

Thriving as a rural JET!!!

Survival tips

- **Eat well** take advantage of the local produce and **stay healthy**
- **Smile** it makes a huge difference and it's so easy!
- **Walk around** your town and get to know the area.
- **Ask ask ask!!** ask when you arrive where the supermarket, post office etc. are
- **Talk to everyone-** grannies, kids on the street!!
- **Make your home your own**, don't be afraid to spend money to be comfortable
- Make a **routine**, plan lots of cool activities and get out of the house
- Take **trips** outside your town and outside Japan
- Take up some new **hobbies** or continue some from home
- Stay in touch with home - **Skype!!**
- Remember when life gets tough "this too is part of the adventure"

Learning Japanese hints

Genki (textbook) Minna no nihongo (textbook) Japanese for busy people (textbook)
White rabbit press kanji cards Try taking the JLPT (Japanese proficiency test)

Random information

Foreign bank cards will usually work at the post office ATM

Many shops don't take credit cards. Japan is a **cash nation**.

ATMs close early and may not be open at weekends.

Need to talk- Call the **JETLINE** from 9am-5:45pm M-F 03-3591-5489 or the **AJET Peer Support Group** from 8pm to 7am 0120-437-725

The **Kanji survival guide** by AJET has translations of kanji's you will see in you day to day life and may be worth getting.

Hobbies

Taiko	Japanese drumming	Shodou	Calligraphy
Ikebana	Flower arranging	kagura/Kabuki	Japanese traditional theatre
Kendo	Japanese fencing	Nihon buyou	traditional dance
Sado	Tea ceremony	Kenjutsu	Martial arts using swords
Kyudo	Japanese archery	Martial arts: aikido, judo, karate, jujutsu..	

These are just a few examples of some hobbies, there are many many more!!

Notes!



