

NSTC	Issue #: 001	Revision #:	Prepared by: EM
Document Code: QMS11403-6	Issue Date: 10/23	Revision Date:	Approved by: AN
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日本サバイバルトレーニングセンター

Nippon Survival Training Center

Joining Instructions for STCW BST/BSTR

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

Please read these instructions carefully before joining the training.

◆ Registration

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**
- **NSTC Training Medical Screening and Self-Declaration of Fitness Form**
- **Personal Information Consent Form**
- **Consent form for Training on Infection Agreement**

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

If the procedure cannot be confirmed by 15 days before the start of training, according to our cancellation policy, the training will be canceled and a cancellation fee will be charged.

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

◆ Clothes, belongings

- 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.

(Please bring your glasses so that you'll be able to have clear visibility for pool-side explanation.)

◆ What to Bring

- **Photo ID**(My number card, 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

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- Motion sickness medicine if you experience seasickness (for lifeboat training)

◆ Provided

- Personal Protective Equipment (Helmet, gloves, etc.), shower towels, coveralls, boots, etc.
- Lunch (Provided a lunch box)
- Refreshments such as water, tea, coffee, etc. are available in the lounge.

◆ 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 registration room will be opened 30 minutes before the start.

◆ Late Arrival Policy

- A certificate of completion may not be issued to those who arrive late.
- **Delegates will go to Wakamatsu Training Facility by NSTC car. Those who are late for the departure time will be transported by taxi on their own, but please note that you will be required to pay for the transportation fee.**

◆ Use of parking lot

A parking permit is required to use the parking lot.

For parking lot usage, please email [delegate name] [training name] [training date] [car model/number] and let us know in advance.

*If you are using a rental car, the [car model/number] is not required, but please write [rental car].

◆ training cancellation

Training may be canceled due to natural disasters (including infectious diseases).

In that case, **the cancellation of the training will be announced on the news on the NSTC website by 7:00 a.m. on the day of the training.**

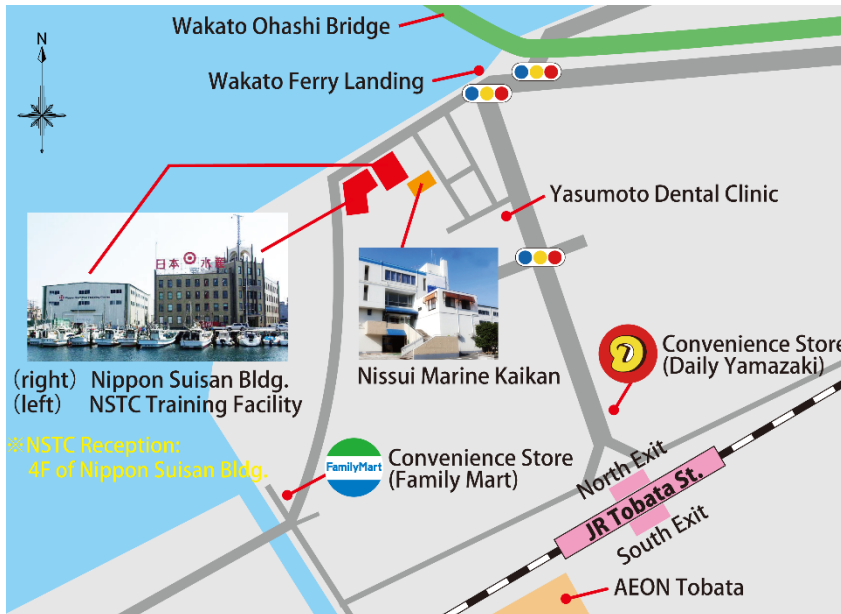
If you determine that holding the training on that day is in doubt, please check the website on the morning of the training day

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◆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 (8:00~17:00 weekdays) Mail: book@n-s-t-c.com



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