1. PREPARATION BEFORE DEPARTURE

1-1. SELF-MONITOR & RECORD YOUR PHYSICAL CONDITION
Self-monitor your physical condition for a period of 14 days prior to the date of your arrival in Japan. Take your temperature every day and check for any symptoms related to COVID-19, such as shortness of breath, lack of taste / smell, coughs and sputum / phlegm, recent malaise, nausea, diarrhea, etc. by filling out the “Self-Health Check Sheet” on a daily basis.

In addition, take record of your daily activities (place, time and name of person in contact) and note it down in the “Self-Health Check Sheet.” Be sure to bring this Sheet (or the data of the Sheet) with you at the time you are to enter Japan.

“Self-Health Check Sheet”  https://www.u-tokyo.ac.jp/content/400138827.xlsx

1-2. 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.

1-3. 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
1-4. **BE TESTED FOR COVID-19 WITHIN 72HRs BEFORE DEPARTURE**

All nationals are required to submit a certificate of negative test result conducted within 72 hours (from the sampling time to departure time of the flight) when entering Japan. Be sure to check the website below and make the necessary arrangements ahead of time to receive the designated COVID-19 test according to your own flight schedule.

Cf.) ■Ministry of Health, Labour and Welfare:
“To all who enter Japan (Submission of Inspection Certificate)”
https://www.mhlw.go.jp/content/000753086.pdf

■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

1-5. **GET PREPARED FOR THE CONDITIONS FOR ENTERING JAPAN**

Be sure to priorty confirm all the necessary requirements for entering Japan. 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.

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

■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

■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
1-6. **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.

- (1) Date/time of Arrival in Japan
- (2) Place of Stay for the 14-Day Quarantine Period/Your Contact Information
- (3) Expected Date/Time of Arrival at the UTokyo Accommodation
2. ARRIVAL ~ ENRTY PROCEDURES IN JAPAN

All nationals arriving from countries and regions abroad are subject to the following restrictions:

□ Obtain the certificate of the negative test result for COVID-19 conducted within 72 hours (from the sampling time to departure time of the flight).
□ Secure a place of stay for the 14-day quarantine period commencing from the next day of your entry to Japan.
□ Secure your own way of private transportation from the port of your arrival to the place of your stay for the quarantine period without the use of any public transportation.
□ Report your place of stay for the 14-day quarantine period and the means of your transportation for the move from your port of arrival to the quarantine station.
□ Be tested for COVID-19 after your arrival in Japan.
□ Stay within the airport or at the place designated by the quarantine station until the outcome of the test.
※ Normally, it is said to take around 1~3 hours from the time of your arrival up till you receive the test result and safely enter Japan. (If in need to be retested, you may need to wait until following day to receive the test result and be permitted for your entry to Japan.)
□ Submit the “Written Pledge” at the time of your entry to Japan.

Be sure to check the following website for the latest information before departure for you may be subject to some other additional requirements.

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

■ 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
3. 14-DAY QUARANTINE PERIOD

3-1. YOUR STAY FOR THE 14-DAY QUARANTINE PERIOD
Due to the border control measures by the Ministry of Health, Labour and Welfare, 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. (The completion of the 14-day quarantine period is a prerequisite condition for your move-in to 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 the stay of your 14-day quarantine period through the designated travel agency.

In addition, be sure to take your temperature every day and adhere to the preventive measures stated in the application form for the “Written Pledge” and self-monitor and report your physical condition as instructed.

If you are to develop any symptoms of shortness of breath, strong malaise, high fever, or to have ongoing cold-like symptoms such as fever or coughing during your quarantine period, follow the steps given by the designated travel agency and be sure to report or consult your physical condition accordingly.

Cf.) ■ Tokyo Metropolitan Government
“Frequently asked questions about the coronavirus disease (COVID-19)”
https://www.metro.tokyo.lg.jp/english/topics/2020/0214_00covid19.html

■ Chiba Prefecture
“About the Novel Coronavirus” English webpage
https://www.pref.chiba.lg.jp/international/index.html

3-2. IF TESTED POSITIVE DURING THE QUARANTINE PERIOD
Follow the instructions received from the public health center in charge. Always notify (a) your affiliated faculty / department (laboratory) / institution at UTokyo and (b) your assigned UTokyo accommodation office about the instructions received from the public health center and keep them updated with your situation (whether you are to be transferred to a medical institution, quarantine hotel, etc.) each time when there is to be any change.
3-3. YOUR MOVE-IN TO THE UTOKYO ACCOMMODATION AFTER THE QUARANTINE PERIOD

If you have completed your 14-day quarantine period and have no problem in your physical condition or had tested positive for COVID-19 but had completed your 14-day quarantine period after having been discharged from the medical institution, etc., you will be able to move-in to your assigned room at the UTokyo accommodation on the date / time you have previously notified.

Be sure to inform the accommodation office in advance if there is to be any change in the date / time of your arrival at the UTokyo accommodation.

You will need to fill out the attached “Move-In Health Check Sheet” for your physical and preexisting health condition on your move-in date to the UTokyo accommodation and either send it by email or directly submit it to the accommodation office for their confirmation.

■ UTokyo Accommodations’ Office Hours Available for Move-In

▶ International Lodges
   Weekdays  8:00-20:00
   Weekends & Holidays  8:00-18:00

▶ Mejirodai International Village
   Basically Weekdays only  9:00-18:00
   ※ Move-in available on Weekdays, Weekends & Holidays  7:00-21:00
   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
  Common service fees at the Lodges will be charged on a monthly basis from your actual move-in month (fees will not be prorated).
  - Mejirodai International Village
  - International Lodge, Komaba Lodge Main, B/C/D & Annex
  - International Lodge, Kashiwa Lodge

- 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
4. PRECAUTIONARY MEASURES AGAINST COVID-19

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 life style with COVID-19.

- 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

Use the phone or intercom when in need to contact the accommodation office so as 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.
5. **CONTACT INFORMATION**

【UTOKYO CONTACT INFORMATION】

■ **Mejirodai International Village**
  - Mejirodai International Village: mejirodai_village@maicom.co.jp

■ **International Lodge, Komaba Lodge**
  - Komaba Lodge Main & BCD: m-komaba_lodge.adm@gs.mail.u-tokyo.ac.jp
  - Komaba Lodge Annex: komaba_lodge.adm@gs.mail.u-tokyo.ac.jp

■ **International Lodge, Kashiwa Lodge**
  - Kashiwa Lodge: 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
  - Mitaka International Hall of Residence: mitaka-jimu.c@gs.mail.u-tokyo.ac.jp

■ **Toshima A, B & Oiwa International Halls of Residence**
  - UTokyo Student Scholarship and Welfare Group, Welfare Team:
    kousei.adm@gs.mail.u-tokyo.ac.jp

■ **For Inquiries Regarding Your Entry to Japan**
  - UTokyo International Support Group: support.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, Burmese, Chinese, English, French, Korean, Nepali, Portuguese, Spanish, Tagalog, Thai, Vietnamese
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, Vietnamese,
   Nepali, Hindi, Thai, Portuguese, Spanish, Indonesian, French, Russian

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　________ ℃

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.]