

# Overseas Safety Manual



OKAYAMA UNIVERSITY

INSTITUTE OF GLOBAL HUMAN RESOURCE DEVELOPMENT / INTERNATIONAL AFFAIRS DEPARTMENT



## Avoiding dangerous risks, security measures

(MEXT Guideline 1-1, 2, 3, 2-6)

When in Japan, we tend to forget the need to take conscious measures for securing our own safety. Therefore, it is important to acknowledge that there are a lot of places overseas more dangerous than Japan, and to always stay alert while enjoying your stay. You will also need a sound understanding of the social culture and practice in the region you are going to stay.

The basic message is: **“Take care of yourself.”**

To avoid dangerous risks, you need to be deeply familiar with the regional security situation in advance and stay informed on hazards by using the **Ministry of Foreign Affairs (MOFA)/ Overseas Safety HP, etc.** You should also register on MOFA's “Residential Registration” (if staying over three months), Overseas Travel Registration (“Tabi-Regi”) (if staying less than three months). Additionally, make use of any information you can obtain locally.

For general safety measures concerning overseas security, you should specifically pay attention to the followings.

<At airports, train stations, hotels, restaurants>

- ① Do not fall asleep.
- ② Do not be careless about where you leave your belongings (bag, camera, jacket, etc.). Keep your eye on your belongings.
- ③ Use a bag with fasteners and hold it in front of your body. Your shoulder-bag should be worn cross-body.
- ④ Keep up your concentration, even when you are part of a group.
- ⑤ Be careful when someone who can speak Japanese makes a friendly approach.
- ⑥ Be careful of anyone who comes near you in an unusual manner.
- ⑦ Do not write your name or address on your bags or suitcases on places where they will be easy to see.
- ⑧ In restaurants, do not hang your handbag on the back of your chair. Be aware of pickpockets when taking off / putting on your jacket, etc.
- ⑨ Use the safety deposit box provided for valuables at hotels.

<On campus and in cities>

- ① Get information on “dangerous” zones from local people and stay away from these “dangerous” zones, whether it's day or night. Avoid going out at night as much as possible and when that is unavoidable, go in a group. Never walk alone at night.
- ② Do not walk in dark and deserted places.

- ③ When going out, use roads with plenty of traffic and good lighting, and avoid walking on the outer side of the pavement, near the road.
- ④ Do not put on showy jewelry or wear revealing outfits. As much as possible, choose clothes similar to those worn by the local students.
- ⑤ Be careful of bag theft, purse-snatching and pickpocketing, and do not put your wallet or passport in the back pocket of your pants.
- ⑥ Do not trust a stranger without good reason. Do not get in a stranger's car even if requested to do so.
- ⑦ Do not hitchhike.
- ⑧ Do not consume food or drink offered or recommended by a stranger.
- ⑨ Do not carry around money more than necessary. Avoid carrying valuable items when going out.
- ⑩ Spread out the money you have around your person. As an emergency reserve, keep some small change as emergency money somewhere else.
- ⑪ If you are robbed, hand over your money and valuables to the robber. If you feel that your life is in jeopardy, do not try to fight, try to escape..
- ⑫ Do not tell your name, address, etc. to strangers without thinking carefully.
- ⑬ Never dabble in drugs.
- ⑭ Observe the local laws and respect customs and practices.

<In your house and your room>

- ① Do not make money, jewelries, valuables, etc., visible to other people.
- ② Lock the door when you leave your room even for a short time.
- ③ Do not open the door without thinking, especially when someone knocks.
- ④ Write down your "emergency contact list" and always keep it with your phone.
- ⑤ Make a record of your important information such as credit card numbers, passport details, traveler's check numbers, insurance company name / contact number / contract number or membership number.

<Others>

Ministry of Foreign Affairs "Overseas Safety Videos"

<http://www.anzen.mofa.go.jp/video/index.html>

On this website, actual crimes occurring overseas are shown. Please watch these videos before departure.

<Websites and reference documents>

- From MOFA's Overseas Safety HP  
<https://www.anzen.mofa.go.jp/index.html>

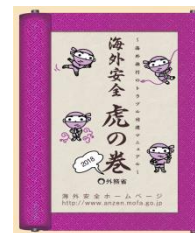


Top page > Select from map > Spot Safety Information / Region-wide safety information >

## Safety Guidance 「安全の手引き」

The “Safety Guidance” formulated by the Japanese Embassy of each country is a must-read!

- MOFA's “Keys to Overseas Safety”  
<https://www.anzen.mofa.go.jp/pamph/pdf/toranomaki.pdf>



- From Ministry of Health, Labor and Welfare's HP  
[http://www.mhlw.go.jp/stf/seisakunitsuite/bunya/kenkou\\_iryuu/kenkou/kekaku-kansenshou/index.html](http://www.mhlw.go.jp/stf/seisakunitsuite/bunya/kenkou_iryuu/kenkou/kekaku-kansenshou/index.html)



- Japan Medical Association Information related to infectious diseases Information on vaccinations, etc.  
<http://www.med.or.jp/people/health/kansen/>

- Infectious diseases information for overseas travelers  
<http://www.forth.go.jp/>



- Life information by countries JICA  
<https://www.jica.go.jp/regions/seikatsu/>

- World Health Organization (WHO)  
<http://www.who.int/en/>

- “Residential Registration” from MOFA's HP  
<https://www.ezairyu.mofa.go.jp/RRnet/>

Visits of over three months



Procedures are required to be performed after arriving at your destination.

When it is difficult to register online due to the internet environment, please submit the registration on paper-base to the overseas diplomatic establishments.

Please confirm the paper-base format and location of jurisdictional diplomatic establishment before departure.

- “Tabi-Regi” from MOFA's HP  
<https://www.ezairyu.mofa.go.jp/tabireg/>

Visits of less than three months

Please register two weeks prior to departure.





## If you are involved in an incident or accident...

(MEXT Guideline 1-5)

If you are involved in a situation which endangers your life or puts you in physical danger during your study abroad or your travel, it is important to seek the support and protection of the overseas diplomatic establishment. Please check the contact information of the diplomatic establishments for your destination before departure.

### <When your money or belongings are stolen>

- ① Fill in the required information on a Claim Form at a police station and get a Reference Number.
- ② If you have overseas travel insurance, etc., you may be covered by that insurance. Therefore, you should contact the number given by the insurance company. Although the insurance claim will be basically made after your return to Japan, you should make notes at the time of the incident of all the details of the situation, and carefully keep together the relevant documents including the Reference Number (① above) issued by the police.
- ③ In case of theft of credit cards, contact the credit card issuers as soon as possible.

### <If your passport is lost>

- ① Report to the local Japanese Embassy or consulate and apply for a reissue. Your passport number, issue date, family register (extract), photos (two sheets), and Reference Number issued by the police are required. Please have copies of all your passport details ready in advance.
- ② If your passport has been stolen, you need to submit a Claim Form to the police and take care to keep the Reference Number issued.

### <If you cause a car accident>

- ① Make a conscious choice to “calm down.” (If there is another driver or someone you can rely on nearby, do not hesitate to ask this person for help. Otherwise, contact a friend, leader, or relevant university official.)
- ② Check if there is anyone hurt or injured, including yourself.
- ③ Call the police and if necessary the ambulance (Call 000).
- ④ Contact your automobile insurance company (Most insurance contract offer support in case an accident occurs, so in case you are not confident in speaking English, contact the insurance company as soon as possible).
- ⑤ Write down information about the other party. (Ex. name, address, contact number, driver license number, license plate).
- ⑥ If there is a witness, write down his/her name, address and contact number, etc.
- ⑦ Receive an “accident certificate” from the policeman present at the incident.

- ⑧ Write down information about the policeman present at the incident including his/her name, affiliation, contact number.
- ⑨ Do not make an arrangement between the parties.
- ⑩ Do not say the accident is your “fault” or agree that it is.
- ⑪ Contact your insurance company.

\*If an accident occurs when you are riding together, respond calmly as above.

<If you encounter an act of terrorism, or there is an emergency such as large-scale natural disaster>

- ① Bear in mind you should keep yourself calm and not believe all rumors.
- ② Do not panic.
- ③ Stay away from crowds. Do not necessarily move the same way as the crowd.
- ④ Try not to be alone; stay with friends and acquaintances and try to reach safety.
- ⑤ Keep up with the latest information from the media, overseas Japanese Embassy, etc.
- ⑥ After you have secured your own safety, contact your family, Okayama University, the visiting facility, international exchange university, overseas Japanese Embassy, etc. by telephone or email.
- ⑦ Do not stay recklessly on the scene of the incident, or take pictures out of curiosity.

<If an earthquake occurs>

- ① If you feel the earthquake tremor when you are inside a building, hide under a desk or a table and wait until the earthquake stops.
- ② If you feel the tremor when you are outside, guard yourself as far as possible from falling objects in your surroundings, collapsing buildings, and shattering glass.
- ③ Entrance doors in places such as in theaters are narrow, and people may rush to the doors, Therefore you should act calmly.
- ④ If you feel the tremor while driving, park the car in a safe, open place and watch and wait. Tsunamis may occur near beaches, therefore evacuate to a high place.
- ⑤ After you have secured your own safety, contact your family, Okayama University, the visiting facility, international exchange university, overseas Japanese Embassy, etc. by telephone or email. Okayama University may also contact to you by telephone or email to confirm your safety. Therefore, please make sure that Okayama University can get confirmation as soon as possible by the above means.

<If you feel unwell or become sick>

- ① Consult a facility such as a health center at the visit / travel destination.
- ② See a doctor at a medical institution if necessary. For example, contact the 24-hour help desk (free / charged) of your overseas travel insurance company and check which hospital you can use to consult a doctor. If you consult a doctor or have medication prescribed, be sure to keep the medical examination receipt.

- ③ If you pay a consultation fee in cash, reclaim any medical examination fees you have paid after returning to Japan.
- ④ If you have a history of illness or are taking medicine, it is preferable to summarize your medical data in English.
- ⑤ Prepare your health certificate (in the language of your international exchange destination) and vaccination history before departure.



## Criteria related to risk awareness, safety confirmation, and program implementation in the event of emergency

(MEXT Guideline 2-2)

If a crisis occurs in the area where programs are operating, Okayama University may contact you by email for the purpose of raising awareness and confirming your safety. If you receive a safety confirmation email, please check and email back.

Also, Okayama University may decide to cancel programs because of danger based on levels established by MOFA. Criteria are listed in Table 1 below.

Table 1 Criteria for overseas travel

Danger level		Description	Response during study abroad / training
Level 1	Exercise caution (raise awareness)	Japanese nationals traveling to and residing in the country or area are advised to stay alert to the security situation and avoid danger.	<ul style="list-style-type: none"> <li>● Travel to destination of study abroad and training will be implemented or continued. However, pay special attention.</li> </ul>
Level 2	Avoid non-essential travel (Recommendation to consider before traveling)	Japanese nationals are advised to avoid non-essential travel, to stay alert to the security situation and to take appropriate safety measures should they decide to travel.	<ul style="list-style-type: none"> <li>● Travel to destination of study abroad or training will be postponed or cancelled in principal.</li> <li>● If you are traveling, decide when to return to Japan after gathering local information.</li> </ul>
Level 3	Avoid all travel (Recommendation to cancel travel)	All Japanese nationals are urged to avoid all travel, regardless of purpose.	<ul style="list-style-type: none"> <li>● Cancel travel to your destination for study abroad or training.</li> <li>● If you are traveling, cancel your study abroad or training and return to Japan without delay.</li> </ul>
Level 4	Evacuate and avoid all travel (Recommendation to evacuate)	All Japanese nationals are urged to evacuate the country or the area immediately to a safe country or area and are urged to avoid all travel, regardless of purpose.	<ul style="list-style-type: none"> <li>● Cancel travel to your destination for study abroad or training</li> <li>● If you are traveling, cancel your study abroad or training and return to Japan without delay.</li> </ul>





## Health management

When traveling overseas, you may become ill from various factors, including a change in climate, the time difference, a change in eating habits, or mental stress. You should also be wary of infectious diseases (contagious diseases), and endemic diseases.

Specifically, in universities and hotels overseas, air-conditioner settings may be high or non-adjustable, and consequent health impacts may frequently occur. Please carry a cardigan, etc. as a protection against the cold. Due to stress from the change of environment and food, you may become susceptible to diarrhea or constipation, as well as minor colds. Although you can buy medicine locally, we recommend that you take with you from Japan any medications that you usually take.

To lead a meaningful overseas life, take extra care of your health and be aware of the following, in particular.

- ① Have a health examination before going overseas. If you have any worries, such as about past illnesses, consult a doctor on how to deal with it.
- ② Have your teeth checked in advance and be sure to finish any treatments.
- ③ Some severe diseases can be prevented by vaccines, so get vaccinated in advance. Please plan ahead, as vaccines take time to become fully effective. Check ahead, as medical institutions which offer vaccination are limited. (Refer to **【Reference】** Page 10: Guidance on types of vaccination advised for overseas travel)

Vaccine	Subject / Infection route
Hepatitis A	Those who reside in a developing country in the mid- to long- term (over a month). Especially people under the age of 40. Possibility of infection by contact with unhygienic food or unclean tableware.
Hepatitis B	Those who have may make contact with blood. There is also a possibility of infection by contact with body fluids through blood transfusion or sexual relations, needle-sharing, unhygienic medical instrument, unhygienic tattooing, piercing, folk remedies associated with hemorrhage.
Tetanus	Those who have high potential to be injured during adventure travel. Those who are intending to participate in farm work or outdoor activities that involve contact with soil must be vaccinated.
Rabies	Those who travel to areas containing many dogs, foxes, bats. Those who have direct contact with animals, such as zoologists.
Diphtheria	Spread person-to-person by the cough of a patient, etc. Note) Some study abroad destinations enforce vaccination with Diphtheria-Tetanus (DT) vaccine and Tetanus-Diphtheria-Pertussis (Tdap) vaccine
Japanese encephalitis	Those who travel to endemically affected areas. (Mainly in areas of Southeast Asia where pigs are bred)
Typhoid	Oral infection. There is also a possibility of infection by consuming food, water, ice that has been unhygienically handled due to sewage contaminated by bacteria. Be careful in countries with inadequate infrastructure development.

Measles	Infection spreads person-to-person through the measles virus. Infection is from inhaling air and droplets (saliva spray), and indirectly through contact with a contaminated object. Currently, routine vaccinations (twice) are given. Those who have not had measles, who have not had measles vaccination or have had only one dose of the vaccine, and also those who are not sure whether they have ever been vaccinated, are recommended to have the vaccination.
Rubella	Rubella virus spreads person-to-person through droplets from a patient. If a pregnant woman without antibodies becomes infected, serious disability may be caused to the unborn baby. Please do not become a “perpetrator.”

Note) For students who are to study in the U.S., an immunization record (antibody record) of “measles/mumps/ rubella (MMR)” is required when enrolling.

- ④ Bear in mind the importance of a well-regulated life. Always eat a well-balanced diet.
- ⑤ Avoid eating perishable food which may not be hygienic, and drinking non-boiled water. Eat out only in places with hygienic conditions. You may get an upset stomach or even get hepatitis from drinking non-boiled water or eating contaminated food, and the same goes for ice.

○ Infectious diseases from food

Disorder	Symptom
Food poisoning	Vomiting, diarrhea
Dysentery	Bloody stool, stomachache, fever
Cholera	Watery diarrhea, vomiting
Hepatitis A	Malaise, jaundice

- ⑥ Be aware of insects and wild animals.

○ Infectious diseases from insects / animals

Disease	Agent	Endemic areas	Symptom	Prevention
Malaria	Mosquitos *1	Tropical zones / subtropical zones Generally epidemic in rural areas Present in urban areas in Africa and India	Develop illness with high fever and cold spells with cold sweats Intermittent fever	These mosquitos are active at night in rural areas, therefore do not forget to protect against insects and avoid outdoor activities at night.
Zika virus	Mosquitos *1	Countries and regions mainly in Central and South America, Asia *2	Fever, rash, conjunctivitis, myalgia, arthralgia, malaise, headache, etc.	These mosquitos are active in the daytime in urban areas, therefore do not forget to protect against insects. Infection through sexual acts has also been reported. Refrain from any sexual acts during a stay in an endemic area.
Dengue fever	Mosquitos *1	Tropical zones / subtropical zones Mainly in urban areas	Sudden high fever Severe myalgia, arthralgia	These mosquitos are active in the daytime in urban areas, therefore do not forget to protect against insects.
Japanese	Mosquitos	Tropical zones /	Symptoms barely	Do not forget to protect

encephalitis	*1	temperate zones Areas where pigs are bred	noticeable, though as illness develops, paralysis occurs.	against insects and have the vaccination.
Yellow fever	Mosquitos *1	Tropical zones, interiors of Africa and South America	Illness develops with high fever and jaundice. Worsens rapidly	Have the vaccination
Plague	Rats Fleas	Areas with unsanitary conditions in a specific country	Lymph glands enlarge and ache badly. Fever	Exterminate rats and maintain hygienic conditions indoors.
Rabies	Dogs, cats Foxes Raccoons Bats	All regions	If illness develops, paralysis occurs and the mortality rate is nearly 100%	Do not thoughtlessly touch wild animals. Do not stroke dogs or cats without thinking. If you have been bitten by one of these animals in an endemic area, seek treatment immediately. (Have the rabies vaccination.)

\*1 To prevent infection transmitted by mosquitos, you must wear long sleeves and long pants and use insect repellants. Of the insect repellants commercially available, buy one with a DEET content as high as possible. The insect repellent effect of the deterrent will last longer if the DEET concentration is higher. For example, the effective duration will be 2 hours for a 10% concentration, and 5 hours for a 30% concentration.

\*2 Please get the latest information on endemic areas from the Ministry of Health, Labor and Welfare Quarantine HP "FORTH", MOFA's Overseas Safety HP, and the WHO (World Health Organization) website.

- ⑦ In many foreign countries including countries in Europe, North America and Asia, it is reported that patients and people infected with sexually transmitted diseases and HIV (AIDS) are more numerous than in Japan. To prevent infection with sexually transmitted diseases and HIV, do not have sexual contact without careful consideration. If you have any worries about your physical condition or feel uneasy after having sex, don't be afraid and consult a doctor at a medical institution as soon as possible.
- ⑧ In case you become involved in an accident, we recommend that you prepare a personal data sheet listing your contact numbers, blood type, medical history, allergies, etc.
- ⑨ If you seek local medical care, get advice on suitable medical specialists from local people. It will be helpful to fill in the attached medical sheet and take it with you.

【Reference】 Guidance on types of vaccination to consider for overseas travel

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

Please consult a doctor at an outpatients department for travel, a travel clinic or an infectious diseases department if you need a preventive vaccination. To find infectious diseases and preventive vaccination institutions not listed in the table below, please refer to the Ministry of Health, Labor and Welfare Quarantine HP “FORTH” as well as the U.S. CDC’s Travelers’ Health.

Region and length of stay	Yellow fever	Polio	Measles ※1	Japanese encephalitis	Hepatitis A	Hepatitis B	Rabies	Tetanus
East Asia	Short-term		◎		○			
	Long-term		◎	○	◎	○	○	◎
Southeast Asia	Short-term		◎		○			
	Long-term		◎	○	◎	○	○	◎
South Asia	Short-term		◎		○			
	Long-term		◎	○	◎	○	○	◎
Near and Middle East	Short-term		◎		○			
	Long-term		◎	○	◎	○	○	◎
Pacific area	Short-term		◎		○			
	Long-term		◎		○	○	○	◎
Oceania	Short-term		◎					
	Long-term		◎					◎
North Africa	Short-term		◎		○			
	Long-term		◎	○	◎	○	○	◎
Central Africa	Short-term	●	◎		○			
	Long-term	●	◎	○	◎	○	○	◎
South Africa	Short-term		◎		○			
	Long-term		◎	○	◎	○	○	◎
North and West Europe	Short-term		◎					
	Long-term		◎				○	◎
East Europe	Short-term		◎					
	Long-term		◎	○	○	○	○	◎
South Europe	Short-term		◎					
	Long-term		◎		○	○	○	◎
Russia	Short-term		◎					
	Long-term		◎		○	○	○	◎
North America	Short-term		◎					
	Long-term		◎				○	◎
Central and South America	Short-term	●	◎		○			
	Long-term	●	◎		◎	○	○	◎

●: Areas where you are at risk of infection with yellow fever

◎: Preventive vaccination recommended

○: Vaccination should be considered if there is a risk of local outbreak.

※1: Those who have had only one dose of vaccine, and also those who are not sure whether they have ever been vaccinated, are recommended to have the vaccination.

For details on measles, please refer to information from the Ministry of Health, Labor and Welfare as well as WHO website.

**【Note】** “Long-term” means a stay of over a month. Adventurous travel should be regarded as included in long-term stay, even if it is only for a short time.



## Overseas travel insurance (MEXT Guideline 1-6)

When traveling overseas, even if you are very careful during your stay, there is always the possibility of being involved in an incident or an accident. Additionally, even if you are confident about your health, you may become ill unexpectedly overseas due to stress or fatigue from an environment different from that in Japan. You can never be sure about when and where you might be involved in a train or bus accident.

To prepare for these unforeseen problems, you must always have overseas travel insurance.

Many Japanese travelers have suffered considerable financial losses through illness, injury or robber, etc., because they did not take out insurance. Though there are slight differences in services offered by insurance companies, in general you will get the following services by buying overseas travel insurance.

- ① If you are sick or injured (traffic accident, etc.)
  - Medical treatment fees, hospitalization fees, emergency transportation costs, etc.
  - Transport costs and interpreter fees required for treatment
  - Transport costs to return to the original itinerary or to return to Japan after hospitalization.
  - Travel costs and accommodation costs for supporters (family members, etc.)
- ② If your belongings are damaged due to robbery or accident  
Financial compensation within the range specified by the particular insurance company.
- ③ If you accidentally injure another person or if you damage another person's property during your stay.  
If you legally liable to pay compensation of the amount of the damages. (Limited to the level of the liability insurance)
- ④ If a flight is delayed  
Accommodation fees and out-of-pocket-expenses such as money for meals necessitated by the flight delay.  
(Limited by the policy)

For insurance details, please contact an insurance company that covers overseas travel insurance.

Some credit card contracts include overseas travel insurance by special arrangement. The insurance payout limits and the range of services and terms differ between credit cards companies, so we recommend that you check the insurance content very carefully before relying on these.

In case of travel / study abroad on a program implemented by the Okayama University, it is essential to obtain fully comprehensive insurance "Study Abroad Insurance Coupled with 'Gakkensai'". For more details, follow the link below.

[http://www.okayama-u.ac.jp/user/ouic/japanese/students/haken/students\\_haken/hoken\\_jpn.html](http://www.okayama-u.ac.jp/user/ouic/japanese/students/haken/students_haken/hoken_jpn.html)



## Notifications to submit to Okayama University before and during study abroad

(MEXT Guideline 1-4, 2-3, 4, 7)

In August 2017, Okayama University started the “International Exchange Support/Overseas Travel Registration System” to centrally manage information on students’ overseas travel. Through the use of this System, if a dangerous event occurs overseas, Okayama University will contact our students immediately, including raising awareness and confirming safety.

We therefore ask you to register with the “**International Exchange Support/Overseas Travel Registration System**” when you travel overseas.

### “International Exchange Support/Overseas Travel Registration System”

URL: <https://fspr.cc.okayama-u.ac.jp/sams/>

Please submit a “notification of travel abroad for study” for travel involving study abroad, and a “notification of private overseas travel” if you are traveling privately.

You need the Okadai ID and Password to log in. Before entering information, have ready your passport and flight information (E-ticket, etc.).

There are four types of “overseas travel notification”:

- ① Departure notification
- ② Arrival notification
- ③ Notification of transfer during studying abroad (if a transfer is involved)
- ④ Notification of successful return

“Notification of private overseas travel”

- ① Personal information (passport information, itinerary, etc.)

### About VPN <http://www.citm.okayama-u.ac.jp/citm/service/openvpn.html>

When a student needs to register notifications from outside the university or from overseas after they leave Japan for international exchange, etc., they need to connect to the network of Okayama University via VPN, which ensures secure connection from outside the university. (Students must test the VPN connection before traveling abroad.)



## List of emergency contact numbers (MEXT Guideline 1-4, 2-4, 5)

**In case a dangerous event occurs, make sure you have the following contact information relating to your destination.**

At destination . . .

- Emergency number (police)
- Emergency number (ambulance)
- Emergency number (fire department)
- Overseas diplomatic establishment
- International exchange university

In Japan . . .

- Okayama University: contact number of your Faculty or Graduate School
  - Research office / educator
  - Name of educator:
  - TEL (cell phone):
- International Affairs Department, International Student Division, Study Abroad Section  
TEL +81(86)-251-7037 [ryugaku@adm.okayama-u.ac.jp](mailto:ryugaku@adm.okayama-u.ac.jp)  
  
Emergency contact number (guard station) during night, holidays, New Year's holiday,  
Golden Week  
TEL +81(86)-251-7096
- Other





## Copies of important documents, etc.

**To protect against emergencies, please make copies of the following numbers and contact information along with the list of emergency contact numbers on the previous page and share them with your family in Japan.**

- ① Passport number, date of issue
  
  
  
  
  
  
  
  
  
  
- ② Credit card numbers, credit card companies contact information
  
  
  
  
  
  
  
  
  
  
- ③ Contact information of your overseas traveling insurance company
  
  
  
  
  
  
  
  
  
  
- ④ Contact details of flight tickets ※A copy of your E-ticket

(Note) The term “MEXT Guide 1-1” in this text means the relevant part of the “Ministry of Education, Culture, Sports, Science and Technology’s (MEXT) Checklist of Crisis Management Guideline on Study Overseas in Universities.”

# 液体物を客室に持ち込むための新ルール 2007年3月1日より日本発国際線で開始

From March 1st, 2007, new rules will be implemented regarding liquids that passengers can carry into the cabin of all international flights departing from Japan.

携入机舱内液体物品的新规定 自2007年3月1日起, 从日本出发的国际航线开始实施  
액체물 항공기내의 반입을 위한 새로운 규제 2007년3월1일부터 일본을 출발하는 국제선에서 개시

## 出発前にお客様ご自身でご準備願います。

Please prepare your baggage according to the following rules before arriving at airports.

请乘客在出发前自行准备。 출발전에 손님으로 준비 바랍니다.



**1. 100ml以下の個々の容器で**  
Only containers of 100 ml or smaller  
100毫升以下の多个容器  
100ml이하 각각의 용기

**2. 1リットル以下のジッパー付  
無色透明プラスチック袋に**  
Transparent, re-sealable plastic bag  
up to a capacity of one liter  
1公升以下带拉链的无色透明塑料袋  
1리터이하의 지퍼부 무색투명 플라스틱 봉투에

**3. 1人1袋まで、検査トレーへ**  
Only one bag per passenger  
Place it on a tray at the security check  
point area  
1人仅限1袋, 请放到托盘上  
한명 한봉투까지, 검사 트레이에

### 入りきらない液体物は…

Additional liquids...

裝不进去的液体物品...  
모두다 들어가지 않는 액체물은...



### スーツケースに入れてカウンターへ

Put them in your suitcase as checked baggage

请您装入托运行李里到柜台托运

여행가방에 넣어서 카운터에

一部フレモノ等でお預かりできない場合があります。航空会社にご確認ください。  
Fragile containers might be unable to be checked. Please contact your airline for further details.

部分脆弱物品不能随托运行。请向航空公司进行咨询。

일부 배리어기 다른 용인도량 달할수 없는 경우가 있습니다. 항공회사에 확인해 주십시오.

### 機内で必要な

医薬品・ベビーミルク等は…

Only the necessary amount of medicines,  
baby milk, etc. during the trip...

机内必須の医药品和婴儿牛奶等...

기내에서 필요한 의약품·

베이비 우유 등은...



### 検査員に申告の上、別途持ち込み可

Can be carried on board in addition to the bag  
above after declaration to a screener

向検査員申告后, 可另行带入机内。

검사원에게 신고 한후, 별도 반입이 가능

### コート・ジャケット・パソコン・ 大型電気機器なども…

Coat, jacket, PC or other large electrical  
devices...

大衣、上衣、电脑和大型电器等...

코트·자켓·컴퓨터·대형전기기기등도...



### 別々に検査トレーへ

Place them on a tray separately at the security  
checkpoint

也要分别放到托盘上

따로 검사 트레이에

保安検査後、免税店等で液体物の購入は可能ですが、海外での乗り継ぎの際に放棄していただく場合がありますので、航空会社にご確認ください。  
Beyond the security checkpoint, you can buy any liquid, gel or aerosol items, including duty free items, at shops in the airport or in flight. However, in case of connecting flights at overseas airports, liquids purchased in this way may be confiscated in some regions. Please contact your airline for further details.

安檢后, 在免税店可以购买液体物品, 但是, 在海外转机时可能被拒绝带入机内, 请向各航空公司进行咨询。

보안검사 후, 면세점 등에서 액체물 구입은 가능하지만, 해외 환승 편에서는 포기해 주실 경우가 있으므로, 항공회사에 확인해 주십시오.

## 国土交通省 警察庁 定期航空協会

Ministry of Land, Infrastructure and Transport of Japan Japanese National Police Agency The Scheduled Airlines Association of Japan

MLIT website [http://www.mlit.go.jp/koku/03\\_information/index.html](http://www.mlit.go.jp/koku/03_information/index.html)