

COVID PROTOCOL

Tokyo & Kansai Program

1. General Protocols

- Monitor official government sources for information of entry requirements and regulations; and in country COVID-19 related policies: We frequently check [The CDC](#), [The WHO](#), [British FCDO advice](#), [US State Department Travel Advisories](#) and Embassies and government sources of our program locations
- Follow and comply with any relevant COVID-19 national and local guidelines including but not limited to COVID-19 testing and social distancing
- Covid vaccination is currently not required when traveling to Japan, but we still highly suggest all participants to be fully vaccinated to join our program (at least 3 doses of a nationally recognised vaccine)
- All CRCC Asia Program Staff will be trained on COVID-19 safety protocols and relevant local/national guidelines
- We don't encourage you to travel overseas during program time, and would highly suggest you do so before or after the program. If you still choose to travel during the program, please note that you won't be able to travel during your work days, and you need to get prior approval from CRCC Asia. We also ask that you sign a waiver form confirming that you've checked the entry requirements of the destination country (including visa, if any), Covid protocols and ensure that you can return to our program location. CRCC Asia will not be responsible for any issues related to your overseas travel.
- As of April 29, 2023, all travelers will no longer be required to submit either a certificate of negative result of COVID-19 test conducted within 72 hours prior to departure, or a valid COVID-19 vaccination certificate of three doses or equivalent.

2. Covid testing

- As of April 29, 2023, even if you do not have a valid vaccination certificate, you no longer need to be tested for Covid-19.

3. Pre Departure Protocols

- We request a medical declaration from all participants to be aware of any chronic or serious conditions and provide support where possible. Participants who are immunocompromised will be strongly advised to consult with a medical practitioner before committing to the program
- Participants will be advised to monitor their health 14 days before program departure and inform CRCC Asia if they have come into contact with a positive COVID-19 case or have developed typical COVID-19 symptoms
- Bring your vaccination certificate/proof of recovery documents (positive PCR test or certificate of

- quarantine completion) - if any
- Participants are advised to check official airline guidelines for requirements, potential flight changes or cancellations. We recommend participants purchase refundable or flexible tickets to account for any possible changes
- When authorizing a program start date we take into account COVID-19 regulations, in particular: Quarantine regulations, COVID-19 testing requirements, the financial implications for CRCC Asia and our participants
- A robust Health and Safety Manual will be sent to all participants ahead of their program's start date detailing our COVID-19 protocols, in country rules and regulations and practical tips and advice to stay safe and healthy on the program. This will recommend packing masks, hand sanitizer, a personal thermometer, PPE etc.
- Our Admissions Team are available to support participants with any questions or queries before participants start the program

4. Arrival Protocols

- Arriving passengers will experience some combination of temperature screening, health questionnaires, quarantines, and/or COVID tests, depending on points of departure, visa status, vaccination status, and nationality.

5. On the ground Protocols

- **As of March 13, 2023**, face mask guidelines have been relaxed by the government, making it a personal choice to wear them. However, you will find that the vast majority of Japanese people still wear face masks when out in public. As Tokyo and Osaka are heavily populated cities, it is likely that you will come in contact with many more people on a daily basis than you do back in your home country. As such, we recommend that you wear face masks in public, and especially in spaces where you are in close proximity with people such as public transportation.
- After beginning your internship, please refer to your supervisor at your host company for their stance on whether or not they require their employees to wear a face mask during work hours.

For more information on COVID-19 in Tokyo:

- [Updates on COVID-19 in Tokyo](#)
- [Updates on Covid-19 in Osaka](#)
- [Resources if you are feeling sick](#)
- A COVID-19 Health and Safety Sheet will be sent to all participants pre-departure in an email two weeks before your program start date. All participants will have to confirm by signature that they have read and understood this.
- This information will be reiterated by our staff on our Induction Day and there will be a Q&A session to clarify any questions from participants.
- Participants will be required to adhere to any rules or regulations of our accommodation providers.

- If students have any symptoms of sickness or any abnormalities, please communicate with CRCC Asia staff.
- Social distancing and safe COVID-19 policies in the workplace will be encouraged wherever possible (for example, frequent hand-washing, hand sanitiser available, mask wearing).
- If there are COVID-19 health and safety concerns in the workplace (e.g. close contact with a positive test), participants will undertake a COVID-19 test and follow their host companies office protocols.
- Participants will be encouraged to take a lateral flow COVID-19 test on return from travel outside of the Host City or having come into close contact with an individual who has recently tested positive for COVID-19.

6. In the event of a positive COVID-19 test

- A participant who [tests positive](#) for Covid-19 is recommended to self-isolate for 5 days after the first sign of symptoms. If the conditions do not improve after five days, the patient will be asked to continue self-isolation until the symptoms are resolved, but for at least a further 24 hours. People who have caught COVID will be asked to wear a mask for 10 days after the onset of symptoms, as they are likely to remain infectious during that period.
- Results of all covid tests taken during the program must be shared with program staff. If the rapid test is performed by the participants themselves, a photo/video of the test result must be taken where live date and time is shown.
- A CRCC Asia staff member will aid participants that test positive for COVID-19, health and safety permitting, wherever possible. This will include assistance with delivering any necessary medication and any other reasonable requests submitted by the participant. **The intern is responsible for all associated costs.**
- A CRCC Asia staff member will check in on a participant's well-being if they are in quarantine and refer to mental health support/a physician if needed.
- CRCC Asia will inform any relevant parties (for example the participants family or university) of the situation and provide regular updates.
- Anyone that has come into close contact with the individual will be required to take an appropriate COVID-19 test.
- CRCC Asia will work closely with our accommodation providers to ensure participants can safely isolate without causing risk to other participants or guests.

7. Departure Protocols

- Students are responsible for checking the requirements of re-entry into their home countries/other destinations when they depart from Japan (immigration, health, regulated regulation, etc.)

***Please note that the above information may be subject to change and should be seen as advice. For more specific and formal information please refer to the Japanese Embassy in your relevant country. CRCC Asia will endeavor to update participants on changes wherever possible, but will not be held responsible for outdated information being communicated to participants, as guidelines can be subject to change at short notice.*