<For International Students>

**Move-In Instructions for the UTokyo Accommodations**

Please be sure to follow the instructions below if you are to move into the UTokyo accommodations from abroad.

※Students considering their vaccinations are recommended to get fully vaccinated against COVID-19 before coming to Japan, since you may not always be able to receive a shot right away after arrival.

■ Before Your Arrival in Japan:

(1) Notify your arrival information to the accommodation office as soon as possible.

※Always be sure to include your name and room number in the subject line at the time you send your email.

► Mejirodai International Village: mejirodai_village@maicom.co.jp
► 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
► Kashiwa Lodge: kashiwa_lodge.adm@gs.mail.u-tokyo.ac.jp

What to notify as your arrival information:

① Country/region of your stay before arrival,
② Its grouping*,
③ Your possession of the Vaccine Certificate, and
④ Name of place/period of quarantine if required after your entry to Japan.

<E.g. 1> ① Name of Country, ② Yellow Grp., ③ Without V/C,
④ 5-day Quarantine at XXX hotel.
<E.g. 2> ① Name of Country, ② Blue Grp., ③ With V/C, ④ No Quarantine.

※ You can get to know the grouping of your country/region at 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
Students required to quarantine after arrival will need to reserve a hotel to be arranged by the university. Please directly contact your affiliated faculty/department at UTokyo for reservation.

(2) Record your own physical condition for a period of 7 days 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 7-day period, start recording 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) Complete and submit the necessary forms for the beddings at least 10 days before your expected date of move-in to the accommodation office.

Students moving into the lodges will all need to purchase the designated bed pad even though they are to prepare their beddings on their own. Please refer to the UTokyo Housing Office website for further details on ordering. For students residing at Mejirodai, please follow the instructions provided by the MIV management company.

(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. 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.

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

(5) 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.

► Mejirodai International Village: mejirodai_village@maicom.co.jp
► 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
► Kashiwa Lodge: kashiwa_lodge.adm@gs.mail.u-tokyo.ac.jp

(a) Your expected 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 or at a hotel arranged by the university after arrival, you will only have to notify your expected date of arrival at this point. Please be sure to inform the actual date/time of your arrival to the accommodation office at the time you are to complete your quarantine period.

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

1) Your filled out “Self-Health Check Sheet” for the 7 days before arrival
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 your temperature at the time of your arrival in Japan to fill out this sheet.)

※ For those to be quarantined at a hotel or at a place designated by the quarantine station after arrival, please send the email above at the time you are to complete your quarantine period.

※ 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, etc., 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 hotel, 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:

(1) Self-monitor your own health condition for at least 7 days after your entry to Japan.
Those who have stayed at a hotel or at a place designated by the quarantine station after arrival are also required to self-monitor their own health condition for at least 7 days from the day of their entry.

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

(2) Immediately follow the steps given in the handout sheet below when feeling unwell.
Each resident will need to be responsible to take the necessary preventive measures against infectious diseases in leading their communal life at the dorm. Please be sure to consult the UTokyo Health Service Center, etc. right away if you are to suspect any symptom onset related to COVID-19 and notify the accommodation office accordingly. Do not ever leave yourself feeling unwell at your own discretion.

■ "What to Do When You Are to Develop Symptoms Related to COVID-19"

- Mejirdai International Village
- Komaba Lodge, Main & BCD
- Komaba Lodge, Annex
- Kashiwa Lodge

For any inquiries, please contact:
UTokyo Housing Office
housing-office.adm@gs.mail.u-tokyo.ac.jp
<For All Students>

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. 新型コロナワクチン接種の有無／COVID-19 Vaccination

・ワクチン接種の回数について　________回　times

Your number(s) of vaccinations against COVID-19.

・接種したワクチンの種類について／Name of the Type of Vaccine Received
  □ 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

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.〕