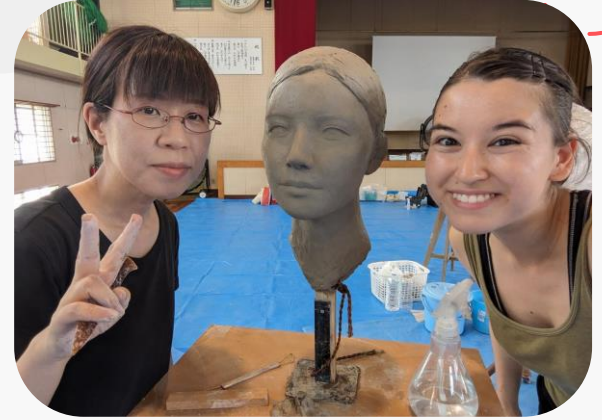


# Safety and the Law in Japan

Presented by Grace and Devon





**GRACE**  
**PREVIOUS NAGASAKI ALT**





DEVON - PREVIOUS CHIBA ALT



# Topics Covered

## **01** Disaster Preparedness

Natural disasters and how to prepare

## **02** Understanding the Law

Know before you go: rules to follow

## **03** Resources for Safety

Apps and more: your digital safety toolkit



**01**

# **Disaster Preparedness**



# Natural Disasters in Japan



**01**

**Earthquake**



**02**

**Hurricane/  
Typhoon**



**03**

**Tsunami**



# Placement Specific Information

- Every placement will have unique risks
- You'll receive localized disaster information in Japan
- Ask your supervisor or Contracting Organization (CO) about
  - Local evacuation routes
  - Emergency shelter locations
  - Safety drills and local alerts



# General Preparedness Tips

- Prepare an [emergency bag](#) with water, snacks, flashlight, batteries, power bank, cash, medication, etc.
- Stockpile extra food and water in your home
- Know where your closest evacuation shelter is
- Secure furniture in earthquake-prone areas







**02**

# **Understanding the Law**



# Following the Rules

- Japan is a low-crime, highly law-abiding society
- Foreigners are held to the same (or higher) standards



# Residence Cards: 在留カード

- Always Carry your Residence Card (Zairyuu Card) - it's the law!
  - Police may stop you and ask to see it
  - You will get yours at the airport in Japan



# Drinking in Japan



# Quiz!

What is the maximum blood alcohol content (BAC) permitted in Japan while driving?

0.03%

Even one drink can put you over the limit.



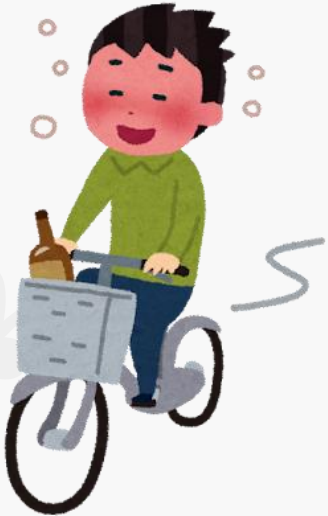
[Tokyo Metropolitan  
Police Department  
Guidelines](#)

# Quiz!

**What is the maximum blood alcohol content (BAC) permitted in Japan while biking?**

**0.03%**

**Bikes are  
considered vehicles!**





# Quiz!

Can the police ignore your  
breathalyzer results if they think  
you've been drinking?



Yes!!!




# Quiz!

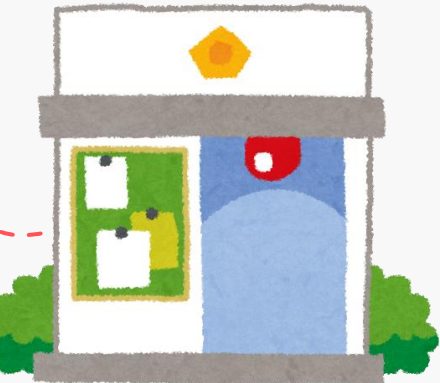
What is the penalty for drinking and driving?



**Up to 5 years in prison, up  
to 1,000,000 yen fine**

# Interacting with Police

- 
- Police officers are trusted members of the community
  - Lost something? Visit the *Kouban* (交番, police box)
  - If you are stopped, be polite and cooperative. As a foreigner, you may not always be given the benefit of the doubt.
  - If you feel uncomfortable or unsafe, request to speak to a superior officer or call your supervisor.



# More Biking Rules

- Make sure your bike is registered with the police
- Use bike lights at night
- No phone use, umbrella holding, or earphones!
- Wear a helmet!



[Tokyo Metropolitan  
Police Department  
Guidelines](#)



# TRAVEL SMART – TRAVEL SAFE

*Drugs that are prohibited in Japan may surprise you!*



Any form of marijuana, including CBD oil that may contain THC, even for medical use is

**ILLEGAL**



Any medication that contains amphetamines is

**ILLEGAL**



Many over-the-counter and prescription medications common in the United States, including ones for pain, depression, ADHD, and many kinds of decongestants and allergy medications are

**ILLEGAL**



**YOU RISK ARREST**

in Japan for bringing in banned substances, even with a valid U.S. prescription!



**CHECK BEFORE YOU GO, IT'S YOUR RESPONSIBILITY!**

Some medications are legal but only in limited quantities or with advance permission from the Japanese Government. Contact Japan's Ministry of Health, Labour, and Welfare [yakkan@mhlw.go.jp](mailto:yakkan@mhlw.go.jp) or visit <https://is.gd/gUXdin>.

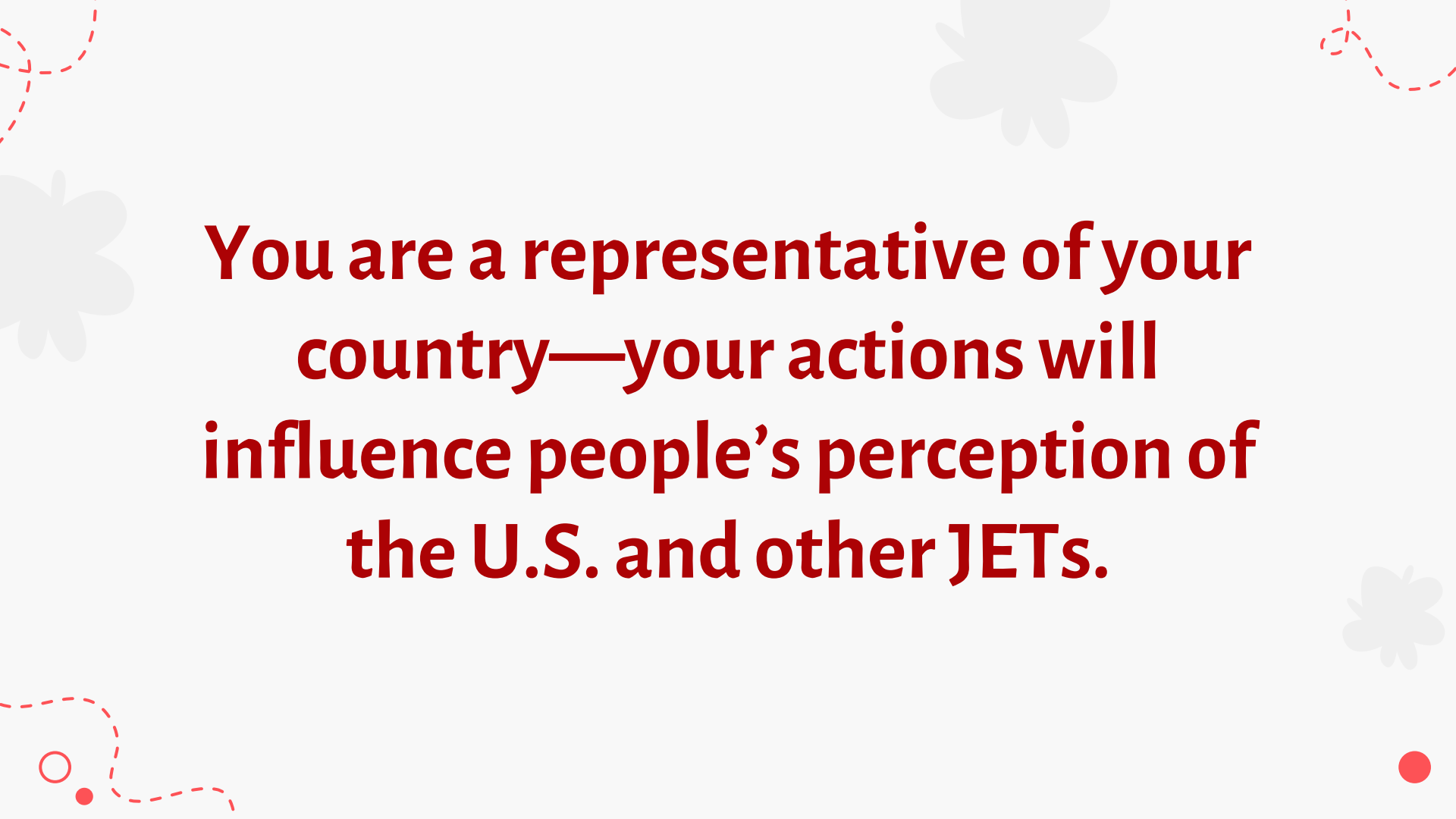


# Respecting Cultural Norms

- Not all faux pas are illegal, but some may draw social disapproval, get you reported, or reflect poorly on your employer
- Such as...
  - Being loud or disruptive on transit and other public places
  - Refusing to follow garbage-sorting rules
  - Jaywalking (this is technically illegal)



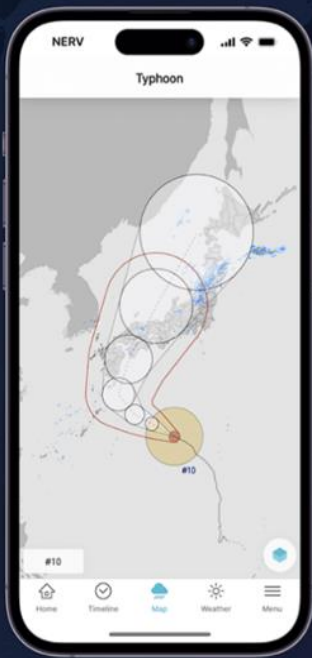




**You are a representative of your  
country—your actions will  
influence people's perception of  
the U.S. and other JETs.**

# Recommended Resources





# NERV Disaster Prevention

Delivering the most appropriate information at the fastest level in Japan



- Disaster information for earthquakes, typhoons, floods, tsunamis, heavy rain, etc.
- Alerts and information specific to your current location or registered area

# Safety Tips

by Japan Tourism Agency

Safety tips

No warning has been announced.

Nishi, Yokohama, Kanagawa

Today	Tomorrow
10 / 6 °C 50 / 42 °F	10 / 4 °C 50 / 39 °F

Earthquake Information   Weather Warnings   Volcanic Warnings

Information on Heatstroke   Information on Medical Institutions   Information on Transportation

Information on Shelters   Preliminary Learning   Communication Cards

Information on Emergency Contacts   Links   Settings

Japan. Endless Discovery

Safety tips

Epicenter : North-Eastern Chiba Pref

Date : 2017/03/05 10:18

Max intensity : 3

Magnitude : 4.7

Depth : 50km

No tsunami warnings announced from this earthquake.



<TOP

Safety tips

I stay outdoors.

Try to prevent heat stroke walking in the shade, using a sun-blocking umbrella or wearing a hat.



During the period of hot hours, take frequent breaks and don't exert yourself.

To information on first aid>>

To emergency phone number>>

Source : Website of heat stroke information, The Fire and

<TOP

- Warnings for Earthquakes, Tsunamis, Volcanic Eruptions, Harsh Weather, etc.



# STEP

SMART  
TRAVELER  
ENROLLMENT  
PROGRAM

A SERVICE OF THE U.S. DEPARTMENT OF STATE

ENROLL FOR FREE AT  
**STEP.STATE.GOV**



- Free email updates and alerts from U.S. Embassy
- Real time updates on health, weather, safety, and security
- Helps the embassy/consulate contact you if there's an emergency like a natural disaster, civil unrest, or a family emergency

# GIH General Information Handbook

JETプログラム参加者用ハンドブック

## JET General Information Handbook

### Chapter 5: Safety, pg 153

- Covers security, natural disasters, discrimination, and LGBTQ+ resources
- What to do in case of sexual harassment or assault

Please read this book  
before coming to Japan.

来日前に必ずこの冊子を読んでください。





# After Arrival

## Emergency Pocket Guide for JETs

JET参加者の災害時ポケットガイド



Please always keep this Pocket Guide on you,  
in your wallet, smartphone case or planner.

さいふ、スマートフォンケースや手帳などに入れて、  
このポケットガイドを常に携帯しましょう。

- Register for [CLAIR's Emergency Contact / Safety Confirmation System](#)

- Confirms JET Program participant's safety if a disaster occurs



- Fill out the Emergency Pocket Guide for JETs provided at Tokyo Orientation



# Thank you!



## Questions?

\*Presentation Resources  
will be emailed out later!\*

