

This is a brief summary of precautions to help you prepare for a safe stay overseas.

For in-depth information, please refer to the handbook for Tokyo Tech students studying abroad

「東工大生のための安全な海外渡航の手引き」.

https://www.titech.ac.jp/english/staff/world/pdf/Safe_overseas_travel_guide_final_draft20181226.pdf

Health and Vaccinations

Gathering information

• Gather information in advance about health issues in your host country, including information about infectious diseases and recommended vaccinations.

■ Ministry of Health, Labour and Welfare, Japan

<http://www.forth.go.jp> (Japanese)

■ National Institute of Infectious Diseases, Japan

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

■ U.S. Centers for Disease Control and Prevention

<https://wwwnc.cdc.gov/travel/destinations/list>

Pre-departure preparation

• Take a first-aid kit that includes medicines for stomach ailments, headaches, and colds, as well as an antiseptic and bandages. (Medicines abroad are sometimes stronger than those in Japan.)

• If you have an illness or receive regular treatment from a doctor, consult with your doctor about managing your health abroad. If you take prescription medication(s), ask the doctor to issue you English-language versions of a medical certificate attesting to your illness, a doctor referral, and an explanation of your prescription(s).

• Review information about infectious diseases and decide whether or not to get vaccinations required for entry to or recommended for stay in your host country.

• Schedule any vaccinations well in advance, as some vaccines are administered in multiple doses.

■ Ministry of Health, Labour and Welfare, Japan: vaccination information

<http://www.forth.go.jp/useful/vaccination.html> (Japanese)

While studying abroad

• Take care of your health and eat balanced meals. Depending on where you will be living or travelling, it may be prudent to adhere to the following food safety precautions.

Water and ice	Avoid tap or well water. Drink only water from sealed bottles.	Vegetables	Avoid raw vegetables. Eat food that is cooked and served hot.
	Avoid ice made with tap or well water. Be careful, even at restaurants, of shakes, smoothies, and drinks that contain ice.	Dairy and egg products	Eat food that has been cooked thoroughly. Avoid food that has been left for long periods at room temperature.
Fish and meat	Eat food that is cooked thoroughly and served hot.	Fruits	Avoid cut fruits. Eat only fruits you can wash and peel yourself.
	Avoid raw or undercooked meat and fish.		

After returning to Japan

If you experience a fever or other symptoms within one month of your return to Japan, you may have acquired an infectious disease. Go to a hospital that has a travel medicine department and explain your travel history.

• Japanese Society of Travel and Health, JSTH <http://jstah.umin.jp/02travelclinics/> (Japanese)

• Japanese Society of Travel Medicine, JSTM <http://jstm.gr.jp/summary/> (Japanese)

Travel Insurance

• Purchase travel insurance that covers you from your departure date to the date of your return to Japan.

Tokyo Tech recommends the purchase of insurance that covers medical treatment and rescue up to 30,000,000 JPY and covers indemnity liability up to 100,000,000 JPY.

• Always carry a copy of your insurance policy. In some countries, hospitals do not provide treatment unless they are sure that they will be paid.

• If you cause damage (ie, if you break an item at a shop, have a bicycle accident, etc.), do not sign documents provided by the other party. Explain that your insurance company will contact them later.

■ **Information on Insurance** <http://www.titech.ac.jp/english/enrolled/abroad/procedures/index.html>

Risk and Crisis Management Service

Gathering information

- Check the websites of your country's foreign ministry, the Japanese Ministry of Foreign Affairs, the local Japanese embassy or consular office at your destination, and other information sources to obtain accurate, up-to-date information about crime and public safety in the countries you will visit.

Level	MOFA's recommendations	Tokyo Tech's guidelines
1	Exercise caution.	Go ahead with the trip, but be cautious.
2	Avoid non-essential travel.	In principle, cancel or postpone your trip.
3	Avoid all travel.	Cancel your trip. If overseas, return to Japan.
4	Evacuate and avoid all travel.	Cancel your trip. If overseas, return to Japan immediately.

Notification regarding overseas travel from Tokyo Tech:

<https://www.titech.ac.jp/english/enrolled/abroad/procedures/overseas.html>

Ministry of Foreign Affairs, Japan: <http://www.anzen.mofa.go.jp/> (Japanese)

Pre-departure preparation

- If you choose to travel or study abroad on a non-Tokyo Tech program, make sure it is organized by a Class 1 Travel Operator (第一種旅行業者) that is certified as licensed by the Japan Tourism Agency in accordance with the provisions of the Travel Agency Law (観光庁長官登録旅行業第○○○号).
- Avoid night flights which depart/arrive after 20:00 or before 05:00. Do not use trains or buses in late evening.
- Carry contact information for your family, faculty member(s) accompanying your group, program staff, your home country's embassy in the host country, your insurance company, your credit card company, etc. Learn the location of the nearest police station and the local phone number to contact the police.
- Provide your academic supervisor and Tokyo Tech program staff with current contact information for your family.
- Make sure to update the contact details of your parent/guardian. If these have changed since you enrolled at Tokyo Tech, submit the Notification of Change (Personal Guarantor) form (保証人変更届) to the Student Division. Send the same information to the department in charge of the program in which you are participating.

While studying abroad

- Follow guidance by your home country's foreign ministry and register your travel with your country's diplomatic mission at your destination.
- Contact your family and Tokyo Tech on arrival at your destination. If you will be overseas for an extended period, contact your family or friends at least once a month to tell them how you are doing.
- Do not drive cars. Overseas insurance does not cover compensation for damages to the other party if you cause an accident.
- Refrain from making rash comments about your host country's history, ethnicities, religions, etc.
- In the event there is a natural disaster or a deterioration in the security situation in your host country, due to political unrest, etc., contact your family and Tokyo Tech to report your safety.

In Case of Emergency

If you are enrolled in a risk management service

1. Contact the Risk Management Service Support Desk as soon as possible.
Use the 24/7 hotline (international toll-free call)
The phone number will be communicated to you by email before your departure.
2. Follow instructions of the local police, hospital, embassy, or consular office.

If you are not enrolled in a risk management service

1. Contact the organizer of your overseas program, your academic supervisor, staff members escorting your group, or your host university.
2. Follow instructions of the local police, hospital, embassy, or consular office.

Contact

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