

# Self-reporting Travel/Activity Form for Students

When you travel out of Niigata prefecture, you are required to submit your travel history form along with your health checklist.

**[Outline of travel history outside Niigata prefecture]**

(e.g., I traveled to XX city, XX prefecture on April 2 and stayed there for 3 days to attend XX which had 200 attendees. )

**[Travel history within Niigata prefecture]**

	Date month/day	<p><b>Your travel history: From the following day you came back to Niigata prefecture, please record your travel history, including information about where and who you met with.</b></p> <p>*Please take notes</p> <p>-whether you went to closed spaces with poor ventilation, crowded places with many people nearby or close-contact settings such as close-range conversations, including workplace, medical institutions, sports facilities, events, and gatherings, etc.</p> <p>-whether you were wearing a mask on a visit to medical/welfare institutions or during attendance at meetings as well as the period of time</p> <p>e.g., XX student club (XX Hall in XX Ward), badminton for 2 hours from 10:00 to 12:00 with about 10 people.</p> <p>e.g., XX hospital (in XX Ward), without wearing a mask for an hour from 13:00 to 14:00. etc.</p>
Day 1		
Day 2		
Day 3		
Day 4		
Day 5		
Day 6		
Day 7		