

Law, Safety and Health

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Ishikawa Prefecture
2010-2013

Majored in Asian Studies

New Hobby: Letterpress

A woman with short brown hair, wearing a purple long-sleeved shirt, a white skirt, and a colorful patterned scarf, stands in a grassy field. She is pointing her right arm towards a traditional Japanese village in the background. The village features several wooden houses with steep, thatched roofs. The background is dominated by lush green mountains under a cloudy sky. A blue semi-transparent overlay covers the lower-left portion of the image, containing text.

Leah Zoller
(ze/zir or they/them)

Ishikawa Prefecture
2009-2011

MA in Japan Studies

Danced yosakoi for two years.
Isn't actually very good at dancing.

Overview

- **Safety**
 - Emergencies
 - Crime
 - Sexual Harassment
 - Disaster Preparedness
- **Law**
 - Driving
 - Drugs
 - Local Regulations
- **Health**
 - Health Insurance
 - Seeing a Doctor
 - Reproductive/Sexual Health
 - Mental Health

Emergency Contacts

Write them down! Program them into your phone!

Memorize them!

Police: 110

Fire/Medical: 119

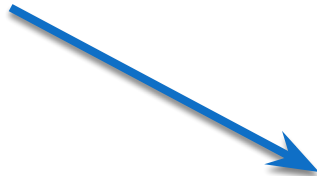
[Your Supervisor's number]

[Your PA's phone number]

Crime

Crime

- Crime rates are generally lower in Japan than the United States.
- If you are the victim of a crime, or if you feel unsafe, call the police (110) or go to a police box (*koban*).



Sexual Harassment

- Let the harasser know that their behavior is inappropriate, if you feel able to confront them yourself.
- Speak with your supervisor. Suggest to them that they read the section on sexual harassment in the Contracting Organization Handbook. If you would like your conversation to be confidential, specify that from the beginning.
- There are Sexual Harassment Enquiry Centers in every prefecture, but they do not necessarily have English-speaking staff.

Natural Disasters

Earthquake

- You will experience earthquakes during your time in Japan.
- Duck under a desk or table, or stand in a doorway if possible.
- Following an earthquake, check your immediate surroundings for safety.
- Before evacuating, turn off your gas.

Tsunami

- The time between an earthquake and a tsunami can be anywhere from 5 minutes to several hours.
- Move to higher ground immediately.
- Know your escape route and learn how to reach it in several ways- on your bike, in your car, by foot, etc.

Typhoon

- Strongest along the coast line.
- Very high winds, driving rains and tumultuous seas.
- Flooding and landslides can result.
- Typhoon season is in the summer.
- Tend to occur more in the southern areas of Japan, but they often do make their way up the coastlines.

In the event of a disaster...

1. Make sure you are safe. Your safety is your first priority.
2. Contact your supervisor A.S.A.P.
3. Contact your Prefectural Advisor A.S.A.P.
4. Once you know it is safe, go to your base school or office.

Note: Emergency broadcasts and announcements may not be multilingual. For this reason, it is especially important for foreign residents to be familiar with emergency protocol before a disaster occurs.

Disaster Preparedness

What you can do:

- Register with the U.S. State Department Smart Traveller Enrollment Program (STEP).
- Have an emergency kit.
- Learn about evacuation routes and centers.
- Participate in emergency drills in your area.
- Attach furniture to walls, if possible.
- Set up your phone to receive Early Earthquake Warnings.
- Make sure you talk to your family about emergency protocol.

Laws, Rules and Regulations



Athena

- ホームファッ
- カーテン
- オーダーカ
- カーベッ
- じゅうた
- クッショ
- 寝具・寝
- ソファア
- ベッド
- テーブル
- 収納用品
- 組立家具



90分無料貸出

大型商品のお買い上げの時など
お気軽にご利用下さいませ。



KOMERI



Driving

License

- International Driver Permits - \$20 from AAA, good for up to 1 year
- After 1 year, U.S. Citizens must switch to a Japanese Driver's License
- WA license holders can switch to a Japanese license without the practical exam

Drinking and Driving

- Japan has a **zero tolerance** policy for driving under the influence. You may be arrested if you have any alcohol in your system.

Driving Laws

- Familiarize yourself with the rules of the road, traffic signals, signs, etc.

Legal: Driving

moderatelyabsurd



Driving (cont.)

Shaken and Taxes

- Vehicles must undergo regular inspection (*shaken*)
- Vehicle owners are also subject to annual automobile tax

Insurance

- Mandatory insurance does not offer full coverage; it is highly recommended that you pay for additional insurance

If you are in a car accident...

- Call an ambulance (119) and the police (110).
- Make sure everyone is safe.
- Contact your supervisor.
- Contact your insurance company. (Get help with this process.)
- Expect to assume at least some financial liability.

Bicycles

- Riding a bike while under the influence of alcohol is also illegal and could have serious legal ramifications.
- Bikes are one of the most commonly stolen items in Japan. Register your bike, and always lock it.
- A headlamp and bell are required. Helmets are only required for children under 13 years old.

Medication and Illegal Drugs

Bringing Medication from the U.S.

- Some medication that is legal in the U.S. is controlled or illegal in Japan.
- If you plan on taking more than a 1-2 month supply of medication with you, you need a Yakkan Shoumei certificate

Controlled Substances

- Japan has very strict drug laws. Do NOT bring illegal substances with you to Japan.

If you are stopped by the police:



- **ALWAYS Carry ID.** Police officers may stop you at any time. Always carry your Residence Card.
- Police have broad authority to stop, search, seize and detain. Police can stop you on the street, demand identification and search you and your possessions.

If you are arrested:

- Under Japanese law, persons suspected of a crime can be detained for 23 days without charge.
- Police are entitled to question you without a lawyer present.
- The length of detention, up to the maximum period, is at the discretion of the public prosecutor and subject to the approval of local courts.
- All arrestees in Japan can receive one free visit from a duty lawyer (*toban bengoshi*). Duty lawyers will explain local law and procedures. They can also contact the arrestees' family.
- Arrestees may also be eligible for a court-appointed defense lawyer

Other Laws, Rules & Regulations

Weapons

- Do not bring weapons with you to Japan. This includes pepper spray/mace and pocket knives.

Smoking










- Some larger cities have laws regarding smoking outside. Be mindful of smoking and non-smoking areas.

Garbage

- Each municipality/neighborhood has its own waste regulations.
- Be respectful, and ask for help if you need it.

ごみのポイ捨ては「津幡町環境美化条例」に

ごみは収集日の朝6時までに出しませ

種類	収集日	出せる物	分別の具体例	その他	注意
もえるごみ (RDF) (固形燃料)	毎週 月・木曜 ※祝日・振替休日も収集します。 ※ただし、5月3、4、5日 12月31日～1月3日は ごみ収集は休みです。 収集順序は裏面をご覧ください。	再生できない 紙くず・木くず	 <p>チリ紙、油紙 ビニール加工紙 カーボン紙 板くず</p> <p>長さ50cm 太さ10cm 以内</p>	<ul style="list-style-type: none"> ●容器包装以外のプラスチック発泡スチロール ●紙おむつ(汚物を除く) ●カード類 ●菓子袋 ●カセットテープ ●スリッパ など 	<ul style="list-style-type: none"> ●ビデオテープ ●カセットテープ ●ひも・ロープ ●ビニールホースなど <p>1袋1個まで</p> <p>50cm以下の長さに切ってください。</p> <ul style="list-style-type: none"> ●全面等は絶対に入れないでください。 ●家庭用指定袋以外は収集しません。 ●お子子の靴等の靴がみは、古紙類として ●皇国がつかばたRecolに出してください。 ●決められた集積所に出してください。
		その他	 <p>料理くず、残飯、果実皮 茶かす プラスチック 花火・たばこ・使い捨てライター(使用済みのもの) 軍用品(ベルト・バッグ等)(金属をはずす) プリンター</p>	<ul style="list-style-type: none"> ●割れた蛍光管 ●食用油缶 ●フライパン ●やかん ●ラジカセ ●ビデオデッキ ●卓上ミシン ●カイロ など 	<p>コンテナなどで出してください。</p> <p>石油ストーブ本体の灯油は抜いてください。</p> <ul style="list-style-type: none"> ●もえないごみの集積所はもえるごみと同じ場所です。 ●収集しないごみ ●段ボール・袋に入っているごみ ●縦1m×横50cm×奥行き50cmまたは20kg以上のごみ ●リサイクルできるごみ ●乾電池・油などの入っているもの ●家庭用パソコン
もえないごみ	金曜日 4月/15 5月/20 6月/17 7月/15 8月/19 9月/16 10月/21 11月/18 12月/16 1月/20 2月/17 3月/17 収集順序は裏面をご覧ください。 収集順序はもえるごみと異なります。	金属類	 <p>おもちゃ ガスレンジ なべ ストーブ カミソリの刃 三輪車 扇(ホネのみ)</p>	<ul style="list-style-type: none"> ●スプレー缶には使用後必ず穴をあけてください。 ●空きびんは、王冠、栓、フタなどを取り外し、中身を抜き、きれいにして、無色、茶色、その他の3色に分けてください。 ※取り外したフタは材質によって、もえるごみ、アルミ、スチールのいずれかに出してください。 ●空き缶は、中身を抜き、きれいにしてスチール缶とアルミ缶に分けてください。 ●びん、缶は指定日に各集積所に出してください。(持ち運びの際に使用した袋などは持ち帰ってください。) ●ジュースなどの飲料用紙パックの中で、アルミ付き・内側が茶色・プラスチックの口付きなどの紙パックは、リサイクルできません。 ●ペットボトルは、右記のマークで、飲料用・酒類用・調味料用のみ収集します。 	
		小型家電類	 <p>ドライヤー 電子レンジ 懐中電灯 掃除機 ポット 扇風機</p>		
		ガラスくず	 <p>電球 クリスタルガラス 板ガラス 化粧品 食用油びん</p>		
		その他	 <p>茶わん、皿 植木鉢 花瓶 貝がら(ホタテ・サザエ等の大きいもの) ヘルメット</p>		
容器包装 (リサイクル)	水曜日 4月/6 5月/11 6月/8 7月/6 8月/3 9月/7 10月/4 11月/9 12月/6	スプレー缶	 <p>スプレー缶</p> <p>紙パックの出し方</p>	<ul style="list-style-type: none"> ●飲食・飲料用びんと缶・フタ(金属製)ジュース・ウイスキー・ワイン・ドリンク剤・調味料・コーヒーびん・缶ビール・缶詰・菓子缶等・アルミ缶・金属製のフタも収集します。 	
		紙パック	 <p>牛乳パック、ジュースパックなど</p> <p>1 洗う 2 切り開く 3 水を切る 4 まとめる</p>		
		ペットボトル	 <p>ペットボトルの出し方</p> <p>1 洗う 2 切り開く 3 水を切る 4 まとめる</p>		



Medical Information

Seeing a Doctor

- Most people utilize specialized clinics for different kinds of ailments (i.e. internal medicine, ears, nose and throat, dermatology).
- Clinics will usually issue you a patient card. Bring this with you to future appointments.
- Look for clinics with English-speaking doctors if necessary, or ask a friend or coworker to go with you. Local JETs may have recommendations.
- As a public servant, you are usually required to undergo a complete physical once a year.

A few examples of differences in medical care you may encounter include:

- Cheaper medical care, hospital stays and ambulance rides.
- Medication in pill or powder form, and of many varieties for one ailment.
- Doctors who do not spend much time with you, are brusque, or do not offer explanations.
- Different standards of what is considered “overweight.”
- “Privacy curtain” at the gynecologist.

Health Insurance

- Japanese National Health Insurance will cover 70% of your medical costs.
- In some cases, JET Accident Insurance may cover part of the remaining 30%.
- Carry your health insurance card with you at all times.
- Consider whether to maintain health insurance coverage in the United States.

Reproductive/Sexual Health

- Birth Control
 - Condoms: If you have a brand you prefer, you may want to bring them.
 - Pills: Available in Japan, but in fewer varieties and lower doses. Not covered by NHI.
 - Copper IUDs: Available in Japan, but less common and different style than in US.
 - Hormonal IUDs: Available in Japan, more common than copper.
 - Plan B: Not available in Japan.
- STIs
 - Testing is widely available, and covered by NHI.
- Pregnancy
 - Japan has extensive maternity care, most of which is covered by NHI.
 - Abortions are legal; not covered by NHI.

Mental Health

- As of 2015, JETs have access to the JET Online Counseling Service (e-mail/Skype by appointment).
- CLAIR also offers a 50% subsidy of counseling costs not covered by National Health Insurance (only up to 10,000 yen).
- AJET Peer Support Group (phone/Skype) – their website also has a number of helpful resources.
- TELL Lifeline: 03-5774-0992 (9 AM – 11 PM)