

INSTRUCTIONS ON YOUR RETURN TO THE LODGE / MIV
For those temporarily leaving Japan
during the COVID-19 pandemic

December 3, 2021

Those who are temporarily leaving Japan for their stays overseas are all required to adhere to the following instructions upon return.

[BEFORE LEAVING JAPAN]

Submit the “Notice of Travel-Absence from Lodge” to the UTokyo accommodation office via email. You can leave the date of your return blank if undecided yet but be sure to notify the UTokyo accommodation office as soon as you fix your flight schedule back to Japan. You are obligated to submit this form to the UTokyo accommodation office whenever you are to be away from the dorm.

- UTokyo Housing Office HP: “Notice of Travel-Absence from Lodge”
https://www.u-tokyo.ac.jp/adm/housing-office/en/download/index_00002.html

[BEFORE YOUR ARRIVAL IN JAPAN]

1. Monitor and record your health condition for a period of 2 weeks using the “Self-Health Check Sheet.”
 - “Self-Health Check Sheet”: <https://www.u-tokyo.ac.jp/content/400138827.xlsx>
2. Arrange your own place of stay for the designated quarantine period requested by the Ministry of Health, Labour and Welfare (e.g. if to be quarantined for 14 days, reserve your stay for 15 nights) at some hotel, etc. right from the day of your arrival in Japan at your own cost. (No stays for the quarantine period will be allowed at the UTokyo accommodations though you may be living in an independent-type room.)
3. Arrange your own private means of transportation from the port of your arrival in Japan to the place of your stay for the quarantine period. No use of public transportation is allowed until you complete the designated quarantine period.

Cf.) Car Hire Agencies etc. recommended by the Ministry of Health, Labour and Welfare

※Information in Japanese only.

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

[AFTER YOUR ARRIVAL IN JAPAN]

Send the following information to your UTokyo accommodation office via email before return.

- (a) Your filled-out “Self-Health Check Sheet” for the 14 days prior to your departure
- (b) Negative results of the COVID-19 test received before / after your arrival in Japan
- (c) Place of your stay for the quarantine period, the number of days of your stay there and the expected date of your return to the UTokyo accommodation
- (d) Your contact information

[DURING YOUR QUARANTINE PERIOD]

1. (a) Check the following information issued by the Ministry of Health, Labour and Welfare.

»» Ministry of Health, Labour and Welfare · Health Monitoring Center for Overseas Entrants (HCO): “To Anyone Entering/Returning to Japan”
<https://www.hco.mhlw.go.jp/en/>

- (b) Monitor and record your health condition over the quarantine period and be sure to submit the filled-out form via email to the accommodation office after the completion of your quarantine.

* Any false reports made or failure to submit this form for the required period may lead to your expulsion from the UTokyo accommodation.

2. If you are to develop any symptoms or fever during your quarantine period, be sure to follow the instructions given by the Health Monitoring Center for Overseas Entrants (HCO) and inform your situation to the following places.

- (a) Your affiliated faculty / department, etc. at UTokyo, and
- (b) Your returning UTokyo accommodation office

* Always be sure to include your room number in the subject line at the time of texting.

- Mejirodai International Village mejirodai_village@maicom.co.jp
- Komaba Lodge, Main, B/C/D m-komaba_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

[AT THE TIME OF THE COMPLETION OF YOUR QUARANTINE PERIOD]

Send the following information to the UTokyo accommodation office before return after

the completion of your quarantine period.

Your return may not be accepted if you do not submit the following required information in advance.

(a) Date / time of return

(b) Your filled-out Move-In Self-Health Check Sheet for the quarantine period and the day of your return

※ You will need to drop in by the accommodation office for confirmation right after your return.

Always be sure to check the latest information on the border restrictions as changes may be made from time to time. In principle, you will be asked to submit all documents (including app. notices) received from the relative authorities in relation to your reentry to Japan and your quarantine after arrival to the accommodation office for confirmation.

▶▶▶ Ministry of Health, Labour and Welfare: “Novel Coronavirus (COVID-19)”
https://www.mhlw.go.jp/stf/seisakunitsuite/bunya/0000164708_00079.html

▶▶▶ Ministry of Foreign Affairs of Japan:
“Information on the Novel Coronavirus Diseases (COVID-19)”
https://www.mofa.go.jp/p_pd/pds/page22e_000910.html