

Important Considerations for University Life

Regarding Alcohol and Drugs

Drinking safely

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

■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 drinks 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.

Drug Abuse

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.

To be neither an offender nor a victim

Mind Your Cycling Manners

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.

■Risks of bicycle accidents

In recent years, traffic accidents caused by smartphone use and driving while listening to music have become frequent. Consequently, the Road Traffic Act was amended in November 2024, establishing new penalty provisions. As a result, drunk driving and the act of talking on a smartphone or staring at its screen while riding a bicycle are now prohibited and subject to penalties. For your own sake, follow the rules and use it safely.

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

▶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 campus- 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. 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

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.