

Guide to stay and use the TKC

The AOTS Tokyo Training Centre (TKC) is a training and accommodation facility for trainees, mainly from overseas. We hope that our Centre to be a 'home' in Japan for those trainees from overseas. We Also hope that your stay at our Centre would provide you with an excellent opportunity to deepen your friendship with people from all over the world, and that living together with people from different cultures and lifestyles will lead to true mutual understanding and international goodwill.

As our centres are training accommodation, the rules of living and accommodation may differ from those of ordinary hotels. Please peruse this booklet carefully so that we can provide you with a comfortable and safe life.



Tokyo Kenshu Center (TKC)

The Association for Overseas Technical Cooperation and Sustainable Partnerships (AOTS)

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About guest room

Safety and security, No smoking in the entire building



For safety and security reasons, self-catering is not permitted, nor are friends or guests allowed in the private rooms.

Smoking is completely prohibited in the building. Smoking is permitted on the terrace outside the tea corner on the 1st floor.



Safety box at the reception

Please leave your valuables in the safety box (valuables storage box) at the reception or in the safety box in the closet in your guest room. Our Center cannot be held responsible for any items not checked in at reception that are lost or stolen in your room.

Room key, lock checks



Main switch

Room keys are not self-locking. Please make sure to lock the door when you are in the room and when you leave the room unattended.

Please do not remove the wooden key tag as it is the main power switch.

Refrigerator

Please keep the refrigerator clean at all times. Any food left in the refrigerator after check-out will be disposed of at our Center's discretion.

Extension telephone



To call another room, press '1' followed by the room number of the person you are calling. **The receptionist's extension number is 9.**

How to set up bed board alarms



Press the alarm ON/OFF switch.

(The "bell" symbol and alarm time display will illuminate.)

Press the time adjustment switch ▲▼ to set the alarm time.

Forward each press advances the time by one minute.

Backward Press and hold to fast-forward.



How to stop the alarm

Press the alarm ON/OFF switch to stop the alarm. The "bell" symbol and alarm time display will disappear. If the alarm ON/OFF switch is not pressed, the alarm keeps ringing approximately 3 minutes.

Use of televisions and household electrical appliances



Terrestrial television is available in the Tokyo area.

The voltage in Japan is 100V. Please do Not use non-100 V products.



Internet

Please see the Wifi login ID and password information posted in the elevator halls on each floor.

Bathroom



Toilet

Do not flush anything other than the toilet paper provided.

Washbasins and bathtubs.

Do not flush hair, leftover food or other debris. When using hair dye (hair color), please be careful not to get stains on walls, floors, etc. in the room including bathrooms. Always close the bathroom door when in use, as steam from the bathroom may cause a false fire alarm.

Water from the tap in the bathroom is drinkable.

Cleaning of rooms



Cleaning days: Rooms are cleaned every day except Saturday and Sunday.

Cleaning hours is basically from 10am to 4pm.

Bed sheet is changed every three days except Saturday and Sunday.

DD Card (Don't Disturb Card)

If you do not wish your room to be cleaned, please display a 'DD (Don't Disturb) Card' on the doorknob by 08:00 on the morning of the day. However, cleaning and bed sheet changes are not performed until the third day in a row. Even if the DD card is displayed after the fourth day, cleaning and changing of bed sheets will be carried out for hygiene reasons.



Please be quiet

Please be quiet to avoid disturbing other guests, especially between 22:00 pm and 07:00 am.

About stains and damages in the room

If any defacement or damage is found in the room, the actual costs required to restore the room to its original state will be charged.

Visitors

As a training facility, at our Center, it is forbidden to show your guests/friends to your rooms. You can meet guests in the lobby on the 1st floor.

Dress

Please do not step out from your room in your nightgown, underwear or slippers.

About Services at the reception (front desk)

Service hour: 06:00~00:00(24:00)

As a general rule, check-in/check-out hours are as follow:

Check-in: 15:00~00:00(24:00)

Check-out: 06:00~10:00



Payment:

Please make payment in cash (Japanese yen) or by credit card (VISA, MASTER, JCB, AMEX, DINERS).

Traveller's cheques and foreign currencies are not accepted. Foreign currency exchange is not available at the Center.

Agency service/Consumable goods selling

Dry cleaning and courier services are available. Photocopying and printing services are also available. Consumables such as detergent and amenity sets (soap, shampoo, conditioner, toothbrush and toothpaste) are available for sale.

※ No nightwear is provided.

Items available for rent

Plug socket converters and WiFi routers are available for rent.



Curfew

Curfew is 23:00. The front entrance is locked between 00:00 (midnight) and 06:00 morning. If you cannot meet the curfew due to unavoidable circumstances, please contact reception in advance.

When temporarily out of the Center: Room key, Passport and Registration card

When going out, please make sure to leave your room key with the reception desk.

All foreigners staying in Japan are required by law to carry their passport, alien registration card or residence permit at all times. Please take care not to forget them when you go out.

If you are staying overnight, please notify the reception in advance for security reasons.



Medical Support

If necessary, the Center's staff can escort you to a nearby hospital. Please contact reception.



Free medical consultations with a doctor are available. Please apply at reception if you wish to use this service. Dates and times are posted on the notice board in the lobby on the ground floor and in the elevator.



About facilities

Canteen



The canteen is located on the 1st floor. The canteen is self-service. For information on the opening hours, please refer to the "Welcome to TKC," the guide given to you by reception when you check in.

Drinking water



Cold and hot water

Please use the water supply machines located on each floor from the 2nd to the 6th floor.

Ice cubes

Please use the ice machines in the canteen and on the 2nd floor.

Vending machines.



Located on the basement floor (B1F), 1st first floor canteen, 2nd floor and 3rd floor.

Laundry room



Men's laundry rooms is located on the basement floor (B1F) and women's laundry room is located on the 4th floor. Fully automatic washing machines, dryers and irons are available free of charge.

For fire safety reasons, it is forbidden to bring irons into the rooms.

Available hours: 07:00~23:00

Party room on the basement (B1F) floor

Party room is available for parties and other events involving food and drink.

Advance booking is required. Please contact reception for information on how to make a reservation. Please prepare and clean up on your own. Please do not leave rubbish behind.

Available hours: until 23:00, up to 2 hours per group.

Sport



Table tennis

Venue is on the basement floor (B1F). For equipment rental, please contact reception.

Information on disaster prevention and evacuation

TKC buildings are earthquake-proof to prevent collapse even in the event of a seismic intensity 7 earthquake and are equipped with sprinkler systems to prevent the spread of fire, in order to ensure the safety of the occupants. However, unexpected disasters can occur due to minor carelessness or force majeure accidents. Please read the following instructions carefully in case of emergency. We ask your understanding and cooperation to ensure a safe and comfortable living.



1. Fire Prevention

- 1) No smoking in the building.
- 2) Fire strictly prohibited. Using electrical appliances such as irons, stoves, stoves and water heaters is not permitted in the rooms.

2. Fire Detector

- 1) If a fire breaks out in a guest room, a fire detector will be triggered and an emergency bell will ring.
- 2) The fire alarm may be activated by steam from the bathroom or cigarette smoke. To prevent false triggering of the fire alarm, please do not use the shower with the bathroom door open.

3. Sprinklers

Sprinklers are installed all over the TKC. They are activated by high temperatures.

4. Sign of Fire

- 1) When the emergency alarm is activated, TKC staff will come to the room to check if there is a fire.
- 2) After TKC staff have confirmed the existence of a fire, alarms will sound again, and a fire announcement will be broadcast.

5. Evacuation

- 1) When the fire alarm sounds, evacuate the building immediately.
Evacuation routes are posted on the inside of guest room doors and in the hallways of each floor.
Please take time to check evacuation routes in advance.
- 2) If evacuation through the hallway is not possible, go out onto the balcony of your room and use the emergency ladder to go down to the next floor.
Be sure to check in advance where the emergency ladder is located.
To lower the emergency ladder, first hold the hatch up, and then press the stopper firmly. The ladder will deploy automatically.
Please do not jump from the window as it is dangerous.
- 3) Do not use the elevator for evacuation. You may be trapped inside after an unexpected stoppage.
- 4) Keep calm and follow staff instructions during evacuation, so as to prevent injuries from falling or slipping.

Emergency Exit Sign



6. Earthquakes

- 1) If you feel tremor, keep calm and pay attention to fire sources such as cigarettes for fire prevention.
- 2) Evacuation instructions will be broadcast if necessary.
- 3) Follow staff instructions during evacuation.

7. Power Cuts

In the event of a power failure due to a sudden accident, a private generator will be activated.

8. Fire Drills

The TKC conducts fire drills on a regular basis. Please be forewarned that you will hear an emergency broadcast or siren in a drill. An advance announcement will be given on a bulletin board or via within-building broadcast.

9. Useful information on disaster prevention

Various useful information on disaster prevention is published by Japanese administration for foreign residents in Japan, for example, the below-listed information. In addition to them, it is also possible to get related information by searching for keywords such as “disaster prevention information for foreigners staying in Japan”. We wish you will find this information useful.

“Disaster prevention leaflet for Foreigners” issued by Tokyo Metropolitan Government

English and Tagalog

https://www.seikatubunka.metro.tokyo.lg.jp/chiiki_tabunka/tabunka/tabunkasuishin/files/0000000144/2022bousaileaf_eng_taga.pdf

Chinese and Korean 中文 / 한국어

https://www.seikatubunka.metro.tokyo.lg.jp/chiiki_tabunka/tabunka/tabunkasuishin/files/0000000144/2022bousaileaf_chi_kor.pdf

Vietnamese Tiếng Việt

https://www.seikatubunka.metro.tokyo.lg.jp/chiiki_tabunka/tabunka/tabunkasuishin/files/0000000144/2022bousaileaf_viet_nep.pdf

Easy Japanese やさしい日本語

https://www.seikatubunka.metro.tokyo.lg.jp/chiiki_tabunka/tabunka/tabunkasuishin/files/0000000144/2022bousaileaf_yasanichi.pdf

“Help card for foreign nationals” issued by Tokyo Metropolitan Government:

Spanish and Portuguese Español / Português

https://www.seikatubunka.metro.tokyo.lg.jp/chiiki_tabunka/tabunka/tabunkasuishin/files/0000000144/22help_espa_por.pdf