

AN ALT'S GUIDE TO
SASEBO
AND SURROUNDING AREAS
2026-27



Welcome to the Sasebo JET Program Area!

Congratulations! We're so happy to have you join us!

Even if you're not based in Sasebo City, more areas than you might think fall under the Sasebo JET Program umbrella and the responsibility of the Sasebo Area Reps.

We hope your time on the JET Program here is fun and fulfilling! To make things a little easier on you, we've prepared this guide to Sasebo and the surrounding areas. We've gathered information from current ALTs and have put together how-to guides and recommendations that are specific to our local area. We hope that the topics discussed can help you get set up and adjust to life here as quickly and comfortably as possible!

If you still have any questions or concerns, please don't hesitate to reach out to your Area Reps!

We're here to help!

 sasebo.reps@gmail.com

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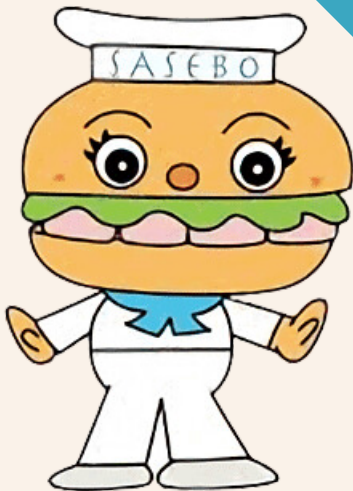
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Welcome to
**THE SASEBO JET
PROGRAM AREA!**



What are Area Reps?

Area Reps are ALTs who have volunteered to represent their area. Both municipal and prefectural ALTs from any area that falls under the Sasebo JET Program area can become Sasebo Area Reps.

The primary role of the Area Reps is to keep a record of all the ALTs within their area and to report their ALTs' safety to Nagasaki Prefecture during natural disasters/emergencies and emergency drills.

In addition to this role, the Area Reps often organize events throughout the year such as welcome parties, leaving parties, and more. They also help new ALTs like yourself settle in and lend an ear to problems you might encounter.



REMINDER

After you arrive at your placement, please contact an Area Rep and provide them with the following information so you can be added to the records:

- | | |
|--|---|
| <input type="checkbox"/> Full name | <input type="checkbox"/> Municipal or prefectural |
| <input type="checkbox"/> Country of origin | <input type="checkbox"/> Email |
| <input type="checkbox"/> Gender | <input type="checkbox"/> Phone number |
| <input type="checkbox"/> Placement area | <input type="checkbox"/> LINE ID |

Which areas do we cover?



Sasebo City

The second largest city in Nagasaki Prefecture by population. A blend of city and nature with a rich naval history. Famous for the Sasebo Burger and its Netherlands-themed amusement park, Huis Ten Bosch.

Saza (select ALTs)

A countryside town with many flower festivals, including a cherry blossom festival and Japanese iris festival. Home to organic green tea, delicious eels and sweetfish.



Uku Island

A small picturesque island with only one traffic light, but plenty of beautiful beaches. Students on this island learn how to use naginata spears and perform a dance with them once a year. The island is known for its lighthouse and Uku beef.



Which areas do we cover?



Ojika Island

An agricultural and fishing island with beautiful swimming beaches (including a red sand beach), delicious cafes, and festivals. It has a rich religious history with a museum and castle ruins.



Hasami



A historical pottery town bordering Saga Prefecture. Its annual pottery festival attracts many people from far and wide. It's home to delightful cafes, terraced rice fields and the famous Hasami Onsen Yujiro.



Kawatana

A seaside town where you can try stand up paddle boarding, visit animal cafes, onsen, and eat tasty manju. You can also see pretty flowers, peacocks and other animals at Osaki Nature Park.

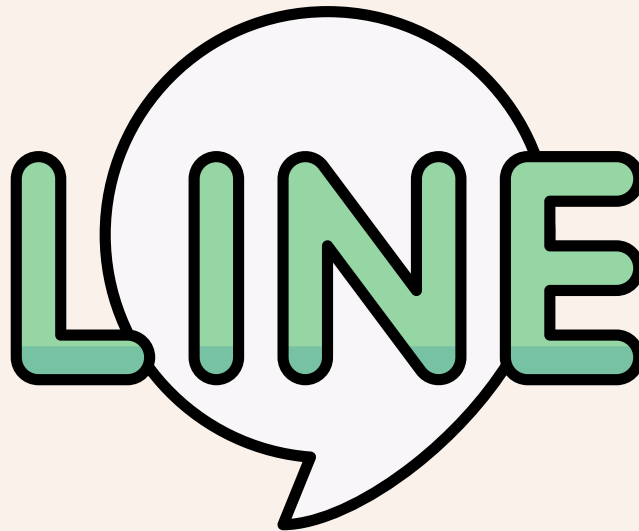


川棚町

THE LOCAL ALT COMMUNITY & LINE GROUPS



How do the local ALTs keep in touch?



We have around 30 JET Program ALTs in the Sasebo area who mainly keep in contact through the LINE app. There are 4 LINE group chats:

- **Sasebros** (All current ALTs and other local former ALTs)
- **Municipal/prefectural group chat** (role-specific)
- **Sasebo Emergency Only** (All current ALTs)
- **Higashisonogi-gun group chat** (location specific)

*If you are not in any of these groups (especially Sasebo Emergency Only), please contact an Area Rep! We can then add you to the chat!

LINE Group Explanations:

Sasebros:

This is a LINE group chat to connect all current local municipal and prefectural JET ALTs, former ALTs remaining in the Sasebo area, local non-JET English teachers and other related parties. In addition to Sasebo area ALTs, some ALTs from neighboring areas such as Matsuura, Saikai and Hirado are also in this chat. We use this group to chat with other ALTs, share information about the local area, plan get-togethers, and more!

Municipal/prefectural group chats (role-specific):

These are LINE group chats specific to your role as a municipal or prefectural ALT. You can chat with fellow ALTs and talk about anything job-related. Please make sure any municipal/prefectural ALT-specific conversations stay in these groups and not the Sasebros group, as not everyone will have the same role as you.

Sasebo Emergency Only:

This is a LINE group containing all Sasebo Area ALTs (Sasebo City, Saza - select ALTs, Hasami, Kawatana, Uku Island, and Ojika Island). This is a group ONLY to be used by Area Reps to confirm ALTs' safety during emergencies and drills. When an EAP (Emergency Action Plan) is enacted by the prefecture, an Area Rep will put a message in this chat to which you should respond with 'Safe' or 'Evacuated - (location)'. Please make sure to join this group but do not use it to chat.



LOCAL LIFE: WHERE TO GO AND WHAT TO DO

We asked our current and former ALTs for some recommendations for their favorite activities, restaurants, cafes, places to shop, nature spots, onsen, and festivals in and around our area. Here are what they came up with!



Recommendations from our ALTs



Activities to try



Sasebo

Ask your fellow ALTs!



Join a local team or the international team for yosakoi dance!

Sasebo

Ask your fellow ALTs!



Try your hand at kyudo (Japanese archery) and maybe become a regular!

Sasebo

Ask your fellow ALTs!

FIS

Study Japanese with local volunteers at FIS (Friendship International Sasebo)!

Sasebo
Kawatana

Ask your fellow ALTs!



Try kayaking or stand up paddle boarding in Kawatana or Sasebo!

Hasami
Arita

Ask your fellow ALTs!



Try making or painting pottery in Hasami and Arita!



Great meals out



Sasebo
Yamatocho



Kaya Burger

The best Sasebo Burger according to our ALTs!

Sasebo
Inaricho



Shibata Shokudo

A cozy home cooking-style eatery with big portions and cheap prices

Sasebo
Matsukawacho



Nila Kamal

A fantastic Thai restaurant with refreshing drinks and desserts too

Sasebo
Yorozucho



Toride Ramen

A tasty ramen restaurant with interesting types of ramen and two stores (near Gobangai and Haiki)

Saza



CHANT

A great place to grab a drink in Saza over delicious food

Kawatana



Tani Shoten

A popular spot known for its spicy tantanmen and mazesoba



Cafés



Sasebo
Miyacho



Jam Coffee Arkas

Lovely latte art, delicious bagel burgers, curry, and desserts in a café with aesthetic glass windows

Sasebo
Shiohamacho



Ohana Cafe

Refreshing acai bowls made with homemade granola, sandwiches, and smoothies

Sasebo
Tawaramachi



Noda Coffee

A traditional-style café (smoking allowed) serving coffee, curry rice, pilaf, pasta, and toast

Sasebo
Motomachi



Good Coffee Labo

For those in need of a “proper coffee”. Choose your beans from a variety of roast levels

Hasami



Coffee Musume

A great spot in Hasami with tasty drinks, curry and desserts (especially their fruit tarts)

Ojika



Konne Lunch&Cafe

An inexpensive café with a variety of incredibly delicious dishes on Ojika Island



Shopping



Sasebo
Tokiwaicho



Yonkacho Arcade

A long shopping arcade in central Sasebo with many shops, cafes, grocery stores, restaurants, etc.

Sasebo
Shinminatomachi



Gobangai

A shopping mall by the harbor with restaurants, a supermarket, shops, cafés, an arcade, and more

Sasebo
Daito



Daito AEON

A multi-story shopping mall with lots of parking, a wide range of shops, a food court, and an arcade closeby

Sasebo
Daito



Don Quijote

A chain store selling a mix of items, such as snacks, seasonal and home goods, toiletries, clothes, etc.

Sasebo
Daito



GEO

A chain store selling both new and second-hand technology, games, and miscellaneous goods

Sasebo
Haiki



Junk Mart

A small store in Haiki selling products from Costco and Ikea along with other food and home goods



Spots to enjoy nature



Sasebo
Eboshimachi



Mt. Eboshi

A 568m high mountain in Sasebo with views of the city and port, which has a Sports Village with BBQ grills

Sasebo
Tawaragauracho



Shirahama Beach

A swimming beach in Sasebo with a neighboring campsite with BBQs. A direct bus line runs in summer

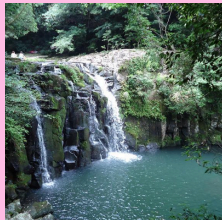
Kawatana



Mt. Kokuzo

A 608m high mountain in Kawatana with a beautiful view from its unusually shaped summit

Higashisonogi



Ryutosen Falls

Waterfalls and natural pools with an area where people go swimming and cliff diving

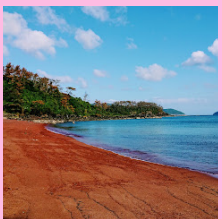
Hirado



Kawachi Toge Pass

Grass fields with panoramic views of Kujukushima, Goto, the Genkai Sea, and Iki and Tsushima Islands

Ojika



Akahama Red Beach

A unique non-swimming red sand beach on Ojika (for swimming, we recommend Kakinohama Beach)



Onsen (hot springs)



Sasebo
Sakiokacho



Uzushio Paradise Garden Onsen

Indoor and outdoor baths, jacuzzi bath, sauna and mist steam room

Sasebo
Sechibaru



Yamanoren

An onsen hotel among serene nature with indoor and outdoor baths, and many other facilities

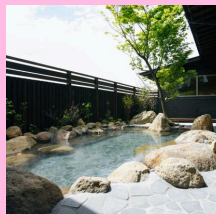
Kawatana



Osaki Onsen Shiosai no Yu

An onsen right by the sea, with a footbath, multiple indoor and outdoor baths, and a sauna

Hasami



Hasami Onsen Yujiro

An onsen with highly moisturising fresh-from-the-source water. Indoor and outdoor baths and a sauna

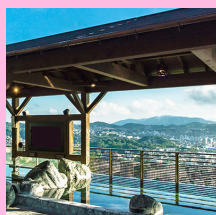
Hirado



Yukai Resort Hotel Ranpu

An onsen hotel in Hirado overlooking the beach. Footbaths, indoor and outdoor baths and a sauna

Nagasaki



Fuku no Yu

Multiple indoor and outdoor baths, great city views, and regular, herbal steam, salt and stone saunas

Other places to check out

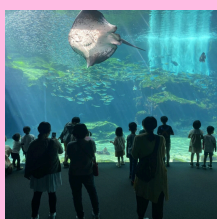
Sasebo



Kujukushima

The stunning “99 Islands”. Enjoy the view from an observatory or take a boat, kayak or paddleboard tour

Sasebo
Kashimaecho



Umikirara

An aquarium right by Kujukushima showcasing the local sea-life, with dolphin shows and more

Sasebo
Huis Ten Bosch machi



Huis Ten Bosch

A Netherlands-inspired amusement park, with attractions, shows, many festivals, and illuminations

Sasebo
Jomacho



Mukyudo Air-Raid Shelter

A well-preserved former World War II air-raid shelter which is open to the public

Saikai



Nagasaki Bio Park

A zoo where you can get up close and personal with many animals, such as monkeys and capybaras

Hirado



Hirado Castle

A hill-top castle overlooking Hirado, with a rich history and a museum inside of the castle itself



Popular festivals



Emukae



Emukae Thousand Lantern Festival

A 500 year old festival with a 25m tall lantern tower and fireworks

Sasebo



Sasebo Seaside Festival

Various performances and experiences, dancing, music, a huge fireworks display, and food stalls

Sasebo



Sasebo Yosakoi Festival

Yosakoi is a high-energy Japanese dance. Sasebo hosts the biggest yosakoi festival in Kyushu

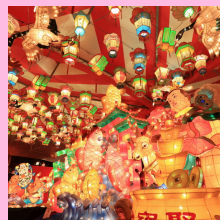
Sasebo



Sasebo Jam Festival

A festival with lots of music and dancing, performances, fireworks, and food stalls

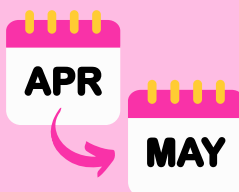
Nagasaki



Nagasaki Lantern Festival

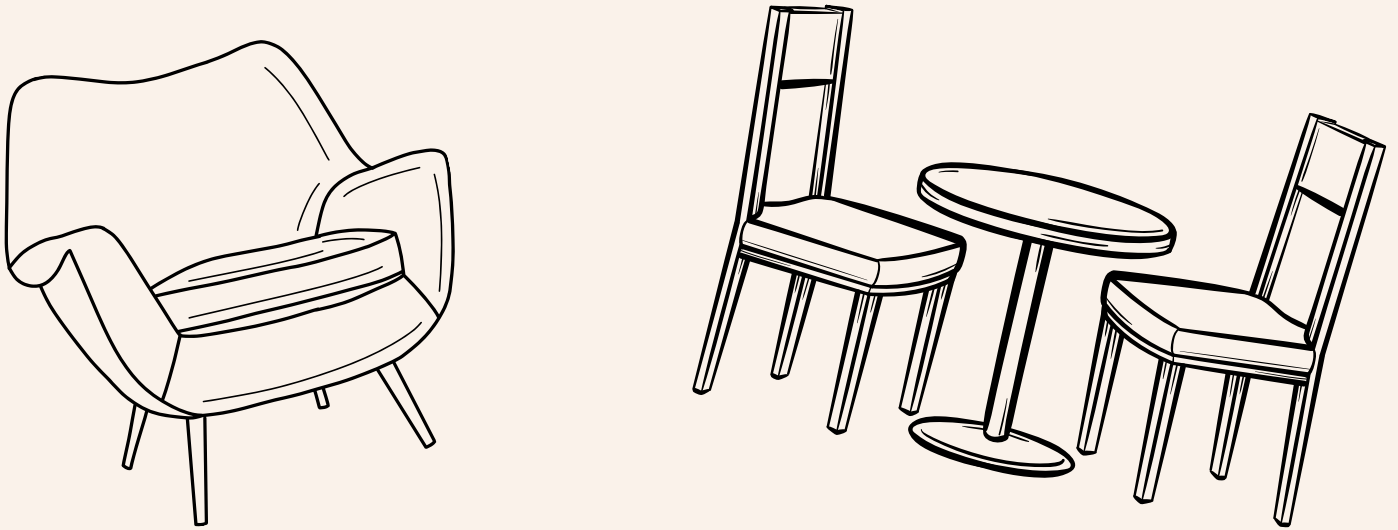
The largest lantern festival in all of Japan. Enjoy parades, dragon dances, and Chinese street food

Hasami



Hasami Pottery Festival

Huge festival with over 100 booths, reduced prices, pottery experiences, a photo contest and a prize draw



FURNITURE AND APPLIANCE SHOPPING

Whether you need to buy everything from scratch or just want to buy a few items to spruce up your new place and make it your own, we've got you covered!



Local new furniture stores

If you need to pick up any furniture, and prefer to buy new, we have quite a good selection locally! No matter your aesthetic, we're sure you'll find something to make your apartment nice and homely! These are some recommendations from our current and former ALTs for stores where you can buy new furniture!

大塔 Daito



Nafco Two-One Style



大塔 Daito



Nafco



大塔 Daito



Kohnan



日宇 Hiu



Nitori



佐々 Saza



Life Style Market



福岡 Fukuoka



Ikea Fukuoka*



*Further afield

Local new appliance stores

Some of you may be in need of appliances too! We have many places to buy these in Sasebo! Here are some recommendations from our current and former ALTs for stores where you can buy new appliances and other technology locally!

佐世保中央

Central Sasebo

Best Denki Yonkacho



藤原 Fujiwara

Yamada Denki Techland



日宇 Hiu

Edion



大塔 Daito

Best Denki Daito



大塔 Daito

K's Denki



大塔 Daito

Don Quijote*



*smaller items only

Local second-hand furniture and appliance stores

You don't have to buy everything new! If you enjoy the thrill of hunting for a bargain or two, we have many great second-hand stores locally! These are just a few recommendations from our current and former ALTs!

藤原 Fujiwara

日宇 Hiu

大塔 Daito

Book Off Super Bazaar



Hard Off/Off House



Second Street Daito



早岐 Haiki

早岐 Haiki

上原 Uwabaru

E-Style Recycle Shop



Second Street Haiki

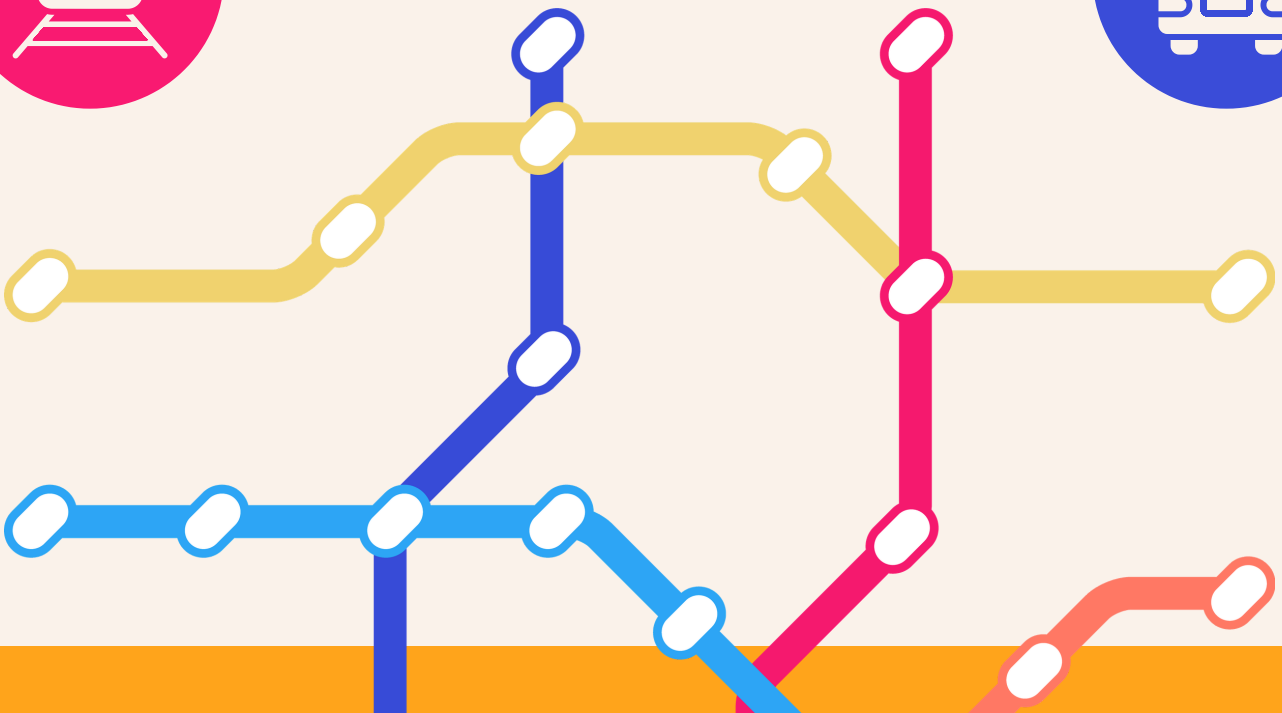


Kondo Furniture





A GUIDE TO PUBLIC TRANSPORT



What kind of local public transport do we have?

To travel within Sasebo and even outside to Saza, Matsuura, Kawatana and Hasami, we have **Saihi Bus buses** and the **Matsuura Tetsudo**. To travel within Sasebo and even further to other areas of Kyushu, we have the **JR Railway trains**.



JR Railway trains

Our local train system. Please note: IC Cards can be used to many stations but not all.

Official website:



Saihi Bus buses

Our local bus system. IC Cards can be used on all Sasebo buses.

Official website:



Matsuura Tetsudo Railway

A local railway service. IC Cards can be used on the Matsuura Tetsudo.

Official website:



Where can I go on a ferry?

Being a port city, we have many ferries that you can take to various islands. You can board them from the ferry terminals at **Gobangai**. Ferries to the **Goto Islands** depart from **Kujiraze Terminal** while those bound for **Saikai** depart from **Shinminato Terminal**.



Ferries to The Goto Islands

These are ferries that stop at Arikawa, Uku and Ojika islands.

Timetable:

Ferries to Saikai

These are ferries that stop at Yokose Nishi, Oguri, Hatakejimo, and Kawachi.

Timetable:



More ferries to Saikai

These are ferries that stop at Oshima, Matsushima, Seto, Ikeshima and Konoura.

Timetable:

Want to travel to Nagasaki or Fukuoka City?

For those wanting to get a taste of the big city, you can use the previously mentioned **JR Railway trains** or the **Saihi Bus Express Bus**. The **Saihi Bus Express Bus** is the cheapest way to get to Nagasaki and Fukuoka. They also offer bundles of return tickets for a further discount.

 西肥バス



Saihi Bus Express Buses

Express buses that run to Fukuoka and Nagasaki. They also offer an airport bus.

Saihi Bus website:



If you want to take long-distance **JR Railway Trains**, especially **Sasebo to Hakata Station (Fukuoka)**, we recommend you book tickets on the **JR Kyushu Netto Kippu** site or JR Kyushu app (see pg. 53). They have many discounts so **Sasebo-Hakata tickets** are **HALF PRICE** compared to buying at the station. This makes them nearly the same price as the Express Bus. The JR Kyushu app also has QR tickets for easy entry and exit.

JR Kyushu Netto Kippu

 ネット予約

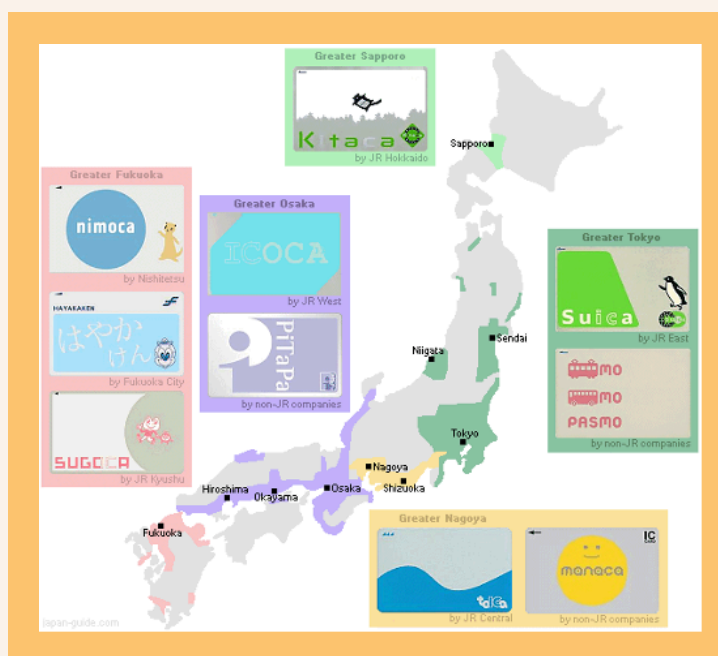
Booking site:



What is an IC Card?

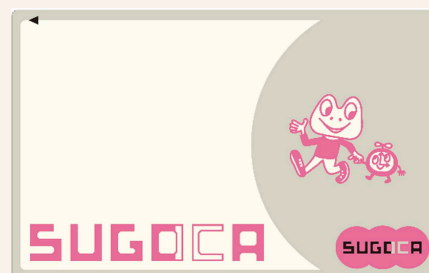
IC Cards are travel cards that you charge and use on public transport (you can even use them at some shops and vending machines!). They can save you a lot of time and stress as you don't need to prepare exact change for your bus fare or purchase tickets at a machine before riding a train. **All you have to do is tap them when you get on and off of public transport!**

There are many different brands of IC Cards you can find around Japan. **No matter which card you have, you can use it for transport anywhere in Japan!**



Which is Sasebo's IC Card?

Sasebo has 2 IC Cards you can purchase: the **Nagasaki Nimoca** or **SUGOCA**.



Where to get a Nimoca Card:

You can apply for a Nimoca card at **Sasebo Bus Station** opposite Sasebo train station or at the **Saihi Bus kiosk in Yonkacho Shopping Arcade**.

There are different types of Nimoca card that you can apply for. One is the **normal Nimoca card** and the other is the **Star Nimoca**. We recommend the **Star Nimoca** as they will register your contact details and print your name on the front. This means that if the card is lost, it is easily identifiable as yours and can be reissued.



Nimoca application process

Please tell or show the staff at the counter this phrase:

スターニモカを作りたいです。

(Sutaa Nimoca wo tsukuritai desu.)

They will hand you an application form.

To fill it in, you will need:

- **A form of ID** (such as a passport or residence card)
- **Your home address in Japan**
- **A Japanese phone number** (If you don't have one yet, you can put someone else's number. You can change the registered information later by submitting this form again and ticking the 登録情報の変更 'Change registered information' instead of 新規発行 'New card' in the top blue highlighted section.)
- **At least 2000 yen** (They will take 500 yen as a deposit for the card and the remaining 1500 yen will become usable credit on the card)

Once you have filled in the form (see the guide on the following page) and handed it in, they will print your name on the card and hand it to you there and then.

Guide to filling in the application form:

Application date: Year 年 month 月 day 日

nimoca 申込書

申込日: 年 月 日

(1) 申込内容

新規発行 券種の変更 登録情報の変更

(2) 券種

スターnimoca 小児用スターnimoca 障がい者用スターnimoca

小児用nimoca(記名式) 障がい者用nimoca(記名式)

スターnimocaの場合は太枠内全て、それ以外の場合は①～④の項目をご記入ください
裏面の注意事項をご確認の上ご記入ください

私は裏面の【申込時の注意事項】を承認の上、申し込みをします 確認チェック

①カナ	Last name	First name	②性別	男・女
氏名	(姓) Last name	(名) First name	③生年月日(西暦)	年 月 日
④電話番号	(090/080)	1234 - 5678		
住所	〒 1 2 3 - 4 5 6 7 長崎		都府 道県 佐世保	市郡

Write the rest of your address here

小児用・小児障がい者用カード申込時の親権者等ご署名欄
裏面の注意事項を確認の上、カードの申し込みに同意します

Your signature here

窓口使用欄

【追加チャージ】 無・有 (,000円)

【本人確認書類】 受付日: 年 月 日

運転免許証 パスポート

年金手帳 住民基本台帳カード

外国人登録証明書 身体障がい者手帳

精神障がい者保健福祉手帳

その他()

【裏面カードNo.】 NR - -

(From left to right)
Create new card

Change type of
card

Change registered
information

Gender:
男 male
女 female

If you have a
middle name,
write it after your
first name

Your Japanese
mobile phone
number starting
with 090 or 080

Your post
code/zip code

Date of birth:
Year 年 month 月
day 日

Don't fill this part
in. This part is for
the staff to fill in.

SUGOCA application process

You can apply for a SUGOCA card at **Sasebo Train Station** at the **green ticket counter**.



There are different types of SUGOCA card that you can apply for too. There is the normal SUGOCA without a name registered to it or the option to register your name and print it on the card. If you register your name and details to it, it is easily recognizable as yours and they will be able to reissue it in case you lose it.

You will need:

- **A form of ID** (passport or residence card, etc.)
- **Your home address in Japan**
- **A Japanese phone number**
- **2000 yen cash** (They will take 500 yen as a deposit for the card and the remaining 1500 yen will become usable credit on the card)

Another option: Mobile SUICA

For those who prefer a cashless alternative, you can download the **mobile SUICA app** and create a digital card. You can easily top up using a credit card and then tap on and off public transport using your phone or Apple Watch. **Please note: the app is only in Japanese.**

If you don't speak Japanese, however, they also offer a **Welcome SUICA app** (Apple only) aimed at tourists which is in English.



How to charge your IC Card

RECOMMENDED METHOD:



Charging at a convenience store:

(AVAILABLE IN SASEBO)

CASH ONLY

Like most of Japan, convenience stores are everywhere around Sasebo so this is the most accessible way to charge your IC Card!

1. At any convenience store, tell or show the staff at the cash register this phrase: ICカードにチャージしたいです。(IC kaado ni chaaji shitai desu.)
2. Select the amount of money to put on the card.
3. Pay that amount of money.
4. Place your IC Card on the scanner until you hear a beep. Your card is now charged!

Other methods to charge your IC Card

RECOMMENDED METHOD:



Charging at a train station machine:
(AVAILABLE IN SASEBO)
CASH ONLY

You can charge your IC Card at machines like the one above.

1. Insert your IC Card.
2. Choose the amount of money to put on the card.
3. Insert that amount of money.
4. The machine will return your card charged!

Other methods to charge your IC Card

If you need to charge it at the Bus Station:



Charging in Sasebo Bus Station at the
Nimoca machine:

(AVAILABLE IN SASEBO)

CASH ONLY (1000 YEN NOTES ONLY)

1. Place your card on the touch panel.
2. Insert your notes into the money slot (notes only).
3. Press the charge button. Finished!

Other methods to charge your IC Card

To use in a pinch:



Charging on the bus or Matsuura Railway:

(AVAILABLE IN SASEBO)

CASH ONLY (1000 YEN NOTES ONLY)

Please note: You can only charge your IC Card when the bus has come to a stop or just before you get off.

1. Tell or show the bus driver this phrase: ICカードにチャージしたいです。(IC kaado ni chaaji shitai desu.)
2. When prompted, place your IC Card on the scanner and keep it there.
3. Insert your 1000 yen note into the slot underneath.
4. Wait for the beep. Your card is charged!
5. Tap your card again. You have paid!



TRASH SEPARATION GUIDE



Separating your trash

You are generally expected to separate your trash into 3 categories:

- **Burnable trash** 燃えるごみ／可燃ごみ (Things like food waste, paper, etc.)
- **Non-burnable trash** 燃えないごみ／不可燃ごみ (Things like aerosol cans (you must puncture these first), batteries, ceramics, metal or electrical objects, etc.)
- **Recyclables** 資源ごみ (Things like PET bottles (plastic drinks bottles) and drinks cans, etc.)

*How items are categorized depends on your area. Please check your area-specific rules, especially if you live outside of Sasebo City centre (e.g: Hasami, Kawatana, Saza, Uku or Ojika).

Avg. frequency of trash collection in Sasebo City:

- Burnables (twice a week)
- Non-burnables (once a month)
- Recyclables (twice a month)

What bags should I use?

City-specific burnable trash bags:

In Sasebo City, unless you're lucky and your apartment building has a private contract with a cleaning company, you will have to buy **special city-issued bags** to put your **burnable** and **non-burnable** trash in (for recyclables, you can use any clear plastic bag). These can be bought from supermarkets and certain convenience stores.

These bags can be quite expensive. Once a year, you will receive a booklet of 5 coupons that reduce the price. However, you will likely find that these run out quickly and after that you will have to pay full price.



Pack sizes:	Without coupon:	With coupon:
Large bags (x4)	880 JPY	40 JPY
Medium bags (x6)	888 JPY	48 JPY
Small bags (x12)	912 JPY	72 JPY
Mini bags (x24)	936 JPY	96 JPY

Trash Separation Guides

You will receive a calendar in the mail around April every year with collection dates and explanations of how to dispose of various items in your area. However, the version you receive may only be in Japanese. For Sasebo City, there are English versions online you can access from the following QR codes.

*The following guides are only applicable to Sasebo City. So, if you live in other jurisdictions such as Saza, please contact your fellow ALTs to ask about your trash separation rules and guides.

Sasebo English trash guides 2026-27

Sasebo City

East area



Central area



West area



North area

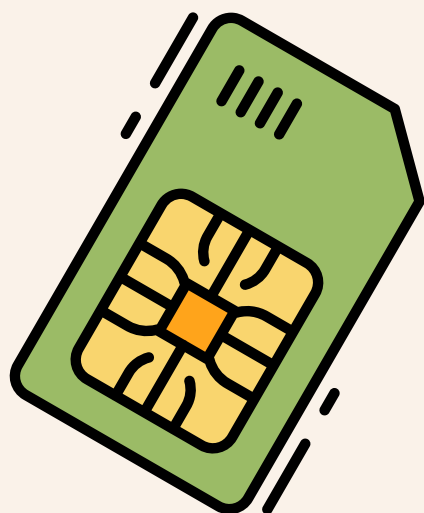


Hasami and Kawatana trash guide



Japanese
Only

CHOOSING A SIM CARD



Here are 3 recommendations for SIM cards from current or former ALTs.

***Please check that your phone is not locked to a company in your home country before applying for a SIM card in Japan.**

(Prices and details as of May 2026)



Things to consider when choosing a SIM contract

SIM card or pocket WiFi?

Some ALTs use pocket WiFi instead of a SIM card with no issue. However, we would be inclined to recommend a SIM card over pocket WiFi in the long run. The biggest benefit of a SIM card is that you will have a valid Japanese phone number to be contacted through and to put on important documents. Many services and important procedures in Japan require a valid Japanese number.

Data allowance: how much do I need?

Even if you don't use much data in your home country, you may find yourself using more while working as an ALT. Many places such as schools and Boards of Education don't usually have public WiFi you can connect to. If you want to do any work using a personal device in these places, you may need to rely on your data hotspot to do so. This can eat away at data fast. This is especially the case during school vacations where you may find yourself at your desk or working at the BOE more than usual.

Do I need domestic calls and texts included?

While it's nice to have them included, most phone contracts in Japan do not include domestic calls and texts for free (incoming calls are always free however). Some companies offer it as a separate paid add-on option. Most people (especially younger generations) in Japan use apps like LINE to call and text over the internet for free. You will likely not need to make as many direct domestic calls or texts as you might have done back home.

SCAN ME!

Rakuten 最強プラン



Rakuten Saikyo Plan Pricing: (Physical SIM or eSIM available)

Each month, your bill will depend on your data usage:

Under 3GB:	3GB ~ 20GB:	20GB ~ unlimited:
1078 JPY/month, tax incl.	2178 JPY/month, tax incl.	3278 JPY/month, tax incl.

Benefits:

- In store, you can get your sim card the same day you sign up (there is a store in Gobangai).
- English explanation booklet available.
- Pay for how much data you use each month.
- Easy cancellation and carrier switching.
- No minimum contract length.

Drawbacks:

- Japanese help required to sign up in store.
- Domestic calls are not included unless you add on 1,100 JPY extra/month. However, calls are free from the Rakuten Link app.
- Data is unlimited but speeds may slow if you use a very excessive amount of data.

ALT review:

'I set my SIM up in store with the assistance of a Japanese friend, however I believe you can also set it up online. I like the flexibility with this plan - I feel reassured that if it comes to it I will always have unlimited data, but some months I use less than 20 GB so I get to pay less as a little treat. The plan allows you to make phone calls for free using the Rakuten "Link" app as if you were making a domestic call (calling directly from your phone will cost you extra). I have found that I am able to call 90% of the places I want to call using the app, and the remaining 10% I am happy to pay a little extra to call.'



Sakura Mobile

SCAN ME!



Sakura Mobile Pricing:
(Physical SIM or eSIM available)

Voice/Data/Text SIM

(5GB, 15GB, 30GB, 40GB, 60GB, 80GB, and 100GB plans available)

15GB

3,828 JPY/month,
tax incl.

30GB

4,378 JPY/month,
tax incl.

40GB

5,478 JPY/month,
tax incl.

Benefits:

- 1-month minimum usage OK.
- English support.
- JET special offer (100 JPY instead of 5,000 JPY line activation fee).
- Can be ordered before or after arrival in Japan.
- Easy cancellation and carrier switching (1,100 JPY fee for MNP).

Drawbacks:

- More expensive than some other local options such as Rakuten Mobile.
- Additional data, if you run out, can be expensive to add-on.
- Calls and texts are billed separately but using the Sakura Dial app is cheaper.

ALT review:

'I have since switched to Rakuten Mobile but Sakura Mobile was a good option for starting out. They had a JET special offer. I liked that I could get the SIM card before I got to my placement (at orientation) and the extra reassurance of having English support, although I never used it. I had the 25GB (now 30GB) contract and had no issues. Although, if you run out of data, the add-on price for extra data was very expensive. If in doubt over which to pick, go for something like the 30GB contract rather than the 5GB. It's better to have too much than too little.'

~Morgan Cliff (2021 Sasebo Municipal JET)

SCAN ME!



Ahamo Pricing:
(Physical SIM or eSIM available)

Ahamo 30GB

2,970 JPY/month, tax incl.

Ahamo 大盛り 110GB

(30GB + 80GB 大盛り add-on)

4,950 JPY/month, tax incl.

Benefits:

- You can add data at any time for a reasonable price.
- Includes 5 mins of free domestic calls each month.
- Up to 30GB data can be used for free abroad in 82 countries.
- No minimum contract length.
- Free cancellation and carrier switching.

Drawbacks:

- No English support so Japanese is required.
- No email or phone support, only app-based.
- Calls and texts billed separately (after 5 mins of free calls) unless you add on 1,100 JPY/month.

ALT review:

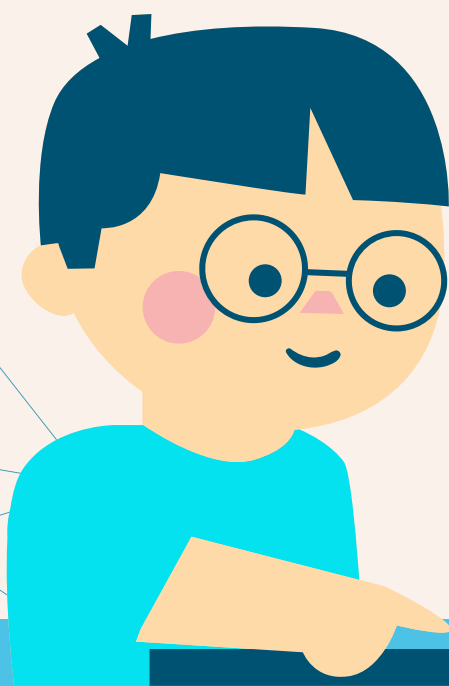
'I used Ahamo for a SIM only contract and I would recommend them. I paid just under 3000 yen a month for 20GB (now 30GB) of data. Ahamo has Japanese support only and you have to do everything via their app, you can't email or phone but I would recommend Ahamo if you can understand Japanese.'

~ Elizabeth Barlow (former 2019 Sasebo Prefectural JET)

SETTING UP HOME WI-FI



Here are 2 recommendations for home Wi-Fi from
current or former ALTs.



What are my options for home Wi-Fi?

Some of you might get lucky and have Wi-Fi included in your apartment. However, most of you will probably have to set up Wi-Fi yourselves (with help available from teachers or other ALTs, of course!).

Installing home Wi-Fi can feel even more daunting than setting up a phone contract, since you won't know what is available in your apartment building until you get here. Some apartments support fiber internet while others don't. We have come up with two different suggestions to fit both circumstances.

The following pages contain a **non-fiber (cable)** and a **fiber** option. These companies have all been used by current or former Sasebo area ALTs.

*Please note that depending on your building and the amount of installation required, your installation price, plan price and set up timeline will differ. You will need to research, apply in store or online, and see what you are quoted. As such, your experience may differ slightly from other ALTs'.

(Prices and details as of May 2026)



テレビ佐世保

SCAN ME!



TV Sasebo

Minimum contract length: 1 year
(there is a cancellation fee for cancelling
before the end of this period)

Fiber pricing
(more options available):

10G Plan (10Gbps)
7,700 JPY/month, tax incl.

2G Plan (2Gbps/1Gbps)
5,720 JPY/month, tax incl.

Non-fiber (cable) pricing:

160M Plan (160Mbps)
5,940 JPY/month, tax incl.

100M Plan (100Mbps)
4,840 JPY/month, tax incl.

Personal Plan (24Mbps)
3,795 JPY/month, tax incl.

Light Plan (4Mbps)
2,640 JPY/month, tax incl.

Super Light Plan (1Mbps)
2,035 JPY/month, tax incl.

Yonkacho store



ALT Reviews:

Personal Plan (24Mbps) 3,795 JPY/month, tax incl.

‘I had the mid range Personal Plan which is 3,795 yen a month. I never checked my speed but also never had any problems with it and the install was easy and quick.’

~ Elizabeth Barlow (former 2019 Hiu, Sasebo Prefectural JET)

160M Plan (160Mbps) 5,940 JPY/month, tax incl.

‘Despite living in central Sasebo, my apartment building doesn’t support fiber internet so I got the most expensive, fastest non-fiber package (160Mps) with テレビ佐世保 in Yonkacho instead. I brought another ALT with me to help set it up. It costs me 5,940 yen per month.

They provide a modem for free, but you will have to either pay a little extra each month to rent a router from them as well or you can buy one from an electronics store and use your own. If you’re planning on staying for a long time, I would recommend buying a router as it may work out cheaper in the long run. Otherwise, I think renting one is fine. I bought my own. Installation day was pretty quick and easy. They just wired the modem up to the TV cable port in my apartment.

I’ve not had any major issues and I use the internet pretty heavily (watching movies, Youtube, watching live streams, playing video games with some online features, etc.) so I would recommend this company and plan, especially if you use the internet a lot and also cannot choose fiber like me.’

~Morgan Cliff (2021 Sasebo Municipal JET)

160M Plan (160Mbps) 5,940 JPY/month, tax incl.

‘Never had any issues. The internet has never been down, even during typhoons. Set up was easy. I had to call them in Japanese, but it was surprisingly easy even with my below N5 Japanese. They were understanding. If I recall correctly, they came out the next day.’

~George Rupp (2022 Haiki, Sasebo Prefectural JET)

SCAN ME!



Rakuten 光

Rakuten Hikari

(Fiber internet)

Uses NTT フレッツ光lines

Max speed: 1Gbps

Minimum contract length: 2 years

(there is a fee for cancelling before the end of this period)

Mansion Plan

(housing complex)

4,180 JPY/month, tax incl.

Family Plan

(detached house)

5,280 JPY/month, tax incl.

Gobangai store



ALT Review:

'I have Rakuten WIFI (HIKARI - Family Plan). I recommend it. The internet is unlimited, and my current download speed is 514 Mbps (tested at time of writing). The monthly cost (with no campaign) is 5280 yen (tax included). At the time I applied, Rakuten had a deal where the first year of a two year contract is "free"* (I pay 91 yen each month). The second year of my contract, I will pay the standard 5280 yen (tax included). I am unsure if this deal exists still, or if there are other deals available.

In terms of cancellation, you can either cancel for free in the first three-month period or cancel at any time but have to pay that month's cost (I believe) + an additional 5280 yen.

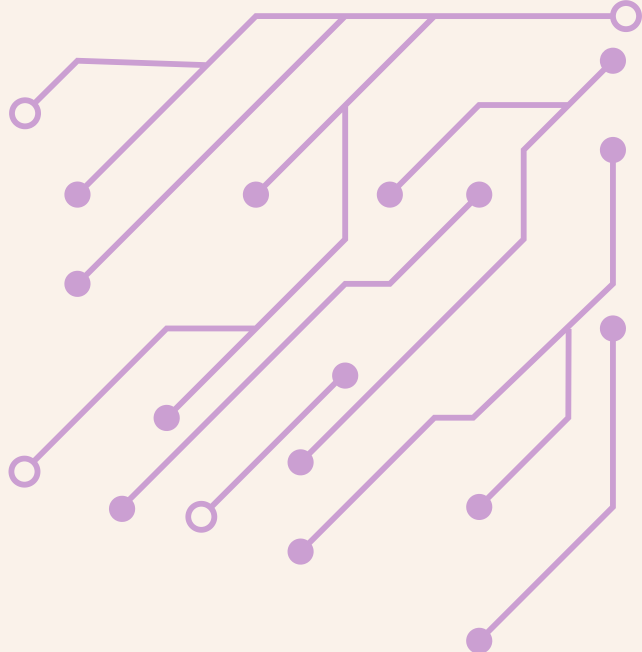
I applied online. I used my tablet to apply and used my phone and the Google translate app camera function to confirm the contents of the application form. I also called Rakuten to confirm I would not need to pay the fee to have the "internet box" installed as my house already had connectivity, I just didn't have a contract with a service provider.

For me personally, it did take several days for me to wrap my head around the contract and make sure I understood the important points, and I did have to ask a Japanese-speaking person for help. Your experience with set up will depend on Japanese ability and knowledge of how to set up a modem etc. (I personally have limited knowledge).'

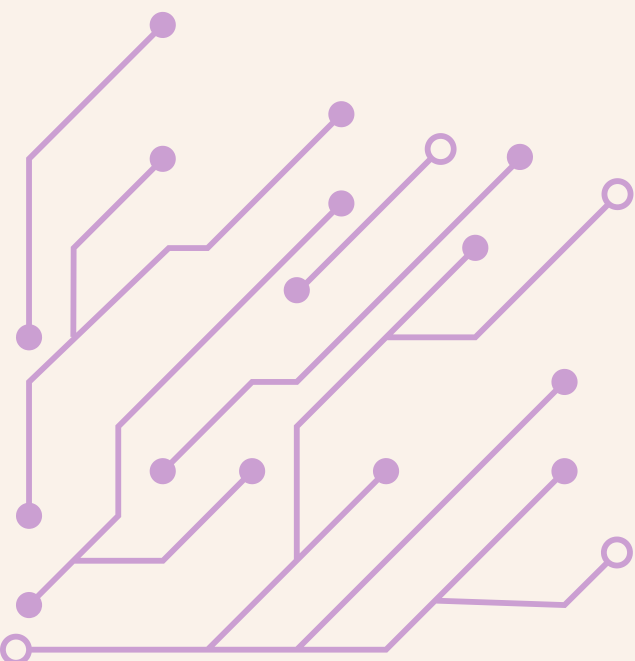
I used my Wise card connected to my Wise account to sign up for internet with Rakuten. A modem arrived from Rakuten in the mail, I purchased a router myself from a local electronics store, and I connected the wifi myself.

I couldn't get the internet to work by myself, so I then called a Japanese friend and they came to my house later that week and made sure it was all good to go. I have had absolutely no problems with it since.'

~ **Anonymous**



USEFUL APPS AND WEBSITES



Finance

Wallet+



Mobile banking app for banks such as Juhachi Shinwa and Fukuoka Bank. Check your balance, put money away, and earn coins to exchange for money or points.



Google Play



Juhachi Shinwa



Juhachi Shinwa Bank's official mobile banking app. You can check your balance, make bank deposit transfers (furikomi) and even schedule future ones.



Google Play



PayPay



Cashless payment app. Charge money onto the app and use it to pay in most places with a QR code. Has many promotions, cashback and coupons.



Google Play



Sasebo eCoin



Exchange money into Sasebo eCoins and receive 10% extra (eg: 1000 yen into 1100 eCoins) to spend locally. You can sometimes get discounts or free items for paying with eCoin.



Google Play



Transport/travel

Saihi Bus Navi



Saihi Bus' official app with live bus timetables including price, delays, bus location, and info on bus closures. **Useful as timetables change in April and Google Maps is not always reliable.**



Google Play



JR Kyushu



Japan Rail Kyushu's official app. You can book tickets at **discount prices** (through the JR Kyushu Netto Kippu system), earn points, get coupons and find out train information.



Google Play



Smart EX



A useful app where you can prebook shinkansen tickets all over Japan. Buy your ticket, register it to an IC card, then tap the same IC card as you go through the ticket gate.



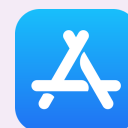
Google Play



Peach



The official app of Peach Airlines, a low-cost airline with many cheap domestic flights (and some to Taiwan from Tokyo).



Google Play



Local news

Sasebo City LINE account



The official LINE account for Sasebo City. All messages are sent out in Japanese but they contain important news, including warnings about extreme weather and other issues.



Sasebo City Hall website



Sasebo City Hall's official website. The English page has info on procedures such as moving and marriage, info on waste separation, disaster prevention and labor standards.



Sasebo E Channel



A Sasebo-based bilingual (Japanese and English), news website, with a Facebook and Instagram too. Find out about food, places to see, and local events and opportunities.



Sasebo/Ojika Tourism website



The official tourism website for Sasebo and Ojika with information about many things, such as food, events, cultural experiences, historical sites, things to do and places to visit.



Hasami/ Kawatana

Hasami Town LINE account



The official LINE account for Hasami Town. All messages are sent out in Japanese but they contain important news, including warnings about extreme weather and other issues.



Hasami Town English IG Page



Hasami has various Instagram accounts. This is the link to the Hasami English tourism account. They post about various events happening throughout Hasami.



Kawatana LINE account



The official LINE account for Kawatana. All messages are sent out in Japanese but they contain important news, including warnings about extreme weather and other issues.



Kawatana IG account



The official Kawatana Instagram with information about many things, such as food, events, cultural experiences, historical sites, things to do and places to visit.





NAGASAKI

AJET

Get connected with your JET community!



Nagasaki AJET

AJET is the **A**ssociation for **J**apan **E**xchange and **T**eaching. Nagasaki AJET is the local chapter of AJET for JETs in Nagasaki Prefecture. In practice, that means we focus on helping JETs connect, share information, and build community across the prefecture.

What does Nagasaki AJET do?

We ...

- Organize fun, community-building events
- Help JETs host events in their local areas
- Promote various events happening throughout Nagasaki through the AJET newsletter and socials such as this website, Facebook, and Instagram
- Fundraise to pay for the Nagasaki website and to help sponsor JET run events

Follow us on our various socials to stay up to date with all things Nagasaki AJET



 **Newsletter**



 **Instagram**
@nagasaki_ajet



 **Facebook**
@nagasaki_ajet

Contact us at: ajet.nagasaki@gmail.com

Past Events

Trivia Night



Picnic



Beach Day



Halloween Party



Taskmaster



SDC Events



and much more!



‘An ALT’s Guide to Sasebo and Surrounding Areas 2026-27’ was able to be created thanks to fantastic contributions from our local ALTs!

**On behalf of all Sasebo ALTs, welcome!
We hope you like your new home!**