

Staying Safe in Japan



KEY CONTACTS



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.



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.