

RISK ASSESSMENT

School: Nechako Valley Secondary School
 Grade/Group: Seiry Cultural Exchange Teacher: Jeremy Hara
 Destination & Activity: Shizuoka, Japan (for school visit, plus various other regions)
Tokyo & Kyoto & etc
 Date(s) of Trip: Feb 8-22, 2026

LOW RISK	
<input type="checkbox"/> Day trip, in district	<input type="checkbox"/> Low Risk Application Form
<input type="checkbox"/> On beach or near stream (<u>no stepping in water</u>)	<input type="checkbox"/> List on parent information form and permission slip
MODERATE RISK	
<input type="checkbox"/> Overnight	<input type="checkbox"/> Moderate Risk Application Form
<input type="checkbox"/> Out-of-District but within province	
<input type="checkbox"/> Swimming in any pool or hot tub	<input type="checkbox"/> Water Component Form
<input type="checkbox"/> Boating or swimming in lake near shore	
<input type="checkbox"/> Activity near fast moving or open water	
<input type="checkbox"/> Creek or stream programs	
HIGH RISK	
<input checked="" type="checkbox"/> Out-of-Province	<input checked="" type="checkbox"/> High Risk Application Form
<input type="checkbox"/> Ski/Snowboard	
<input type="checkbox"/> Active logging roads	
<input type="checkbox"/> Lake crossing	<input type="checkbox"/> Water Component Form
<input type="checkbox"/> On fast moving water	
<input type="checkbox"/> Lake ice activity (<u>not on river ice</u>)	<input type="checkbox"/> Ice Component Form
OUT-OF-COUNTRY	
<input checked="" type="checkbox"/> Out-of-Country STEP 1 (<u>must be approved before proceeding to STEP 2</u>)	<input checked="" type="checkbox"/> Pre-Approval Application Form
<input type="checkbox"/> Out-of-Country STEP 2	<input type="checkbox"/> Out-of-Country Application Form

Identify the person in charge at the activity:

Name: Jeremy Hara Qualifications: Japanese Teacher @ NVSS

How were students selected to participate and what preparation/experience do they have?

Taken Japanese class; helped host visiting international students.

Are students participating in supervision? ☐ Yes ☒ No

If yes, how were students selected to participate in supervision? N/A

Submitted By: Jeremy Hara

Date: 09/19/2025

Principal/Vice Principal: [Signature]

Date: 10/28/2025

OUT-OF-COUNTRY STEP 2: APPLICATION FORM



STEP 2 must receive Board Approval 3 – 6 months prior to departure.

School: NVSS Application Date: 09/19/25
 Group/Grade: Seiry Exchange Teacher: _____
 Destination: Japan (Shizuoka, Tokyo, Kyoto)
 Dates: Feb 8-22, 2026

Give the goals and objectives of the Out-of-Country trip: Cultural Exchange

Give the experience of the teacher: Japanese Teacher @ NVSS. Taken 3 student groups to Japan

Number of student participants: 14

Names of adult chaperone(s) (CRC required): Sara Hara

Accommodation plans: Hotels & Homestay with Seiry families

Transportation plans: Airplane, Trains, Subways, buses

Submit with this application to the Principal/Vice Principal:

- ☒ Risk Assessment
- ☒ Itinerary
- ☒ Current Travel Advisory <http://travel.gc.ca/travelling/advisories>
 - ☒ Exercise normal security precautions
 - ☐ Exercise a high degree of caution
 - ☐ Avoid non-essential travel
 - ☐ Avoid all travel
- ☒ Child Travel Consent Letters: <https://travel.gc.ca/travelling/children/consent-letter>
- ☒ Permission Slips for Treatment by a Doctor in a Foreign Country to Treat Under-aged Child
- ☐ Accommodations Confirmation
- ☐ Transportation Confirmation
- ☐ Participant Roster

- ☒ Board Pre-Approved (STEP 1) on 05/28/2025 (date)
- ☐ Group medical/hospital insurance coverage purchased
- ☐ Trip cancellation purchased
- ☐ Permission Slips on file at school
- ☐ Student Information Forms on file at school
- ☐ Parental Informed Consent process complete (if required)
- ☐ All adult volunteers compliant with policy 1002.3
- ☐ Third Party Waivers complete (if required)

Principal/Vice Principal: _____ Date: Oct. 21/2025

School Supervisor: _____ Date: November 3, 2025

Superintendent: _____ Date: Nov. 24/25

DISTRICT USE:	Board Approval
<input type="checkbox"/> Risk Assessment	
<input type="checkbox"/> OUT-OF-COUNTRY Application Form and supporting documents	
Board Meeting Date: _____ Date Received: _____	
<input type="checkbox"/> Approved <input type="checkbox"/> Denied	
Comments: _____	
Board Chairperson: _____	
Date PVP Informed: _____ Via: <input type="checkbox"/> Email <input type="checkbox"/> Phone By: _____	
DISTRICT USE:	One Week Prior to Departure
<input type="checkbox"/> Current Travel Advisory http://travel.gc.ca/travelling/advisories	
<input type="radio"/> Exercise normal security precautions	
<input type="radio"/> Exercise a high degree of caution	
<input type="radio"/> Avoid non-essential travel	
<input type="radio"/> Avoid all travel	
Comments: _____	
Superintendent: _____ Date: _____	



Recommended Consent Letter for Children Travelling Abroad

Notes and Instructions

- Fill in this form to generate a consent letter. Information inputted into this form is not recorded by Global Affairs Canada.
- If taking a cruise, identify only the country, city and province/state of embarkation.
- For some questions, additional fields may appear depending on the answers provided.
- To modify this letter to meet your specific needs and situation, consult the following web page for alternative formats:

Information about Person(s) or Organization Giving Consent

Full name

Contact Information 1

Street address

City

Province / state

Country

Telephone

Email

Relationship with Travelling Child/Children

I am / We are the parent(s), legal guardian(s) or other authorized person(s) or organization with custody rights, access rights or parental authority over:

Child's full name
(required)

Information about Travelling Child/Children

Child 1

Place of birth

Date of birth
(yyyy-mm-dd)

Sex ☐ Male ☐ Female

Passport Information

Is passport information available for this child? ☐ Yes ☐ No

Canadian Birth Certificate Information

Is birth certificate information available for this child? ☐ Yes ☐ No

Information about Accompanying Person

The child / children will be (required) ☐ Accompanied
☐ Travelling alone

Contact Information during Trip

Will the child / children be going on a day trip (no overnight stay abroad)? (required) ☐ Yes ☐ No

Date of departure from Canada
(yyyy-mm-dd)

Date of return to Canada
(yyyy-mm-dd)

Witnessing

This letter will be ☐ signed before a witness who has attained the age of majority (18 or 19, depending on the province or territory of residence)
☐ signed before a notary public

**Sister School (Seiryō Junior-Senior School, Fujinomiya City, Shizuoka Prefecture, Japan) Student
Information Sheet/Application**

Destination:

Seiryō Junior-Senior High School.

Seiryō is a member of the UNESCO Associated Schools group.

1068 Hoshiyama, Fujinomiya City, Shizuoka-Pref, 418-0035, Japan

TEL+81 544-24-4811

Website: [Seiryō Junior-Senior High School English page](#) | [学校法人静岡理工科大学星陵中学校・高等学校 \(starhill.ed.jp\)](#)

Duration:

- 2 Weeks
 - Departure date: Feb. 7th, 2026
 - Return date: Feb. 22nd, 2026

Number of Students:

- 10 Students

Student Names:

-
-
-
-
-
-
-
-
-
-



Medical/Travel Insurance:

- Students will be set up with travel insurance.

Expected Costs:

- \$4500

Supervision While in Japan

Students will be under the care and supervision of the trip chaperones as well as the host school and homestay families while in Japan. Seiryō has Global Education staff who can offer support to our students when necessary. Additional support while in Japan will be provided by the host families or the students can speak with their natural families as well.

- The known risks associated with the trip will be discussed with parents at the parent meeting and consideration/advice for travelling to Japan will be communicated at the parent meeting as well. Resources for further information about travelling & living in Japan

Student's accommodation plans:

- The host school's global education coordinator pairs our students with appropriate homestays.
 - Seiryō's Global Education staff have sister school relationships with five different schools around the globe. They have coordinated homestay experiences for many short- and long-term exchange programs with each of the schools. Recently, they have done several short-term exchanges with Canadian schools (including our own). From this year, we are hoping to start a 2-month exchange program with them, in hopes that we can eventually get an ongoing long-term exchange program running with them.
- To be submitted with this:
 - A Current Travel Advisory (Already submitted last week with the other documents)
 - Permission Slips for Treatment by a Doctor in a Foreign Country to Treat Under-aged Children
 - Travel Consent Letters (for travelling abroad without an adult)
 - Informed Consent Letters (to be signed after the parent meeting for informed consent)
 - Parent Information and Permission Form
 - Student Information Form

General Summary and Learning Outcome Objectives of a 2-month Student Exchange

Our school motto is "Learning is the Focus" and travelling to our sister school in Japan was a wonderful learning experience in every capacity. International education is a two-way flow of students, educators and ideas between countries. Our school district, SD 91, is always pleased to host students from around the world through a variety of programs whether it be exchanges to Europe, France, Quebec, China or Japan. Our International Program services international students who have chosen to study in our beautiful part of British Columbia. The purpose of our trip was to strengthen our relationship with our sister-school in Shizuoka, Japan and to help foster a cultural exchange between our two schools - including a student-exchange program. Travelling to our sister-school and inviting them into our community and classrooms helps to create opportunities to share ideas, learn more about each other's cultures, and to grow our local economy. Although bringing students with us to Japan is an effective method of promoting our school district (and country) to the Japanese students, the main goal that we had for our students was to help them see beyond the walls of their own culture; to see how much bigger the world is than where they grew up. We also wanted our students to bring a love of their own culture to the people that they would meet in Japan and to form a genuine connection with them based on mutual respect of our similarities and differences.

In organizing our trip, we wanted our students to be exposed to different aspects of Japan and Japanese culture. Although the basic intention of our trip was to visit our sister-school to help establish a student-exchange program, we understood the potential power of exposing the students to Japan outside of the classroom to help them more fully appreciate what Japan has to offer. As a result, we hope to develop exchanges that are about 2 months in duration to help realize this potential. To help give our students a rich immersive experience in everyday Japanese life, our students were paired with home-stay families from our sister-school community. Each home-stay family was carefully paired with our students by our host school so that each of our students had a similarly aged classmate/home-stay sibling that they could connect with and attend classes with.

By having our students attend classes with their home-stay siblings, we hoped to provide our students with an opportunity to experience what a typical school day looks like for students in Japan. We also hoped that our students would be able to form genuine friendships with some of the students in Japan, despite language and cultural differences.

For students participating in such a valuable experience, I feel that many of the learning goals of our school district mission statement will also be met:

- Each individual has a responsibility to contribute to his / her own learning;
- People must be treated with dignity and respect;
- Diverse cultures working together build strength;
- All individuals need to feel connected through a sense of belonging;
- Education is more than academics;
- We must accept our students as unique learners and work with them to address their individual needs

In short, this trip was designed to have impact on our students and to provide them with an original educational opportunity, while helping to develop our international exchange program.

Regarding the 2-month Reciprocal Student Exchange:

As you may know, we have a sister school in Shizuoka, Japan and have had cultural exchange visits and activities with students from their school going back about 6 years. Initially, we had students from their school visit us, and then we would visit them to help foster our relationship with each other. Each of our visits to date have been about 2 weeks in duration. When we first established this relationship, our hope was always to spark an interest in someone who would be interested in making a longer visit. Even though COVID caused a disruption to our visits for a couple of years, we are reestablishing our cultural exchanges with Seiryō Junior/Secondary School.

We are excited to be visiting Seiryō for a 2-week visit with the most students we have taken on this cultural exchange to date. We are also excited to host a group of students from Seiryō in September of our next school year for a 2-week visit. After running a Japanese class at our school for the last several years, I had a several students express interest in participating in an extended cultural exchange visit. After discussing the idea with the global education staff at Seiryō, we concluded that a 2-month visit would be ideal because it avoids any logistical problems that may accompany trying to get visas for stays that are 3 months or longer. This was a recommendation from the Seiryō global education staff based on their experience of running student cultural exchange programs with several other schools from a variety of countries.

One of the most unique and culturally rich experiences that we can offer to students is setting up a homestay experience for them while attending a school in Japan – this is a unique opportunity to see another culture that you would never get to experience as a tourist, just visiting a country. The Seiryō global education staff collect student profiles (which includes info about the students such as: interests, hobbies, allergies, food likes/dislikes, etc.) and vetting potential homestay families to help ensure that they can select suitable homestay families for the students that we send. One objective is to have our students paired up with a host sibling of the same gender and similar interests that they can connect with right away.

Japan Trip 2026 – Invitation Letter

Chaperones:

- Mr. Jeremy Hara – Teacher – Nechako Valley Secondary
- A SD 91 Employee (TBD)
- Mrs. Sara Hara – Children's Librarian – Vanderhoof Public Library

Draft Itinerary (dates are planned dates and may change still):

February 7 Depart Prince George for Tokyo

February 8 Arrive in the evening and stay overnight in Narita area near the airport

February (9-12) Tour Tokyo

- Asakusa Shrine
- Meiji Shrine
- Ueno Park (museum area if interested)
- Harajuku District, Akihabara, Shibuya (shopping), Shinjuku

February 13? Travel by train to Fujinomiya City and our students are introduced to their host families. Chaperones will stay at a nearby hotel to join students at Seiryō High School during the day

February 13-18? **Students with homestay families/host school**

- Seiryō High School
- Students will attend classes with their hosts students
 - May do a few half day trips to local attraction areas

February (18-21) Tour Kansai area (Kyoto, Nara, Osaka)

- Kinkakuji Shrine
- Fushimi Inari Shrine
- Kiyomizu dera
- Nishiki Food Market
- Osaka – doton bori area
- Nara (temples/bamboo forest/shrines)
- Himeji Castle? Or Osaka Castle

February 21 Head back to Tokyo

February 22 Depart Tokyo to Prince George

Japan Trip 2026 – Invitation Letter

Details of projected costs are below (but hopefully we can snag cheaper flights – I'll keep my eye on flight costs).

In order to grab cheap flights when they come up, I will need a copy of everyone's passport ASAP and families have to be prepared to pay for their student's flight as soon as the flights are booked.

- Return flights from Prince George to Tokyo Approx. \$2500
 - Including tax and cancellation insurance
- Accommodation (9 nights) Approx. \$800
- Travel Insurance/medical Approx. \$100

Total basic travel costs:

Approx. \$3400

Note: This cost does not include commuting costs. While in Japan, we will travel down the main island via Shinkansen (the bullet train). **The cost of commuting within Japan for the duration of the stay may range from about \$500-\$750** (depending on how much touring we want to do...but most likely about \$500).

Food: likely about \$40 per day (for the 9 days we tour). Typically, food is covered on days that students stay with homestays families. Expect food to cost about \$360 for the 9 days – although, it is easy to eat for much cheaper or much more expensive.

Other costs may include:

- admission costs to any attraction that we may go to (typically, not very much – museums are usually around \$5-\$10, shrines and temples are free).
- Shopping money

Not including shopping money, a conservative estimate for costs for travelling, accommodations, food and sightseeing will likely cost about **\$4500 per student** (unless we add a trip down to Hiroshima).

Japan Trip 2026 – Invitation Letter

Other details:

- Travel Insurance for Global Insurance Plan A = **\$56.15/person** (not too sure if this was tax included or not) for up to 21 days
 - I will attach the insurance details. I also have a more detailed information package from guard.me if you like – just fire me an email if you would like me to forward it to you.

- **Hotel/accommodation plans (numbers based on the rates we got in 2024) – I put the city name first, and then the name of the hotel in brackets:**
 - **Night of Feb. 7:** Narita (Ana Crown Plaza)
 - Approx. **\$70/person for 1 night.**
 - **Nights in Tokyo:** Shinjuku, Tokyo (Hotel Wing International Premium Tokyo Yotsuya)
 - Approx. **\$80/person per night**
 - **Nights at homestay:** Funjinomiya area, Shizuoka (homestay)
 - **No cost for 5 nights**
 - **Nights in Kyoto:** Kyoto (APA Ekimae)
 - Approx. **\$90/person per nights**
 - **Night before departure:** We check-out of our hotel in Kyoto in the morning and head to Narita Airport for our flight home.
 - **Total hotel/accommodation costs per person = approx. \$765**

- **Total cost per person to be paid to the school = approx. \$3400**
 - Price includes hotels, travel insurance and flights only.
 - Money is payable to the Denise Foley in the office (if a cheque, I believe it is payable to “School District 91” with a memo stating that the money is for the Japan trip)

Including other expected costs that may be incurred while in Japan, the total estimated cost of the trip is: \$4500 per student

****Although we leave Canada on the 7th, we won't arrive to Japan until the 8th (Japan's time) in the afternoon, so our first hotel night will be the 8th**

Japanese Meeting

- The Grant

- I am applying for a grant to offset some of the costs

- Paper work

- Passports
- Personal Info sheets (will get sent from Seiryō High School to be filled out)

- Money Payments

- 50% paid by Jan. 15th (flights paid as soon as we book them)
- The remaining balance **before** departure on Feb. 7th.

- Our Itinerary

- Anything specific they want to see/do?

- Your homestays

- Feb. 12th – Feb. 18st

- Omiyage

- Be a thoughtful guest

- They may have made plans, so don't sleep in

- English-Japanese dictionary apps may be useful

- Some customs

- Chopsticks in food

- Passing food from chopsticks to chopsticks

- Shoes always come off in entry way – will usually get slippers

- This includes at school

- Can bring your own (more comfortable)

- Our Travel plans

- Kyoto/Osaka/Nara

- Tokyo

- I'm hoping that once we are in Tokyo, the chaperones will be comfortable enough getting around by the 2nd day so that we can have chaperones heading in 3

different directions and let the students choose one of the directions they want to go to.

- I.e. Museums/shrines/shopping districts/etc.

- Travelling in Japan

- It will be winter. Temperatures will probably be warmer than here (should be above zero), but it will be a more humid climate, so if it is cold, it will bite through your clothing more than here; however, I was able to get away with sweatshirts last year – shouldn't need a very heavy winter jacket.
- You can usually find someone who speaks some English, so if you are lost, try and find someone.
 - Know where you are staying (or heading towards), so that you can get directions if needed.
 - If we are separated accidentally, I will turn my phone on (if it isn't already turned on) so that you can call me. Find out where you are, and I will go and get you.
 - Koko, doko? (where is here?)
- International travel phone plans (pocket wifi; sim cards)
- Wifi
 - In Tokyo, subway stations usually have free wifi (need an app)
 - Often, the bullet trains will have wifi too (need the app)
 - Hotels should have wifi
 - I don't think the school has wifi
 - Pretty low-tech compared to our school
- Cash based economy
- "Plus" international banking networks & credit cards
 - Some convenience stores
 - Some banks
 - Most Post offices
- You get one 50 lbs check bags for travelling to Japan and your carry – on luggage.
 - You will have to carry it with you when we do our travelling, however. Don't want luggage that is awkward to move.
 - I.e. Getting off of trains/walking to hotels, etc.
- Have to carry passports with you at all times.

- At school

- Only four days

- Will meet homestay families at a "welcome" dinner
 - Will likely be paired with a student who you will go to classes with
 - Stay off of your phones (unless told that you can use them)
 - Use this visit as an opportunity to learn about their culture/how things work in Japan & Japanese schools
 - You are a representative of our school & school district.

- We are there on behalf of our district and this group was chosen because we felt that you guys would represent us well and help attract students from our sister school to our school.

- Don't be shy – make connections and try new things.

- Expect the school to be cold

- Heating in classrooms, but not so much in the rest of the building.

- A quick note from the host school:

- Hey Jeremy,

- We just had an exchange group come through.

- Here's some things we learned that might work well when you guys come (just suggestions/ideas):

- If your group could arrive at Shin Fuji Station on a weekday around 3:30PM, we could take you to school, do a Welcome Dinner with parents and students to break the ice. We usually have a Goodbye Dinner, but we found the Welcome Dinner was a really good way to get through the initial awkwardness.

- I think you guys usually stay with us around 5-6 nights? If your leaving date is a weekend, we can have host families take students to Shin Fuji Station. If it's a weekday, then we could meet at school and take the whole group there in the AM.

- We will try to do a couple of half-day field trips, so your students don't get too bored in classes. Shiraito Falls. Miho no Matsubara. Nihon Daira.

- We will do a few PE classes, calligraphy, tea ceremony, English Lessons all together. So, your students should only be with their buddies in buddy classes for 3 periods a day.
 - We made a "Break Period" once a day for exchange students to meet with teachers to go over things and decompress.
 - Please remember to tell your students that Japanese school rules are much stricter. So don't use phones at school (unless teachers say OK) and no earrings, nose rings if possible. They can wear them outside of school of course.
-
- We are hoping to host a visiting group of students from Japan in September of 2026 – you will likely meet many of the ones who will decide to visit (the plan is for up to 10 of them).
 - They will likely need homestays here.
 - Think about the positive things about our town, so that if someone asks you about Vanderhoof, you have positive things to say.
 - We will likely also host 2 students for about 2 months (we can also send 2 students there for 2 months each).
 - Our next planned visit to Japan will likely be the spring of 2028.

Japan Trip 2026 – Invitation Letter

USEFUL TIPS

WHO DO I CALL IN AN EMERGENCY OR FOR TRAVEL ASSISTANCE?
Call us collect from anywhere in the world outside of North America
+1-905-667-0587 or toll-free in North America 1-800-334-7787,
24 hours per day, 365 days per year.

HOW DO I SUBMIT A CLAIM ONLINE?

Visit your **guard.me** customized website or www.guard.me. Log in,
click My Account and then submit a claim.

HOW WILL I KNOW WHEN MY CLAIM HAS BEEN PROCESSED?

guard.me processes claims quickly and efficiently. To track the
status of your claim, visit your customized **guard.me** website or
www.guard.me. Log in, click My Account and then click Claims.

CLAIM INQUIRIES

guardmeclaims@oldrepubliccorp.com

Toll-free in Canada & USA

English	1-877-640-8877
French	1-800-345-1662
Direct English	1-905-667-2540
Direct French	1-905-667-5020

MY POLICY DOCUMENTS?

To obtain copies of your Emergency Healthcare Access Card, Policy
wording and Summary, visit your customized **guard.me** website or
www.guard.me. Log in and click My Account.

SEEKING MEDICAL CARE OUTSIDE OF CANADA?

- mobileDOCTOR** allows you to connect with a Canadian doctor
in real-time, available 24/7 for advice purposes only.
- A drugstore or pharmacy can help you find solutions for minor
health issues without seeing a doctor. Pharmacists are trained to
recognize and help you treat minor conditions.
- A walk-in clinic or doctor's office is where you can see a
doctor for most health concerns.

Hospitals are for serious emergencies only.

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International Insurance
**SUPER STAR
SERVICE**



Emergency or Travel Assistance:

Call collect from anywhere in the world outside of North America

+1-905-667-0587

Call toll-free in North America

1-800-334-7787

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Emergency or Travel Assistance:

Call collect outside of North America: +1-905-667-0587

Call toll-free in North America: 1-800-334-7787

SERVICE	BENEFITS
Hospital	Room and board charges up to the semi-private room rate
Incidental Expenses	Up to \$250 for your out-of-pocket expenses such as telephone rental, Wi-Fi, and parking charges, when hospitalized for treatment of an emergency sickness or injury as an inpatient while on your covered trip
X-rays, Lab Testing	100% of eligible charges
Physician/Surgeon	100% of eligible charges
Psychiatric Hospitalization	100% of eligible charges; benefit is payable to a lifetime maximum of \$50,000
Paramedical Services	100% of eligible charges up to \$300 for chiropractor, physiotherapist, osteopath, chiropractor/podiatrist - no referral from physician required
Psychotherapy	Up to \$1,000 for outpatient psychotherapy or psychologist care
Ambulance	100% of eligible charges for ground or air ambulance (when medically necessary)
Emergency Transportation	Up to \$50 each way if a local taxi service is required to get you to the nearest medical service provider for a minor emergency
Prescription Medication	100% of eligible charges for prescriptions when prescribed by a physician and dispensed by a licensed pharmacist (maximum 30-day supply; up to \$50 to replace drugs lost, stolen or damaged; up to \$75 for total physician to replace prescription)

SERVICE	BENEFITS
Dental – Accidental Injury	100% of eligible charges for emergency dental treatment as the result of an injury caused by an accidental blow to the head or mouth
Dental – Emergency	100% of eligible charges up to \$300 for relief of pain and suffering
Medical Equipment	100% of eligible charges for crutches, canes, wheelchairs, walkers, casts, etc.
Bedside Visit	Cost of a round trip for a relative or close friend in case of hospitalization; up to \$500 for accommodation and meal expenses; will automatically insure the visiting person. The benefit also applies if identification of remains is required.
Return & Escort of Children	In case of your serious sickness or death, eligible expenses for return and escort of children; children cost up to \$50/day to a maximum of \$500 for a child travelling with you; one-way return fare of your travelling companion
Medical Evacuation or Return Home	100% of the cost to transport you to your home country or to the most appropriate medical facility closest to your home in your home country via commercial airline or air ambulance
Accidental Death and Dismemberment	Up to \$50,000 for a sudden bodily injury caused by external, violent, sudden or unexpected events beyond your control which occurs during your covered trip

SERVICE	BENEFITS
Trip Cancellation and Interruption	Up to \$5,000 if you must cancel your covered trip on or before the departure date or interrupt your covered trip while you are travelling. The cancellation or interruption of your covered trip must result from any one of the covered events occurring during your coverage period that prevents you from travelling.
Trip Delay	Up to \$5,000 for the delay of your covered trip, which must directly result from any one of the covered events occurring on or after your departure date
Burial in Host Country	Up to \$5,000 for the cost of preparing the remains, cremation or burial and a burial plot in the location where death occurs
Repatriation of Remains	100% of eligible charges for preparation and return to your home country
Baggage & Personal Effects	Up to \$800 in the aggregate for lost, stolen or damaged baggage
Lost or Stolen Passport/ Travel Visa	If your passport and/or travel visa are lost or stolen while travelling outside your home country while on your covered trip, we will pay the reasonable and customary cost to reimburse you for the replacement of your passport and/or travel visa and/or required entry documents up to a maximum of \$300
Third-Party Liability	Up to \$1,000,000 for personal injury and property damage

Important notice:

- This is a summary of benefits available under the **guard.me** Global Plan A policy.
- Certain limitations and exclusions may apply.
- Full details are found on your customized **guard.me** website or www.guard.me. Log in and
click My Account.
- The actual policy wording governs.
- Please consult your broker for certain benefits.

**WORLDWIDE
COVERAGE UP TO 2,000,000**

This section to be filled in by the Field/Sports Trip Organizer

Date(s) of Trip/Sport Season: _____ ☐ Various dates (*schedule attached*)

Destination(s): _____ ☐ Various destinations (*attach a schedule*)

Departure Time: _____ Return time: _____ Method of Transportation _____

Purpose of the Trip(s): _____

Planned Activities: _____

Organizer/Teacher Sponsor: _____ Phone Number _____

Supervision will be provided by: _____

_____ will be responsible for the first aid kit during the Field/Sports Trip.

Cost of Trip/student: _____ Sign and Return this Form By: _____

During all field/sports trips, students will be subject to the school's rules, the School Act and the District Code of Conduct (Policy 301.5)

Known Risks

Volunteers are needed for this field trip: ☐ Yes ☐ No

Duties of the volunteer would include:

Parents are encouraged to consider purchasing optional accident insurance for their child.
(e.g. Reliable Life at 1-800-463-5437 or www.insuremykids.com)

I _____ give my permission for _____ to participate in the _____
(Parent / Guardian Name) (Student Name)
_____ Field/Sports Trip or _____ / _____ Sport Season.
(School Year)

(Parent / Guardian Signature) (Date)
Please note any parts of this field/sports trip that you do not give permission for: _____

I _____ will be able to volunteer: ☐ Yes ☐ No
(Parent / Guardian Name)
I will be: ☐ Driving my own vehicle ☐ Riding on the bus

STUDENT INFORMATION FORM	Year: ____/____
---------------------------------	-----------------

<i>To be filled out by the Parent/Guardian</i>	
STUDENT NAME: _____	
Emergency Contact Information	
Parent/Guardian #1: _____	Phone #1: _____ (cell/work/home)
Email: _____	Phone #2: _____ (cell/work/home)
Parent/Guardian #2: _____	Phone #1: _____ (cell/work/home)
Email: _____	Phone #2: _____ (cell/work/home)
Emergency Contact: _____	Phone #1: _____ (cell/work/home)
Email: _____	Phone #2: _____ (cell/work/home)
Home Address: _____	
Emergency Medical Information	
Provincial Health Care #: _____ Birthdate: _____	
Medical Conditions/Dietary Concerns: _____ Medication Required: <input type="checkbox"/> Yes <input type="checkbox"/> No	
Name of Drug _____ Dosage _____	
Is there any medical/physical/emotional condition that may affect participation in the activities: <input type="checkbox"/> Yes <input type="checkbox"/> No	
<i>Please list:</i> _____	
My child has Student Accident Insurance: <input type="checkbox"/> Yes <input type="checkbox"/> No Plan Name & No.: _____	
My child has Out-of-Province Medical Insurance: <input type="checkbox"/> Yes <input type="checkbox"/> No Plan name & No.: _____	
<input type="checkbox"/> Serious Known Allergies - <i>Please list:</i> _____	
Reaction(s) _____	
Allergy Injections or Medication Currently Prescribed: _____	
Carries Epi Pen? <input type="checkbox"/> Yes <input type="checkbox"/> No Carries an Ana Kit? <input type="checkbox"/> Yes <input type="checkbox"/> No	
Rules and Regulations	
Is there any other information you feel we should know about your child?	
Please list: _____	

I understand that if, at any time, on this trip my child is found to be breaking the school rules or specific rules regarding this trip, they may be required to return home at my full cost and obligation, as soon as arrangements can be made.	
_____ (Parent / Guardian Signature)	_____ (Date)
<i>We are looking forward to a successful trip, and we sincerely hope that your child will benefit from this experience.</i>	

The information supplied on this form is to be regarded as strictly confidential and shall be made available only to appropriate persons as deemed necessary by adult chaperones accompanying students on the trip.

Medical Treatment Authorization and Consent

I/We, _____, being the (Check one) ☐ parent(s)
☐ legal guardian(s) of _____ [Child] authorize _____
[Caregiver] to seek, obtain and consent to: (Check all that apply)

- | | |
|---|--|
| <input type="checkbox"/> Routine medical care and treatment | <input type="checkbox"/> Hospitalization |
| <input type="checkbox"/> Emergency medical care and treatment | <input type="checkbox"/> Blood transfusions |
| <input type="checkbox"/> Surgery | <input type="checkbox"/> Dental care and treatment |
| <input type="checkbox"/> Other: _____ | |

for _____ [Child] as deemed necessary by a licensed medical or healthcare professional. This authorization is for the time period when my/our child is in the care of _____ [Caregiver], my/our child's: (Check one)

- | | |
|---------------------------------------|--|
| <input type="checkbox"/> Grandmother | <input type="checkbox"/> Nanny |
| <input type="checkbox"/> Grandfather | <input type="checkbox"/> Baby-sitter |
| <input type="checkbox"/> Aunt | <input type="checkbox"/> Family friend |
| <input type="checkbox"/> Uncle | <input type="checkbox"/> Teacher |
| <input type="checkbox"/> Other: _____ | |

and is effective _____ day of _____, 20____ until (Check one) ☐ _____ day of _____, 20____ ☐ revoked by me/us.

Child's Information

Child's Full Name: _____

Address: _____

Date of Birth: _____ Age: _____ Sex: ☐ Female ☐ Male

Parent/Guardian's Information

Parent's/Guardian's Name: _____

Address: _____

Phone Number (H): _____ Phone Number (C): _____

Phone Number (W): _____ Email: _____

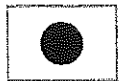
Parent/Guardian's Information

Parent's/Guardian's Name: _____

Address: _____

Phone Number (H): _____ Phone Number (C): _____



Government
of CanadaGouvernement
du Canada[Canada.ca](#) > [Travel](#) > [Destinations](#)

Japan travel advice



Take normal security precautions

Latest updates: Natural disasters and climate – removed information on Typhoon Halong

Last updated: October 14, 2025 09:30 ET

On this page

- [Risk level](#)
- [Safety and security](#)
- [Entry and exit requirements](#)
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- [Natural disasters and climate](#)
- [Need help?](#)



Risk level

Japan - Take normal security precautions

Take normal security precautions in Japan.

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Safety and security

Fukushima nuclear power plant and surrounding area

Following the 2011 incident at the Fukushima Daiichi nuclear power plant, Japanese authorities have placed restrictions, including travel and overnight stay bans, on the plant's surrounding area due to the risk of exposure to radiation. Restricted areas are clearly identified.

Follow the instructions of local authorities.

Assistance of Residents Affected by the Nuclear Incidents – Japanese Ministry of Economy, Trade and Industry

Tensions on Korean Peninsula

The regional security situation on the neighbouring Korean Peninsula could deteriorate suddenly. Tensions may increase before, during and after North Korean nuclear and missile tests. Military exercises and activities may also escalate tension.

- Remain vigilant
- Monitor developments to stay informed on the current situation
- Follow the instructions of local authorities, including the Cabinet Secretariat's guidance on civil protection

[Cabinet Secretariat Civil Protection Portal](#)

Crime

Crimes against foreigners are low but increasing. Petty crime, such as pickpocketing and purse snatching, occurs from time to time. Be cautious in entertainment and nightlife districts throughout Japan,

especially in these areas in Tokyo:

- Kabukicho
- Roppongi
- Shibuya
- Ikebukuro
- Shinjuku
- Golden-gai

If you are the victim of a crime, file a police report at the closest station of the incident. Occasionally, local police may be hesitant to prepare a report for foreigners. If this happens, you can request additional assistance from the Japanese tourist hotline or contact the closest Canadian embassy or consulate for a list of local lawyers.

Japan Visitor Hotline – Japan National Tourism Organization

Drug trafficking

An increasing number of travellers report having been used as unwitting drug couriers.

Penalties for drug-related criminal activities are severe. Even unsuspecting individuals transporting packages containing narcotics can be criminally charged and face long jail sentences.

Be wary of individuals, even those you know, who ask you to carry a package to Japan on their behalf.

Useful links

- [Drugs, alcohol and travel](#)
- [International drug smuggling scams](#)

Spiked food and drinks

Never leave food or drinks unattended or in the care of strangers. Be wary of accepting snacks, beverages, gum or cigarettes from new acquaintances. These items may contain drugs that could put you at risk of sexual assault and robbery.

There are reports of incidents where staff, or other customers at bars and nightclubs, have mixed drugs and copious amounts of alcohol into drinks of unsuspecting clients. These incidents are particularly frequent in the following districts of Toyko:

- Kabukicho
- Roppongi
- Shinjuku
- Golden-gai

The intent is to defraud, overcharge services, rob or assault the person.

Fraud

Credit card and ATM fraud occurs. There have been incidents of overcharging at bars and clubs. Disputes over overcharging have led to violence.

Be cautious when using debit or credit cards:

- pay careful attention when your cards are being handled by others
- use ATMs located in well-lit public areas or inside a bank or business
- avoid using card readers with an irregular or unusual feature
- cover the keypad with one hand when entering your PIN
- check for any unauthorized transactions on your account statements and contact your financial institution as soon as possible if irregularities

There are reports of foreigners being drugged in entertainment districts and taken to ATMs to withdraw funds while under the influence, sometimes with little to no recollection of events.

Overseas fraud

Women's safety

Women travelling alone may be subject to some forms of harassment and verbal abuse. Inappropriate physical contact may occur on busy subways and trains. There are women-only train cars during rush hour on some subway and train lines.

Advice for women travellers

Road safety

Road conditions and road safety are generally good throughout the country. However, roads may be narrow.

Japan Road Traffic Information Center (in Japanese)

Public transportation

Taxis

Taxis are generally safe.

- Use only officially marked taxis
- Negotiate fares in advance, or insist that the driver use the meter, as you may be overcharged
- Have your destination written in Japanese as drivers may not understand English

Taxis in Japan – Japan National Tourism Organization

Train and subway

Travel by subway and train is quick and convenient. Signs are usually in Japanese but signage in English is becoming more common, especially in larger cities and at tourist destinations.

General safety information

Emergency information and advice for tourists is available from the [Japan National Tourism Organization](#).

Air travel

We do not make assessments on the compliance of foreign domestic airlines with international safety standards.

[Information about foreign domestic airlines](#)

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Entry and exit requirements

The authorities of a country or territory decide who can enter or exit through its borders. The Government of Canada cannot intervene on your behalf if you do not meet your destination's entry or exit requirements.

We have obtained the information on this page from the Japanese authorities. It can, however, change at any time.

Verify this information with the [Foreign Representatives in Canada](#).

Passport

Entry requirements vary depending on the type of passport you're travelling with.

Before you travel, check with your transportation company about passport requirements. Its rules on passport validity may be more stringent than the country's entry rules.

Regular Canadian passport

Your passport must be valid for the expected duration of your stay in Japan. If you plan to travel to other countries in the region, check passport validity requirements for the countries you plan to visit.

Passport for official travel

Different entry rules may apply.

Official travel

Passport with "X" gender identifier

While the Government of Canada issues passports with a "X" gender identifier, it cannot guarantee your entry or transit through other countries. You might face entry restrictions in countries that do not recognize the "X" gender identifier. Before you leave, verify this information with the closest foreign representative for your destination.

You should also be aware that current systems used by some countries and travel companies may not recognize the "X" gender identifier. You may still be asked to provide your sex/gender information as either male or female when travelling.

Other travel documents

Different entry rules may apply when travelling with a temporary passport or an emergency travel document. Before you leave, verify this information with the closest foreign representative for your destination.

Useful links

- [Travel and your sexual orientation, gender identity, gender expression and sex characteristics](#)
- [Foreign Representatives in Canada](#)
- [Canadian passports and other travel documents](#)

Visas

Tourist visa: not required for stays up to a maximum of 90 days

Business visa: required

Work visa: required

Student visa: required

You can't apply for a business, work or student visa if you have already entered Japan as a tourist.

Business travellers need a visa if they are to receive compensation in addition to their regular salary for work carried out while in Japan.

Overstaying the 90-day, tourist visa-free limit or any other visa time limit is a criminal offence. If you overstay, you may be subject to fines and deportation, and you may be barred from re-entry to Japan.

Other entry requirements

Customs officials may ask you to show them a return or onward ticket, confirmed accommodations arrangements and proof of sufficient funds to cover your stay.

Biometrics

Japanese officials will photograph and fingerprint visitors upon arrival. Exceptions may apply.

[Immigration Services Agency of Japan](#)

Registration

Japanese regulations require that visiting foreigners give detailed information when checking in at hotels or other lodging facilities.

Foreigners must also allow their passports to be photocopied.

Children and travel

Learn about [travelling with children](#).

Yellow fever

Learn about [potential entry requirements related to yellow fever](#) (vaccines section).

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Health



Relevant Travel Health Notices

- [Measles: Advice for travellers](#) - 12 May, 2025
- [COVID-19 and International Travel](#) - 12 May, 2025

This section has information and advice about health risks you might face when travelling. Following this advice can help reduce your risk of getting sick. Not all risks are listed here.

It's best to talk to a healthcare provider or visit a travel health clinic preferably 6 weeks before your trip to get personalized health advice. Even if your travel date is coming up soon, it's still worthwhile to make an appointment.

Routine vaccines

Make sure your routine vaccinations are up-to-date before you travel, no matter where you're going.

These may include vaccines for measles, mumps, and rubella (MMR), diphtheria, tetanus, pertussis (whooping cough), polio, varicella (chickenpox), meningococcal disease, seasonal flu, and others.

Provincial and Territorial Immunization Information

Pre-travel vaccines and medications

When travelling in this destination, you might be at risk for diseases that can be prevented with vaccines or medications. Talk to a travel health care provider about which ones are right for you based on your travel plans.

The highlights below will also tell you if your destination may require that vaccine for entering or exiting.

► Yellow Fever - Country Entry Requirements

► Tick-borne encephalitis

► Measles

► Japanese encephalitis

► Hepatitis B

► COVID-19

► Influenza

► Rabies

Safe food and water precautions

Eating or drinking unsafe food or water, or swimming in contaminated water can make you sick while travelling. Take precautions by following these tips:

- Boil it, cook it, peel it, or leave it (only eat food that is prepared safely)
- Avoid, if possible, getting water in your eyes, mouth, or nose when swimming in freshwater (like streams, lakes, or canals), especially after heavy rain or flooding - the water might look clean but can still be contaminated
- Don't swallow water when bathing, showering, swimming in pools, or using hot tubs

Eat and drink safely abroad

► Typhoid

Tick and insect bite prevention

Many diseases are spread by bites from infected ticks and insects like mosquitoes, fleas, or flies. Before you travel, find out what types of ticks or insects are in the area, when they're most active, and what diseases they can spread.

To protect yourself from bites:

- use an approved bug spray (insect repellent) on exposed skin
- wear light-coloured, loose clothing made of tightly woven materials like nylon or polyester
- wear socks and closed-toe shoes
- sleep under mosquito netting if you're outdoors or staying in places that aren't fully enclosed
- do a full body tick check on yourself, your children, your gear, and any pets you're travelling with when you return from outdoor activities

Insect bite and pest prevention

Personal insect repellents

► Dengue

Animal precautions

Some infections can spread directly from animals to people, like rabies or bird flu (avian influenza). Others don't spread directly from animals but can infect people who visit areas animals have contaminated with their droppings or body fluids.

Certain activities can increase your chances of coming into contact with animals, their droppings, or their body fluids, like:

- travelling in rural or forested areas

- camping, hiking, or visiting caves
- visiting places where live animals are sold or killed for food, like wet markets

To reduce your risk of getting sick:

- avoid contact with animals like stray dogs, livestock (such as pigs and cows), monkeys, snakes, rodents, birds, and bats.
- stay away from places where animal waste can build up, such as caves
- avoid eating undercooked meat

Make sure to closely watch children; they are more likely to try to touch animals.

Person-to-person infections

When travelling, you can reduce your risk of getting or spreading respiratory infections, like the flu or COVID-19, by:

- staying at your accommodation and limiting contact with others if you're sick
- wearing a well-fitting mask, especially:
 - if you're sick and need to be around others
 - when you're at large indoor events or in crowded settings, like sporting events, concerts, and airports
- cleaning your hands regularly with soap and water for at least 20 seconds, or using hand sanitizer containing at least 60% alcohol
- covering your coughs and sneezes with a tissue or your elbow, not your hands

Mass gatherings (large-scale events)

Clean your hands to help reduce the spread of infectious diseases

Respiratory infectious diseases: How to reduce the spread with personal protective measures

To lower your risk of getting sexually transmissible infections (STIs), HIV, and mpox, you can:

- get vaccinated against mpox if you're eligible
- practise safer sex methods
 - use barrier protection during sexual activity, like condoms and dental dams.

Mpox vaccines

Sexual health and travel

HIV and AIDS: Travel health advice

Medical services and facilities

Health care is very good. Service is available throughout the country.

Services in English could be limited, especially in rural areas. The cost of health-care services is similar to Canada. As a foreigner, you will likely have to pay in advance or provide a document proving that the bill will be paid prior to discharge.

Make sure you get travel insurance that includes coverage for medical evacuation and hospital stays.

Health and safety outside Canada

Health insurance for foreign workers

As a Canadian working in Japan, you must have medical and health services coverage for the duration of your stay. If not provided by your Japanese employer, you must subscribe to the national health insurance plan.

If you need to consult medical professionals, the following organizations can refer you to medical facilities with English and other foreign language-speaking staff:

- [Guide for when you are feeling ill](#) – Japan National Tourism Organization
- [Medical information net \(NABII\)](#) – Ministry of Health, Labour and Welfare
- [AMDA International Medical Information Center](#)

Keep in Mind...

The decision to travel is the sole responsibility of the traveller. The traveller is also responsible for his or her own personal safety.

Be prepared. Do not expect medical services to be the same as in Canada. Pack a [travel health kit](#), especially if you will be travelling away from major city centres.

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Laws and culture

You must abide by local laws.

In many cases, arrested or detained suspects are denied oral or written communication with anyone other than their lawyer or a Canadian consular representative for an extended period.

If you are detained, even for a minor offence, you may be held without charge for up to 23 days. Police officers may begin their initial questioning before you see a lawyer. You could also be in detention for weeks or months during the investigation and legal proceedings.

- [Overview of the criminal law system in Japan](#)
- [Arrest and detention](#)

Drugs

Penalties for possession, use or trafficking of illegal drugs are severe. Convicted offenders can expect jail sentences and heavy fines. Japan has a zero-tolerance policy with respect to drugs, including recreational drugs and cannabis. Severe penalties are imposed for the possession of even a small quantity.

[Drugs, alcohol and travel](#)

Medications

Certain medications are banned in Japan, including:

- adderall
- amphetamines
- codeine
- methamphetamines
- pseudoephedrine

You may bring a one-month supply of prescription medication or a two-month supply of non-prescription medication into Japan, as long as the medication does not contain narcotics (including codeine). You cannot bring banned substances with you, even with a prescription.

You must have a doctor's note that states your full name, address, the reason for use, and dosage, along with your prescribed medication.

Local authorities may also request a detailed listing of the contents of the medication:

If you wish to bring in larger supplies of medication or bring in prescription medication that contains narcotics, you must apply in advance for import certification. You should do so several months prior to arrival.

Bringing medicines for personal use into Japan – Japanese Ministry of Health, Labour and Welfare

2SLGBTQI+ persons

Japanese law doesn't prohibit sexual acts between individuals of the same sex. However, homosexuality is not widely socially accepted.

Travel and your sexual orientation, gender identity, gender expression and sex characteristics

Dual citizenship

Dual citizenship is not legally recognized in Japan.

If local authorities consider you a citizen of Japan, they may refuse to grant you access to Canadian consular services. This will prevent us from providing you with those services.

Dual citizens

If you acquire 2 or more citizenships at birth, you can keep them all, including Japanese citizenship, until the age of 18. At 18, you must choose between your Japanese citizenship or other citizenships within a 2-year period.

Family Law

Japanese family law is different from Canadian family law.

In Japan, joint custody of a child after separation is not a legal option if one of the parents is a Japanese national. As a result, access rights for a non-custodial parent can be limited, if granted.

If you are involved in a custody or other family law dispute in Japan, consult a Japanese family lawyer.

International Child Abduction

The Hague Convention on the Civil Aspects of International Child Abduction is an international treaty. It can help parents with the return of children who have been removed to or retained in certain countries in violation of custody rights. The convention applies between Canada and Japan.

If your child was wrongfully taken to, or is being held in Japan, and if the applicable conditions are met, you may apply for the return of your child to the Japanese court.

If you are in this situation:

- act as quickly as you can
- contact the Central Authority for your province or territory of residence for information on starting an application under The Hague Convention

- consult a lawyer in Canada and in Japan to explore all the legal options for the return of your child
- report the situation to the nearest Canadian government office abroad or to the Vulnerable Children's Consular Unit at Global Affairs Canada by calling the Emergency Watch and Response Centre

If your child was removed from a country other than Canada, consult a lawyer to determine if The Hague Convention applies.

Be aware that Canadian consular officials cannot interfere in private legal matters or in another country's judicial affairs.

Useful links

- [List of Canadian Central Authorities for the Hague Convention](#)
- [International Child Abductions: A guide for affected parents](#)
- [Children and travel](#)
- [The Hague Convention](#) – Hague Conference on Private International Law
- [Canadian embassies and consulates by destination](#)
- [Request emergency assistance](#)

Identification

You must carry your passport or residence card at all times.

A photocopy will not satisfy authorities. Police officers in Japan may ask for your identification documents at any time.

If you fail to do so, you could face arrest or detention.

Working in Japan

Working without an appropriate visa is illegal. Offenders may be subject to imprisonment, a fine and deportation.

If you are considering employment offers in Japan, contact the Japanese embassy or consulate nearest you before coming to Japan.

Foreign diplomatic missions and consulates in Canada

Teaching English

You should carefully review a contract to teach English before you sign. There have been incidents of employers not adhering to their contractual obligations.

Ensure that all terms and conditions of employment are clearly stated in the contract and that you meet all requirements before accepting an offer.

Tattoos

You may be denied entry to public establishments such as swimming pools, hot springs, beaches and some gyms if you have a tattoo.

Some establishments may ask that you cover your tattoo.

Driving

Traffic drives on the left.

You must carry an international driving permit along with your Canadian licence, or a Japanese driver's licence.

International Driving Permit

Insurance

You must also obtain Japanese insurance. There are two types of driving insurance available:

- compulsory insurance, which is basic government-mandated insurance covering your legal liability
- voluntary insurance, obtained on your own from a private company and designed for your needs

Should you have an accident, compulsory insurance may not be sufficient.

Drinking and driving

Penalties for drinking and driving are severe.

Under Japanese law, it's forbidden to:

- drive if you have been drinking
- lend a car to someone who has been drinking
- serve alcohol to someone who has to drive

If you are a passenger in a car whose driver is under the influence of alcohol, you both are subject to prosecution.

International Driving Permit

Money

The currency of Japan is the yen (JPY).

Credit cards are accepted in most major hotels and restaurants, but Japan is a predominantly cash-based society.

ATMs are widely available, but many don't accept foreign debit cards.

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Natural disasters and climate

Climate change

Climate change is affecting Japan. Extreme and unusual weather events are becoming more frequent and may affect your travel plans. Monitor local news to stay informed on the current situation.

Seasonal risks

Snowstorms occur in western Honshu and Hokkaido from December to March.

Avalanches can occur in mountainous areas, including at ski resorts. These can cause power disruptions, make roads impassable and limit the ability of responders to reach these areas in case of emergency.

Typhoons

Typhoons usually occur between June and October. During this period, even small storms can quickly develop into major typhoons. Southern areas, including Okinawa and surrounding islands, are more vulnerable.

These severe storms can put you at risk and hamper the provision of essential services.

If you decide to travel to Japan during the typhoon season:

- know that you expose yourself to serious safety risks
- be prepared to change your travel plans on short notice, including cutting short or cancelling your trip
- stay informed of the latest regional weather forecasts

- carry emergency contact information for your airline or tour operator
- follow the advice and instructions of local authorities, including evacuation orders

Useful links

- [Severe storms outside Canada](#)
- [Large-scale emergencies abroad](#)

Seismic activity

Japan is located in an active seismic zone and is prone to a multitude of natural disasters such as earthquakes, tsunamis, flooding, volcanic eruptions. Strong earthquakes occur, as well as tsunamis.

Earthquakes

Each year, Japan experiences thousands of earthquakes of varying magnitudes, some triggering tsunamis. Deaths, injuries and significant damage may occur.

Tsunamis

Japan is prone to tsunamis. A tsunami can occur within minutes of a nearby earthquake. However, the risk of tsunami can remain for several hours following the first tremor. If you're staying on the coast, familiarize yourself with the region's evacuation plans in the event of a tsunami warning.

Volcanoes

There are a number of active volcanoes. The Japan Meteorological Agency lists active volcanoes and associated warnings.

Ash clouds can disrupt air travel and cause or worsen respiratory problems.

Active volcanoes are monitored to provide residents with an early warning should unusual activity occur. Local authorities can raise alert levels and order evacuations on short notice.

If you are near active volcanoes:

- take official warnings seriously and respect exclusion zones
- monitor local media to stay up-to-date on latest developments
- follow the advice of local authorities, including evacuation orders
- be prepared to modify your travel arrangements or even evacuate the area on short notice

Useful links

- [Emergency notifications application](#) – NHK (Japan Broadcasting Corporation)
- [Japan Meteorological Agency](#)
- [Information in case of natural disasters](#) – Japan National Tourism Organization
- [Earthquakes](#) – Government of Canada
- [Tsunami alerts](#) – U.S. Tsunami Warning System
- [Volcanic alert levels and warnings](#) – Japan Meteorological Agency

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Need help?

Local services

- ▶ **Emergency services**

Consular assistance

- ▶ **Tokyo** - Embassy of Canada
- ▶ **Fukuoka** - Honorary consul of Canada
- ▶ **Hiroshima** - Honorary consul of Canada
- ▶ **Nagoya** - Consulate of Canada
- ▶ **Osaka** - Honorary consul of Canada
- ▶ **Sapporo** - Honorary consul of Canada


For emergency consular assistance, call the Embassy of Canada to Japan, in Tokyo, and follow the instructions. At any time, you may also contact the [Emergency Watch and Response Centre](#) in Ottawa.


When calling from within Japan, the area code is preceded by a 0. There is no 0 when calling from outside Japan. If placing a call to a cellular phone number, you do not need to enter the code.



Useful links

-  [Register as a Canadian abroad](#)
-  [View travel insurance information](#)

 [Read our Traveller's Checklist](#)

 [Advice for different types of travellers](#)

Disclaimer

The decision to travel is your choice and you are responsible for your personal safety abroad. We take the safety and security of Canadians abroad very seriously and provide credible and timely information in our Travel Advice to enable you to make well-informed decisions regarding your travel abroad.

The content on this page is provided for information only. While we make every effort to give you correct information, it is provided on an "as is" basis without warranty of any kind, expressed or implied. The Government of Canada does not assume responsibility and will not be liable for any damages in connection to the information provided.

If you need consular assistance while abroad, we will make every effort to help you. However, there may be constraints that will limit the ability of the Government of Canada to provide services.

Learn more about [consular services](#).

Date modified:

2025-10-14