

Tokyo Tech Guide to Safe Travel Abroad

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Tokyo Institute of Technology

Office of Education and

International Cooperation

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Introduction

Those of you currently planning to study abroad are probably excitedly anticipating new experiences as you read this guide. No doubt you are also making plans for activities that may become lifelong memories. We want you to know something before your trip: Traveling overseas without adequate knowledge about the countries and regions you will be visiting is risky. Thinking that what passes as common sense in Japan will serve you overseas can lead to sticky situations.

This guide is created to help make your study abroad experience enjoyable, safe and meaningful. It is essential to prepare before your trip so that you can avoid panic if the unexpected happens. Please keep this guide close at hand to help you prepare for and stay safe during your trip. Please give a copy to your family members as well.

[Intended Audience for This Guide]

- Students studying abroad at partner institutions as part of the Tokyo Tech's educational programs
- Students studying abroad at an overseas university or other institution through an overseas study program Tokyo Tech offers (including those offered by departments)
- Students taking a leave of absence from Tokyo Tech to study abroad at an overseas university, etc. (Privately-funded study abroad, etc.)

I. Preparing for Departure

1. Remember that you are responsible for protecting yourself!

The key to avoiding incidents and accidents while traveling abroad is to always be aware that you are responsible for protecting yourself. While traveling abroad, there is a serious possibility that you will encounter dangers different than those in Japan. That said, you can avoid many incidents and accidents by studying the security situation and other details about your destination country in advance and by adopting a different mindset while outside of Japan. For this reason, gathering information beforehand is a vital part of avoiding trouble while traveling.

2. Gathering information on the situation in and around your destination

Some countries and regions are unsuitable for travel due to the extreme deterioration of the international situation or security situation in and around them. Since the most reliable way to ensure your safety is to stay away from such dangerous places, always gather information on the situation beforehand. If you are planning to study abroad, make safe travel plans by sticking to the principle of avoiding danger zones.

The Ministry of Foreign Affairs (MOFA) Overseas Safety webpage (<https://www.anzen.mofa.go.jp/masters/explanation.html>) provides four categories of travel advice and warnings as advisories on which countries and regions require special caution when traveling or staying in them because of deteriorating security situations, disasters, rioting or other emergencies, or an elevated risk of such emergencies.

It also provides four categories of travel advice and warnings on infectious diseases such as new strains of influenza as advisories on which countries and regions require special caution when traveling to and staying in them.

When such advisories are issued, the institute will decide whether to postpone or cancel the overseas study program, or recall you to Japan even during the program, based on a comprehensive consideration of Ministry of Education, Culture, Sports, Science and Technology (MEXT) guidelines, the environment of the host university, and other factors. Please follow any instructions from the institute as soon as possible.

<MOFA Overseas Safety webpage “Overseas Travel Safety Information” and “Travel Advice and Warning on Infectious Diseases”>

Category	Description of Travel and Infectious Disease Risk information	Basic Policy of the Institute
[Level 1]	Japanese nationals traveling to and residing in the country or area	Implement or

<p>Exercise caution</p>	<p>are advised to stay alert to the security situation.</p> <p>(Guideline for the Issuance of Travel Advice and Warning on Infectious Diseases)</p> <p>Level 1 may be issued regarding a particular infectious disease, when the Emergency Committee is held in accordance with the Article 49 of the International Health Regulations (IHR), and the result of the committee reveals that traveling to the country or area should involve the risk of infection.</p>	<p>continue traveling with caution</p>
<p>[Level 2] Avoid Non-essential travel</p>	<p>Japanese nationals are advised to avoid non-essential travel, and to stay alert to the security situation and to take appropriate safety measures should they decide to travel.</p> <p>(Guideline for the Issuance of Travel Advice and Warning on Infectious Diseases)</p> <p>Level 2 may be issued regarding a particular infectious disease, when it is decided by the Emergency Committee held under the Article 49 of the IHR that an event constitutes a Public Health Emergency of International Concern (PHEIC) in accordance with the Article 12.</p>	<p>Postpone or cancel travel</p>
<p>[Level 3] Avoid all travel (Travel Advisory)</p>	<p>All Japanese nationals are urged to avoid all travel regardless of purposes. Japanese residents might be advised to consider the possibility of evacuation or to prepare for evacuation.</p> <p>(Guideline for the Issuance of Travel Advice and Warning on Infectious Diseases)</p> <p>Level 3 may be issued regarding a particular infectious disease, when it is decided by the Emergency Committee held under the Article 49 of the IHR that an event constitutes a PHEIC in accordance with the Article 12 and the WHO restricts trade and travel to prevent further spread of infection.</p>	<p>Cancel travel or return home if abroad</p>
<p>[Level 4] Evacuate and avoid all travel (Evacuation Advisory)</p>	<p>All Japanese nationals are urged to evacuate immediately from the country or the area and urged to avoid all travel regardless of purposes.</p> <p>(Guideline for the Issuance of Travel Advice and Warning on Infectious Diseases)</p> <p>Level 4 may be issued regarding a particular infectious disease, when it is decided by the Emergency Committee held under the Article 49 of the IHR that an event constitutes a PHEIC in accordance with the Article 12 and the WHO restricts trade and</p>	<p>Immediately cancel the trip or return home if abroad</p>

	travel to prevent further spread of infection, and, in particular, an apparent vulnerability in the local medical system is observed.	
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< Reference >

MOFA Overseas Safety webpage → What are "Overseas Travel Safety Information" and "Travel Advice and Warning on Infectious Diseases"?

<https://www.anzen.mofa.go.jp/masters/explanation.html>

<https://www.anzen.mofa.go.jp/masters/tawinfectiousdiseases.html>

3. Learn about criminal techniques and crime prevention measures

It is not uncommon for Japanese people to get caught up in incidents and accidents even in relatively safe countries and regions for which no travel advice or warnings have been issued. Taking basic measures regarding how you manage your valuables or carry your luggage will largely prevent crimes such as pickpocketing and luggage theft.

The MOFA Overseas Safety webpage (<http://www.anzen.mofa.go.jp>) compiles basic safety data on each country to tell Japanese citizens traveling or staying in these countries what they need to know to avoid trouble, such as becoming a victim of crime. We also recommend that you refer to "III. Examples of problems during overseas travel," which lists actual examples of damage suffered by Tokyo Tech students as a way to mitigate overseas travel risks.

< Reference >

- MOFA Overseas Safety webpage (ホーム(Home) >国・地域別の海外安全情報(Overseas Safety Information by Country/Region) >(国・地域選択) (Select Country/Region)>安全対策基礎データ(タブ) Basic Safety Data (Tab))

<https://www.anzen.mofa.go.jp/>

- MOFA Examples of Overseas Incidents Involving Japanese Travelers

https://www.anzen.mofa.go.jp/jikenbo/jiken_index.html

4. Registering your contact information during your trip

Even if you've planned your study abroad experience after gathering sufficient information, it is quite possible that the security situation, etc. in your destination country or region may change drastically after your arrival. To be prepared for such a possibility, you must make your whereabouts known at all times during your trip.

Before your departure, inform the institute (your academic supervisor, the department in charge of your program, etc.) and your family members of your itinerary, flight number, emergency contact information (cellphone, host institute, nearest diplomatic office [Japanese embassy or consulate general], insurance company, risk and crisis management

service, etc.), passport number, insurance policy number, etc. (Planning Report Form). You should also communicate regularly from your destination country or region.

In an emergency such as a major incident or accident, terrorist attack or natural disaster, the local Japanese diplomatic office will confirm the safety of and assist Japanese nationals based on the information registered in MOFA's Tabi-Reji overseas travel registration system (Japanese only) or residence reports. Be sure to register for Tabi-Reji before you go so that you can receive the latest information on overseas safety and emergency situations in real time.

(Students covered by the risk and crisis management service are automatically registered in Tabi-Reji. Residence reports are for those who intend to stay in a foreign country with a fixed address for three months or longer, and are submitted after establishing a residence in that country or region.)

< Reference >

・ 様式 事前報告書(Planning Report Form) (留学手続き(Study Abroad Procedures)>各留学プログラム担当部署で必要な手続き(Procedures Required at the Department in Charge of Each Study Abroad Program)>留学前(Before Study Abroad))

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

・ MOFA Tabi-Reji system

<https://www.ezairyu.mofa.go.jp/tabireg/index.html>

・ MOFA Online Residence Report system

<https://www.ezairyu.mofa.go.jp/RRnet/index.html>

5. Gathering information on health and medical care

Depending on your host institute, you may be asked to submit a health certificate. Even if you are not required to submit one, we recommended that you have a medical checkup before your departure so that you are aware of your health.

If you have a history of previous illnesses or are receiving medical treatment, please ask your doctor to determine if you can tolerate living abroad, etc. In addition, please bring a medical certificate for any illnesses you suffer from (in English; see Reference 1), a medical referral letter (also in English), and an explanation of your prescription medications (also in English) to your destination country. As part of preparing for possible medical emergencies, please submit the above documents to the department in charge of your program, and if necessary, inform your host institute of your medical situation as well.

Dental care is generally not covered by overseas travel insurance and is often more expensive than in Japan, so be sure to take care of any dental issues before you leave.

It is also important to check the website of the quarantine station of the Ministry of Health, Labour and Welfare (<http://www.forth.go.jp>) to see if vaccinations are required for

your destination country, if there are any infectious diseases (yellow fever, dengue fever, malaria, rabies, etc.), and what precautions you need to take to stay in good physical condition. Take the necessary measures in advance.

Depending on the type of vaccine, it may be necessary to administer several doses of a vaccine, with an interval of about four weeks between doses. If you plan to travel overseas, please consult with a medical institution or quarantine station that offers outpatient travel services as soon as possible (at least three months before departure) about the type of vaccines needed and the vaccination schedule.

In addition, it is essential to collect information on local medical facilities so that you can respond quickly to sudden injuries or illnesses. (If you are eligible for risk and crisis management services, please contact its call center “IR&C Support Desk (安心サポートデスク)”.

< Reference >

- Ministry of Health, Labour and Welfare Quarantine Information Office (FORTH)
<http://www.forth.go.jp>
- List of Japanese Society of Travel and Health Travel Clinics
<http://jstah.umin.jp/02travelclinics/>
- List of Japanese Society of Travel Medicine Certifying Physician
<http://www.jstm.gr.jp/summary/>
- Tokyo Tech Health Support Center
https://www.titech.ac.jp/about/organization/institute_wide_support_centers/organization01.html

6. Enrolling in overseas travel insurance

Hospitalization or surgery overseas can lead to massive medical bills. Travel costs can also be high if a family member needs to visit you in hospital multiple times. If you're in a country where the medical care or facilities are of a significantly lower standard than in Japan, you may need to be transferred to another country, which can be extremely expensive. To prepare for such situations, please enroll in the overseas travel insurance the institute designates (which covers more than 30 million yen for medical/rescue expenses and 100 million yen in personal liability coverage).

(Tokyo Tech students may not study abroad with only the overseas travel insurance offered by credit card companies, Personal Accident Insurance for Students Pursuing Education and Research [Gakkensai], or Insurance for Accidents Involving Third Parties or Their Property [Gakkenbai]).

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.

<Reference>

- Overseas Travel Insurance Designated by the Institute

The institute has concluded a comprehensive contract for overseas travel insurance with
AIG, Inc. (as of 2021).

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

- The General Insurance Association of Japan - General Insurance Q&A - Overseas Travel Accident Insurance

<http://soudanguide.sonpo.or.jp/body/q080.html>

<http://soudanguide.sonpo.or.jp/body/q081.html>

- Credit card overseas travel insurance

The insurance coverage credit cards provide is typically insufficient to cover the high cost of overseas medical expenses.

<http://soudanguide.sonpo.or.jp/body/q082.html>

- Gakkensai, Gakkenbai, Student Comprehensive Mutual Insurance

The Personal Accident Insurance for Students Pursuing Education and Research (Gakkensai) the Japan Educational Exchanges and Services (JEES) offers mainly covers accidents that occur during regular classes and school events, and does not cover illness or injury during private activities. Their Insurance for Accidents Involving Third Parties or Their Property Education and Research Accident Insurance (Gakkenbai) also does not cover accidents that occur during private activities. The Student Mutual Aid Insurance the University Co-operatives Mutual Aid Federation offers is also insufficient to cover the high cost of overseas medical expenses.

<http://www.jees.or.jp/gakkensai/>

<http://www.jees.or.jp/gakkensai/opt-baisho.htm>

<http://kyosai.univcoop.or.jp/pdf/pamph2020.pdf>

7. Enrolling in the risk and crisis management service

Even if you take all possible precautions while abroad, you may encounter unforeseen accidents or situations. You may also encounter situations during your study abroad experience that include the need to seek medical attention. To be prepared for such situations, Tokyo Tech students studying abroad are enrolled in a risk and crisis management service at the expense of the institute.

By subscribing to this risk and crisis management service, students can get the advice they need from a risk and crisis management service (IR&C Support Desk) 24 hours a day,

365 days a year. In addition, the service's smartphone support app gives students access to the latest overseas safety information and also allows their safety to be confirmed in an emergency. Please give copies of your subscription card to your family members.

If you are involved in an emergency overseas, please contact the risk and crisis management service first. (English support is available. Your family can also contact the service.)

<Reference>

- Risk and crisis management service

The institute has concluded a comprehensive agreement with Japan IR&C Corp. for a risk and crisis management service (as of 2021).

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

8. Other points to note

- If you are planning to study abroad, please attend the overseas safety orientation the Center for International Education organizes around May or June every year. We will talk about health and lifestyle issues that you should be aware of when you go abroad.
- Once you've decided to study abroad, please refer to the "Procedures for Study Abroad" page to complete the necessary procedures. <https://www.titech.ac.jp/english/international-student-exchange/students/abroad/procedures>
- Regarding travel to and from your study abroad destination, please plan your travel itinerary well in advance. Include sufficient leeway in your schedule and arrange for safe transportation. Try to avoid taking flights or local trains, buses, etc. that arrive or depart at night (after 8 p.m.) or early in the morning. If you have to take a flight arriving at night, please arrange for a trustworthy person to meet you at the airport or arrange to stay at a secure hotel in or near the airport before traveling the next day.
- If you will be arranging for your own accommodations rather than staying at a dormitory, etc. arranged by your host institute, please find an apartment, hotel, etc. in a safe area.
- Before departure, please prepare an ID photo, an official copy of your family register (valid for six months after issuance), and other documents necessary for reissuing your passport outside of Japan.
- Bring a copy of this guide to your destination and give one to your family.

II. Precautions after You Arrive

1. Being aware that this is not Japan!

Japan is one of the safest countries in the world, and the level of danger you face abroad is not the same as what exists in Japan. It is no exaggeration to say that you will be surrounded by incidents and accidents waiting to happen while studying abroad. The climates and lifestyles in foreign countries also differ from those in Japan, so it is easy to get sick or become stressed.

Use the information you gathered before departure to avoid crises and maintain your health, and stay alert by keeping your mindset in overseas mode. This means always being aware that you are in a place with a different culture, customs and environment than you are used to.

2. Health management

Factors known to affect health overseas include differences in weather conditions, time zones and food. So is psychological stress. If your physical condition declines, you will be more susceptible to infections (contagious diseases), accidents and crimes. To safeguard your health, please pay close attention to the following in your daily life:

(1) Food and beverages

Please remember the following and try to eat a well-balanced diet.

Water	It is safest to drink bottled mineral water. Avoid untreated water or tap water. You should also be wary of the ice in shakes and drinks (even in restaurants).
Seafood and Meat	Avoid raw and partially cooked seafood or meat.
Vegetables	Avoid vegetables that have not been cooked.
Dairy and Eggs	Avoid dairy and egg products that have not been thoroughly cooked. If too much time has passed since they were prepared, do not eat them.
Fruit	Avoid eating fruit that you did not peel yourself. Do not eat peeled pre-cut fruit.

(2) Travel, sleep and rest

The cumulative fatigue that results from traveling to numerous locations over short periods of time is apt to leave you vulnerable to illness. It is crucial to plan a reasonable itinerary that suits your physical condition.

Getting enough rest and sleep is also vital to avoiding illnesses in areas where different kinds of communicable diseases exist.

(3) Infectious (communicable) diseases and endemic diseases

Tropical regions present a risk of infectious diseases such as malaria and dengue fever.

To avoid infectious diseases while traveling abroad — including epidemics as well as endemic diseases specific to the region — you should gather information through the website of the Ministry of Health, Labour and Welfare Quarantine Information Office (FORTH) (<http://www.forth.go.jp>) both before departure and after arrival, and take measures appropriate to the nature of each disease.

<Countermeasures>

- If you cannot get vaccinated before departure (e.g., the vaccines for the disease[s] in question are not available in Japan), you should do so as soon as you can after arrival.
- Take steps to avoid infectious diseases carried by animals and insects, such as by using mosquito nets and bug spray and wearing clothing that does not expose your skin. Avoid touching animals as well, since they may carry a range of infections and diseases that can be transmitted to humans.
- Avoid tap water and raw food, and eat only at establishments with good hygiene control. Rigorous precautions are especially necessary when communicable diseases are prevalent.

(4) Mental health

Living in a different culture can be more difficult than you imagine, and stress can build up before you realize it. If you are not feeling like your usual self, don't hesitate to consult with mental health consultation services below or the risk and crisis management service (IR&C Support Desk).

<Reference>

- Tokyo Tech Health Support Center (Weekdays 8:30 to 17:15 JST, closed on holidays and during the year-end/New Year's holidays)

<https://www.titech.ac.jp/english/student-support/about/organization/institute-wide-support-centers/organization01>

Phone: 03-5734-2057 and 03-5734-2065

- Tokyo Tech Student Guidance Room (Weekdays 10:00 to 12:00 noon, 13:00 to 16:45 JST, excluding holidays)

<https://www.titech.ac.jp/english/student-support/students/counseling/guidance>

Phone: 03-5734-2060 Email: gakusei.soudan1@jim.titech.ac.jp

- Tokyo English Lifeline(Available every day)

<http://telljp.com/> Phone: 03-5774-0992

(5) After returning home

If you develop symptoms such as a high fever within a month of returning to Japan, we strongly recommend that you seek medical attention at a medical institution designated by the Ministry of Health, Labour and Welfare for infectious diseases right away, since you may have contracted an infectious disease.

3. Understanding the medical situation in your destination

Be prepared for the possibility of becoming seriously ill or injured while studying abroad. Find out where the hospitals are, whether you need to make an appointment, whether you can use insurance, where you can buy medicine, how to call an ambulance, and so on. If you have a chronic illness, find a doctor to care for you during your study abroad.

(See **I.5. Gathering information on health and medical care** for information on medical certificates, referral letters, and explanations of your prescription medications.)

You should also confirm where the health and wellness facilities of your host institute are, how to use them, and other information as soon as you arrive in your destination country or region.

We strongly recommend that you carry a copy of the insurance certificate for overseas travel at all times to ensure that you will be able to receive appropriate medical treatment. (If you suffer a sudden illness or injury, depending on the destination country, you may not be able to receive treatment or may only be given minimal treatment until it is confirmed that you can pay the medical fees.)

Please also take the original certificate with you to your destination country and store in a safe place. The hospital may ask you to present it when providing cashless treatment.

4. Use of overseas travel insurance

The overseas travel insurance the institute designates covers medical expenses, emergency transportation, personal liability, compensation for theft of personal belongings in the event of an accident or illness, and more. If an incident occurs that may be covered, please contact the risk and crisis management service (IR&C Support Desk) immediately and obtain the documents needed to file a claim. Some of these documents can only be obtained locally, so be sure to check which documents are required while you are there.

Before visiting a hospital, we advise contacting the risk and crisis management service and asking them to make an appointment at a hospital that offers cashless treatment. Unlike Japan, in many foreign countries it is not possible to visit a large hospital without an appointment. If you become ill or injured during your trip and the local medical institution determines that it is unable to provide care, please ask the risk and crisis management service to arrange emergency transportation to a hospital that can treat you.

You may also be able to receive compensation if you are forced to pay for damages to store goods or if your valuables are stolen. In such situations, contact the risk and crisis management service instead of trying to solve the problem yourself.

5. Understanding the crisis management systems of your study abroad destination

Be sure to attend the orientation at your host institute to gather information on crisis management in your destination country or region, including information on emergency response and communication systems. The orientation will also inform you about the security situation, crime trends and criminal tactics, laws and customs, and religious restrictions in the country or region.

If you enrolled in insurance after arriving on the instructions of your destination country/region, host institute, etc., let the department in charge of your program and your family know.

6. Emergency contact information

So that you prepared for a potentially life-threatening emergency during your stay, update and carry a copy of your planning report form, which includes information such as your passport number and its date of issuance, contact information for Tokyo Tech and your host institute, the nearest Japanese diplomatic office, your insurance companies, and the risk and crisis management service (IR&C Support Desk).

Make sure that your host institute and any other relevant parties at your emergency contact information. If your contact information changes, contact them immediately.

Regularly staying in touch with Tokyo Tech, your family, and other relevant parties will also be helpful in an emergency. You should also get in touch if you are going to a country or region that you did not originally plan to visit while studying abroad, or if your contact information changes.

<Reference>

・様式 事前報告書(Planning Report Form) (留学手続き(Study Abroad Procedures)>各留学プログラム担当部署で必要な手続き(Procedures Required at the Department in Charge of Each Study Abroad Program)>留学前(Before Study Abroad))

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

7. Theft, fraud, robbery and other problems

Criminals outside of Japan are often armed. If you encounter a potentially violent criminal, do not resist unless absolutely necessary. Put saving your life above anything else.

If you incur property losses due to theft, fraud or a similar event, first notify the police of the facts and obtain a police report. You will need the police report for insurance claims, to have your passport reissued, and for other procedures. If the damages, losses or injury are serious, you should contact the nearest Japanese diplomatic office for guidance, advice and assistance. You should also contact the risk and crisis management service to find out what documents you need to file an insurance claim.

If you are assaulted, drugged, or are otherwise violently victimized, you may suffer lasting effects even if the symptoms seem mild at the time. Do not try to diagnose yourself. Seek medical attention at a nearby hospital immediately.

8. Emergencies such as conflicts, riots, coups and terrorism

(1) How to avoid emergencies

① Avoid dangerous locations

The key point for avoiding emergency situations is to stay away from dangerous locations. When you decide to travel, develop an interest in the international situation. If you are aware that risks exist at places you will visit, do not go there or leave immediately once you become aware of the risks.

② Check the latest information on your destination

Even in countries or areas where security is considered comparatively good, there are instances in which terrorism, street protests, riots and other incidents occur abruptly and cause public safety to deteriorate. Seek out information in notification emails from the local Japanese diplomatic office, TV, radio, Internet and other sources at your travel destinations to stay informed. NHK's overseas TV and radio broadcasts regularly air information about safety overseas.

(2) How to handle emergencies

① Your immediate course of action

After ensuring your own safety, take the steps detailed in “**Appendix 1: Risk Management and Response System for Studies and Research Abroad**”

- Contact the local police or Japanese diplomatic office and follow their instructions. You should especially request assistance from a diplomatic office in situations that threaten life or limb.
- Contact your host institute.
- Contact Tokyo Tech, your family, and the risk and crisis management service. If you are unable to contact them yourself, have the Japanese diplomatic office, your host institute or another party contact them.

② Handling emergencies while out and about

- If you encounter a terrorist incident, riots or other emergency while out and about, expect the area to be quite chaotic. Remain calm, stay away from crowds, and get to a safe place as soon as possible.
- If you are in a taxi or other vehicle, instruct the driver to turn around and head to a safe place.
- Never participate in riots or other public disturbances or protests, or take any actions that might be seen as such.

③ Handling emergencies at your hotel, etc.

- If you hear about an emergency from local officials, the news or other sources, you should first notify the nearest diplomatic office of your presence by phone. If you are unable to inform them of your situation for reasons such as the phone lines being down or busy, it is best to stay put where you are if possible.
- While waiting at your hotel, avoid taking potentially dangerous actions such as looking out of the window. Instead, stay safe by remaining in a secure location and closing all windows, turning off lights, etc.

9. Driving abroad

Avoid driving cars or motorcycles while overseas. Traffic conditions and way accidents are handled overseas are very different than in Japan. It may cause problems that include tiresome procedures, and liabilities and costs in the case of traffic violations or accidents. Overseas travel insurance does not cover individual liabilities, and you will have to pay for the costs incurred if a traffic accident is deemed to be your fault.

If you are involved in a traffic accident, negotiating by yourself directly may cause more trouble. It is crucial to immediately contact the police, emergency services, the risk and crisis management service, etc., and to avoid discussions among the parties directly involved.

10. Submitting residence reports to Japanese diplomatic offices(Japanese only)

If you did not register for the Tabi-Reji system (<https://www.ezairyu.mofa.go.jp/tabireg/index.html>) before your trip, please do so as soon as possible. (Those eligible for the risk and crisis management service are automatically registered in Tabi-Reji when they register with the service.)

If you will be staying in an area for more than three months, please submit a residence report after you know your local address, etc. For more information, refer to **I. 4.**

Registering your contact information during your trip.

If you are traveling to a country other than your destination country or region, please register each trip in the Tabi-Reji system. If there are any changes to the information you submitted for your residence report, or you decide to return to Japan, please submit any notifications required (even if you have already returned).

<Reference>

MOFA Tabi-Reji system <https://www.ezairyu.mofa.go.jp/tabireg/index.html>

MOFA Online Residence Report system <https://www.ezairyu.mofa.go.jp/RRnet/index.html>

III. Examples of Problems During Overseas Travel

1. Examples of problems and countermeasures

Japanese nationals have faced a wide variety of problems while traveling abroad, including property crimes such as theft, fraud and robbery, problems caused by a lack of understanding of local laws, culture or social norms of the destination, drug-related crimes, and sexual violations.

The Ministry of Foreign Affairs (MOFA) publishes a compilation of case studies (Anzen Ryoko Tora-no-Maki) online. Please cross-reference these case studies with the Overseas Safety Information by Country/Region available on the MOFA Overseas Safety webpage and avoid becoming a victim yourself.

<Reference>

MOFA Overseas Safety 海外安全虎の巻(*Tora-no-Maki*) (四、ケーススタディ集〜トラブル事例と対策〜(4, Case Studies –Examples of Problems and Countermeasures))

<https://www.anzen.mofa.go.jp/pamph/pdf/toranomaki.pdf>

MOFA Overseas Safety webpage (ホーム(Home) >国・地域別海外安全情報(タブ) (Overseas Safety Information by Country/Region (Tab)) >(国・地域を選択) (Select Country/Region))

<http://www.anzen.mofa.go.jp>

2. Examples of problems Tokyo Tech students have had

Here are some examples of problems Tokyo Tech students have had while studying abroad, including illness and injury. Please always keep the potential for danger in mind while abroad.

[Term: Long-term = Three or months or longer, Short-term = less than three months]

(1) Theft and fraud

Academic Year	Country	Term	Case
2015	Sweden	Long term	My wallet was snatched while I was waiting for a train. I had my credit card, visa, student ID and cash (about ten euros) in my wallet. I immediately reported it to the police and canceled the credit card. Fortunately, there was no sign of my credit cards or any other items being used.
	Sweden	Long term	My cellphone, wallet, commuter pass, student ID, driver's license, insurance card and credit cards were stolen from my pocket on the subway one evening. They were taken while I was distracted by a woman who approached me in

		the crowded subway car. It seems that there are groups of criminals who target foreigners.
Sweden	Long term	I left my secondhand bicycle, which I bought as a means of transportation to the city center, in front of the station when I went on a trip for just a few days. Although I had locked it up, it was gone when I returned. It seems someone cut the lock to steal the bike.
Sweden	Long term	My bicycle was stolen from the dormitory parking lot at night. They cut the cable lock and took it.
Sweden	Short term	While taking the subway to the university, a man who appeared to be an immigrant fell against me as the subway train swayed. After the man got up and left the train, I noticed that my wallet and digital camera were missing from my bag.
Switzerland	Long term	My wallet was stolen on a streetcar on the way home from school. I reported the theft to the police and canceled my credit card. My wallet was never found, but the insurance company compensated me for part of the cost of the wallet.
Switzerland	Long term	While I was away from my dorm room during the day, my computer, watch and keys were stolen. I reported it to the local police. Insurance only covered the cost of replacing my room key.
Switzerland	Long term	While flying on an airplane, I put my watch on my tray table, and before long I realized it was gone.
Switzerland	Long term	I went shopping after a lecture, and when I got home I noticed that my laptop was missing. I'm not sure exactly when or where it was stolen.
Switzerland	Long term	My wallet was stolen during German class. Insurance covered it.
Germany	Long term	While traveling in Berlin with a friend, two men on the street struck up a conversation with us. We shook hands at the end and before I knew it, they had stolen my watch. I was wary of the possibility of theft, but since it didn't seem like they were trying to steal anything I let my guard down. I had gotten used to the idea of southern Germany being relatively safe, so I became careless.

	The Netherlands	Long term	I went to order food at a diner near my house, I locked my bicycle up with a chain lock right in front of the diner. My bicycle was gone by the time I received my order in about 15 minutes. Since it was a used bicycle, I did not know the serial number, so I could not even report the theft.
	America	Long term	My bicycle was stolen in the middle of the night from the bicycle parking lot. Since the damage was small, I did not report it to the police or do anything else.
	Indonesia	Long term	About two months after arriving, I left my newly purchased bicycle at the university late at night and it was stolen. I was careless to think it would have been safe based on my experiences in Japan.
	Australia	Short term	My wallet was pickpocketed on a streetcar. Since I had only a small amount of cash in it, I did not report it to the police or use my insurance.
2016	Finland	Long term	My smartphone was stolen during a New Year's countdown event in front of Helsinki Cathedral. I went to the local police station and filed a theft report. My smartphone was not found in the end, but compensation for the theft was transferred to my account about a month after I sent all the necessary documents to the insurance company.
	Sweden	Long term	While I was chatting with two friends at a McDonald's at night, my bag (which contained my wallet, dorm key, electronic dictionary, computer, etc.) was stolen from under my feet. I filed a report with the police, canceled my credit cards, and contacted the insurance company.
	Denmark	Long term	I parked my bicycle in front of the station and went on a three-day trip to another country. When I came back, I found the lock had been damaged. I did not do anything because my bike had not been stolen.
	Switzerland	Long term	Near the reception area of the Sagrada Familia in Barcelona, which I was visiting, I noticed that the wallet I had in my pants side pocket was missing. After reporting it to the local police, I contacted my credit card company and the insurance company.

	Switzerland	Long term	I was a victim of cash card skimming. I don't know where it was skimmed. There were a number of unrecognized withdrawals in a short period of time, so I called my bank and asked them to stop the withdrawals. I filed a report with the local police.
	Switzerland	Long term	I was about to board a train with my bicycle in Italy. It was out of my sight for a moment and was stolen. I immediately went to the police and filed a report. After returning to Japan, I reported the damage to my insurance company and filed a claim.
	The Netherlands	Long term	I parked my bicycle outside my apartment at night and found it missing the next day. The lock was a strong one, but it had been cut off. I didn't report it to the police because it was secondhand. After that, I bought a new bike.
	Germany	Long term	While visiting a friend's house, I locked my bike up to a telephone pole. When I left, I only found the lock.
	Germany	Long term	While walking near the Eiffel Tower in Paris, I was surrounded by a group of children (about six of them, aged around nine or ten) who appeared to be immigrants and they asked me for my signature. As I was listening to them, several of them suddenly tried to open my bag. Fortunately, my friend who was with me kept from them taking anything. I later heard that this is a common tactic.
	France	Long term	I was using my cellphone on the metro at night. Just as the door was about to close, a man reached from outside the car, took my phone, and ran away. A plainclothes policeman who happened to be in the same car radioed to nearby police and the perpetrator was caught a few minutes later.
	Australia	Short term	I was using the bicycle I brought from Japan to go to school. Someone broke the lock and stole the front wheel. I bought a new wheel locally but did not use insurance.
2017	Sweden	Long term	The wallet I had in my backpack vanished while on campus. The wallet contained two credit cards, 1,000 SEK in cash, my driver's license, and my Tokyo Tech student ID. I reported the incident to the local police and had my credit

		cards canceled. About a month later, the police returned my wallet, but the cash had been taken.
Sweden	Long term	My passport was stolen during a trip to Belgium. I reported it to the local police and then returned to Sweden and had my passport reissued.
Denmark	Long term	The wallet I had in my backpack went missing. It was most likely stolen while I was studying in the library or on my way home. I lost my keys, cash, credit cards, residence permit, student ID, transportation card and more. I reported it to the local police and had each item reissued. Many of the local police did not speak English, so I had to ask for help from a Danish friend. Insurance should cover the cost of reissuing my keys, the wallet itself, and so on.
Switzerland	Long term	During a family trip to Italy, someone cut my mother's nylon wire keyholder to steal her purse on a crowded train in Naples.
Switzerland	Long term	I was traveling in Spain with a friend. We were about to get off the subway when several men approached us and blocked our way. We rushed past them and got off the train, but by the time the train had departed, my friend realized his wallet had been stolen.
Germany	Long term	While waiting for the light to change at a crosswalk on the way back to my hotel, two men approached me from behind. This was concerning, so I walked quickly across the crosswalk. The men chased me, so I changed direction and ran away. After that, they were obviously looking at me, so I assumed they were trying to pickpocket me. They did not take anything, though.
Austria	Long term	I had my iPad stolen on an overnight bus. I filed a report with the police and filed a claim to the insurance company, which compensated me for 80% of the damage.
United Kingdom	Short term	My computer was stolen on my return flight. The PC was clearly visible in the bag, which I had left at my feet. The PC was likely stolen while I left my seat to use the restroom. I filed an insurance claim and was compensated for over half the purchase price.

	Thailand	Short term	During my free time, I hailed a tuk-tuk to go from my dorm to the Grand Palace. The driver recommended I take a private boat, but when I disembarked, the boatman demanded 1,500 baht. I had no choice but to pay 1,000 baht (a taxi from the dorm to the palace is only 80 baht). The tuk-tuk driver and the boatman seemed to be in cahoots. I still feel lucky because they did not get violent.
2018	Denmark	Long term	Near the Leaning Tower of Pisa on a trip to Italy, I noticed that my jacket pocket was unzipped and my cellphone was missing. The train station in Pisa was unusually crowded, so it could have been stolen there. The station staff were unable or unwilling to help, so I reported the matter to the local police.
	Switzerland	Long term	During a trip to Prague, I was approached by a man in New Town who said he needed euros and asked if I would exchange euros for Czech krona. I couldn't refuse and exchanged 30 Swiss francs for what I thought were 1,000 Czech krona. When I got back to Switzerland, I found out that the notes were old Belarusian rubles, which are now virtually worthless. Apparently, this kind of scam is common in Prague. Unable to report the incident to the police, I decided that the 30 francs were just the cost of a lesson learned.
	Germany	Long term	My wallet was taken out of my bag while shopping at a vintage clothing store in Paris. Since it was just before my return to Japan, I did not file a report. I did file a claim with the insurance company after I returned to Japan.
	Germany	Long term	While I was waiting to enter Notre Dame Cathedral, I was surrounded by several people pretending to solicit donations, and someone stole my wallet from my bag. I noticed immediately, caught the perpetrator, and took it back. I canceled my credit card immediately in case they got my credit card information or something.
	Germany	Long term	In a tunnel-like walled area in the open space near the Louvre, three women pretending to be surveyors grabbed me and put their hands in my coat pockets. Fortunately, I

			had my hand in the pocket which contained my wallet, so nothing was stolen.
	Germany	Long term	When I was walking near the university, a man driving a car asked if I knew how to get to the airport. He then led me to get in the car, where he told me that he was a designer for a luxury brand. He then showed me some designer clothes he said he would give me if I lent him €2,000 until tomorrow to pay for his rental car. I'm glad I said no and got out of the car. I later learned that others have been the targets of this same scam, which focuses on Asians.
	France	Short term	My iPhone was snatched on the metro around 7 p.m. on a Sunday. I was caught off-guard because I was with a French student and I was holding it in my hand. I reported the theft to the police the next day.

[Advice]

Thieves, fraudsters and other criminals look for easy targets who present a low risk of danger and a high chance of success. To reduce your chances of being targeted, make a concerted effort to take conspicuous precautions. This can include not wearing flashy clothes and accessories, walking quickly and paying attention to your surroundings while on the move, holding your backpack in front of you in crowded places, and bringing your bicycle into your room.

- Pickpocket groups tend to work in subway cars and stations, as well as around tourist spots. Always pay attention to your surroundings. Move away if you see a suspicious person or group of people approaching. Be wary if you are suddenly approached by a stranger. When riding the subway, avoid standing near the doors, which is where crimes are most likely to be committed.
- Only take your wallet out when necessary while you are shopping or purchasing tickets, since criminals may be watching to see where you keep it. Consider keeping the paper money you carry in several locations. You may also want to consider carrying a small wallet no larger than a coin purse.
- Always keep bags containing valuables close to your body. Place your bags so they can't be taken from you even while you are busy eating or talking.
- Always lock your door when you leave your room, even in a student dormitory.
- Store your bicycle indoors whenever possible. When parking your bicycle, be sure to lock up the wheels and the frame with two different types of locks, such as a sturdy chain lock or a U-lock.

(2) Illness and injury

Academic Year	Country	Term	Case
2015	Sweden	Long term	I went to the hospital for a tension headache.
	Denmark	Long term	I was bitten by an insect in a hotel bed while traveling in Greece. I received medical treatment at a private hospital. I called the insurance company and asked them to negotiate the payment directly with the hospital. The insurance company paid the full 400 euros for the treatment. The state-run hospital I initially went to had a five-hour wait, so I went to a private hospital. I was immediately able to receive intravenous antibiotics.
	Denmark	Long term	Due to the stress of classes and the short daylight hours, I developed insomnia and could only sleep for about one to two hours every day (during a medium-term study abroad of about a month). I would get sleepy in class, but could not sleep in bed. I thought about going home several times. I refreshed myself by meeting my Japanese friends and recovered after classes ended for the term.
	Switzerland	Long term	A cavity that should have been treated before I left Japan reached the nerve and became infected. I was treated at a university hospital (costing about 40,000 yen, not covered by insurance). However, the treatment was substandard and I had to have it redone immediately after returning to Japan.
	America	Long term	The car I was in slid on a snow-covered road and collided with what looked like a snowplow. I hit my head and chin hard on the front seat. Also, in the confusion of the accident, my cellphone was stolen. I contacted the insurance company and followed their instructions on going to the hospital and other matters. Medical expenses are quite high in the U.S., but my insurance covered everything.
	Singapore	Long term	I was playing basketball when I jammed my right index finger. Instead of seeking medical attention, I treated it with ice and other methods, but the pain did not go away for a

			long time. In hindsight, and since I had insurance, it might have healed faster if I had gone to a local hospital.
	Singapore	Long term	I experienced vomiting and diarrhea.
	Singapore	Short term	I hurt my foot and went to the clinic attached to the university I was visiting. I paid the full cost of the treatment. I did not use overseas travel insurance.
	Indonesia	Long term	About a month after I started studying abroad, I had a severe stomachache. My friend said that it was something most people experience and that it would get better. In another case, marijuana and other drugs are ubiquitous in the region, so you need to be careful to avoid them.
	Sri Lanka	Short term	Almost all of the students and chaperones suffered abdominal pain. Since the symptoms were not as dramatic as those of food poisoning, we did not go to the hospital. There was no impact on the schedule. It was probably due to the spices in the food.
	India	Short term	I suffered abdominal pain during my visit. I hurried back to the hotel and went to a clinic the hotel recommended. The costs were covered by my insurance after I returned home.
	Australia	Short term	I injured my eye and received treatment at a hospital the insurance company recommended. The insurance covered the entire cost.
2016	Finland	Long term	I caught a cold right after arriving in Finland. The insurance company referred me to a hospital and paid for all the treatment. The medicine worked well and I recovered quickly. I wish I had brought cold medicine with me from Japan.
	Denmark	Long term	I fell while riding my bicycle and chipped my front tooth. In Denmark, medical expenses are free if you have a residence permit, but you have to pay for dental care. Since it was recognized as an injury caused by an accident, the insurance covered the cost of the treatment, which was equivalent to about 27,000 yen. The quality of the treatment was very good and the dentist talked to me in an easy-to-understand manner.

	Switzerland	Long term	I experienced diarrhea, abdominal pain, and vomiting due to a case of food poisoning. The insurance company referred me to a nearby hospital and paid for my treatment directly. The 5,000 yen cost of the medication I received was also covered by the insurance, so I filed a claim later.
	Switzerland	Long term	I went to the hospital because I caught a cold and felt a pain in my throat. I paid the 197.50 CHF (about 23,000 yen) for the treatment on the spot, but I was told that I could file a claim with the insurance company later.
	Germany	Long term	While staying at a friend's house in Norway in December, I began to feel pain in my abdomen. Later, around New Year's, I noticed that my navel was red and swollen. I went to a general hospital and then to a dermatology clinic. I applied the ointment prescribed to me for a few days and was completely cured.
	Austria	Long term	I caught influenza and went to a nearby private hospital. I paid the medical fee of 100 euros on the spot, but the bank transfer from the insurance I enrolled in locally did not arrive in time by the day I returned home. I ended up closing my Austrian bank account without receiving the money.
	United Kingdom	Short term	I caught influenza the night before my return and postponed my flight by four days. I contacted the risk and crisis management service and asked them to arrange hospital appointments, a different flight, and so on.
	Thailand	Long term	During my nine-month stay, I caught influenza and acute gastroenteritis twice. Bangkok has good sanitation by Southeast Asia standards, but fatigue caused by the intense heat (among other factors) would sometimes build up and affect my stomach. I rarely felt unwell during the more temperate seasons.
2017	Sweden	Long term	I had a cough for a month and went to the hospital, where I was diagnosed with a cold. I took the prescribed medicine and recovered. Neglecting my cold at the beginning made it much worse than it needed to be.

	Switzerland	Long term	I developed a cold with a fever of around 38°C. Instead of going to the hospital, I took cold medicine I brought from Japan and recuperated at home.
	Germany	Long term	At the end of December, I started to get chills, fever and other symptoms, from which I determined I had influenza. I rested at my dorm for a few days, but I didn't recover, so a local living in the same dorm told me about emergency physicians and emergency pharmacies. I bought some flu medicine at the pharmacy but my symptoms did not improve. On New Year's Day, I visited an emergency physician, who diagnosed me with a bacterial infection and prescribed antibiotics. After taking the antibiotics, the symptoms subsided.
	Singapore	Long term	I was bitten on the finger by a stray kitten. Fearing rabies and other diseases, I went to the hospital and got a tetanus shot. I took antibiotics for about two weeks after that.
	Indonesia	Long term	I developed a high fever. The pain was unbearable, so I went to the hospital and got some medicine. The cost was the equivalent of about 5,000 yen. I went to a hospital that was covered by my insurance. Many international students here have had colds.
	Thailand	Short term	I ate undercooked meat at a food stall and developed abdominal pain, diarrhea and fever the next day. The fever subsided the next day but the diarrhea continued.
	India	Short term	When I visited the Group of Monuments at Mahabalipuram in 35°C weather, I got a stomachache from drinking too much water during lunch because of the unbearable heat.
	Philippines	Short term	I got dengue fever and was hospitalized for a week, which delayed my return. The chaperone leading the trip accompanied me to the hospital.
	Australia	Long term	I suddenly developed a severe headache and a high fever of over 40°C. I spent the next day in the hospital and didn't feel better until I received two intravenous drips. It cost me \$500 AUD, but insurance covered it.
2018	Finland	Long term	I had herpes labialis and used my insurance to see a dermatologist. The treatment was cashless, but I had to

			pay for the medicine (about €40) in advance and file an insurance claim later.
	Finland	Long term	I had a sore throat and couldn't sleep at night because I couldn't stop coughing. I called my insurance company and they made an appointment at a hospital for me. I underwent a bacteriological examination and other tests, but I was diagnosed with just a cold. The actual cost to me was nothing, because the insurance covered it.
	Switzerland	Long term	My leg swelled up due to an insect bite. It healed without going to a hospital. It seems I was stung by an insect hiding in my bed. You should really wash your bedsheets frequently.
	Sri Lanka	Short term	By the latter half of the trip, I couldn't take the spicy food in Sri Lanka any more.
	America	Long term	I caught a cold and got tonsillitis. The swelling was so bad that I went to a clinic. The total cost was about US\$500, but the overseas travel insurance covered it.
	America	Long term	In mid-January, I injured my right arm in the gym. The school nurse took an X-ray, but said there was nothing wrong with the bone, so I wore a support band for a while. While the symptoms didn't completely disappear after a month, it wasn't an emergency, so I treated it after returning to Japan. The cost was almost nothing (about 1,500 yen), so I did not use the insurance.

[Advice]

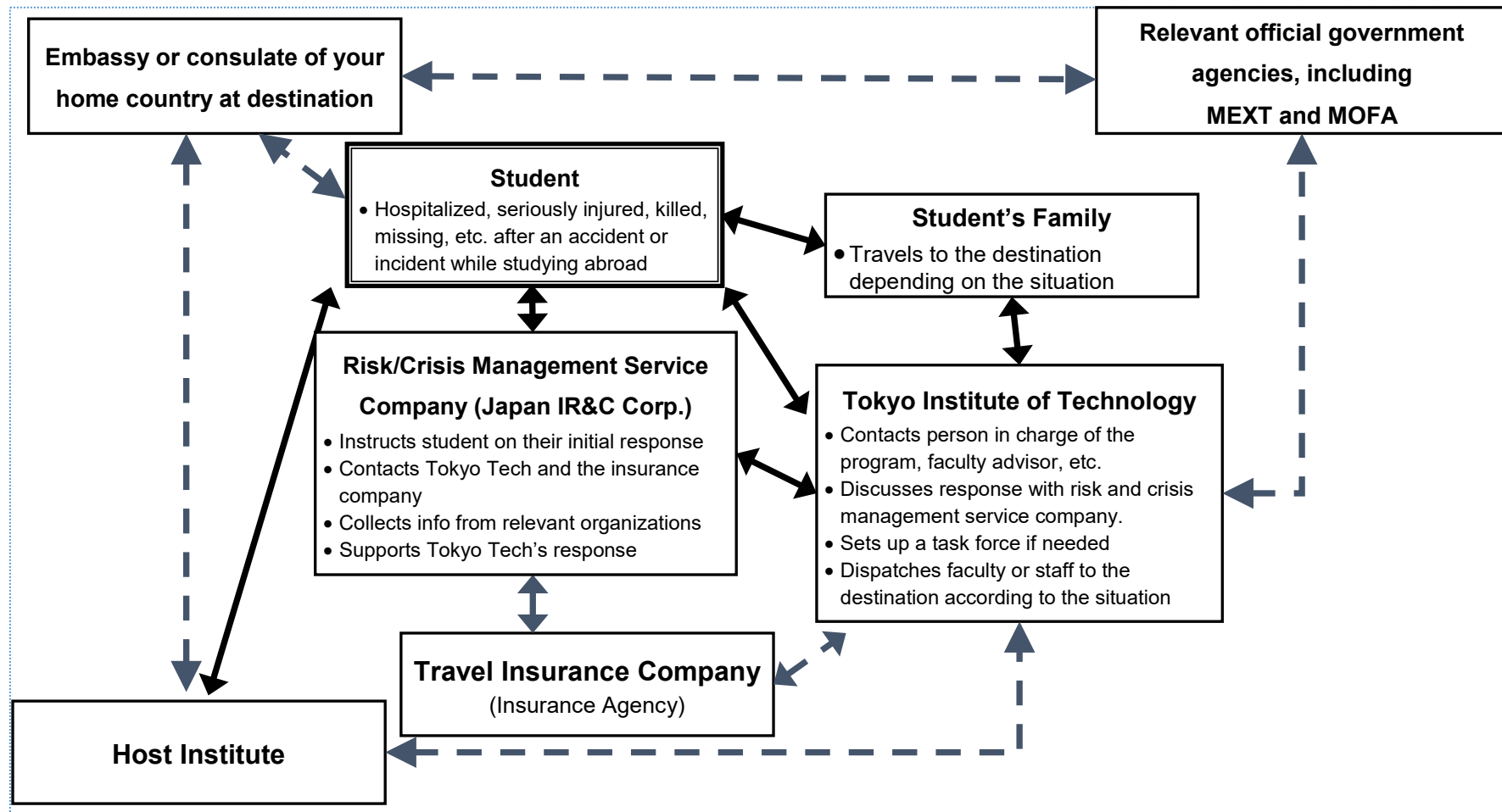
The most common causes of a decline in physical condition while overseas include climate and time zone differences, public hygiene and mental stress. Poor physical condition can weaken your immune system, which will make you more susceptible to local infectious and endemic diseases. It can also affect your attentiveness, making you more likely to be involved in an accident or become a victim of crime. Diet, exercise and rest are the three pillars of good health. It is essential to eat a balanced diet, exercise in a way that suits your fitness and lifestyle, and get enough sleep. When in an unfamiliar environment, you should pay even more attention than usual to your physical condition.

When you become accustomed to living abroad, you may experience mental stress due to the cultural differences between Japan and other countries. Find ways to deal with this

stress, whether this means engaging in appropriate exercise or finding a friend you can talk about your feelings with. If you feel that persistent mental stress is affecting your daily life or studies, be smart and consult with your host, the Institute's Health Support Center, or another source of support.

[Reference]

Appendix 1 [Risk Management and Response System for Studies and Research Abroad (Conceptual Diagram)]



Solid line (-) indicate mandatory communications.

Dotted lines (- -) indicate communications according to the situation.

Reference 1 [If You Have a History of Illness (including allergies or mental illness)]

- Procedures for issuing medical certificates in English

Since every patient's condition is different, only the primary doctor who has examined him/her over a period of time will understand what to watch for. As a rule, please have your primary doctor issue certificates about any treatment you are currently receiving. If you are taking medicine, have your doctor write the common English names of the medication, not the domestic brand names.

- Content of medical certificates in English

There is no standard format. The minimum information that should be provided is as follows:

1. Medical institutions' addresses, contact information, and seals

These are required for when local physicians overseas need to contact your primary doctor in Japan directly for additional information. Contact phone numbers are written in a format that begins with the +81 country code. Bearing time differences in mind, please also include fax numbers and email addresses. It is probably also a good idea to include official seals, since more importance is usually placed on these seals in China, Taiwan and South Korea.

2. Names of conditions

It is probably best to have your primary doctor confirm that everything is written correctly in English, because names of conditions that doctors think are English are in many cases German, French, or Japanese transliterations of English.

3. Information about medications

Make sure that medications are written in the names commonly recognized worldwide, not just their brand names. To avoid overdoses, there is also a need to note their strength (for example, 30 mg per tablet) along with the dosage and frequency (for example, one tablet per day following breakfast). Please also describe the categories of pharmaceuticals, because medicines developed by Japanese pharmaceutical companies might not be available in overseas locations.

4. Medical history and allergies

Information about allergies is vital. Please have your primary doctor write about types of medicine and food separately. It is important to state clearly that a person has no allergies if the person has none, because in the United States' litigious society if this item is not included it can be seen as indicating a lack of active medical treatment.

5. Other kinds of medical treatment

Detailed descriptions are required in the case of treatments involving meals or exercise, including details pertaining to kilocalories and salt restrictions, along with exercise amounts and methods. It is best to obtain prior guidance in line with local fare because dietary customs also differ overseas.

6. Attending physician's name and signature

These are required for medical certificate authorization. Personal signatures are typically required in Western countries.

Sample English Medical Certificate

Tokyo Tech Clinic		(Official seal)
① 2-12-1, Ookayama, Meguro-ku, Tokyo, 152-8550 Japan		
Tel: +81-000-000 Fax: 81-000-000		
Email: 000@titech.ac.jp		
		Date: _____
Name:		
Gender:		
Birthdate:		
Passport number:		
Address:		
To whom it may concern:		
This is to notify you of the above person's health status and illnesses or conditions for which that person is now receiving treatment.		
② Health status (names of current conditions)		
③ Medications above person is currently taking Caution: Write medicines' common names, not their brand names		
④ Past medical history (serious illnesses contracted previously)		
Allergies (food or medicines that cause allergic reactions)		
⑤ Comments (Fill in required items, including how conditions have elapsed, points to note, and other important information)		
⑥ <i>Certified by</i> _____ <i>License number</i> _____ <i>Doctor's signature</i> _____		

Note: Primary doctors prepare medical certificates in English for each patient. There may be changes in the details provided depending on the illnesses that currently affect the patient.

Source: May 2005, JATA Communication, Japan Association of Travel Agents