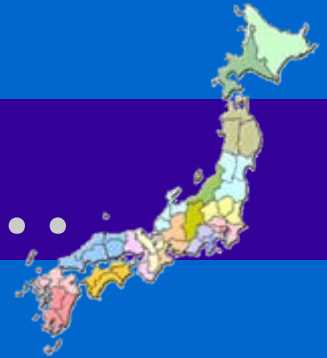
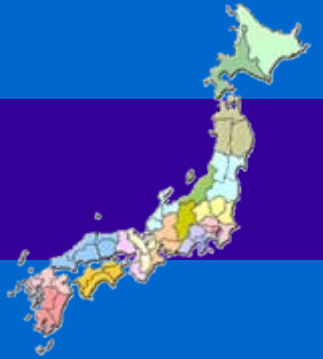




# Gettin' to Know You...



- ALT, 2000-2002
- Clinical Research Associate
- “Amateur” relationship with Japan
  - career has nothing to do with Japan or Japanese language
  - President of JETAA Montreal



# Get the Gist

- Get Ready – from now until July
- Get a Life – dreaded RCS
- Get Involved – JETAA & Networking
- Get a Job – ideas and strategies
- Get Educated – continuing Japanese

# Get Ready



- Buy your favourite stuff?
  - Food, music, electronics
  - Buy a pair of glasses? (Cheaper than Canada!)
- Arrange for shipping your stuff home
- Take a vacation?
  - Convert your visa for 90 more days
  - Travel in Japan
  - Travel overseas (volunteer? Peace Boat? Habitat?)

# Get a Life



- Catch up with friends and family (start before you leave!)
- Get settled
  - residence, transportation, Internet, TV
- Relax
  - sleep in, go for coffee, watch TV, etc.
- Deal with Reverse Culture Shock

# *Don't Get Sick!*



- Get your medicare card again!! (BC, ON, QC, NB)
  - 3 month waiting period for these provinces.
  - Starts when you *apply!*
  - Consider private insurance in the meantime (Blue Cross, ~200\$)

# *Don't Get Shocked!*



- 'The often unexpected and difficult period of disorientation and readjustment experienced after returning to one's own culture after an extended period of living abroad.'
- Most people anticipate some culture shock; very few believe they will experience reverse culture shock.

# Get Through It



- Stages:
  - Initial Euphoria (may be brief or not happen at all)
  - Irritability and Negativism (may be lengthy)
  - Gradual Adaptation
  - True Bi-Culturalism
- Almost the same as those of Culture Shock
- Not just side effects; necessary

# Get Back at It



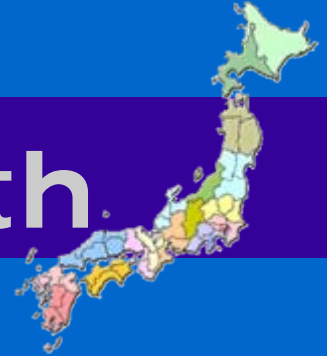
- Can beat RCS symptoms by:
  - Anticipating Reverse Culture Shock
    - for example, get ready for a two- or three-year gap in your knowledge of music, TV, movies, sports, politics, fads, local news stories, friends' social activities, etc.
  - Setting small, achievable goals
  - Taking time to relax and reflect
  - Getting lots of rest
  - Enjoying little pleasures

# Get Your Money Back



- Apply for your Japanese Pension refund!
  - About \$7000 per year on JET
  - Takes several months
- Need a contact in Japan *before you leave*
  - Some paperwork must be filed once you're gone.
- Should be tax-free in Canada?
  - If in doubt, check with the International Tax Services Office in Ottawa.

# Get Your Money's Worth



- International Tax Services Office
  - <http://www.cra-arc.gc.ca/contact/international-e.html>
  - 1-800-267-5177 in Canada or US
  - 1-613-952-3741 from elsewhere  
*(they accept collect calls)*

# Get Connected



- Canada National Nikkei Heritage Centre  
<http://www.nikkeiplace.org>
- Japan Cultural Centres
  - Promote understanding of Japanese culture
  - Sponsor regular cultural events
  - Fellowship programs
  - Great resource for cultural information
- Cultural and Sporting Groups
  - Ikebana, Judo, Taiko, Tea Ceremony, etc.
- JET Alumni Association

# Get Involved - JETAA



- An international, volunteer-run, not-for-profit association created in 1989
- Free lifetime membership for alumni
- Supported by CLAIR & MOFA
- Social, community and JET Programme-related activities
- Great way to 'stay in touch' with Japan

# Get Involved - JETAA



- JETAA Canada & JETAA International  
<http://www.jetaa.ca/> , <http://jetalumni.org/>
- Canadian chapters based in:
  - BC (Vancouver)
  - Edmonton
  - Calgary
  - Winnipeg
  - Toronto
  - Ottawa
  - Montréal

# Get Involved - JETAA



- Chapter activities include:
  - Pre-Departure Prep Seminar
  - Returning JETs Career Seminar
  - Newsletters (usually!)
  - Shinnenkai
  - Consulate activities (including JET interviews)
  - Dragon boating (Vancouver, Winnipeg, etc.)
  - “Onsen” (Montréal)
  - Dining out, movies, bowling, potlucks, etc.

# Get Involved - Other



- Canada/Japan Associations
  - Vancouver Mokuyokai  
<http://www.mokuyokai.bc.ca>
  - The Japan Society  
<http://www.japansocietycanada.com/>
  - Japan Studies Association of Canada  
(カナダ日本研究学会)  
<http://dlll.yorku.ca/jsac/> &  
[http://dlll.yorku.ca/jsac/jsac\\_links.html](http://dlll.yorku.ca/jsac/jsac_links.html)
- Social activities
- Volunteering



# Get a Job

- Unemployment rate in Canada (2006): 6.3%

NL	PEI	NS	NB	QC
14.8%	11.0%	7.9%	8.8%	8.0%
ON	MN	SK	AB	BC
6.3%	4.3%	4.7%	3.4%	4.8%

Great economic boom in AB and SK !!

# Get a Job



- Practical tips:
  - Refine your goals
  - Research options
  - Customize your résumé
  - Obtain additional skills and qualifications
  - Volunteer for practical experience
  - Network
  - Be persistent!

# Get, Inc.



- Public sector
  - Government: for example  
Dept. of Foreign Affairs & Int'l. Trade  
<http://www.dfait-maeci.gc.ca/>
- Private sector
  - Japanese Companies
    - Canada/US based (e.g. Mitsubishi, CAPTIN)
    - Overseas-based
  - Canadian companies
    - Some Japanese operations



# Get, Inc.

- Japanese language has lost some popularity
  - consequent drop in student numbers and teacher demand
- Japanese losing ground to other languages
  - Chinese, Korean, Spanish

# Get a JET-fueled Job



- How to leverage your JET experience on the job market:
  - JET is *not* a passport to a great job (but it can be an advantage)
  - JET skills are ‘soft skills’; supplement with ‘hard’ skills, like more training
  - Language proficiency expands options

# Get Looking - Canada



- HRSDC, Service Canada
  - Human Resources & Skills Development Canada  
(<http://www.hrsdc.gc.ca/en/home.shtml>)
  - Service Canada – Training & Careers  
<http://www.jobsetc.ca/>
  - Service Canada – Job Bank  
[http://www.jobbank.gc.ca/Intro\\_en.asp](http://www.jobbank.gc.ca/Intro_en.asp)



# Get Looking - Online

- Online sources

- Google it!

- Monster

- <http://www.monster.ca> , [monster.com](http://monster.com)

- Workopolis

- [www.workopolis.com](http://www.workopolis.com)

- Working (Canada.com)

- <http://working.canada.com/>



# Get Looking - Other

- Recruitment Agencies
- Newspapers
  - English
  - Japanese-language papers
    - Oops! (bi-weekly)
    - Vancouver Shinpo
    - Montreal Bulletin
    - Nikka Times (National)
- JETAA Seminars
- Networking
- Approach prospective employers directly

# Get Back to Teaching



- Education
  - Public Schools
  - Private Schools
  - Advanced Education
  - Language Schools

# Get TEFL/TESOL



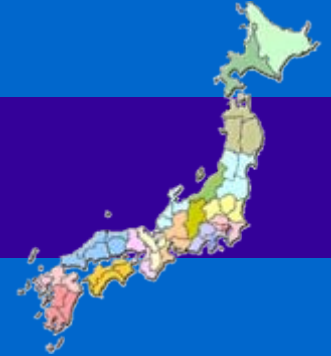
- Popular choice for ex-JETs
- A wide range of colleges/universities offer courses
- Teacher of English for Speakers of Other Languages (TESOL)  
<http://www.tesol.org>
- Japan Association for Language Teaching (JALT)  
<http://www.jalt.org>



# Get Educated

- Japanese Language Education
  - Universities
  - Colleges
  - Community Colleges
  - Night Courses
  - Conversation Groups
  - Language Exchange

# Get Tested



- Japanese Language Proficiency Test
  - 日本語能力試験 / Nouryoku Shiken
  - <http://www.douglas.bc.ca/cie/project/jlpt/jlpt.html>
  - Held in Vancouver & Toronto (& several US cities)
  - Apply by September; test is in December
- JETRO Business Japanese Proficiency Test
  - <http://www.jetro.go.jp/en/jetrotest/>
  - Held in Vancouver & Toronto
  - Held twice a year, in June & November

# Get Back to Japan



- Study in Japan
  - <http://www.studyjapan.go.jp/en/>
- Working Holiday Program in Japan
  - [http://www.mofa.go.jp/j\\_info/visit/w\\_holiday/](http://www.mofa.go.jp/j_info/visit/w_holiday/)
  - Canadian citizens, 18-30 years old
  - 6-12 month working holiday visa
  - return ticket and “sufficient funds”
  - contact Japanese Consulate/Embassy

# Get Seasick?



- Peace Boat
  - “We welcome everyone, regardless of age, nationality, race, religion or gender.”
  - Next voyage departing Japan  
September 23<sup>rd</sup>, 2007 to January 10<sup>th</sup>, 2008
    - (Application Deadline May 25, 2007)
  - Onboard Volunteers
    - English/Japanese Interpreters
    - English Language Teachers

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# Got Questions?



Sylvie Cornibert

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