

Consular Services

Measures for Resuming Cross-Border Travel

October 11, 2022

[Japanese](#)

Tweet

Share 3.2K

 e-mail**(Updated on October 11, 2022: "New Border Measures FAQ" is added.)**

- [1. New Border Measures from October 11](#)
- [2. Contact Information for Inquiries](#)
- 3. Suspended measures
- [3 - \(1\) Frameworks which enable cross-border travel between Japan and certain countries and regions \(Business Track and Residence Track\) \(Suspended\)](#)
- [3 - \(2\) Entry into Japan from all countries and regions \(Suspended\)](#)
- [3 - \(3\) Framework which enables business persons residing in Japan to conduct limited business activities upon their return/ re-entry into Japan after short-term business trips \(suspended\)](#)

1. New Border Measures from October 11, 2022

From October 11, 2022, except for returnees and entrants with symptoms of suspected COVID-19 infection, on-arrival test at the quarantine station, self-quarantine in places such as their own residence or accommodations, and refraining from use of public transportation will no longer be required. On the other hand, all returnees and entrants will be required to show **either a valid COVID-19 vaccination certificate of three doses of vaccines prescribed on the Emergency Use List of World Health Organization (WHO), or a certificate of negative test result of pre-departure COVID-19 test conducted within 72 hours prior to departure from the original country/region**. This measure will be applied from 0:00 AM (JST) on October 11, 2022.

For further details of current border measures, please refer to [the Ministry of Health, Labour and Welfare \(MHLW\) website](#) .

➤ [Valid vaccination certificate of COVID-19](#) 

➤ [New Border Measures FAQ \(PDF\)](#)   (Updated on October 11, 2022)

➤ For information on Visa, please refer to [Border enforcement measures to prevent the spread of novel coronavirus \(COVID-19\)](#).

2. Contact Information for Inquiries

- For procedures upon arrival at the airport and the status of residence:
Contact: Immigration Service Agency of Japan
TEL (Main): 03-3580-4111
- For procedures for Visa application for entry into Japan and details for Residence Track/ Business Track already in operation with each country/region
Contact: MOFA visa information service in Foreign Residents Support Center (Inquiries on visa)
TEL: 0570-011000 (Navigation Dial: Press [2] for English language). For certain type of internet protocol phone, please call 03-5363-3013.
[JAPAN VISA INFORMATION HOTLINE\(PDF\)](#)   (Inquiries about visa application in different countries and regions)
Contact: Ministry of Foreign Affairs, First Southeast Asia Division (Thailand, Vietnam, Cambodia, Laos and Myanmar)
TEL (Main): 03-3580-3311 (Ex. 5548)
Contact: Ministry of Foreign Affairs, Second Southeast Asia Division (Singapore, Malaysia and Brunei)
TEL (Main): 03-3580-3311 (Ex. 5845)
Contact: Ministry of Foreign Affairs, First China and Mongolia Division (China, Taiwan)

TEL (Main): 03-3580-3311 (Ex. 3915, 3902)

Contact: Ministry of Foreign Affairs, First Northeast Asia Division (Republic of Korea)

TEL (Main): 03-3580-3311(Ex. 4611)

- For general inquiries about border measures for entry into Japan, please contact the following numbers
Ministry of Health, Labor and Welfare's Call Center
Open 9 AM to 9 PM, everyday including weekend and holidays.
TEL: 0120-248-668 (Japanese only)
TEL: 050-1751-2158 (Japanese, English, Chinese and Korean)
TEL: 050-1741-8558 (Japanese, English, Chinese and Korean)
- For inquiries about other quarantine measures such as testing at the airport etc., please contact:
Ministry of Health, Labor and Welfare, Pharmaceutical Safety and Environmental Health Bureau, Quarantine Affairs Division
TEL (Main): 03-5253-1111(Ex. 2468)
- For inquiries about "Technical Intern Training", please refer to "[FAQs on Technical Intern Trainees entering Japan using the Residence Track \(PDF\)](#)" (available only in Japanese) on the official [web page](#) of the Organization for Technical Intern Training
- For inquiries by companies/entities willing to receive travelers under this framework (except for detailed information on quarantine measures, procedures for each framework, Technical Intern Training program and Specified Skilled Worker program) :
Contact: International Movement of People Team, Ministry of Economy, Trade and Industry
TEL: 03-3501-1071 (Working hours: 9:30-18:15)
- For inquiries regarding flight information;
Contact: Ministry of Land, Infrastructure, Transport and Tourism, Civil Aviation Bureau, Director for Crisis Management Office
TEL: 03-5253-8700

3. Suspended measures

3 - (1) Frameworks which enable cross-border travel between Japan and certain countries and regions (Business Track and Residence Track) (Suspended)

The frameworks of Business Track / Residence Track with all countries /regions are suspended and the relaxation of 14-day quarantine for Japanese nationals and foreign nationals with the status of residence under Business Track is no longer permitted from January 14 for the time being.

Note: For entry into the countries/regions to be covered under this framework, the traveler must follow the procedures designated by the governments of those countries/regions. For detailed information, please contact Embassies or Consulates of those countries/regions in Japan.

Please refer to [this page for further details for the holders of valid visas.](#)

On June 18, 2020, the Government of Japan (GOJ) announced "Phased Measures for Resuming Cross-Border Travel" whereby it intends to establish a special quota pertaining to cross-border business travelers and others for entry into and departure from Japan, that operates separately from general procedures for cross-border travelers. While maintaining the current border control measures (Note 1), the GOJ will tentatively implement a special framework to facilitate cross-border business travelers and others on the condition of adopting additional quarantine measures (Note 2).

Note 1: Testing for COVID-19 upon arrival at the airport, and 14-days refraining from using public transportation and staying at home or a place designated by the Chief of the Quarantine Station

Note 2: Obtaining a certificate of pre-entry test result, retaining [location data for 14 days \(PDF\)](#) after entering to Japan etc. (if the traveler wishes to conduct limited business activities, additional measures are required such as submitting the "Schedule of Activities in Japan" (to declare the schedule of activities of the traveler such as accommodation and destinations)

(1) Available Frameworks for Entry into Japan (Business Track and Residence Track) (Suspended)

The following two frameworks (known as the "Business Track" and the "Residence Track") are available.

- **Business Track:** This framework allows cross-border travelers to enter, exceptionally, Japan or its counterpart country/region. Furthermore, this framework enables limited business activities during the 14-day

stay at home period (partially relaxes restrictions on such activities), immediately after arrival at those countries/regions or Japan, on condition that travelers accept additional quarantine measures such as submission of “Schedule of Activities in Japan”(Note). This framework is intended mainly for short-term business travelers.

(Note: Business activities must be limited to the necessary minimum, such as round-trip travel between home and the office, not using public transportation and avoiding contact with random people or crowds.)

(Suspended)

- **Residence Track:** This framework allows cross border travelers to enter, exceptionally, Japan or the other country/region, but requires them to stay at home for 14 days or designated locations. This framework is intended mainly for long-term residents by dispatch or rotation within business personnel.(Suspended)

(2) Countries/Regions to be Covered under the Framework (Suspended)

This framework (Business Track and Residence Track) will become effective with regard to relevant countries/regions sequentially, one after another, once these arrangements are ready to be implemented after respective consultation. Countries/regions to be covered, for the moment, are Vietnam, Thailand, Australia, New Zealand, Cambodia, Singapore, Republic of Korea, China, Hong Kong, Macau, Brunei, Malaysia, Myanmar, Mongolia, Laos, and Taiwan.

For countries and regions with which the GOJ has already started (/decided the starting date of) the framework, please refer to [\(4\) Procedures for entry into/return to Japan](#) below.

(3) Cross-Border Travelers to be Covered under the Framework (Suspended)

For now, cross-border travelers prescribed below to be covered under this framework(Business Track and Residence Track).

- Those who enter Japan either with all types of the status of residence except for short-term stay or with an eligible visa for short term-stay. (Details will be coordinated with each country/region.)(Note 1)
- Those who are residing either in Japan or the country/region (including the holders of nationality of a third country), and traveling on a flight between Japan and the country/region (the traveler may take a flight coming to Japan via a third country/region on the condition that he/she does not enter the country/region) (Note 2).

(Note 1: The scope of cross-border travelers to be permitted to newly enter Japan under the framework of Residence Track has been expanded to cover the holders of statuses of residence of “Student”, “Dependent” and others, in addition to cross-border business travelers, from October 1, 2020. For further details such as statuses of residence of foreign nationals covered under this framework, [please see this page.](#))

(Note 2: Japanese nationals do not need to follow the procedures for “Residence Track” in case of return to Japan. In case Japanese nationals would like to conduct limited business activities during the 14 days after returning to Japan from countries/regions with which “Business Track” is effective, they need to follow the procedures for “Business Track”.)

(4) Procedures for entry into/return to Japan

For those who wish to apply for this framework for entry into/return to Japan, please click the name of the country/region that you are traveling from to Japan to proceed to a page for the procedures to be followed and forms to be submitted. **The forms may be amended as appropriate. Please be sure to use the latest version of each form which are available on the above-mentioned page.**

Residence Track:

- ✧ [Thailand \(in operation since July 29\)\(Suspended\)](#)
- ✧ [Vietnam \(in operation since July 29\)\(Suspended\)](#)
- ✧ [Malaysia \(in operation since September 8\)\(Suspended\)](#)
- ✧ [Cambodia \(in operation since September 8\)\(Suspended\)](#)
- ✧ [Laos \(in operation since September 8\)\(Suspended\)](#)
- ✧ [Myanmar \(in operation since September 8\)\(Suspended\)](#)
- ✧ [Taiwan \(in operation since September 8\)\(Suspended\)](#)
- ✧ [Singapore \(in operation since September 30\)\(Suspended\)](#)
- ✧ [Brunei \(in operation since October 8\)\(Suspended\)](#)
- ✧ [Republic of Korea \(in operation since October 8\)\(Suspended\)](#)
- ✧ [China \(in operation since November 30\)\(Suspended\)](#)

Note: For travel from/to each of above-mentioned countries/regions using the “Residence Track”, please refer to [this document \(PDF\)](#)   for detailed information.

Business Track:

- ✧ [Singapore \(in operation since September 18\)\(Suspended\)](#)

- ▷ [Republic of Korea \(in operation since October 8\)\(Suspended\)](#)
- ▷ [Vietnam \(In operation since November 1\)\(Suspended\)](#)
- ▷ [China \(in operation since November 30\)\(Suspended\)](#)

Note: For travel from/to Singapore, Republic of Korea and Vietnam using the “Business Track”, please refer to [this document \(PDF\)](#)   for detailed information.

(5) Procedures for Entry into Countries/Regions to be Covered under this Framework

For entry into the countries/regions to be covered under this framework, the traveler must follow the procedures designated by the governments of those countries/regions. For detailed information, please refer to official websites of Embassies or Consulates of Japan in those countries/regions or diplomatic missions of those countries/regions in Japan.

Thailand

- ▷ [Royal Thai Embassy, Tokyo](#) 
- (Once a flight to Thailand is planned and the application starts, the information will be put on “Announcements” on the top page of the above-mentioned website.)

Vietnam

- ▷ [Embassy of Japan in Vietnam](#) 

Malaysia

- ▷ [Embassy of Japan in Malaysia](#) 

Cambodia

- ▷ [Embassy of Japan in Cambodia](#) 

Laos

- ▷ [Embassy of Japan in Laos \(PDF\)](#)  

Myanmar

Note: As the government of Myanmar currently suspends incoming international commercial flights, foreign nationals including Japanese nationals can enter Myanmar only in exceptional cases such as being permitted to come aboard a relief flight for Myanmar nationals residing abroad and returning Myanmar arranged by the government of Myanmar.

Taiwan

- ▷ [Japan-Taiwan Exchange Association](#) 

Singapore

- ▷ [Government of Singapore \(English only\)](#) 
- ▷ [Embassy of Japan in Singapore \(Japanese only\)](#) 

Republic of Korea

- ▷ [Embassy of the Republic of Korea in Japan](#) 
- ▷ [Embassy of Japan in the Republic of Korea](#) 

Brunei

- ▷ [Embassy of Brunei Darussalam in Japan](#) 

China

- ▷ [Embassy of the People's Republic of China in Japan](#) 
- ▷ [Embassy of Japan in China](#) 

3 - (2) Entry into Japan from all countries and regions (Suspended)

This framework is suspended for the time being.

(The outline of this framework)

On September 25, 2020, the GOJ announced that, in principle, the holders of statuses of residence of “Student”, “Dependent” and others, in addition to cross-border business travelers of all countries and regions will be incrementally permitted to enter Japan from October 1, 2020, under the condition that the person is hosted by a company/ entity that can assure observation of quarantine measures. However, the number of people to be permitted to enter Japan as provided in this paragraph will be restricted (suspended).

(1) Scope of cross-border travelers to be permitted to newly enter Japan

All foreign nationals residing in the country/region of departure are covered (including the holders of nationality of a third country) (suspended). For further information on the scope of cross-border travelers to be permitted to newly enter Japan by this decision (statuses of residence to be covered) and the application for Visa, please see [this page](#).

(2) Procedures for entry into/return to Japan

Foreign nationals who are willing to enter Japan need to follow the procedures for Residence Track.

Necessary procedures and forms may differ depending on whether the country/region of departure is subject to denial of permission to enter Japan or not. Please check whether your country/region of departure is subject to denial of permission to entry on [this page](#) (countries and regions listed in 1(1) are subject to denial of permission to entry) and click the appropriate entry below.

- [Subject to denial of permission to entry \(listed in 1\(1\) of the above-mentioned page\)](#)
- [NOT subject to denial of permission to entry](#)

3 - (3) Framework which enables business persons residing in Japan to conduct limited business activities upon their return/ re-entry into Japan after short-term business trips (suspended)

This framework is suspended for the time being.

(The outline of this framework) (Suspended)

The GOJ has started a framework for business persons residing in Japan (Japanese nationals and foreign nationals with the status of residence) which enables limited business activities during the 14-day stay at home period (partially relaxes restrictions on such activities) upon their return/ re-entry into Japan after short-term business trips, by following procedures for "Business Track"(suspended). Please check [this document \(PDF\)](#) published on the official web page of Ministry of Economy, Trade and Industry for the details of this framework.

(1) Countries/ regions to be covered under this framework

This framework is applicable for return/ re-entry from all countries and regions.

(2) Duration of stay at the destination country/region

Duration of stay at the destination country/region must not exceed 7 days (excludes the stay-at-home/isolation period designated by the government of destination country/region).

(3) Procedures to be followed and forms to be submitted

For entry into the destination country/region, the traveler must follow the procedures designated by the governments of those countries/regions. For detailed information, please contact Embassies or Consulates of the country/region in Japan.

Necessary procedures and forms may differ depending on whether the country/region of departure is subject to denial of permission to enter Japan or not. Please check whether your country/region of departure is subject to denial of permission to entry on [this page](#) (countries and regions listed in 1(1) are subject to denial of permission to entry) and click the appropriate entry below.

- [Subject to denial of permission to entry \(listed in 1\(1\) of the above-mentioned page\)](#)
- [NOT subject to denial of permission to entry](#)

[Documents to be submitted for entry/return to Japan]

- ["Written Pledge \(Short-term business trips by business persons residing in Japan\) \(PDF\)](#)" (updated on October 30) 1 copy
- ["Schedule of Activities in Japan \(PDF\)"](#) (updated on October 30) 1 copy
- [In case the destination country/region is NOT designated as areas subject to denial of permission to enter Japan] Certificate of pre-entry test results issued within 72 hours (from the sampling time to departure time of the flight) (original or copy). In case the traveler cannot obtain a certificate before departure from the destination country, he/she will be requested to take a COVID-19 test after he/she re-enter/ return to Japan and stay at home until he/she receives the result showing that he/she is negative.
- "Questionnaire" (distributed to every passenger on the plane)

[Procedures to be followed for entry/return to Japan]

- 14-day health monitoring prior to departure
- 14-day health follow-up after returning to Japan, using LINE
- [Install the COVID-19 contact tracing application](#)
- [Retain location data for 14 days after returning to Japan via the map application \(PDF\)](#)

[▶ Page Top](#)

[Back to Consular Services](#)

[▶ About Us](#)

- [▶ Ministers](#)
- [▶ Officials](#)

[▶ News](#)

- [▶ Press Releases](#)
- [▶ Press Conferences](#)

[▶ Foreign Policy](#)

- [▶ Diplomatic Bluebook](#)

- ▶ [Organization](#)
- ▶ [Location](#)
- ▶ [Embassies & Consulates](#)
- ▶ [Diplomatic Archives](#)
- ▶ [About this Site](#)
- ▶ [Speeches](#)
- ▶ [Interviews & Articles](#)
- ▶ [Other Information](#)
- ▶ [Japan's Security / Peace & Stability of the International Community](#)
- ▶ [Global Issues & ODA](#)
- ▶ [Economic Diplomacy](#)
- ▶ [Public Diplomacy](#)
- ▶ [Others](#)

▶ [Countries & Regions](#)

- ▶ [Asia](#)
- ▶ [Oceania](#)
- ▶ [North America](#)
- ▶ [Latin America and the Caribbean](#)
- ▶ [Europe](#)
- ▶ [Middle East](#)
- ▶ [Africa](#)

▶ [Consular Services](#)

- ▶ [Visa](#)
- ▶ [Residing in Japan](#)
- ▶ [Certification](#)
- ▶ [Information about Japan \(Links\)](#)
- ▶ [The Hague Convention](#)