

Lucky you! In just a few short weeks,
you'll begin your journey...



WHAT ELSE SHOULD I KNOW?

- CULTURE SHOCK
- LIFE AND WORK BALANCE
- COMMUNITY RESOURCES
- JET RESOURCES.



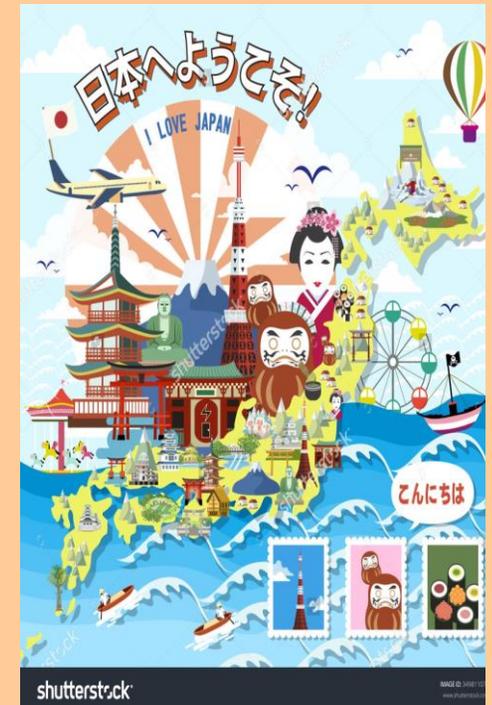
More Questions?
Kirsten Phillips

Jink246@aol.com

Fine me on Facebook!

JET Pre-Departure

Community Involvement
How to Immerse Yourself



ONEESAN TELLS ALL

INTRODUCTION

You'll probably want to dive right into your new life. No matter what setting you find yourself in, rural, suburban or urban, your new community in Japan is a world of discovery for you and it should be! New sights, smells, sounds, people are what will keep your time in Japan productive! There are a couple things to remember, though...

1. **Give yourself time and space.** Adapting to a new culture, job and language can easily get overwhelming. **Go at your own pace.**
2. **Be Proactive!** While your schools might assist you in many ways, some ventures are best discovered alone. Don't be afraid to ask questions yourself, seek and find, explore your new settings on your own.
3. **Rock your comfort zone** Nothing ventured, nothing gained. Check your judgement. Open-minds will open doors.

CULTURE SHOCK

This is real. Accept it. Expect it. Process it. Deal. Do not let culture shock get in the way of having the time of your life. There will be times when homesickness and frustration will make you want to stay a shut-in and never leave your house.

DO NOT LET THIS HAPPEN! It is natural. It will pass.

WORK/LIFE BALANCE

Your base school is a great place to meet people and discover new things. Work is a big part of life in Japan and you will be expected to work hard. Life in a Japanese school can be very busy and although your co-workers will likely be happy to show you the ropes, they will not always be available to hold your hand 24-7 during the typical work day. Make use of your "down" time.

AFTER SCHOOL CLUBS- Basketball, shop, manga-making, cooking, judo, tea ceremony, dance, baseball, kendo....these are just a few of the clubs students enjoy at school. A great way to get a new hobby and interact with your kids!

ENKAI- Japan is a country that respects formalities and, as such, they also love to celebrate. You will get to know your new colleagues at a welcome enkai or party. A great way to relax, enjoy some drinks and practice your Japanese with the grown ups.



OTHER RESOURCES

Fellow JETS as resources.

JETS have a strong sense of community and shared experiences. They can help get your foot through many doors as well as provide a shoulder to lean on during tough times.

Community/Civic Centers: All communities in Japan have a civic center or community hall known as SHIMIN PLAZA. Teaching English conversation classes, participating in a study hall, joining a cooking class or dance team is a great way to rub elbows with locals. Volunteering your time and energy is worth the effort! Be generous with your time and space.

BE YOURSELF

Start your own club! If you have an interest or unique talent, please share it! Your school or local BOE (Board of Ed) can help you establish your own hobby or activity for the community.

You will receive what you put in to this endeavor.

The JET Program takes a lot of hard work, patience, dedication and heart and these things will see you through your first year even into your fifth year.