or who accompanied them found guilty for the crime of "inflicting bodily injury resulting in death." You must absolutely never force someone to drink.

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

You must strictly refrain from any property damage or other disruptive act while drunk.

Messages from senior students (22)

You know yourself better than anyone else does. If you feel like you don't want to drink anymore, refuse clearly. If you are unable to do that, you should find some way to escape. Alcohol is something that you want to enjoy, right?

[Pressuring is crime]

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

[Chugging and forcing are prohibited]

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

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

Relationship between blood alcohol concentration and drunkenness

	Blood concentration	(Assumes a person weighing 60kg who is able to drink alcohol)	Level of drunkenness
Euphoria stage	0.02% - 0.04%	Japanese sake (1 cup or less) Medium bottle of beer (1 or less) Single whisky (1-2)	Refreshed feeling / skin turns red / become lively / judgement somewhat impaired
Tipsy stage	0.05% - 0.10%	Japanese sake (1-2 cups) Medium bottle of beer (1-2) Single whisky (3)	Tipsy feeling / hand movements become animated / self-control possible / body temperature rises / pulse quickens
Initial stage of intoxication	0.11% - 0.15%	Japanese sake (3 cups) Medium bottle of beer (3) Double whisky (3)	Become over-excited / speak in a loud voice / easily angered / wobbly when standing

Stage of intoxication	0.16% - 0.30%	Japanese sake (4-6 cups) Medium bottle of beer (4-6) Double whisky (5)	Staggering / keep saying the same thing over and over again / breathing quickens / nausea and vomiting
Extreme intoxication stage	0.31% - 0.40%	Japanese sake (7 cups – 1 bottle) Medium bottle of beer (7-10) Whiskey (1 bottle)	Can't stand up properly / clouded consciousness / incoherent speech
Coma stage	0.41% - 0.50%	Japanese sake (more than 1 bottle) Medium bottle of beer (more than 10) Whiskey (more than 1 bottle)	Don't wake up even when shaken / incontinent to some degree / breathing is slow and deep / **death**

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

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

Also please be aware that there are people whose physical disposition means that they cannot drink alcohol.

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

[What to do if an emergency arises]

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

First, call their name or pinch them and see if they respond. If they do, get them to lie on their side, cover them in a blanket, and keep an eye on them. Having them sleep on their side is to ensure that

even if they vomit, they won't choke on it. If they don't respond, put them on their side and keep them warm with a blanket etc., and call an ambulance immediately. A person's condition can change suddenly, so do not leave them alone. Make sure that there is someone with them.

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

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

(4) Let's follow smoking rules!

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

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

If you smoke, follow the rules about smoking and take adequate care to prevent non-smokers being bothered or the environment being polluted. And it goes without saying that minors are prohibited

from smoking by law. Those under 20 should obviously be aware of this themselves, but if you work part time in a convenience store, restaurant, bar, etc., remember that selling tobacco products to those under 20 is a violation of the Act on Prohibition of Smoking by Minors.

The following are the minimum rules that smokers should follow:

1.Only smoke where permanent ashtrays are installed.

2.Don't smoke while walking.

3.Don't throw cigarette butts on the ground.

4.Don't move ashtrays in smoking areas without permission.

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

Quit Smoking Marathon: https://kinen-marathon.jp/
(Japanese only)

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

Under the revised Health Promotion Act, a penalty of up to 300,000 yen (non-penal fine) is imposed for smoking in places where smoking is prohibited.

Messages from senior students (23)

At university, there are a lot of people around you with different values and ways of thinking. It is important to get others to understand you, but it is also important for you to understand others.

3. Let's Eliminate Traffic Accidents

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

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

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

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

People who are unlikely to have accidents:

◇Can behave in such a way as to protect themselves from danger

◇Obey traffic rules

People who frequently cause accidents and experience accidents:

◇Want to enjoy thrills

◇Believe that it's okay for them (but only them) to break the rules

Recognize your responsibilities as a member of society and maintain self-awareness as an adult.

(1) Common types of accident

[Traffic accident data]

Traffic accidents in Kanazawa City

	2019	2020	2021	2022	2023	2024
No. of accidents	1,257	1,035	1,028	997	1,035	912
No. of deaths	4	11	4	6	5	11
No. of injured persons	1,438	1,166	1,168	1,124	1,151	1,015

[Where accidents occur]

The map below shows where accidents have occurred on and around the Kakuma campus.

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

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

[Actual accidents involving Kanazawa University students]

- **Deadly accident on campus**

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

- **Deadly accident on trunk road**

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

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

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

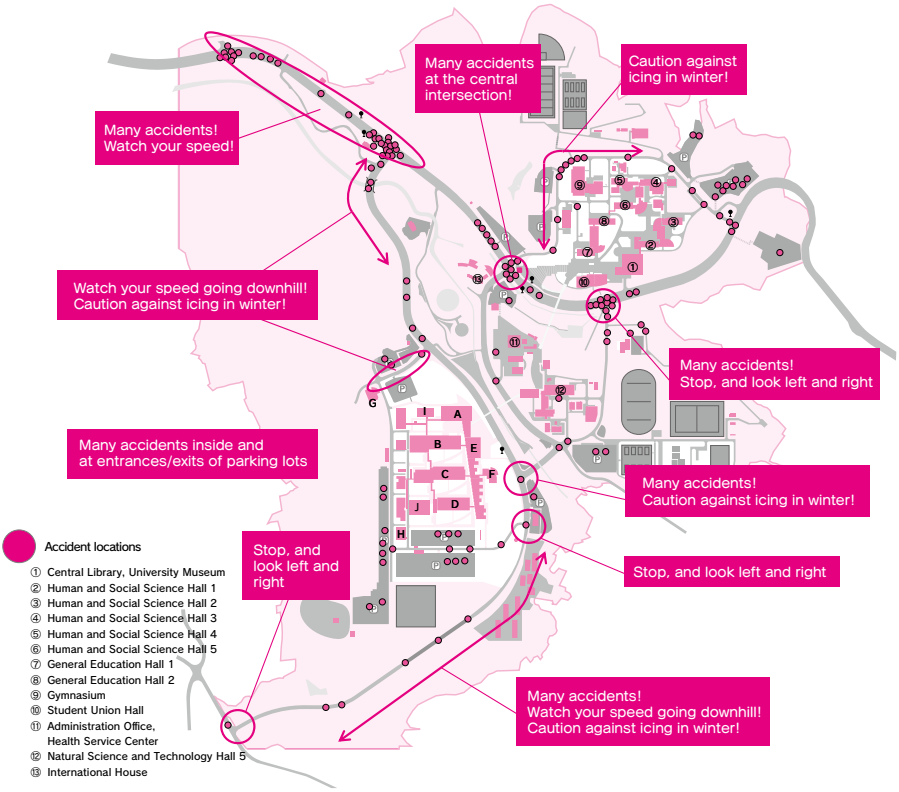
- **Deadly accident due to excessive speed**

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

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

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

Map of Danger Spots on Kakuma Campus



A Natural Science and Technology Library / South Welfare Facilities
B Natural Science and Technology Hall 1
C Natural Science and Technology Hall 2
D Natural Science and Technology Hall 3
E Natural Science and Technology Main Hall (Lecture Hall)
F Natural Science and Technology Lecture Hall
G Environment Preservation Center
H Technical Support Center
I Cancer Research Institute
J Biomass-Green Innovation Center

The Kakuma campus is located in a mountainous area. In winter it becomes incredibly dangerous due to snow fall and ice.
Be careful not to skid when the roads are frozen.

Messages from senior students (24)

Kanazawa University students have a reputation for reckless driving ... I hope the campus will be free from trafic accidents.

Messages from senior students (25)

Before the start of the first and second periods in the morning, traffic is very heavy with cars, motorcycles, and bicycles. It is also a drowsy time of day, so be especially careful while driving.

(2) How not to cause accidents or become an accident victim

[Driving a car]

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

- **Drive at a safe speed**

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

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

- **Concentrate on driving**

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

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

- **Do not drink and drive**

  Absolutely do not drive even if you've only had one sip of alcohol.

  Even in tiny quantities, alcohol reduces reaction times. And if you cause an accident after drinking, you will be subject to severe penalties under the law, and your insurance will not pay out.

Messages from senior students (26)

You might think you'll go out somewhere for a drink on your scooter, and then push it to return home, but many people find alcohol dulls their judgement, so if you're going out drinking, do so on foot or via public transportation. Must not go there by bicycle, either.

[Riding a scooter]

- **People also die in scooter accidents.**

  Limit your speed, and always wear a motorcycle helmet. If you come off at high speed, you will lose your life. There has also been a student who collided with and killed a pedestrian.

- **Keep an eye of steel sheets and lane markings on the roads**

  Wet steel sheets and white lane markings result in skidding. And if you come off, it'll be in front of a car.

- **For international students**

  To ride a motorbike in Japan, a driver's license is required.

Messages from senior students (27)

Coming off a scooter is really dangerous! There are cheap helmets on the market, but don't worry about the price and get a good one. For safety, please make sure to wear the appropriate protective gear. With appropriate equipment, be sure to drive safely on a regular basis.

[Riding a bicycle]

- **Wear a helmet to protect yourself**

  With the enforcement of the revised Road Traffic Act on April 1, 2023, it became mandatory for bicycle riders to wear helmets. The fatality rate in accidents with unhelmeted riders is more than double that of those wearing helmets. Wear a helmet to protect your life.

  Poor bicycle maintenance may cause accidents. Be sure to inspect and maintain your bicycle before riding it.

  Riding with no light at night is a violation of the Road Traffic Act. It makes you almost invisible to car drivers, so is incredibly dangerous. Keep your front and rear lights on both night and day so that drivers quickly notice that you are there. And at night, another effective safe preservation strategy is to wear brightly colored clothing so that you stand out. Riding against the traffic

with no light on is suicidal.

Riding under the influence of alcohol, with an umbrella, on the right side of the road, with a passenger, or while using a smartphone or earphone are all prohibited. Two locks are effective to prevent theft.

Kanazawa City has also passed a local ordinance requiring cyclists to take out insurance (See p.99).

Messages from senior students (28)

In the area around the university, a lot of drivers have only just got their licenses, so it can be more dangerous than the more built up areas. And even if you are riding safely, don't forget to look left and right.

Messages from senior students (29)

Hurtling down the hill at Kakuma is super dangerous. Riding with a passenger or while listening to music is also hazardous, and numerous students have been stopped by the police for those reasons. Be careful!

● Drunk Driving and Using Smartphones While Driving are Prohibited

With the partial enforcement of the revised Road Traffic Law on November 1, 2024, new penalties have been established to deter traffic accidents.

The following acts are subject to penalties: "using a smartphone while driving" (holding a smartphone or other device in one's hand while riding a bicycle, talking on the phone, or looking at the screen while riding a bicycle), "driving under the influence of alcohol" and "aiding and abetting a drunken driver" (in addition to drunken bicycle riding, serving alcohol, riding a bicycle together, or offering a bicycle to a drunken driver).

《Use of Smartphones While Driving》

Violators of the law for using a smartphone while riding a bicycle are subject to imprisonment for up to six months or a fine of up to 100,000 yen. In addition, if the use of a smartphone while riding a bicycle causes an accident or other traffic hazard, the offender is subject to imprisonment for not more than one year or a fine of not more than 300,000 yen.

《Driving Under the Influence of Alcohol and Aiding and Abetting》
Violators and providers of bicycles under the influence of alcohol are subject to imprisonment for up to three years or a fine of up to 500,000 yen, and providers and passengers of alcoholic beverages are subject to imprisonment for up to two years or a fine of up to 300,000 yen.

《Traffic Violation Notification System (The Blue Ticket)》
Starting April 1, 2026, the "Traffic Violation Notification System" (commonly known as the blue ticket) will be applied to bicycle traffic violations.

A blue ticket refers to a Traffic Violation Notice issued under this system, which allows certain bicycle-related traffic violations to be settled by paying a stipulated fine. Although bicycles were previously excluded from this system, it will now apply to bicycle riders beginning April 1, 2026.

This system applies to all bicycle riders aged 16 and older, regardless of whether they hold a driver's license.

《Examples of Violations and Corresponding Fines》

Violation	Examples	Fine
Use of Mobile Phone, etc. (while holding the device) When the rider talks on the phone while holding it, or when the rider holds the device and looks intently at the screen.	Using a smartphone while riding	12,000 yen
Bicycle unattended parking violation		9,000 yen (for parking in a no-parking area that is not designated for elderly drivers, etc.)
Violation of obligations for safe passage through intersections / Obstruction of pedestrians at crosswalks / Violation of the duty of safe driving / etc.	Entering an intersection without slowing down Failing to stop for pedestrians crossing at a crosswalk Riding with hands off the handlebars, etc.	6,000 yen

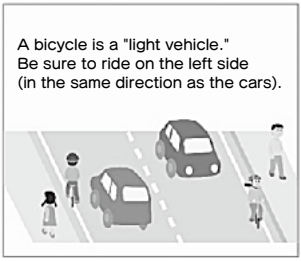
Violation	Examples	Fine
Improper maintenance of light vehicles/Violation of regulations stipulated by the Public Safety Commission, etc.	Riding without a functioning light Riding with an umbrella in hand Using earphones or similar devices while riding, etc.	5,000 yen
Violation of load and passenger restrictions for light vehicles	Double riding, etc	3,000 yen

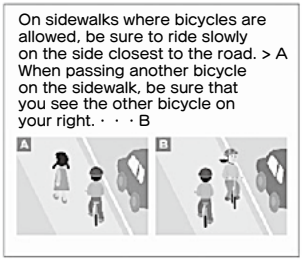
[Traffic rules for bicycles]

The road in front of Kanazawa University (prefectural Kanazawa-Inami route) is particularly busy with bicycles in Kanazawa City. And there are also lots of accidents involving bicycles.

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

As an exception, you can ride slowly on sidewalks on which bicycles are permitted, though you must give priority to pedestrians. However, bicycles cruising down slopes at high speed are extremely hazardous to pedestrians, and there is a risk of causing serious harm to the life or body of pedestrians in the event of a collision, and you may be held criminally liable in addition to being required to pay a large amount of compensation. So when descending a slope, make sure to reduce your speed sufficiently and give priority to pedestrians.

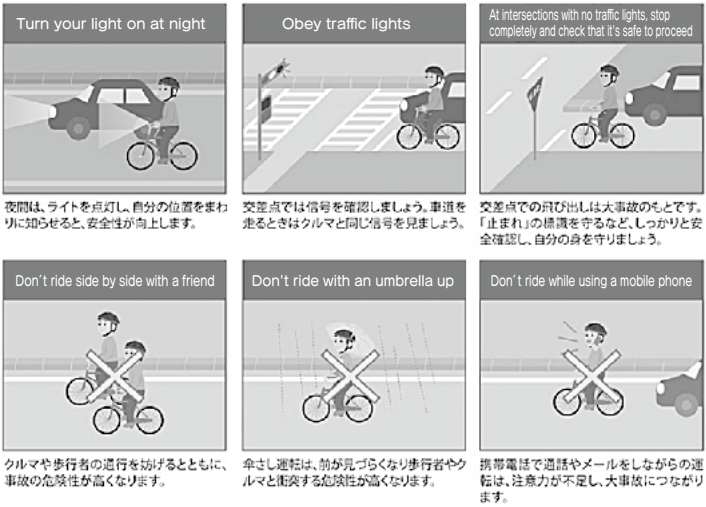




Furthermore, in recent years "bicycle lanes" have been established in built up areas within Kanazawa City and on the roads

around Kanazawa University. These lanes are officially designated for bicycles, so you should use them when you are cycling unless it is impossible to do so.

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



Kanazawa University offers Bicycle Safety Course for all students in an on-demand format. All students, including even those who do not ride bicycles, must take this course.

<How to take the course> Take Bicycle Safety Course 1 or 2

- Acanthus portal > LMS course (web class) > Bicycle Safety Course (all students) / Bicycle Safety Course

[For international students version] Bicycle Safety Course
https://lms-wc.el.kanazawa-u.ac.jp/webclass/login.php?id=23f5d9aa411c827228d4419398d78a3f&auth_mode=SHIB

[As a pedestrian]

- **Follow traffic rules and wear brightly colored clothing at night**
  Abide by traffic rules so that you don't become an accident victim.

And you can protect yourself at night by wearing bright colors so that you stand out.

Messages from senior students (30)

When using the bus stop in the middle of the campus, crossing the road is extremely dangerous as there's a bend close by. So cross at the crosswalk.

(3) What to do if you're involved in an accident

If you are ever involved in an accident, try to stay as calm as possible and follow the steps below. The same applies to bicycle accidents. **Please also inform the university.**

Whatever you do, don't try to escape. Always take the appropriate action.

- **Make preserving life your top priority**

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

- **Protect injured persons**

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

- **Contact the police**

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

- **Call the university**

Please be sure to report the circumstances etc. of the accident, regardless of the degree of seriousness, to the person who is in charge of your school.

- **Get examined by a doctor**

If you are involved in accident, be sure to get examined by a

doctor. Pain and problems often only emerge a few days later.

- **What to do if you are present at the scene of an accident**

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

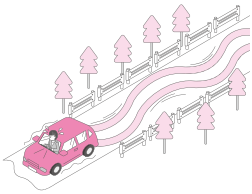
Prefectural Traffic Accident Consultation Center: Tel 076-225-1690 (1F Ishikawa Prefectural Headquarters Building) Office hours: Every day (except Saturdays and Sundays, public holidays, year-end and New Year holidays) 9:00 to 17:00 Consultations are available free of charge.

Messages from senior students (31)

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

(4) Taking care in snowy weather

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



And even if there's no snow around your house or apartment, often there is snow at the Kakuma campus.

Messages from senior students (32)

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

[Driving a car]

- **Switch to studless tires**

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

- **All "sudden" operations are off limits**

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

- **Reduce your speed to well below normal**

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

- **Maintain plenty of distance from other vehicles**

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

- **Bends on slopes are highly dangerous**

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

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

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

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

- **Freezing in shade and on bridges**

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

● Consideration for pedestrians

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

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

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

● Another essential item is a snow wiper

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

[Riding a scooter/bicycle]

● Don't ride two-wheelers on snowy roads!

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

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

Messages from senior students (33)

Not only could it endanger your life, but it could also impede the progress of four-wheeled vehicles. Do not ride your scooter or bicycle when there's snow on the ground or the road surfaces are frozen.

[As a pedestrian]

● Slipping on snowy roads

It goes without saying that is easy to lose your footing on snow-covered roads. So wear waterproof shoes for winter that don't slip easily. Waterproof shoes are an essential winter item as there are lots of places where snow melt runoff is spurting out, lots of puddles, etc.

Sometimes you have to walk in the lane for cars, but the edges of roads are sloped, so if you fall over, you could get caught under a car, so it's very dangerous. To prevent yourself slipping, walk on places where a little snow has settled.

Messages from senior students (34)

The snow in Kanazawa is watery, giving it a texture similar to sherbet. When it freezes, a smooth sheet of ice forms over the surface of the road. Wear appropriate shoes and be very careful. On Tsuruma-zaka, use the handrail and be careful.

● Avoid getting close to cars

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

Even if the road is covered with snow, try to walk on the sidewalk if there is one.

4. Preventing Yourself Becoming a Victim of Crime

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

Ishikawa Police Safety Consultation Desk, Ishikawa Prefectural Police Headquarters:Tel #9110
(same nationwide, also accessible from mobile phones)
Tel 076-225-9110
(Available 24 hours a day, calls at night and on weekends and holidays will be answered by the duty officer)

Many students live alone in the area around the campus and tend to be less cautious in keeping themselves safe. But crimes occur frequently. Students of the university have fallen victim to various crimes such as robbery in their homes.

And on campus, East Clubhouse are frequent sites for incidents of theft. As a student and as a citizen, you need to take care to ensure your personal safety. To protect yourself and live in safety, each of you should confirm the following:

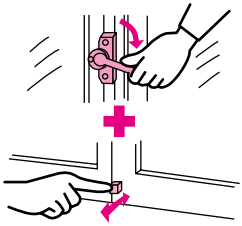
(1) Preventing yourself from becoming a victim of theft in your home

The fundamental goal of locking doors and windows is to make it more difficult for thieves to enter. So be sure to always lock up.

[Front door]

When choosing an apartment, it is important to confirm the following. If any of the following are absent, ask the superintendent

about it.



- There is a supplementary lock in addition to the main lock (one door, two locks).
- A lock guard (guard plate) is installed.
- A peep hole (with a cap on the inside of the door) and door chain are installed.
- You should keep the door locked at all times, including when you are in the room (including the balcony, etc.).

[Windows]

- Properly lock windows for the bathroom, basin, toilet, etc.
- Lock both the central crescent lock and the lower revolving button lock.
- Also lock windows even on the second floor and above, or even if you are going out for a short time.

[Around your home]

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

[Storage of keys]

- Store keys carefully to ensure that they cannot be used or duplicated without your permission.
- Do not place keys in the mailbox, under a plant pot, or anywhere outdoors, and do not lend them to others.
- When moving into an apartment or condominium, confirm the total number of keys. If you are uncertain about the original number of keys, ask for the locks to be changed.

[Burglary (when you are not there)]

- If you're going be coming home late, bring your laundry in before you go out.
- Use timers for lights so that they switch on automatically when it gets dark.

- If you're going to be away for an extended period, cancel your newspaper subscription etc. and let the superintendent know.

[Robbery (when you are there)]

- Always lock all doors when going outside, even for a short period of time, such as to put out garbage.
- If someone that you don't recognize visits, check them out carefully through the peep hole etc
- If a salesman, money collector, etc. that you don't recognize visits, leave the door chain on, ask them their business, and don't let them in inadvertently.
- Thieves may enter your home under the guise of a courier service, telegram delivery, infrastructure inspection, etc. So check the sender's name and identification carefully.
- When you come home, check behind you before you enter the building or unlock the door.

Messages from senior students (35)

Store keys carefully. And if you lose a key, act calmly by, for example, consulting the real-estate agent or the police. Also, lock the doors even when you are at home.

(2) Beware of solicitation by cults or antisocial groups

In recent years, solicitation for cult groups and malicious business practices has been becoming increasingly active in various places inside and outside of the university. Cults and malicious business practices approach you with clever words, hiding their true identities. Their method of approach is extremely clever, and even if you think you could never be deceived, you can be drawn in little by little without you even realizing what's going on. The recruiters are extremely friendly, and will listen to your worries about all sorts of things. Once involved in such a group or activity, it is extremely difficult to escape from it, and there are serious cases where students abandon their studies and suffer mental, physical, and property damage, and their studies and lives are driven to the point of collapse.

If you have any doubt, please do not hesitate to consult an

advisor teaching staff member, the Educational Affairs of your school, the Universal Consultation Office, or the Student Service Section, Student Support Division, Educational and Student Affairs Department.

And if you suspect that a friend suffers damage, please also seek a consultation in the same way.

- In most cases, they approach you with seemingly normal topics such as international exchange, volunteer work, medical care and welfare. Also be very careful about invitations to study groups, meetings, lectures, facility tours, requests to monitor teaching materials or equipment, questionnaires, etc.
  You need to be particularly careful about persons who approach you without revealing their identities.
- Solicitations via e-mail and various social media, such as Facebook, LINE, X, and Instagram, are also seen. So be careful.
- Do not easily tell your name, address, phone number LINE ID, or other personal information to others.

(3) Preventing yourself from becoming a victim of other crimes

[Bag snatching]

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

[Pickpocketing]

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

[Lost/stolen property]

- You may lose something in a changing room or shared lab at the university. Especially, if you have lost your driver's license (which can be used maliciously as ID), credit card, or smartphone (which can be used to make a large payments), inform not only the police but also the credit card company and telephone company immediately to prevent these items being used maliciously. If such items find their way into the hands of a bad person, the outcome could be even worse than having cash stolen. Also, items found on campus are listed on the 'Lost and Found' board in the Academic Information Service section of the Acanthus Portal. Please check there.

[Car theft]

- Don't leave the ignition key, your driver's license, valuables, etc. inside the car.
- Use anti-theft equipment such as a steering lock.
- Always lock the doors, even when only leaving the car parked for a short period of time.
- Don't park on the road. Parking at a convenience store or a park is also strictly prohibited.

[Motorcycle theft]

- Don't leave motorcycles on the road.
- Motorcycles can be stolen even if they have a steering lock, so also use wire lock etc.
- Register your motorcycle with the Anti-Theft Registration System. You can register at your nearest bike shop displaying the registration sticker. The registration fee is 1,870 yen. Both new and used motorcycles are eligible, and registration is available at any time—not only when purchasing a bike.

[Bicycle theft]

- Complete anti-theft registration for bicycles and use two locks -

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

Bicycle anti-theft registration

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

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

Messages from senior students (36)

Park your bicycle somewhere where it's highly visible! Always lock the bicycle and do not leave it unattended!

[Fictitious payment demands / bank transfer fraud]

Some dating sites, adult sites, etc. will make fictitious demands for usage fees, while criminals will use the name of a relative, lawyer, etc. to pretend that a family member has been involved in, say, a traffic accident, and try to extort cash from you. Postcards, sealed letters, emails, and the telephone are among the methods used

to makes such demands. If you are subject to a fictitious payment claim, do not call or email the sender to say something like, "I have no recollection of this." If you do that, you're just giving them new information, so you need to be careful. In the case of bank transfer fraud, you need to stick to rules like this: Do not transfer money if you cannot confirm the facts, do not transfer money immediately, and do not transfer money by yourself.

There are also cases where students are offered to open a bank account, acquire a smartphone, or transfer their account or number upon graduation in order to earn a little money. And the account or number is sold and used in a bank transfer fraud and you may be arrested for participating in a fraud without knowing.If you're ever unsure about what to do, don't worry about it on your own. Be sure to consult an organization such as the Ishikawa Prefectural Policy Safety Consultation Desk (Tel 076-225-9110, Tel #9110).

[Stalking]

Under the Anti-Stalking Act, a "stalker" is defined as someone who follows someone around, lies in wait for them, makes silent phone calls to them, sends multiple emails without receiving a response, demands that the person meet with them or date them, etc. A person who commits stalking may be punished with imprisonment for up to one year or a fine of up to 1,000,000 yen.

Furthermore, if a person violates a prohibition order issued by the Public Safety Commission and continues stalking behavior, they may face imprisonment for up to two years or a fine of up to 2,000,000 yen.

To avoid being stalked, you need to take care to do the following:

- If you sense that you are being followed, pay attention to your surroundings, and hop in a taxi etc.
- If you receive a silent call, hang up immediately without saying anything.
- Shred documents containing personal information (e.g. utilities bills or credit card bills) before throwing them out.

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

that could be perceived as stalking.

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

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

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

Tel 076-225-9110

[Dating violence]

Dating violence is violence perpetuated by a person, such as a boyfriend, that you are in a close romantic relationship with.

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

[Groping and other sex crimes]

- Don't be easily lured into going somewhere.
- Avoid walking alone on dark streets at night.
- If you are physically touched, clear admonish the perpetrator.
- Only open the door to visitors to your home after you've confirmed who they are.
- Carry a personal safety alarm with you.

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

And of course, you can also explain what's happened to an on-campus advisor you're familiar with instead. The Health Service Center is also available for consultations.

[Prefectural Women's Center / Women's Universal Consultations]
Tel 076-231-7331
[Kanazawa Mental Helpline] Tel 076-222-7556
[Prefectural Police Ladies Emergency Line (sex crime consultations)]
Tel 076-225-0281
[Purple Support Ishikawa
(Ishikawa Support Center for Victims of Sexual Violence)]
Tel 076-223-8955

(4) Be careful about crimes involving PCs and telephones

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

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

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

[Phishing fraud]

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

information such as your credit card number.

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

[Spyware]

Some software on the market comes with other software that gathers users' personal information and sends it to the individual or company that sold the software. Such software, which is used for malicious purposes, is generally referred to as "spyware.". Most of it is embedded deep within the software, so gets into your computer when the software is installed.There's also software such as Spybot that seeks out and destroys spyware, so if you notice anything odd about the operation of your PC, be sure to check things out.Also put into practice what you have learned in Data Science Basics (a class at the university) to use your PC and the Internet with care.

(5) Don't fall victim to malicious selling techniques

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

Students who are currently 18 or 19 years old are free to contract without the consent of their parents, etc. On the other hand, they are not protected by the right of rescission of a contract by a minor. It is necessary to keep in mind that some business operators target new adults who lack social experience and have no legal protection. It is important to be careful on a daily basis to stay out of trouble.

Not only that, but students themselves often get into multi-level marketing schemes and prey on their friends. So whoever is selling and whatever they are selling, you need to be on guard against solicitations and contracts.

[Common malicious selling techniques]

● Appointment sales

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

● Romance (dating) sales

Here, the victim is contacted through social media or via a matchmaking site. Once the victim has met the trickster a few times and developed romantic feelings for them, the trickster might say something like "I failed to meet my sales quota this month" or "This product is perfect for you." They get you to buy something at a high price, and once they've completed the transaction, their interest in you quickly cools. Romance sales is often combined with other selling techniques.

● Sales through hard-to-break contracts

On the street near stations or in entertainment districts, you might be asked to fill out a questionnaire or if you're interested in modeling work. The smooth-talker will then take you to a coffee shop or business office, where you'll be urged to sign a contract for an expensive purchase.

The product is often jewelry, art, cosmetics, or educational materials with member services.

● Multi-level marketing

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

● Hypnotic sales (SF sales)

Hypnotic sales is where the seller brings together a large number of people at a public square, public building, hotel, etc. on the pretense of selling them daily goods or foods at huge discounts. They then get the crowd excited by giving away items for free or at incredibly low prices, which strips the participants of the ability to make calm decisions. They then get them buy a high-priced product,

which was the goal all along.

● Supernatural (good fortune) sales

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

● Impersonation sales

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

● Qualification sales

Here, the seller tries to get you to enroll in an expensive course to obtain a bona fide professional certification or a certification that no one has heard of, by telling you that taking the course will exempt you from having to take the national examination. They will charge you high lesson fees and sell you high-priced educational materials for an unfruitful course.

(6) What is the cooling-off system?

In the case of door-to-door sales, this is a legal system that allows the purchaser to withdraw the application or cancel the contract unconditionally by informing the seller in writing or by electromagnetic record within the cooling-off period, in which the purchaser calmly considers whether the purchased goods are really necessary. By taking advantage of the system, you needn't pay the seller any compensation or monetary penalty. If you've already paid a deposit or application fee, they have to refund this money. And even if you've taken delivery of the products, the seller is responsible for all the necessary costs associated with the product return.

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

★The cooling-off deadline has already passed

★You opened or used a government-designated consumable (only

for used portion)

★You visited a store, etc. with your own intention, or you invited a sales person to come to you.

★The value of the product or service is less than 3,000 yen

★You purchased the goods online, via mail order, etc.

★You are purchasing a passenger vehicle

How to use the cooling-off system

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

Consultation Desk

[Consumer Hotline] Tel 188

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

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

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

Messages from senior students (37)

You shouldn't be casual about signing contract just because the cooling-off system exists. It is important to calmly consider whether you need the product or service. You should have the courage to say no so as not to be talked into or forced to sign a contract.

How to issue the cancellation notification

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

(7) Watch out for "black" part-time jobs

[Before starting a part-time job]

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

So before you begin a part-time job, first pay attention to the following to avoid becoming the victim of a black part-time job You should also be careful about part-time jobs that require illegal work in exchange for high compensation. On social media and internet message boards, posts are being made that recruit people to carry out crimes by suggesting unusually high rewards without revealing what the job actually involves. Many individuals have applied, thinking they could earn a high income easily, only to end up participating in crimes such as robbery or fraud and subsequently being arrested. Do not get involved under any circumstances. Be sure to consider whether or not you can really work with peace of mind before starting a part-time job.

1.Confirm the working conditions.

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

2.Get the working conditions in writing

Under the Labor Standards Act, an employer must make the working conditions clear at the time the contract is concluded, and the following six matters, which are especially important, must be set down in writing. The document presenting the working conditions that you will be shown is referred to (in Japan) as a "working conditions notification." Be sure to receive and carefully examine your working conditions notification.

(1) How long is the contract?
(2) Criteria for renewing the labor contract if it is a fixed-term contract
(3) Where are what sort of work will you do? (location, description, etc.)
(4) What's the situation with working hours and days off? (work start and finish times, whether there's overtime, etc.)
(5) How will wages be paid? (how wages are determined and calculated, payment method and dates)
(6) Rules when leaving the job (matters concerning resignation or dismissal)

3.Keep the documents

To avoid problems, keep the following documents

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

[Organizations to consult with that you should be aware of]

Because students tend not to be well versed in labor law, and may find it difficult to object to things, there are workplaces where they are treated unlawfully or inappropriately.

If something occurs that bothers you, don't worry about it alone and try to put up with it. Instead, ask for advice at an early stage.

1.Easy-to-understand explanatory pamphlets about labor law

Ministry of Health, Labour and Welfare (MHLW), Useful Information about Labor Law
https://www.mhlw.go.jp/content/001558816.pdf

This is an easy-to-understand pamphlet (PDF file) that explains aspects of labor law that you will want to be aware of if you are working. The areas covered include working conditions, overtime pay, extra pay for late-night work, paid holidays, and dismissal.

・MHLW, Check Your Working Conditions
https://www.check-roudou.mhlw.go.jp/(Japanese only)
Organizes and summarizes labor-law-related information.

2.Who to consult if you have a problem

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

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

(2)General Labor Consultation Corner

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

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

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

· Working Conditions Consultation Hotline
Hai! Roudou
0120-811-610
(Monday-Friday: 17:00-22:00, Weekends and holidays: 9:00-21:00)

Under the ordinance of Ishikawa Prefecture, improper touting to entertainment restaurants, etc. is prohibited and penalties will be imposed. Choose your part-time job carefully.

5. Useful Insurance for Student Life

○ Insurance that is compulsory at Kanazawa University

Personal Accident Insurance for Students Pursuing Education and Research (Gakkensai) and Liability Insurance Coupled with Gakkensai (Futaibaiseki)

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

*International students are not required to enroll in the Futaibaiseki, but must instead enroll in the Comprehensive Insurance for Students Lives Coupled with Gakkensai for international students (Inbound Futaigakuso).

(1) Overview of Gakkensai

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

(2) Overview of Futaibaiseki

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

Note that "extracurricular activities" in the Futaibaiseki differ from "extracurricular activities" in Gakkensai. Specifically, in the former they refer to internships and volunteering conducted by

organizations that have been approved by the university as being conducted for the purpose of internships or volunteering.

（3） Other

- You can make insurance claims from the student affairs section of your college school or from the Health Service Center office, **so please let them know immediately if an accident occurs**.
- For details on the various procedures, please check the Student Insurance page of the University's website.
  HOME>Education, Student Support, Student Activities>Campus Life and Life Support>Student Insurance
  https://www.kanazawa-u.ac.jp/en/students/livelihood/gakuseihoken/
- For more details, please inquire at the Health Service Center office (soudan-h@adm.kanazawa-u.ac.jp).

○ Insurance that Kanazawa University recommends

Comprehensive Insurance for Student Lives Coupled with Gakkensai (Futaigakuso)

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

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

In addition, in cases where coverage under policies such as Gakkensai is likely to be inadequate, you can optionally take out general student life insurance as a rider to a student accident

insurance, so if you wish to do so, please check the Futaigakuso website (https://www.web-tac.co.jp/personal/univ/). However, as it is a rider, this insurance is only available to students enrolled in Gakkensai.

*It is not required for international students, who must instead enroll in the Comprehensive Insurance for Students Lives Coupled with Gakkensai for international students (Inbound Futaigakuso).

○ Pensions and insurance required by law

National Pension

The National Pension is part of the system of social security that the Japanese government is responsible for administering, and everyone aged 20 years or over is obligated to join. Students (including international students) are no exception. However, in most cases students have no income, so it is difficult for them to pay the National Pension contributions themselves. There is therefore a **Special Payment System for Students** that allows them to start paying contributions after they begin working.

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

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

Automobile liability insurance

This is insurance that is compulsory for all automobiles and motorcycles pursuant to the Act on Securing Compensation for Automobile Accidents. In the case of motorcycles, minibikes, scooters, etc. that do not need to undergo automobile inspections, the policy is apt to expire without you noticing. So please check the

policy period by looking at the automobile liability insurance policy document or the sticker on your vehicle. Policies are normally for one year, but policies for longer periods of two to five years are also available, and the premiums for these may be discounted. The Kanazawa University Student Co-operative Union (https://www.kindai-coop.jp/) can introduce you to an insurance broker that you can use to take out a policy online.

Bicycle liability insurance

Under its local ordinance for the promotion of safe use of bicycles, Kanazawa City requires bicycle users etc. to take out bicycle liability insurance. However, if you have a rider with your property insurance or automobile insurance (personal liability coverage rider), insurance for the bicycle itself (TS Mark), etc., you need not take out a separate bicycle liability insurance policy. Note also that bicycle liability insurance is included in "(3) Student liability insurance" (p.100).

In Ishikawa Prefecture, the Ishikawa Prefecture ordinance on the promotion of safe and proper use of bicycles went into effect on April 1, 2023, making it mandatory to take out bicycle liability insurance from April 1, 2024.

○ Mutual aid, insurance and Service for a secure student life

(1) Optional automobile insurance

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

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

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

Messages from senior students (38)

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

(2) Co-op Student comprehensive mutual insurance

This is a mutual aid scheme that is handled by the Kanazawa University Co-operative and underwritten by the Japan Co-operatives Mutual Aid Federation. It provides coverage for hospitalization/surgery for illness and hospitalization/surgery, and hospital visits for injury.

The coverage responds to the wide range of activities of university students, including not only on campus but also off campus while working part-time or travelling (in Japan or overseas). In addition, members of the Co-op Student Comprehensive Mutual Aid can access free 24/7 counseling services for physical and mental health.

For more information, check the Kanazawa University Co-operative website.

Messages from senior students (39)

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

(3) Student liability insurance

This insurance covers you for legal liability that you might incur if, for example, you injure someone while riding your bicycle or leave a tap running in your apartment and flood the apartment below, damaging the occupant's property. You can enroll at the Kanazawa University Co-op. "Student liability insurance" covers damages caused by bicycle accidents and other accidents in daily life, and "student liability insurance (with a special clause for students living

alone)" covers damages to household goods caused by fire, water leakage, etc., as well as tenant liability to the landlord. For more information, check the Kanazawa University Co-operative website.

(4) Student Life #110

We can introduce students 24 hours a day and 365 days a year to consultation services and the desks of organizations that can help them with various worries that they might have. For example, students can obtain help with problems involving bicycles, scooters, and cars, visits from professionals when they have problems with their plumbing, windows, and locks, consultations concerning malicious business practices, and life-consultation support involving information about various facilities. This service is separate from Mutual Aid and Insurance.

For more information, check the Kanazawa University Co-operative website.

Messages from senior students (40)

When my bicycle had a puncture, I was able to get it fixed the same day and for only 1,000 yen. They also changed the lock for free, so this is a useful scheme to join as a way of being prepared for those moments when you're in a pinch.

(5) Volunteering insurance

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

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

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

Messages from senior students (41)

The number of students engaging in volunteering activities has been on the rise in recent years, but not all locations for volunteering are safe, so just to be on the safe side I recommend you take out insurance!

6. Scholarships and New Study Support System

● Scholarships

○ Scholarship programs

Scholarships available through Kanazawa University include those offered by the Japan Student Services Organization (JASSO) and by various other organizations, such as local governments and private-sector groups.

There are loan-type scholarships (which need to be repaid) and grant-type scholarships (which don't need to be repaid), but in either case, you will normally need to meet certain requirements, such as having an excellent academic record and difficulty with funding your studies and scholarships are awarded on the basis of selection.

○ Information provision

Information about scholarships is generally provided through Acanthus portal notifications and on our website, so please periodically check notifications from the Acanthus portal and the website.

○ Important points

If you decide to use a loan-type scholarship, you need to realize that you will have to pay it back in the future, and be careful not to borrow too much.

Note that with both loan-type and grant-type scholarships, if your academic performance slumps or you forget to complete any of the required procedures, your scholarship will be cancelled (meaning that you lose your status as a scholarship student) or suspended, and you will not be able to use it, even if you are in great financial difficulty.

And if you change your student status, such as taking a leave of absence from the university or studying abroad, you will generally have to discontinue your scholarship (though continuation is sometimes allowed if you are studying abroad), so please seek advice from the person in charge.

https://www.kanazawa-u.ac.jp/students/economic/scholarship

[Section in charge of scholarships / Other than international students]

Student Support Section, Student Support Division, Educational and Student Affairs Department (Tel: 076-264-5170)

[Section in charge of scholarships / International Students]

International Student Section, International Student Exchange Division, International Relations Department (Tel: 076-264-5130)

https://intl-support.w3.kanazawa-u.ac.jp/tuition/

● New study support system

This system is primarily intended for students who are not international students.

Please refer to the web page below for details.

https://www.jasso.go.jp/shogakukin/about/kyufu/shikaku/index.html

● Kanazawa University unique scholarship system

In order to enrich students' expertise and future prospects, we encourage students to advance to graduate schools. Also, to contribute to their diverse and systematic career development, the university has established the Kanazawa University unique scholarship system based on three axes: the framework for producing doctoral personnel, the framework for the university's own educational organization, and the framework for enhancing human resource development and systems. The system is aimed at providing generous financial support, especially for doctoral courses. You are recommended to be aware of the possibility of advancing to graduate school from the early stages of your bachelor's course.

https://www.kanazawa-u.ac.jp/students/economic/special_support

*Check the above website to find the section in charge of each scholarship program.

● Support for student housing

Kanazawa University has student dormitories (SAKIGAKE and HOKUMEI) for Japanese and international students.

The student dormitories are shared house-style dormitories where international students and Japanese students live in a single

unit (separate for men and women) for the purpose of promoting international exchange and developing global human resources. In addition to being equipped with basic furniture and appliances necessary for daily life, the dormitories are located on the Kakuma campus, which is very convenient for commuting to school.

https://www.kanazawa-u.ac.jp/students/livelihood/residence

[Section in charge of student dormitories]

Student Service Section, Student Support Division, Educational and Student Affairs Department (Tel: 076-264-5166, 5167)

Email: gakuryo@adm.kanazawa-u.ac.jp

7. Understanding Gender Diversity

Gender consists of four diverse elements of not only biological sex but also sexual orientation, gender identity, and gender expression (clothing, hairstyle, language, etc.), which is called gender diversity.

With the spread of the term "LGBT," social awareness of sexual orientation and gender identity has been increasing. Specifically, sexual orientation refers to the sex toward which one's romantic or sexual interest is or is not directed, and gender identity refers to one's perception of the one's own sex. Sexual orientation and gender identity cannot be changed by a person's will or by medical procedures.

The term "LGBT" is an acronym for lesbian (a person whose gender identity is female and who likes women), gay (a person whose gender identity is male and who likes men), bisexual (a person who likes both sexes), and transgender (a person whose gender identity does not match the sex on their family register or birth certificate). The term "LGBT" is used as a generic term for sexual minorities that are not limited to the above four ways of being. Sometimes LGBTQ+ is used with addition of plus as questioning, queer, and various other perceptions.

"SOGI" is an acronym for sexual orientation and gender identity. SOGI is not a category for only people of a particular sexual orientation or gender identity, but it is two attributes that all people have.

To allow all members to exercise their abilities to the fullest without any discrimination, let's create a diversity-positive university by deepening understanding of gender diversity, respecting each other's attributes and individuality, and removing obstacles to study.

Kanazawa University established the Institute for Promotion of Diversity and Inclusion in fiscal 2022, focusing on enhancing understanding and education on LGBTQ+.

Aiming to help reduce challenges and concerns of LGBTQ+

individuals and those around them in their studies, the Institute has published the LGBTQ+ Support Guide, which summarizes the university's initiatives and actions regarding gender diversity. The university also has a consultation service in place for LGBTQ+ persons and those around them regarding various concerns, gender identity, sexual orientation, etc. For more details, please check [LGBTQ+ Consultation Desk] on p.23.

■LGBTQ+ Support Guide

Website University homepage → "LGBTQ+ Support Guide"
https://ipdi.w3.kanazawa-u.ac.jp/LGBTQ_supportguidebook_en/

8. Job-Card

Job-Card is useful not only for job hunting but also for career advancement after employment and when changing jobs, and can be used continuously until retirement.

You can fill in specific and detailed information such as what you have worked on in your school curriculum, your history of activities such as internships, volunteer work, and extracurricular activities, your personality, and your future career prospects (career vision). By simply filling in the items, you can clarify your strengths and weaknesses and what you want to do, which can be useful for self-analysis and self-promotion during job-hunting activities.

By creating a Job-Card, you will be able to deepen your self-understanding and carefully consider your career plan (a specific action plan to achieve your professional goals based on your aptitude and abilities). So, take advantage of it. In addition, career consulting is recommended when creating a Job-Card, so that the contents of the Job-Card can be deepened and enhanced.

The Career Support Office is available for consultation regarding the creation of Job-Card.

You can also create your card using the "My Job-Card" website of the Ministry of Health, Labour and Welfare.

[Website for reference]
Ministry of Health, Labour and Welfare "My Job-Card"
https://www.job-card.mhlw.go.jp/guidance/student
(Japanese only)

[Career Counseling Service Information]

The Career Support Office offers career counseling sessions with our advisors. These sessions cover not only job hunting but also a wide range of topics related to your future plans, including further studies. Students in all year levels, as well as graduate students (Master's and Doctoral programs), are welcome to use this service. During counseling, you can also receive support such as document review and interview practice. (Counseling in Japanese only)

Please note that career counseling requires an advance reservation through the Acanthus Portal.

Please check the following page for details on how to make a reservation through the Acanthus Portal.
https://career-support.adm.kanazawa-u.ac.jp/career-consultation_link/
(Japanese only)

<Contact Information>
Career Support Office, Educational and Student Affairs Department
Tel: 076-264-6188
Email: syukatsu@adm.kanazawa-u.ac.jp

9. Other

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

○ Restrictions on students' part-time jobs

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

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

Dangerous	8	Security guard, night watchman, traffic controller	Venue organization, guidance to visitors, reception desk work sometimes possible if not hired directly by a security company. (Working for a security company is not allowed as the Security Services Act applies.) (Working for a security company is not allowed as the Security Services Act applies.)
Harmful to health	1	Handling of harmful chemicals such as agricultural fertilizers and pesticides	Preparation/assistance possible
	2	Work in exceedingly high-temperature, high-humidity environments	
	3	Work in environments with high levels of dust, powder, toxic fumes, noise, etc.	Likely to be hazardous to human health.
	4	Participation in clinical trials of pharmaceuticals etc.	
Illegal	1	Risk of involvement in labor dispute	See Article 20 of the Employment Security Act.
	2	Mediation for for-profit staffing agency, mediation for unauthorized staff dispatcher that does not present authorization number	Goes against the spirit of the Employment Security Act (mediation of establishment of employment relationships) and Worker Dispatching Act.
	3	Involvement in multi-level marketing or pyramid schemes	See the Act on Prevention of Pyramid Schemes.
	4	Payment based on commission with no minimum salary	See Article 27 of the Labor Standards Act.
	5	Job where worker can be expected to have to pay penalties or compensation	See Article 16 of the Labor Standards Act.
	6	obs that target only men or only women in recruitment/hiring	See Article 5 of the Equal Opportunity Act.
	7	Jobs that set a limit on the number of men and the number of women to be recruited/hired	See Article 5 of the Equal Opportunity Act.

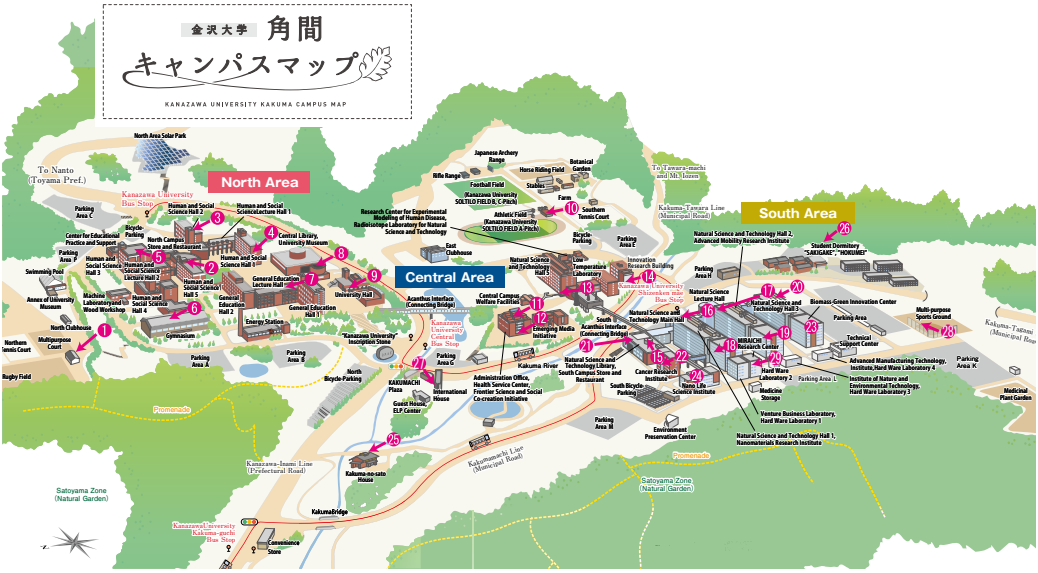
Illegal	8	Jobs that apply different conditions to men and women in recruitment/ hiring	Same as above.
Unsuitable from an educational standpoint	1	On-street distribution of flyers or sticking up of posters without authorization	Possible if there are no problems with content and permission has been obtained.
	2	Surveys large numbers of unspecified persons in the street or by visiting their homes, surveys with problematic content	The other party is often put under pressure, and this is a frequent cause of problems.
	3	Door-to-door sales, solicitation, full-time money collection	
	4	On-site work at venues where gambling is taking place, such as a horse and bicycle race tracks	
	5	On-site work at businesses in or related to the entertainment trade such as bars, cabaret clubs, and pachinko parlors	Including places that serve alcohol late into the night.
	6	Late-night work for a week or more	Risk of harm to health.
	7	All operations related to supporting election candidates	Often a breach of the Public Offices Election Act. Supporting a particular party or candidate is undesirable.
	8	Privacy-related investigations	
	9	Selling in the open air or from stalls	The shop location isn't fixed.
	10	Performing credit checks and issuing reminders to repay loans or credit-card debt	
Undesirable recruitment practices	1	Jobs expected to affect human life	Swimming instructor, life guard, baby sitter, etc.
	2	Jobs where the working conditions are unclear	Jobs where wages, hours, place of work, nature of work, wage payment method, etc. have not been clearly stated.
	3	Jobs for which a certain number of people must be hired	For example, if even one person out of ten cannot be hired, none of the other nine will be hired.

Undesirable recruitment practices	4	Even when students are introduced, recruitment is repeated for no good reason.	
	5	Jobs for which registration is required	Employment is unstable, and sometimes costs money.
	6	Teacher at tutoring school that has been in operation for less than one year or concludes contracts that are disadvantageous to students	
	7	Introduction to company that dispatches home tutors	
	8	Job that makes students bear responsibility for accidents on the job	
	9	Other jobs deemed to be extremely undesirable	For example, only part-timers have to wait in line for shifts.

Messages from senior students (42)

Before taking a part-time job, make sure you properly confirm the law. When choosing a place to work, it's easy to focus only on the hourly pay, but you should also check the hours that you can work, whether they pay travel, etc. My employer pays a pretty low hourly rate, but I get free meals, and they also pay my travel expenses on top of my wages.

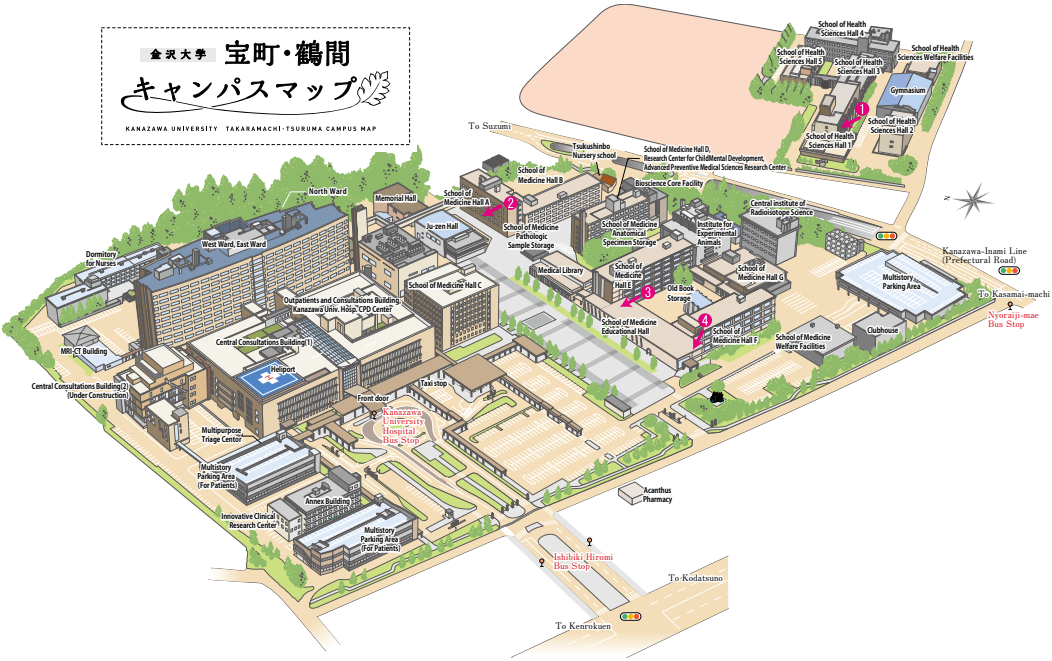
Emergency equipment locations (AEDs, stretchers, etc.)



		Facility	AED	Wheeled Stretcher	Wheelchair	Simple Stretcher	Rescue Sheet*
North Area	1	Rugby Field	●				
	2	Human and Social Science Lecture Hall 2 1F Entryway	●		●		●
	3	Human and Social Science Hall 2 2F	●		●●	●	●
	4	Human and Social Science Hall 1 1F			●		●
	5	Human and Social Science Hall 3 1F			●		●
	6	Gymnasium 1F	●		●●	●	●
	7	General Education Lecture Hall 2F	●		●●●●	●	●
	8	Central Library, University Museum 2F	●		●		●
	9	University Hall 2F (In Front of the Administrative Office)	●		●		●
Central Area	10	Athletic Field	●				
	11	Main Building 2F Educational and Student Affairs Department Lobby	●		●		●
	12	Main building 1F Health Service Center	●		●●	●●	●●●
	13	Natural Science and Technology Hall 5 1F	●		●	●	●
	14	Incubation Facility Lobby 1F	●		●		●

		Facility	AED	Wheeled Stretcher	Wheelchair	Simple Stretcher	Rescue Sheet*
South Area	15	Natural Science and Technology Main Hall G2F Office	●		●		●
	16	Natural Science and Technology Main Hall G2F Health Service Center, South Office		●	●		●
	17	Natural Science and Technology Main Hall 1F (In Front of Workshop (21))	●		●●		●●
	18	Natural Science and Technology Hall 1 2F (In Front of the Elevators Between Blocks B and C)	●	●	● **		●
	19	Natural Science and Technology Hall 2 2F (In Front of the Elevators Between Blocks B and C)	●	●	● **		●
	20	Natural Science and Technology Hall 3 2F (In Front of the B Block Elevators)	●	●	● **		●
	21	Natural Science an Technology Library			●		●
	22	Cancer Research Institute	●		●		●
	23	Baiomass-Green Innovation Center	●				
	24	Nano Life Science Institute	●				
	25	50th Anniversary Memorial Hall Kakuma-no-Sato House 1F Laboratory	●		●		●
	26	Student Dormitory	●				
	27	International House 1F	●				
	28	Multi-purpose Sports Ground	●				
	29	MIRAICHI Research Center 3F	●				

*Waterproof thermal covering
**Entrance 1F



		Facility	AED	Wheeled Stretcher	Wheelchair	Simple Stretcher	Rescue Sheet*
TAKARAMACHI・TSURUMA	1	School of Health Sciences Hall 1 F	●		●	●	●
	2	School of Medicine Hall A (Next to the 1 F Stairs)	●		● **		●
	3	School of Medicine Educational Hall 1 F廊下	●		●		●
	4	School of Medicine Hall F				●	●

*Waterproof thermal covering
**Building B Entrance 1 F

○ List of locations of barrier-free toilets

As of January 1, 2026

Area	Building	Floor no.	Changing stand
Kakuma I	Human and Social Science Lecture Hall 1	1	Yes
	Human and Social Science Hall 3	1	Yes
	General Education Lecture Hall	2	Yes
	General Education Lecture Hall	3	–
	General Education Lecture Hall	4	–
	General Education Lecture Hall	5	–
	North Campus Store and Restaurant	1	Yes
	Gymnasium	1	Yes
	Central Library, University Museum	2	Yes
	Student Union Hall	1	Yes
	Student Union Hall	2	Yes
	Kakumachi Plaza	1	Yes
	Administration Office	2	Yes
	Emerging Media Initiative	1	Yes
	Natural Science and Technology Hall 5 A	3	–
	Natural Science and Technology Hall 5 B	1	Yes
	Incubation laboratory	1	Yes
Kakuma II	Natural Science and Technology Hall 1	1	Yes
	Natural Science and Technology Hall 2	1	Yes
	Natural Science and Technology Hall 3	1	Yes
	Biomass and Green Innovation Center	1	Yes
	Biomass and Green Innovation Center	2	Yes
	Biomass and Green Innovation Center	3	Yes
	Biomass and Green Innovation Center	4	Yes
	Biomass and Green Innovation Center	5	Yes
	Biomass and Green Innovation Center	6	Yes
	Biomass and Green Innovation Center	7	Yes
	(Natural Science and Technology Main Hall)	G2	Yes
	(Natural Science and Technology Main Hall)	1 (Men)	–
	(Natural Science and Technology Main Hall)	1 (Women)	–
	(Natural Science and Technology Main Hall)	2 (Men)	–

Area	Building	Floor no.	Changing stand
Kakuma II	(Natural Science and Technology Main Hall)	2 (Women)	–
	(Natural Science and Technology Main Hall)	3 (Men)	–
	(Natural Science and Technology Main Hall)	3 (Women)	–
	Natural Science and Technology Lecture Hall	1 (Women)	Yes
	Natural Science and Technology Lecture Hall	1 (Men)	–
	Natural Science and Technology Library / South Welfare Facilities	G2	Yes
	Natural Science and Technology Library / South Welfare Facilities	1	–
	Natural Science and Technology Library / South Welfare Facilities	2	–
	Cancer Research Institute	2 (Women)	Yes
	Cancer Research Institute	2 (Men)	–
	Nano Life Science Institute	G1	–
	Nano Life Science Institute	1	–
	Nano Life Science Institute	2	Yes
	Nano Life Science Institute	3	–
	Nano Life Science Institute	4	–
	Venture Business Laboratory	3	Yes
	Kakuma no Sato (50th Anniversary Memorial Hall) Hard Ware Laboratory 3 Hard Ware Laboratory 4	1 1 1	– – –
Takaramachi	School of Medicine Hall A	1	–
	School of Medicine Hall E	2	–
	School of Medicine Hall F	B1	–
	School of Medicine Hall F	1	Yes
	School of Medicine Hall F	2	–
	Medical Library	1 (North)	Yes
	Medical Library	1 (South)	–
	Medical Library	2	–
	Ju-zen Hall	1	Yes
	Memorial Hall	1	Yes
	School of Medicine Hall C	1	Yes
	Common Education and Research Hall	1	Yes
	School of Medicine Welfare Facilities	1	Yes
Tsuruma	School of Health Sciences Hall 1	1	–
	School of Health Sciences Hall 1	2	–
	School of Health Sciences Hall 2	1	–

Area	Building	Floor no.	Changing stand
Tsuruma	School of Health Sciences Hall 2	2	–
	School of Health Sciences Hall 2	3	–
	School of Health Sciences Hall 2	3	–
	School of Health Sciences Hall 4	1	Yes
	School of Health Sciences Hall 4	3	–
	School of Health Sciences Hall 5	2	Yes
	School of Health Sciences Welfare Facilities	1	Yes
	School of Health Sciences Gymnasium	1	Yes
Higashi-Kenroku	Special Education School Building	1	Yes
	Special Education School Gymnasium	1	Yes
Heiwamachi	Affiliated Elementary School	1	Yes
	Affiliated Junior High School	1	Yes
	Affiliated Senior High School	1, 2, 3	No

○ List of locations of all gender toilets

As of January 1, 2026

Area	Building	Floor no.
Kakuma I	Human and Social Science Hall 1	basement
Kakuma II	Biomass and Green Innovation Center	1

Editorial Committee

(Years of study are as of the time of production)

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◎Editorial Committee Chair

きいつけまっし

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Student Life Committee, Educational Planning Council,
Kanazawa University

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(Student Service Section, Student Support Division)
Email: soudan@adm.kanazawa-u.ac.jp

Request:
We have produced this pamphlet to ensure that your student life at Kanazawa University goes smoothly. For the benefit of the students who follow in your footsteps in the future, we would like to make future versions of the pamphlet even better, so please contact the Educational and Student Affairs Department via email etc. with your impressions, questions, and opinions.
This pamphlet is also scheduled to be used as reference material in a general education lesson called Life at University and in Society, which will be taken by all students enrolling in the 2026 academic year.

Messages from senior students (43)

Your time as a university student will fly by in an instant. So if you feel that there's something you want to do, seize the opportunity and take action now. The best day to start is today!

<Call for illustrations for cover of 2027 edition>

We want illustrations that could be used for the cover of Kiitsukemasshi!

We widely solicit illustrations that could be used for the cover of the pamphlet for the 2027 academic year. Please send your illustrations as follows:

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

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

★Eligibility to enter: You can enter as either an individual or a group. As long as you are a student or staff member of the university, you are welcome to enter. Note that the university will disclose the names and schools of the applicants and use their works free of charge.

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

★Size : The size of the picture on the cover (15cm x 15cm) or A 5 size

★Text to include : All text included in the cover (please use 2027 as the academic year)

★Submission deadline : Wednesday, September 30, 2026
Email the file to Student Service Section, Student Support Division
(soudan@adm.kanazawa-u.ac.jp).

☆Emergency contacts on campus
(in case of incidents, accidents, illnesses, theft, suspicious persons, etc.)

Weekday daytimes　(8：30～17：00)

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

School etc.		Telephone number	School etc.		Telephone number
General Education Student Affairs Section (School of General Education)		076－264－5758	Graduate School of Medical Sciences	Division of Medicine	076－265－2121
College of Transdisciplinary Sciences for Innovation (all schools)		076－264－5910		Division of Pharmacy	076－234－6827
College of Human and Social Sciences (all schools)		076－264－5603		Division of Health Sciences	076－265－2515
College of Science and Engineering (all schools)		076－234－6818	Graduate School of Advanced Preventive Medical Sciences		076－265－2121
College of Medical, Pharmaceutical and Health Sciences	School of Medicine	076－265－2125	Graduate School of Law		076－264－5455
	School of Pharmacy	076－234－6827	Graduate School of Professional Development in Teacher Education		076－264－5455
	School of Medical and Pharmaceutical Sciences	076－234－6987	Undergraduate Training Course for School Nurses		076－264－5603
	School of Health Sciences	076－265－2515	Health Service Center	Administration Office	076－264－5255
Graduate School of Frontier Science Initiative		076－264－5971		Natural Science and Technology Main Hall	076－234－6803
Graduate School of Human and Socio-Environment Studies		076－264－5455		Takaramachi	076－265－2133
Graduate School of Natural Science and Technology		076－234－6818			

Nighttime, holidays, etc

★Kakuma Campus Central Surveillance Office076 - 264 - 6295
(This is only for emergencies! For consultations other than incidents, accidents, illnesses, theft, and suspicious persons, please call the numbers for weekday daytimes (above).

★Note:If dialing 110 or 119 is also essential, you can do you so directly yourself in case of emergency. However, after doing so, please call the Central Surveillance Office yourself immediately afterwards.

☆External consultation organizations

Organization name	Telephone number	Organization name	Telephone number
Ishikawa Prefectural Mental Health Center	076－238－5750	Purple Support Ishikawa	#8891 076－223－8955
Mental Health Advice Line	076－237－2700		
Ishikawa Prefectural Developmental Disorder Support Center	076－238－5557	Consumption and Living Support Center	076－255－2120
Police Safety Consultation Desk	#9110(accessible from mobile phones) 076－225－9110	Prefectural Traffic Accident Consultation Corner	076－225－1690
		Human Rights for Everyone Hotline	0570－003－110
Sex crime hotline	#8103(accessible from mobile phones) 076－225－0281	Kanazawa Mental Helpline	076－222－7556
		Yorisoi Hotline	0120－279－338
Women's Counseling and Support Center	#8778 076－208－3304	Ishikawa Mental Care Center [Disaster victim consultation] [Support for supporters]	0120－333－247 0120－555－442

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