



# The Japan Exchange and Teaching Programme

Presented by: Amanda Gunawan, Consulate-General of Japan in Sydney





# 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 80,000 people from 82 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



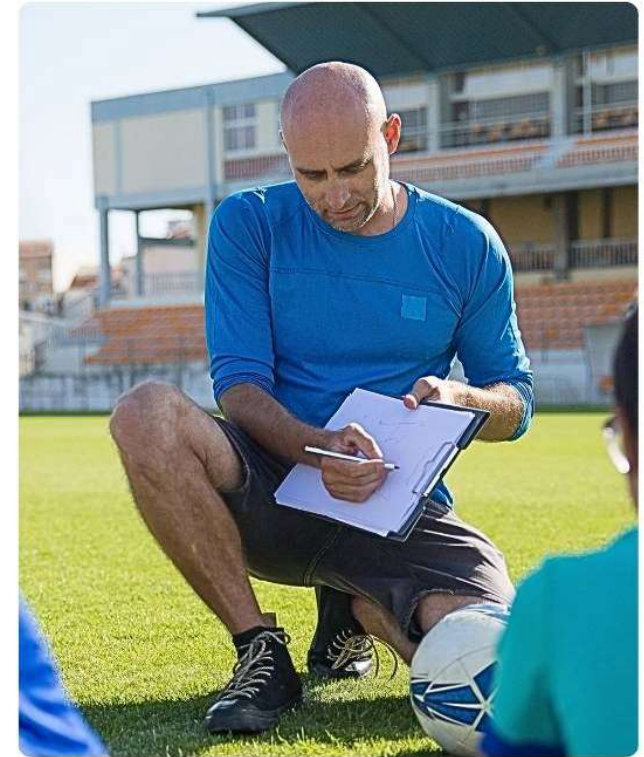
## ALT

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

ALTs team-teach English in Japanese schools.

Great role for people who:

- Enjoy working with children
- Have a confident grasp of English
- Can share about their own country/culture
- Want to be actively involved with schools and local communities





# CIR

## Coordinator for International Relations

国際交流員

CIRs work for local government offices.

Great role for people who:

- Can communicate in English and Japanese
- Are interested in translation/interpreting and international exchange
- Are willing to get involved with different community projects



# SEA

## Sports Exchange Advisor

スポーツ国際交流員

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SEAs assist with sports training.

Great role for people who:

- Have expertise in particular sports
- Are enthusiastic about promoting internationalisation through sports
- Can assist with planning sports-related projects

# Video

<https://youtu.be/B3h3EkPqZU0>







# 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
- Collaborative
- Creative
- Curious
- Open-minded
- Patient
- Resilient
- Responsible



# Contract Overview

## Remuneration

Per annum, before taxes



**1st Year** - 4,020,000 yen



**2nd Year** - 4,140,000 yen



**3rd Year** - 4,260,000 yen



**4th Year** - 4,320,000 yen



**5th Year** - 4,320,000 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.



# Application Timeline



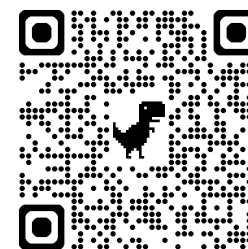
|                |                                               |                                         |
|----------------|-----------------------------------------------|-----------------------------------------|
| <b>5 NOV</b>   | Applications close                            |                                         |
| <b>NOV-DEC</b> | Applications reviewed                         |                                         |
| <b>JAN-FEB</b> | Interview stage                               |                                         |
| <b>MAR</b>     |                                               | April candidates notified, COs assigned |
| <b>APR</b>     | Short-list candidates and alternates notified | April cohort departs                    |
| <b>MAY</b>     | Contracting organisations (COs) assigned      | Upgraded alternates notified            |
| <b>JUN</b>     | Pre-departure orientation, preparation        |                                         |
| <b>JUL</b>     | July cohort departs                           |                                         |
| <b>NOV</b>     |                                               |                                         |





# How to Apply

Access the online application from the Embassy of Japan website:



Email all required documents as PDFs to [jet@cb.mofa.go.jp](mailto:jet@cb.mofa.go.jp)

Deadline: **5pm AEDT, 5 November 2025**

# Required Documents



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

\*Requires JP certification



# Online Form Overview



- The position you are applying for (ALT/CIR)
- Interview location
- Name, DOB, Nationality, hometown
- Email, phone number, address
- Current occupation
- Educational background, details of your degree(s)
- Employment history
- Teaching background/TESOL qualifications
- Proposed direction of career and its relation to the JET Programme (500 characters)
- Japan-related studies/language proficiency
- Language background
- International and intercultural experiences
- Are you presently an applicant or do you intend to apply for any other international exchange programs or scholarships?
- Past participant on JET? Have you ever applied and then withdrawn?
- Plans for accompanying dependents
- Driver's license?
- Placement preferences, early placement preference?
- Emergency contact details



# 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

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



# Stay Updated

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

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✚ Follow us on our socials



CGJapanSyd



CGJSYD



# Contact Us

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

☎ (02) 9250 1043