

GUIDE TO LIVING IN OUR FRIENDSHIP CENTER

1 How to make a bed シーツの使用方法

Please use 2 sheets and 1 pillowcase.

- ①First,lay one command cover on the bed.
- ②We insert sheets in to the bed or futon.
- ③Spread another sheet on it and set it asleep between the sheet and the sheet.

How to tidy up your bedding

- ①You fold from the long side to the long side.
Quilt twice,blankets 3 times,sheets 5 times,pillowcase 1 times.
- ②Align folds in one direction.
- ③As you see from the corridor, arrange the bedding and blankets in the back of each bed.
We also have bedpads.

2 VALUABLES 貴重品の管理

Take care of your valuables by yourself. You can keep your valuables in your room, or you can keep them in the coin locker near the main office.

3 HEALTH SERVICE 健康管理

If you get sick or hurt, please report to the main office.
0893-24-5175 or 0893-24-5177(after 22:30 at night)
Please pay attention to physical condition management.

4 EMERGENCY EXIT 非常口

Please check the emergency way.

5 Room Key 宿泊室の鍵の扱い

When you go out of the room,be sure to lock your room.
You can keep your room-key yourself or leave it to the main office.

6 TELEPHONE 電話の使用

You can't call outside from your room. You can use the payphone in this Center.

7 USE OF SPORTS GEAR 貸出用具

When you want to use the gym, etc. apply to the main office.

8 DRINK SERVICE 湯茶

Be free to drink water in the lobby etc,
You can drink softdrinks in the lobby, you but it will cost you to drink softdrinks.

9 SHOP 売店

The shop is in the restaurant on the 1st floor. Open 9:00~ 19:00
There is a vending machine on the basement floor.

10 OTHERS その他

Be sure to clean your room every morning.
Contact the staff or dial the main office if you want further information.
Gaage is a separation. Can · PET bottle · Burnable trash · Cardboard.

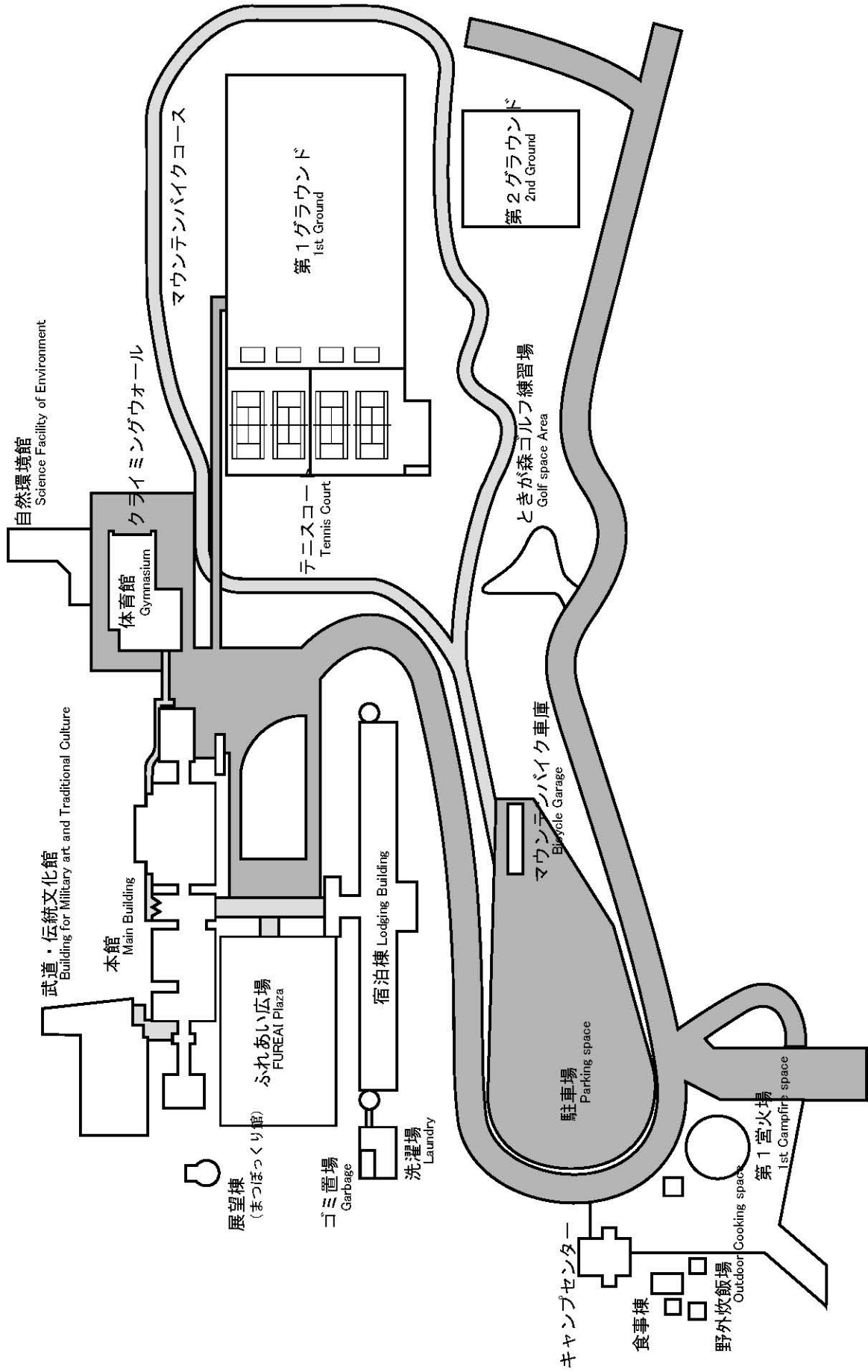


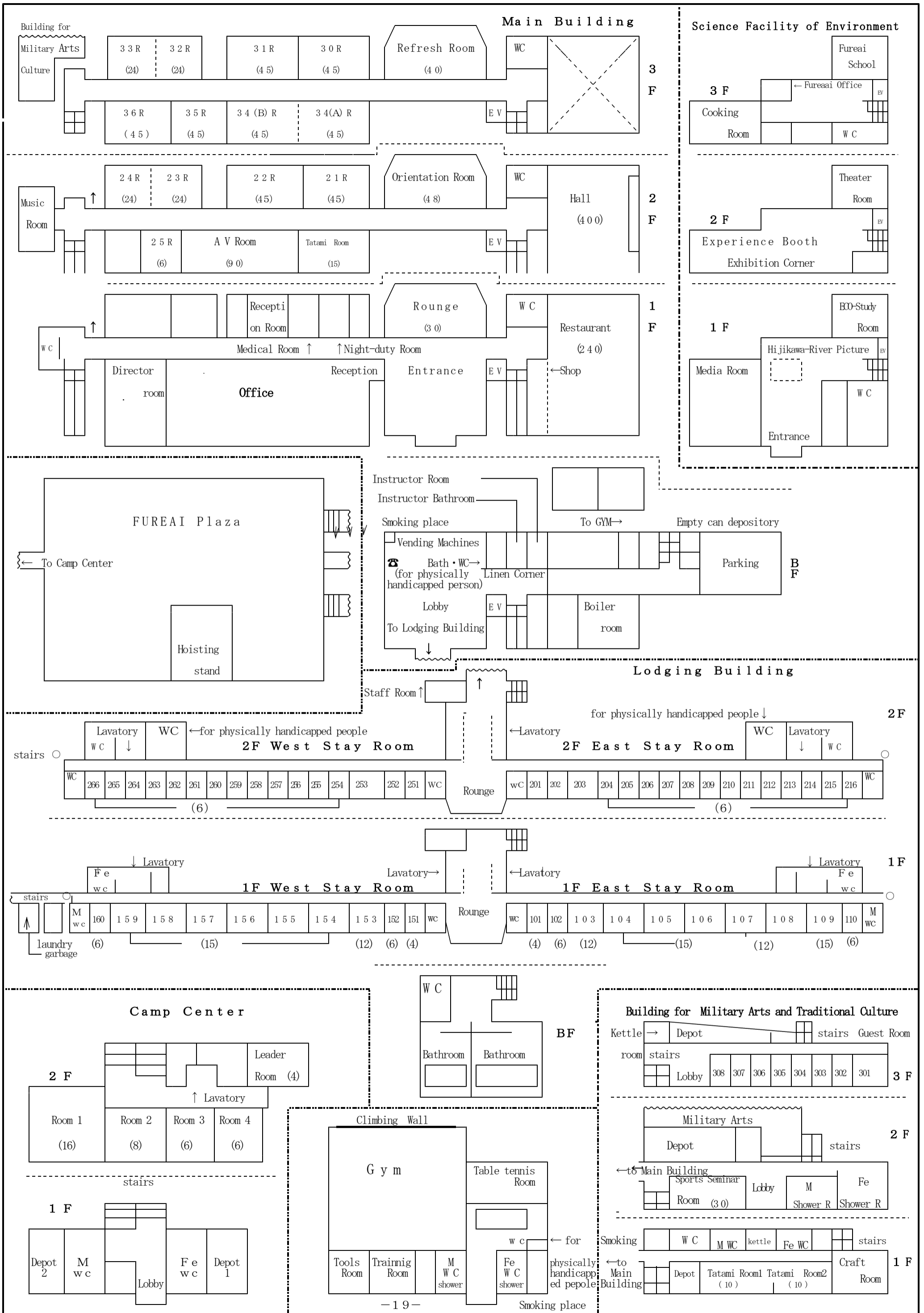
Time table

Time	Contents
6 : 3 0	Wake up
7 : 0 0	Morning gathering
7 : 1 0	Cleaning
7 : 3 0 ~ 9 : 0 0	Breakfast
8 : 4 0	Room check (only last day)
9 : 0 0 ~ 1 2 : 0 0	Study
1 2 : 0 0 ~ 1 3 : 3 0	Lunch
1 3 : 3 0 ~ 1 6 : 3 0	Study
1 6 : 3 0	Representative meeting
1 7 : 0 0	Evening gathering
1 7 : 2 0 ~ 1 9 : 0 0	Supper
1 9 : 0 0 ~ 2 0 : 3 0	Study
1 7 : 3 0 ~ 2 2 : 0 0	Bath time
2 2 : 0 0	Ready for sleeping
2 2 : 3 0	Turn the light off

※We prepare sheets and pillow-cases on the basement floor of main building at 13:30.

※Bath time : We inform your representative about bath time at representative meeting.





(note) The maximum number of seminar rooms and accommodation rooms is stated