<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 always be able to get a shot here in Japan right away.

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
►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

What to notify as your arrival information:
  a) Your flight schedule to Japan, and
  b) Your expected date of arrival at the lodge.

(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 will need to take your daily temperature for the 7 days after arrival 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.

Researchers moving into the lodges will all need to purchase the designated bed pad even though they are to prepare their own beddings. Please refer to the UTokyo Housing Office website for further details on ordering. For those residing at Mejirodai, please follow the instructions provided by the MIV management company.
(3) Better prepare your own smartphone to bring with you.
You can complete some of the required quarantine procedures before your actual entry to Japan using the designated app. to save your time at the port of your arrival. For the details, please refer to the following.

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

(4) Confirm the latest information on the border restrictions.

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.

► Mejirodai International Village: mejirodai_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) Your expected time of arrival at the UTokyo accommodation.

(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 form.)

※ If you have been suspended at the quarantine station at the port of your arrival for any definite symptom related to COVID-19, immediately notify the following information to your affiliated faculty/department (laboratory) / institution at UTokyo and the accommodation office by email:
(a) The change / delay of your arrival at the lodge, and
(b) Name of the place you are to be transferred to, if this be the case.

(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.

▶ “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 if 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”

• Mejirodai International Village
• Oiwake Lodge
• Komaba Lodge, Annex
• Kashiwa Lodge

For inquiries, please contact:
UTokyo Housing Office
housing-office.adm@gs.mail.u-tokyo.ac.jp
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.〕