[For Students] Checklist of Procedures for Traveling Abroad

Students who make individual arrangements for study abroad or sightseeing, please do the following:

**[Webpage: Risk management and insurance](https://www.kanazawa-u.ac.jp/global-network/studyabroad/risk-management)**

**Kanazawa University Website＞Global Network > Study Abroad (KU to abroad) > Risk management**

**and insurance**

[**LMS course: Overseas Travel Procedures**](https://lms-wc.el.kanazawa-u.ac.jp/webclass/login.php?group_id=bd7994018aa3e7d03fcb1f35d1982f2c&auth_mode=SHIB)

**Acanthus Portal＞LMS Courses > International Relations Department**

**> International Relations Department> /Overseas Travel Procedures.**

****



* Please check if the country of your destination is rated as "Level 2: Avoid non-essential travel" or higher on the "Overseas Safety Information by Country/Region" page of the Ministry of Foreign Affairs' Overseas Safety Website. If the level is 2 or higher, travel is prohibited.
* Have you watched the Overseas Risk Management Orientation videos and taken and passed the test to confirm your understanding of the orientation?
* Have you filled out your emergency contact information to carry with you when traveling? In particular, be sure to check the number of the overseas diplomatic offices (embassy etc.)
* Have you secured a means of communication in case of an emergency at your destination? (Wi-Fi router rental, SIM-free mobile phone, international telephone card, etc.)
* Have you registered with the Ministry of Foreign Affairs' Tabi-reji for stays of less than three months and Overseas Residence Notification for stays of three months or more?
* Have you checked the Ministry of Health, Labor and Welfare Quarantine Station website for information on infectious diseases to be aware of when traveling abroad and received any necessary vaccinations?
* If you have a chronic illness, have you prepared your regular medications, a medical certificate in English, and a medication certificate?
* Have you submitted Kanazawa University's "Overseas Travel Notification"?
* (Only if applicable) Have you submitted a Study Abroad Notification or a Leave of Absence Notification if taking a leave of absence?
* Have you purchased general overseas travel insurance? Does the plan cover medical relief costs of 30 million yen or more?
* Please submit a "Return to Japan Notification" after returning to Japan.