

HOW TO SURVIVE

Your First Month



みな だるま
皆さんこんにちは。達磨くんです。

Hello, I am a Daruma wish doll.

In the beginning I have no eyes, but when you have thought of a wish or a goal you colour in one of my eyes.

Then, when that wish or goal comes true, you colour in my other eye.

We are symbolic of optimism, persistence, and of the desire to do our best.



QUIZ TIME



You can sign an official document (i.e. credit card application, bank account application) with any old ball pen.



FALSE

You will need a hanko/inkan.
(personal stamp)



It is possible to leave and return to Japan using only the work visa in your passport.



FALSE

You will need a Re-Entry Permit.



Your First Week

IMPORTANT THINGS TO DO



Getting started

To be done as soon as possible

- Getting a Hanko/Inkan (personal stamp)
- Alien Registration Card (Gaijin Card)
- Bank Account
- Telephone or Keitai
(mobile/cellular/handy phone)
- Register with your Embassy
(this can be done online in most cases)
- Get a Re-Entry Permit



Bills, bills, bills

- Set up any automatic bill payments. Especially the following:
 - Rent
 - Electricity
 - Water
 - Gas
 - Phone
 - NHK Subscription (if you have a TV)
 - National Insurances
- Find out about how to pay your Residence Tax.



Your first week in Japan will be one of the busiest of your time here. Apart from the JET Tokyo Conference, you will have a lot of things to get done.

Once this is all done, you can relax for a bit...



QUIZ TIME



For most of August you will most probably be bored stiff and left to your own devices.



TRUE

But even then,
you will have a lot to do.



At Work

SUGGESTIONS FOR A
SMOOTH TRANSITION



First month at school..

- Doing these will help you quickly settle into your Japanese workplace
 - Master your self introduction
 - Make a Meishi (business card Japanese style)
 - Give Omiyage (a little present) to your boss
 - Introduce yourself to everyone
 - Find out what you will be teaching
(sit in on classes or visit your schools)
 - Make a few lesson plans (for ALTs)



... and socializing

- There will be a few events that you will have to attend. These may include:
 - Your welcome enkai (party)
 - English department enkai
 - BOE enkai
 - Prefecture/City Orientation
 - Local AJET enkai (usually you have to pay)
- (These may be free)
- Enkai usually cost ¥3000~ ¥5000



QUIZ TIME



You can throw all your garbage together in one bag and leave it at the gate.



FALSE

You need to separate your garbage according to the local rules.



On Your Own

SETTLING IN TO YOUR
NEW HOME



Be an adventurer...

- During your free time, you may want to do some of the following:
 - Introduce yourself to everyone
 - Get lost (in your neighbourhood)
 - Make a map
 - Find out about the public transport network



...explore your area...

- Dealing with loneliness can be hard in the first few weeks. Some ways of dealing with this are:
 - Getting to know your new Community
 - Your Senpai (JETs who have been here a while)
 - Your Neighbours
 - Local Events
 - Learning the Lingo (in this case, Japanese)
 - Find a tutor
 - Start language classes
 - Enroll in the JLPT (Japanese Language Proficiency Test)



...and tidy up any loose ends.

- Some other things that you may want to do, may include:
 - Cleaning your house
 - Making your house a home
 - Get the internet
 - Make a budget
 - Figure out your appliances
 - Convert your drivers license



And when that's all done?

It is very important to remember to relax.

Even though you may be running around like a headless chicken at times, it is important to sit down and take a break. So why don't you...



Questions Anyone?

Have a break, have a Kit-Kat.
And we'll try to answer some of your questions.



QUIZ TIME



Your first month will be fun, fascinating,
interesting, challenging, scary, an emotional
rollercoaster, stressful, and

AWESOME.



TRUE

But you will only get back
what you put in.



終わり

(The End...)

