

November 19, 2020

Updated July 8, 2021 (changes shown with yellow highlighting)

To: Students, Faculty, and Staff

Graduate School of Arts and Sciences  
College of Arts and Sciences

Notification Regarding Overseas Travel and Entry to Japan  
During the Novel Coronavirus (COVID-19) Pandemic  
(2nd Notification)

Due the global spread of novel coronavirus (COVID-19) infections, we issued a “Notification Regarding Overseas Travel and Entry to Japan” on June 18, 2020. Although the pandemic is not expected to end any time soon, we are concerned that long-term restrictions on overseas travel could be harmful to our educational and research missions. The university’s central administration shares these concerns and has created a university-wide system to evaluate whether or not people affiliated with the university should be able to travel internationally. Therefore the guidelines that we issued on June 18 have been updated as follows. We urge everyone to continue to keep up with the latest information and to make plans accordingly.

Links to the websites mentioned below appear at the end of this document.

**1. Travel from Japan to Other Countries**

If you are thinking of traveling to or from Japan, confirm all of the following items and follow the guidelines given under either “3. Guidelines for Overseas Travel and Entry to Japan for Research Purposes” or “4. Guidelines for Overseas Travel and Entry to Japan for Educational or Study Purposes.” Also follow the guidelines herein regarding personal travel for other purposes.

- (1-1) Check the latest information regarding the risk levels of your intended destination on the Ministry of Foreign Affairs’ overseas safety site (in Japanese). Please consider very carefully whether you should travel to any country or region with a risk level of 2 or above. Even if the level of your destination is 1 or lower, you may be subject to restrictions on your activities when you re-enter Japan, so consider carefully whether your trip is really necessary.

- (1-2) If you are thinking of traveling outside Japan, check the government and embassy websites for your intended destinations to confirm the latest information about visa issuance restrictions, entry restrictions, quarantine procedures, and restrictions on activities.
- (1-3) Regardless of your citizenship, you will be subject to restrictions on your activities upon entering Japan. Please read “2. Entering Japan” below carefully.

## **2. Entering Japan**

If you are thinking of entering Japan, confirm all of the following items and follow the guidelines given below under either “3. Guidelines for Overseas Travel and Entry to Japan for Research Purposes” or “4. Guidelines for Overseas Travel and Entry to Japan for Educational or Study Purposes.”

- (2-1) If you are entering Japan from overseas, check the Ministry of Health, Labour, and Welfare’s site (in Japanese) about enhanced border restrictions for the latest information. Note that these restrictions apply to all people entering Japan regardless of citizenship.
- (2-2) Check the website of the Ministry of Justice’s Immigration Services Agency (in Japanese, with machine translation into English and other languages) about entry prohibitions related to the novel coronavirus for the latest information about countries and regions from which entry to Japan is prohibited. Passport holders from those countries and regions may be denied entry to Japan even if they hold work or study visas. Even if you are entering Japan from elsewhere, if you had been in one of those countries or regions recently you may be subject to restrictions; be sure to check the latest information on the Ministry of Health, Labour, and Welfare’s site about enhanced border restrictions.
- (2-3) The Japanese government has been gradually relaxing the restrictions on entry to Japan. Check the latest information on the Ministry of Foreign Affairs’ site “Phased Measures for Resuming Cross-Border Travel.”
- (2-4) If, after confirming the information in (2-1), (2-2), and (2-3), you still intend to enter Japan, note that you will be required to manage your health (check your temperature, maintain healthful habits, avoid going outside, etc.) and not come to the university for 14 days from the date of your entry to Japan, regardless of whether or not you have had a PCR test and regardless of your point of origin and transit points. In that case, notify your department that you are in a 14-day health-management period. If you live in shared housing, minimize your use of lounges and other spaces that might be used by many people. If you were kept in

quarantine in accordance with the MHLW's restrictions, then you may come to the university after the 14-day period, including the quarantine period, has ended. When coming to the university after the end of the 14-day period, follow the entry procedures required by the particular campus.

### **3. Guidelines for Overseas Travel and Entry to Japan for Research Purposes**

If you are thinking of traveling overseas or entering Japan for research purposes, plan your trip in accordance with “1. Travel from Japan to Other Countries” and “2. Entering Japan” above and the following guidelines.

- (3-1) Please consider very carefully whether you should travel to any country or region indicated as having an infection risk level of 2 or above on the Ministry of Foreign Affairs' overseas safety site (in Japanese). If you believe that such travel is necessary for educational or research purposes, however, then fill out the required paperwork and submit a request for permission for overseas travel to the Novel Coronavirus Taskforce as stated in the announcement issued on November 19, 2020. Your request will be screened by the Dean's Office and reviewed by the university-wide Taskforce. You will be permitted to travel overseas only after receiving the Taskforce's permission.
- (3-2) Even if the infection risk level of your destination is 1 or lower, restrict your activities after re-entering Japan as explained in “2. Entering Japan” above. Make arrangements with your department in advance to ensure that your work is handled appropriately after you re-enter Japan.
- (3-3) If your overseas trip has been approved by the Graduate School or the university as part of a sabbatical, an international project for young researchers, etc., you may apply for permission to travel overseas as explained in (3-1) above. If you decide to postpone your trip and your department is able to make the necessary arrangements, the Graduate School will make adjustments accordingly. If you are planning a future sabbatical, international project for young researchers, etc., you may begin the departmental application procedures regardless of the current situation.
- (3-4) Graduate students may accompany faculty on overseas trips only when clearly necessary for research purposes. For educational purposes, see “4. Guidelines for Overseas Travel and Entry to Japan for Educational or Study Purposes” below.

#### **4. Guidelines for Overseas Travel and Entry to Japan for Educational or Study Purposes**

If you are thinking of traveling overseas or entering Japan for educational or study purposes, plan your trip in accordance with “1. Travel from Japan to Other Countries” and “2. Entering Japan” above and the following guidelines. These guidelines apply to both undergraduate and graduate students. Some countries and regions have imposed strict restrictions on activities there; furthermore, after re-entering Japan, you will be subject to restrictions, such as staying home, that might affect your class participation. With regard to short-term study programs in particular, consider carefully whether participating in such a program would really be of significant educational value despite the restrictions.

##### *(4-1) Short-term Study Abroad Programs*

(4-1-1) Make every effort to substitute online learning for your study abroad program. The application of information technology to education has great potential, not only for online classes now during the COVID-19 pandemic but also for international education in the emerging Society 5.0 era.

(4-1-2) If you are planning a study abroad program that cannot be replaced with online learning, then plan your trip in accordance with “3. Guidelines for Overseas Travel and Entry to Japan for Research Purposes” above. Faculty must inform all participants and (in the case of minors) their guardians clearly and completely about the risks of sudden changes in conditions and the likelihood of restrictions on activities; they must also receive confirmation, such as through a signed statement, that those risks are understood.

(4-1-3) Do not conduct or participate in any short-term study abroad programs when the Komaba Campus is in **Stage Red I** or higher, when no face-to-face classes are permitted.

(4-1-4) If you do travel internationally for educational or study purposes, follow all of the regular safety rules and procedures specified by the university as well.

##### *(4-2) Students Overseas Who Expect to Be Enrolled in the College or Graduate School*

We anticipate that many students now overseas will be unable to enter Japan by their expected date of arrival, including PEAK/GPEAK students, regular students, special auditors, students doing supervised research, etc. Some students in Japan will similarly be unable to move to the Tokyo area. The College and Graduate School will continue to make suitable arrangements for such students.

*(4-3) Private Travel Overseas by Students*

(4-3-1) All students planning international travel, whether for personal or university purposes, must follow “3. Guidelines for Overseas Travel and Entry to Japan for Research Purposes” above.

(4-3-2) Students considering leaving Japan for personal reasons, such as to visit their homes, may be subject to denied or restricted re-entry to Japan, so consider your plans carefully based on “2. Entering Japan” above. You must apply for permission in advance even for short-term trips to your home country. Submit the required documentation as stated in the November 19, 2020, announcement. Your request will be screened by the Dean’s Office and, when necessary, reviewed by the university-wide Taskforce. The same restrictions on activities imposed by the College and Graduate School will apply to you upon your return to Japan.

*(4-4) Long-Term Study Abroad*

If you are planning to enroll in a long-term study abroad program, follow the instructions of the program’s operators. While this notification does not apply to students who take a leave of absence (for example, in order to enroll in a long-term study abroad program), you still need to submit the required paperwork in accordance with the November 19, 2020, announcement and your application must be approved by the university-wide Taskforce. The same restrictions on activities imposed by the College and Graduate School will apply to you upon your return to Japan.

**5. Staff Members**

Staff members traveling overseas or returning to Japan should follow “3. Guidelines for Overseas Travel and Entry to Japan for Research Purposes.”

**Websites mentioned above**

*MOFA’s overseas safety site (in Japanese)*

<https://www.anzen.mofa.go.jp/>

MOFA's "Phased Measures for Resuming Cross-Border Travel" (in English and Japanese)

[https://www.mofa.go.jp/ca/cp/page22e\\_000925.html](https://www.mofa.go.jp/ca/cp/page22e_000925.html)

MHLW's site about enhanced border restrictions (in Japanese)

[https://www.mhlw.go.jp/stf/seisakunitsuite/bunya/0000121431\\_00098.html](https://www.mhlw.go.jp/stf/seisakunitsuite/bunya/0000121431_00098.html)

Immigration Service Agency of Japan's site about entry restrictions related to the novel coronavirus (in Japanese, with machine translations into other languages)

[http://www.moj.go.jp/isa/hisho06\\_00099.html](http://www.moj.go.jp/isa/hisho06_00099.html)

### **Related websites**

MOFA's updated border restrictions (in Japanese)

[https://www.anzen.mofa.go.jp/info/pcwideareaspecificinfo\\_2020C078.html](https://www.anzen.mofa.go.jp/info/pcwideareaspecificinfo_2020C078.html)

MOFA's overseas travel registration service (in Japanese; for Japanese citizens)

<https://www.ezairyu.mofa.go.jp/>

WHO's coronavirus disease (COVID-19) advice for the public (in English)

<https://www.who.int/emergencies/diseases/novel-coronavirus-2019/advice-for-public>

National Institute of Infectious Diseases information on novel coronavirus (mostly in Japanese, some in English)

<https://www.niid.go.jp/niid/ja/from-idsc/2482-corona/9305-corona.html>

### **Counseling services**

The following counseling services are available for people experiencing anxiety or other problems:

*International Student Advisory Room*

<https://www.globalkomaba.c.u-tokyo.ac.jp/inbound/support/advising.html> (in Japanese)

<https://www.globalkomaba.c.u-tokyo.ac.jp/en/inbound/support/advising.html> (in English)

*Komaba Student Counseling Center*

<http://kscc.c.u-tokyo.ac.jp/> (in Japanese)

*Office for Mental Health Support*

<http://dcs.adm.u-tokyo.ac.jp/mhs/en/> (in English)