

# **JAPAN HEALTH AND SAFETY AT A GLANCE**

## **Safety Policies**

The Japan Center takes the health and security of students very seriously, and this is a priority in all academic activities. However due to the nature of the program, students must also take this very seriously and make responsible decisions to minimize their risk of facing a health or safety incident. The following policies are in place in order to try to minimize this risk.

## **Emergency Procedures**

If a travel warning is issued, students will be evacuated from the country in due course once it is safe to do so. We encourage all students to subscribe to the U.S. Department of State Travel Warnings (DOSTRAVEL) electronic mailing list by sending an email to: [listserv@lists.state.gov](mailto:listserv@lists.state.gov) type in the message body "SUBSCRIBE DOSTRAVEL YOURNAME" (omit the quotation marks and leave subject blank). You can also use the online subscription form at: [www.state.gov/www/listervs/cms.html](http://www.state.gov/www/listervs/cms.html).

The Global College Program Japan Center is registered with the U.S. Department of State. Students are also required to individually register their passports with the U.S. Department of State prior to departure or immediately after arrival and to provide a copy of their passport information to the Academic Director. Students should also fill out their local address in Japan on page five of the passport in pencil. If you leave the city of Kyoto you must take the original passport with you. It is good practice to keep a copy of your passport and entry stamp with you when you travel and in a separate bag from your wallet in case your passport is lost in transit.

## **Recreational Travel**

For their own safety, students are not permitted to travel to countries with State Dept. travel advisories or to areas with high health or safety risks even if such travel is for recreational purposes and/or during semester breaks. If a student travels to one of those countries she/he will be automatically out of the Program.

## **Basic Safety Information**

Japan has traditionally maintained one of the lowest crime rates in the world so students can be virtually worry free about their safety while they are here. In fact, many students tell tales of having lost wallets returned to them intact and even finding money that they had dropped on the street carefully moved to a spot where it was easy to find when they retraced their steps searching for it. All students will be provided with the home and cell phone numbers of all faculty and staff in case of emergency and are required to provide their own cell phone numbers to all faculty and staff. In addition, we require all students to provide the Center with an emergency contact in the United States or their home country.

## **Health/Medical Information**

Health care in Japan is among the best in the world. The Japanese healthcare system is highly regulated by the government and combines a mainly private provision of services with mandatory

health insurance. The Japan Center maintains contact with well known hospitals and health care professionals in the city.

All students must provide proof of health insurance in order to be enrolled in the center - new students contact Admissions; continuing students contact the Registrar for details.

### **Mandatory International Health Insurance**

Students will receive their health insurance cards and a policy handbook upon their arrival to the Japan center. The mandatory international health insurance fee will be automatically applied to a student's tuition bill. All students will be charged for international health regardless if they are covered under a parent's policy. The fee for 2008-2009 is \$275 per semester. It is important to emphasize that except for long term hospitalization; students must pay out of pocket, and then submit a claim to the insurance company for reimbursement. The percentage covered and deductibles are outlined in the policy handbook: <https://secure.visit-aci.com/Documents/BR32201388.pdf>. In other words, it is important to bring some extra money (credit cards also work fine) to cover any medical emergency.

### **Immunizations**

Information on immunizations and other health-related topics are given here as a guide, not as authoritative medical advice. You should, of course, have a basic checkup and talk to your doctor before you come, and provide Admissions (for new students) or the Registrar (for continuing students) with all appropriate paperwork.

You or your physician should check with the Center for Disease Control for the most current update on the region you are traveling to. Their web page is <http://www.cdc.gov/>. If you want updated information from the U. S. State Department on the country you are traveling to, check <http://travel.state.gov/>.

When you see your doctor, tell him or her that you will be living in Japan for several months and visiting rural and urban areas of Japan. If you plan to do any traveling after the end of the semester or year, be sure to mention where you will be headed so that you can take care of that as well.

Make sure your vaccinations are updated, so you are as well protected as possible. Routine vaccines, as they are often called, include chickenpox (or varicella), polio, measles/mumps/rubella (MMR), and diphtheria/pertussis/tetanus (DPT) and are given at all stages of life. If you have any health problems, please go to your doctor and get a full treatment before arriving to the Japan Center. It is also a good idea to get the "flu shot" as well as Hepatitis B shots (to be vaccinated against Hepatitis B, three shots need to be administered). All inoculations and immunizations should be recorded in the yellow booklet called "International Certificates of Vaccination."

If you are a woman and you are on the Pill, you should bring enough to last through the semester or year. Condoms are easily available.

### **AIDS Awareness**

AIDS is an issue in Japan just like it is in the U.S. There is no such thing as a high-risk group – there is only high risk behavior. Using a condom protects against HIV and other sexually transmitted diseases, but is never a guarantee. Please take the necessary precautions to avoid becoming infected with this or any STD.

## **Help Available in the United States**

The Citizens Emergency Center in the State Department's Bureau of Consular Affairs provides emergency services relating to the welfare of Americans arrested or detained abroad, searches for Americans missing overseas, transmission of emergency messages for Americans to their next of kin and transfer of private funds to US posts abroad for delivery to destitute Americans. Assistance at the Citizens Emergency Center is available Monday through Friday from 8:15 am to 10:00 pm at (202)-647-9019.

For Overseas American Citizen Services in the United States call (202)-647-7899. If calling from overseas dial (888) 407-4747 or on a regular toll line dial (317) 472-2328.