

NUFS Self-Isolation Plan for Exchange Students (Fall semester 2021)

Nagoya University of Foreign Studies (NUFS) offers Self-Isolation Plan after entering Japan for international exchange students who will study at NUFS in the fall 2021. Exchange students must use this plan for their self-isolation after entering Japan, and then move into the NUFS dormitories. Please note that self-isolation other than this plan is not allowed. Prior registration is required to use this plan.

Arrival Airports	<p>(1) Central Japan Airport (Centrair), (2) Narita Airport, (3) Haneda Airport</p> <ul style="list-style-type: none">* Self-Isolation plan cannot be arranged at other airports, so be sure to arrive at any of these three airports.* If you can choose an airport, please select in the order of priority of (1) Central Japan Airport (Centrair), (2) Narita Airport, and (3) Haneda Airport, because of the hotel arrangements. Arriving at the Central Japan Airport (Centrair) is the cheapest way to get to NUFS dormitories from your hotel.
Accommodation for self-isolation	<p>Hotels near each airport</p> <ul style="list-style-type: none">* A single room will be prepared. It will be 10 to 20 square meters.* JTB Corporation outsourced by NUFS will arrange your hotel room. You cannot select a hotel or room. Hotel information will be provided to students at least 3 days before arrival in Japan.
Self-isolation Period	<p>15 nights from the date of arrival in Japan</p> <ul style="list-style-type: none">* Subject to change due to future Japanese government policy.
Hotel Room Charges	<p>Free of charge</p> <ul style="list-style-type: none">* NUFS will cover the full amount of hotel room charges and transportation to the self-isolation hotel. Students are required to pay their own personal expenses such as meal expenses and laundry services.
Transfer to the hotel	<p>In the case your hotel is within walking distance, please go on foot.</p> <p>In the case your hotel is not within walking distance, JTB Corporation will arrange a car.</p> <ul style="list-style-type: none">* You may ride together with another student depending on the situation. <p>The travel costs to the hotel will be paid by NUFS.</p>

**Personal expenses
such as meal
expenses and
laundry services**

Please arrange and pay by yourself.

Information on how to buy food varies by hotel, so we will provide information at least 3 days before arrival in Japan after your hotel is booked.

- * Some hotels offer room service and/or bento boxes.
- * If the hotel does not offer room service or bento boxes, you can purchase meals at a convenience store in the hotel.
- * Please eat alone in the hotel room.
- * Most hotels have coin-operated washing machines.
- * If you need to leave your private room to buy food or do laundry, please observe the following:
 - Do not go out of the hotel. Please return to the private room as soon as you finish doing what you need to do inside the hotel.
 - Be careful not to come into contact with other people as much as possible, and avoid crowds.
 - Take measures to prevent COVID-19 infection (wearing a mask, disinfecting fingers with alcohol, keeping social distance, etc.).

**Procedures after
entering Japan**

- ① Speak to a JTB staff who are waiting in the airport arrival lobby and holding a sheet of paper that reads "名古屋外国語大学 NUFU".
- ② Obtain your hotel information and notes from JTB staff, and check them.
- ③ Move to the hotel according to the instructions of the JTB staff.
- ④ Check into the hotel by yourself as it has already made a reservation.

◀ 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

**How to register for the
NUFS Self-Isolation
plan**

Please register on the Student Information Form Regarding Travel to Japan (D) at least one week before your arrival in Japan.

* The flight information is required to register, so obtain a student visa and book a flight ticket before registration.

**Day and Time of
moving to
NUFS dormitories**

You can move into NUFS dormitories after the 16th day from the arrival date. Please inform the arrival date and time at the NUFS dormitory on the Student Information Form Regarding Travel to Japan (I) at least 3 days before your arrival. Please try to arrive between 11am and 6pm.

**Transfer to
NUFS dormitories**

Please make your own arrangements and move to NUFS dormitory by referring to the access information distributed by JTB staff at the airport.

You can also find the access information from each airport to the NUFS dormitories in the "Pre-Arrival Information for International Students".

The cost from the hotel near the Central Japan Airport will be approximately 4,000 yen, and the cost from Tokyo (Narita, Haneda) will be approximately 20,000 yen. The costs of transportation to NUFS dormitory shall be borne by the student.

The caretaker and Japanese Student Residence Assistants (RAs) are waiting for you at the NUFS dormitory.