

How to Prepare for Your Departure

By Dayana Mendoza (Hyogo, 2017-2020)

Important documents to have on hand!

- Bring your Contract (if you have it)
- International Driving Permit & Driving License
- Tax exemption Form
- Any Documents the Consulate or your CO ask you to bring
- Have a Digital Copy of other doc (College Diploma, Transcript, ID, Credit Cards, Passport, etc.)

Connect with your Predecessor/Co-Workers

- Find out about your living situation
- Ask about your working situation
- Supermarket, post office, local area
- Furniture and other hand-me-downs
- Transportation (bus, bike, car, on foot)
- Upcoming events that you can join in
- Internet, cell phone options
- Join your area's Facebook groups
 - AJET Blocks and Chapters
 - JET-run Special Interest Groups

Shopping List/Things to Pack!

- Bring 200,000 円 to 300,000 円 to help with initial costs in Japan (Might not get first paycheck until the next month)
 - o Get money before hand at the bank (better rates)
- Any preferred hygiene products: toothpaste, deodorant, body lotion, hair care products, etc.
 - o Stick with travel size unless the product is very specific and isn't available in Japan
- Over the counter medicine/ Prescription Medicine*
- Casual / formal clothes (suit, blouse, gym clothes, underwear, jacket, sweater, etc)
 - Tip: Ask a family member or friend to send any extra or winter clothes/boots to your Japan address after you arrive
- Shoes (sneakers indoor/outdoor, formal dress shoes, boots for the rain or cold weather, slippers, sandals)
 - Large shoe sizes are hard to come by in Japan
- Laptop / tablet / unlocked phone
- Pictures / USB loaded with pictures
- Something small that reminds you of home

- Omiyage!!
 - o Get something small: e.g., postcard, keychain, snacks, stickers (for students)
 - o If food, best to have them individually wrapped (e.g., bags of fun-size US chocolates)
 - o 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
 - o 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。
 - o 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