

June 23, 2021

<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 to Japan 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 submit the rental bedding order form to the accommodation office at least 1 week prior to the date of your move-in, if in need.

- (2) **Record your 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>

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 will need to take your daily temperature every day during your 14-day quarantine period in Japan.

- (3) **Arrange your own private transportation** from the port of arrival to the UTokyo accommodation. As you are not allowed to use any public transportations up till the completion of your 14-day quarantine period, you will have to hire a car, etc. on your own.

- ▶ Contact Information on Car Hire Agencies recommended by the Ministry of Health, Labour and Welfare (information in Japanese only):

https://www.mhlw.go.jp/stf/seisakunitsuite/newpage_00020.html

(4) **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.

(5) Confirm and be prepared for all the necessary requirements for entering Japan.

Cf.) ■Ministry of Health, Labour and Welfare

Border Enforcement Measures (NEW) / “Important Notice” ※Information partly in English

https://www.mhlw.go.jp/stf/seisakunitsuite/bunya/0000121431_00209.html

■Ministry of Foreign Affairs of Japan

“Border enforcement measures to prevent the spread of novel coronavirus COVID-19”

https://www.mofa.go.jp/ca/fna/page4e_001053.html



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 room number at the UTokyo accommodation where you are to stay and your name in the subject line.

▶Mejirodai International Village: mejirodai_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 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 their arrival in Japan, it will be okay for you to only inform your expected date of arrival at this point. Please inform your approximate time of arrival to the accommodation office when you get to know.

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

- (c) Document certifying the negative result of the COVID-19 test you received at the port of your arrival in Japan.
- (d) You filled out “Self-Health Check Sheet” for the 2-week period prior to your arrival in Japan.
- (e) You 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 after the 3-day/6-day/10-day stay as described below.

▶ **FOR THOSE ENTERING JAPAN FROM COUNTRIES / REGIONS WITH COMMUNITY TRANSMISSION OF CORONAVIRUS VARIANTS OF CONCERN:**

Those entering Japan from the designated countries / regions with community transmission of coronavirus variants of concern will need to submit the following items as well in addition to those listed in (1) above to be accepted for their move in at the UTokyo accommodations.

- (a) The filled out “Self-Health Check Sheet” for the period during your stay at the designated location booked by the quarantine station.**
- (b) Document certifying the negative result of the COVID-19 test received on the 3rd/6th/10th day from your entry to Japan.**
 - ※If you did not receive any document certifying your test result, you will not need to submit it.
- (c) You filled out “Move-In Health Check Sheet” attached herewith.**

※ **Be sure to arrange your own private transportation to the UTokyo accommodation for you are unable to use any public transportation up till the completion of your 14-day quarantine period.**

For the list of countries /regions with community transmission of coronavirus variants of concern designated by the Ministry of Foreign Affairs and the Ministry of Health, Labour and Welfare, please check the following website for the latest information:

Cf.) ■ **Ministry of Foreign Affairs of Japan**

“Border enforcement measures to prevent the spread of novel coronavirus COVID-19)”

https://www.mofa.go.jp/ca/fna/page4e_001053.html



※ **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 14-Day Quarantine Period:

(1) **Keep record of your physical condition during your 14-day 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 quarantine period.

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) 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)

On the Day of the Completion of Your 14-day Quarantine Period:

- (1) **Submit the “Self-Health Check Sheet” you’ve recorded up till the completion of your 14-day quarantine period to the accommodation office and your affiliated faculty / department (laboratory) / institution at UTokyo.**

- (2) **Confirm the receipt of the email from the UTokyo accommodation in return to your above sent email.** You will need to have your affiliated faculty/department at UTokyo and the accommodation office confirm the completion of your 14-day quarantine period before you go back to your normal life. Please always follow the instructions given from your affiliated faculty/department at UTokyo.

<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

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)

その他／Others ()

※宿舎入居にあたって、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 _____ °C

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.]