

A nighttime photograph of a city, likely Vancouver, with a large cruise ship docked at a pier in the foreground. The city lights are visible in the background, and the ship is illuminated with warm lights. The text "2024 Welcome Orientation PA Talk" is overlaid on the image in a white box.

2024 Welcome Orientation PA Talk

What do the PAs do?

- Provide information and refer you to other resources
- Assist with communication and mediation
- Plan conferences

nagasaki.pa@gmail.com

****Anything shared with the PAs remains confidential within the PAs****

Taxes

GIH p63 ~ 65

Types of Taxes:

- Personal Income Tax
- Municipal Resident Tax
- Home Country Taxes

- Your tax requirements will differ based on your nationality and the length of your period of stay.
- Consult the GIH and your local tax office to understand what your tax requirements are.

****We are NOT tax experts!****

Insurance

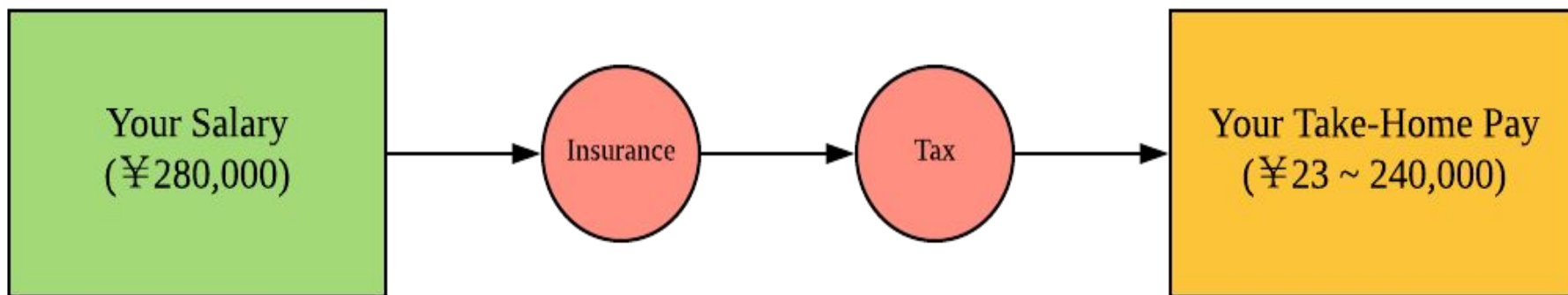
- All JET participants are covered by 4 types of insurances:

1. Health insurance
2. Pension insurance
3. Employment insurance
4. JET accident insurance

Insurance and Taxes

GIH p53 ~ 65

報酬月額 (Remuneration)	通勤費用 (Commutation allowance)	[標準報酬月額] 合計 (Sum)	社会保険料 (Social Insurance)			雇用保険料 (Employment Insurance)	課税対象額 (Taxables)	所得税 (Income Tax)	市町村民税 (Resident Tax)	控除計 (Deduction (Sum))	差引支給額 (Take-home)
			健康保険	厚生年金保険	合計						
280,000円	0円 0円	[280,000円] 280,000円	14,168円	24,959円	39,127円	1,120円	239,753円	甲(0人) 6,210円	0円	46,457円	233,543円
280,000円	0円	280,000円	14,168円	24,959円	39,127円	1,120円	239,753円	6,210円	0円	46,457円	233,543円



Reappointment

GIH p65 ~ 69

- JETs are NOT guaranteed reappointment – even for a second year.
- Maintaining a good relationship with your supervisor and co-workers is important.
- Be proactive in asking for feedback.
- Reappointment deadline will be set by contracting organization and may be as early as October.

CO Intent to Reappoint/Participant Intent as to Reappointment
再任用意思通知兼意思確認調書

(For Contracting Organisation use 任用団体記入欄)

Date 日付:	2023 / 12 / 14
JET No. :	
Name :	
We intend to reappoint you on the following conditions: 当団体は、以下の条件で、あなたの再任用を希望します。	
(1) Host Prefecture/Designated City 取りまとめ団体 :	Nagasaki Prefecture 長崎県
Contracting Organisation 任用団体 :	Nagasaki Prefecture 長崎県
(2) Job-Type 職種 :	ALT
(3) Term of Appointment 任期 : (standard 1 year reappointment 通常 1 年間の再任用)	
	2024 / 8 / 1 — 2025 / 3 / 31
	2025 / 4 / 1 — 2025 / 7 / 31
(4) The Terms and Conditions will for the most part be the same as in the 2022-2023 JET Programme year. その他任用規則等については、概ね令和 4 年度に準ずるものとする。	
Contracting Organisation :	Nagasaki Prefectural Board of Education High School Education Division
所属部署	長崎県教育庁高校教育課
Contracting Organisation Head :	Director
所属長	課長

(For JET Participant use) *Please indicate your intent by signing in the appropriate space below.

(JET 参加者記入欄) ※いずれか一方を選択して、日付を記入し署名してください。

I wish to accept reappointment on the JET Programme. 私は、JET プログラムによる職について、引き続き就業する意思があります。
Date 日付: _____
Signature 署名: _____
I DO NOT wish to accept reappointment on the JET Programme for the following reason(s). 私は、JET プログラムによる職について、以下の理由により引き続き就業する意思がありません。
Reason(s) 理由: _____ _____ _____
Date 日付: _____
Signature 署名: _____

To Those Being Reappointed: The decision to reappoint you may be rescinded in the event you conduct acts inappropriate of a JET participant, or you do not fulfill the conditions required for reappointment.

【再任用が内定した方へ】次期任用開始日までに、再任用者として不適格とみなされる事実が判明した場合や、再任用の条件を満たさなくなった場合には、再任用内定を取り消すことがあります。

Transfers

GIH p67 ~ 69

- Extremely rare and only granted in exceptional circumstances (e.g. marriage, medical requirements, primary carer) AND if a position is available
- Deadline is usually early October
- Apply through supervisor



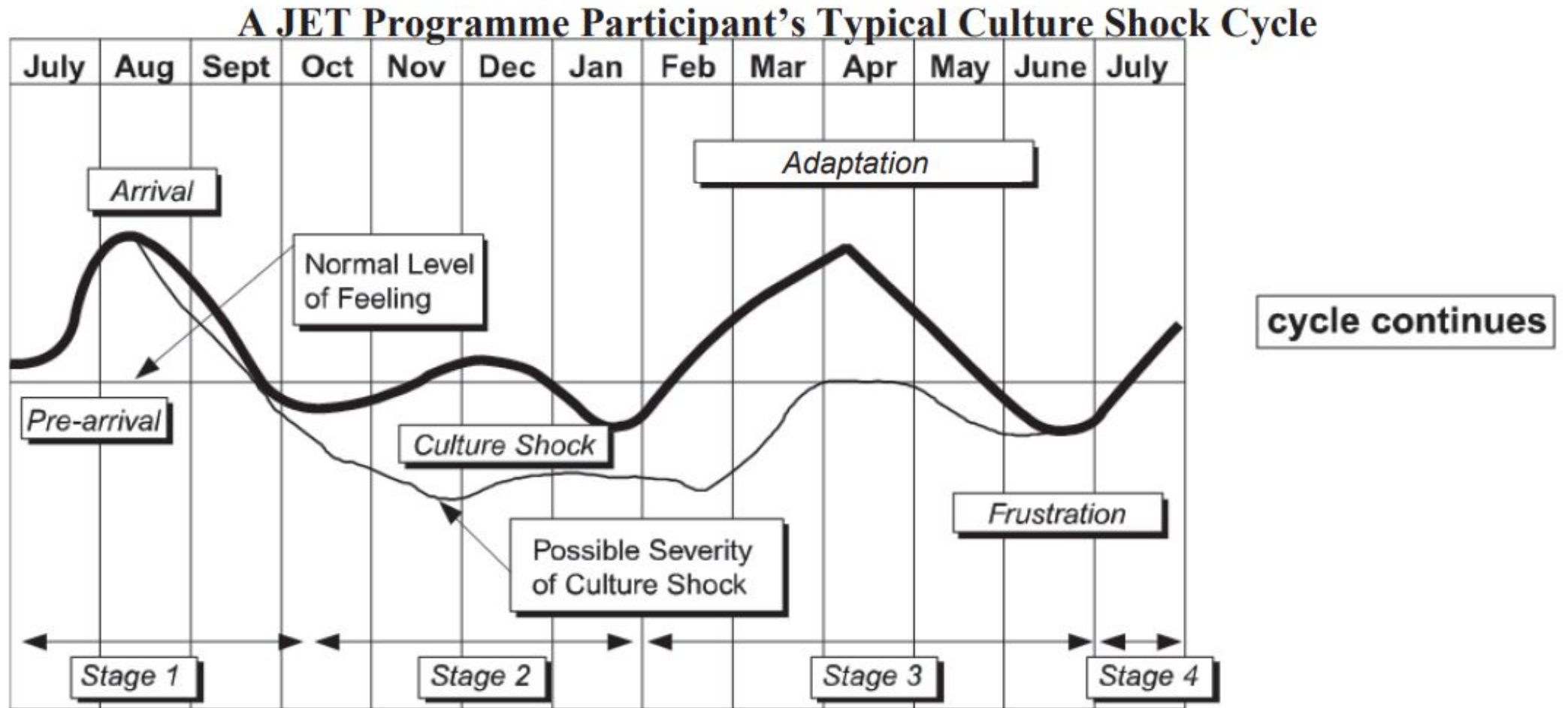
Emergency Action Plan (EAP)

Nagasaki JET
Website ☐
“Emergency Info”



Culture Shock

GIH p159~167



Culture Shock

- 1) Initial Euphoria (everything is new and exciting)
- 2) Irritation and Hostility (focus turns on the differences, feel homesick, have negative attitude towards Japan)
- 3) Gradual Adjustment (understand the culture better)
- 4) Adaptation and Biculturalism (enjoy the culture, may experience reverse culture shock on return to home country)

This process may happen repeatedly

Mental Health Lifelines

GIH p227

List of Lifelines in Japan	https://www.inochinodenwa.org (Website in Japanese only)	
Tokyo English Lifeline (TELL)	9:00-23:00 Daily https://telljp.com/lifeline/	03-5774-0992
TELL Counselling (Tokyo)	By appointment https://www.telljp.com/counseling/	
IMHPJ (International Mental Health Professionals Japan)	https://www.imhpj.org/ (English only)	
AJET Peer Support Group	7 days a week, 20:00–7:00	050-5534-5566 Skype: 'AJETPSG' (English only) https://www.ajetpsg.com/

CLAIR Counselling Support

GIH p159

- CLAIR provides a 50% subsidy for counselling fees from a specialized counselling institution (either in Japan or overseas) that is not covered by Japanese National Health Insurance, with a limit of ¥ 30,000 per fiscal year.
- CLAIR also provides free counselling via webmail and Skype. To obtain login details, consult latest CLAIR monthly newsletter or ask your supervisor.

Workplace Relations

- Who is your employer?
- Read your contract
- Contracts differ between Contracting Organizations
- Communication with your supervisor



Private and Public Conduct

- Representing the JET community and your home country.
- Do not add or follow your students on social media.
- Do not meet up with your students outside of school.



Zero Tolerance for Drink Driving

GIH p117

- Absolutely NO alcohol may be consumed before driving (applies to any kind of vehicle, including a bicycle)
- Severe penalties apply (civil and criminal) – who is liable?
- Make alternative plans (e.g. taxi, daiko service)



OR



Traveling Abroad

Embarkation/Disembarkation Card for Special Re-entry Permit

外国人用 (再入国) 再入国入国記録 DISEMBARKATION CARD FOR REENTRANT ②

氏名 (漢字) 氏名 (漢字) 男 ① 女 ②
Name Family Name Given Names Male Female

国籍・地域 Nationality/Region 生年月日 Date of Birth Day 日 Month 月 Year 年 航空便名・船名 Last Sight No. /Vessel

以下の質問について、該当するものに☑を記入し、署名 (特別永住者の方は署名のみ) して下さい。 Please check the applicable items and put your signature. (For special permanent resident, please put your signature only.)

1 あなたは、日本国又は日本国以外の国において、刑事事件で有罪判決を受けたことがありますか? Have you ever been found guilty in a criminal case in Japan or another country? ☐ はい Yes ☐ いいえ No

2 あなたは、現在、麻薬、大麻、あへん若しくは覚せい剤等の規制薬物又は銃砲、刀剣類若しくは火薬類を所持していますか? Do you presently have in your possession narcotics, marijuana, opium, stimulants, or other drugs, swords, explosives or other such items? ☐ はい Yes ☐ いいえ No

3 あなたは、現在、現金をいくら所持していますか? How much money in cash do you presently have in possession? _____ (円, \$, W, 元, その他 Others ())

以上の記載内容は事実と相違ありません。
I hereby declare that the statement given above is true and accurate.

署名 Signature _____

再入国出国記録 EMBARKATION CARD FOR REENTRANT ①

出入国記録番号 区分
AAB 7076996 71

氏名 (漢字) 氏名 (漢字) 男 ① 女 ②
Name Family Name Given Names Male Female

国籍・地域 Nationality/Region 生年月日 Date of Birth Day 日 Month 月 Year 年 航空便名・船名 Flight No./Vessel

主な渡航先国名 Destination 航空便名・船名 Flight No./Vessel

☒ みなし再入国許可による出国を希望します。 Departure with Special Re-entry Permission. (希望する場合は☐にチェックしてください。) (Please check the box.)

署名 Signature _____

みなし再入国許可で再入国できる期間は出国の日から1年間又は在留期限までのいずれか短い期間です。(特別永住者は出国の日から2年間です。) Special re-entry permission is valid for 1 year from the departure date or until expiry of the period of stay, whichever comes first. この期間を延長することはできません。 This period of validity cannot be extended.

官用欄 Official Use Only

KA7AAB707699671

Tick the column “I am leaving Japan temporarily and will return” / “Departure with special reentry permission” and present with your passport and residence card

- Special “Reentrant Queue” to re-enter Japan
- Must return within one year of departure, and passport and residence card must still be valid

Traveling Abroad

- JET Accident Insurance also covers any accidents or illnesses while abroad.
- Must apply within 30 days of the accident or at the beginning of the illness.



Nagasaki JET Website → “Useful Links”

Available Resources

1. General Information Handbook
2. Nagasaki JET Website
3. Supervisor
4. Fellow JETs
5. Area Reps
6. PAs

