



# *From Culture Shock to Connection*

Presented by

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What's the most challenging  
for you these days —  
work, study, or  
community life?



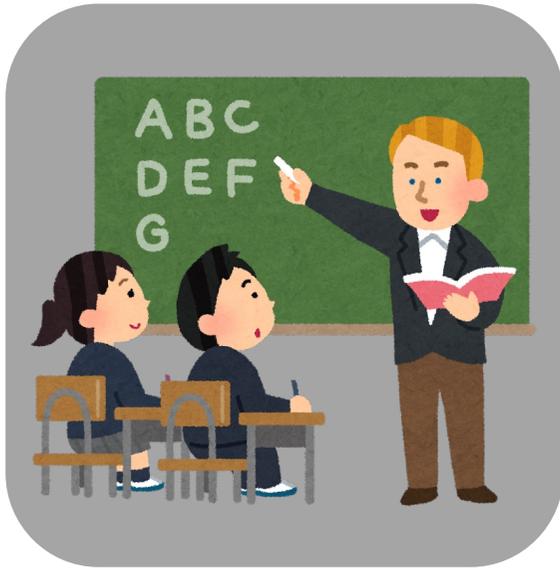


PART 1:  
ALT Life Hacks.  
Balancing Work Study &  
Community

Presented by  
Ray Magbanua



# The Three Pillars



Work



Study



Community

- Work → school life, JTEs, classroom tips
- Study → personal growth, hobbies, art, Japanese learning
- Community → belonging, balance, mental health

# Culture Shock → Connection

- Culture shock becomes manageable when you anchor yourself in:
  - **meaningful work**
  - **continuous learning**
  - **real connections**



がんばれ!

# SECTION 1: WORK

- Prepare
- Teach
- Connect



# Ray's Work Hacks

- **Simplify / Communicate / Engage**

**Hack 1:** Simple activities work best

**Hack 2:** Build micro-moments of connection

**Hack 3:** Communicate early with JTEs and ask how you can help



# Activities That Work

- Group work, gestures, and teamwork.



# Positive Classroom Energy

- Warm.
- Clear.
- Encouraging.



## SECTION 2: STUDY

- What inspires you?
- Art
- Japanese
- Storytelling
- Personal Projects



# Productive Free Time

- Studying Japanese
- English board creation
- Drawing



# Ray's Study Hacks

- **Habit / Real-world / Reflect**

**Hack 1:** Turn hobbies into skills

**Hack 2:** Use your environment as your classroom  
(signs, colleagues)

**Hack 3:** Weekly reflection:  
1 success, 1 improvement



# SECTION 3: COMMUNITY

- **Finding Community**
  - International centers,
  - Art clubs,
  - Church group,
  - Japanese circles,
  - The manga club I unintentionally started at school.
  - JETAA and AJET Community



# Ray's Community Hacks

- **Show Up, Share Skills, Keep Balance**

**Hack 1:** Attend at least one local event monthly.

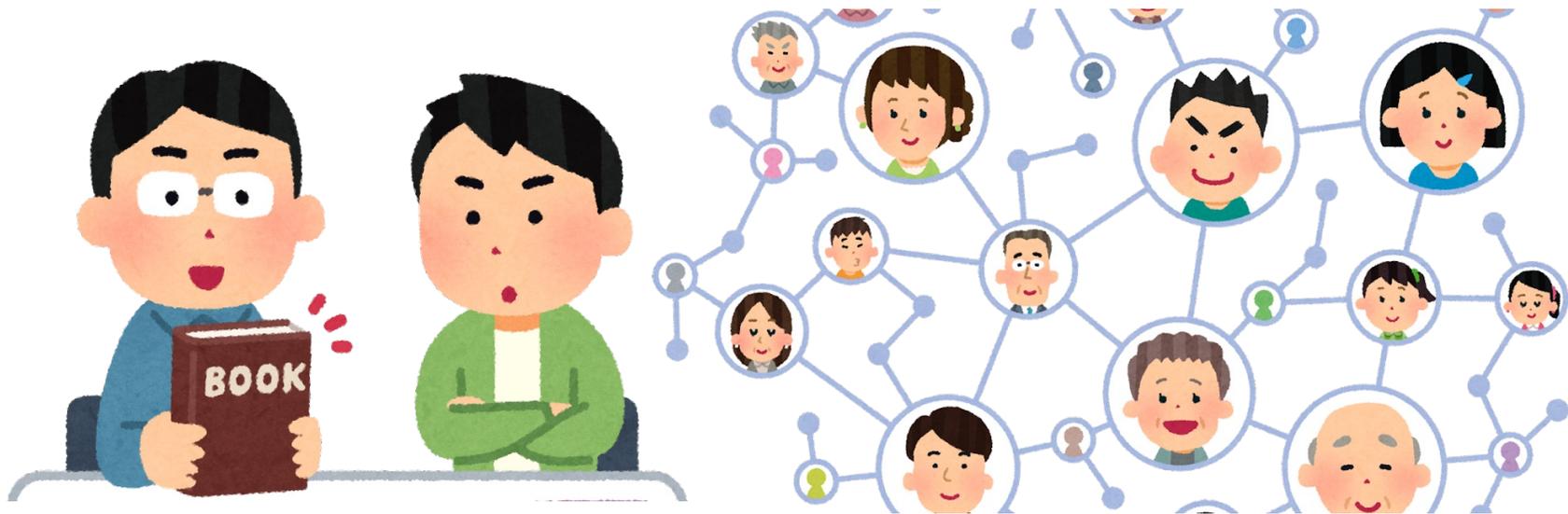
**Hack 2:** Mix your skills with community needs.

**Hack 3:** Don't burn out — balance introvert time and social time.



# Well-being Through Community

- **"Connection reduces culture shock."**  
Reflect on belonging, cultural awareness, balance, and how community strengthens your Japan journey.



# Let's share ideas!

- What's your best ALT hack?
- How do you balance work & life?
- What challenge do you still struggle with?

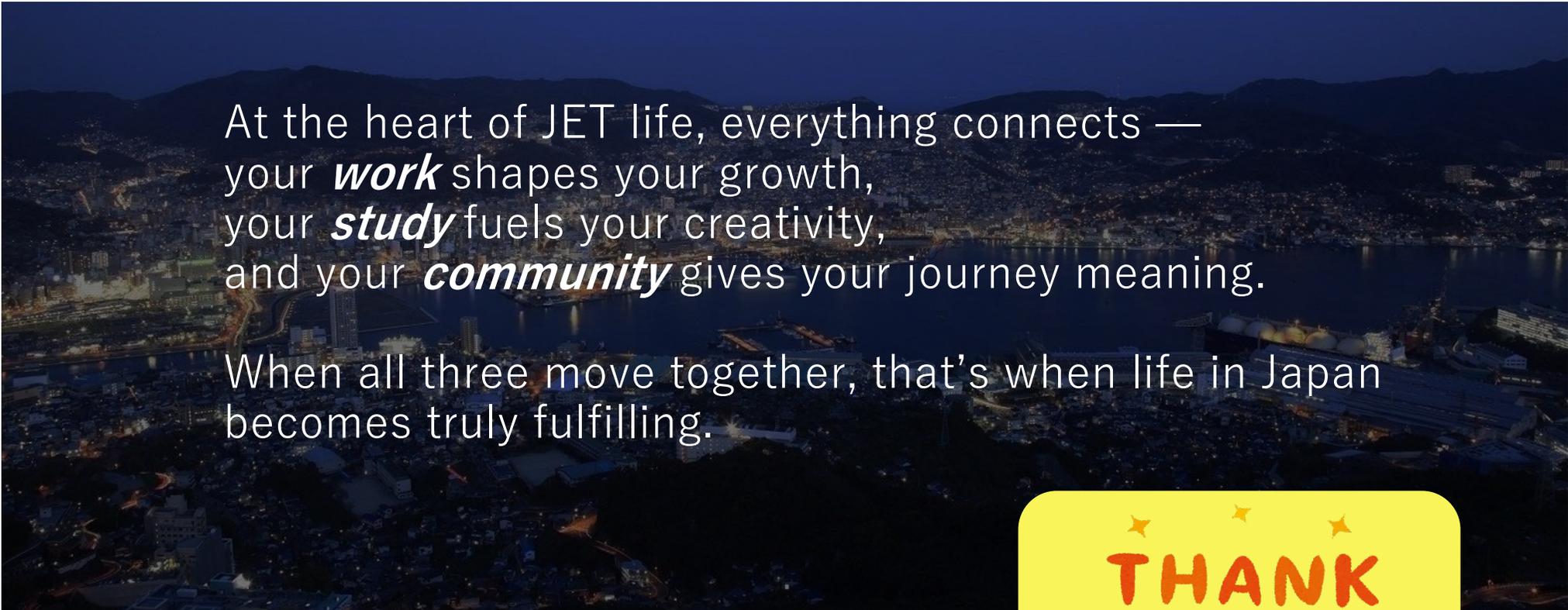


# Three Key Takeaways

- **SMART WORK. GROWTH. COMMUNITY**

- **Work smart:** templates, reusable activities, JTE communication
- **Keep learning:** Japanese, hobbies, creativity
- **Find community:** belonging, energy, mental health





At the heart of JET life, everything connects —  
your *work* shapes your growth,  
your *study* fuels your creativity,  
and your *community* gives your journey meaning.

When all three move together, that's when life in Japan  
becomes truly fulfilling.

THANK  
YOU



Culture shock  
& how to deal  
with it

# What is culture shock?

*“a feeling of being confused and worried that somebody may get when they visit another country or experience a different way of life or set of attitudes, because the experience is so different from what they are used to”*

Oxford Dictionary



# Stages of Culture Shock



Honeymoon



Negotiation



Adjustment



Acceptance

## Honeymoon Phase

Initial period of excitement.

Everything seems new and interesting.

Can last up to 3-4 months.

## Negotiation Phase

Characterised by anxiety and frustration.

Usually starts 3 months in.

Physical symptoms start to occur.

# Adjustment Phase

Sets in around  
6-12 months

Increased  
familiarity

Some  
difficulties

# Acceptance Phase

Bicultural  
phase

Comfortable  
and integrated

Strong sense  
of belonging



How do you deal with culture shock?



# Ways to deal with culture shock

1

Remember  
it's normal.

2

Have things  
from home

3

Explore your  
new area.

4

Get involved  
with things.

# How can we counter culture shock?



Community

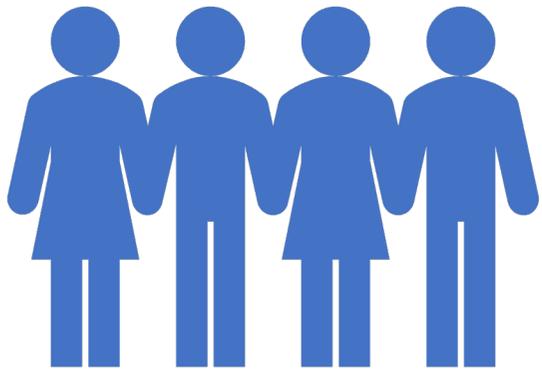


Work



Self improvement

## Community



- Get involved with local events
- ALT events
- AJET
- Language exchange

# Work



Volunteer for lessons



Help with resources



English boards

# Self improvement

Hobbies

Study  
Japanese

JLPT

Language  
exchange

Upskilling