

NO MORE TROUBLE

—Handy hints to ensure your time
at Doshisha University is safe—



This pamphlet is designed to provide you with a better understanding of the dangers that lurk in and around student life. It uses familiar scenarios such as commuting, dorm-life, social networking media, and drinking, in order to bring the lessons closer to home. Forewarned is forearmed; in this case, knowledge of these risks and pitfalls may prevent small incidents developing into major problems. This pamphlet has been produced with the kind assistance of the Doshisha Comic Circle to offer useful information on various dangers in easy-to-read comic form. We hope you will read it carefully and lead a safe and enjoyable existence as a Doshisha University student.

The Cast

Hiroma Shinmachi

A senior student who has survived an eventful time at university so far. Filled with the noble spirit of Doshisha's founder, Joseph Hardy Neesima, he is always keen—sometimes a bit too keen—to help others avoid the pitfalls he has encountered.



Shion Tanabe

Came to Doshisha full of hope and apprehension about life on campus. She was so eager to succeed in those first days that she even spent a big effort getting her make-up just right every day, but that seems to have quickly fallen by the wayside.



Takashi Karasuma

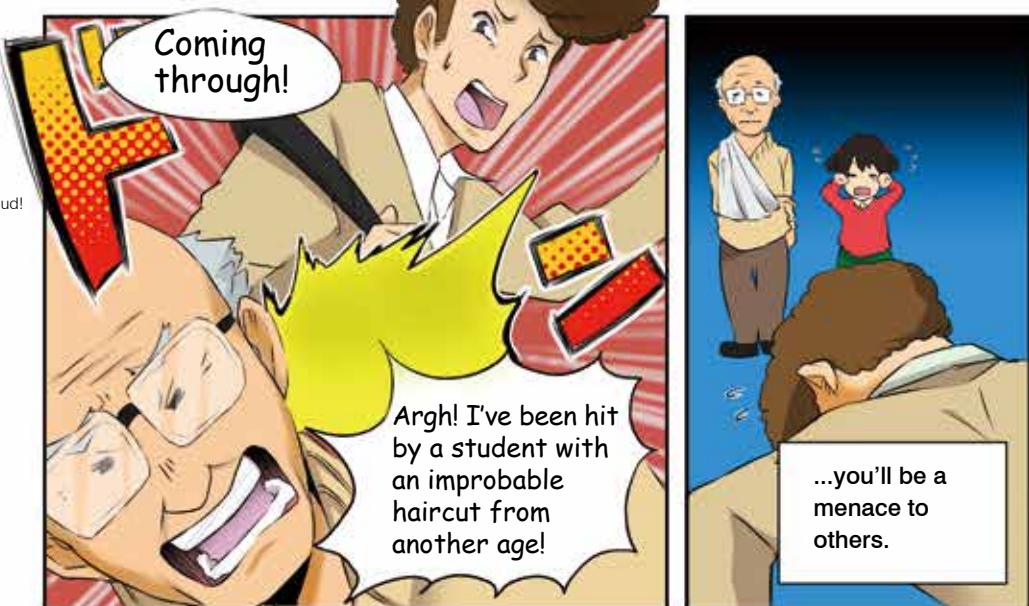
Sat the entrance exams because he thought going to university would improve his chances of getting a girlfriend. His performance at school is as terrible as his haircut.



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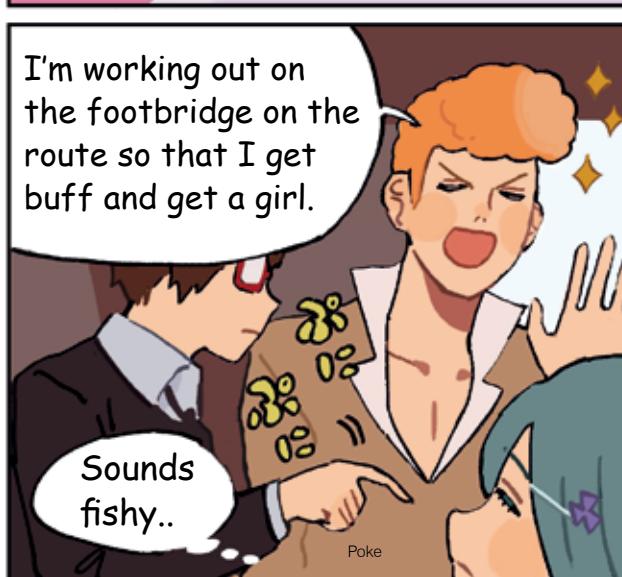
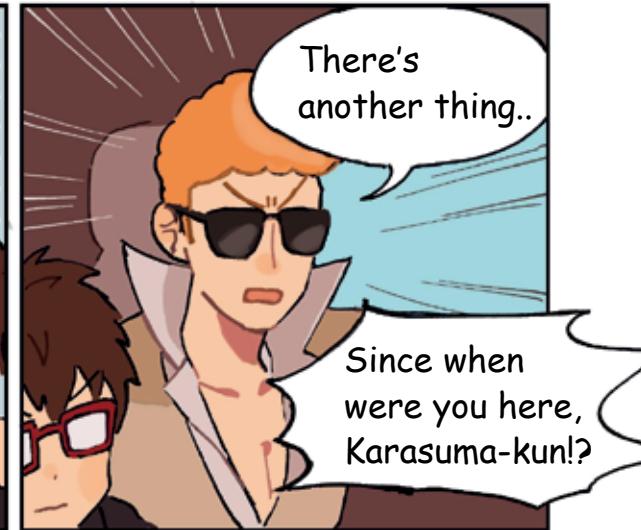
1. Traveling between the Imadegawa and Shinmachi campuses



Message from Doshisha University

The noise and bad manners of students passing through campuses in Imadegawa has become a major issue. The narrow streets between our two campuses are now filled with large numbers of students, and there have been complaints from local residents about rowdy behavior at night. Unlike on-campus paths, the streets between campuses are public roads used by people of all ages, from infants to the elderly, so remember to act accordingly.

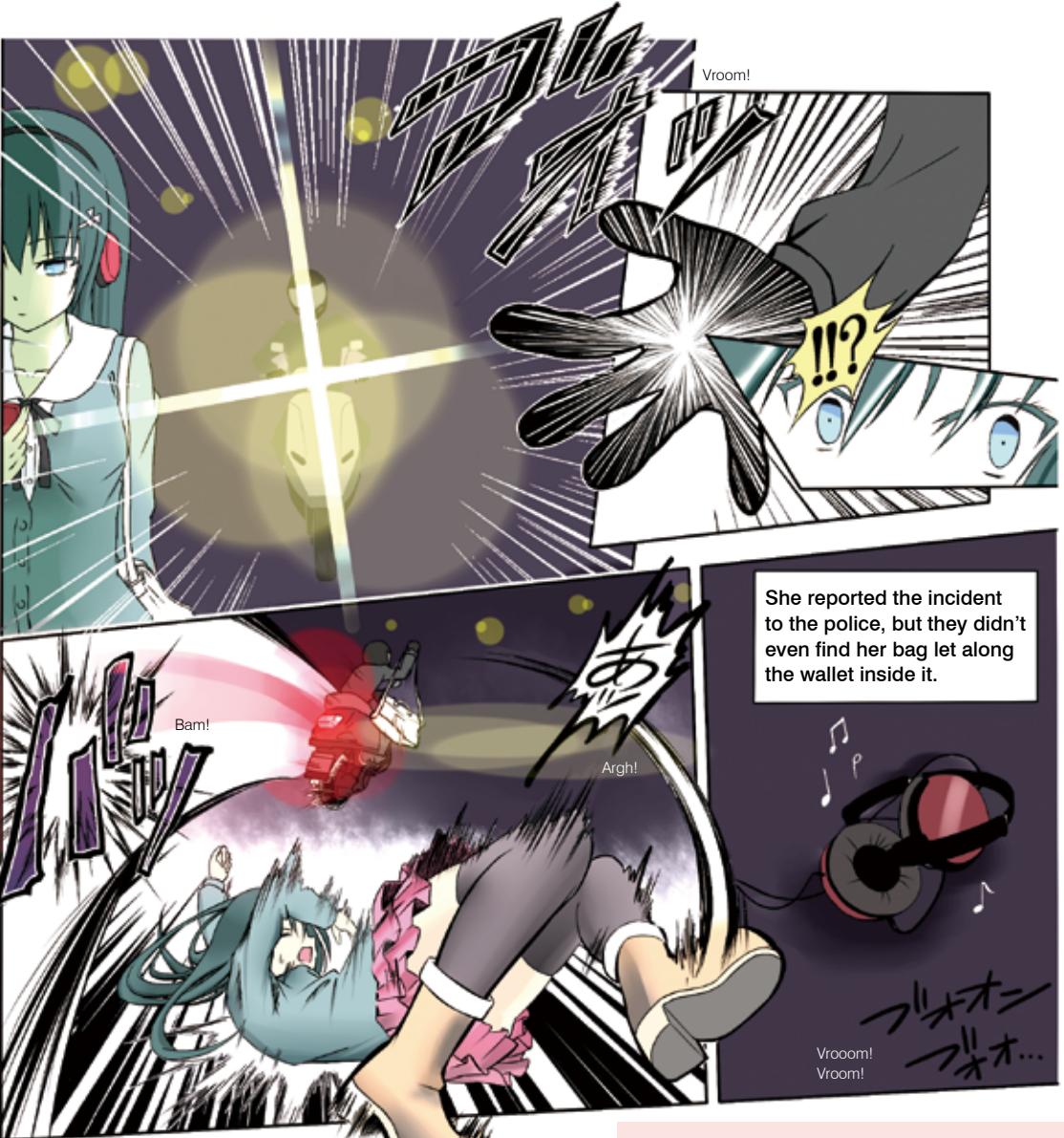
2. Using the designated route to commute to the Kyotanabe Campus



Message from Doshisha University

Students who walk from Kodo Station to the Kyotanabe Campus must use the commuting route designated by the university. Using other routes is very dangerous as they have heavy traffic. Manners of students are also drawing complaint from neighborhood residents. Behaviors like spreading side by side across the street or talking loudly late at night or in early morning while walking in residential area can lead to trouble. Try to improve the level of morals including commuting manners.

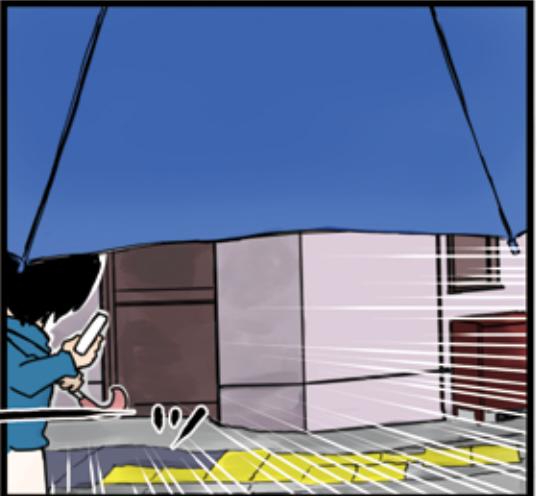
3. Traveling to and from University at Night



Message from Doshisha University

Doshisha Students have been robbed on their way to and from school at night. Please use public transportation when traveling to and from university after dark. Doshisha University offers a late-night bus service between the Kyotanabe Campus and the nearest railway station. If you have to walk home, try to avoid walking alone and don't make things easy for robbers by listening to music or burying your head in your mobile phone. There are security cameras in some locations to the east of JR Doshishamae Station along the route to the Kyotanabe Campus, as well as buttons that connect with the police. In an emergency, press these buttons.

4. Mind Your Cycling Manners



You're bound to have an accident.



Message from Doshisha University

The Road Traffic Act was revised in June 2015 to stiffen penalties for bicycle offences. These days, bike-versus-pedestrian accidents are on the rise, and some have resulted in serious after-effects and even death. Perhaps you, without even thinking about it, ride your bike at night without a light, or cross when the light is red, or ride double, or ride two abreast, or ride on the footpath, or ride on the right-hand side of the road... if you do, you need to stop.

A moment's inattentiveness can ruin your whole life, or someone else's life, so learn the road rules for bikes and be sure to ride safely. (See the next page for more on riding your bike to Doshisha University)

4. Commuting by bicycle and motorbike

Doshisha University does not allow students to commute to university premises by car; travel by motorbike is also prohibited in the case of the Imadegawa Campus. Please use public transport for commuting. When commuting by bicycle or travelling to the Kyotanabe Campus by motorbike, ride safely and be sure to follow the road rules. Cyclists should walk—not ride—their bicycles for pedestrian safety on campus grounds and around the parking area. (It is prohibited to ride any vehicle anywhere on the campuses.)

Commuting to the Imadegawa/Kyotanabe Campus by bicycle

Students who wish to commute to the Imadegawa/Kyotanabe Campus by bicycle are required to take a course on cycling manners to be offered at each campus. The course covers all the dos and don'ts of cycling. Check the university website and bulletin board for course schedules and other information.

Commuting to the Kyotanabe Campus by motorbike

Students who wish to commute to the Kyotanabe Campus by motorbike are required to take a course on motorbike driving manners to be offered at the Kyotanabe Campus. The course covers all the dos and don'ts of riding a motorbike. Check the university website and bulletin board for course schedules and other information.

Danger of Bicycle Accidents

You might think that bicycles are a safe mode of transport. Accidents caused by cyclists fiddling with their smartphones or listening to music have become increasingly common in recent years. With the June 2015 revision of the Road Traffic Act, those who are repeatedly caught riding a bicycle in an unsafe manner are required to take a cyclist course. Also, with the April 2018 revision of the Kyoto prefectural Ordinance on the Promotion of Safe Cycling, cyclists or their parent/guardian are required to take out accident insurance. For more information, check the Kyoto Prefectural Police's website or Kyoto prefectural government's website.

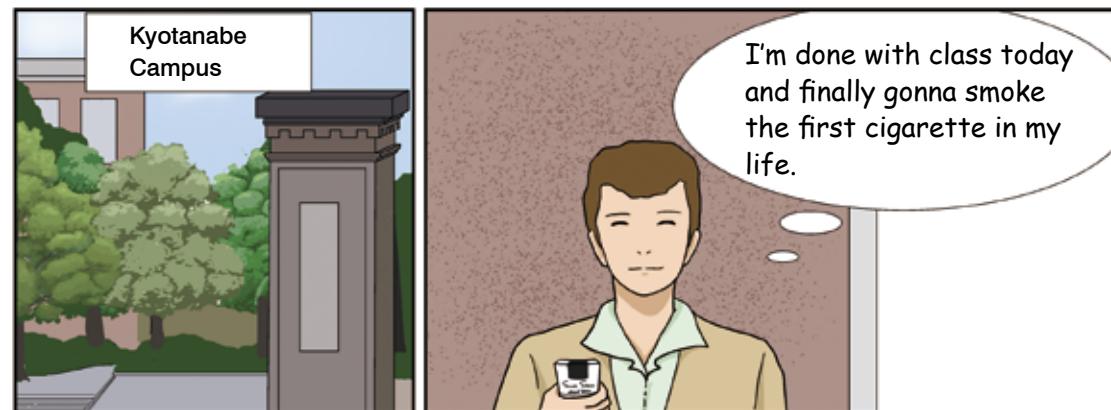
► Recommended Insurance

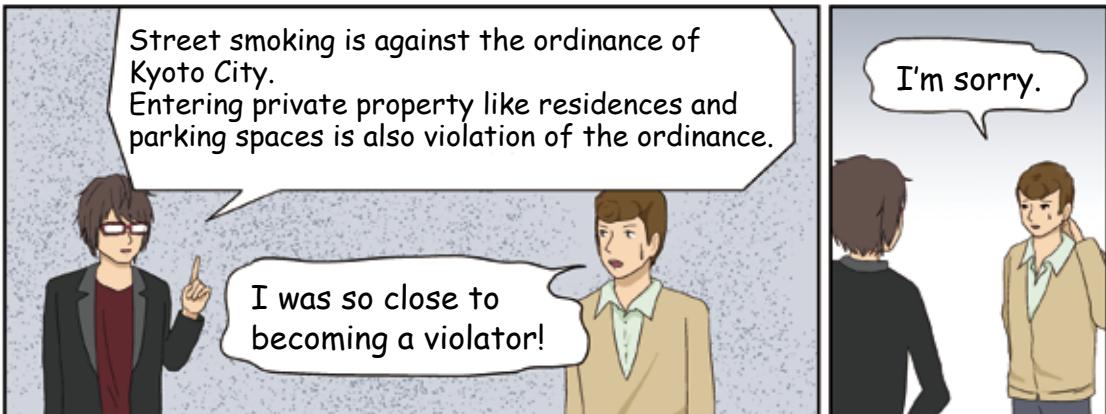
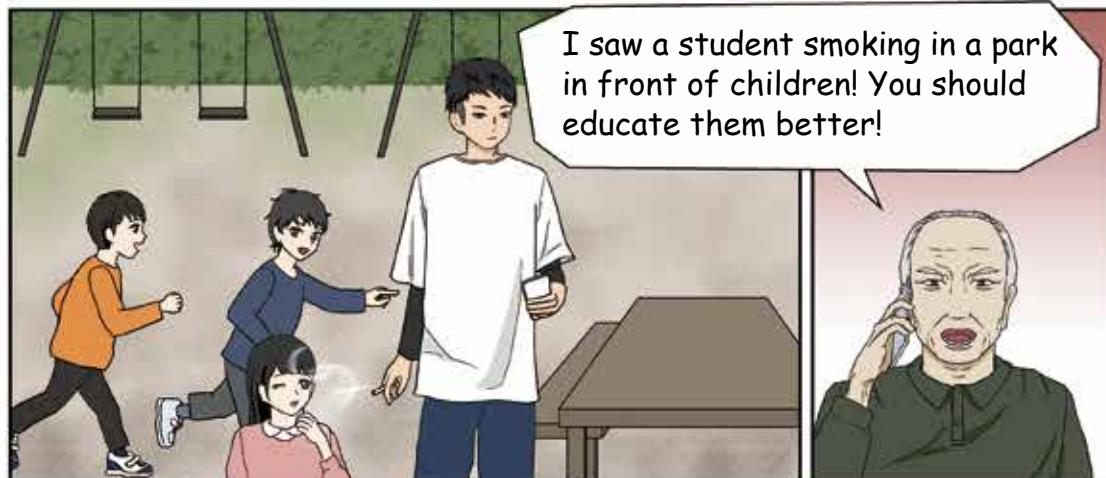
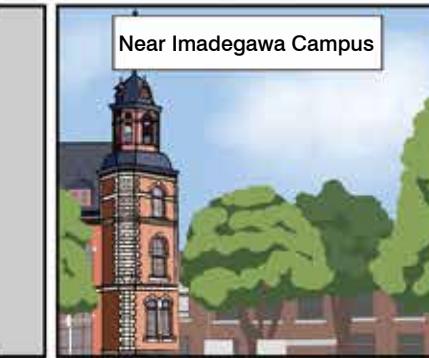
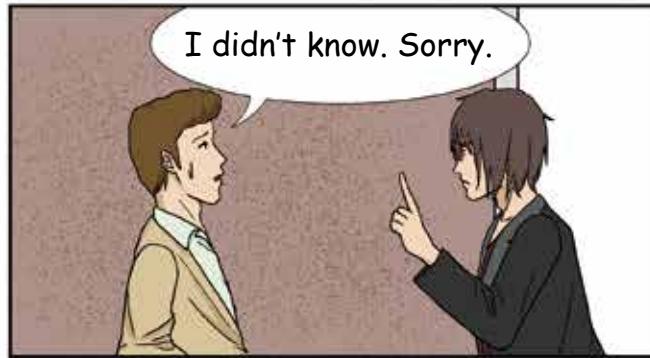
There is always the possibility that you might suffer illness or injury or be involved in a traffic accident during your commute or in any other facet of your life while at university. We recommend that you take out voluntary insurance to cover unintended eventualities.

[Doshisha University Co-op Student Mutual Benefit](#)



[Doshisha University Co-op Student Liability Insurance](#)





Message from Doshisha University

Smoking is prohibited on the entire campus of Doshisha University. However, our students are frequently seen smoking on streets or in a park near the Imadegawa Campus. Such act of public smoking exposes neighborhood residents to unwanted passive smoking and is a violation of the ordinance of Kyoto City. We receive many complaints about street smoking of our students. On the Kyotanabe Campus, some students smoke secretly behind buildings or smoke on the pedestrian road in front of the taxi stand at the main gate. As Doshisha students, you must observe the rules set by the university as well as manners to live in the local community.

6. Don't be a victim of theft or bag snatching on or off campus

National crime statistics show that theft and bag snatching make up at least 70 percent of all crime. The rate is reported to be similarly high in Kyoto Prefecture.

How to Lessen the Chance of Becoming a Victim of Theft

►Don't leave your belongings unattended on your seat!

There are a conspicuously high number of bags taken or wallets removed from bags when their owners left them unattended on their seat in the library, Learning Commons, lecture room, student lounges, or outdoor bench—some were even stolen while the owners were right there asleep. Make a habit of keeping your valuables on your person, and never leave your belongings unattended on your seat.

►Always lock your bike!

Some 30% of all thefts in Kyoto Prefecture are bicycle thefts. The figures for Kamigyo-ku and Kyotanabe-shi are high, and most of the victims are university students who left their bikes unlocked. Always lock your bike—preferably with a double lock—to prevent it being stolen. It is also recommended that you do not commute to university on expensive road and mountain bikes.

►Don't be a victim of bag snatching

Incidents of bags being snatched by passers-by while walking or riding are increasing. Situations people are wearing earphones listening to music or engrossed in their mobile phones and unaware of their surroundings are particularly dangerous. Everyone needs to take care, but especially female students, who are the most common victims of this crime.

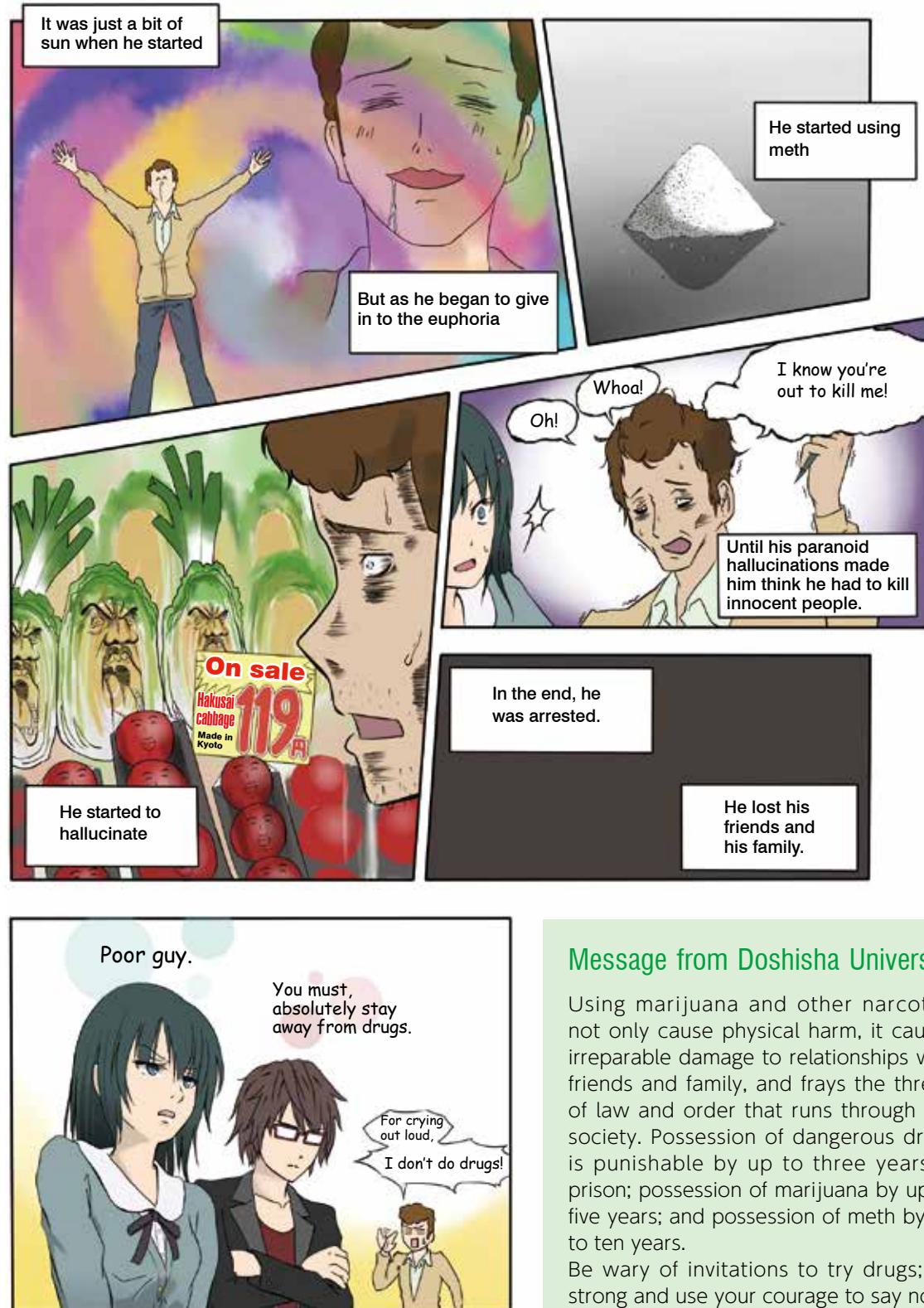
What to do if you are a victim of theft

- Call your bank, credit card company, and mobile phone company immediately to ensure your stolen cards and phone cannot be used.
- Notify the Student Support Service Department at either Doshisha campus, and seek advice.
- File a complaint with the police.

7. Drug Abuse



Stop drug abuse!



Message from Doshisha University

Using marijuana and other narcotics not only cause physical harm, it causes irreparable damage to relationships with friends and family, and frays the thread of law and order that runs through our society. Possession of dangerous drugs is punishable by up to three years in prison; possession of marijuana by up to five years; and possession of meth by up to ten years.

Be wary of invitations to try drugs; be strong and use your courage to say no.

Drug abuse

Drug abuse is defined as the act of taking any pharmaceutical product for non-medical purposes or the misuse of non-medical pharmaceuticals. The consequences of drug abuse include addiction and tolerance to drugs; not only do you become unable to control your use of the drug, it causes physical and mental damage. Stimulants, cannabis, MDMA, cocaine, heroin, psychotropic drugs, and solvents are all addictive and prone to abuse, and are therefore banned or restricted by law. Trying one of those drugs just once constitutes drug abuse under Japanese laws.

If you're thinking just once won't do any harm, you're wrong. Don't do drugs, ever.

Japanese University Students and Drugs

In recent years, there have been multiple cases of university students possessing or abusing substances such as marijuana, and the situation is quickly developing into a major social issue. Although law revisions and increased efforts to curb these substances known as "dangerous drugs" are having an effect, as indicated by the significant decrease in deaths believed to be drug-related, these drugs are still seen circulating on the Internet.

Moreover, Metropolitan Police Department figures show that the amount of marijuana-related arrests increased again in 2014, and we need to remain vigilant against this troubling trend. Possession of marijuana is prohibited by law in Japan. Violators may be subject to a maximum imprisonment of 5 years.

More information

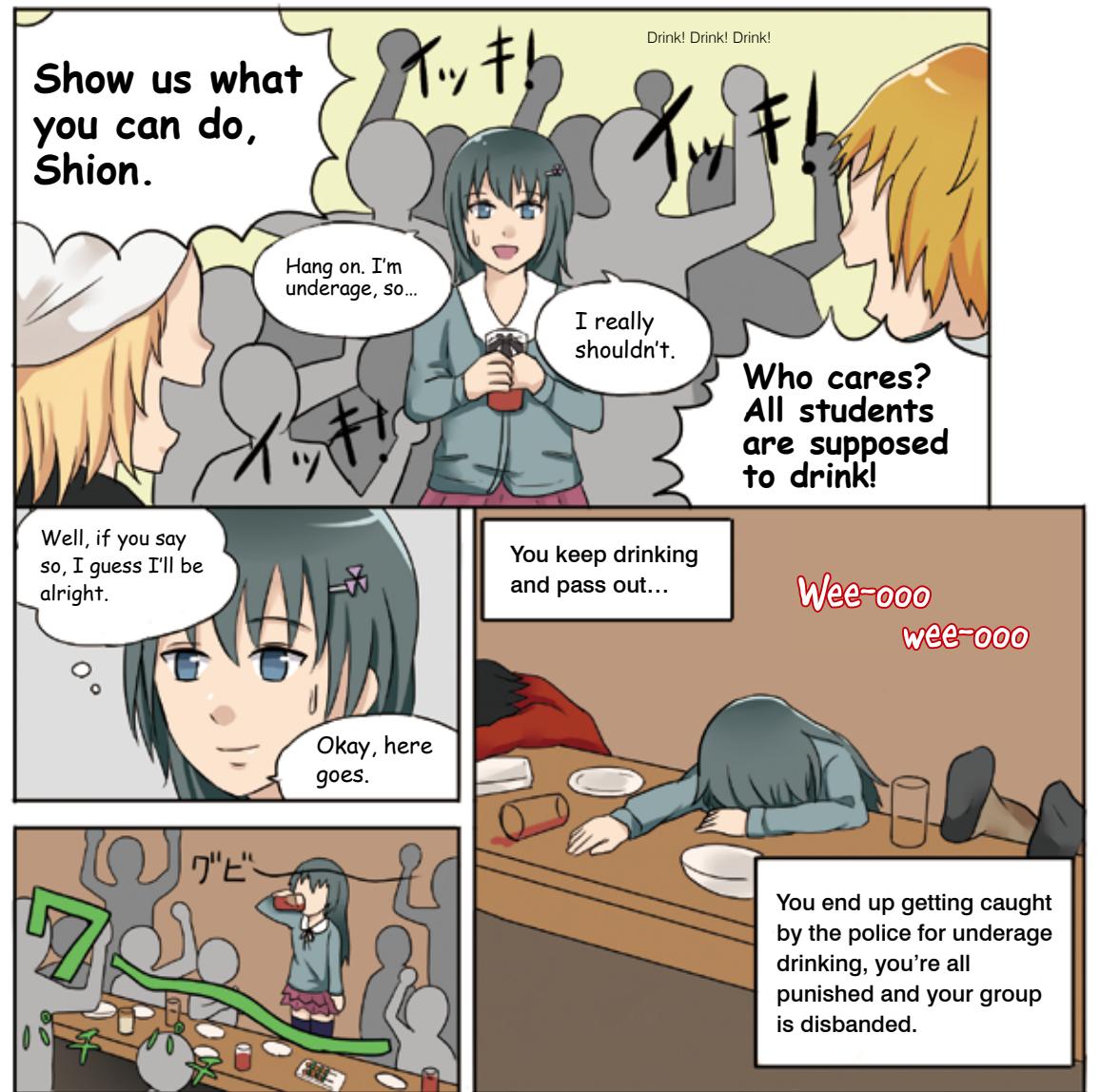
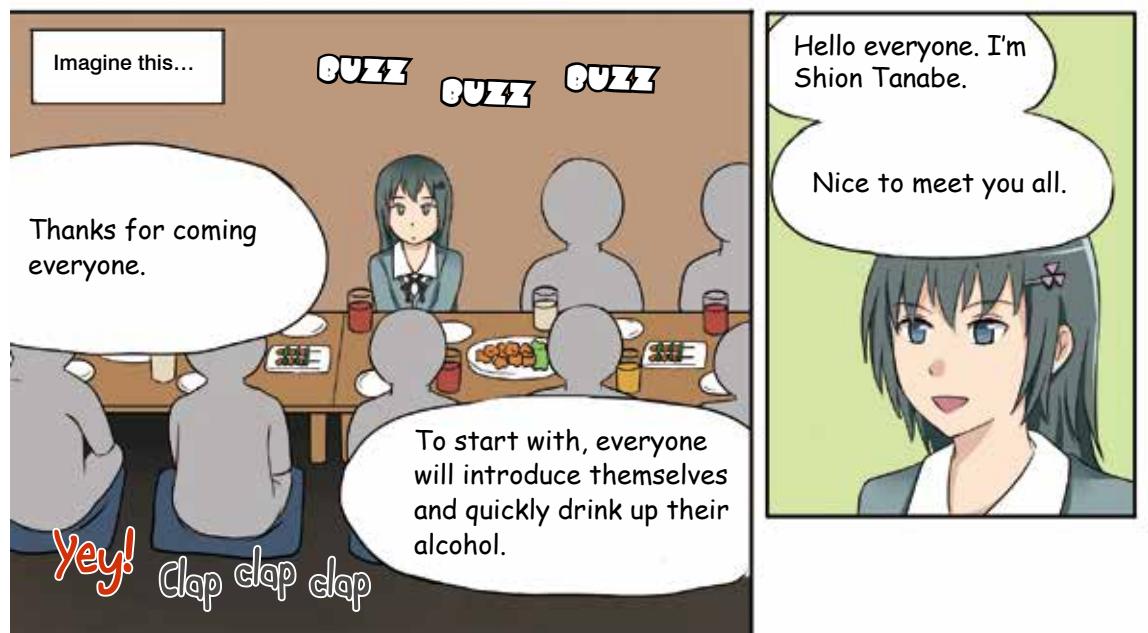
[Ministry of Health, Labour and Welfare page on drug abuse policy](#)



[Ministry of Health, Labour and Welfare information on preventing drug abuse](#)



8. Drinking safely



Message from Doshisha University

University students have many opportunities to welcome party and social gathering, such as with seminar classmates and extracurricular group members. Drinking large amounts of alcohol in short periods of time can cause extreme drunkenness and make you pass out, and can even lead to acute alcohol poisoning and death. Keep in mind that minors are prohibited to drink alcohol by law, and that you are responsible for taking care of yourself. Finally, never pressure anyone to drink alcohol if they don't want to.

Rapid binge drinking is stupid – don't do it or make others do it

Is it true that some people can handle their liquor while others can't?

Did you know that some people are unable to drink liquor? It's not that they don't like it; their bodies can't handle it. It is said that between 30 and 50 percent of people genetically lack acetaldehyde dehydrogenase type 2, the enzyme that breaks down the harmful substance (acetaldehyde) created in the body by alcohol. Those people cannot drink alcohol. Even those who have the required enzyme need to be careful: Drinking faster than the body's metabolism (7g of alcohol—equivalent to 175 ml of beer—per hour in a person with a body weight of 60kg) can cause acute alcohol poisoning.

Know the rules: Don't drink alcohol until you've reached 20 years old.

- ▶ Don't drink alcohol if your body can't handle it (i.e., if your body can't break down acetaldehyde).
- ▶ If your face goes red after just a single drink, consider it an indicator that you lack the enzymes to break down acetaldehyde, and keep your alcohol intake to a minimum. Once your face goes red, switch to soft drinks for the rest of the night.
- ▶ Even if your face doesn't go red when you drink alcohol. You should still follow the following precepts.

Always eat when you drink.	Mix hard liquor with soft drinks.	Take your time and drink slowly.
Call it a night at midnight.	Never pressure anyone to drink if they don't want to.	Block off several days a week as alcohol-free days.

Rapid binge drinking can lead to acute alcohol poisoning

Technically, intoxication is partial paralysis of the brain; how "high" you get depends on your blood alcohol level. The alcohol you take into your bloodstream through drinking remains in your body until your liver has had time to break it down. Rapid binge drinking raises your blood alcohol level rapidly and carries a significant risk of acute alcohol poisoning. And did you ever stop to think that giving others alcohol to drink could get you in trouble? For instance, if you pressure someone to drink alcohol, you can be accused of coercion, and in case such drinking should cause him/her to act violently, you can be held liable for causing bodily injury resulting in death. Rapid binge drinking is stupid – don't do it or make others do it.

What to do in urgent situations

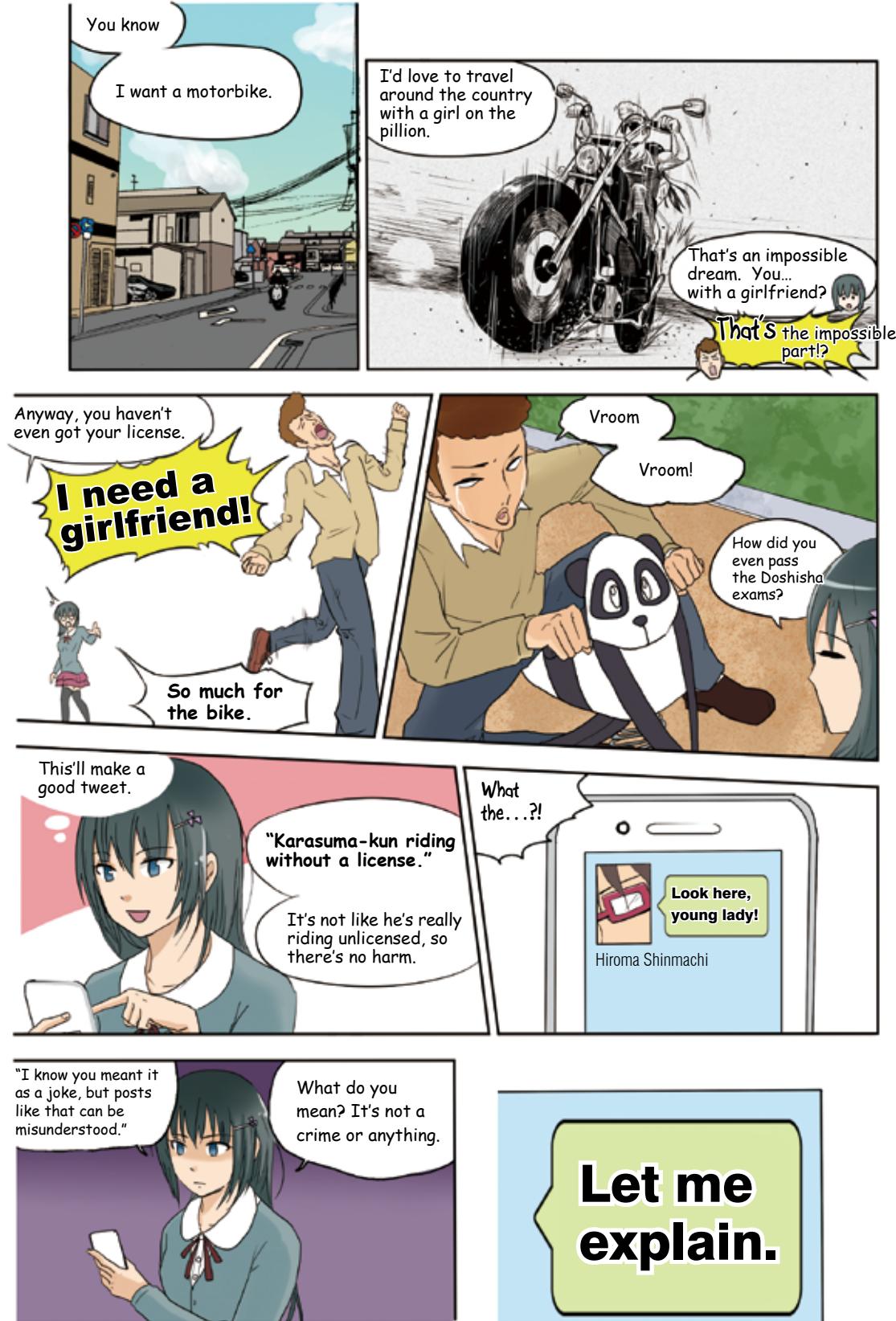
If someone has passed out drunk

- (1) Never leave the person alone.
- (2) Loosen any tight clothes to ensure they are comfortable.
- (3) Prevent extreme drops in body temperature by covering them with a blanket.
- (4) Roll the person onto his/her side to prevent choking on vomit.
- (5) If the person is going to vomit, don't move him/her upright; just roll him/her onto his/her side.

Call an ambulance straight away if...

- (1) The person begins to snore heavily and does not wake up when you pinch them.
- (2) The person falls over and froths at the mouth.
- (3) The person's body temperature drops and they are cold to the touch.
- (4) The person's breathing is extremely shallow and fast, or extremely slow (i.e., they are only breathing very occasionally).
- (5) The person vomits large amounts of blood.

9. The ABCs of SNS safety



Ignorance is no excuse: The basics of internet use

Do you use the internet? Of course you do; at least, most students do. But do you know the dangers of the internet? Many students might say that they have heard rumors but there's nothing to worry about. The internet is a handy tool that we use on a daily basis, but it can be scary: one incident can lead to a lifetime of trouble. Read the warnings below carefully, and make sure you're safe online.

Social Networking Services

Twitter, Facebook, and other SNSs have proved their worth and became highly popular, but a lack of online etiquette and awareness of the risks mean many people—particularly young people—are getting into trouble over SNSs and the media are having a field day over the lurid stories. When using SNSs, be sure you're on solid ground by reading the following.

Set privacy to an appropriate level of restricted access

Make sure you set privacy settings to an appropriate level of restricted access to ensure that your profile, photos, and other personal information are not visible to the public. Otherwise the whole world will be able to see what was meant only for your circle of friends and acquaintances. Setting your visibility to “public” increases the risk of personal information leaks, privacy invasions, and confidentiality breaches, and leaves you vulnerable to accusations of defamation.

Using an alias does not guarantee anonymity

Even if you use tight privacy settings, there is a significant possibility that the content of your posts will be leaked, intentionally or not. If a problem arises—for instance you are involved in a crime, “antisocial act,”

or litigation—the victims may be permitted under the Provider Liability Limitation Act to demand that your internet provider disclose the details of the account from which the offending information originates. The alleged perpetrator can be identified from the IP address and find themselves with a hefty bill from the victim for damages. There is no such thing as complete anonymity or security on the internet.

You might think you're just having fun with your friends, but...

Hanging out on SNSs (which generally feels just like you're meeting up with friends or having a private phone conversation) is often a time for cutting loose from the bonds of everyday norms and rules. But don't forget that all sorts of people will check up on you online—especially university authorities, employers at your part-time jobs, and personnel of your prospective company—and it is not unusual for them to identify individuals from online content. Even if you delete an offending post, you cannot delete what has been spread among others, so people are always able to search your online history. So it's no good simply watching your behavior while job hunting; past bad behavior will ruin your chances of getting a job in future.

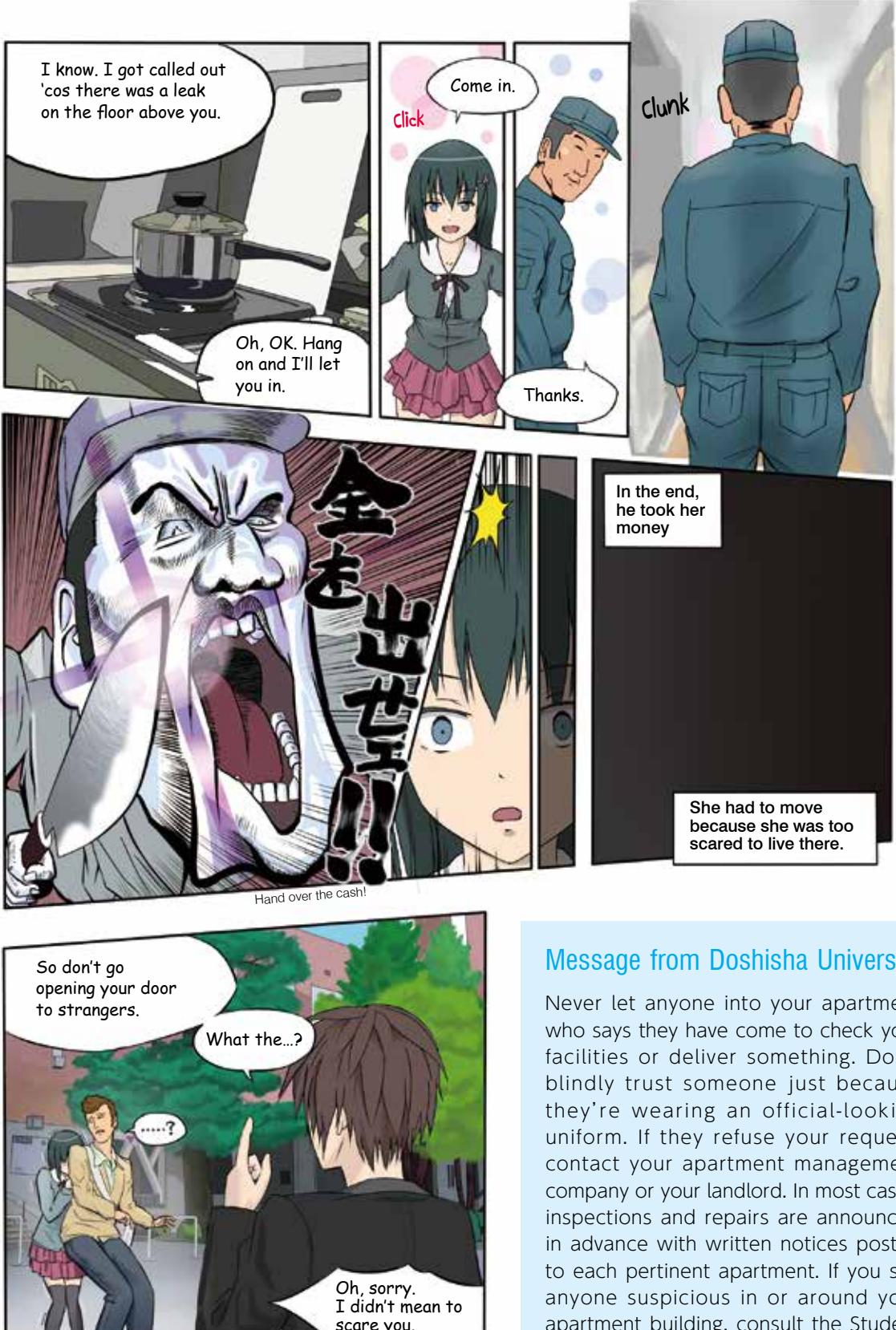
! Privacy Protection !

There have been reports of private information being leaked through questionnaires conducted outside of Doshisha University premises and being used for commercial activities. If you are asked to provide personal information, think carefully and decide whether or not you can trust the group doing the survey. If you are faced with pushy solicitation or forced into a contract, consult the Student Support Services Center. Even if you do end up signing up for something, you are able to cancel the contract by utilizing the cooling-off period. But first and foremost, take care to prevent these situations before they arise by not giving out your personal information.

*What is a Cooling-Off Period?

The cooling-off period allows consumers to withdraw purchase requests or cancel contracts against the seller within a certain period after applying to purchase or entering into a contract to purchase a product.

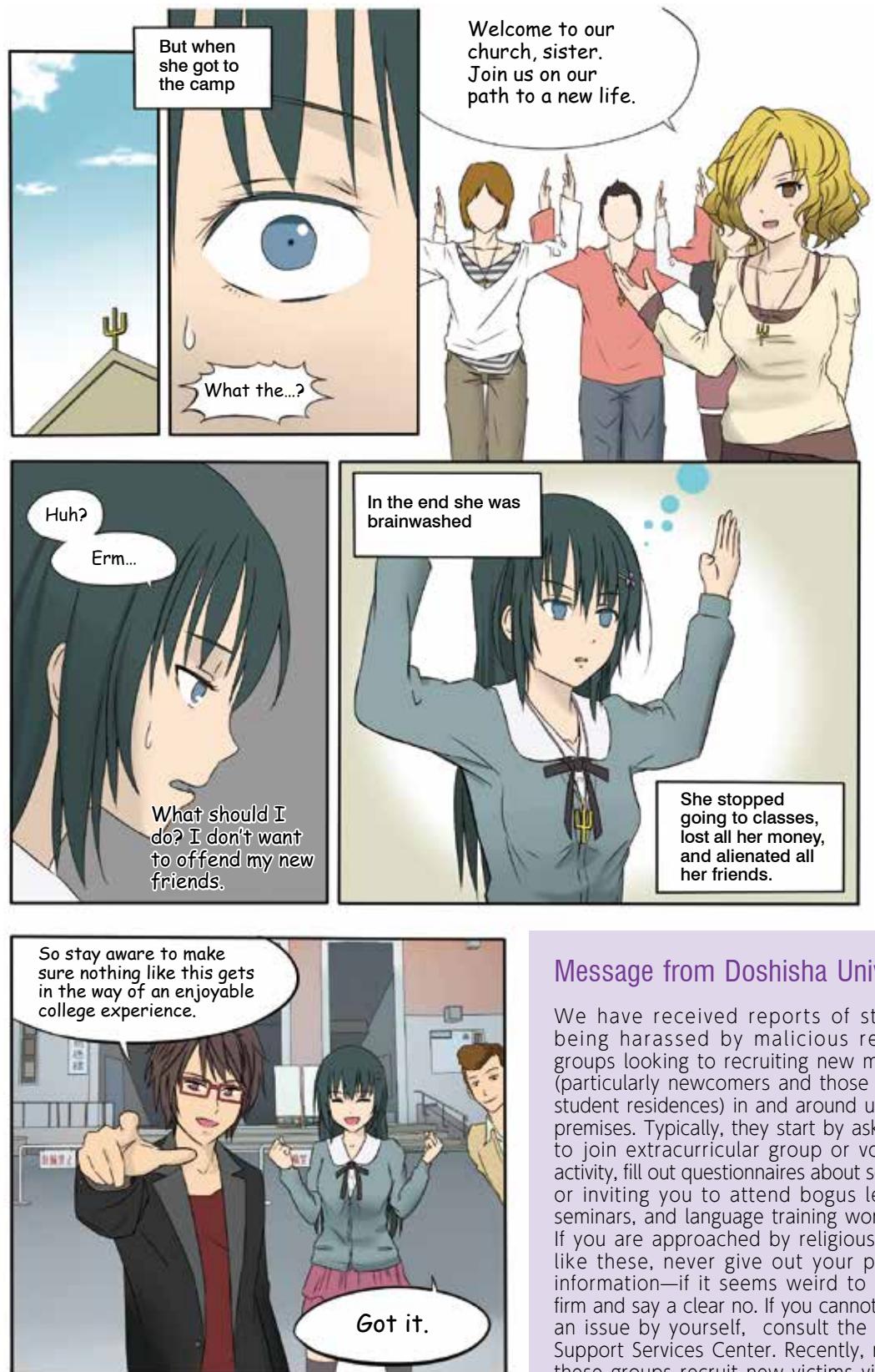
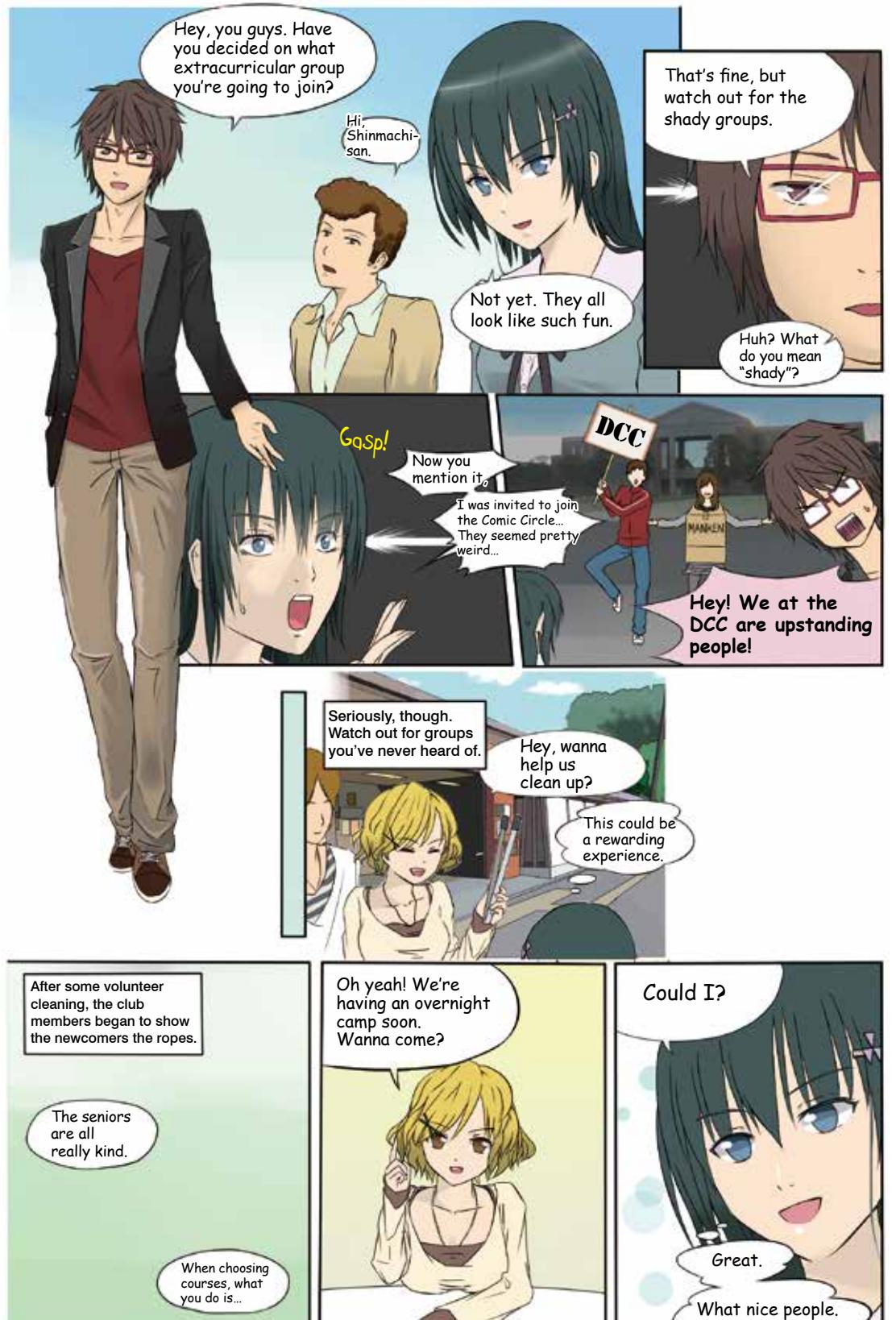
10. Unwanted Visitors to Student Residences



Message from Doshisha University

Never let anyone into your apartment who says they have come to check your facilities or deliver something. Don't blindly trust someone just because they're wearing an official-looking uniform. If they refuse your request, contact your apartment management company or your landlord. In most cases, inspections and repairs are announced in advance with written notices posted to each pertinent apartment. If you see anyone suspicious in or around your apartment building, consult the Student Support Services Center or the police in your neighborhood.

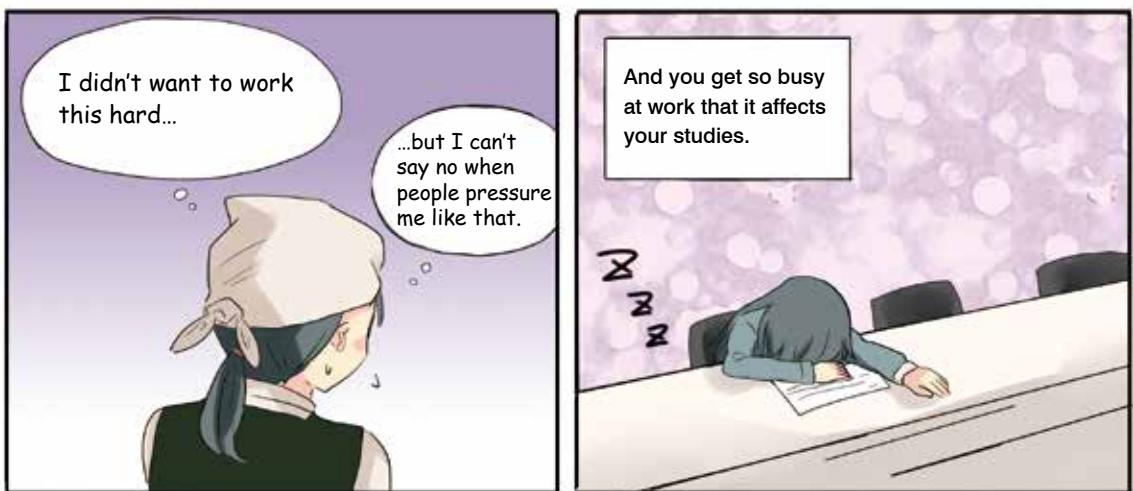
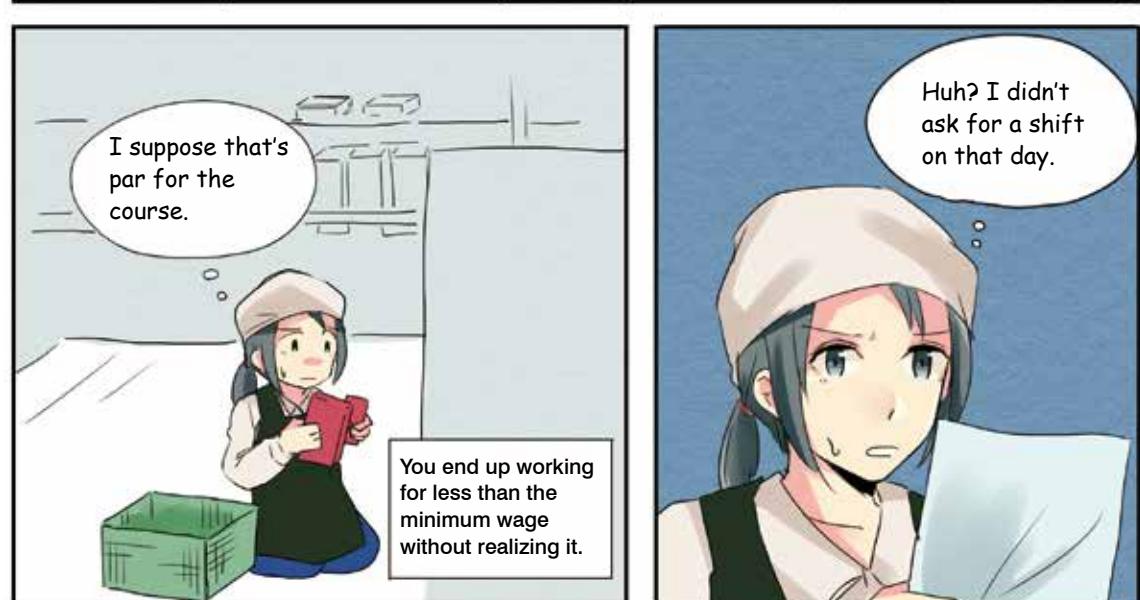
11. Malicious Religious Groups



Message from Doshisha University

We have received reports of students being harassed by malicious religious groups looking to recruiting new members (particularly newcomers and those living in student residences) in and around university premises. Typically, they start by asking you to join extracurricular group or volunteer activity, fill out questionnaires about seminars, or inviting you to attend bogus lectures, seminars, and language training workshops. If you are approached by religious groups like these, never give out your personal information—if it seems weird to you, be firm and say a clear no. If you cannot resolve an issue by yourself, consult the Student Support Services Center. Recently, many of these groups recruit new victims via social networking services, so be vigilant.

12. Watch Out for Exploitive Employers



Message from Doshisha University

In response to a 2015 study by the Ministry of Health, Labour and Welfare, 60% of students said they had experienced some kind of problem relating to working conditions. Exploitive employers abound, making workers engage in types of work or work during hours that contravene the initial agreement. Sometimes they force workers to accept payment that is below minimum wage during training, and/or fail to pay wages (such as for overtime). In the end, some students end up forced to work so hard that it affects their studies, and they may not even realize there is a problem with their employment contract. Check the contract before you start working, and if something seems questionable, contact the Student Support Services Center or a support service outside the university (see p. 31).

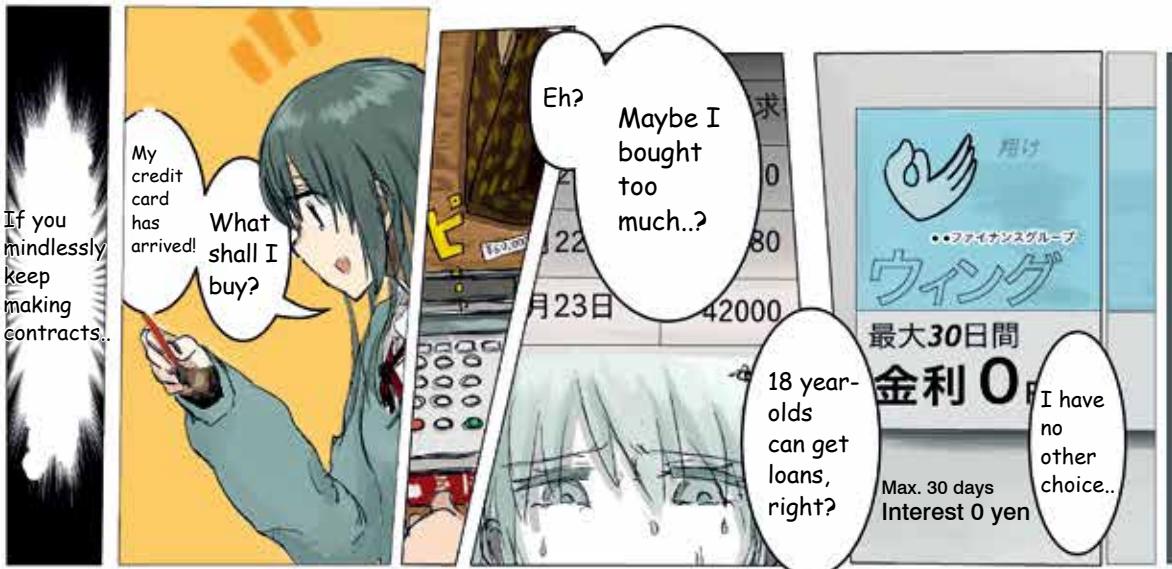
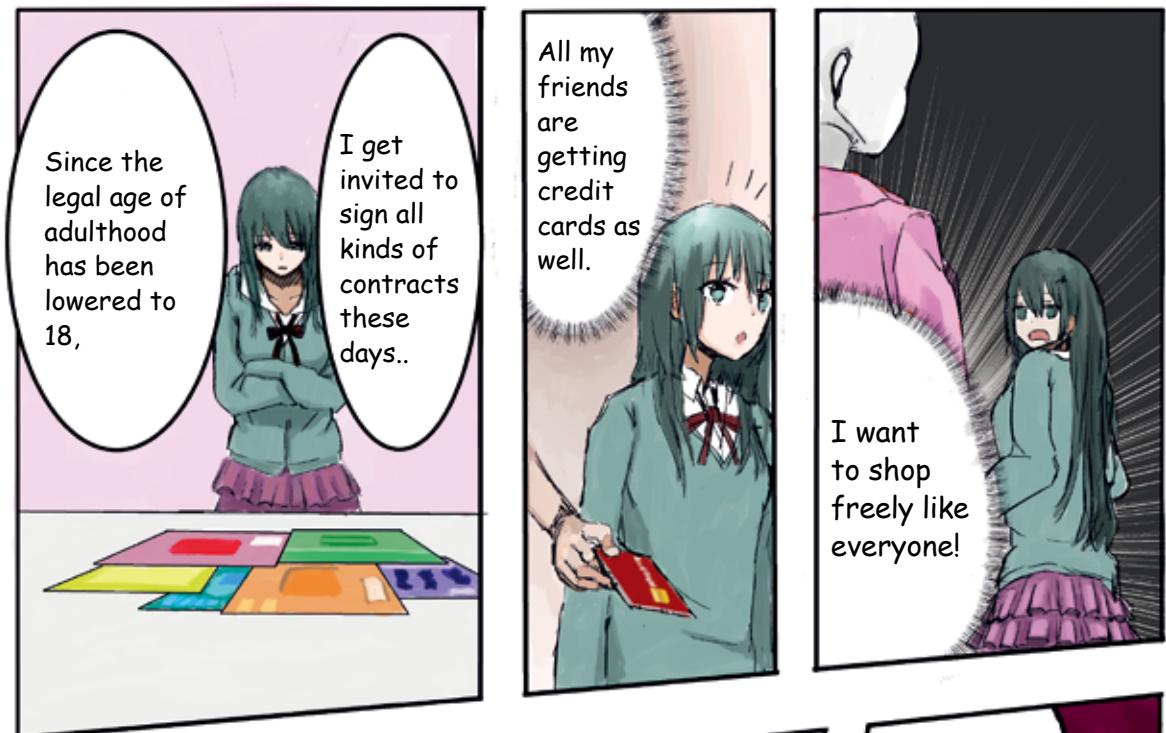
13. Sales Scams



Message from Doshisha University

"Congratulations, you're a lucky winner!" "This lecture will give you an advantage when it comes to job hunting." "All you have to do is get your friends to join up and you make money." These are all attractive-sounding pitches used by scammers, including "catch sales" (swindles conducted by people soliciting on the street), phone solicitation, and pyramid schemes, and there have been many reports of students falling victim to these. Becoming involved with these schemes just once is enough to create long-term repercussions like huge debt and losing the trust of the people around you. If you get caught up in a scam like one of these, consult the Student Support Services Center or the consumer affairs center of Kyoto Prefecture or Kyoto City immediately.

14. Lowering of the age of adulthood



Message from Doshisha University

From April 1, 2022, the legal age of adulthood in Japan is lowered from 20 to 18. This allows you to sign various kinds of contracts on your own, which means you can rent an apartment room, get a credit card or take out a loan to buy something expensive without your parent's consent. But there are also unscrupulous companies aiming to take advantage of you for that, so make sure to read the contract closely before signing and give careful thought to whether you can really pay for it, if the contract is really necessary for you, and so on. If you feel even slightly suspicious or felt that the solicitation was coercive, consult the Student Support Services Center or the consumer affairs center of Kyoto Prefecture or Kyoto City before signing the contract.

Where to Seek Help

Contact information on campus

Imadegawa Campus Student Support Services Center

Tel: 075-251-3270

Kyotanabe Campus Student Support Service Center

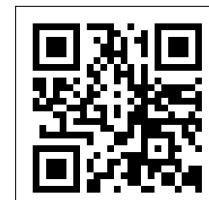
Tel: 0774-65-7021

Public institutions where students can seek advice

Kyoto Prefectural Police
(regarding bicycle matters)



Bicycle Safety Committee website



Ministry of Health, Labour and Welfare website for information on working conditions



Kyoto City Consumer Affairs Center

Kyotanabe City Consumer Advice Department

Kyoto Prefecture Consumer Safety Center

For help on Saturdays, Sundays, holidays

Kansai Bureau of Economy, Trade and Industry

Consumer Advice Department

Kyoto Police Scam Hotline

Kyoto Prefecture Drug Office

Kyoto Prefectural Police "Young Telephone"

Youth Support Hotline

Kinki Regional Bureau of Health and Welfare Narcotic

Control Department Cannabis Stimulant & Addicted Helpline

Kyoto City Mental Health Center

Tel: 075-256-0800

Tel: 0774-63-1240

Tel: 075-671-0004

Tel: 075-257-9002

Tel: 06-6966-6028

Tel: 075-451-9449

Tel: 075-414-4786

Tel: 075-551-7500

Tel: 06-6949-3779

Tel: 075-314-0874

NO MORE TROUBLE Seminar

In order to protect yourselves from various troubles and risks surrounding university students, it is important to understand and act on accurate information.

The Student Support Services Center will hold video-streaming seminars on the following topics which are common causes of trouble involving university students.

- Alcohol issues – How to take them as your own –
- The risks of social networking and how it could put university students into trouble
- For a drug-free university life

< Application Deadlines > April 6 (Wed), April 13 (Wed)

The link to the video of the seminar you applied for will be sent to your university-provided e-mail address after the deadline.



Form

Course on cycling manners

Students who wish to commute to the Imadegawa or Kyotanabe campuses by bicycle are required to take the Course on cycling manners. For both campuses, the courses are held online.

The courses in April are as follows. We will send the video of the courses to the university-provided e-mail address after each application deadline. For more details on how to take the course, please check on the university website.

*The courses will be held regularly after May as well.

■ Imadegawa Campus

April 3 (Sun), April 5 (Tue), April 7 (Thu),
April 10 (Sun), April 12 (Tue), April 14 (Thu),
April 17 (Sun), April 19 (Tue), April 21 (Thu)



Form
(Imadegawa)

Form
(Kyotanabe)

Course on motorbike driving manners (Only for students commuting to Kyotanabe campus)

Students who wish to commute to the Kyotanabe Campus by motorbike are required to take the course on motorbike driving manners to be offered online.

The courses in April are as follows. We will send the video of the courses to the university-provided e-mail address after each application deadline. For more details on how to take the courses, please check on the university website.

*The courses will be held regularly after May as well.

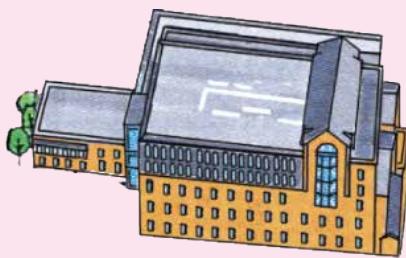
■ Kyotanabe Campus

April 5 (Tue), April 12 (Tue),
April 19 (Tue), April 26 (Tue)



Form

Before



Student Support Services Center



After



If you are in trouble or worried about something, don't keep it to yourself.
Consult the Doshisha University Student Support Services Center.