



Life as a JET with a Family

You have made it to Japan, and you are bringing some back-up: your family!

Things will be very different for most of you, and here are a few tips to help you get settled before your family arrives:

Air out your home as soon as you arrive

Find out what each button does for household appliances

Locate in your tatami room your futon mattress closet

Figure out garbage and recycling collection dates

Introduce yourself to neighbors with *omiyage* (gifts)

Confirm your plan to pick up your family

Now that your family is here, you will need to get them registered.

Things your family might need:

Alien Registration cards

Hanko (判子 aka inkan 印鑑)

Address stamps

Child Welfare (児童手当

jidou teate) every 4 months

Medical/Hospital cards

Additional health insurance



Getting married?

Register at your City Hall and contact your nearest consulate

Having a baby?

Get a Maternity Health Record Book (母子健康手帳 boshi kenko techo) from your City Hall

Your Supervisor and Prefectural Advisors can help you deal with most problems if you ask.

Agencies to contact for more information and assistance:

TELL Lifeline: 03-5774-0992 (9 am to 4 pm and 7 pm to 11 pm) Visit <http://www.telljp.com>

CLAIR JET Line: 03-3591-5489 (9 am to 5.45 pm)

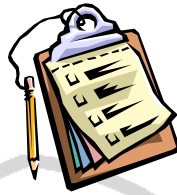
Family JET Special Interest Group: FamilyJetsContact@yahoo.com (mailing list)

AJET Peer Support Group: 0120-43-7725 (toll-free, 8 pm to 8 am) or jetpsg@yahoo.com

International Mental Health Specialists – Japan: <http://www.imhbj.org/>

Answers to most questions about Japan: <http://www.japan-guide.com/e/e625.html>

Checklists



At City Hall

- Get your supervisor's contact details – at work & after hours
- Your home address written in Japanese and English
- Alien Registration card
- Register your *hanko* with City Hall
- Open bank account – joint account
- Register at City Hall for Child Welfare
- Enroll your kids in school/daycare

At Home

- See if the electricity is on – find fuse box
- Check hot water system is on – how do you turn it on/off if power cuts out
- Learn how to make and air out a futon
- Ask to be shown how to operate your appliances:
 - Stove/Grill – it will be gas
 - Washing Machine
 - Microwave/Oven
 - Air conditioner/TV etc.
- Home phone number – decide if you need the landline
- Internet connection – it might take a month to get set up
- Mobile/cellular phone = *keitai* (携帯電話 keitai denwa – check for family plans)

Shopping

- Ask where colleagues/neighbours shop – find out which are the sale days
- Search out 100 yen shops
- Ask for a Point Card at shops and restaurants – good bonuses
- Look for discount stickers
- Find out about cooking classes and community dining events
- Beware the ubiquitous vending machines!

Your Spouse

- Work Opportunities – Part-time or Full
- Change VISA status from dependant to working
- Join club, classes, gym, pool – things you can do together, or do by themselves
- Tell them you love them!

Your Kids

- Teach them how to use public toilets, when to remove shoes, etc.
- Does their daycare/school provide lunch?
- School uniform and supplies
- Get a class buddy (and a parent buddy for you)
- Tell them you love them and are so proud of them!!

Find the handouts on-line for these recommended workshops:

CLAIR: http://www.jetprogramme.org/e/current/conferences/tokyo_ori.html

Your First Month, Driving in Japan, Community Involvement, Japanese Etiquette

AJET: <http://ajet.net/modules/wfdownloads/viewcat.php?cid=2>

Getting the Most for Your Yen, Food and Cooking, Travel as a JET