

GAKUSEI SHIEN DAYORI

TOHOKU UNIVERSITY
GAKUSEISHIEN
DAYORI
2021.7.29 No.

20



Student Support Newsletter

CONTENTS

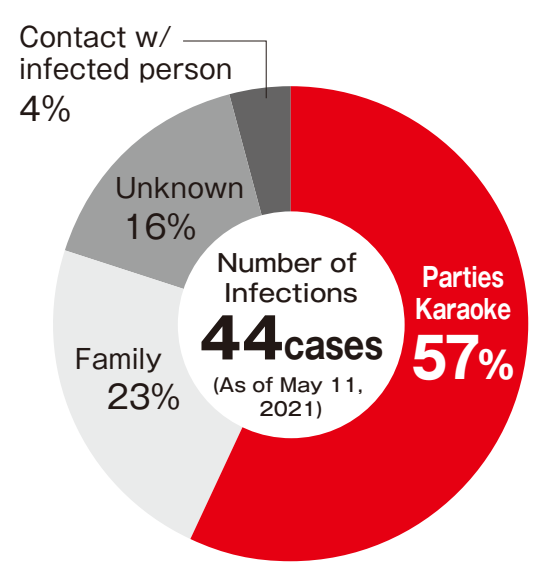
P1	P2	P3	P4
<ul style="list-style-type: none"> ● COVID-19 Prevention (Refraining from Group Meals, Karaoke, etc.) 	<ul style="list-style-type: none"> ● Univ. Co-op Usage 	<ul style="list-style-type: none"> ● National Pension Special Payment System for Students 	<ul style="list-style-type: none"> ● Warning on Commuting and Alcohol Related Issues / Using the Internet (including SNS)

COVID-19 Prevention

(Refraining from Group Meals, Karaoke, etc.)

Recent surveys have shown that half of COVID-19 infections among Tohoku University students can be traced to group meals and/or karaoke parlors. Attending meals where large groups of people eat, drink, and tend to speak loudly, or doing karaoke in poorly ventilated parlors, increases the risk of infection. Please help us minimize COVID-19 infections by behaving conscientiously and responsibly. In particular, please continue to refrain from large gatherings, long group meals/parties, karaoke, and similar events.

Routes of infection among TU students



*"Parties/Karaoke" includes all students who reported engaging in such activities shortly before becoming ill.



Univ. Co-op Usage

COVID-19 Prevention Measures at Campus Shops and Cafeterias

The Tohoku University Co-op, which operates all the on-campus shops and cafeterias, is working with the university on COVID-19 prevention to ensure the health and safety of our community. The below measures are currently in place, but we ask students to please take individual precautions too, such as wearing masks etc.

Alcohol hand sanitizer is available at store entrances/exits. Droplet-guards have been installed at cash registers. Self-service registers are also available for contactless cashless payments. To assist students with their nutritional needs, even if they are taking online classes off campus, Univ. Co-op can provide original boxed meals and a frozen meal service.

Cafeteria seats have been arranged to enable social distancing and droplet-guards have been installed on tables. We also advise students to refrain from chatting while eating. In addition to the usual menu, the cafeterias are also offering takeout items so that students can eat elsewhere.

Co-op services and business hours may change depending on the university's BCP level. Please check the Tohoku Univ. Co-op website and notices at on-campus facilities for current information.

We apologize for the inconvenience, but ask for your understanding and cooperation. We hope these measures help you feel at ease when visiting our shops and cafeterias.



National Pension Special Payment System for Students

Under Japan's National Pension System Law, students who are 20 or older are required to join and contribute to Japan's pension system. If you are 20 or older and your family resides in Japan, you should ask your parent or guardian about the status of your pension.

If a parent/guardian is paying for you, or if your payments are being deducted from your part-time job salary etc., the below does not apply to you. However, if you are a low-income student (your income for the previous year is roughly JPY 1.28 million or less), you can delay (defer) your payments under the Special Payment System for Students.

You can apply at the Student Services Division, Desk ③. Not contributing will lead to disadvantages, such as receiving a reduced pension in the future, so you are urged to apply.

1 Under the current pension system, pensions can be received from age 65. To receive a pension, the period during which you contributed, added to any period during which your contribution was waived, must be 10 or more years.

*If you are approved for the Special Payment System for Students, the maximum waiver period for payment of pension contributions is 10 years.

2 Not applying for the Special Payment System for Students has the following disadvantages: *As of the current system

● If you do not apply and also fail to contribute:

→ Your future yearly pension amount will be reduced by JPY 20,000, multiplied by the number of noncontributing years.

● If you acquire a disability due to an illness or accident, you will be ineligible for the Disability Basic Pension.

3 You can apply even if you did not apply in the previous fiscal year, and even if your Resident Registration address is not in Sendai.

4 If your income is reduced due to the COVID-19 pandemic, please inquire about that separately using the contact information below.

5 Application Form and Procedures

● You can get an application form at the Student Services Division, Desk ③.

It can also be downloaded from the Japan Pension Service website.

● When applying at the Student Services Division, please bring your Student ID and any one of the following.

1) Pension booklet, 2) Basic Pension Number notice, 3) Social Security and Tax Number (My Number) card, or 4) My Number notice

● If you enter your Basic Pension Number on the application, you can send it, along with a photocopy of your student ID, by postal mail to the address below. (You cannot send applications with your Social Security and Tax Number by postal mail.)

6 The Japan Pension Service website has the following videos for students (Japanese only).

*Find "20歳到達時の国民年金手続き"(Procedures for Residents Turning 20) on the Japan Pension Service website.

1. 公的年金制度とは (Overview and Benefits of the Pension System)

2. 国民年金の加入について (Joining the Pension System)

3. 国民年金保険料の納付について (Contributing to the Pension System)

4. 国民年金保険料の学生納付特例制度や免除・納付猶予制度について (Special Payment System for Students and Waiver System)

学生納付特例編 (Special Payment System for Students)

免除・納付猶予編 (Waivers/Deferments)

新型コロナウイルス感染症関係の特例免除編 (Special Exemption for COVID)



Inquiries

Education and Student Support Department, Student Services Division, Life Support Section,
Kawauchi Kita Campus Education and Student Support Center, 1F Desk ③

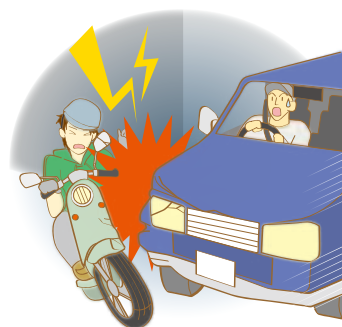
(Postal Address) 980-8576 Sendai-shi, Aoba-ku, Kawauchi 41 / (Phone) 022-795-7766

Warning on Commuting and Alcohol Related Issues / Using the Internet (including SNS)

Please Observe Traffic Rules

With some on-campus classes being held in addition to online ones, students may have to commute by bicycle or motorbike more frequently. Please observe the following to avoid becoming the cause, or victim, of an accident.

- Plan your route, time needed, and schedule in advance. Be sure to give yourself plenty of time.
- Be aware of your physical limitations. Do not operate vehicles with insufficient sleep/rest.
- Be sure to enroll in vehicle/motorbike insurance.
Familiarize yourself with the terms of your policy.
- Observe all traffic laws. ■ If you are involved in an accident:



Drinking Responsibly

The age of adulthood being lowered to 18 in FY 2022, our new pandemic lifestyles, and the prevalence of online drinking parties, all require us to rethink how we consume alcohol.

- Drinking by persons under the age of 20 is forbidden by law in Japan.
*This applies to everyone living in Japan, regardless of their nationality.
(Even after the age of adulthood is lowered, the drinking age will remain 20.)
- When drinking, know your limits. Moderate your pace and intake.
Your tolerance for alcohol varies daily depending on your physical condition.
- Never participate in alcohol-related harassment, competitive drinking, speed drinking, etc.
- Do not engage in inappropriate behavior.
*The university has received complaints of excessive noise, unwanted physical contact, etc.



Be Careful when Using the Internet (including SNS)

The move to online classes during the COVID-19 pandemic has caused us to use the Internet (including SNS) even more than usual. The Internet is an extremely useful tool, but misusing it can endanger yourself and others.

- Publicizing personal information
- Slander/psychological abuse
- Unwanted sharing of private photos
- Participating in any of the above may result in criminal or civil charges

When using SNS, be aware of the risks and take care to avoid harming others or being harmed yourself.

