

November 19, 2020

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Updated October 11, 2021

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(changes from October version 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
(3rd Notification)

Due the global spread of novel coronavirus (COVID-19) infections, we issued a “Notification Regarding Overseas Travel and Entry to Japan (2nd Notification)” on October 11, 2021. 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. In accordance with the “Guidelines for Permitting Overseas Travel” prepared by the university’s Novel Coronavirus Taskforce, decisions about whether people affiliated with the College or Graduate School of Arts and Sciences should be able to travel internationally will now be made by the Dean’s Office.

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, 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 might 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 about enhanced border restrictions for the latest information. Note that these restrictions apply to all people entering Japan regardless of citizenship.
- (2-2) The denial of landing that had been placed to all the countries/regions were lifted. Check the website of the Ministry of Justice’s Immigration Services Agency (in Japanese, with machine translation into English and other languages).
- (2-3) If you are entering Japan from overseas, check the latest information on the Ministry of Foreign Affairs’ site “Measures for Resuming Cross-Border Travel”
- (2-4) If you are required to quarantine in accordance with the MHLW’s guideline specified in (2-1) above, please not come to the university until you complete your quarantine period.

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. Depending on the situation of the infection spreads, submission and assessment through “Overseas Travel Safety and Infection Control Assessment Form” might need to be resumed. In that case, an announcement will be made, and we would ask to follow instructions by the announcement.

- (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).
- (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., yet 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 take 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

Although students' traveling or entry to Japan are being eased, the COVID-19 pandemic has not come to an end and infectious rate could be higher depending on seasons, countries and regions you visit. 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) Private Travel Overseas by Students

(4-2-1) 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.

(4-2-2) Students considering leaving Japan for personal reasons, such as to visit their homes, check the latest border measures for re-entry restrictions. You must apply for permission in advance even for short-term trips to your home country. Submit the “Notification of Overseas Travel” as stated in the Administrative Notification.

(4-3) 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 “Notification of Overseas Travel” in accordance with the Administrative Notification together with the notification of your change in enrollment to the overseas university.

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 "[Measures for Resuming Cross-Border Travel](#)" (in English and Japanese)

https://www.mofa.go.jp/ca/cp/page22e_000925.html

MHLW's "[COVID-19: Current Japanese Border Measures](#)" (in English and Japanese)

<https://www.mhlw.go.jp/stf/covid-19/bordercontrol.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

Related websites

[MOFA's updated border restrictions](#) (in Japanese)

https://www.anzen.mofa.go.jp/info/pcwideareaspecificinfo_2022C083.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 on "[Coronavirus disease \(COVID-19\)](#)" (in English)

<https://www.niid.go.jp/niid/en/>

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)