

Fall semester 2021
Things to do before and after your arrival in Japan
< Nagoya University of Foreign Studies (NUFS) – International Exchange Students >

We kindly ask you to understand and follow the following procedure. If you have any questions, feel free to contact the NUFS International Office. This information is subject to change due to the policy of the Japanese government announced after the entry ban is lifted. In that case, please act according to the new information.

Please note that if you do not carry out any of the following procedures, NUFS may refuse admission to you, and may order to return to your country if you have already entered Japan. In that case, there is no NUFS subsidization of the self-isolation plan, so you must pay the full amount of the expenses including the hotel room charges incurred up to that point. In addition, please note that NUFS is also not responsible for any other costs incurred before and after your arrival.

1. Collecting information on Japan's immigration policy

- (1) Collect and check the immigration information of the Japanese government frequently, such as when you can enter Japan and the conditions for entering Japan. Please refer to the URLs below and the website of the Japanese embassy in your country.

Ministry of Foreign Affairs of Japan

“Phased Measures for Resuming Cross-Border Travel”

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

Immigration Services Agency of Japan

http://www.moj.go.jp/isa/hisho06_00099.html

- (2) Only students who meet all of the following conditions will be accepted on NUFS campus and dormitories.

- ① If the Japanese government lifts the entry ban on the country or region where the student resides by the following deadlines.

[Global Japan Program]

October 31, 2021 * Japan time

[Study Abroad Program at NUFS Graduate School]

November 15, 2021 * Japan time

- ② If students can enter Japan by the following deadlines.

[Global Japan Program]

November 15, 2021 * Japan time

[Study Abroad Program at NUFS Graduate School]

November 30, 2021 * Japan time

- ③ Students who can do all of the quarantine before and after entering Japan and self-isolation after entering Japan required by the Japanese government and NUFS.
- ④ Students who can comply with the rules (including the COVID-19 infection prevention guidelines and rules) established by NUFS and the dormitories.
- ⑤ Students who receive permission to travel to and stay in Japan from their home university.

(3) Period when students are allowed to come to Japan if all of the above (2) conditions are met.

[Global Japan Program]

Tuesday, August 17, 2021 – Monday, November 15, 2021 * Japan time

[Study Abroad Program at NUFS Graduate School]

Tuesday, August 17, 2021 – Tuesday, November 30, 2021 * Japan time

2. When you decide to come to Japan (procedure before coming to Japan)

(1) Report that you have decided to come to Japan (form item A-1) through the following URL (NUFS Student Information Form Regarding Travel to Japan) and submit the NUFS Pledge (A-2) by Email (TO: incoming_gg@nufs.ac.jp). This form will be used many times in various reports until arrival at the dormitory. Please report each time from "Edit answer" in the confirmation email which you receive after you first fill in the form.

NUFS Student Information Form Regarding Travel to Japan

<https://forms.gle/uRBZn5vBLx8wW1ZLA> (referred to below as "the Form")

(2) Apply for a student visa (B) and report the application date on the Form.

The following two documents required for visa application will be delivered from NUFS. For other required documents, please confirm at the Japanese embassy or consulate.

① Certificate of Eligibility for student visa (CoE)

NUFS will apply to the Nagoya Regional Immigration Services Bureau. Once it is issued, we will send it to student's home university by airmail (EMS or DHL). (Scheduled to be shipped from mid-July to late July.)

② Pledge (Residence Track) * This is a pledge made by NUFS to the Japanese government. After receiving the NUFS pledge (1) from students, we will send the Pledge (Residence Track) to students by email.

* Applications for a student visa may not be accepted while entry into Japan is

suspended, so please check with the embassy or consulate before applying.

- (3) After receiving a student visa (C), report on the Form.
- (4) Purchase airline tickets, apply for the self-isolation plan provided by NUFS (D-1) on the Form, and report the arrival date & time and flight information (D-2, 3). (Please report at least one week before your arrival in Japan.)
 - * Arrange your ticket to arrive in Japan during the day (early time will be better). If you arrive in the evening or night, you may not be guided to the self-isolation hotel.
 - * For details of the plan, refer to the attached document "NUFS Self-Isolation Plan for Exchange Students".
 - * Hotel information such as the name and address will be informed at least 3 days before your arrival in Japan.
- (5) After the student reports the decision to come to Japan, NUFS will send you a permission letter to stay at the NUFS dormitory. After confirming it, let us know whether you need a rental bedding set in the dormitory (E) on the Form.
- (6) Daily body temperature checks are required for 14 days prior to the departure. Should any common symptoms of COVID-19 including a fever, respiratory symptoms, strong feeling of weariness (fatigue) be recognized, it is necessary that the trip to Japan be cancelled. In this case, contact the NUFS International Office as soon as possible.
- (7) Buy private insurance during your stay in Japan, covering medical treatment costs, rescue expenses (expenses when family must visit Japan unexpectedly in the event of a major accident or illness), and personal liability. And then, send a copy of your insurance policy (F) by Email (TO: incoming_gg@nufs.ac.jp). (Submit at least one week before arrival in Japan)
- (8) Take the testing for COVID-19 within 72 hours of the departure to Japan and submit the "Certificate of Testing for COVID-19" (or copy) certifying a negative result, issued by a medical institution in the home country/region, to the quarantine inspectors and immigration authorities upon arrival in Japan.

Valid Format of "Certificate of Negative Test Result"

https://www.mofa.go.jp/ca/fna/page25e_000334.html

- (9) All the necessary documents must be ready to submit to the quarantine inspection and immigration authorities upon your arrival. (as carry-on bag)

<Necessary Documents>

- Passport
- Pledge (Residence Track)
- Certificate of Testing for COVID-19 (conducted 72 hours before the departure time) or copy
- A valid "Student" visa
- Certificate of private medical insurance
- Others (if you need)

This information is subject to change occasionally, so you are required to check with the Japanese embassy or consulate by yourself.

(10) During the 14 days before entering Japan, do not stay or visit any of the countries subject to the entry ban, except for your home country/region. In case the transit via a country subject to the entry ban is inevitable, do not enter the transit countries.

(11) Please be sure to bring your smartphone, laptop and thermometer when entering Japan.

(12) Please read carefully the following websites of the Ministry of Health, Labor and Welfare (MHLW) and the Health Monitoring Center for Overseas Entrants (HCO) and understand the rules for self-isolation for 14 days, and follow those rules after entering Japan. Download the necessary apps to your smartphone in advance.

MHLW & HCO

To Anyone Entering/Returning to Japan_Regulations on Mandatory 14-Day Isolation

<https://www.hco.mhlw.go.jp/en/>

<https://www.mhlw.go.jp/content/000753114.pdf>

(13) The 14-day self-isolation period after arriving in Japan means 14 days from the day after the arrival date, therefore a 15-night self-isolation is required. (You can move into NUFs dormitories on and after the 16th day including the arrival date.)

However, the number of days of self-isolation is subject to change according to the policy of the Japanese government. In that case, please follow the new policy.

3. Upon your arrival

- (1) When you arrive at the airport in Japan, please report that (G-1) on the Form.
- (2) The airport quarantine officer and the immigration officer will confirm that the application specified on the website of 2- (12) above is set on your smartphone. You need to set them by then.
- (3) Submit the pledge and questionnaire specified on the website of 2- (12) above according to the instructions of the airport quarantine officer and the immigration officer.
- (4) After being tested for COVID-19 at the arrival airport, wait in the room indicated by the quarantine authority until you get the test result and keep physical distancing there.
- (5) When you receive the results of the COVID-19 test at the airport, please report the test results (G-2) on the Form.
If the result is positive, receive instructions on future actions from the quarantine staff and follow them. And then, report the instructions of the quarantine staff (G-3) on the Form.
- (6) Obtain information on your 15-day self-isolation including your hotel from the JTB staff waiting in the airport arrival lobby. Then, move to the hotel according to the instructions and check into the hotel by yourself. JTB staff will have a sheet of paper that reads "名古屋外国語大学 NUFS", so you will be able to find him/her.

«Information on the arrival lobby where JTB staff will be waiting»

- Central Japan Airport (centrair)
Terminal 1, 2nd floor
<https://www.centrair.jp/en/map/index.html>
- Narita Airport
Terminal 1, 1st floor, South Wing
<https://www.narita-airport.jp/en/map?terminal=1&map=2>
Terminal 2, 1st floor, Arrival Lobby A
<https://www.narita-airport.jp/en/map?terminal=2&map=9>
- Haneda Airport
Terminal 3, 2nd floor
https://tokyo-haneda.com/en/floor/terminal3/2nd_floor.html

- (7) When you arrive at the self-isolation hotel (H), report it on the Form.

4. After your arrival

(1) After receiving a negative COVID-19 test result at the arrival airport, stay in self-quarantine for 15 days in a designated hotel and follow the rules listed below:

- Take action to prevent COVID-19 infection, such as washing hands, hand alcohol disinfection, etc.
- Do not leave your hotel room unless in case of emergency.
- Avoid any unnecessary contact. Do not have any visitors in your room.

* The way of buying food during self-isolation will differ depending on the hotel, so NUFS will inform you of the details after your self-isolation hotel is decided. Students are responsible for food expenses.

(2) Be sure to follow the instructions given by the Ministry of Health, Labor and Welfare (MHLW) and the Health Monitoring Center for Overseas Entrants (HCO) every day. (Reporting Your Location with Overseas Entrants Locator (OEL) App, Reporting Your Health Condition (email/website), etc.)

For details, check the website of 2- (12).

(3) In addition to 4- (2) above, inform NUFS International Office about your health conditions every day (body temperature check, symptoms presence check) on the following URL "Health Check Form".

Health Check Form: <https://forms.gle/8kxZRAN3YhEDLFDS8>

※Make sure to submit the form everyday by 2:00pm.

(4) Comply with the instructions given by quarantine and immigration, and also follow the rules listed on the written pledge established by NUFS.

(5) If you have symptoms of COVID-19 infection within 15 days after entering Japan, immediately contact the NUFS International Office. We will report to the MHLW and/or the Health Center and inform you of the instructions from them. Students should follow the instructions and visit a designated hospital/clinic for further treatment.

(6) Complete the online orientation during the self-isolation period (I) and report it on the Form. The contents will be opened at a later date in the following URL.

<https://www-e.nufs.ac.jp/interchange/incoming/orientation/>

(7) If you have passed the 15-day self-isolation after entering Japan and you are in good physical condition during that period, you will be able to shift to your normal daily life.

Even in that case, please continue to prevent infection with the COVID-19 (wearing a mask, washing hand, using hand sanitizer, maintaining social distance, etc.). You will be able to move into the NUFS dormitories after the 16th day including the arrival date. Inform us of your arrival date and time (J-1, 2) on the Form at least 3 days before your arrival at the dormitory.

(8) Please come to the NUFS International Office the day after you arrive at the dormitory (or the following Monday in the case of Saturdays and Sundays). We will help you to prepare documents for resident registration and opening a bank account, after that, please submit them to the city hall and a bank by yourself.

(9) NUFS scholarship for exchange students will be provided as follows after students come to Japan.

- Start month of payment: The month when students arrive at NUFS dormitory
(excluding the self-isolation period after coming to Japan)
- Start month of bank transfer: 2 months after arriving at the NUFS dormitory
(after opening a Japan Post Bank account and completing the bank account registration with NUFS)
- End month of payment: The month when the final semester ends

However, if the period from the arrival date of the NUFS dormitory to the end date of the final semester is within 2 months, the Japan Post Bank account will not be opened and the scholarship will be paid in cash.

NUFS scholarships will not be provided during the self-isolation period because NUFS will cover the full amount of hotel room charges for the self-isolation.

(10) Students are required to pay the NUFS dormitory fee from the month when the students arrive at the dormitory. It cannot be calculated on a daily basis. If students stay at the dormitory even one day in the month, they are required to pay one month's rent.

5. Summary

List of contents to be submitted in the NUFS Student Information Form Regarding Travel to Japan

<https://forms.gle/uRBZn5vBLx&wWIZLA>

- A. Report your decision to come to Japan and submission of pledge (immediately after you decide)
- B. Report the application date of student visa (immediately after applying for a visa)
- C. Report the date of obtaining a student visa (immediately after obtaining a visa)
- D. Apply for self-isolation plan and report arrival date, time and flight information (up to 1 week before arrival in Japan)
- E. Inform whether you need a rental bedding set in the dormitory (up to 1 week before arrival in Japan)
- F. Submit a copy of your insurance policy while studying in Japan (up to one week before your arrival in Japan)
- G. Report your arrival in Japan and COVID-19 test result (when you arrive at the airport, when you receive the test result)
- H. Report your arrival at the self-isolation hotel (immediately after arriving at the hotel)
- I. Report the completion of online orientation (when you finish)
- J. Inform of your arrival date and time at the dormitory (up to 3 days before arrival)

* Please report each time from "Edit answer" in the confirmation email that you receive when you send the answer for the first time. Edit one survey form instead of submitting new forms over and over again.

NUFS Health Check Form

<https://forms.gle/8kxZRAN3YhEDLFDS8>

Be sure to report once a day by 2:00 pm during the self-isolation period.

MHLW & HCO

To Anyone Entering/Returning to Japan_Regulations on Mandatory 14-Day Isolation

<https://www.hco.mhlw.go.jp/en/>

<https://www.mhlw.go.jp/content/000753114.pdf>

6. Contact Information

International Office, Nagoya University of Foreign Studies (NUFS)

57 Takenoyama, Iwasaki, Nisshin, Aichi 470-0197 JAPAN

TEL: +81-561-75-1756 (From Japan : 0561-75-1756)

Email: incoming_gg@nufs.ac.jp