



**NEW ZEALAND
EMBASSY**
Te Aka Aorere

Staying Safe in Japan

Key Tips for Kiwis Abroad

Japan is among the safest countries in the world, thanks to robust law enforcement and social norms. The below has some key points on local laws, culture, and practical advice to keep in mind during your stay.



REGISTER AND STAY INFORMED

- Register on www.safetravel.govt.nz
- Registering means we can contact you in an emergency and send important updates, if required.
- Check travel advice before you travel.

LOST PASSPORT OR EMERGENCY TRAVEL



If your passport is lost or stolen, retrace your steps. Passports are often handed in to police or to store management. If you still cannot find it and need to travel urgently, contact the Embassy to discuss an **Emergency Travel Document (ETD)**.

- Report the loss to local police. A police report is usually required for an ETD.
- ETDs are temporary and not valid for all destinations.
- They may affect visa or entry requirements.
- You must return the ETD after travel and apply for a new passport.

KEY CONTACTS



Police: 110



Fire & Ambulance: 119

Japan Visitor Hotline (24/7, English): +81 50 3816 2787
New Zealand Embassy Tokyo: +81 3 3467 2271
Email: nzemb.tky.cons@mfat.govt.nz

CARRY YOUR ID

- **You must legally carry your passport or residence card at all times.** Police may ask to see your ID at any time. Failure to present it could result in questioning or arrest.
- If you choose not to carry your identification, keep a digital copy on your phone at the very least.



BE PREPARED FOR NATURAL DISASTERS

Japan is prone to:

- Earthquakes, tsunamis, typhoons (May–November), landslides, and volcanic activity.
- Download the **NHK World-Japan app** for alerts in English.
- Know your nearest evacuation site and avoid off-piste activities in ski areas due to avalanche risk.



LOOK AFTER YOUR HEALTH

- Have **comprehensive travel insurance** that covers medical evacuation and adventure sports.
- In summer, heatstroke is a real risk. **Stay hydrated and seek shade.**
- English mental health support is available via TELL Lifeline.



UNDERSTAND FUKUSHIMA TRAVEL RESTRICTIONS

- **96% of the prefecture is accessible**, however some areas near the Fukushima Daiichi Nuclear Power Plant remain restricted due to radiation.
- Check the Ministry of Economy, Trade and Industry website, www.meti.go.jp/english, for current guidance before travelling to the region.



STAY STREET SMART

While Japan is safe, petty crimes can occur:

- Exercise increased caution in areas like **Shinjuku, Roppongi, Shibuya, and Ikebukuro**.
- Watch out for drink spiking, credit card fraud, and aggressive touts.
- Never accept drinks from strangers or leave yours unattended.
- Sex work and touting are illegal but still common. Be cautious of unsolicited invitations to clubs or bars, particularly in entertainment districts.



RESPECT LOCAL LAWS AND CUSTOMS

- **Drugs:** Penalties for possession, use or trafficking of illegal drugs are severe and can include lengthy imprisonment or fines.
- **Drink-driving:** Strictly prohibited.
- **Medication:** Strict regulations apply to the import of prescription medication. Carry a doctor's letter outlining your medical condition and prescribed treatment. Check Japan's Ministry of Health, Labour and Welfare website for guidance.
- **Cycling:** Cyclists must wear helmets.
- **Smoking:** Not permitted on public streets except in designated areas.
- **Tattoos:** Tattoos may carry social stigma in some settings. Research tattoo-friendly venues, particularly if visiting onsen or public baths.

