

- Omiyage!!
 - Get something small: e.g., postcard, keychain, snacks, stickers (for students)
 - If food, best to have them individually wrapped (e.g., bags of fun-size US chocolates)
 - Get something for your supervisor, teachers, VPs, Principals, JET coworkers

What NOT to Pack!

- Video Games (plenty to find in Japan)
- Too Many books (if more than 2 use a kindle or PDF)
- Banned Medication, drugs
- Bikes, Skateboards, Snowboards, Surfboards
- Stuffed Animals
- Unnecessary electronics
- Too many clothes, Towels, blankets
- Chocolates (Japanese summer is no joke!)

Prescription Medication*

- Includes Contact lenses, some forms of birth control and some over-the-counter painkillers
- Can bring up to 1 month 's supply
- To bring more than 1 month's supply, you need to fill out special documentation (Yunyu Kakunin-sho)
- Failure to comply with these regulations can result in fines, imprisonment, and/or deportation

Some Final Tips

- Set up Line/Zoom/social media
 - Facebook is still the best way to connect with your area
- Study basic Japanese (Genki & Minna no Nihongo are some good books to start with)
- Basic Japanese law (e.g., drinking and driving)
- Make and practice your Jikoshokai = self-Introduction
- Learn your JET Terms*
- Triple check and weigh all of your bags
- Practice eating with chopsticks
- Read the JET general Information Handbook (GIH)

Jikoshokai Example:

- Hajimemashite! (Your full name) to moushimasu. Amerika kara kimashita. Yoroshiku onegaishimasu!
- はじめまして、(Your full name)と申します。アメリカから来ました。宜しくお願いします。
 - *If you want to add more about yourself add it in before you finish with Yoroshiku onegaishimasu*

Some useful JET Terms! *

- ESID = Every Situation is Different
- JTE = Japanese teacher of English
- CO = Contracting Organization
- BOE = Board of Education
- SDC = Skills development Conference
- PA+ Prefectural Advisor
- Unicorn + Someone who has been on JET for 5 years
- AJET = Association for JET