

Notes during Summer vacation

To all students of the University of Tokyo

You will be on summer vacation after the regular examinations, and we would like you to pay close attention to the following points and prepare for your studies starting in the fall.

【Prevention of COVID-19 Infection Spread】

Please continue to take basic infection control measures following Guidelines to Prevent the Spread of COVID-19. Especially during the summer period, from the viewpoint of infection control and prevention of heat strokes, please be careful about aerosol transmission, rehydrate, do activities at levels suitable to the environment such as temperature.

○Guidelines to Prevent the Spread of COVID-19

<May 8, 2023 UTokyo Novel Coronavirus Task Force>

<https://www.u-tokyo.ac.jp/content/400214248.pdf>

○Health Service Center website

<https://www.hc.u-tokyo.ac.jp/en/>

【Prevention of alcohol-related accidents】

- Do not drink alcohol while you are under 20 years old.
- Do not force others to drink alcohol.

【Compliance with laws and regulations】

- Do not post inappropriate messages on the internet.
- Do not use or possess of illegal drugs such as cannabis, marijuana, or other synthetic variants.
- Do not do sexual harassment and/or assault.

【Cults/Unscrupulous businesses】

Cults and unscrupulous businesses are known to solicit you at parties, seminars, etc., and gradually reveal themselves. It is known that they particularly target students with little or no social experience. So, never give out personal information, and if you feel suspicious, either refuse or ignore them.

Everyone is responsible for actions but sometimes things may end with unexpected consequences. Please spend your daily life responsibly and with decency as a student of the University of Tokyo.

In addition, we have student counseling service. If you have any worries or concerns during your campus life, feel free to consult with the office.

※For details of the Student Counseling Service, refer to the following.

○Center for Research on Counseling and Support Services website:

<http://dcs.adm.u-tokyo.ac.jp/en/>