

# 留学生暑期安全提示

## 1. 严格执行请假制度

离开学校应办理请假手续，告知班主任具体行程；请假结束后，及时销假。涉及出入境的，入境前后向班主任报备，入境后及时返校，不得在外留宿。

## 2. 宿舍安全注意提示

(1) 正确使用电器，不得在宿舍使用大功率电器，不得乱动、乱接电线、灯头、插座等，外出时关闭空调等电器。

(2) 不在宿舍楼吸烟。

(3) 在厨房做饭时不得离开灶台，如遇电器故障，及时报修。

(4) 做好钱款及贵重物品保管，以防丢失。

(5) 夏气天气闷热，宿舍经常通风换气，保持良好的卫生习惯。

(6) 注意厨房及卫生间用水安全，如遇漏水、渗水、下水管道堵塞等情况及时报修。

(7) 禁止夜不归宿，学生宿舍不得随意留宿他人。

## 3. 校园内安全提示

(1) 电动车不得进入建筑物内，充电应到指定地点。

(2) 在校园内要注意交通安全。

(3) 不可到校园内的河湖中戏水游泳。

(4) 不可随意丢弃烟头，以防火灾。

## 4. 外出安全提示

(1) 遵守中国的法律法规，不得触犯法律，禁止在外打工。

(2) 暑假正值汛期，珍爱生命，严禁到池塘、水库、河、海等处私自玩耍、游泳、洗澡。

(3) 文明出行，遵守交通规则，注意交通安全。

(4) 言行得当，做文明大学生，不与人语言与肢体发生冲突。

(5) 不占便宜、不贪小利，防止受骗，一旦被骗，及时报警。

(6) 保管好个人证件、财物，以防丢失。

## 5. 网络安全提示

(1) 提高网络安全意识，合理利用网络资源，不随意点击不明链接，不随

意下载来历不明的软件。

(2) 不浏览非法网站，不在网站、社交平台发表不实信息及不当言论。

(3) 警惕兼职刷单诈骗。

(4) 不向网络上的陌生人透露个人信息。

#### 6. 身心健康提示

(1) 注意食品卫生，切忌食用变质食物，以防食物中毒。

(2) 合理安排生活作息，做到劳逸结合。

(3) 如遇身体不适，及时就医诊治；如遇紧急病情，立即联系宿管阿姨和班主任，并拨打 120 急救电话。

(4) 关注心理健康，积极利用假期开展有益身心的户外活动和体育锻炼，听音乐，疏解情绪和精神压力，加强心理健康自我调适。如遇心理问题，可寻求班主任及学校心理中心帮助。

7. 报警及求助电话：火警 119，警察 110，急救中心 120，江苏省 24 小时心理危机干预热线（02558255200）。

国际教育学院

2024 年 7 月 10 日

## Summer Safety Tips for International Students

### 1. Strict Process of Leaving School

When leaving the school, you should go through the leave procedures and tell the class teacher of the specific itinerary; After the leave is over, you should cancel it in time. If you return your country or travel abroad, you must tell your class teacher about your plan first.

### 2. Dormitory Safety Tips

(1) Use electrical appliances correctly, do not use high-power electrical appliances in the dormitory, do not mess around, connect wires, lamp holders, sockets, etc., and turn off air conditioners and other electrical appliances when going out.

(2) Do not smoke in the dormitory.

(3) Do not leave the stove when cooking in the kitchen, and report for repair in time in case of electrical failure.

(4) Keep money and valuables in case of loss.

(5) The summer weather is hot and humid, and the dormitory is often ventilated and good hygiene habits are maintained.

(6) Pay attention to the water safety of the kitchen and bathroom, and report for repair in time in case of water leakage, water seepage, sewer pipe blockage, etc.

(7) It is forbidden to stay overnight, and students are not allowed to stay in the dormitory at will.

### 3. Safety Tips on Campus

(1) Electric vehicles are not allowed to enter the building, and charging should be carried out at the designated place.

(2) Pay attention to traffic safety on campus.

(3) Do not swim in the rivers and lakes on campus.

(4) Do not discard cigarette butts at will to prevent fire.

### 4. Safety Tips for Going out

(1) Abide by the laws and regulations of China, do not violate the law, and are prohibited from working outside the country.

(2) The summer vacation is the flood season, cherish life, and it is strictly forbidden to play, swim and bathe in ponds, reservoirs, rivers, seas and other places without permission.

(3) Travel in a civilized manner, abide by traffic rules, and pay attention to traffic safety.

(4) Be a civilized college student, and do not have verbal and physical conflicts with people.

(5) Do not take advantage, do not be greedy for small profits, prevent being deceived, and report to the police in time once deceived.

(6) Take good care of personal documents and property to prevent loss.

#### 5. Cyber Security Tips

(1) Improve network security awareness, make reasonable use of network resources, do not click on unknown links at will, and do not download software from unknown sources at will.

(2) Do not browse illegal websites, and do not publish false information and inappropriate remarks on websites and social platforms.

(3) Be wary of part-time job scams.

(4) Do not disclose personal information to strangers on the Internet.

#### 6. Physical and Mental Health Tips

(1) Pay attention to food hygiene and avoid eating spoiled food to prevent food poisoning.

(2) Arrange life and rest reasonably, and combine work and rest.

(3) In case of physical discomfort, seek medical treatment in time; In case of emergency, contact the dormitory manager and the class teacher immediately, and call the 120 emergency number.

(4) Pay attention to mental health, actively use holidays to carry out physical and mental outdoor activities and physical exercises, listen to music, relieve emotional and mental pressure, and strengthen mental health self-adjustment. If you have any psychological problems, you can seek help from your class teacher and the school psychological centre.

7. Police and help: FIRE 119, POLICE 110, HISPITAL 120, Jiangsu Province 24-hour psychological crisis intervention hotline (02558255200).

School of International Education

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