



日本サバイバルトレーニングセンター

Nippon Survival Training Center

Joining Instructions

Thank you very much for applying to Nippon Survival Training Center (NSTC)

Please read these instructions carefully before joining the training.

◆ Important

Registration Health Precautions

The training activities may include physically demanding and potentially stressful elements.

Submit the following documents found with this document in order to ensure your good health.

• **Statement of Physical Fitness** (must have physician's signature) • **Training Consent Form**

• **Health Questionnaire** • **Personal Information Consent Form**

Documents must be sent 15 days prior to the course date by e-mail in PDF.

Please keep yourself in good health for the training day. Drugs and alcohol are prohibited.

Training Gear

- Delegates are required to wear **comfortable and suitable clothing** for the training. Short pants, skirts, sleeveless tops, sandals and beach sandals are not allowed due to safety concerns
- For your safety, **accessories are not allowed** during the training.
- For your safety, please **remove your contact lenses** before participating in training at the pool due to the loss and/or the possibility of infection.

What to Bring

- **Photo ID**(Passport, Driver's license or Mariner's pocket ledger) ※Non-Japanese: passport only
- Note pad & pen
- **Swimwear**, water proof bag (to carry wet swimwear after the course), Eyeglasses and contact lens care set including contact lens solution and case
- Motion sickness medicine if you experience seasickness (for lifeboat training)
- GWO Work at Height training delegates who is working gloves, safety shoes, long socks
- Statement of Physical Fitness, Health Questionnaire and Training Consent Form, Personal Information Consent Form **(if original documents were not posted)**

※Extra clothes, motion sickness medicine and cold weather outfit are not needed for those taking only **ADC/ADE**.

Provided

- Personal Protective Equipment (Helmet, gloves, etc.), shower towels, coveralls, boots, etc.
 - Lunch (Provided a lunch box in our lounge.)
 - Refreshments such as water, tea, coffee, etc. are available in the lounge.
- ※Smoking area is located on the 5th floor of the facility.

◆Registration

Please arrive at NSTC reception (Nippon Suisan Bldg. 4th floor) by the stated time on the annexed Time Table. Reception will be open 10min prior to the registration time. If there is any chance that you'll be late, please call **093-884-2020**.

* The lecture room will be opened 30 minutes before the start.

◆Directions

Address: Nippon Suisan Bldg. 4F, 2-6-27Ginza, Tobata-ku, Kitakyushu-shi, Fukuoka-ken, Japan 804-0076 (approx.10 minute walk from JR Tobata Station, North Exit

TEL: 093-884-2020 (8:30~17:30 weekdays) Mail: book@n-s-t-c.com

Emergency call: 093-884-2024 (outside business hours)



By Airplane

[From Fukuoka Airport]

Fukuoka A.P. → Hakata St. (Subway) App. 10min
Hakata St. → Tobata St. (JR Limited Express train)
App. 40min
(JR Rapid Train) App. 60min

[From Kitakyushu Airport]

Kitakyushu A.P. → Kusami St. (Bus) App. 20min
Kusami St. → Nishi-Kokura St. → Tobata St.
(JR Local Train) App. 25min

OR

Kitakyushu A.P. → Kokura St. (Bus) App. 35min
Kokura St. → Tobata St. (JR Local Train) App. 10min

By Shinkansen (Bullet Train)

Get off Shinkansen at JR Kokura St.
Kokura St. → Tobata St. (JR Local Train) App. 10min

By Car

App. 5~10min from Tobata IC by Car

*Prior reservation is required to use the parking lot. Parking may not be available without prior reservation.