



**JET**  
PROGRAMME







# Overview

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- What is the JET Programme?
- Examples of JET experiences
- How to apply
- Q&A time





# What is JET?

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- The Japan Exchange and Teaching Programme
- Provides a unique opportunity to live and work in Japan
- Started by the Japanese government in 1987
- Over 79,000 people from 80 countries have participated in the program





# What is JET?

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Ministry of Internal Affairs and  
Communications (MIC)



Ministry of Foreign Affairs  
(MOFA)



Ministry of Education, Culture, Sports,  
Science, and Technology (MEXT)



Council of Local Authorities for  
International Relations (CLAIR)



# Three Roles



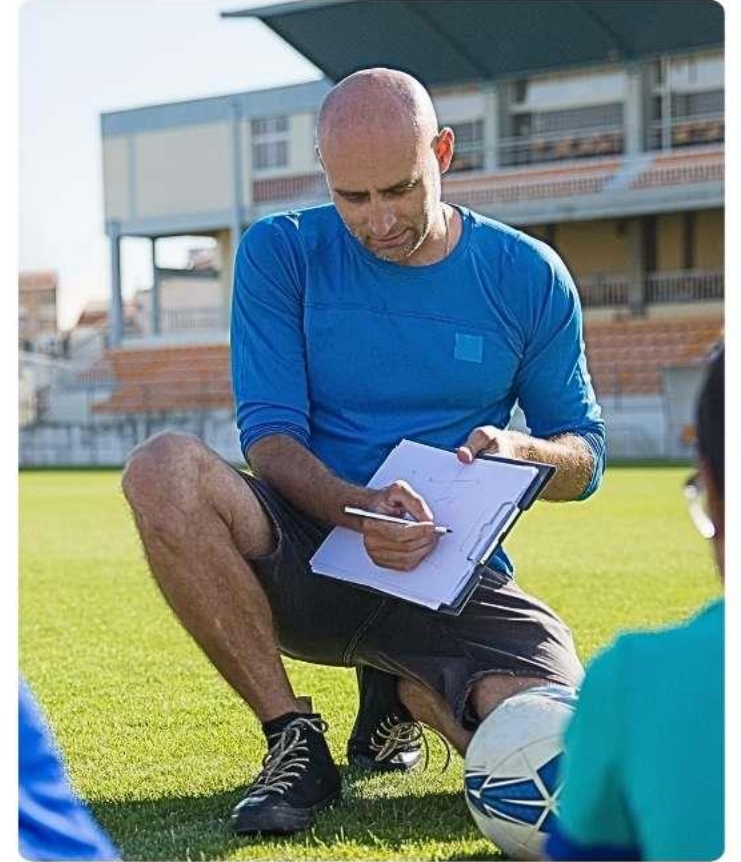
**ALT**

Assistant Language Teacher  
外国語指導助手



**CIR**

Coordinator for International Relations  
国際交流員



**SEA**

Sports Exchange Advisor  
スポーツ国際交流員



# ALT

## Assistant Language Teacher

### 外国語指導助手

- Work in schools across different year levels.
- Team-teach English with teachers at their schools.
- Encourage student interest in learning about English, Australia, and the world.





# CIR

## Coordinator for International Relations

国際交流員

- 
- Work in local government offices.
  - Translate documents and publications.
  - Provide assistance to overseas visitors, foreign residents, and officials.
  - Organise cross-cultural events.





# SEA

## Sports Exchange Advisor

スポーツ国際交流員

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- Work for local governments.
  - Assist with sports training.
  - Plan sports-related projects.
  - Promote internationalisation through sports.



# Video

<https://youtu.be/B3h3EkPqZU0>





# The JET Experience

**"Every situation is different"**







# Urban Life

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- Convenient public transport
- More shopping and entertainment options
- People are familiar with foreigners
- Access to Japanese language schools
- Easier access to some services





# Rural Life

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- Cheaper, larger housing
- Lower cost of living
- Easy access to nature
- Easier to immerse yourself in Japanese
- Sense of local community
- Experience an 'unseen' Japan



# Eligibility

## Interest in Japan



## Healthy



## Language Fluency



## Uni Degree

(at least a Bachelor's degree)



## Proactive



More details available in the Application Guidelines







# JET Qualities

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- Adaptable
- Community-minded
- Creative
- Curious
- Open-minded
- Patient
- Resilient
- Responsible
- Team player



# Contract Overview

## Remuneration

Per annum, before taxes



**1st Year** - 3,360,000 yen



**2nd Year** - 3,600,000 yen



**3rd Year** - 3,900,000 yen



**4th Year** - 3,960,000 yen



**5th Year** - 3,960,000 yen



## Travel Expenses

Flights to Japan and transport to your contracting organisation are covered by the Programme. Once you finish your time on the Programme, if you choose to move back to Australia your return flights are also covered.



## Work Hours

Participants are required to work 35 hours per week. You will have weekends off, in addition to Japanese public holidays. All participants are entitled to at least 10 days of annual paid leave.



## Contract Length

One year starting from the day after your arrival in Japan. If both you and the Contracting Organisation agree, it can be renewed up to 4 times (5 years in total).



## Insurance

All JET participants are covered by four types of insurance. Three are compulsory, set by the Japanese government. The fourth is a private insurance policy for JET Programme participants.





# How to Apply

Download application documents from the Embassy of Japan website:



Submit your application to the Japanese Embassy in Canberra by post or in-person.

Must arrive by **8 November 2024, 5pm AEDT.**



# Required Documents

	Document	Original	Copy
1	JET Programme Application Form	1	2
2	Self-Report of Medical Conditions	1	2
3	Statement of Purpose (essay)	1	2
4	Official academic transcript	0	3*
5	Graduation certificate (testamur) or document indicating expected graduation	0	3*
6	Two letters of reference (i.e. from 2 different referees)	2	4 (2 each)
7	Proof of citizenship (e.g. passport, birth certificate)	0	3*
8	Teaching or language proficiency qualifications	0	3*
9	Certificate of Health	1	2
10	National Police Certificate	1	2

\*Requires JP certification



# Application Timeline

<b>8 NOV</b>	Applications close	
<b>NOV-DEC</b>	Applications reviewed	
<b>JAN-FEB</b>	Interview stage	
<b>MAR</b>	Short-list candidates and alternates notified	April candidates notified, COs assigned
<b>APR</b>		April cohort departs
<b>MAY</b>	Assignment of contracting organisations	Upgraded alternates notified
<b>JUN</b>	Pre-departure orientation, preparation	
<b>JUL</b>	July cohort departs	
<b>DEC</b>		





# Supports

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- Orientation workshops
- Free language courses
- Contracting organisations
- Supervisors
- Prefectural advisors
- The JET community





# Supports

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- AJET Peer Support Group
  - LGBTQIA+ support groups
  - Mental health assistance program
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- Career Support
- JET Alumni Associations






# Life After JET

- Continue working in Japan  
E.g. Video game translation, importing/exporting cars, renovating a ryokan, and so many other possibilities!
- Education  
Teachers, lecturers, researchers
- International Relations  
Government, multinational corporations
- Other careers  
Through obtaining transferrable skills




# Stay Updated

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 [www.sydney.au.emb-japan.go.jp](http://www.sydney.au.emb-japan.go.jp)

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CGJapanSyd



CGJSYD



# Contact Us

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 [cginfo@sy.mofa.go.jp](mailto:cginfo@sy.mofa.go.jp)

 (02) 9250 1043