

# WanderWork:

A Guide to Working and  
Traveling Abroad



Japan Edition

# The Benefits of Working and Traveling in Japan as a Canadian



Are you ready for the adventure of a lifetime, but the thought of figuring out the visa process and finding a job abroad is making your head spin?

Do you have questions about where to go, how to get the work visa, how to get a job overseas?

Have you started to book your trip and need some travel suggestions and advice?

In this guide to working abroad in Japan you will find detailed information about jobs, housing, travel, safety and much more!

At GO International we understand what you are going through and we are here to help.

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# An Introduction to International Experience Canada (IEC)

Are you ready to turn your travels into a life-changing experience? Did you know there's a government program that makes it possible for you to work in over 35 countries while you explore the world? It's true!

As a Recognized Organization (RO) of IEC, GO International has been designated a partner in raising awareness and providing support services to foreign national and Canadian youth. The Government of Canada works with key stakeholders like GO International in Canada and abroad to raise awareness of the program, promote the benefits of international experience, and to equip Canadian youth with information to successfully embark on international work and travel experiences through IEC.

# What is International Experience Canada?

International Experience Canada (IEC) is the Government of Canada's flagship youth mobility program, facilitating work and travel opportunities for thousands of Canadian and foreign youth each year. Although Canadian citizens enjoy passports that provide visa-free access to many countries around the world, most do not allow easy access to labor markets, making it difficult to obtain international work experience without specialized, in-demand skills.

Through the negotiation of youth mobility arrangements, IEC facilitates international work experience opportunities for youth aged 18-35 in partner countries and territories around the world.

Originating in 1951 as a cultural youth exchange initiative following World War II, the program now has more than 30 active youth mobility arrangements with country and territory partners across Europe, East Asia, Oceania, and the Americas.

Its primary objectives include building the global competencies of Canadian and foreign national youth and leveraging youth mobility arrangements as a strategic tool in diplomatic relations to strengthen global relationships.



"Traveling allows you to become so many different versions of yourself."

## How does it work?

IEC has three program streams through which foreign youth may work and travel in Canada:

### Working Holiday

The Working Holiday stream facilitates work and travel through an open work permit that allows foreign youth to work for virtually any employer in any location in Canada.

### International Co-op & Young Professionals

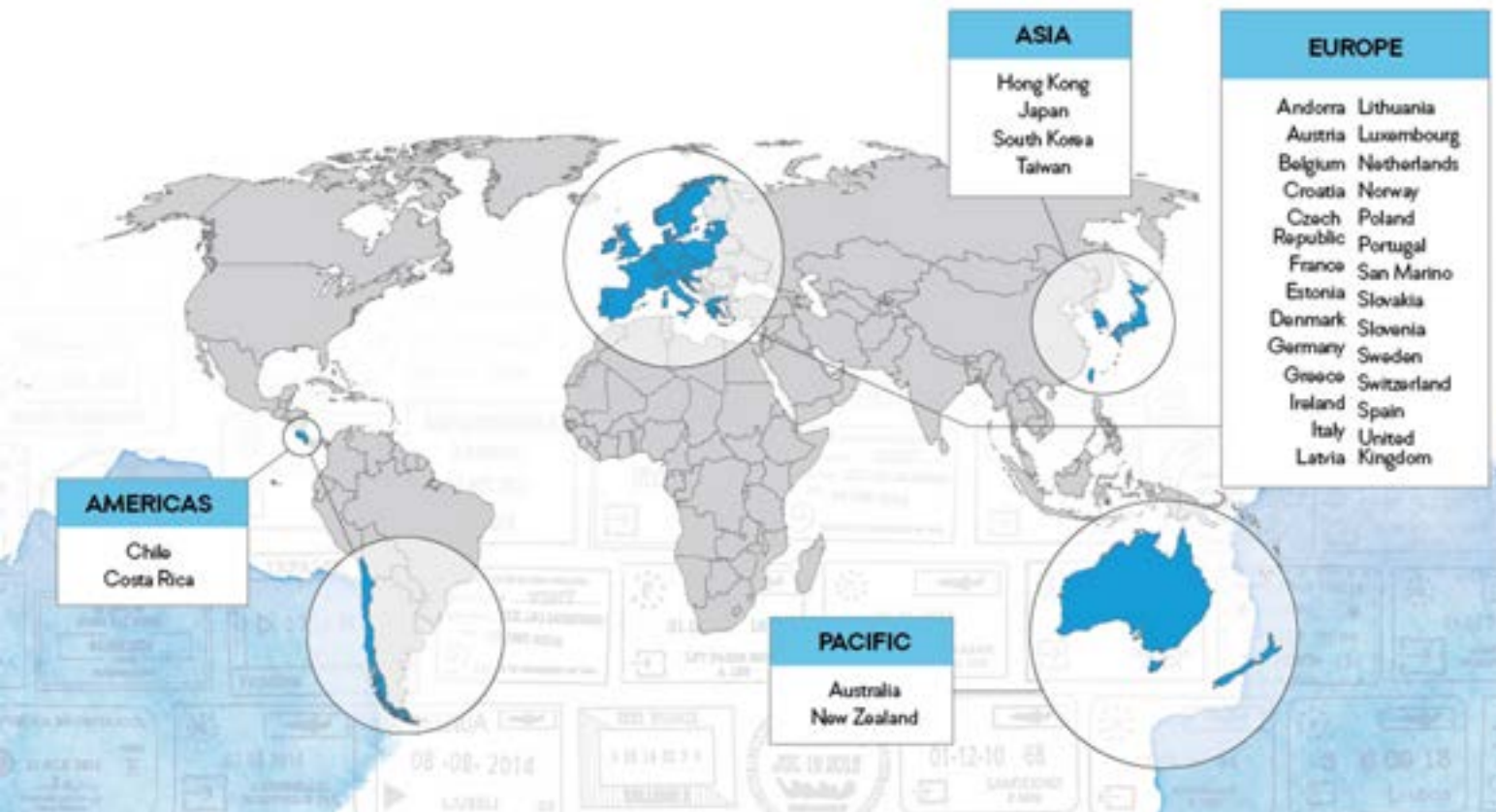
The International Co-op and Young Professionals streams facilitate internships and professional work experience through employer-specific work permits.

Similarly, Canadian youth can access a variety of work-travel program streams in partner countries and territories. Access to specific work permit streams depends on the negotiated arrangement between Canada and each of its partners.



# IEC Partner Countries

The following countries have reciprocal Youth Mobility Agreements (YMA) with Canada. This means, that as a Canadian citizen, you can get a Youth Mobility visa / Working Holiday visa for any of these destinations - always depending on the agreement between Canada and the IEC country.





WanderWork

Chapter 2

# Planning Your Trip: How to Budget and Plan Your Itinerary for Japan

**Travel to Japan for your Working Holiday adventure!**

If you are already packing your bags, why not travel to Japan?


Traveling to Japan for a Working Holiday can be a great way to experience a new culture, learn new skills, make new friends, and gain valuable work experience. Japan is a unique and exciting destination that offers a blend of traditional and modern culture, beautiful landscapes, delicious food, and a strong economy with many job opportunities for foreigners. A Working Holiday in Japan can provide a life-changing experience that helps you grow both personally and professionally.

# Requirements for Traveling and Working in Japan as a Canadian

## TO BE ELIGIBLE FOR THE PROGRAM:

- You are a Canadian citizen residing in Canada
- You have a valid Canadian passport (valid for at a minimum six months past the end date of the visit)
- You must be between the ages of 18 and 30 (and must not turn 31 before applying for your visa for Japan)
- A clean police record
- Intermediate or better-working knowledge of English
- Must be in good health
- A bank statement that certifies you have access to at least \$3,500 CAD in available funds
- You must submit all the documents necessary to support your visa request in person at a Japanese embassy/consulate.
- Medical insurance for the duration of your entire trip
- You must not have any dependent children

Note: Through the Working Holiday Visa, you are allowed to stay in Japan for 6 months. Once in Japan, you will be able to apply for another 6 month extension.



**"The journey of a thousand miles  
begins with a single step."**

## Must-See Sights to Visit on Your Trip



Tokyo

Tokyo is Japan's capital city and the largest metropolitan area in the world. It's a bustling, vibrant city with something for everyone, from towering skyscrapers to historic temples and gardens. You can visit the famous Tsukiji Fish Market, take a stroll through the trendy Shibuya neighborhood, or explore the beautiful cherry blossoms at Shinjuku Gyoen National Garden.



Kyoto

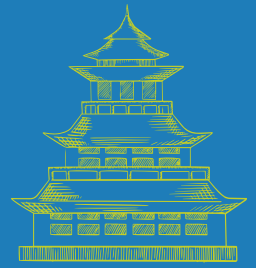
Kyoto is known as the cultural heart of Japan, and for good reason. This ancient city was the capital of Japan for over a thousand years, and it's filled with beautiful temples, shrines, and traditional Japanese architecture. Don't miss the stunning Kinkaku-ji Temple (also known as the Golden Pavilion), the serene Arashiyama bamboo grove, or the colorful Fushimi Inari Taisha shrine.



Hokkaido

Hokkaido is Japan's northernmost island and a great destination for nature lovers. It's home to some of Japan's most stunning natural scenery, including the beautiful lavender fields of Furano, the rugged mountains of Daisetsuzan National Park, and the crystal-clear waters of Lake Shikotsu. You can also enjoy delicious fresh seafood and winter sports like skiing and snowboarding in Hokkaido.

# 3 UNIQUE THINGS TO EXPERIENCE IN TOKYO!



## GO-KART RACING

Hop-on Hop-off double-deckers are a fun way to explore any city from Sydney, over Auckland to Tokyo.

But nothing beats a lightning-fast go-kart! Race around Tokyo in a custom-built go-kart, dressed up as your favorite superhero or video game character. As long as you have an International Driving Permit, you are ready to hit the roads!



## IMMERSE YOURSELF IN KEMBU

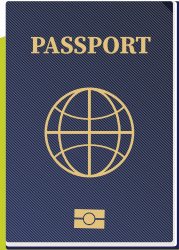
You have always watched Japanese Samurai with a vivid fascination? Kembu is the traditional art of Japanese stage performances. Try on the typical clothes, learn how to handle a Japanese sword, and experience the way of the Samurai yourself. The costume photo shoot will provide you with a really unique souvenir for home.

## A NEW CAFÉ CULTURE

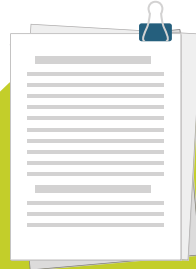
It comes as no surprise that Tokyo has claimed the title of reigning champion of weirdly themed cafés. There are animal cafés, where you can come in close contact with cats, reptiles, goats, hedgehogs, and even pet an owl. Visit the Robot Restaurant! Dare yourself to a snack at the Dungeon, Vampire or Ninja Café. Other bizarre options include a Maid Café and Cuddles Café.



# What to pack for your Carry-on Luggage



Passport



POE Letter



Health Insurance



Credit or Debit Card



Cash



Emergency Contacts



Travel Pillow



Charger & Adapter



Important Documents



Electronics



Snacks & Water



Change of Clothes



**Check the carry-on rules for your airline!**

# Travel Preparation Checklist



## Travel Preparation

- Renew/Check passport
- Book medical insurance
- Change CAD to local currency
- Check flight status, online check-in, & seat reservation
- Download offline maps
- Print important documents
- Make copies to give to parents or someone you trust
- Get a credit card
- Write down important contact numbers
- Visit doctor (e.g. dentist)
- Apply for an international driving permit
- Check vaccination requirements
- Prepare a general resume
- Check that your cellphone is unlocked
- \_\_\_\_\_

## Home Preparation

- Organize plant & pet care
- Empty the fridge of perishables
- Forward or hold mail
- Give keys to a relative/friend
- Cancel contracts/subscriptions



# Packing Checklist

## Clothing

- Shirts / T-shirts
- Pants / Jeans
- Shorts
- Socks
- Sweater
- Hat
- Underwear & Pajamas
- Bras
- Dress / Skirt
- Pantyhose
- Collar Shirt
- \_\_\_\_\_
- \_\_\_\_\_

## Cold Weather Clothing

- Jacket (Wind breaker)
- Gloves
- Hat
- Scarf
- \_\_\_\_\_
- \_\_\_\_\_

## Optional Clothing

- Belt
- Raincoat
- Umbrella
- Jewelry
- Glasses / Contact lens kit
- Smart interview outfit
- \_\_\_\_\_

## Beach Gear

- Swimsuit
- Sunglasses
- Sunblock
- Beach towel
- \_\_\_\_\_
- \_\_\_\_\_

## Shoes

- Runners / Walking shoes
- Sandals
- Dress shoes / Heels
- Shower shoes
- \_\_\_\_\_

## Electronics

- Cellphone / Charger
- Extra batteries
- Power bank
- Laptop
- Watch
- Headphones
- Travel adapter
- \_\_\_\_\_

## Luggage

- Backpack
- Carry-on bag
- Suitcase
- Safety pins
- \_\_\_\_\_

## Personal Hygiene

- Toiletry bag
- Hair Brush / Comb
- Razor / Electric Shaver
- Toothbrush / Tooth Paste
- Dental floss
- Soap/ Cleansers
- Shampoo/ Conditioner
- Deodorant
- Moisturizer
- Lip Balm
- Quick-dry towel
- Make-up
- Feminine products
- \_\_\_\_\_
- \_\_\_\_\_

## Health & Medications

- Prescription medicine
- Contraception/ Condoms
- Motion sickness pills
- Pain/ Aspirin medication
- Antibiotic ointment
- Laxative/ Diarrhea medicine
- First Aid Kit
- Insect repellent
- Band-aids
- \_\_\_\_\_

# Quick Packing Tips



## 1 Don't overpack!

Pack only as if you'll be gone for 3 weeks and take just your favorites.

## 2 Pack smart

Use packing cubes or the rolling technique so you won't lose any suitcase space.

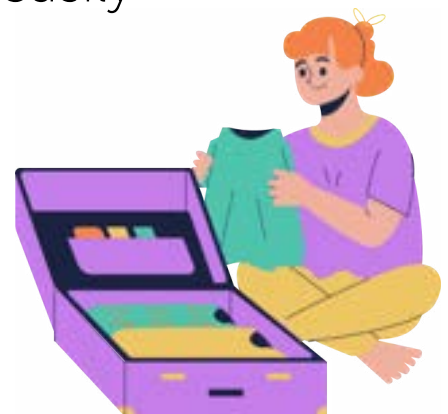
## 3 Be wise, carry travel size

Bring travel size items like shampoo, sunscreen, etc., and buy bigger packages at your destination.

## 4 Easily access certain items

Pack these items so they are easily accessible in your carry-on:

- Medication
- Change of clothing
- Important documents
- Liquids bag





# Common Mistakes and How to Avoid Them

## 1) Supporting Documents

You don't prepare your supporting documents before starting your application.

## 2) Check Visa Application

You forget to check your visa application for mistakes before submitting it. It is extremely important to pay attention to the visa guidelines to avoid delays in your visa processing. Even better - ask someone else to look over it once!

## 3) Expiring Passport

If your passport expires during your stay in Japan, your work permit will only be valid until the expiry date of your passport. Make sure to renew your passport before the application process.

## 4) Age Limit

You forget to apply for your Working Holiday visa before your 31st birthday. It is okay if you turn 31 while being in Japan or before you travel.

## 5) Travel Health Insurance

You don't book a medical travel insurance. It is mandatory to be insured for the full duration of your Working Holiday in Japan.

## 6) Visa Processing Time

You don't plan enough time to apply for your visa. It usually takes one business week to process the application.

## 7) Visa Appointment

You don't go to the Japanese consulate/embassy of your jurisdiction. You can only apply at the Japanese consulate/embassy of the province that you are a resident of.

## 8) Purpose of Visit

You focus solely on the Working part of your visa and/or mention a pre-arranged job. The Working Holiday visa in Japan has to be a combination of culture and work.



## General Tips

### Research your visa options

The first step in preparing to work and travel in Japan is to research your visa options. The most common visa for Canadians is the Working Holiday visa for Canadians, which allows you to work and travel in Japan for up to 12 months. This visa is available to Canadians aged 18-30.

### Get your paperwork in order

Once you have decided on your visa, you will need to gather the necessary paperwork. This typically includes a valid passport, proof of sufficient funds, and a completed visa application. Make sure to have all your documents ready and in order before your departure to avoid any delays.

### Sort out your finances

Make sure you have sufficient funds to cover your expenses while in Japan. This includes your airfare, accommodation, transportation, and daily expenses. It's also a good idea to research different banking options and compare fees and services, so you can choose the one that best suits your needs.

### Prepare for the culture shock

Japan has a unique culture and it's important to learn about it before you go. This will help you understand and respect cultural differences and avoid any cultural misunderstandings.

### Learn some Japanese

Knowing some Japanese will be helpful during your stay, especially if you plan on working or traveling outside of major tourist areas. Consider taking a Japanese language course before you go or practicing with language learning apps.

### Create a budget

Create a budget and stick to it. Have a plan for how much you will spend each day, week, or month. This will help you keep your finances in check and make sure you don't overspend.

## General Tips

### Make a list

Make a list of the things you need to do before you leave, such as canceling your bills, changing your address, and so on. This will help you stay organized and ensure that you don't forget anything important.

### Research job opportunities

Look into potential job opportunities before you arrive in Japan. Some popular options for working holidaymakers include teaching English, working in hospitality, or working at a ski resort during the winter season.

### Pack wisely

Japan has a distinct culture and climate, so make sure you pack appropriately. Check the weather before you go and pack clothing that is suitable for the season. Also, be aware of cultural norms and dress appropriately for different situations.

### Enjoy your experience

The most important thing is to enjoy your experience. Japan is an amazing country, full of beautiful landscapes and great culture. Make the most of your time there and create memories that will last a lifetime.

### When to go

The best time to visit Japan depends on your preferences and what you want to experience. Generally, the best time to visit Japan is during the spring (March to May) and autumn (September to November) seasons when the weather is mild, and the landscapes are picturesque. However, summer (June to August) is a great time for beach vacations and outdoor festivals, while winter (December to February) is perfect for skiing and winter sports. Ultimately, the best time to visit Japan is subjective and depends on your personal interests and preferences.

## Other key things

- **Accommodation:** Finding a place to live can be one of the biggest challenges when moving to a new country. Research different options such as short-term rental accommodation, hostels, share houses, or long-term rentals. It's also a good idea to look into shared accommodation options to save on costs.
- **Transportation:** Research transportation options in your destination city and consider purchasing a car or bike if you plan on staying in one place for a longer period of time. Make sure to check if you need a special license to drive in Japan.
- **Banking:** Setting up a bank account in Japan will make it easier for you to manage your finances and get paid. Research different banking options and compare fees and services.
- **Health insurance:** It's important to have health insurance when working and traveling in Japan. You will have to book a medical travel insurance for the full duration of your stay in Japan.
- **Currency:** Get familiar with the currency used in Japan and consider getting your money exchanged before you leave Canada or when you arrive in Japan.
- **Visa regulations:** Make sure you understand the rules and regulations of your visa and ensure you comply with them during your stay in Japan.
- **Taxes:** Make sure you are aware of your tax obligations in Japan and how to file your taxes, including how to register for "My Number".
- **Cultural differences:** Be aware of the cultural differences between Canada and Japan. Research the customs and social norms of your destination and be prepared to adapt to the new culture.
- **Safety:** Research the safety situation in your destination city and take necessary precautions to ensure your safety while working and traveling in Japan.
- **Networking:** Network with other Canadians and connect with local communities and organizations to learn more about the country and find job opportunities.

### Emergency contact information

Make sure to keep emergency contact information, such as the contact information of your embassy and your insurance provider, on hand in case of an emergency.

## Flight Booking Tips

Decide on where and when you want to fly - it's better to be flexible about the dates to find a cheaper rate and/or better connection.

Check flight comparison websites like Expedia, Skyscanner, Kayak, but if possible book directly through an reliable airline (e.g. Air Canada).

Sign up for price alerts by using flight search tools such as Google Flights, Kayak, Hopper, and Skyscanner.

You'll definitely want at least a 1.5 to 2-hour window for layovers. Make sure to have sufficient time to make your connection.

Decide if you want to book a one-way or return ticket. You will need to prove extra funds if you only book a one-way ticket. If it's a return ticket, make sure you can reschedule the return date.



# Arrival in Japan - Three Essential Tips

Once you arrive in Japan, there are three essential things to do:

## My Number

- Get a My Number: You will need a "My Number," which is a 12-digit identification number, to file taxes in Japan. You can apply for a My Number at your local city hall or ward office.

## Zairyu Card

If you are a foreigner living in Japan for more than 90 days, you will need to obtain a residence card, also known as a "zairyu card".

Go to your local city hall or ward office: You will need to go to your local city hall or ward office to apply for your zairyu card. Bring your passport and any other necessary documents with you.

It's important to note that your zairyu card must be carried with you at all times, as it is your proof of residency in Japan. If any of your personal information changes, such as your name or address, you will need to update your zairyu card at your local city hall or ward office.

## Bank Account

- It's essential to open a bank account to receive your salary and manage your finances. You'll need your passport, visa, and address details to open a bank account in Japan.





# Visa Applications for Canadians: A Detailed Guide on how to Apply for Different Types of Visas

## Everything You Need to Know About the Japan Working Holiday Visa

Are you planning to work and travel in Japan? Then, it's essential to know everything about the Working Holiday visa for Canadians.

The process of getting a visa, finding a job, and settling down in a new country can be a bit challenging, but it can be made simpler if you know what to do. In this article, we'll go through everything you need to do before and after arriving in Japan to start your Working Holiday.

# Japanese Working Holiday Visa for Canadian Citizens

For the purpose of promoting greater mutual understanding between Japan and Canada, the governments of these two countries have agreed to offer a Working Holiday scheme to help encourage youth exchange.

The scheme will make it possible for citizens of one country to enter the other country for a holiday over an extended period, and also to engage in employment as an incidental aspect of their holiday in order to supplement their travel funds.

With this visa, Canadian citizens need not obtain further permission to engage in remunerative activities while in Japan, provided that these activities do not contravene the Japanese law regulating business offering food and entertainment or any other regulations in force which affect public order and good morals.

**However, a Working Holiday visa is not designed for people who intend mainly to work in Japan.**

## CONDITIONS OF ELIGIBILITY

Applicants must:

- Be a Canadian citizen who is resident in Canada.
- Intend primarily to holiday in Japan for a specific period. You will need to explain your plans in a motivation letter and the attached "Outline of intended schedule".
- Be between 18 and 30 years of age at the time of application. You can apply for the visa on your 18th birthday until the day before your 31st birthday. Once your visa application has been approved, you have one year to enter Japan. It does not matter if you turn 31 during this time.
- Possess reasonable funds for your maintenance, including medical expenses during the period of your initial stay in Japan.
- Possess a valid Canadian passport. Make sure to apply in time for a passport or to renew your current passport. Your passport should be valid at least for another six months after your return to Canada.
- Be in good health and have no criminal record.



# Japanese Working Holiday Visa for Canadian Citizens

## DOCUMENTS REQUIRED

- Valid Canadian passport
- Completed [Visa Application form](#)
- One photo (Approx. 45mm x35mm or 2in x 1.4in, taken within 6 months, you can crop the photo to the right size if needed. Glue it to the Application Form. No tape. Professional picture, no shadows, ears should be visible.)
- Letter explaining your motive for Working Holiday visa (approx. half a page, typed on letter-sized paper, should stress the holiday part of the trip.)
- Outline of [intended schedule](#)
- Return airline ticket or flight itinerary (Add an additional \$1,000 to the above amount if you are unable to provide your itinerary or ticket.)
- Resume
- Note from physician stating that you are in good health (Original note)
- Proof of travel funds: at least \$3,500 CAD - Bank statement, screenshot of bank account or Traveler's Cheques, should be from recent month)

## APPLICATION PROCESS

You will have to apply in person at the Japanese consulate or embassy in your province of residence:

▷ Consulate General of Japan in Vancouver  
(Jurisdiction: British Columbia and Yukon)

▷ Consulate General of Japan in Calgary  
(Jurisdiction: Alberta, Saskatchewan, Manitoba, Northwest Territories and Nunavut)

▷ Consulate General of Japan in Toronto  
(Jurisdiction: Ontario, except for Ottawa region)

▷ Consulate General of Japan in Montreal  
(Jurisdiction: Quebec, New Brunswick, Prince Edward Island, Nova Scotia, Labrador & Newfoundland)

▷ Embassy of Japan in Canada  
(Jurisdiction: Ottawa region)

# Japanese Working Holiday Visa for Canadian Citizens

## Tips to fill out application documents:

- Be extra careful with mentioning potential work opportunities in the intended schedule. Make sure that it's a good combination between experiencing the culture, sightseeing and working.
- The resume should mention all previous education, work experiences and skills in detail, including dates, description and location.
- On the application form, put NA or cross out any lines that are not applicable.
- Put your name and date on all documents and sign by hand.
- Leave enough time to submit your application at the embassy/consulate. The embassy might reject your application if the application is too last-minute.
- Bring all documents in original, especially the medical note.



# Japanese Working Holiday Visa for Canadian Citizens

**\*When you pick up your visa in person, you MUST bring a personal ID as an identification document.**

## **Processing time of visa application:**

Minimum one week.

## **Cost of visa application:**

Free of charge.

## **ADDITIONAL INFORMATION**

The Working Holiday visa is issued only ONCE to each individual and valid for six months. It is possible to apply for an extension of six months once in Japan. The extension costs 4,000 Yen and you will need to visit an immigration office with your passport and alien registration card.

You can apply for your Working Holiday visa three months in advance at the earliest.

Working Holiday visas are for a single entry only. Therefore, if the Working Holiday participant needs to leave Japan for any reason and wishes to return to Japan, that person must obtain a re-entry permit from the Immigration Authorities before leaving Japan.



# Japanese Working Holiday Visa for Canadian Citizens

## NOTES FROM THE JAPANESE EMBASSY:

- It is recommended that insurance coverage be arranged before leaving Canada as stipulated under the conditions of employment for the Working Holiday Visa. The period of employment in Japan is usually not long enough to qualify for coverage undertaken by the employers or companies.
- Applicants must enter Japan within 12 months after the date of issue of the visa; the visa is valid for twelve months. The initial 6 months period of Entry Permit will start from the date of your entry.
- A period of stay up to six months may be initially granted at the port of entry. This may be extended for up to an additional six months by the Immigration Authorities in Japan.
- Working Holiday visas are for a single entry only. Therefore, if the Working Holiday participant needs to leave Japan for any reason and wishes to return to Japan, that person must obtain a re-entry permit from the Immigration Authorities before leaving Japan.
- Working Holiday visitors will be issued a resident card at the port of entry. Please visit a local municipal office in Japan with your resident card within 14 days of finding a place to reside.
- You should ask for a statement of earnings in English while in Japan and call Revenue Canada for the appropriate information when you return to Canada.



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Chapter 4

# Finding a Job Abroad: Tips on Job Searching, Networking, and Preparing Your Resume for International Job Market



## General Tips



- Choose the city where you want to live and work in Japan, and identify the job platforms and job market that works better in that area to start your job research.
- Make a list of career options to decide the job field that you want to work in (e.g. hospitality), do research on the current demand, and check the qualifications for Japan.
- Evaluate the possibilities for a foreign transfer (if you are working in an international company).
- Make sure you adapt or localize your resume to Japan, extend your research to determine unique selling points in the field you want to work in.
- Use your network and meet new people in your field to create and learn about new opportunities.
- Use international job boards to extend your research and have more options when seeking for a job.

## General Tips



- Write down the top 10 employers to narrow the options in your field and to get a clear idea of your goals in the job search.
- Build the right and specific mindset, goals, and priorities, and challenge yourself to succeed in your job search.
- Take a trip to Japan (if possible) to apply while you are there as a tourist, and start networking during your vacation.
- Build your language skills if you are not a native Japanese speaker and consider taking a language course before traveling.
- Tap into all types of job search (e.g. job boards, recruiters, network, cold calling/applying, networking/referrals, job fairs, company websites, LinkedIn, interning/volunteering).

# A Guide to Finding Work in Japan

If you're looking to find work in Japan here are some tips to help you:

- Prepare your resume and cover letter in Japanese: This will show potential employers that you are serious about working in Japan and have taken the time to learn the language.
- Use job search websites: Websites such as [GaijinPot](#), [Daijob](#), and [Jobs in Japan](#) are great resources for finding job listings in Japan. These websites allow you to search for jobs by location, industry, and job type.
- Attend job fairs: Job fairs in Japan, such as the Job-Hunting Festival for Foreigners, are great opportunities to meet potential employers and learn more about the job market in Japan.
- Network: Reach out to people you know in Japan, such as friends or family, and ask if they know of any job openings. You can also join professional networking groups such as LinkedIn and connect with professionals in your field.
- Be open to various job opportunities: While you may have a specific job or industry in mind, be open to considering other opportunities that may come your way. This can help you gain valuable work experience and make new connections.
- Apply early: Some employers may start hiring for their busy seasons months in advance, so it's important to start your job search early and be proactive in reaching out to potential employers.
- Be prepared for the interview: Research the company and prepare answers to common interview questions. Make sure to dress professionally and arrive on time for your interview.





# A Guide to Finding Work in Japan

## Resources for Job Hunting

The following are the best job boards and resources you as a Canadian should access to find a job in Japan when you get there or before you leave Canada.

- [GaijinPot Jobs](#): This is one of the largest job search engines for foreigners in Japan. You can search for jobs by industry, location, and job type. GaijinPot also has a lot of helpful information and resources for job seekers in Japan.
- [Jobs in Japan](#): This is another popular job search engine for foreigners in Japan. You can search for jobs by location, job type, and language proficiency. Jobs in Japan also offers a lot of resources and tips for job seekers in Japan.
- [Daijob](#): This is a job search engine for bilingual professionals in Japan. You can search for jobs in various industries, such as finance, IT, and hospitality. Daijob also offers a lot of resources and advice for job seekers in Japan.
- [JREC-IN](#): This is a job search engine for academic and research positions in Japan. You can search for jobs by academic field and location. JREC-IN also offers a lot of information about academic institutions in Japan.
- [Employment Service Centers for Foreigners](#): These are government-run employment centers that offer support and resources for foreigners in Japan. They can help with job searches, resume writing, and interview preparation.
- [LinkedIn](#): LinkedIn is a popular professional networking site that can be useful for job hunting in Japan. You can connect with professionals in your industry and search for job opportunities posted by companies in Japan.
- Networking events and job fairs: Attending networking events and job fairs in Japan can be a great way to meet potential employers and learn about job opportunities. Look for events specifically for foreigners in Japan, or attend events related to your industry.



# A Guide to Finding Work in Japan

## Apply for My Number

To apply for a My Number in Japan, follow these steps:

- Find your local city hall or ward office: You can find your local city hall or ward office by searching online or asking for directions from a local resident.
- Bring your passport and residency card: When you go to the city hall or ward office, bring your passport and residency card (Zairyu Card) with you. These documents will be needed to apply for a My Number.
- Fill out the application form: Fill out the application form provided by the city hall or ward office. The form is available in Japanese, English, Chinese, Korean, Portuguese, Spanish, and Tagalog.
- Submit your application: Once you have filled out the application form, submit it along with your passport and residency card to the city hall or ward office.
- Wait for your My Number notification: After submitting your application, you will receive a notification card by mail with your 12-digit My Number.

It's important to note that My Numbers are confidential and should be kept secure. You will be required to provide your My Number for various administrative procedures in Japan, such as filing taxes or receiving social security benefits.



# A Guide to Finding Work in Japan

## Banking in Japan

To open a bank account in Japan, you will need to follow these general steps:

- Choose a bank: Research the different banks in Japan to find one that suits your needs.
- Prepare necessary documents: You will typically need to provide your passport, residency card (Zairyu Card), and proof of address (such as a utility bill or rental agreement).
- Visit a bank branch: Go to a branch of the bank you have chosen and speak to a representative about opening an account.
- Fill out an application form: You will need to fill out an application form, which may be available in English or Japanese.
- Provide your personal information: You will need to provide your personal information, such as your name, address, and phone number.
- Deposit money: You will typically need to deposit money into your new account to activate it.
- Receive your bankbook and ATM card: After opening your account, you will receive a bankbook and an ATM card in the mail within a few days to a few weeks.

It's important to note that specific requirements and procedures may vary depending on the bank and your individual circumstances. It may be helpful to research and compare different banks before opening an account, and to seek assistance from a bank representative or interpreter if necessary.

# A Guide to Finding Work in Japan

## Banking in Japan (continued)

Choosing the best bank in Japan depends on your personal financial needs and preferences. Some of the banks in Japan that are frequently recommended by experts and users include:

- Shinsei Bank: Known for its convenience, competitive interest rates, and English-language services for foreign residents.
- Seven Bank: A popular choice for its extensive network of ATMs, which are located in many convenience stores throughout Japan.
- Japan Post Bank: Offers a variety of account options and competitive interest rates, and has a large network of branches and ATMs.
- Mizuho Bank: Known for its international services and support for non-Japanese speakers.
- MUFG Bank: Offers a wide range of account options and services, including online and mobile banking, but may have higher fees than some other banks.

It's important to do your own research and compare different banks based on your specific needs and preferences before choosing one in Japan.



# Finding Accommodation in Japan

Finding accommodation can be one of the most challenging aspects of planning a work and travel experience in Japan. Here's a detailed guide to help you find a place to stay while on a Working Holiday visa.

When looking for accommodation in Japan, it's best to book a hostel for the first few days before you arrive in the country.

You should book in advance as places sell out in popular cities like Tokyo or Kyoto. This will give you a place to stay and ensure that you feel safe. After you've found a job, you can consider more long-term accommodation options.

## General Tips

### \* Research your options

The first step in finding accommodation is to research your options. There are a variety of options available, including hostels, hotels, share houses and short-term rentals. Make sure to research the pros and cons of each option to determine which one is best for your needs and budget.

### \* Start your search early

Accommodations in Japan can book up quickly, especially during peak travel seasons, so it's important to start your search early to ensure availability.

### \* Use online booking sites

Online booking sites like [Booking.com](https://www.booking.com), [Agoda](https://www.agoda.com), and [Airbnb](https://www.airbnb.com) can be a great way to find affordable accommodations and compare options in different areas of Japan.

### \* Consider your budget

Japan can be an expensive country to travel in, so it's important to consider your budget when choosing accommodations. Hostels, capsule hotels, and guesthouses can be more affordable options.

### \* Look for accommodation near public transport

Japan has an extensive and efficient public transportation system, so choosing accommodations near a train or subway station can make it easier to explore the area.

### \* Check offered amenities

Different accommodations may offer different amenities, such as free Wi-Fi, laundry facilities, or breakfast. Consider which amenities are important to you when making your choice.

### \* Research the area

Researching the area where you plan to stay can give you a better idea of the local culture, attractions, and things to do. This can help you choose an accommodation in a convenient and interesting location.

### \* Read reviews

Reading reviews from other travelers can give you a better idea of what to expect from an accommodation. Look for reviews that mention cleanliness, comfort, and location.

## General Tips

### \* Consider staying at a homestay

Staying with a local family can be a great way to experience Japanese culture and practice your language skills. Look for homestay options on websites like [Homestay.com](https://www.homestay.com) or GoStayJapan.

### \* Look for package deals

Some travel agencies and tour operators offer package deals that include accommodations, transportation, and activities. These can be a convenient and cost-effective way to plan your trip.

### \* Don't be afraid to ask for help

If you're having trouble finding an accommodation that meets your needs, don't be afraid to ask for help. Local tourism offices, travel agents, and language schools can offer advice and assistance in finding the right accommodation for you.



# Popular Hostel Companies in Japan

- **Hostelworld**

Hostelworld is a popular booking website for hostels, with a wide variety of options available throughout Japan.

- **Khaosan World Hostels**

Khaosan World Hostels has several locations in Tokyo and Kyoto, offering affordable and comfortable accommodations for backpackers and budget travelers.

- **J-Hoppers**

J-Hoppers has multiple hostels located throughout Japan, including in Kyoto, Osaka, and Hiroshima, offering a mix of dormitory-style and private rooms.

- **Nui. HOSTEL & BAR LOUNGE**

Nui. HOSTEL & BAR LOUNGE is located in Tokyo and offers a unique hostel experience with a bar and lounge area for guests to socialize.

- **Guest House Kaine**

Guest House Kaine has several locations in Tokyo and offers private rooms and dormitories with a traditional Japanese design.

- **Backpackers Hostel K's House:**

Backpackers Hostel K's House has locations throughout Japan, including in Tokyo, Kyoto, and Hiroshima, and offers a variety of accommodations, from dormitories to private rooms.





# Working and Living in Different Cultures - an Overview of Cultural Differences and How to Navigate Them



Cultural differences can be both fascinating and challenging, especially when traveling to a new country for work or travel. As a Canadian visiting Japan, you may encounter various cultural differences that can affect your social interactions, communication style, and work etiquette. Understanding these differences and how to navigate them can help you avoid misunderstandings, adapt more easily to your new environment, and enhance your overall experience in Japan.

## General Tips

Learning Japanese can go a long way in helping you communicate with locals and navigate everyday life. Consider taking a language course or downloading a language app.

Japan has a rich cultural heritage, and it's important to be respectful of local customs and norms.

Japanese cuisine is renowned around the world, and trying new dishes is a great way to experience the local culture.

Talk with someone who has traveled to Japan before and learn from previous experiences.

Get in touch with locals (e.g. join groups, clubs, events) and maintain good communication with new friends.

Japan is known for its strict rules and regulations, and it's important to follow these rules as a visitor. This includes traffic laws, disposing of trash properly, and respecting the quiet hours in residential areas.

Use public transportation: Japan has an extensive and efficient public transportation system, including trains, subways, and buses.

Visit art exhibits, museums, join walking tours, read literature and watch documentaries to find out more about Japan.

In Japan, it's common to remove your shoes before entering homes, temples, and some businesses.

Staying with a local family can be a great way to experience Japanese culture and learn about daily life in Japan.

Learn about culture shock and how to deal with it (5 stages of culture shock).

While popular tourist destinations like Tokyo are must-see destinations, there's so much more to Japan beyond these hotspots. Explore lesser-known towns and villages to experience the quieter, more traditional side of Japan.

# Cultural Differences To Consider And Tips On How To Navigate Them

There are several cultural differences between Japan and Canada. Here are some examples:

- **Communication:** Japanese culture places a greater emphasis on indirect communication and politeness, whereas Canadian culture tends to be more direct and straightforward. For example, in Japan, it is common to use indirect language to avoid offending someone, while in Canada, people tend to say what they mean more directly.
- **Personal space:** Japanese culture values personal space and privacy more than Canadian culture. In Japan, it is common for people to bow as a sign of respect rather than shake hands, and physical contact between strangers is rare.
- **Respect for authority:** Japanese culture places a high value on respect for authority figures such as teachers, parents, and government officials. In contrast, Canadian culture tends to be more egalitarian and individualistic.
- **Sense of community:** Japanese culture places a strong emphasis on community and social harmony. This can be seen in the way that Japanese people prioritize group needs over individual needs. In contrast, Canadian culture tends to value individualism and personal freedom.
- **Attitude towards time:** Japanese culture places a greater emphasis on punctuality and respect for schedules than Canadian culture. In Japan, being late for an appointment or meeting is considered rude and disrespectful.



# Cultural Differences To Consider And Tips On How To Navigate Them

- Food culture: Japanese cuisine tends to be lighter and more focused on fresh, seasonal ingredients than Canadian cuisine. Japanese food also tends to be presented in a visually appealing way, with an emphasis on aesthetics. In Japan, there is a strong emphasis on seasonality and freshness when it comes to food. Many traditional Japanese dishes are based on the availability of local, seasonal ingredients. Presentation and aesthetics are also highly valued in Japanese cuisine, and the presentation of food is often considered an art form. Additionally, in Japan, it is common to say "itadakimasu" before a meal as a way of expressing gratitude for the food.
- Sports: Japan has a strong sporting culture, with baseball being one of the most popular sports in the country. Sumo wrestling is also a highly respected and traditional sport in Japan. In addition to traditional sports, Japan has also developed its own unique sports and activities, such as karate, judo, and origami.
- Weather: Japan has a varied climate, with four distinct seasons. The changing of the seasons is often celebrated in Japan, with traditional festivals and events held to mark the beginning of each season. For example, the cherry blossom festival in spring, the Tanabata festival in summer, the moon-viewing festival in autumn, and the New Year's festival in winter. Japanese people also place a strong emphasis on being prepared for different types of weather, with specific clothing and customs for each season.



# Staying Safe and Healthy - A Guide to Staying Safe and Healthy While Traveling Abroad

Japan is generally a safe country to travel in, but like any destination, it's important to take basic safety precautions. Some tips for staying safe while traveling in Japan include keeping your valuables secure, staying aware of your surroundings, and avoiding poorly lit or unfamiliar areas at night.

Here are some further tips for staying safe and healthy while working and travelling in Japan.

## Tips for Staying Safe and Healthy



- Do your research about the destination, stay up to date on any travel advisories or warnings related to Japan / the area.
- Inform yourself about water and food safety, and stay hydrated by drinking plenty of water, especially in hot weather.
- Consider registering your travel plans with your embassy or consultant, which can help provide assistance in case of an emergency.
- Visit a doctor for check-ups and vaccinations before traveling, and keep a list of emergency numbers handy in case you need medical assistance.
- Pack a first-aid kit, and be mindful of the risk of extreme weather events.
- Keep your important documents/valuables safe, and keep (digital) copies online.
- Keep your friends and family updated about your whereabouts, and carry emergency contacts with you.

## Tips for Staying Safe and Healthy



- Make sure you book adequate health insurance coverage for your trip.
- Keep up to date with the current situation, news, events, and emergency alerts.
- Drink responsibly. Make sure you know your limits.
- Be smart about your money, and use local ATMs wisely.
- Have common sense and follow your gut feeling/ trust your instincts.
- Be cautious of unsolicited emails, phone calls, or text asking for personal information or money.
- Invest in a good travel bag/travel lock and rather splurge on extra safety.
- Know your skills, and limitations (e.g. when hiking), and wear sunscreen, a hat, and sunglasses.
- Ask locals for advice, and don't share too much information with strangers (e.g. exact location on social media).
- Avoid unsafe neighborhoods, especially alone at night, and travel in numbers.
- Stay up to date on any travel advisory or warning and be generally street smart (don't do dangerous things for photos!).

## Tips for Staying Safe and Healthy

Traveling to Japan can be a great experience, but it's important to take steps to stay healthy and safe. Here are some tips:

- **Food and Water Safety:** Japanese food is generally safe to eat, but it's important to pay attention to food safety practices. Make sure to drink only bottled or boiled water, and avoid street food if you're unsure of the quality. In addition, always wash your hands before eating or handling food.
- **Vaccinations:** Check with your doctor before traveling to Japan to make sure you're up-to-date on any necessary vaccinations.
- **Safety on the Streets:** Japan is generally a safe country, but it's always important to take basic safety precautions. Keep your valuables secure and be aware of your surroundings, especially in crowded areas or at night.
- **Sun Safety:** If you're visiting Japan during the summer months, it's important to protect yourself from the sun. Wear sunscreen, a hat, and sunglasses, and try to avoid being outside during the hottest part of the day.
- **Health Insurance:** Make sure you have comprehensive health insurance that covers any medical emergencies that may occur during your trip.
- **Transportation Safety:** Japan has a very efficient and safe transportation system, but it's important to pay attention to safety guidelines when using public transportation. Follow the rules and regulations, be aware of your surroundings, and don't hesitate to ask for help if you're unsure.
- **Emergency Numbers:** Know the emergency numbers for Japan, including the police, ambulance, and fire department.

By taking these precautions, you can help ensure a safe and healthy trip to Japan.





# Tips for Staying Safe and Healthy

## Medical Care and Expenses in Japan

As a foreigner in Japan, you may need to seek medical care at some point during your stay. Here's what you need to know about medical care and expenses in Japan:

- **Medical Care:** Japan has a high-quality medical system with well-trained doctors and modern facilities. However, language barriers can be an issue, so it's important to find a doctor who speaks English or bring along a translator. You can find English-speaking doctors and medical facilities by asking your embassy, hotel or using online resources.
- **Medical Expenses:** In Japan, medical expenses can be high, so it's important to have comprehensive health insurance that covers medical treatment and emergencies. Some travel insurance policies may include coverage for medical expenses in Japan, so make sure to check the details of your policy.
- **Payment:** In Japan, medical bills are typically paid upfront and then reimbursed by your insurance company. You'll need to keep all receipts and documents related to your medical treatment for reimbursement purposes.
- **National Health Insurance:** If you're living and working in Japan, you may be eligible for national health insurance. This insurance covers a portion of your medical expenses and is available to foreigners who have been in Japan for more than a year.
- **Emergency Medical Treatment:** In case of an emergency, you can receive treatment at any hospital regardless of whether you have insurance or not. However, emergency medical expenses can be very high, so it's important to have insurance coverage.

In summary, it's important to have comprehensive health insurance when traveling or living in Japan. With the right insurance coverage and preparation, you can access high-quality medical care if needed without incurring significant out-of-pocket expenses.

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Chapter 8

# Returning Home - Tips on Re-Entry and How to Leverage Your International Experience



## General Tips



- Arrange logistics for arrival home, for example where you will live and what do you want to do next.
- Prepare yourself for post-travel depression and reverse culture shock.
- Be patient with yourself and get some rest after returning home.
- Prepare emotionally for friendships that have changed.
- Avoid being a know-it-all about travel and your time abroad.
- Pre-plan your responses to popular questions.
- Make plans, so you have something to look forward to.
- Spend time with friends and family, but don't overwhelm yourself.
- Write down what you have learned and/or create a photo/scrapbook.
- Connect with other travelers.
- Find a new passion apart from traveling.
- Book a new trip - even if it's a short one. Reminder that you can still do other Working Holiday countries as long as you are under 36!

## General Tips

As your time in Japan comes to an end, it is important to prepare for your return to Canada. Here are some tips on re-entry and how to leverage your international experience.

### Plan Ahead

Returning home can be overwhelming, particularly if you have been away for an extended period. It is essential to plan ahead by considering your accommodation, transportation, and finances. You may need to arrange temporary accommodation, sell or store your belongings, and make travel arrangements. It is also important to have a budget in place and understand any tax or customs regulations that may apply.

### Stay Connected

Your time in Japan has likely resulted in new friendships and professional connections. It is essential to maintain these connections by staying in touch and networking. Social media platforms such as LinkedIn, Facebook, and Instagram are great ways to keep in contact and share updates. You may also want to attend networking events or join professional organizations related to your industry.



## General Tips

### Reflect on Your Experience

Your time in Japan has likely been a significant personal and professional growth opportunity. It is essential to reflect on your experience and identify the skills and knowledge you have gained. This can include language skills, cultural awareness, adaptability, and problem-solving skills. These skills are highly valued by employers and can be leveraged when seeking new opportunities.

### Update Your Resume and Cover Letter

As you return to Canada and begin your job search, it is essential to update your resume and cover letter to reflect your international experience. This can include highlighting any volunteer work, internships, or projects you worked on while in Japan. You may also want to include any language skills, certifications, or awards you received during your time abroad.

### Be Patient

Returning home and settling back into your routine can take time. It is important to be patient and allow yourself time to adjust. You may experience reverse culture shock, which can include feelings of disorientation, frustration, and anxiety. This is a normal part of the re-entry process, and it is essential to seek support from family, friends, or a mental health professional if needed.



## General Tips

### Stay Open-Minded

Your international experience has likely broadened your perspective and challenged your assumptions. It is essential to stay open-minded and apply this mindset to your personal and professional life in Canada. You may want to explore new hobbies, volunteer opportunities, or career paths that align with your values and interests.

Returning to Canada after your time in Japan requires planning, reflection, and a positive mindset. By leveraging your international experience, staying connected, and being patient, you can successfully navigate the re-entry process and embrace new opportunities.



GO International Work and Travel Program Destinations:



**Australia**



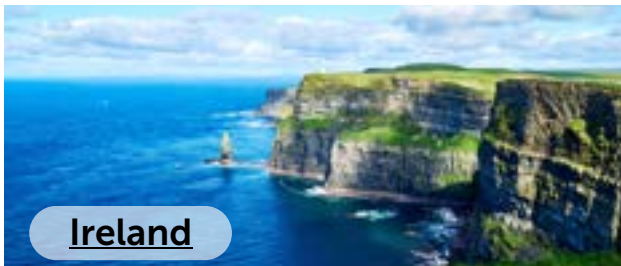
**Costa Rica**



**France**



**Germany**



**Ireland**



**Japan**



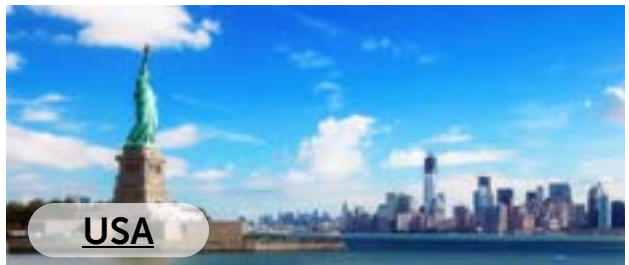
**New Zealand**



**South Korea**



**UK**



**USA**

# Appendix - A List Of Helpful Resources







[Japan Embassy](#)

[Canadian Government info  
about Japan](#)

[Japan Customs](#)

[Japan Rail Pass](#)

[Buy and Sell on Craigslist Japan](#)

eBook

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