

# Explanation of how to enter Japan under COVID-19 measures

The following information is current as of November 1, 2020.

Please be sure to contact the school or institution you will attend as details are subject to change depending on the time and situation.

# Step 1. Procedures in your own country



# ① Submission of “Agreement Form about presenting a record of location information”

位置情報提供についての同意書  
Agreement Form about presenting a record of location information

以下の（１）と（２）について、情報提供を求められた際には、保健所や ABK 学館日本語学校等に、位置情報の記録を提示することに同意します。  
When I am requested to provide information on (1) and (2) below, I agree to present a record of location information to the public health center or ABK College.

Sample

（１）入国時に、携帯するスマートフォンの地図アプリ機能等を利用した位置情報の保存を開始し、また、入国後 14 日間、位置情報を保存すること。  
At the time of entry Japan, start saving the location information with using the map application of the smartphone you carry, and save the location information for 14 days after entering Japan.

（２）入国後 14 日以内に陽性となった場合、スマートフォン等に保存した入国後の位置情報を速やかに保健所に提示するなど、その調査（感染症の予防及び感染症の患者に対する医療に関する法律第 15 条に基づく積極的疫学調査）に協力すること。  
If the inspection result is positive within 14 days after entering Japan, cooperate with the investigation such as promptly presenting the location information after entering Japan stored on a smartphone to the health center.

日付 / Date : \_\_\_\_\_

英語氏名 / Name : \_\_\_\_\_

ABK 学籍番号 / ABK Student No. : \_\_\_\_\_

署名 / Signature : \_\_\_\_\_

- Document title : “ Agreement Form about presenting a record of location information”
- Document acquisition method : Attach by email from your school or hand over from agency
- Submit completed forms to the school you will attend.
- Reason for submission: According to the provisions set out in section 2 -(1)- ㄨ on the Written pledge on the next page, Obtaining a Student Visa

## ② Obtaining Student VISA

▪ At the Embassy of Japan or consulate in your country, please obtain a student visa.

▪ The documents required to apply for a student visa are as follows.

1) VISA application form with photo

2) Passport

3) Certificate of Eligibility

4) Admission permit

5) 2 copies of written pledge

} Detailed explanation  
on the next page

The above documents are the minimum required documents. Please be sure to check with the embassy of Japan in your country.



## Certificate of Eligibility

別記第六号の四様式（第六条の二関係）  
在留資格認定証明書  
CERTIFICATE OF ELIGIBILITY  
日本国政府法務省  
Ministry of Justice, Japanese Government 番号 No. [REDACTED]

氏名 [REDACTED] 性別 [REDACTED] 写真 photo  
Name Family Name Given Name Sex M F  
国籍・地域 [REDACTED] 生年月日 [REDACTED] 年 [REDACTED] 月 [REDACTED] 日  
Nationality (Region) ベトナム Date of Birth

日本での職業及び勤務(通学)先等  
Profession or Occupation/Organization to be employed or to study in Japan

上記の者は、次の在留資格に関して出入国管理及び難民認定法第7条第1項第2号に相対する上陸のための条件に適合していることを証明する。  
Under the following status, it is hereby certified that the above-mentioned person meets requirement for the landing provided in Article 7, Paragraph 1, Item 2 of the Immigration Control and Refugee Recognition Act.

在留資格 日本人の配偶者等 (One year)  
Status Spouse or Child of Japanese National  
Date [REDACTED] 年 [REDACTED] 月 [REDACTED] 日  
東京入国管理局長  
Director General of Tokyo Regional Immigration Bureau

(注意) Notice  
1. 本証明書は、上陸の許可そのものではなく、本証明書を所持して初めて、在外公館において入国申請を受理していただくには上陸を許可しません。  
This certificate is not an entry permit. Even if you have this certificate, you are not admitted into Japan unless you get an entry visa at a Japanese Embassy or Consulate abroad.  
2. 本証明書は、上記の年月日から3月以内に査証と共に入国審査官に提出して、上陸の申請を行わないときは、効力を失います。  
This certificate should be submitted to an Immigration Inspector with an entry visa for the landing permission at the port of entry, and shall cease to be valid if the application for landing permission is not filed within 3 months from the date of issue.  
3. 本証明書は、上陸の許可を保證するものではなく、後の上陸のための条件に適合しない場合又は事情の変更があった場合は上陸を許可されないことがあります。  
This certificate does not guarantee the entry of the person concerned. In case that an applicant does not fulfill other requirements for landing or the relevant circumstances are found to be changed, the landing permission would be desired.

## Admission permit

学校法人 ABK学館 ABK学館日本語学校  
〒113-0021 東京都文京区本駒込2-12-12 電話 03-6912-0756 FAX03-6912-0757 E-mail: info@abk.ac.jp URL: www.abk.ac.jp  
ABK COLLEGE  
12-12, Honkomagome 2-Chome, Bunkyo-ku, Tokyo 113-0021, Japan Phone 81-3-6912-0756 FAX 81-3-6912-0757

入学許可書 CERTIFICATE OF ADMISSION  
下記の者、書類選考の結果、学校法人 ABK学館 ABK学館日本語学校への入学を許可する。  
This is to certify that the below-mentioned person is hereby admitted to ABK COLLEGE.

**Sample**

氏名 [REDACTED]  
N A M E M B  
生年月日 [REDACTED]  
DATE OF BIRTH  
出身国・地域 [REDACTED]  
COUNTRY/REGION  
受付番号 [REDACTED]  
REFERENCE NO.  
課程 [REDACTED]  
C O U R S E  
1 Year and 6 Months Course  
発行日 [REDACTED]  
DATE OF ISSUE  
24th September 2020  
入学予定時期 [REDACTED]  
ENTRANCE DATE  
After 1st October 2020

学校法人 ABK学館  
ABK学館日本語学校 校長 佃吉  
Mr. TSUKUDA Yoshikazu Principal, ABK COLLEGE

## Written pledge (copy)

**Residence Track** (2020年9月17日更新) (外国人レジダントトラック)  
誓約書

1 一般的事項 (企業・団体名) は、下記の書(以下「対象書」といいます)の本邦入国に際し、以下の事項を誓約いたします。  
(1) 対象書 名前 (アルファベット) 国籍 経歴番号 出発国・地域 本邦滞在予定期間

入国拒否の対象地域から入国する場合、右欄にチェックを入れること

(2) 誓約内容  
ア 対象書の目的が真に急を要し、必要不可欠なものであること。  
イ 誓約書に「(真に急を要し、必要不可欠な理由を具体的に記載。)」  
イ 対象書が、入国前14日以内に出入国管理及び難民認定法(昭和26年法令第219号)に基づく入国拒否の対象地域(出発国・地域を除く。)に滞在していないことを保証すること。(注)  
ロ 出発国・地域から到着する途中で入国拒否の対象地域を経由する際、当該国・地域に入国・入城許可を受けて入国・入城している場合は、滞在歴があるものとする。  
ハ 対象書に対し、本邦入国後に厚生労働省の要請に従った行動をとらせ、そのために必要な管理を行うこと。  
ニ 対象書に対し、新型コロナウイルス感染症の感染拡大につながるおそれのある対人接触や行動を行わないよう指導及び監督すること。  
ホ 対象書が、上記アの厚生労働省の要請に反する行動をとった場合は上記ホの指導若しくは監督に従わない場合には厚生労働省検疫所業務管理室に対して、新型コロナウイルス感染症の疑いのある症状を有することが確認された場合には、対象書の自宅又は宿泊場所を管理する保健所に対して、直ちに報告するとともに、日本国政府の関係当局の指示に従うこと。

2 防疫事項  
当企業・団体として、以下の事項について、対象者に説明の上、本人の同意を得たこと。また、その実施を確保するため必要な措置をとることを誓約いたします。  
(1) 対象者が入国拒否の対象地域から入国する場合  
ア 対象書は、入国前14日間、検閲を行い、仮に発熱や呼吸器症状、倦怠感等を含む新型コロナウイルス感染症の症状が認められる場合には、本邦への渡航を中止すること。  
イ 対象書は、現地出発前72時間以内に新型コロナウイルスに関する検査を受け、所定のフォーマットを用いて検疫所検閲官から、「陰性」であることを証明する検査証明書を取得し、本邦入国時には検疫官及び入国審査官に対し、当該証明又はその写しを提示・提出すること。また、対象書は、入国審査官に当該証明又はその写しを提出できない場合には、出入国管理及び難民認定法の規定に基づき、入国拒否の対象となることについて理解すること。  
ウ 対象書は、入国時に、民間医療機関(滞在期間中の医療費を確保する旅行保険を含む。)に加入していること。  
エ 対象書又は受入企業・団体は、入国時に、対象書又は受入企業・団体が使用するスマートフォンには、L1-Nにアプリをインストールし、また、入国後14日間毎日、同アプリを活用し、対象書の自宅へ報告

This Written pledge is a document of assurance to the Japanese government from receiving entities such as the school you will attend, that they will commit to track the movements of entrants to Japan.  
URL: <https://www.mofa.go.jp/files/100135223.pdf>

## ③ Check your health 14 days before departure



- Please record the thermometry sheet for 14 days before departure to Japan.
- If you have symptoms of COVID-19 infection, have a fever (37.5 ° C or higher), respiratory symptoms, fatigue, etc., please stop traveling.

## ④ Reserve Airplane Ticket



- If possible please choose a flight that arrives in Japan in the morning.
- Your chances of entering Japan on the same day after completing the PCR test increase if you arrive in the morning.



# ⑤ Obtaining inspection certificate

- Document title  
“Certificate of Testing for COVID-19”
- Document acquisition method :  
Download inspection format  
[https://www.mofa.go.jp/ca/fna/page25e\\_000334.html](https://www.mofa.go.jp/ca/fna/page25e_000334.html)
- Please ask the hospital to fill out and sign this inspection form. **(Within 72 hours before entering Japan)**
- Be sure to use the specified format. The doctor must sign or seal.
- This document will be submitted at the airport in Japan.

COVID-19に関する検査証明書  
Certificate of Testing for COVID-19

Date of issue \_\_\_\_\_  
交付年月日

氏名 \_\_\_\_\_ パスポート番号 \_\_\_\_\_  
Name \_\_\_\_\_ Passport No. \_\_\_\_\_  
国籍 \_\_\_\_\_ 生年月日 \_\_\_\_\_ 性別 \_\_\_\_\_  
Nationality \_\_\_\_\_ Date of Birth \_\_\_\_\_ Sex \_\_\_\_\_

上記の者のCOVID-19に関する検査を行った結果、その結果は下記のとおりである。  
よって、この証明を交付する。  
This is to certify the following results which have been confirmed by testing  
for COVID-19 conducted with the sample taken from the above-mentioned person.

採取検体 Sample (下記のいずれの検体か) Check one of the boxes below	検査法 Testing for COVID-19 (下記のいずれの検体か) Check one of the boxes below	結果 Result	①決定年月日 Result Date ②検体採取日時 Sampling Date and Time	備考 Remarks
<input checked="" type="checkbox"/> 鼻咽腔ぬぐい液 Nasopharyngeal Swab	<input type="checkbox"/> 核酸増幅検査 (real time RT-PCR 法) nucleic acid amplification test (real time RT-PCR)	Negative	① 29 <sup>th</sup> May 2020 ② 29 <sup>th</sup> May 2020 1 PM JST	
<input type="checkbox"/> 唾液 Saliva	<input checked="" type="checkbox"/> 核酸増幅検査 (LAMP 法) nucleic acid amplification test (LAMP) <input type="checkbox"/> 抗原定量検査 antigen test (GLEIA)			

医療機関名 Medical institution \_\_\_\_\_  
住所 Address of the institution \_\_\_\_\_  
医師名 Signature by doctor \_\_\_\_\_

An imprint of  
a seal 印影



## ⑥ Take out private medical insurance coverage



- It is requested that you take out private medical insurance.
- Please prepare documents that prove you have taken out private medical insurance.
- Taking out a private medical insurance policy is optional if you have already enrolled in Japanese public health insurance.

# ⑦ Installation of a contact tracing app. called COCOA

iPhone users



▪ Please install COCOA from the QR code before coming to Japan.

Android users



▪ There is a check to see if the app is installed when you enter Japan.

(URL: [https://www.meti.go.jp/covid-19/ourai/pdf/residence\\_truck.pdf](https://www.meti.go.jp/covid-19/ourai/pdf/residence_truck.pdf)  
Refer to "Residence Track procedures" on pages 19 and 22.)

## ⑧ Installation of the Maps app.



Google Maps

- Please install the Maps app.
- For 14 days after coming to Japan, you need to use the Map app to record where you have moved.
- When you enter Japan, you will be asked to confirm that the app is installed.

(URL: [https://www.meti.go.jp/covid-19/ourai/pdf/residence\\_truck.pdf](https://www.meti.go.jp/covid-19/ourai/pdf/residence_truck.pdf)  
Refer to "Residence Track procedures" on pages 19 and 23.)

# Checklist of things to do in your own country

- ① Submission of “Agreement Form about presenting a record of location information ”
- ② Obtaining Student VISA
- ③ Check your health 14 days before departure
- ④ Reserve Airplane Ticket
- ⑤ Obtaining inspection certificate
- ⑥ Take out private medical insurance coverage
- ⑦ Installation of a contact tracing app. called COCOA
- ⑧ Installation of the Maps app.

Once everything is , you're ready to go!

# Please do not forget these items!

## — Checklist of documents to bring to Japan —

- Passport
- “Written pledge”
- “Admission permit”
- “Certificate of Testing for COVID-19”
- Documents that provide proof of medical insurance coverage
- “Part-time job permit application” … <http://www.moj.go.jp/content/001293686.xlsx>

## Step 2. What to do on an airplane



# ① Fill out the questionnaire

**QUESTIONNAIRE** 2020-05-27 EN3F-Front

Outbreak of Novel Coronavirus [2019-nCov] has been reported around the world.  
This form is for detecting patients early and contacting persons who might have had close contact with patients.  
Please fill out correctly and clearly in "ENGLISH" with "CAPITAL and BLOCK LETTERS" and in black or blue ink. Your personal information may be shared with public health center.

Please respond to the following questions by placing a check mark (✓) in the answer box that corresponds to your response and/or fill in the blank where indicated.

**Have you stayed in the following prevalent regions in the past 14 days?**  
China, Hong Kong, Macau, Taiwan, Korea, Indonesia, Singapore, Thailand, Philippines, Brunei, Viet Nam, Malaysia, Maldives, India, Pakistan, Bangladesh, San Marino, Iceland, Andorra, Italy, Estonia, Austria, Netherlands, Switzerland, Spain, Slovenia, Denmark, Germany, Norway, Vatican, France, Belgium, Malta, Monaco, Liechtenstein, Luxembourg, Ireland, Sweden, Portugal, Greece, Slovakia, Czech, Hungary, Finland, Belarus, Bosnia and Herzegovina, Poland, Latvia, Lithuania, United Kingdom, Cyprus, Croatia, Kosovo, Bulgaria, Romania, Albania, Armenia, Moldova, Montenegro, North Macedonia, Serbia, Ukraine, Russia, Azerbaijan, Kazakhstan, Tajikistan, Kyrgyz, United Arab Emirates, Iran, Israel, Oman, Qatar, Kuwait, Saudi Arabia, Turkey, Bahrain, Afghanistan, Egypt, Côte d'Ivoire, Democratic Republic of the Congo, Djibouti, Mauritius, Morocco, Cabo Verde, Gabon, Guinea-Bissau, Sao Tome and Principe, Equatorial Guinea, Ghana, Guinea, South Africa, United States of America, Canada, Antigua and Barbuda, Ecuador, Saint Christopher and Nevis, Chile, Dominica, Dominican Republic, Barbados, Panama, Brazil, Peru, Bolivia, Bahamas, Mexico, Uruguay, Honduras, Colombia, El Salvador, Argentina, Australia, New Zealand

Y : YES  
N : NO

① NAME in Full  
FIRST MIDDLE NAME  
LAST NAME

② NATIONALITY  
③ PASSPORT No.

④ Sex  M : Male  F : Female  
⑤ DATE of BIRTH YEAR / MONTH / DATE  
⑥ Arrival Date MONTH / DATE

⑦ Flight No. AIRLine code No. SEAT No. No. if crew, please write as such.

Contact Address in Japan (if transit, please write the final destination in ⑧.)  
⑧ PREFECTURE ⑨ CITY WARD ⑩ TEL without "-"  
⑪ Street address, Hotel name, etc.  
⑫ e-mail address

⑬ Have you had any contact with people with symptoms such as fever or cough in the past 14 days? Y: YES N: NO  
⑭ Have you had any contact with infected patients in the past 14 days? Y: YES N: NO  
⑮ Are you feeling sick? Y: YES N: NO  
⑯ If yes, specify symptoms  A: fever B: Cough C: Fatigue D: Other Symptoms ( )  
⑰ Are you taking any medications such as antipyretics, cold medicines or painkillers? Y: YES N: NO

If you do not live in Japan, please answer the following questions.

Document title :

“ QUESTIONNAIRE ”

This is distributed on the plane. Please fill in the required items.

Write the information of the school you will be going to in the “Contact Address in Japan” section.

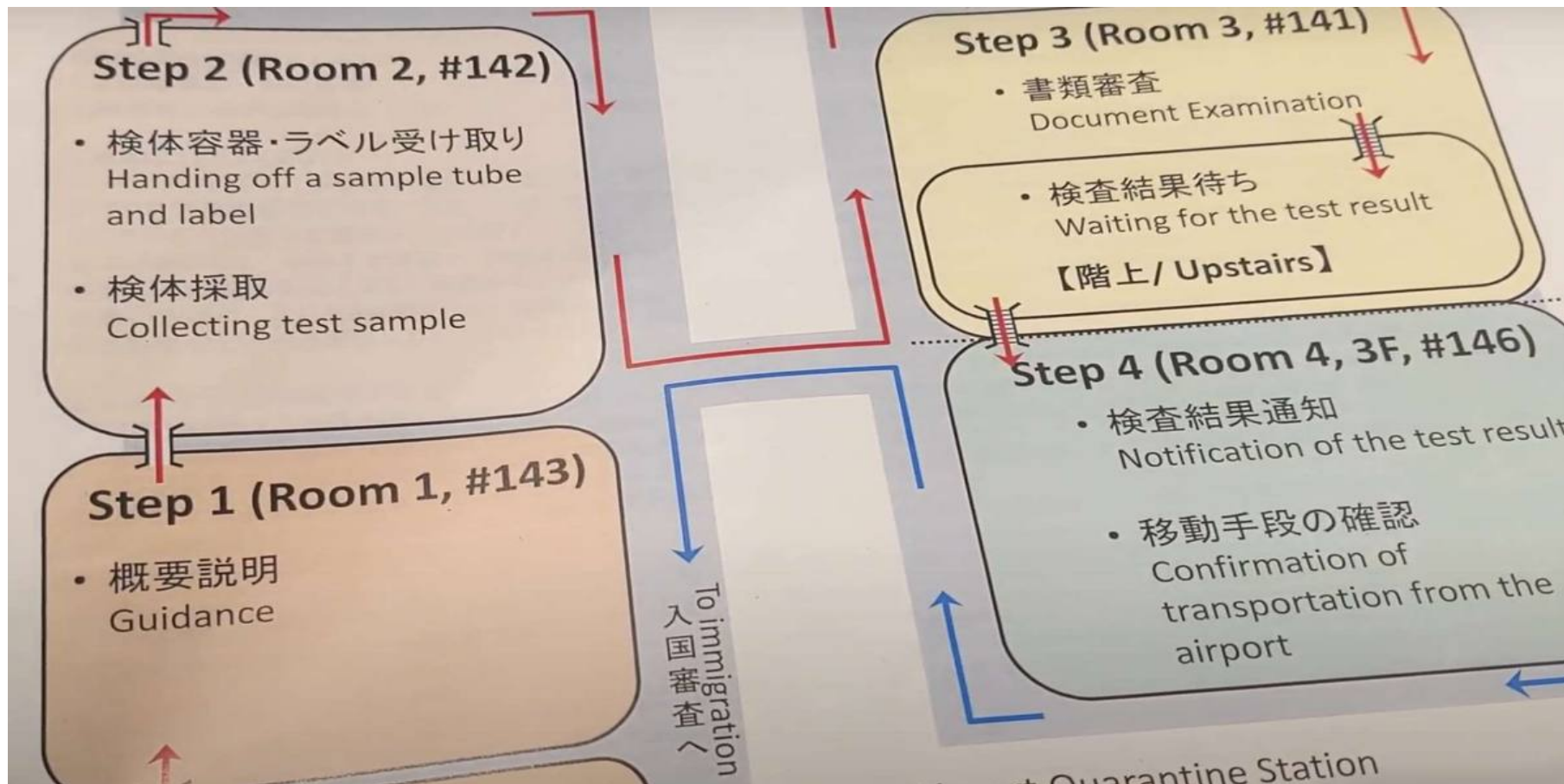
If you have any questions about filling out, you can ask a cabin attendant.



## Step 3. What to do when you arrive in Japan



# After getting off the plane



# ① PCR inspection



- Due to Japan government regulation, there are PCR inspections at the airport.
- The result will be announced within 2 hours – 2 days.
- If the result takes time to announce, you have to move to the government prepared hotel or school dormitory.

## ② Submit documents to airport quarantine

Please submit following documents to airport quarantine

1) Written pledge

→ you will have received this from your school



2) Certificate of Testing for COVID-19

→ Please get it from the hospital before coming to Japan.  
(this is the designated form you will have received from your school.)

3) Questionnaire

→ It will be distributed on board.

### ③Immigration→ Pick up your luggage



▪ Once you receive the results of your PCR test, you can proceed to immigration.

Please install the SNS app "LINE".



▪ After immigration, you can pick up your luggage.

## ④ How to go to accommodations from airport

- Due to Japan government regulation, people who come from overseas can not use public transportation (such as, trains, buses, normal taxis, etc.) to go to accommodation.
- Please contact your school to discuss transportation options.

## ⑤ The 14-days quarantine accommodations

- From the day after you enter Japan, avoid contact with people and do not go out in public for 14 days.
- Please stay at a hotel or short-term rental apartment or similar that has a private room with a private bath and toilet facilities. Do not use any shared kitchen or communal areas if your accommodation has them.
- Refrain from eating out in restaurants.



## ⑥ 14-day health checkup

### 毎日の体調確認 Daily Health Check

本日の体調についておしえてください。 Please tell us about your physical condition.

1. 名前 Name

記述式テキスト (短文回答)

5. 今日の体温は何℃ですか? What is your body temperature(°C) today? \*

- 35.0℃～35.4℃
- 35.5℃～35.9℃
- 36.0℃～36.4℃
- 36.5℃～36.9℃
- 37.0℃～37.4℃
- 37.5℃～37.9℃
- 38.0℃～38.4℃
- 38.5℃～

**Sample**

- Health checks will be performed daily for 14 days.
- The school you will attend has an obligation to provide details of your health condition to the Japanese Government for 14 days.
- Please bring clinical thermometer because the school has to check your body temperature every day.

# ⑦ You can participate in classes from the 15th day after entering Japan



- Thank you very much for everything from preparations in your country to waiting for 14 days after entering Japan.
- Please enjoy your study abroad life in Japan while being careful about the coronavirus.