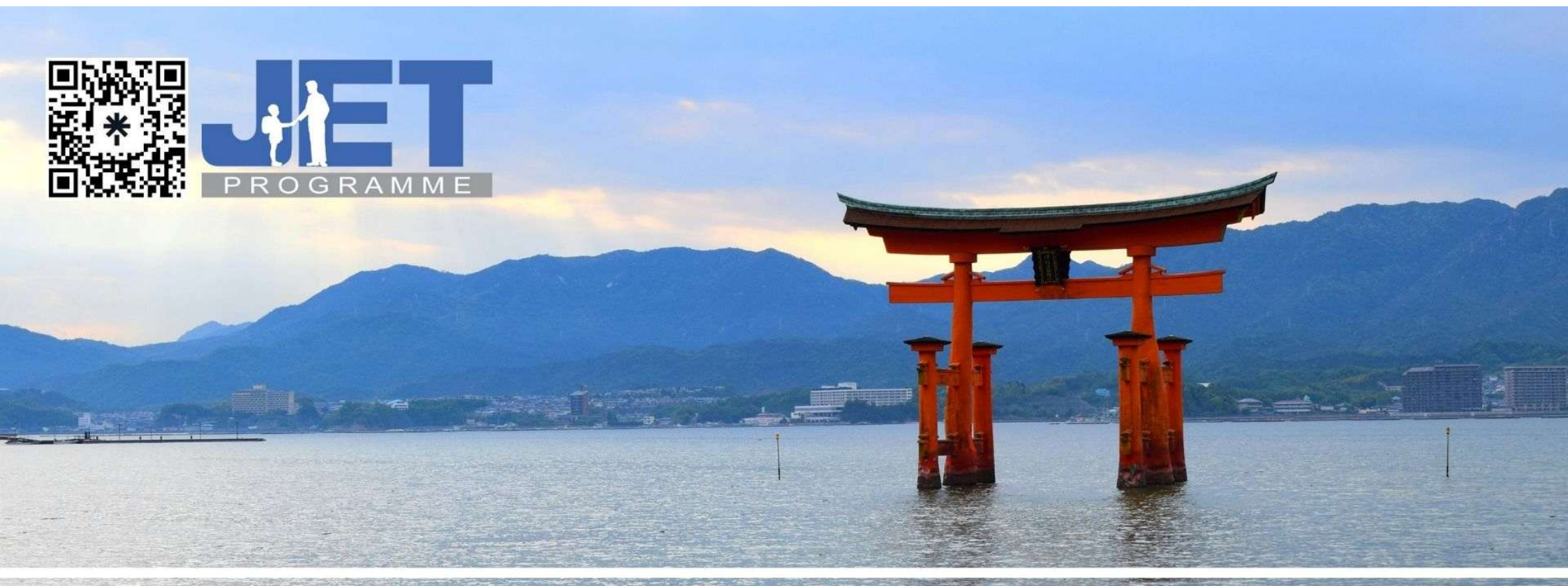




The Japan Exchange and Teaching Programme

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



What is JET?

- 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?



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



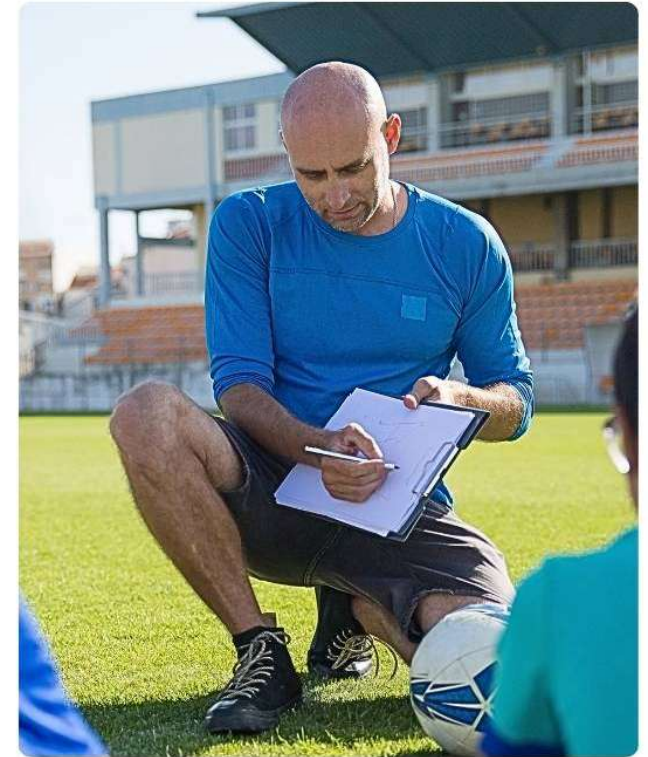
ALT

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

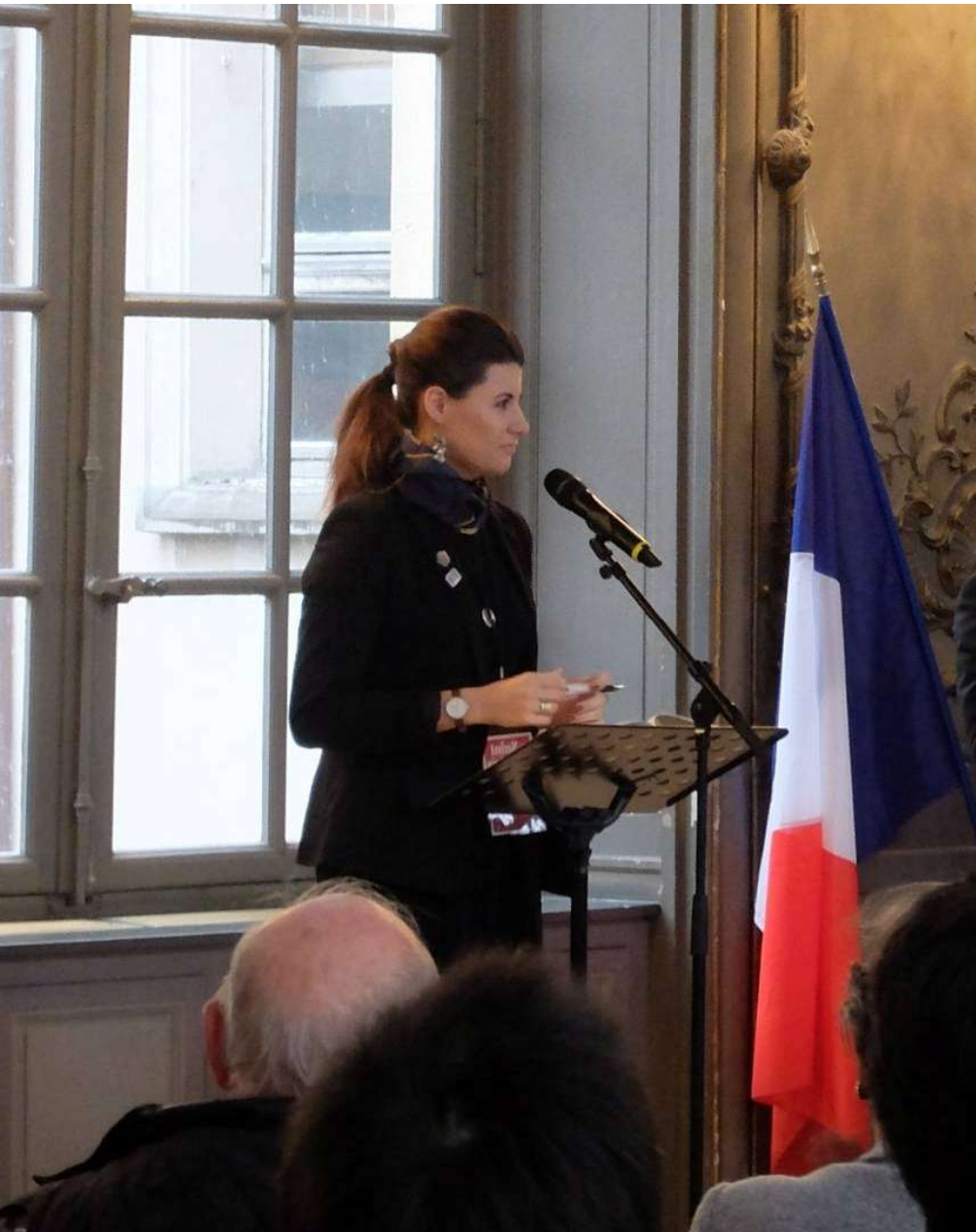
Assistant Language Teacher

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

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>



The JET Experience

"Every situation is different"





Urban Life

- 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

- 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)



Future Involvement



More details available in the Application Guidelines





JET Qualities

- Strong communicator
- Open-minded
- Curious
- Adaptable
- Proactive
- 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



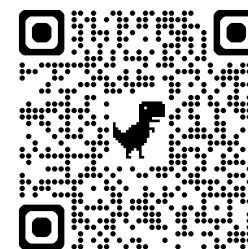
5 NOV	Applications close	
NOV-DEC	Applications reviewed	
JAN-FEB	Interview stage	
MAR		Early candidates notified, COs assigned
APR	Short-list candidates and alternates notified	Early CIRs depart
MAY	Contracting organisations (COs) assigned	Early ALTs depart
JUN	Pre-departure orientation, preparation	Upgraded alternates notified
JUL	July cohort departs	
OCT		



How to Apply



Access the online application links from the Embassy of Japan website:



Email all required documents as PDFs to jet@cb.mofa.go.jp

Must arrive by **5pm AEDT, 5 November 2026.**

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	PDF* or My eQuals
5	Graduation certificate (testamur) or document indicating expected graduation	PDF* or My eQuals
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

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



Supports

- AJET Peer Support Group
 - LGBTQIA+ community groups
 - Mental health assistance program
-

- 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
- 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

✍ Register your email

➕ Follow us on our socials



CGJapanSyd



CGJSYD



Contact Us

✉ sydneyjetdesk@sy.mofa.go.jp

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