

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

**For in-depth information, please refer to the Tokyo Tech Guide to safe travel abroad.**

<https://www.titech.ac.jp/english/international-student-exchange/pdf/tokyo-tech-guide-to-safe-travel-abroad.pdf>

## To Avoid the Risk

### 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.

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

### Pre-departure preparation

- 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.

## Overseas Travel Insurance

### Pre-departure preparation

- Tokyo Tech requires its degree-program students who travel abroad for education and research to purchase the overseas travel insurance designated by the Institute. As the Institute has concluded a contract with insurance company (AIG), the premiums are approximately 45% less expensive than the usual premiums.
- For other cases, it is strongly recommends students to purchase the overseas travel insurance that covers medical treatment and rescue up to 30,000,000 JPY and covers indemnity liability up to 100,000,000 JPY.
- To be prepared for the unexpected, please confirm your coverage before departure and bring your original insurance certificate with you. Please give copies of your insurance certificate to your family members as well.

### While studying abroad

- 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** <https://www.titech.ac.jp/international-student-exchange/students/abroad/safety>

# Health and Vaccinations

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## 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> (in 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.
- 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> (in 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. Avoid ice made with tap or well water. Be careful, even at restaurants, of shakes, smoothies, and drinks that contain ice.	Vegetables	Avoid raw vegetables. Eat food that is cooked and served hot.
		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. Avoid raw or undercooked meat and fish.	Fruits	Avoid cut fruits. Eat only fruits you can wash and peel yourself.

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

## In Case of Emergency, while studying abroad

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### If you are enrolled in a risk management service

1. Contact the Risk Management Service (IR&C 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, government, embassy or consular office.

### If you are not enrolled in a risk management service

1. Contact your insurance company's service desk as soon as possible.
2. Follow instructions of the local police, government, embassy or consular office.

## Contact

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