<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 bed pad or the beddings set with the bed pad at least 10 days prior to the date of your move-in.

(2) Record your own physical condition for a period of 1 week 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 1-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. You will need your credit card in renting a smartphone.

※You can complete some of the required quarantine procedures before your actual entry to Japan. For the details, please refer to the following information.

Cf.) ■Ministry of Health, Labour and Welfare “Fast Track”

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

Cf.) ■ Ministry of Health, Labour and Welfare
   “COVID-19 Current Japanese Border Measures and Restrictions”
   https://www.mhlw.go.jp/stf/covid-19/bordercontrol.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 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) ① The country/region of your stay before arrival, ② its grouping*, ③ your possession of the Vaccine Certificate, and ④ the place/period of quarantine if required after your entry to Japan.

Please check the latest border measures at the following website:
* You can get to know the grouping of the countries/regions from the site below.

■ Ministry of Health, Labour and Welfare
   “COVID-19 Current Japanese Border Measures and Restrictions”
   https://www.mhlw.go.jp/stf/covid-19/bordercontrol.html

Write as:
E.g. 1) ① Name of Country, ② Yellow Grp., ③ Without V/C, ④ 5-day Quarantine at dorm without Day3 Testing.
E.g. 2) ① Name of Country, ② Blue Grp., ③ With V/C, ④ No Quarantine.

(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) Be sure to attach the following documents at the time of texting.

1) Your filled out 1-week “Self-Health Check Sheet” prior to departure.
2) 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, if any,
(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.

After Your Arrival at the Dorm:

Self-monitor your own health condition for at least 7 days after your arrival in Japan.
If you are to feel unwell or suspect any symptom onset, be sure to notify the
accommodation office right away and follow their instructions. You will get to know the
steps you need to take by referring to the handout material provided at the time of your
move-in.

▶ “Self-Health Check Sheet.” URL: https://www.u-tokyo.ac.jp/content/400138827.xlsx
※ Sheet can be used for your own record. You will only be required to submit the sheet
to the accommodation office when feeling unwell.

For Those Spending their 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 well-fitting 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:
- Ministry of Health, Labour and Welfare
  “COVID-19 Current Japanese Border Measures and Restrictions”
  https://www.mhlw.go.jp/stf/covid-19/bordercontrol.html

(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)
   Hongo Health Service Center: 03-5841-2579
   Komaba Health Service Center: 03-5454-6180

   <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)
   Kashiwa Health Service Center: 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)
  Multilingual support available.
► **Chiba Advisory Service:** 043-297-2966 (9:00-12:00, 13:00-16:00 / weekdays only)

(5) Follow the instructions below at the time of the completion of your quarantine period. (For those staying at the specific facilities designated by the chief of the quarantine station, see 3 below.)

1. Submit the “Self-Health Check Sheet” you have 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 to the accommodation office with 1 above.

3. For those who have stayed at the specific facilities designated by the chief of the quarantine station after their arrival in Japan, inform your test result and your approximate time of arrival at the lodge to the accommodation office.

    You are required to self-monitor your health condition up to the 7th day after your arrival in Japan though you do not need to submit your health record.

4. Confirm the receipt of the email from the UTokyo accommodation sent in return to your email.

    You will need to have the accommodation office confirm the completion of your quarantine period before you get free from all restrictions.

For inquiries, please contact:
UTokyo Housing Office

[link to contact information]
<For International Researchers>

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

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

2. 新型コロナワクチン接種の有無／COVID-19 Vaccination

| □ 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

<table>
<thead>
<tr>
<th>体温／Body Temperature</th>
<th>_______ °C</th>
</tr>
</thead>
<tbody>
<tr>
<td>息苦しさ／Shortness of Breath</td>
<td>□ あり／YES  □ なし／NO</td>
</tr>
<tr>
<td>味覚・嗅覚障害／Lack of Taste, Smell</td>
<td>□ あり／YES  □ なし／NO</td>
</tr>
<tr>
<td>せき・たん／Coughs and Sputum, Phlegm</td>
<td>□ あり／YES  □ なし／NO</td>
</tr>
<tr>
<td>だるさ／Malaise</td>
<td>□ あり／YES  □ なし／NO</td>
</tr>
<tr>
<td>吐き気／Nausea</td>
<td>□ あり／YES  □ なし／NO</td>
</tr>
<tr>
<td>下痢／Diarrhea</td>
<td>□ あり／YES  □ なし／NO</td>
</tr>
<tr>
<td>その他の症状／Other Symptoms</td>
<td>□ あり／YES  □ なし／NO</td>
</tr>
</tbody>
</table>

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