

## 1. PREPARATION BEFORE DEPARTURE

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### 1-1. PREPARATION OF ANTI-INFECTION ITEMS

Face masks and thermometers are needed for the protection against COVID-19 on a daily basis. Be sure to prepare and bring your own thermometer and some stock of face masks with you, since you may not be able to purchase them right after your arrival in Japan. The ideal quantity of stock for the disposable face masks would be for 2 weeks.

### 1-2. ARRANGE YOUR MEANS OF PRIVATE TRANSPORTATION AND PLACE OF STAY FOR THE 14-DAY QUARANTINE PERIOD

Due to the border control measures by the Ministry of Health, Labour and Welfare, you are not allowed to use any public transportation (trains, buses, taxis, domestic flights, ships, etc.) from the very day of your entry to Japan up till the completion of your 14-day quarantine period. In addition, you are required to self-quarantine yourself for a period of 14 days commencing from the next day of your entry to Japan at the designated hotel by the university. (You cannot spend the 14-day quarantine period at the UTokyo accommodation.)

Be sure to follow the instructions given by your affiliated faculty / department (laboratory) / institution at UTokyo and make the necessary arrangements for your stay for the 14-day quarantine period through the designated travel agency by the university ahead of time.

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



### 1-3. CHECK THE REQUIRED CONDITIONS FOR ENTERING JAPAN

Be sure to check the required conditions for entering Japan and get prepared for your flight to Japan.

Cf.) ■Ministry of Health, Labour and Welfare

Border Enforcement Measures (NEW) / “Important Notice” English webpage  
[https://www.mhlw.go.jp/stf/seisakunitsuite/bunya/0000121431\\_00209.html](https://www.mhlw.go.jp/stf/seisakunitsuite/bunya/0000121431_00209.html)



■Ministry of Health, Labour and Welfare

“Border Control Measures”

<https://www.mhlw.go.jp/stf/covid-19/bordercontrol.html>



■ **The Electronic Customs Declaration Gates (Japan Customs)**

<https://www.customs.go.jp/english/passenger/egate.htm>



■ **Notice regarding novel coronavirus-related illness at UTokyo**

Website for UTokyo International Students

<https://www.u-tokyo.ac.jp/adm/inbound/en/index.html>



**1-4. NOTIFY YOUR ARRIVAL INFORMATION, ETC. [IMPORTANT]**

Be sure to notify the following information before your entry to Japan to (a) your affiliated faculty / department (laboratory) / institution at UTokyo and (b) your assigned UTokyo accommodation office. For contact information, please refer to 4. CONTACT INFORMATION.

- (1) Name (alphabetical letters) / Your affiliated faculty or department / Name of UTokyo accommodation / Room number
- (2) Date/time of Arrival in Japan
- (3) Place of Stay for the 14-Day Quarantine Period/Your Contact Information (Email address and phone number)
- (4) Expected Date/Time of Arrival at the UTokyo Accommodation



only with prior notification of date/time of arrival received at the MIV  
Reception Desk 3 days before the actual move-in date during weekdays 9:00-18:00  
(excluding national holidays in Japan).

- ▶ Toshima International Hall of Residence A / B  
Weekdays, Weekends & Holidays 9:00-17:00
- ▶ Oiwake International Hall of Residence  
Weekdays, Weekends & Holidays 9:00-17:00
- ▶ Mitaka International Hall of Residence  
Weekdays only 9:00-16:30 **(N/A Weekends & Holidays)**

#### ■ Rent Calculation at the UTokyo Accommodations

Rent calculation at the UTokyo accommodations differs by the place you are assigned.  
Please be sure to check the following information about your own accommodation.

- ▶ UTokyo accommodations which rent will be prorated from the date of your move-in:
  - Mejirodai International Village
  - International Lodge, Komaba Lodge Main & Annex
  - International Lodge, Kashiwa Lodge
- ※ Common service fees at the Lodges will be charged on a monthly basis from your actual move-in month (fees will not be prorated).
- ▶ UTokyo accommodations which rent will not be prorated (monthly charge only):
  - Toshima International Hall of Residence A / B
  - Oiwake International Hall of Residence
  - Mitaka International Hall of Residence

### 3. PRECAUTIONARY MEASURES AGAINST COVID-19

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You will need to adhere to the following precautionary measures taken at the UTokyo accommodations for the prevention of the possible spread of COVID-19 within our facilities which could lead to the compulsory shutdown of our accommodations in the event of the occurrence of a possible COVID-19 cluster. Please note that each one of your act matters most in maintaining the safety within our accommodations including the use of all common spaces. Also, please refer to the [“Example of practicing ‘New Lifestyle’”](#) issued by the Ministry of Health, Labour and Welfare, as a guidance to your new lifestyle with COVID-19.

**✕Those fully vaccinated will also need to follow the instructions below.**

- Be sure to keep your own thermometer, stock of face masks (ideally for 2 weeks) and hand sanitizers, etc. as precautionary measures against infectious diseases.
- Take record of your temperature, physical condition and your daily activities (place, time, persons in contact) every day.
- Be sure to wear a face covering / face mask when going out in the public or unable to maintain a safe distance with others (i.e. an ideal physical distance of 2 meters).
- Be super sure to wash your hands thoroughly and gargle from time to time.
- Be sure to follow the coughing manners; use your bent elbow or tissue, etc. when coughing if not wearing a face mask.
- Be sure to wash your hands thoroughly after touching places where multiple people would touch, such as the surfaces of tables / desks, chairs, doorknobs, lighting switches, remote controllers, handrails, water faucets, flushing levers, seats of the toilet, etc.
- Avoid the crowd and refrain from going out for inessential purposes and gatherings.
- Use the delivery box in receiving parcels, etc. Be sure to receive your parcels or delivery food at the accommodation entrance if there is no delivery box. Do not let the delivery person step inside the accommodation.
- Do not let non-residents inside the UTokyo accommodations.
- Avoid close contact with others, including handshakes, etc.
- Refrain from holding / attending gatherings and parties accompanying food and close contact with others.
- Avoid the 3Cs, the perfect setup for COVID-19; Closed spaces, Crowded places, Close-contact settings and fully ventilate all spaces from time to time when using the common spaces within the dorm.

- Avoid using the common dining spaces with the other residents. Try to shift time with one another or eat inside your own room in order to prevent possible infection from droplets. Avoid taking meals and doing exercise at the common spaces (lounges, halls, etc.).
- Be sure to stock food supplies (preserved food, canned food, etc.) and drinks to last for a period of 2 weeks just in case you get to need to be self-isolated. For your supplies, online shopping, etc. may be useful.
- If you are to develop any respiratory symptoms such as shortness of breath, malaise, high fever, or any ongoing cold-like symptoms (fever, coughs, etc.), be sure to notify the accommodation office either by phone or email after consulting a doctor following the designated procedures. Stay inside your own room and avoid going out in the public or using the common spaces when feeling unwell. Always use your phone or email as a tool for communication with the accommodation office and your friends whenever feeling unwell.

▶**Tokyo Metropolitan Government**

“Frequently asked questions about the coronavirus disease (COVID-19)”

[https://www.metro.tokyo.lg.jp/english/topics/2020/0214\\_00covid19.html](https://www.metro.tokyo.lg.jp/english/topics/2020/0214_00covid19.html)



- Use the phone or intercom when in need to contact the accommodation office in order to avoid any possible infection.
- Install the COVID-19 Contact-Confirming App (COCOA) managed by the Ministry of Health, Labour and Welfare in your mobile device to protect yourself and your whole community from getting infected by COVID-19.

## 4. CONTACT INFORMATION

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### [UTOKYO CONTACT INFORMATION]

#### ■ Mejirodai International Village

- Mejirodai International Village: [mejirodai\\_village@maicom.co.jp](mailto:mejirodai_village@maicom.co.jp)

#### ■ International Lodge, Komaba Lodge

- Komaba Lodge Main: [m-komaba\\_lodge.adm@gs.mail.u-tokyo.ac.jp](mailto:m-komaba_lodge.adm@gs.mail.u-tokyo.ac.jp)
- Komaba Lodge Annex: [komaba\\_lodge.adm@gs.mail.u-tokyo.ac.jp](mailto:komaba_lodge.adm@gs.mail.u-tokyo.ac.jp)

#### ■ International Lodge, Kashiwa Lodge

- Kashiwa Lodge: [kashiwa\\_lodge.adm@gs.mail.u-tokyo.ac.jp](mailto:kashiwa_lodge.adm@gs.mail.u-tokyo.ac.jp)

#### ■ Mitaka International Hall of Residence

Student Welfare Section, Student Support Division, College of Arts and Sciences

[kousei-team.c@gs.mail.u-tokyo.ac.jp](mailto:kousei-team.c@gs.mail.u-tokyo.ac.jp)

- Mitaka International Hall of Residence: [mitaka-jimu.c@gs.mail.u-tokyo.ac.jp](mailto:mitaka-jimu.c@gs.mail.u-tokyo.ac.jp)

#### ■ Toshima A, B & Oiwake International Halls of Residence

UTokyo Student Scholarship and Welfare Group, Welfare Team:

[kousei.adm@gs.mail.u-tokyo.ac.jp](mailto:kousei.adm@gs.mail.u-tokyo.ac.jp)

#### ■ For Inquiries Regarding Your Entry to Japan

UTokyo International Support Group: [rsupport.adm@gs.mail.u-tokyo.ac.jp](mailto:rsupport.adm@gs.mail.u-tokyo.ac.jp)

#### ■ Your Affiliated Faculty / Department (Laboratory) / Institution at UTokyo:

Please confirm on your own.

### [OTHER CONTACT INFORMATION]

**※ALWAYS CONTACT YOUR UTOKYO ACCOMMODATION OFFICE WHEN FEELING UNWELL.**

#### ■ When Having Fever or Developing COVID-19 Related Symptoms

##### 1. [TOKYO FEVER CONSULTATION CENTER]

24/7 (including weekends & holidays / service mainly in Japanese)

TEL: 03-5320-4592

Languages Available: Japanese, English, Chinese, Korean, Vietnamese,

Tagalog, Nepali, Burmese, Thai, French, Portuguese, Spanish

**2. 【TOKYO MULTILINGUAL CONSULTATION NAVI (TMC)】**

**Weekdays 10:00-16:00 (N/A weekends & holidays)**

**TEL: 03-6258-1227**

**Languages Available: Japanese, English, Chinese, Korean, Portuguese,  
Spanish, Thai, Russian, Tagalog, Vietnamese,  
Hindi, Nepali, French, Indonesian,**

**3. 【UTOKYO HONGO HEALTH SERVICE CENTER】**

**Weekdays 10:00-17:00 (N/A weekends & holidays)**

**TEL: 03-5841-2579**

**Languages Available: Japanese, English**

**【UTOKYO KOMABA HEALTH SERVICE CENTER】**

**Weekdays 10:00-17:00 (N/A weekends & holidays)**

**TEL: 03-5454-6180**

**Languages Available: Japanese, English**

**■ When Receiving Notification from COCOA (COVID-19 Contact-Confirming Application managed by the Ministry of Health, Labour and Welfare)**

**【TOKYO FEVER CONSULTATION CENTER / COCOA hotline】**

**24/7 (including weekends & holidays)**

**TEL: Call number will be informed at the time of the COCOA notification.**

**■ For Worries Over Your Physical Condition**

**【COVID-19 CALL CENTER】**

**Weekdays, Weekends & Holidays 9:00-22:00**

**TEL: 0570-550571**

**Languages Available: Japanese, Burmese, Chinese, English, French, Korean  
Nepali, Portuguese, Spanish, Tagalog, Thai, Vietnamese**



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. 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.〕