

August 3, 2022
Student Support Department

Notes during Summer vacation

To all students of the University of Tokyo

You will be on summer vacation after the regular examinations, and we ask that you refrain from having large groups of people over for examinations or dinners. With regards to extracurricular activities, please ensure to continue taking measures to prevent infection and follow the “Extracurricular Activities Policy at Level A”. Please be sure to take all necessary precautions to prevent infection to avoid outbreaks such as clusters, including your behavior before and after activities. During the summer vacation, we would like you to pay close attention to the following points and fill up with energy in preparation for your studies starting in the fall.

○Policy of Extracurricular Activities on the Activity Restriction Level-A
https://www.u-tokyo.ac.jp/covid-19/en/students/policy-pre-A_00002.html

【Prevention of COVID-19 Infection Spread】

The spread of the coronavirus infection is in its 7th wave, and the peak is yet to come with the number of newly infected people continuing to increase nationwide. The number of reports of newly infected persons on campus has remained at a high level. It seems that the ratio of BA.5 omicron strain, which is said to be highly infectious, is considered to be the main cause of this wave. It is important for each person to continue with the conventional infection control measures. Please avoid high-risk behavior such as eating and drinking in an environment with large amounts of airborne droplets and contact, as well as try to manage your physical condition. Especially during the summer period, from the viewpoint of infection control and prevention of heat strokes, please be careful about aerosol transmission, rehydrate, do activities at levels suitable to the environment such as temperature and humidity, and wear and take off masks appropriately.

○Guidelines to Prevent the Spread of COVID-19
<https://www.u-tokyo.ac.jp/content/400193175.pdf>

○Health Service Center website
<https://www.hc.u-tokyo.ac.jp/en/>

【Prevention of alcohol-related accidents】

- Do not drink alcohol while you are under 20 years old.
- Do not force others to drink alcohol.

【Compliance with laws and regulations】

- Do not post inappropriate messages on the internet.
- Do not use or possess of illegal drugs such as cannabis, marijuana, or other synthetic variants.
- Do not do sexual harassment and/or assault.

【Cults/Unscrupulous businesses】

Cults and unscrupulous businesses are known to solicit you at parties, seminars, etc., and gradually reveal themselves. It is known that they particularly target students with little or no social experience. So, never give out personal information, and if you feel suspicious, either refuse or ignore them.

Everyone is responsible for actions but sometimes things may end with unexpected consequences. Please spend your daily life responsibly and with decency as a student of the University of Tokyo.

In addition, we have student counseling service. If you have any worries or concerns during your campus life, feel free to consult with the office.

※For details of the Student Counseling Service, refer to the following.

○Center for Research on Counseling and Support Services website:

<http://dcs.adm.u-tokyo.ac.jp/en/>