



2025 SDC PA Talk



What do the PAs do?

- Provide information and refer you to other resources
- Assist with communication and mediation
- Plan conferences (with the Working Committee)

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Anything shared with the PAs remains confidential within the PAs

TOPICS

- Nagasaki JET Website
- Mental Health Resources
- JET Accident Insurance
- Reappointment & Transfers
- Leaving JET
- Emergency Action Plan
- SDC
- Ways to Give Back to the Nagasaki JET Community



Nagasaki JET Website

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www.nagasakijet.com

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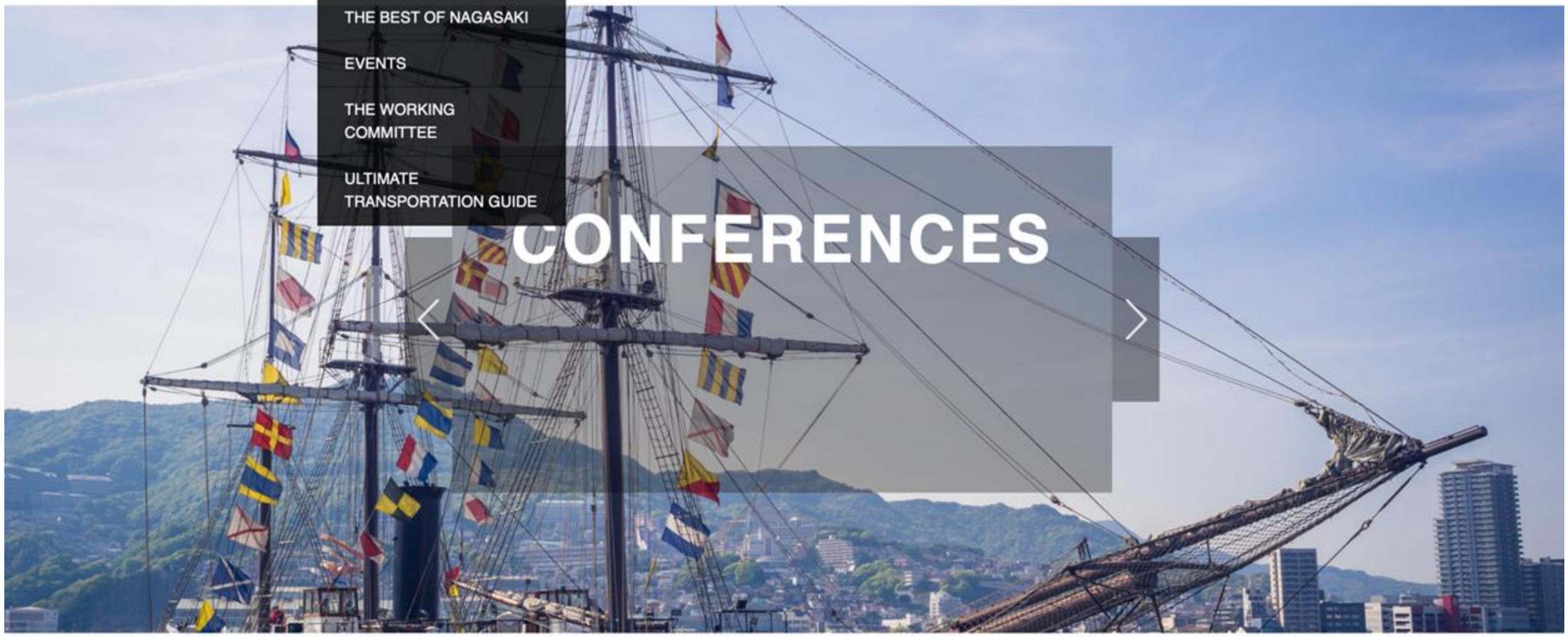
THE BEST OF NAGASAKI

EVENTS

THE WORKING
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ULTIMATE
TRANSPORTATION GUIDE

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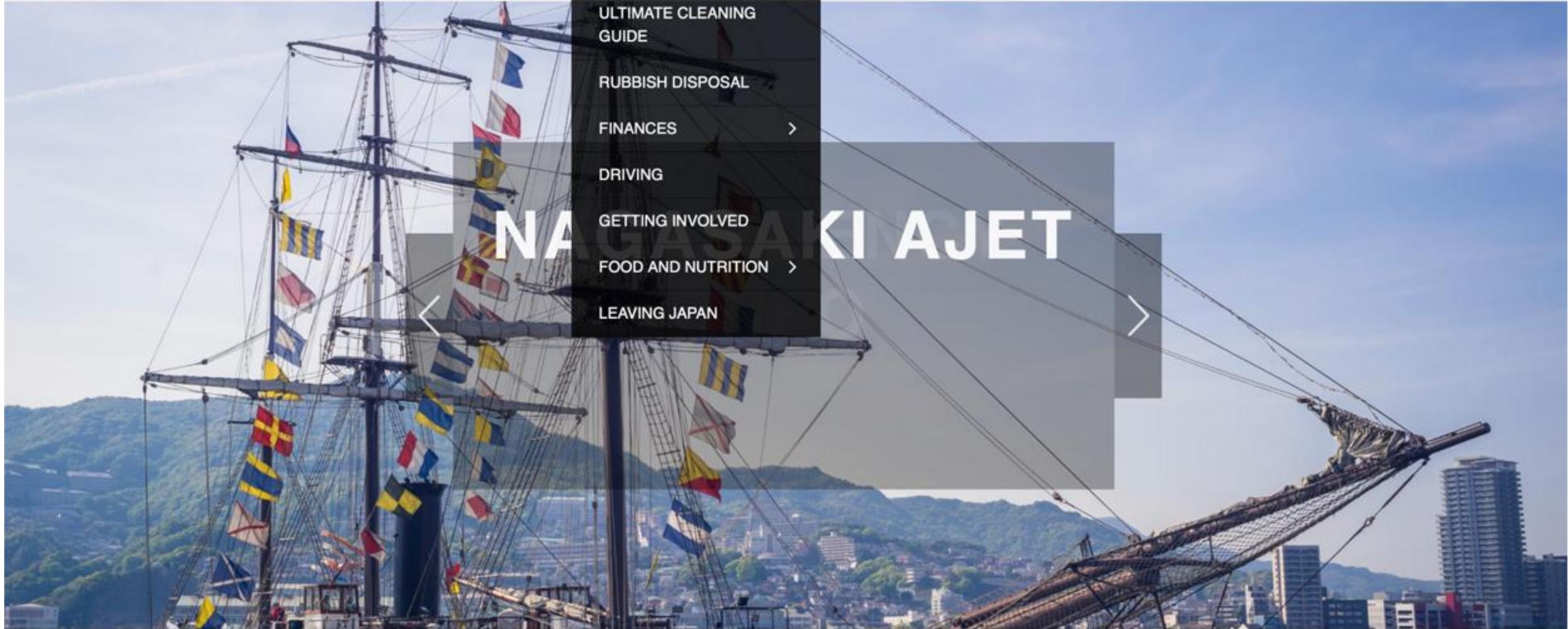
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NAVIGATING ELEMENTARY
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SCHOOLS

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PA CONTACT INFO

EMBASSIES

LEGAL SUPPORT

RESIDENCE CARD
RENEWAL

EMERGENCY INFO

INCOMING JET
NEED-TO-
KNOWS



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CONFERENCE 2025](#)

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PAST MONTHLY EVENTS >

OCTOBER EVENTS '25

NOVEMBER EVENTS '25

BLOGS



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 yen 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.

Mental Health Lifelines

GIH p249

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/



JET Accident Insurance (Overseas Travel Insurance)

GIH p 73 ~ 75

- In the case that a JET participant is injured or becomes ill, the JET Accident Insurance Policy allows JET participants to claim back medical costs incurred (**minus a ¥5,000 deductible and within the limits of the policy**).
- When receiving treatment, JET participants should first make use of their Social (Health) Insurance and then claim remaining costs with the JET Accident Insurance.
- The JET Accident Insurance also provides coverage for death caused by accident or illness, disability, and treatment for injuries and illnesses that occur during travel abroad or temporary visits to the JET participant's home country.
- Medical costs incurred due to injuries or illnesses that happened before the start of the insurance policy are not covered.
- For coverage details, please see the JET Accident Insurance Policy Guide <https://jetprogramme.org/en/jpai-outline/>

Reappointment

GIH p60~65

- 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.

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



Leaving JET

GIH p187~p201

- After JET Guide <https://jetprogramme.org/en/ajg/>
- Residence Taxes
- Pensions Refund and Tax Refund
- Appoint a Tax Agent
- Closing accounts – phone, bank, rent, utilities
- Shipping things home



Emergency Action Plan (EAP)

Nagasaki JET
Website
"Emergency Info"



Things to keep in mind for SDC

- SDC is an ALT-run conference for ALTs.
- All presenters (workshops, discussions, classroom carnival activities) have volunteered their own time to make these presentations for you.
- Please show respect to all presenters.



Your Feedback Matters

Constructive Feedback	Non-constructive Feedback
Not enough time for each speaker. Should cut down on content.	I didn't like the presenters.
Good game ideas. Well planned but a little unfocused.	I already knew all of this, so I found it useless.
I wish they could have explained a bit more about how to create the games because I had difficulty understanding.	The presenter's voice was irritating so I couldn't concentrate.



Join the Working Committee!

- Every year the Working Committee organizes two conferences: Welcome Orientation and SDC
- We are looking for volunteers to join the 2026 Working Committee team!



Volunteer for 2026 SDC!

- If there is a topic you think you should have been covered, then please volunteer to present at the next SDC!
- We can only run sessions which ALTs volunteer to present, so be the change you want to see.

