<For International Researchers>

**Move-In Instructions for the UTokyo Accommodations**

Please be sure to follow the instructions below for those who are to move into the UTokyo accommodations from abroad.

※You are recommended to get fully vaccinated against COVID-19 before coming since you may not be able to get a shot here in Japan right away.

**Before Your Arrival in Japan:**

(1) **Inform your estimated date/time of arrival in Japan as soon as your flight schedule is fixed to the UTokyo accommodation office.**

You will need to order the beddings, if necessary, at least 1 week prior to the date of your move-in.

(2) **Record your own physical condition for a period of 2 weeks** prior to the date of your arrival in Japan using the "Self-Health Check Sheet."

URL: [https://www.u-tokyo.ac.jp/content/400138827.xlsx](https://www.u-tokyo.ac.jp/content/400138827.xlsx)

If the date already falls short of this required 2-week period, start record your physical condition from the earliest available day. You will need to submit this sheet to the accommodation office upon your arrival. In addition, be sure to prepare and bring your own thermometer with you for you may need to take your daily temperature from time to time during your stay in Japan.

(3) **Prepare your own smartphone** to bring with you.

Currently, you will need to possess a smartphone capable to install all the necessary apps like the one to identify your location, etc. in order to carry out the requirements stated in the written pledge you are to submit at the time of your entry to Japan. If you do not own such smartphone, you will need to rent one at the airport at your own expense by the order of the quarantine station.

※Credit cards are needed in renting a smartphone.
At the Time of Your Arrival in Japan:

(1) Send the following information to the accommodation office by email.
※Always be sure to include your name and room number at the UTokyo accommodation in the subject line.

- Mejirdai International Village: mejirdai_village@maicom.co.jp
- Oiwake Lodge: oiwake_lodge.adm@gs.mail.u-tokyo.ac.jp
- Komaba Lodge Annex: komaba_lodge.adm@gs.mail.u-tokyo.ac.jp
- Kashiwa Lodge: kashiwa_lodge.adm@gs.mail.u-tokyo.ac.jp

(a) Your required number of days and place of quarantine after your entry to Japan.

Please check your required days of quarantine in the material below:

- Japanese COVID-19 border measures change on March 1, 2022
  https://www.mhlw.go.jp/content/000903661.pdf

  e.g.) Write as:
  • Entry from non-designated country / Valid booster shot received / No quarantine
  • Entry from designated country / Valid booster shot received / 7-day quarantine at dorm

(b) Your approximate time of arrival at the UTokyo accommodation.

※For those who are required to stay at the specific facilities designated by the chief of the quarantine station after arrival in Japan, please inform your expected date of arrival at this point. You can later inform the actual date/time of arrival to the accommodation office when you get to know for sure.

(c) Document certifying the negative result of the COVID-19 test you have received before your arrival in Japan.

d) Document certifying the negative result of the COVID-19 test you received at the port of your arrival in Japan.
(e) Document certifying your receipt of the COVID-19 booster shot.
   ※Only those who have already received their 3rd dose of vaccination, etc. at the
time of their entry to Japan.  (Valid vaccination relating to the number of your
required days of quarantine.)

(f) Your filled out “Self-Health Check Sheet” for the 2-week period prior to your arrival
in Japan.

(g) Your filled out “Move-In Health Check Sheet” attached herewith.
   (Be sure to bring your own thermometer with you for you will need to take and
record your temperature at the time of your arrival in Japan to fill out this sheet.)
   ※For those who are required to stay at the specific facilities designated by
the chief of the quarantine station after their arrival in Japan, please submit this
sheet on the actual date of your arrival at the UTokyo accommodation.

※ If tested positive for COVID-19 at the port of your arrival in Japan or during
your stay at the specific facilities designated by the chief of the quarantine
station, immediately notify the following information to your affiliated faculty /
department (laboratory) / institution at UTokyo and the accommodation office
by email:
   (a) Document certifying the positive result of the COVID-19 test you received,
   (b) The place of your stay for recovery (name of hospital, etc.), and
   (c) Your contact information (email address, phone number, etc.)

(2) Receive the “MOVE-IN OK” email from the accommodation office in return to your
email sent in (1) above.  You will need to present this “MOVE-IN OK” email at the
accommodation office at the time of your arrival.  Please kindly note that those without
this email may not be accepted for their stay at the UTokyo accommodations.

**During Your Stay for the Quarantine Period at the Dorm:**
※The following will not apply for those who are not required to quarantine at the dorm.

(1) Keep record of your physical condition during your quarantine period
   using the “Self-Health Check Sheet.”  You will need to submit this sheet to the
accommodation office at the time you complete your self-quarantine.
In addition, be sure to adhere to the “SELF-QUARANTINE LEVEL 2” instructions
up till the completion of your quarantine period.
※“SELF-QUARANTINE LEVEL 2”:  https://www.u-tokyo.ac.jp/content/400160552.pdf
(2) **Limit your outings as best as you can.**

You can go out shopping if in need on condition that you take all the preventive measures (wearing a face mask, keep physical distancing, etc.), but please limit the length and frequency of your outings as much as possible.

(3) **Inform the accommodation office if you are to get tested to shorten up your quarantine period.**

For the details of testing, see:

[Japanese COVID-19 border measures change on March 1, 2022](https://www.mhlw.go.jp/content/000903661.pdf)

(4) **Follow the steps below if you are to develop any symptoms related to COVID-19:**

1. **Contact either one of the following places of contact.**

   <Residents of Mejirodai International Village /Oiwake, Komaba Lodge Annex >
   
   **[TOKYO FEVER CONSULTATION CENTER]**
   24/7 (including weekends & holidays)
   TEL: 03-5320-4592  

   **[TOKYO CORONAVIRUS SUPPORT CENTER FOR FOREIGN RESIDENTS]**  
   Weekdays 10:00-17:00  （N/A weekends & holidays）
   TEL: 0120-296-004  （toll-free）
   Languages Available: Japanese, English, Chinese, Korean

   **[UTOKYO HEALTH SERVICE CENTER]**
   Weekdays 10:00-17:00  （N/A weekends & holidays）
   TEL: 03-5841-2579

   <Residents of Kashiwa Lodge>

   **[KASHIWA CITY COVID-19 CONSULTATION CENTER]**
   Weekdays 9:00-17:00 ⇒ 04-7167-6777 (Kashiwa City Public Health Center)
   Weekday Off-Hours/Weekends & Holidays ⇒ 0570-200-613

   **[UTOKYO HEALTH SERVICE CENTER]**
   Weekdays 10:00-17:00  （N/A weekends & holidays）
   TEL: 04-7136-3040

2. **Immediately report what you have been told from the consultation / support**
center along with your physical condition to your affiliated faculty / department (laboratory) / institution at UTokyo and the accommodation office right away and follow their instructions.

If you are to have any worries over your health, you can contact the following support center, as well.

► **COVID-19 Call Center**: 0570-550571 (9:00-22:00 / including weekends & holidays)
   Languages Available: Japanese, English, Chinese, Korean

► **Chiba Advisory Service**: 043-297-2966 (9:00-12:00, 13:00-16:00 / weekdays only)

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**On the Day of the Completion of Your Self-Quarantine:**

1. **Submit the “Self-Health Check Sheet” you’ve recorded up till the completion of your quarantine period to the accommodation office.**

2. **For those who have got tested to shorten up their quarantine, either submit (a) the certificate of your test result or (b) the notice you received announcing the end of your quarantine.**

3. **For those who have stayed at the specific facilities designated by the chief of the quarantine station after their arrival in Japan, submit the certificate of your test result received at the place of your stay.**

4. **Confirm the receipt of the email from the UTokyo accommodation in return to your above sent email.** You will need to have the accommodation office confirm the completion of your quarantine period before you get back to your normal life. Please always follow the instructions given from your affiliated faculty/department at UTokyo, as well.

<For any inquiries, contact>
UTokyo Housing Office
housing-office.adm@gs.mail.u-tokyo.ac.jp
<For International Researchers>

入館時 チェックシート／MOVE-IN HEALTH CHECK SHEET

宿舎・ロッジ名／Name of Accommodation：__________________________________________

入館者氏名／Your Name：___________________________________________________________

入館日時：月日（ ） 午前 午後 時 分

Move-In Date/Time:                      (Month) /                      (Day) A.M.・P.M.  :

1. 基礎疾患の有無／Preexisting Health Conditions □ あり／YES □ なし／NO
   〔ありの場合、内容を記載／Write in detail, if any.〕

2. 新型コロナワクチン接種の有無／COVID-19 Vaccination
   ・ワクチン接種完了の有無 □ はい／YES □ いいえ／NO

   Are you fully vaccinated against COVID-19?
   ・接種したワクチンの種類について／Name of the Type of Vaccine Received
     □ コミナティ (Comirnaty) 筋注／ファイザー (Pfizer)
     □ バキスゼブリア (Vaxzevria) 筋注／アストラゼネカ (AstraZeneca)
     □ COVID-19 ワクチン モデルナ(COVID-19 Vaccine Moderna) 筋注／モデルナ (Moderna)
     □ ヤンセン（Janssen COVID-19 Vaccine）
     □ その他／Others （ ）

※宿舍入居にあたって、ワクチン接種を求めるものではありません。
   Vaccination is not a prerequisite condition for your move-in.

3. 入館当日の健康チェック／Health Check at the time of Move-In

   体温／Body Temperature  __________ ℃

   息苦しさ／Shortness of Breath □ あり／YES □ なし／NO
   味覚・嗅覚障害／Lack of Taste, Smell □ あり／YES □ なし／NO
   せき・たん／Coughs and Sputum, Phlegm □ あり／YES □ なし／NO
   だるさ／Malaise □ あり／YES □ なし／NO
   吐き気／Nausea □ あり／YES □ なし／NO
   下痢／Diarrhea □ あり／YES □ なし／NO
   その他の症状／Other Symptoms □ あり／YES □ なし／NO

   〔ありの場合、内容を記載／Write in detail, if any.〕