

Chapter 1 : Abroad in Japan

Learn about the culture shock and ups-and-downs of living in Japan, Discover tips on learning Japanese and of course, experience the magic of 'Cat Shit One' and 'Wankosoba'. Abroad in Japan.

The island nation has long been a popular with tourists due to its scenic beauty, natural hot springs called onsen , artistic cuisine, traditional culture and 18 World Heritage Sites, including Himeji-jo Castle and the Historic Monuments of Ancient Kyoto. While Japan is an easy country to visit, retiring there can be a different story because of the high cost of living and the lack of any formal retirement visa plan. Still, some expats are more than willing to accept a few challenges to retire in such a beautiful, vibrant and culturally rich country. Here, we take a quick look at what it takes for foreigners to retire in Japan. The Visa Situation You can visit Japan as a tourist for up to 90 days without a visa if you hail from one of 67 countries – including the U.S. Working visas are generally issued for one year at a time and can be renewed if you are still working in that particular position. These are issued in periods of six months or one, three or five years; the visa is extendable. Having one will eventually qualify you to apply for a permanent resident visa. The process takes many years: First, you must stay in the country for three years, each time on a one-year visa. Next, you will be able to apply for a long stay visa, which is valid for three years. After this six-year period some sources say it takes ten years , you can apply to become a Japanese permanent resident. To be awarded permanent resident status, you must show via testing that you have the required proficiency in the Japanese language, plus a thorough understanding of the Japanese culture. You can apply for a Japanese visa at Japanese consulates and embassies worldwide, and, in most cases, within Japan. Note that any long-stay visa application requires a Certificate of Eligibility, a document issued by the Ministry of Justice that shows you meet the various conditions of the Immigration Control Act. Cost of Living Japan is known to have one of the highest costs of living in the world. Tokyo, in particular, is an expensive place to live; even tiny apartments within the capital city can be costly. Reikin is paid before you move in, and every time you renew your contract. It is possible to live for much less if you are willing to live outside the city centers. Utilities are expensive anywhere you live, and just as at home, you can save money by being mindful of your water, gas and electricity usage. Tipping is not only not customary in Japan; it can be considered rude. Property Ownership Japan has no laws or regulations that ban the purchase of Japanese real estate by foreigners. Property titles can be registered to any foreign address, and you can buy and sell virtually any type of real property: Healthcare The healthcare system in Japan is excellent, and hospitals and clinics generally use the most advanced medical equipment and techniques available. Japan has two public health insurance systems: Anyone with an address in Japan, including foreigners who have a visa that is effective for at least one year, must join one of the public systems. Private insurance is also available. It covers treatments that public insurance does not cover, including cancer treatment and hospitalization. Anyone visiting Japan for less than a year is encouraged to buy international private medical insurance or travel health insurance. The Bottom Line Japan is a popular tourist destination, but due to visa challenges and the high cost of living, it may not be a good choice for everyone. Permanent resident visas are attainable, but the process is lengthy and requires an intimate knowledge of the Japanese language and culture.

Chapter 2 : 5 life-altering mistakes foreigners make when living in Japan - Japan Today

Top 10 Popular Questions about Living and Teaching in Japan (Answered with words) I tend to get asked the same questions every week about life in Japan and teaching / working in Japan (not that I mind speaking to curious individuals about an exciting future overseas) and decided the time had come to make an article covering the top 10 most.

Local Eating in Japan Learn about local eating in Japan. Eating locally and seasonally requires creativity and flexibility. But it takes on a whole new meaning when living abroad. This article will give you a new perspective on eating locally, plus unique tips for home energy conservation! Hadasu, a Japanese farming and fishing village near their home. Photo by Megumi Hanai Gardens provide much of the produce for residents of the community. Photo by Winifred Bird Sitting in a kotatsu, a table with a heating unit below. Photo by Yoji Ota A typical way of preserving fish is to dehydrate them. Photo by Winifred Bird Visit the Japanese countryside in November or December, and you will see strings of deep orange persimmons drying under the eaves of farmhouses. Photo by Winifred Bird Local eating in Japan. Eating locally takes on a new meaning when living abroad. You have to learn to grow plants that flourish in a different climate, and your food preservation techniques might have to be adapted, too. Simply living comfortably “even staying warm in the winter” might be a challenge. The forest is full of wild chestnuts and mushrooms; the kitchen gardens overflow with persimmons, figs, fall eggplants and peppers; and the new rice is stored for winter. The still-generous sea provides squid, bonito and mackerel although Japan faces the same issues of pollution and overfishing as the rest of the world. I grew up in San Francisco, dreaming of one day having my own farm somewhere on the West Coast. Several years of interning and working on farms across America convinced me that my dream could become a reality. He grew up on a huge agricultural commune in Japan, growing organic vegetables and rice, caring for cows and fixing farm equipment. But by the end of his 20s, corruption and conflict had soured communal life, and he left to study log building in Canada. I was working for World Wide Opportunities on Organic Farms at an apple, pear and cherry orchard, and he was helping to build a log house at the same farm. We fell in love and a year later moved back to his home region of Japan, Mie prefecture. A prefecture is a district roughly equivalent to a state in the United States. I teach English part time, study and take care of our gardens. My Evolving Palette Moving to Japan has turned a lot of my ideas about sustainable living upside down. At first, I tried to transplant notions of country living straight from America to Japan. I brought seeds with me and tried to grow all my favorite vegetables, only to find many of them ill-adapted to the humidity of this area. I shed more than one tear over the lack of fruit suitable for pies and jams. I even acquired a little oven, a rare commodity, which I use to bake bread every week. As my food choices changed, I found it increasingly easier to depend on the bountiful land around me. In Japan, a farm is not so much a piece of land as a way of living. Individual farms are uncommon. Instead, small clusters of houses are interspersed with terraced fields, forest and gardens. Even in cities, one can find vegetable fields scattered among the houses. By using land in this way, families remain closely connected and put the land to its most appropriate use. We rent a little house in Mihama, a small town between the ocean and the mountains. Unfortunately, older houses such as ours have extremely poor insulation and no central heating. They are built to stay cool in the summer “with sliding doors and screens” but not to stay warm in the winter. Unfortunately, we have to heat our current house with kerosene space heaters, which are ubiquitous in Japan. One of our goals is to generate our own electricity and heat. I have, however, learned a few good Japanese tricks for keeping warm in the winter without using too much gas or electricity. One is called the kotatsu, a table with a heating lamp attached to its underside and a blanket covering it see kotatsu photo. On winter evenings, whole families often gather around the kotatsu with their legs under the blanket, thus reducing the space heated to several square feet. Another great doohickey is the yutampo, the Japanese version of the hot water bottle. These are placed at the foot of the bed and are made of hard plastic or metal, covered in quilted bags. They stay hot enough through the night so you can use the hot water to wash your face in the morning. As for the hot daily baths the Japanese are famously fond of, gas for heating water is conserved by using the same bath water for the whole family. Almost all houses have efficient on-demand water heaters. Solar water

heaters also are common. And people still frequent bathhouses where the whole neighborhood can share one or two large steaming pools, but unfortunately the number of people who use bathhouses is shrinking rapidly. Special winter food goes a long way toward keeping us warm. Nabe is a hot pot of vegetables and tofu, fish or meat dipped in boiling broth and kept warm on the table by a small burner heated with gas. The weather is mild enough to allow us to eat summer vegetables late into the fall; greens, roots and brassicas through the winter; and spring crops quite early in the season. The land for the latter is owned by an elderly woman and had become overgrown with weeds and turned into a de facto neighborhood garbage dump unused agricultural land is plentiful in most rural areas. She lets us grow a garden there in exchange for cleaning it up. To our surprise, we discovered great garden soil beneath all the trash. That plot gave us bumper crops of watermelon, pumpkins and peanuts last summer. We fertilize it with local chicken manure, rice bran and compost, plus we mulch it with rice hulls. Neighbors warned us that the dirt path that runs past our garden is a thoroughfare for wild boars, which apparently love watermelon, but luckily we got to eat all of the melons. My elderly neighbors, who have huge gardens of their own, provide a model and are a constant source of advice. After they retire from their paying jobs, many older people in Japan devote themselves to gardening, growing rice and tending citrus orchards. They are more than happy to share advice and seedlings with a young gardener of which there are unfortunately few. Although farmers markets are often disappointingly lackluster, there are several other excellent systems for distributing local food. First, small shops that sell local produce are plentiful. Second, there is a system of vendorless produce stalls called mujin-hanbai. Gardeners simply place a wooden shelf and tin money box outside their house and stock it with extra fruit and vegetables. They feature affordable local produce and fish, regional specialties and crafts. They are a great resource not only for passing tourists but also for people living in the area, and they make buying local as easy as it needs to be in order for it to become widespread. I would love to see such a system across the United States one day. The more time I spend in the Japanese countryside, the more I begin to absorb the idea of community sufficiency as opposed to self sufficiency. My image of a remote farm where I strive to grow and raise everything myself is fading. I rely on their knowledge and resources, their seedlings and boxes of oranges, and their commitment to caring for the land. It seems less relevant whether the pumpkin I eat was grown by me or by my neighbors. Sadly, much of the rural landscape, honed for generations to provide for a large number of people in a small space, is falling into disuse: Carefully terraced fields disappear under weeds; multi-use native forests are invaded by bamboo, which is no longer harvested as aggressively as it once was; citrus orchards grow over with vines and die. We are fortunate to live in a place where rural lifestyles have a long history and are still maintained by the older generations. The opportunity to live in such a community and learn from it is an amazing experience. We hope to buy our own land before long, grow more of our own food, and deepen our knowledge of wise living. With luck, some of them will explore it before those connections to the past disappear.

How to Dry Persimmons Visit the Japanese countryside in November or December, and you will see strings of deep orange persimmons drying under the eaves of farmhouses. Normally bitter when ripe, the fruit sweetens and softens as it dries. If picking them yourself, use a clipper and cut the stem twig so it forms a small T above the fruit for easy hanging. Peel the fruit with a knife or vegetable peeler. Use sturdy string to tie the fruits from their twigs in a line, so they do not touch when hung vertically. Hang outside in a place that is protected from rain and snow, such as from nails or a horizontal pole under the eaves of the house. I have also had luck drying persimmons without stems using clips or on flat baskets – just make sure to turn often. When the fruit begins to soften one to two weeks, gently squeeze and massage each one. Repeat this after a few more weeks. They are done when dark brown, leathery and shrunken, but not overly hard – about one or two months. Store in an airtight container in the refrigerator or a cool, dry place. Enjoy Japanese style, as a snack with roasted green tea hojicha or ginger tea. My wife and I are moving to Japan in a couple years and we currently live in the countryside of NC. Mihama-cho in Aichi prefecture by chance? I spent some time there and it was absolutely a wonderful lovely place. It is helpful to be reminded that there is not one right way of doing things. Also, thank you for pointing out the respect and honor we need to give to those who have gone before us! This is one thing most of America has lost. And as a result we are having difficulty in many regards, one of which is how to feed ourselves. Best wishes to you in Japan! May you learn from your ancients and pass it on to the

infants.

Chapter 3 : Living Abroad in Japan by Ruthy Kanagy

Imagine yourself living in Japan. You head home past vendors selling ramen to a traditional wood house, open your sliding door, and take off your shoes before stepping onto your tatami mats.

Pretty much every foreigner who has spent time in Japan will have tales of all the myriad ways they unwittingly did or said the wrong thing before fully acclimatising. How are you going to learn to navigate Japanese society like a native if you just go around smashing your way through every situation? Resist the smash, be a good person, and improve your Japan life. Cutting people out of your life Foreigners in Japan can tend to fall into two camps when it comes to socialising. The first camp wants to get stuck in to Japan life, learn as much Japanese as possible, and make as many Japanese friends as possible. To facilitate this, they cut other foreigners out of their life completely, refuse to make friends or socialise with other foreigners, and only speak to Japanese people. Some will even go as far as to start actively hating other foreigners, hissing whenever they spot them in the wild and cringing with embarrassment over their public displays of foreign-ness. The other camp is probably a little more laid-back about their new life in Japan and revels in the chance to make friends with other people from literally all over the world. Those in both camps are making a big mistake. Return that Gaijin Nod. You never know when you might miss out on meeting someone awesome. Having problems at work? Apartment walls too thin? In that case, your only option is to plaster a big, happy grin on your face and pretend that Japan is a magical playground where nothing bad ever happens. The key to a happy, balanced attitude is in avoiding drawing comparisons between Japan and your home country. Instead of trying to decide which aspects about each country are better or worse than the other, maybe just embrace the differences. Get too into the daily grind of commuting, work or school and you can find yourself living the kind of humdrum life that could be lived pretty much anywhere, with nothing to distinguish life in Japan from life back home. So there you have it, five fairly serious, life-altering mistakes that a lot of foreigners tend to make when living in Japan. How do we know? Well, we may have, um, made a few of them ourselves in our youth! but time and perspective have shown us the error of our ways! Read more stories from RocketNews

Chapter 4 : A Guide To Retiring In Japan As A Foreigner | Investopedia

Living Abroad in Japan joins many other well-done titles put out by the publishers Living Abroad In. Kanagy, herself born and raised in Tokyo, approaches her subject as only an insider could. The book assumes the reader knows nothing but does not speak down to her-and is well written and full of detail.

There are a large number of resources, study abroad scholarships, and financial-aid options to support students pursuing an international education. Check with the study abroad office at your home institution to discuss your options. Your study abroad office may offer Japanese exchange programs. In most cases, exchange programs through your college or university will enable you to pay the same amount as your home institution. This option usually allows your financial aid to be transferred to your study abroad program if you normally receive aid. Speak with a dean, director, or professor in the Asian Studies Department at your university regarding special opportunities to study abroad in Japan. Often times, universities have scholarships or resources for students interested in a particular line of study. These special scholarships can be applied to your study abroad. For smaller colleges or universities that do not have an Asian Studies Department, try connecting with a professor of world languages and reaching out to a department at a neighboring institution. Independent funding, scholarships, and grants can be added to the financial options from your campus. There are a host of government programs that offer aid to students studying internationally. Inquire with government entities like the Embassy of Japan in the U. Many Japanese institutions also offer aid to students coming from abroad. Be sure to ask about these options when speaking with the international office, study abroad office, and scholarship office on your campus. If your home institution does not offer these resources, reach out to partnering colleges or universities to see if you can speak with a counselor. You can also research study abroad advisors online and send an email asking for resources, advice, and information. Where do you start? Here are ten scholarships that can help turn your study abroad dream into a reality! Students awarded this scholarship will have the opportunity to be a Diversity Abroad representative during their study abroad experience. Leadership and promoting positive change is key for this scholarship. Economically disadvantaged students, students with disabilities, first generation students, and students from ethnically and racially backgrounds strongly encouraged to apply. Japanese is included in the languages offered through this fully funded, intensive summer program seeking to promote mutual understanding and friendly relations between the U. This scholarship is intended for students planning to attend graduate school, and continue their education past the undergraduate level. Strong leadership and international skills are key for this scholarship. The Boren Scholarship The Boren Scholarship is a government funded scholarship for undergraduate students pursuing the study of languages in regions outside of New Zealand, Australia, western Europe, and Canada. Boren Scholars are required to work for the U. This scholarship funds students for a summer, semester, or full academic year. The Boren Fellowship is offered for graduate students. Many campuses have a Boren representative to help students with the application process. Find the Boren representative at your institution, or reach out to a representative at an institution near you. Students majoring in all forms of science, from social sciences to life sciences, are encouraged to apply. This independent institution seeks to advance science in all fields including humanities. The Blakemore Foundation Language Grant The Blakemore Foundation Language Grant financially supports students pursuing advanced language study for one academic school year. For those who have already started their career, Blakemore offers summer programs through the Blakemore Refresher Grant. Bridging Scholarship for Study Abroad in Japan Bridging Scholarships for Study Abroad in Japan offers semester and year long scholarships for international education at the undergraduate level. This scholarship supports American students pursuing study abroad in Japan through stipends. It is funded through donations from businesses and other organizations. The foundation aims to encourage global leadership and support students in their professional and individual goals of Asia Pacific knowledge. Students from diverse backgrounds are a focus for this non-profit organization. This Department of State sponsored scholarship serves to help students with high financial need study abroad for a semester or academic year. The program is available for American citizens studying at two-year and four-year institutions. Students can be

pursuing two-year and four-year degrees from accredited institutions. This scholarship offers funds for semester and summer long programs to American students and permanent residents with financial limitations. Students should be looking for an immersive cultural experience and comfortable living with a host family. High school students applying for this scholarship should also be in good academic standing at their current institution. Students should consider applying to as many scholarships as possible -- why not increase your chances! Studying abroad in Japan can be your reality! If you were unsure if studying abroad in Japan was possible for you, these top ten scholarship opportunities offer options to make it possible. She is completing her undergraduate degree at Columbia University.

Chapter 5 : How Living Abroad Changes You | Everywhere To Be Found

Have you experienced being called "gaijin" (outsider/foreigner) in Japan? How did you feel? Contrary to popular belief, there are many minority groups in Japan - ethnic Korean, Chinese, South American, Ainu, Japanese "returnees" and more.

High School Study Abroad Programs in Japan [Toggle navigation Click Here to View Program Listings](#)

Studying abroad in a Japanese high school may give you a chance to immerse yourself in a culture that is rich with history and unique artistic traditions. Student exchange programs to Japan typically allow participants to discover what it is like to live with a host family and attend a Japan high school with Japanese peers. A Japanese exchange program may be an ideal opportunity to experience a life-changing adventure during your high school years. Japanese high school study abroad programs Depending on your current high school program and college career goals, you may also wish to consider adding alternatives to your international service objectives or foreign language requirements. Foreign exchange programs to Japan may offer different costs or completion schedules than a domestic high school while providing an unparalleled international experience. If you are interested in attending a Japan high school, studying abroad makes complete sense and may provide you with the contacts and network to further your goals. If you are applying to college, consider foreign exchange programs to Japan that offer volunteer experiences or internship opportunities to potentially help meet college service requirements. Accommodations and Fluency Requirements By staying with a host family, foreign exchange programs to Japan may enable you to immerse yourself in a new culture and language. Japanese high school exchange participants typically live with a screened, local host family who provide you with two to three meals a day. However, one of the primary goals of studying abroad is frequently to become fluent in another language. Your high school peers and host family do not expect you to be fluent when you arrive in Japan. In fact, people like to help you enhance your language skills. What better way to practice cross-cultural communication than in a Japanese exchange program? Becoming part of a host family may enable you to test your confidence in new situations and appreciate the nuances of the Japanese language. When an American student wants to be a Japanese student, joining a host family is often times a good choice to ease into your program. Specialty programs Immerse yourself in a variety of classes, explore your creativity in music or the arts, or pursue your interests in nature or sports as you discover another culture and language. Foreign exchange programs to Japan offer high school students the chance to combine a fabulous homestay exchange experience with a variety of unique programs for a once in a lifetime opportunity. Rarely in life is it possible to live abroad for a semester or a year. Join a global community Going abroad is about uniting with a worldwide community of similar people. You may develop into an inspired scholar, articulate communicator, or expert globetrotter. Student exchange programs to Japan could inform how you choose to leave your impression on the world. Take the first step toward expanding your world. This is your chance to build a framework that may guide you through college, a career, and your future. Types of Japanese exchange programs Students may choose between various educational opportunities to study abroad in Japan. Most programs are open to high school students worldwide. However, there may be some minimum and maximum age requirements or other requirements. Depending on the program selected, participants may select a Japanese exchange program for a summer , semester, or academic year. Attending a Japan high school might be an ideal way to equip yourself with skills for college living and provide an occasion to gain new perspectives about the culturally diverse and globally interconnected world. Feel free to visit our Resources section if you need help or more information and view our program directory below to explore student exchange programs to Japan.

A brand new book from the Moon Living Abroad titles range has really struck us as being exceptionally well researched, written and put together. It's Living Abroad in Japan - and for anyone thinking about taking an extended break in Japan or going to live and work there, we cannot recommend this title highly enough. .

For those of you new to the party, I lived and worked in rural Japan for two years and have been back in California for just under a year now. I have fewer friends. These were friendships based on familiarity, proximity, and having a lot of fun! We had all come to Japan for different reasons, but we all valued new cultures, travel, and breaking out of our comfort zones in some extreme ways. Living life to the fullest meant basically the same thing to us wanderers and I discovered what it was like to be around other people that prioritized traveling and new experiences over careers and settling down. Back at home, my friends had gone on with their lives and continued building them without me in the picture. We have a lot of fun hanging outâ€”I love them still. These are friendships based on similarities in personality, goals, and values. I see people on Facebook and remember them fondly, but as far as true blue friends go I now have a much smaller group of amazing people that will always mean everything to me and I know I will keep wherever I go. Moving to a place where you know no one and no one knows you is both intimidating and freeing. I am now more aware of my real flaws than ever before and I am also more comfortable with who I am than I have ever been. All that matters is that I am comfortable with me and that I make efforts to be the best me that I can be! Yay for random rhymes! That goes for not being able to read the kanji on a restaurant ordering machine and just pushing a random button with fingers crossed! I now like fish and seafood, a food group I avoided like the plague for most of my life. I also now prefer sitting on the floor and sleeping on a firmer surface, go figure! There were many habits I had in the U. I am, however, now pickier about how I choose to spend my time. Before I lived abroad I would follow along with whichever friend was going just to be spending time with someone, doing something. If I know something will make me unhappy, especially to the point where I wind up in a bad mood or uncomfortable in my surroundings, why would I spend my time on it? I make very few exceptions to this rule. This lesson probably goes in hand with being comfortable spending time with myself. Living abroad can be a very lonely experience at times and you become very adept at handling alone time, even coming to treasure it. Extroverts will differ from me on this but I do need to refuse things occasionally so I can just be alone. I think about the world differently. The world has become one large community in my mind and not wanting to help everyone we can when the ability and resources are there absolutely baffles me. I never paid any attention to politics before and if asked to name the capitals, leaders, or locations of many foreign countries I would have utterly failed. The biggest change of all though, I think, is that no matter where I am there is always a part of me that longs for another place. I am constantly comparing everything to the other country and my heart, I think, is forever torn in two. Writing this brought out so many different emotions! In short though, I have become a more aware, self-accepting, confident, and adventurous person. You May Also Like:

Chapter 7 : Japan: Pros and Cons | Once A Traveler

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Why would I consider going back? Teaching is a profession that allows one to see the results of his labors. And despite all the flaws of English education in Japan, it still comes down to the fact that I have information I can pass on to students. Not only that, but living abroad usually allows me the time to explore my other passions with greater fervor running, writing, traveling and discover new ones. Something as simple as a full-time job with benefits, which is not the easiest thing to find in the US these days. I have found a few of these positions, but in many cases, my fading Japanese skills have held me back. Hosting Couchsurfers Depending on my living situation, I should be able to host surfers and get more involved. I had only just discovered Couchsurfing when I left Kagoshima in By then, I had received a few requests, but my foot was already out the door. I feel less connected to the rest of the world. I spent the last few months of my trip in Cambodia while I wrote my book. But even there, in one place, I felt like the world was connected to me. That at any given time, I could go anywhere. I feel like the outside world is more than just a flight or bus ride away. Feeling Special Again This one comes down to pure ego. All the Weirdness of Japan Manga, pachinko, horseback archery, Engrish, capsule hotels , etc. Teaching in Asia will not lead one anywhere except towards other teaching jobs in Asia. Teaching English is usually an escape, not a career. Again, delaying developing a career, building a life, finding a partner. Being an Outsider Just as I feel special abroad, so too do I feel like the eternal outsider. Lack of Food I love my pizza, Italian, Mexican, baked, fried, tossed, whipped, covered with sugar, and a cherry on top. America has an infinite number of choices when it comes to deciding what to eat. Japan has a handful. I can essentially make the same money working as a freelancer here in California, but I would enjoy a better lifestyle abroad. What would you do?

Chapter 8 : Living Abroad: Local Eating in Japan | MOTHER EARTH NEWS

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Chapter 9 : Living abroad | catbird in japan

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