



健康保全プロトコル 手続き概要

改訂日:2022/6/15

本書では渡航に関する必要な手続きについて、目的地別に記載しています。
また、ポナンの健康保全プロトコルにおいて求められる、あらゆる手順についての注意事項が記載されています。

ご出発の前に

1. 本社の船舶にご乗船については、ポナン手順規定により、乗船前に完全なワクチン接種と EU が認証している 72 時間前の PCR/NAAT 検査（核酸増幅検査）か、24 時間前の抗原検査（RADT）のいずれかを受けている必要があります。

- 1-1. 「完全なワクチン接種」とは、3 回のワクチン接種（下記認定ワクチン）が完了していることを指します。1 回目と 2 回目の接種の間隔は 4 ヶ月以内、3 回目（ブースター接種）は 2 回目の接種後 9 ヶ月以内に行われている必要があります。但し、3 回のワクチン接種の 1 回分については「実際のコロナ感染」(1) を置き換え事象として扱うことが可能です。

これ以外で乗船が許可される可能性のあるワクチン接種経緯は以下の通りです。ただし、現在、4 歳以下の子どもはワクチンの接種が免除されています。

- ①ワクチン接種 2 回（1 回目・2 回目）：

1 回目と 2 回目のワクチン接種の間が 4 ヶ月以内。2 回目は乗船前 9 ヶ月以内である。

- ②ワクチン接種（1 回）+感染による免疫獲得（1 回）※1：

ワクチン接種（1 回）と感染（による免疫獲得）の間が 4 ヶ月以内。及びどちらかが乗船前 9 ヶ月以内である。

- ③ワクチン接種（1 回）か感染による免疫獲得（1 回）※1：

どちらかで良いが、それが乗船前 2 週間以上 4 ヶ月以内の間である。

※1：PCR 検査または抗原検査で確認された感染から 11 日経過して免疫を獲得したとみなされる。

承認ワクチン一覧：

コミナティ（ファイザー BioNTech）／スパイクバックス（モデルナ）／ヤンセンファーマ（ジョンソン・エンド・ジョンソン）＊／バキスゼブリア（アストラゼネカ、コビシールド）／ヌバキソビッド（ノババックス）／シノファーム＊／シノバック社 コロナバック＊／コヴァクシン／コボバックス

＊ヤンセンファーマを含むワクチン接種は、1 回目・2 回目の接種の間に必要な期間が 4 ヶ月から 2 ヶ月に短縮されました。シノバック社 コロナバック、シノファームを含むワクシナルパスは、3 回目の接種が mRNA（メッセンジャー RNA）ワクチンであることが必須です。

現在、4 歳未満の子どもはワクチン接種義務が免除されています。4 歳から接種が義務付けられ、12 歳以上は 3 回のワクチン接種が必要です。

- 1-2. すべてのお客様は（年齢に関係なく）EU が認証している 72 時間前の PCR/NAAT 検査（核酸増幅検査）か、24 時間前の抗原検査（RADT）のいずれかを受けている必要があります。テストキット等による自宅検査の結果は受け付けておりませんので、ご注意ください。

メインクルーズ前にポナンの 1 泊 2 日ツアーに参加されるお客様には、現地代理店がテスト実施可能な医療機関や薬局をご案内することが可能です（費用は場所によって異なります）。

乗り継ぎ空港や到着空港での抗原検査の可否をまずご確認いただくことをお勧めいたします。万が一これらの場所での検査実施ができなかった場合、船内医療チームが例外的に乗船前抗原検査を行うことも可能です（陰性が確認されるまで船に乗船することはできません）。本検査実施は有料となり、検査を必要とされるお客様の人数によっては待ち時間が発生することがございます。

【注記】ここに書かれた要件はポナンのクルーズに乗船する際の必要要件です。多くの国では、接種回数・認可ワクチン・接種タイミングについて独自のワクチン接種要件が定められており、ご自身が寄港／経由する国について、求められる要件を満たす必要があります。詳しくは各国政府のウェブサイトをご確認ください。

2. 乗船時に、各種必要旅行書類と共に健康質問書（署名入り）の提出をお願いします。

3. 2022年5月20日以降、現地国当局からの特別な要請がない限り、船内でのマスク着用は義務ではなくなりました。（現在ギリシャ、オーストラリアのクルーズにおいては、現地当局によって、着用義務が定められています）
4. 空港および港湾当局においては、「感染による自然免疫の有無」「ワクチン接種の有無」あるいは「EU が認証している 72 時間前の PCR/NAAT 検査（核酸増幅検査）または 24 時間前の抗原検査（RADT）の陰性結果」などを示す有効な身体状態証明（UE アプリあるいは書面）の提示を搭乗時に求められます。テストキット等による自宅検査の結果は認められませんのでご注意ください。
5. 全乗客は、「過去 14 日間、COVID-19 に感染していることが判明している人物との接触がなかった」ことを申告する必要があります。

下船後について

一部の国は、帰国航空便搭乗の 48 時間以内（あるいは 24 時間以内）に抗原検査または PCR 検査を受けていることが求められます。（検査実施時間の制限については、滞在地によって異なります）。このような場合、他に手段がなければ下船前に船舶医療サービスが提供する抗原検査を受けることが可能です（有料）。

なお、フランスの帰国に関する要件は、以下のサイトを参照ください。

<https://www.diplomatie.gouv.fr/en/coming-to-france/coming-to-france-your-covid-19-questions-answered/article/coming-to-france-your-covid-19-questions-answered?var mode=calcul>

1. すべてのお客様は、下船後帰国翌月に、追跡・監視アンケートの回答を船医と船長に提出する必要があります。

訪問国ごとの追加手続きについて

ポナンでは現在、訪問国の公衆衛生状況や、フランス当局が公衆衛生指標に基づいて定義した国ごとのリスクの分類に応じて、全クルーズで乗船前に①「ワクチン接種」と②「EU が認証している 72 時間前の PCR/NAAT 検査（核酸増幅検査）か 24 時間前の抗原検査（RADT）」（テストキット等による自宅検査の結果は認められません）の両方（①②）を義務付けています。国によっては、「完全なワクチン接種」とみなされるワクチン接種経路（種類 / 回数）がポナンの定義と異なる場合もありますのでご注意ください。そのような国へ入国する場合、2 回あるいは 3 回のワクチン接種の完了が必要である可能性があります。各国の様々な入国要件に対応するため、「健康保全プロトコル」は特定の目的地に対しての運行より厳しく定められている場合がございます。さらなる情報が入手可能になり次第、この「健康保険プロトコル」は更新・追加される予定です。

次ページ以降の情報は、フランス・ベルギー・スイス居住の方々のみ適用されるものです。その他の国籍の方の、訪問国への入出国に必要な手続きについては、各国政府のウェブサイトや関係当局にご確認ください。内容に関しては予告なく変更される場合があります。

The information below applies only to persons resident in France, Belgium or Switzerland and may change at any time without notice. Persons of all other nationalities should check the mandatory formalities required for entering and leaving the countries visited during their voyage with the relevant authorities.

SAMMARY

- OCEANIA 5
 - FRENCH POLYNESIA 5
- MEDITERRANEAN 6
 - PORTUGAL AND AZORES 6
 - SPAIN 6
 - ITALY 6
 - MALTA 7
 - GREECE 7
- NORTHERN EUROPE 7
 - BELGIQUE 7
 - NETHERLANDS 8
 - GERMANY 8
 - ICELAND 8
 - DENMARK 8
 - GREENLAND 9
 - NORWAY 9
 - SWEDEN 9
 - FINLAND 9
 - ESTONIA 9
 - LATVIA 10
 - POLAND 10
 - UNITED KINGDOMS 10
 - IRELAND 10

OCEANIA

FRENCH POLYNESIA

In addition to the vaccination for travel to French Polynesia, travellers must present before the international flight to Papeete the result of an ANTIGEN test within 48 hours or 24 hours for travellers with stopover or transit in the United States.

Two doses of vaccine are required, and immunity not accepted for transiting through Canada and USA and for entering French Polynesia.

Please verify your ID and potential visa requirement depending on your country of residency.

Please note that if your test has passed 24 hours, a second test will be required to board.

This second test can be taken at the airport without an appointment:

- Monday to Friday between 7:30 AM and 3:00 PM
- Saturday morning between 7:30 and 12 noon

Alternatively, the test can also be taken between 7:30 AM and 1:30 PM Monday to Friday without appointment at Institut Louis Malarde (*Institut Louis Malarde FC4G+4J6, Papeete 98714, Polynesia*).

Please note it takes 24 to 48 hours to get the result after the test. The cost is 12,000 CFP per person. Travellers are required to provide both their passport and their plane tickets. **If you need to take a test on the day you board, please go to Institut Louis Malarde early in the morning and tell them you are going to board the Le Paul Gauguin. You will then be given your results the same day to enable you to board the ship.**

Important information about your flights:

Outbound and return flights to and from Papeete may transit both Canada or the United States. Please check the details of your flights prior to departure and ensure you complete any formalities that may be required. The United States and Canadian government authorities both require at least a travel authorisation for entering (and transiting) their countries. Travel authorisations will be requested at airport customs.

Canada: Electronic Travel Authorization (eTA). You can apply for your eTA online on the following website: <https://www.canada.ca/fr/immigration-refugies-citoyennete/services/visiter-canada/ave/demande-renseignements-passeport.html>

United States: Electronic System for Travel Authorization (ESTA). You can apply for your ESTA online on the following website: <https://esta.cbp.dhs.gov/>.

The United States requires a negative antigen test to have been taken in the 24 hours preceding entry to the country.

All passengers taking an outbound or return flight to the United States, or a flight that transits the country, will need to take a test at Papeete airport at their own expense.

MEDITERRANEAN

PORTUGAL AND AZORES

Portugal Mainland

All travellers need a complete vaccinal path with vaccine recognized by EU and done more than 14 days prior arrival.

PLF is no longer required for passengers entering the country by Air or by Sea with complete vaccination scheme of 2 or 3 doses depending on the restrictions in force

Air: <https://bit.ly/Portugalair>

Sea: <https://bit.ly/Portugalmer>

Azores

In addition to Portugal mainland requirements, **all travellers need a complete vaccinal path with vaccine recognized by EU and done more than 14 days prior arrival.**

Please verify your ID and potential visa requirement depending on your country of residency.

SPAIN

To enter Spain, by sea or air, travellers **must present a certificate of a complete vaccination path, with last dose received at least 14 days before arrival.** Certificate must show the dates and brand of vaccination, and country where it was done.

The online form (SPTH) is only applying for travellers coming by air and who do not have a in force UE Covid digital vaccination certificate.

Passengers with UE Certificate do not have to fill the SPTH document

Here the website to fill in the form: <https://bit.ly/Espagneair> Once completed, traveller will receive a QR code for his specific travel to be presented (on phone or printed) to the authorities.

Please verify your ID and potential visa requirement depending on your country of residency.

ITALY

The personal locator form online is no longer required to enter Italy. <https://bit.ly/dPLFEurope>

From 1st of February 2022, travellers must present a **complete vaccinal path recognised by UE**

WARNING: FFP2 masks are mandatory in Italy to travel by any mean of public transportation, including by plane.

Please verify your ID and potential visa requirement depending on your country of residency.

MALTA

Malta will refuse entry to any passengers who travelled in the last 14 days in a dark red listed country .

Travellers aged 12 and above must present a certificate of complete vaccination path (UE, British or Serbian certificate).

DPLF is no longer required for any persons arriving from RED ZONE countries (As long as they have not been in DARK RED ZONES within 14 days before arriving in Malta)

For more information, click here: <https://www.maltairport.com/covid19/arrival/#TRDRed>

Red Zones: Not requested. Only voluntary

Dark Red Zones: DPLF Requested. Click on the following link <https://bit.ly/dPLFEurope>

Important: Valid Vaccine Certificates

The vaccine certificate must confirm that you have received the full dosage of an EMA approved vaccine administered at least 14 days prior to arrival in Malta. The certificate must also be one which is recognised by the Superintendent of Public Health, namely, **United States CDC COVID-19 Vaccination Record Card with an EMA-approved vaccine, verified digitally through the VeriFLY app on this website**
<https://www.maltairport.com/covid19/arrival/>

At arrival in Malta, authorities will take the temperature of travellers. Please verify your ID and potential visa requirement depending on your country of residency.

GREECE

Greece authorities might refuse entry to some foreigner's passengers. Please consult the list online:
<https://travel.gov.gr/#/>

Regardless of nationality, all travellers must present a certificate of a vaccination against Covid-19

Vaccination certificate is mandatory to circulate in the country and use most of facilities and indoor activities.

Online Passenger Locator Form (PLF) is no longer required to enter the country.

Please verify your ID and potential visa requirement depending on your country of residency.

NORTHERN EUROPE

BELGIQUE

For passengers residing outside the European Union and the Schengen area, it is mandatory to fill out the Passenger Location Form (PLF) online at <https://bit.ly/formulaireBelgique> before entering Belgium.

For entry into Belgium from a member country of the European Union, the Schengen area or a third country, travelers must have a valid vaccination.

Travelers coming from "very high risk areas" within the European Union or the Schengen area do not need to quarantine if they have a valid vaccination or recovery certificate. To access the list of "very high risk areas" and for entry into Belgium from a very high risk area outside the European Union or the Schengen area, consult the InfoCoronavirus site.

NETHERLANDS

Netherlands classifies countries in three categories, based on sanitary risks: <safe >, <high risk > and <really high risk>. Depending on the country of departure, sanitary rules are different to join the country. You can check the detailed list on the government website, and make sure your country of residency is not listed as denied entry into Netherlands.

Entry for travellers 12 years and older from a UE or Schengen country requires the following, and whom no quarantine will be asked at arrival a proof of vaccination (minimum 28 days after the unique Janssen dose;14 days after the second dose of a 2 doses vaccine).

Please verify your ID and potential visa requirement depending on your country of residency.

GERMANY

Any passenger being in the 10 days before traveling in France or a country classified as high risk will have to present a certificate of **full course of vaccination** (completed at least 14 days before arriving in the country) with one of the 4 vaccines accepted by EMA (BioNtech/Pfizer, Moderna, AstraZeneca and Johnson&Johnson).

Children of 6 years old or less don't have to present a test, but if they are neither vaccinated nor immunised, they will have to quarantine during 5 days at the arrival in Germany.

Please verify your ID and potential visa requirement depending on your country of residency.

ICELAND

As of 25th February, **no disease prevention measures will be in place at the border**, regardless of whether individuals are vaccinated or unvaccinated. Government has decided to remove any restrictions due to Covid-19, both in the country and at the borders.

Please verify your ID and potential visa requirement depending on your country of residency.

DENMARK

As of 1st of February, vaccinated travellers will not have to present a test to entry Denmark anymore.

Rules of entry without test or self-isolation: Full course vaccination, of less than 270 days (second dose of a 2 doses vaccine) or 284 days (monodose vaccine)

Denmark accepts vaccines recognized by EMA or WHO. See full rules and exceptions on Danish authorities' website.

For travellers coming from a country considered at high Covid risk (list below), a test will be mandatory within the 24h after entry in Denmark: Bahrein, Chile, Colombia, Indonesia, Kuwait, New-Zealand, Peru, Qatar, Rwanda, Saudi Arabia, South Korea, United Arab Emirates, Uruguay, Hong Kong, Macao, and Taiwan.

Please verify your ID and potential visa requirement depending on your country of residency.

GREENLAND

Travelers aged 12 and above must present a certificate of full course vaccination to enter Greenland, with a vaccine approved by EMA (2 shots for a 2 doses vaccine). Recovery of Covid-19 is not recognized by Greenland.

Please verify your ID and potential visa requirement depending on your country of residency.

NORWAY

As of 12th of February the **statutory requirement to obtain a negative test prior to travel and the requirement to register entry into Norway upon arrival have both been discontinued.** It is extended to Svalbard since 1st of March.

Please verify your ID and potential visa requirement depending on your country of residency.

As the Svalbard archipelago does not belong to the Schengen area, it is necessary to present a valid passport to go there.

SWEDEN

As of 9th of February, **anyone entering directly from an EU/EEA country or Switzerland, regardless of citizenship, can enter Sweden without any covid specific restrictions.** Entry regulations will now revert to the regulations in place during normal circumstances in regard to requirement to hold a valid travel document and potential visa, max length of stay, and the right to free movement within EU/the Schengen area.

Travel ban is still in effect for travellers from a country outside of EU/EEA country or Switzerland, until 31st of March. You can check exemptions on the authorities' website.

Please verify your ID and potential visa requirement depending on your country of residency.

FINLAND

To enter Finland from France or another EU or Schengen state, you must present a complete vaccination schedule

Please verify your ID and potential visa requirement depending on your country of residency.

ESTONIA

Travelers vaccinated regardless of their country of origin

These persons are exempt from any sanitary measures upon arrival, regardless of their country of origin, provided they can prove the completion of a complete vaccination course less than 270 days.

Currently eligible to travel to Estonia, regardless of the purpose of their stay:

- Nationals and residents of the European Union, the Schengen Area, Andorra, Monaco, San Marino and the Vatican
- Nationals of countries on the list established by the European Council, provided they do not have COVID symptoms
- Nationals of third countries who have completed a full vaccination course and do not have symptoms of COVID, regardless of the reason for their stay

More information about who can travel to Estonia can be found at <https://kriis.ee/en/travelling-crossing-state-border/travelling-estonia/coming-estonia>

Please verify your ID and potential visa requirement depending on your country of residency.

LATVIA

To enter Latvia, only a certificate of vaccination is sufficient.

Therefore, it is no longer necessary to self-insulate or register on covidpass.lv since March 1, children under 12 years of age do not need to present Covid-19 tests upon arrival.

Medical or FFP2 masks must be worn in all public and commercial indoor areas.

Vaccination

For the record, the four vaccines currently recognized are Comirnaty (Pfizer), COVID-19 Vaccine Moderna, COVID-19 Vaccine Janssen, Vaxzevria (Astrazeneca) and Nuvaxovid (Novavax).

A person is considered vaccinated, 14 days after being fully vaccinated with the vaccines registered by the European Medicines Agency.

Please verify your ID and potential visa requirement depending on your country of residency.

POLAND

Persons traveling within the Schengen area who are fully vaccinated are exempt from quarantine.

Persons traveling from outside the European Union must present a negative COVID-19 test result. The obligation to test also applies to vaccinated persons.

Please verify your ID and potential visa requirement depending on your country of residency.

UNITED KINGDOMS

Due to Brexit, and since October 2021, European travellers must present a valid passport to enter UK.

From March 18th, 2022, traveller do not need to take any COVID-19 tests before you travel or after you arrive and either to fill in a UK passenger locator form before you travel.

Please make sure you are not traveling from a red list country, as your access will be denied, regardless of your residency or vaccination status.

Please verify your ID and potential visa requirement depending on your country of residency.

IRELAND

As of March 6, 2022, Ireland has lifted all health restrictions related to Covid-19: travellers to Ireland are not required to present proof of vaccination, proof of cure, or a negative PCR test result upon arrival, the passenger tracking form is no longer required.