Q&A

Q I'm interested in the ALT position, but I can't speak Japanese. Is language learning support provided?

A An online Japanese language course for different levels is provided for JET Programme participants to help improve communication in the workplace and promote the understanding of Japan and its regions.

Q Are there opportunities to improve professional skills and learn about daily life in Japan?

A Training related to business manners and daily life in Japan is provided for JET Programme participants directly after arrival and during their appointment. Courses related to team-teaching methods and translation and interpretation are also offered.

Q Is support provided in the case of an emergency, like an injury or illness?

A JET Programme participants are covered by health insurance and JET Accident Insurance to reduce the costs of medical expenses and personal liability incurred due to injuries or illnesses.

Q Can I consult with a specialist if I am having problems related to life in Japan or work while on the programme?

A Online consultation is available for JET Programme participants to speak with counsellors free of charge about personal or professional issues.
A partial subsidy (50%, up to 30,000 yen per fiscal year) is provided for counselling costs incurred through consultation with mental health professionals which are not covered by health insurance.

Q Is there support to learn about teaching methods if I have no experience in teaching English?

A In addition to various training opportunities to improve teaching skills, JET Programme participants are provided with subsidies to obtain TEFL/TESOL certifications.

Q Is there any support available to help with my career once I complete the programme?

A Career fairs in Tokyo and Osaka, internships, lectures, and networking events are available for all JET Programme participants and alumni in order to support their post-JET careers.

Recruitment and Selection

The recruitment and selection of JET Programme participants is conducted at Japanese embassies and consulates around the world. Applications received by the deadline are screened and interviews are conducted for selected candidates.
Please contact the Embassy or a Consulate of Japan in your home country for more detailed information about the recruitment and selection process.

Japanese Embassies

Embassy of Japan in the United States of America
Tel (1-202) 238-6772/6773
jetprogramusa.org

Embassy of Japan in the UK
Tel (44-20) 7465-6500
www.jet-uk.org

Embassy of Japan in Australia
Tel (61-2) 6273-3244
www.au.emb-japan.go.jp

Embassy of Japan in New Zealand
Tel (64-4) 473-1540
www.nz.emb-japan.go.jp

Embassy of Japan in Canada
Tel (1-613) 241-8541
jetprogramme.ca

Embassy of Japan in Ireland
Tel (353-1) 202-8300
www.ie.emb-japan.go.jp

Embassy of Japan in France
Tel (33-1) 4888-6200
www.fr.emb-japan.go.jp

Embassy of Japan in Germany
Tel (49-30) 210940
www.de.emb-japan.go.jp

Embassy of Japan in China
Tel (86-10) 8531-9800
www.cn.emb-japan.go.jp

Embassy of Japan in Korea
Tel (82-2) 2170-5200
www.kr.emb-japan.go.jp/itprtop_ja/index.html

Embassy of Japan in Russia
Tel (7-495) 229-2550
www.ru.emb-japan.go.jp

Embassy of Japan in Brazil
Tel (55-61) 3442-4200
www.br.emb-japan.go.jp

Embassy of Japan in South Africa
Tel (27-12) 452-1500
www.za.emb-japan.go.jp

Embassy of Japan in the Philippines
Tel (63-2) 8551-5710
www.ph.emb-japan.go.jp

Embassy of Japan in Singapore
Tel (65) 6235-8855
www.sg.emb-japan.go.jp

Embassy of Japan in Jamaica
Tel (1-876) 929-3338
www.jamaica.emb-japan.go.jp

Embassy of Japan in Trinidad and Tobago
Tel (1-868) 628-5991
www.tt.emb-japan.go.jp

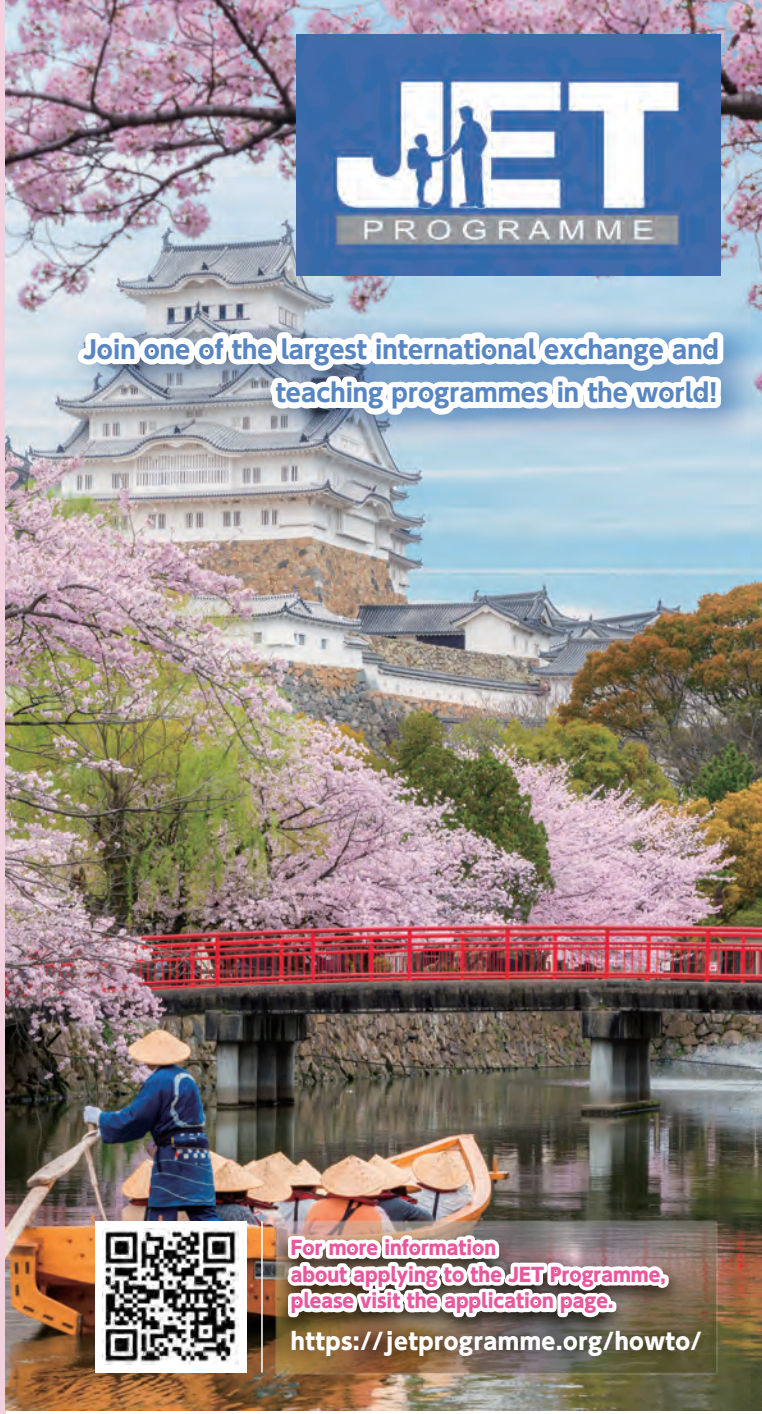
Embassy of Japan in Barbados
Tel (1-246) 538-5700
www.bb.emb-japan.go.jp

Embassy of Japan in Vietnam
Tel (84-24) 3846-3000
www.vn.emb-japan.go.jp

Embassy of Japan in India
Tel (91-11) 4610-4610
www.in.emb-japan.go.jp

Recruitment may also be conducted in countries other than those listed above. Please confirm with the Embassy of Japan in your home country.

2025.1



CLAIR Council of Local Authorities for International Relations
jetprogramme.org

The JET Programme

The Japan Exchange and Teaching (JET) Programme started in 1987 with the aim of promoting grassroots international exchange between Japan and other countries. As of 1 July 2024, there are 5,861 participants from 51 countries in Japan.

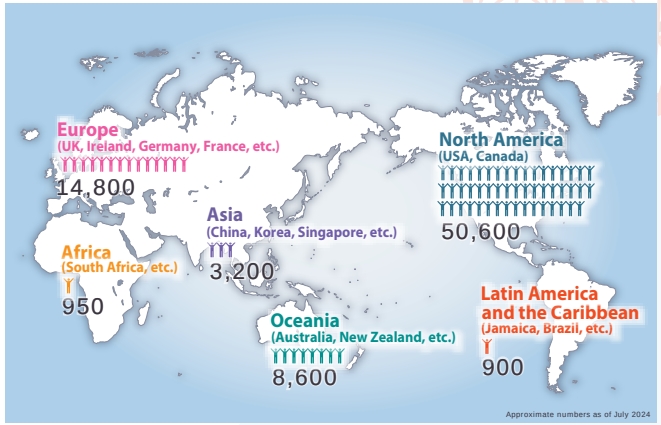
Since the beginning of the JET Programme, there have been more than 79,000 participants from 80 countries around the world.

The JET Programme is administered by Japanese local governments in cooperation with:

- The Ministry of Internal Affairs and Communications (MIC)
- The Ministry of Foreign Affairs (MOFA)
- The Ministry of Education, Culture, Sports, Science and Technology (MEXT)
- The Council of Local Authorities for International Relations (CLAIR)

JET Programme participants are employed by prefectures and municipalities throughout Japan and work in local government organisations or schools.

Over 79,000 participants from 80 countries



Job Types

Assistant Language Teacher (ALT)



Participants employed as ALTs are placed in schools or local boards of education. ALTs assist teachers with foreign language lessons, and are thus involved in the preparation of teaching materials and in extracurricular activities such as English clubs. More than 90% of JET participants are ALTs.

Coordinator for International Relations (CIR)



Participants employed as CIRs assist local government organisations in various international exchange activities.
Due to the nature of their work, CIRs are required to have a good command of the Japanese language (equivalent to N2 or higher of the Japanese-Language Proficiency Test).

Sports Exchange Advisor (SEA)



Participants employed as SEAs work for local government organisations coaching sports. SEAs are professionals who assist with training and the planning of sports-related projects, as well as international exchange activities.

General Conditions

(1) Period of Participation

- In principle, participation is for a one-year period starting from the day after arrival in Japan.
- If the contracting organisation deems the participant's work performance to be of the required standard, it is possible to renew for up to a total of three years. If performance is deemed to be exceptionally high, it is possible to renew for up to a total of five years.

(2) Work Hours

- 35 hours per week, standard (typically Monday to Friday)

(3) Holidays

- Saturday, Sunday, Japanese national holidays, paid leave (at least 10 days)*

* Due to work circumstances, JET Programme participants may be asked to work during weekends and national holidays.

(4) Remuneration

- JET Programme participants receive a remuneration of approximately 4.02 million yen for their first year of appointment. Remuneration increases with subsequent appointments.

(5) Assignment

- JET Programme participants are assigned to local government organisations and schools throughout Japan. Although placement requests are possible, they are not guaranteed.

Eligibility

Applicants must:

- Be interested in Japan and be willing to deepen their knowledge and appreciation of Japan.
- Hold at least a Bachelor's degree or obtain such qualifications by the designated arrival date in April or July/August (ALT and CIR applicants only).
- Be a national of the country where the recruitment and selection procedures take place and not possess Japanese citizenship.
- Not have lived in Japan for six or more years in total in the past ten years.

For more details, please refer to the JET Programme website:
https://jetprogramme.org