

# THE 2026 JAPAN EXCHANGE AND TEACHING (JET) PROGRAMME APPLICATION GUIDELINES (SEA)

---

The following application guidelines apply to Sports Exchange Advisors (SEAs).

The Japan Exchange and Teaching Programme (hereinafter, Programme) seeks to enhance internationalisation in Japan by encouraging mutual understanding between the people of Japan and those of other nations through the enrichment of foreign language education and promotion of international exchange at the local level.

The Programme achieves its objectives by offering JET Programme participants (hereinafter, participant(s)) the opportunity to serve with local authorities as well as public and private elementary, junior high, and senior high schools in Japan.

The Programme is implemented by local authorities and other organisations (hereinafter, contracting organisation(s)) who appoint participants 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), (including the Sports Agency); and the Council of Local Authorities for International Relations (CLAIR).

The Programme began in 1987 with cooperation from governments of participating countries. Since then, over 80,000 people from 82 countries have participated in the Programme.

As the Programme has achieved a significant reputation, participants are invited to Japan as honoured representatives of their countries. As such, they are expected to be responsible in all their activities, especially those concerning the promotion of mutual understanding between nations. It is therefore desirable that participants be adaptable, be mentally and physically capable of performing their job duties, and have a deep interest in Japan.

Generally, participants are appointed by prefectures, municipalities, private schools, etc. as a member of staff for a 1-year period of participation on the Programme (hereinafter, period of participation). The cost of transportation from the participant's place of origin to Japan as well as remuneration will be funded by the taxpayers of Japan via the contracting organisation where the participant is appointed. Because participants serve as civil servants and private school staff members of their contracting organisations, they are required to observe rules and behave responsibly.

Withdrawal from the Programme after receipt of placement or mid-term resignation once on the Programme should be avoided as it causes numerous problems for contracting organisations, in addition to severely impacting the administration of the Programme itself.

## 1. TYPES OF POSITIONS AND DUTIES

### (1) Types of Positions

#### **Sports Exchange Advisors (SEA):**

Participants who engage in internationalisation activities through certain designated sports. SEAs are placed in relevant departments or facilities of contracting organisations.

### (2) Duties

#### **Sports Exchange Advisors (SEA):**

SEA duties are carried out as specified by the supervisor at individual contracting organisations. The following is a general outline of duties, though they may vary from one contracting organisation to another.

- 1) Assistance in sports instruction-related affairs at the contracting organisation (e.g., cooperating or advising on the planning, design, and implementation of sports projects).
- 2) Cooperation in sports training for promising local athletes.
- 3) Cooperation in sports training for employees of the contracting organisation and local residents.
- 4) Advising and collaborating on sports projects of local private groups or organisations engaging in international exchange.
- 5) Other duties as deemed necessary by the supervisor.

## 2. TERMS AND CONDITIONS

The terms and conditions of appointment are determined by the contracting organisation which appoints the participant. The following is a general outline of the terms and conditions, though they may vary from one contracting organisation to another.

### (1) Period of Participation

In principle, the period of participation is for one (1) year commencing on the day after the designated Main Arrival date (2 August 2026).

All participants should bear in mind the following:

- 1) A participant's resignation from the Programme during the period of participation adversely affects school and local government administration as well as impedes the overall implementation of the Programme itself. All participants are therefore required to complete their period of participation in full.
- 2) If a participant violates the terms and conditions determined by their contracting organisation, their appointment may be

terminated prior to the end of their period of participation.

- 3) In some cases, multiple appointment procedures may be required within this 1-year period of participation, such as in cases where a participant's contracting organisation is a local authority.
- 4) If the participant's work performance is of the required standard as deemed by their contracting organisation, it may be possible for the participant to renew the period of participation for an additional year. Under these circumstances, it is generally possible to renew participation up to a total of 3 years. However, if the participant's work performance, level of experience, and abilities are deemed to be of an exceptionally high standard by their contracting organisation, it may be possible to renew participation up to a total of 5 years.
- 5) Participants who arrive on a date after 3 August 2026 may have a period of participation that is shorter than one (1) year.

## **(2) Working Hours**

Participants are expected to work approximately 35 hours a week, excluding lunch breaks. The breakdown of a participant's working hours may differ among contracting organisations; however participants are generally required to work Monday through Friday between the hours of 8:30 a.m. and 5:15 p.m. Generally, Saturdays, Sundays, and Japanese national holidays are days off. However, there are many cases in which work duties, such as scheduled practices or games, will require changes to the normal schedule or require a participant to work on Saturdays, Sundays, or Japanese national holidays. The number of paid holidays per year differs among contracting organisations, but participants are granted at least 10 days in principle.

## **(3) Remuneration**

Remuneration per annum is approximately ¥4,020,000 in the first year, ¥4,140,000 in the second year, and ¥4,260,000 in the third year. The above sums apply to participants who have worked for one full year. If a participant's period of participation in the Programme is less than one year, the remuneration amount will be prorated accordingly. In addition, in the case where a participant who is deemed as particularly outstanding by their contracting organisation exceeds 3 years of participation, the remuneration will be approximately ¥4,320,000 in both the fourth and the fifth years. This remuneration is a sufficient amount to cover average living expenses in Japan.

Participants are required to bear the cost of taxes in cases in which income and resident taxes are imposed.<sup>1</sup>

Remuneration will be made in monthly payments. Participants may, upon completion of the Programme, be required to pay a portion of their resident taxes that they would be subject to that year in one lump sum prior to leaving Japan.

Furthermore, in Japan, joining a mutual aid association (*kyōsai kumiai*; equivalent to health insurance), contributing to the pension fund programme, and paying employment insurance are mandatory. A part of these costs is borne by the participant and deducted from the monthly post-tax remuneration each month on payday.

## **(4) Limitation on Profit-Making Activities**

Participants, in understanding the objectives of the Programme, are expected to prioritise their duties as a participant and refrain from engaging in other profit-making activities.

## **(5) Driving**

Participants with a driving licence may be required to operate a motor vehicle as part of their work duties for their contracting organisation. Costs associated with a motor vehicle may be required to be borne by the participant.

## **3. ELIGIBILITY**

As part of the general criteria, applicants **must**:

- (1) Be interested in Japan and be willing to deepen their knowledge and appreciation of Japan after their arrival; be motivated to participate in and initiate international exchange activities in the local community; and make an effort to study or continue studying the Japanese language prior to and after arriving in Japan.
- (2) Be both mentally and physically healthy.
- (3) Be willing and able to adapt to living and working in Japan, and be determined to responsibly complete their period of participation.
- (4) Be a national (not just a permanent resident) of the country where the recruitment and selection procedures take place by the time they submit their application form. Furthermore, those who possess Japanese nationality must have submitted their applications to renounce their Japanese nationality by the Reply Form submission deadline. Applicants who possess multiple nationalities with countries other than Japan may only apply as a national of one of those countries.
- (5) Have a functional command of the English or Japanese language.
- (6) Not have participated on the Programme since the 2023 JET Programme year (inclusive of April 2023 Arrivals) or have participated on the Programme for more than 6 years in total.
- (7) Not have declined a position on the Programme after receiving notification of placement in the previous JET Programme year (excluding cases where the participant is deemed to have had a valid, inevitable reason for withdrawal).
- (8) Not have resided in Japan for 6 or more years in total since 2016 by the time they submit their application form.
- (9) Have a desire to proactively maintain relations with Japan, even after completion of the Programme.
- (10) Concerning entry into Japan for participation on the Programme, agree to reside in Japan under the status of residence stipulated in Article 2-2 of the Immigration Control and Refugee Recognition Act. However, this does not apply to special permanent residents as defined in Article 3 of the Special Act on the Immigration Control of, *inter alia*, those who have lost Japanese Nationality pursuant to the Treaty of Peace with Japan.
- (11) Be willing to comply with all Japanese laws.
- (12) Not possess a record of crimes which would render them inappropriate for participation in the Programme (e.g., DUI (driving under the influence of alcohol and/or drugs), narcotics and other drug-related offenses, sexual offenses, crimes involving children, etc.).

<sup>1</sup> Participants exempt from taxes in Japan based on a tax treaty between Japan and the participant's home country are not necessarily exempt from tax obligations in their home countries. It is the responsibility of individual participants to clarify such obligations prior to their departure for Japan. Each participant is responsible for the payment of any obligatory home country taxes.

(13) Applicants with a suspended jail term must have finished their period of probation by the time they submit their application form.

(14) Be recommended by a participating country's National Olympic Committee (NOC), a government organisation, sports association, etc., as excelling in the instruction of a certain designated sport(s) or be otherwise recognised to have equivalent abilities. Furthermore, applicants must have either graduated from a vocational college, etc., and obtained coaching certification/qualification, or have at least 3 years of coaching experience in the designated sport.

#### **4. APPLICATION PROCEDURES**

Applicants must submit the following documents to the **Embassy of Japan in Wellington, New Zealand** by **5pm on Friday, 13 March 2026**. Early submission of applications and documents is encouraged. **Late applications will not be accepted.**

You must submit **ONE original set** and **THREE copied sets** (collated in the same order as the original set, all single-sided). Mark your original set with the word "**ORIGINAL**" in red pen on the **top right-hand corner of the first page ONLY** of the original application form. **NO submitted documents will be returned!** For any and all questions, speak to the NZ JET Officer at [jet@wl.mofa.go.jp](mailto:jet@wl.mofa.go.jp)/(04) 472-7807.

**Please refer to the document "Instructions for Filling out the Application Form" on our website for more details.**  
**Please make sure that you read the "Applicants' Checklist" on page 10 and follow the instructions CAREFULLY!**

DOCUMENTS (REFER TO PAGE 10 FOR SPECIFIC COLLATION INFORMATION)	Original Set	3 Copied Sets
<b>(1) Application Form</b> <ul style="list-style-type: none"> <li>➤ All applicants must download the application form in PDF format, and fill it out using <a href="#">Adobe Reader</a>. Compulsory fields in the form are highlighted in red.</li> <li>➤ Once all applicable fields have been filled, the applicant must attach the saved PDF to an e-mail and send to <a href="mailto:jet@wl.mofa.go.jp">jet@wl.mofa.go.jp</a> with "2026 JET Programme Application - SEA" as the subject line. <b>Please note: the e-mailing of this form DOES NOT count as a complete 2026 JET Programme application pack!</b></li> <li>➤ Once e-mailed, applicants must then print out the Application Form (<b>single-sided</b>) and sign the form on pages 6 and 8, and include it as part of their physical application package.</li> </ul>	1	<b>In addition to the original set of documents, you must also submit 3 photocopied document sets!</b>
<b>(2) Self-Report of Medical Conditions</b> <ul style="list-style-type: none"> <li>➤ Same as above. Complete in Adobe Reader, then print out and sign on page 11. For applicants who require it, please also attach the 2026 Statement of Physician Form.</li> </ul>	1	
<b>(3) Essay (Statement of Purpose)</b> <ul style="list-style-type: none"> <li>➤ Essay format is typed, single-sided, double-spaced on A4-size paper, not exceeding two pages. Font should be Times New Roman, font size 12. <b>These essay requirements must be STRICTLY OBSERVED.</b></li> </ul>	1	<b>ALL photocopied document sets must be SINGLE SIDED, and collated in the same order as the original set.</b>
<b>(4) Letters of Reference (from two different referees, in English OR Japanese)</b> <ul style="list-style-type: none"> <li>➤ If you have not graduated yet, one of the referees <b>must</b> be someone related to your university.</li> <li>➤ Referees cannot be related to you. References submitted <b>must</b> be original documents, including a hand-signed signature, a date, and preferably be on letterhead paper.</li> </ul>	2 (one of each reference)	<b>For more information on collation, please see "Applicant's Checklist" on page 11.</b>
<b>(5) Certificate of Graduation from a vocational college, etc., or coaching certification/qualification of one's specialised sports field (if any) (resized to A4 if larger)</b> <ul style="list-style-type: none"> <li>➤ If you have not graduated yet, you must submit an official certificate or letter of expected date of completion of qualification (please note this date must be before departure).</li> </ul>	1*	
<b>(6) Document which shows your nationality (Passport/Birth Certificate/Citizenship Certificate)</b> <ul style="list-style-type: none"> <li>➤ <b>PLEASE NOTE:</b> A New Zealand driver's license is <b>NOT</b> proof of New Zealand citizenship.</li> </ul>	1*	
<b>(7) Teaching Certification and/or Language Proficiency Qualifications (TEFL/TESOL/JLPT/etc.) (OPTIONAL. Only for applicants who hold these qualifications)</b>	1*	
<b>(8) Criminal Record – To be applied for by early March.</b> <ul style="list-style-type: none"> <li>➤ To apply for your Criminal Conviction History, please fill out a "Request Your Own Criminal Conviction History" Form (previously called a Priv/f1 Form) which can be accessed from <a href="https://www.justice.govt.nz/criminal-records/get-your-own/">https://www.justice.govt.nz/criminal-records/get-your-own/</a>.</li> <li>➤ Please note that because this information is required for visa/immigration purposes, we require a <b>Full Record of Convictions</b>, which requires ticking the box on page 3 of the form under "Full Record of Convictions". This form can take up to 20 working days to process, and as such must be applied for <b>by early March 2026</b>.</li> <li>➤ If you have lived abroad continuously for a period of more than one year during the preceding 5 years (excepting Japan), you must also apply for your police certification/criminal record from those countries.</li> </ul>		Criminal Record (including any police checks/criminal background checks from other countries if applicable) is <b>to be submitted at interview</b> should applications successfully pass the first stage of screening. Early submission at the application stage is also accepted.
		<b>*For those items highlighted with this asterisk (*), Justice of the Peace-certified copies will be accepted as originals. Documents without an asterisk <b>MUST</b> be originals. Submitted documents <b>WILL NOT</b> be returned. <b>DO NOT SEND</b> your original passports, birth certificates, degrees, etc.!</b>

## 5. SELECTION AND NOTIFICATION OF RESULTS

- 1) The Embassy of Japan, in the participant's home country, will conduct the first screening and selection of applicants based on written applications. The second stage of screening will be conducted in the form of interviews at the same Embassy, or a Consulate of Japan falling under the jurisdiction of the Embassy, in order to determine candidates.
- 2) The Joint Conference for International Relations, consisting of the Ministry of Internal Affairs and Communications (MIC), the Ministry of Foreign Affairs (MOFA), the Ministry of Education, Culture, Sports, Science and Technology (MEXT), and CLAIR, will decide shortlist, alternate, and unsuccessful candidates out of the recommended candidates selected by the Embassies and Consulates of Japan where the applicants were interviewed (hereinafter, interview offices). Applicants will be notified of the results via their interview office from March 2025 onwards.
- 3) CLAIR will assign contracting organisations to shortlist candidates who agree to participate on the Programme (those who have submitted their Reply Form).
- 4) Candidates who have been assigned a contracting organisation are deemed successful candidates, and will be notified of the name of their contracting organisation by their interview office from May 2026. At this time, shortlist candidates will also be notified of their contracting organisation.
- 5) The contracting organisation will then initiate direct contact with the successful candidate, sending them documents such as the notice of appointment, a letter detailing the workplace and working conditions, and other materials introducing the contracting organisation. In order to make preparations for appointment (e.g. living arrangements) go as smoothly as possible, the candidate should respond promptly to all correspondence from the contracting organisation.
- 6) Alternates will be upgraded to successful candidate/participant status accordingly as openings for alternates become available until the first week of November, 2026.
- 7) Among the applicants who indicate an interest in April or early arrival and have submitted all required documents, those selected for April or early arrival will receive notification of shortlist candidate status and assignment of contracting organisation by the interview office from March 2025 (applicants may receive both notifications at the same time). As the time period between receiving the notification and departure for Japan is extremely short, shortlist candidates and successful candidates must submit the Reply Form to their interview office as soon as possible after receiving notification. Candidates should note that the departure dates for early arrivals will be sometime between 7 April to 26 July, but exact dates cannot be determined this far in advance.

## 6. SUBMISSION OF CRIMINAL RECORD AND CERTIFICATE OF HEALTH

- 1) In principle, successful candidates must obtain and submit their Criminal Record and Certificate of Health to their interview office by the designated deadlines. However, those who indicate having a criminal history at the time of application must submit their Criminal Record at their interview in late March 2026 at the latest (ideally at the time of application if possible). Additionally, alternates who are upgraded and become successful candidates may be required to submit a Certificate of Health again depending on the time they will travel to Japan.

### Regarding the Criminal Record:

- (i) A criminal record covering a period of at least 5 years must be submitted. If, due to institutional restrictions, a 5-year criminal record is not obtainable, a criminal record covering as many years as possible must be submitted.
- (ii) In principle, applicants must submit a criminal record issued by the state/provincial government of their current residence. However, a criminal record issued by the federal government will be accepted in the case it is easier to obtain. Applicants from the US must submit a criminal record issued by the Federal Bureau of Investigation (FBI).
- (iii) Applicants who have lived in another state/province of the same country for at least 12 consecutive months during the preceding 5 years must submit a criminal record from the other state(s)/province(s) in addition to the criminal record issued by the state/provincial government in which they currently reside. However if the criminal record issued by the state/provincial government where the applicant resides contains criminal history information of the country as a whole, including other states/provinces, submission of additional criminal records issued by other state/provincial governments is not necessary.
- (iv) Applicants who have lived in another country for at least 12 consecutive months during the preceding 5 years must submit a criminal record from that country as well.
- (v) Applicants are not required to obtain a criminal record issued by the Japanese government even if they have lived in Japan in the preceding 5 years.

- 2) Applicants for April arrival or early arrival, in accordance with **4. APPLICATION PROCEDURES**, should submit the Criminal Record and Certificate of Health at the time of application. Those who are unable to submit these documents together with the application form should submit them to the interview office at the time of interview. Those who are unable to submit the Criminal Record and Certificate of Health at the time of interview should submit them as soon as possible.

- 3) Criminal Record and Certificate of Health submissions must be dated no earlier than 1 September 2025.

- 4) Additionally, any changes to an applicant's physical or mental health, criminal history etc. after submitting the application may affect their eligibility to participate on the Programme and must be promptly reported to the interview office.

## 7. DISQUALIFICATION

Successful candidates, shortlist candidates, and alternates may be disqualified without warning for any of the following reasons:

- 1) If they have committed an inappropriate act or there is substantial reason to believe that they are likely to commit an inappropriate act.
- 2) If their application documents contain false statements.
- 3) If they do not inform the Embassy or Consulate of Japan of any changes in the information contained in the application documents after submission in a timely manner.

- 4) If it is determined that their criminal history renders them unsuitable for participation on the Programme (e.g. DUI (driving under the influence of alcohol and/or drugs), drug or sexual offences, crimes against children, etc.; inclusive of crimes committed after submission of the application form).
- 5) If the Reply Form, Certificate of Health, or other required forms are not submitted by the designated deadlines.
- 6) If those who possess multiple nationalities with Japan, do not submit the application to renounce Japanese nationality by the Reply Form submission deadline (excluding alternates; however, in the case that an alternate becomes a successful candidate, they will be required to submit the application to renounce Japanese nationality as soon as possible).
- 7) If it becomes clear later that they do not meet the eligibility criteria due to some reason attributable to themselves.
- 8) If they do not board the designated flight(s), except in cases of truly unavoidable circumstances such as humanitarian grounds.

## **8. ASSIGNMENT OF CONTRACTING ORGANISATION**

Participants are required to work at the contracting organisation assigned by CLAIR. Contracting organisations are located all throughout Japan, and amongst them are regions that are not sufficiently equipped with health care facilities, public transportation, etc. Participants with special circumstances such as those listed below will be given special consideration, however there is no guarantee of placement near a participant's desired location (placement requests from April arrivals, early arrivals and alternate candidates may be especially difficult to accommodate). Only requests for special consideration as listed below that have been indicated on the application form will be taken into consideration. Requests for changes after submission of the application, even in special circumstances, are not possible.

Special requests may be considered for instances in which:

- A spouse applies to the Programme at the same time.
- A spouse or other immediate family member(s) already resides in Japan, and a move would be impossible or cause great hardship.
- A participant has medical conditions that may warrant special consideration in their placement.

## **9. ORIENTATION AND TRAINING**

### **1) Pre-Departure Orientation**

Participants will be provided with materials about the Programme along with Japanese language learning materials prior to departure for Japan. Additionally, a pre-departure orientation will take place prior to departure for Japan at each participant's interview office. All participants must participate in the pre-departure orientation.

Please note that there will be no pre-departure orientation for those joining the Programme from within Japan.

### **2) Post-Arrival Orientation**

Participation in the Post-Arrival Orientation is mandatory for all participants. Post-Arrival Orientation will provide training necessary for participants to carry out their work duties in Japan.

### **3) Training**

CLAIR provides Japanese language courses which participants can enrol in before or after arriving in Japan in order to improve their Japanese abilities as well as promote understanding of Japan through the Japanese language after returning home. Participants are also required to participate in any training designated as mandatory by the contracting organisation or CLAIR.

## **10. ACCOMMODATION**

In principle, the participant will be responsible for any and all accommodation arrangements and, as such, will subsequently be responsible for all associated costs incurred. The participant may be required to pay the equivalent of 2 to 6 months' rent immediately after arriving in Japan in order to move into housing. In some cases the contracting organisation may designate the participant's housing arrangements. As such, participants should consult with their contracting organisation well in advance.

## **11. TRANSPORTATION TO AND FROM JAPAN**

### **1) Travel and Other Costs Related to Coming to Japan**

All participants must arrive in Japan on the designated date and flight (refer to Tables 1 and 2) except for participants who already reside in Japan as defined below in 11.2. Participants who do not board the designated flight(s) will be disqualified from the Programme, with the exception of cases due to truly unavoidable circumstances, such as on humanitarian grounds. The cost of domestic transportation to the designated airport(s) in the participants' home country, fees incurred in obtaining documents necessary to travel to Japan, transit visas, extra baggage fees, and shipped luggage fees will be the responsibility of the participant.

Participants' contracting organisations will provide airline tickets from the airport designated in their home countries to Narita International Airport or Tokyo International Airport (Haneda Airport). Transportation costs from these international airports to the Post-Arrival Orientation venue, accommodation costs during the Post-Arrival Orientation, and transportation costs from the Post-Arrival Orientation venue to the contracting organisation, will be borne by the contracting organisation according to their travel expense regulations. Furthermore, travel expense regulations are based on the most logical route and means of travel.

It is for these reasons that in the case a participant withdraws their intent to participate on the Programme or is disqualified after receiving notification of their placement, with the exception of cases due to truly inevitable circumstances, such as on humanitarian grounds, they must pay any travel and other related costs, such as cancellation fees, that were incurred. These costs may include fees for the arrangement of travel within Japan or housing in the case that the contracting organisation has made such arrangements.

Cancellation fees for airline tickets will differ depending on the date that the cancellation of the ticket has been confirmed. In the case cancellation is confirmed 15 to 30 days prior to the designated departure date, the cancellation fee will be half the price of the airline ticket. In the case cancellation is confirmed 14 days or fewer prior to the designated departure date, the cancellation fee will be the full price of the airline ticket. Furthermore, participants may be required to submit documentation in order to determine if a case falls

under "cases due to truly inevitable circumstances, such as on humanitarian grounds".

## **2) Participants who Already Reside in Japan**

Only participants residing in Japan prior to participation on the Programme who already hold a status of residence other than "Temporary Visitor" and are able to change their status of residence (if necessary) prior to the designated arrival date are permitted to join the Programme from within Japan. It is the responsibility of the participant to confirm whether a change will be permitted and carry out the procedure for the status of residence change with the relevant Immigration Bureau of Japan office. If a change in status of residence is permitted, participants must indicate their intent to participate from within Japan on the Reply Form and submit it to the interview office.

Furthermore, those residing in Japan with a "Temporary Visitor" status are not permitted to change their status of residence within Japan, and therefore must return to their home country, carry out procedures to obtain a proper visa from an Embassy or Consulate of Japan, in that country, and enter Japan on the designated flight in order to participate in the Programme.

For participants who already reside in Japan, the contracting organisation will bear travel costs only in the case where a participant travels from the designated airport or railway station to the Post-Arrival Orientation venue on the designated arrival date. Travel costs to the designated airport or railway station will be borne by the participant. Participants who live within 100 kilometres of the Post-Arrival Orientation venue will bear all travel costs to the Post-Arrival Orientation venue. With regard to transportation from the Post-Arrival Orientation venue to the contracting organisation, participants must travel in a group with other participants who will be working in the same host prefecture or designated city. Travelling separately is not allowed. These travel costs will be borne by the contracting organisation according to its travel expense regulations.

## **3) Return Travel Costs**

In the case participants meet all of the requirements listed below, the return travel costs both from the contracting organisation to an international airport in Japan and from that airport to the airport designated in their home country from which they originally departed will be borne by the contracting organisation according to their travel cost regulations.

Participants who participate from within Japan and meet all of the requirements below are also eligible to have travel costs from their contracting organisation to the airport designated in their home country borne by the contracting organisation.

- (i) The participant fully completes their period of participation.
- (ii) The participant does not enter into subsequent employment with a contracting organisation or a third-party in Japan within 1 month after the completion of participation.
- (iii) The participant departs Japan to return to their home country no later than 1 month from the day following the completion of their participation.

## **4) Reimbursement of Travel Costs**

A participant who violates their contracting organisation's terms and conditions, such as by returning to their home country without reasonable cause, or is disqualified due to committing inappropriate acts, etc. after arriving in Japan will not only be responsible for the full cost of return travel to their home country, but must also reimburse any travel costs that the contracting organisation or CLAIR has already borne. In some cases there may be other costs for which the participant will be held responsible.

## **5) Obtaining a Visa**

Participants must obtain a working visa from the Embassy or Consulate of Japan in their country before the date of travel to Japan and enter Japan under the appropriate status of residence ("Instructor" for ALTs, "Engineer/Specialist in Humanities/International Services" for CIRs, and "Skilled Labor" for SEAs) that permits work according to job duties.

Non-JET family members (spouse or children) accompanying a participant must submit official documents to the Embassy or Consulate of Japan which prove their legal marriage or parent-child relationship with the participant and must carry out the procedures for applying and obtaining a Dependent Visa. Please note that only legal spouses and children are eligible for Dependent Visas. A fiancé(e), common-law spouse, etc. is not eligible.

## **6) Participants Travelling with a Spouse or Family**

In cases where the participant is accompanied by a spouse or family, the participant will be completely responsible for all the arrangements (travel, living, etc.) and fees incurred thereof.

## **12. AFTER COMPLETION OF THE PROGRAMME**

Participants are strongly expected to play a role as a bridge between Japan, their place of appointment, and their home countries after their participation on the Programme. Former participants have founded alumni associations in their home countries/areas and in Japan, named JET Alumni Associations (JETAA). JETAA carries out various activities at the grass-root level to promote friendly relations between Japan and the home countries of participants. JETAA members are involved in activities such as information exchange among members, welcoming participants back to their home countries upon their completion of the Programme, introducing Japanese culture, and providing educational information about Japan. It is anticipated that participants completing their participation on the Programme will respond to the "After JET Contact Information Survey" sent by CLAIR with their post-participation contact information. Participants are also expected to contact the Embassy or Consulate of Japan nearest to the participant's residence (CLAIR for those residing in Japan), join a JETAA chapter, and be actively involved in introducing Japan and promoting education.

## **13. USE OF PERSONAL INFORMATION**

The use of personal information submitted by applicants during the application period is limited to Programme selection, placement, travel arrangement, and orientation use by the Embassies and Consulates of Japan; Ministry of Internal Affairs and Communications (MIC); Ministry of Foreign Affairs (MOFA); Ministry of Education, Culture, Sports, Science and Technology (MEXT); CLAIR; contracting

organisations including host prefectures/designated cities<sup>2</sup>; and private contracting companies in charge of services related to the management of the Programme.

The personal information (name, date of birth, nationality, email address) of those selected as JET Programme participants may also be made available to JET Alumni Associations (JETAA) for use in providing information during and after Programme participation.

Personal information may also be shared with the aforementioned organisations after the arrival of participants in Japan for administrative matters (\*) in cases of emergency or early termination of participation on the Programme.

**\* Specific details about administrative matters are listed below:**

- 1) Replacement of a participant in the case of early termination of participation
- 2) Settlement of insurance matters and financial discrepancies
- 3) JET Accident Insurance contract and management-related matters
- 4) Amendment of the list of participants
- 5) Response to an emergency situation
- 6) Other procedures necessary for the smooth management of the Programme

## **14. SCHEDULE FROM APPLICATION TO DEPARTURE**

<b>5pm, 13 March 2026</b>	<b>Application deadline</b>
Late March 2026	First stage of screening process (written application)
Late March/Early April 2026	Second stage of screening process (interviews)
Late May 2026	Announcement of successful candidate/participant status
May – 1 <sup>st</sup> Week of November 2026	Notification of upgrade status to alternate candidates
June - July 2026	Pre-Departure Orientation, preparation, etc.
Sunday, 2 August 2026	Main Arrival date

## **15. COURT JURISDICTION AND GOVERNING LAW**

With regard to the recruitment and application procedures, the Tokyo District Court shall have exclusive jurisdiction over all legal matters. The governing law shall be Japanese law.

## **16. PARTICIPATION RIGHTS IN THE EVENT OF UNAVOIDABLE CIRCUMSTANCES**

In the event of unavoidable (i.e. force majeure) circumstances, CLAIR reserves the right to change or cancel the arrival date, placement, participation, and contents of the application guidelines here within, at any time before or after notification of acceptance into the Programme.

Unavoidable circumstances are defined as events whose effects could not reasonably be prevented by MIC, MOFA (including Embassies and Consulate Generals of Japan), MEXT, CLAIR, prefectoral governments, designated cities, contracting organisations, or contractors involved in the administration of the Programme including but not limited to acts of God, acts of government (including local government, hereafter referred to as government), acts of government authorities (including limitations on travel or immigration enacted by the Japanese government or other foreign countries' governments due to the event of infectious disease), compliance with laws, regulations or orders, fire, flooding and torrential rain, earthquakes, acts of war (regardless of a declaration of war), revolt, revolution or rebellion, strike, or lockout.

## **17. ENQUIRIES**

Enquiries relating to the Programme are welcome at the Wellington, Auckland, or Christchurch offices, but applications must be submitted to the Japan Information & Cultural Centre, Embassy of Japan in Wellington by the afore-stated deadlines.

---

<sup>2</sup> These are cities designated by the government with populations of 500,000 people or more. Certain affairs generally administered by prefectures in Japan are transferred to the designated cities' jurisdiction in order to manage the affairs of larger cities efficiently. At present, there are twenty designated cities: Sapporo, Sendai, Niigata, Saitama, Chiba, Yokohama, Kawasaki, Sagamihara, Shizuoka, Hamamatsu, Nagoya, Kyōto, Ōsaka, Sakai, Kōbe, Okayama, Hiroshima, Kita-Kyūshū, Fukuoka and Kumamoto.

**Table 1: Designated Arrival Dates**

	<b>Designated Arrival Date</b>	<b>Period of Participation</b>
<b>April Arrivals</b>	April 12, 2026	April 13, 2026–April 12, 2027
<b>Early Arrivals</b>	Designated date after April Arrivals ② (TBD)	Day After Arrival–April 12, 2027
<b>Main Arrival</b>	August 2, 2026	August 3, 2026–August 2, 2027
<b>Post-Summer Arrivals</b>	Designated date after Main Arrival (TBD)	Day After Arrival–August 2, 2027

(Note: The April Arrivals group is primarily designated for successful Early Arrival candidates, while the Early Arrivals group is primarily designated for successful Early Arrival candidates who are unable to arrive on April 12, 2026 due to unavoidable circumstances. The Main Arrival group are primarily designated for successful candidates, while the Post-Summer Arrivals group is primarily designated for alternate candidates who are upgraded due to withdrawals or mid-term resignations.)

**Table 2: Departure Locations**

<b>New Zealand</b>	Wellington
	Auckland
	Christchurch

Participants cannot depart from a country other than their home country. Participants from New Zealand can depart only from the designated departure points noted above.

# 2026 JET PROGRAMME APPLICANTS' CHECKLIST (SEA)

**INCOMPLETE OR INCORRECTLY-SUBMITTED APPLICATIONS WILL HAVE CONSEQUENCES. PLEASE CAREFULLY READ THROUGH ALL GUIDELINES AND THIS CHECKLIST BEFORE YOU SUBMIT YOUR APPLICATION FORM!**

Please collate documents in the order below, as per page 4. A total of 4 separate sets are required to form a complete application pack: 1 original documents set, and 3 photocopied sets. Mark your original set with the word "**ORIGINAL**" in red pen on the top right-hand corner of the first page of your original application form.

**ONE ORIGINAL SET OF DOCUMENTS (SINGLE SIDED), COLLATED IN THE FOLLOWING ORDER:**

**1. Application form** (single-sided, hand-signed) – make sure you have submitted your digital copy beforehand!

**2. Self-Report of Medical Conditions** (single-sided, hand-signed)

\***Statement of Physician Form** (for those required to submit in addition to their Self-Report of Medical Conditions).

**3. Essay (Statement of Purpose)** – Please read this **BEFORE** writing your essay.

Your essay must be typed, double-spaced, printed single-sided on A4 paper, not exceeding two pages, using size 12 Times New Roman font. Include your name at the top of each page. Your essay should express your reasons for wishing to participate in the JET Programme and travel to Japan. It should include in what ways you feel your participation, skills, experience, and personal qualities will be useful to your position on the Programme. In addition, please provide details of any teaching or international experience you may have, including challenging experiences and how you dealt with them. Your own views on the aims and ideals of the Programme are also important. Check your spelling and grammar.

**4. Letters of Reference (from two different referees, in English OR Japanese)**

If you have not graduated yet, one of the referees **must** be someone related to your university. All references **must** be original copies and **must** include a hand-signed signature – NOT digital. They **must** be on headed paper, or include the full contact details of the referee. They **must** be dated. Referees cannot be related to you.

**5. Certificate of Graduation a vocational college, etc., or coaching certification/qualification** – Please resize this to A4 if the original is larger.

If you have not graduated yet, please submit an official letter from your department on university letterhead showing expected date of completion of your qualification.

**6. Document which shows your nationality (passport, birth certificate, etc.)** – Do not send your original document.

**7. Teaching Certification and/or Language Proficiency Qualifications (TEFL/TESOL/JLPT/etc.)**

\***OPTIONAL**. Only for applicants who hold these qualifications.

**8. Criminal Record** – if submitted at application stage. Please note your criminal record must be submitted at interview stage at the absolute latest, should you successfully pass the first stage of screening.

Original documents are required for the original set. However, in the case of graduation certificates and proof of nationality, certified copies (e.g. copies sighted, stamped, signed, and dated by a Justice of the Peace) will be accepted.

**NO SUBMITTED DOCUMENTS WILL BE RETURNED!**

**THREE COPIED SETS OF DOCUMENTS (SINGLE SIDED), COLLATED IN THE SAME ORDER AS ABOVE:**

Make 3 (single-sided) photocopies of your original application set (including application form), collated in the same order as above, and fasten each of the four sets with a separate **PAPER CLIP** at the top left-hand corner. Put the original set, followed by the three copied sets, inside an L-shaped clear plastic file folder/sleeve/pocket. Mail/ hand in all four sets of documents in an L-shaped clear plastic file folder.

**DO NOT:** staple, hole punch, or use binders.

**DO NOT:** include any extra information such as a CV, extraneous achievement certificates, or a photograph of yourself.

**SUBMIT APPLICATIONS TO:**

**Japan Information & Cultural Centre  
Embassy of Japan  
(Level 18, The Majestic Centre, 100 Willis Street)  
PO Box 6340, Marion Square, Wellington 6141  
ATTN: JET Officer  
Tel: (04) 472-7807 Email: [jet@wl.mofa.go.jp](mailto:jet@wl.mofa.go.jp)**

**EARLY SUBMISSION OF APPLICATIONS IS HIGHLY ENCOURAGED**

**HAVE YOU SIGNED ALL THE SPACES? page 6 and 8 of Application Form, and page 11 on the Self-Report of Medical Condition(s)?  
HAVE YOU ENCLOSED ALL THE SUPPORTING DOCUMENTS?**

**If in doubt, contact the NZ JET Officer at (04) 472-7807 or [jet@wl.mofa.go.jp](mailto:jet@wl.mofa.go.jp)**

**APPLICATION DEADLINE: 5:00PM NZST, FRIDAY 13 MARCH 2026**