

CLAIR A-JET guide for… Job-seeking Unemployment benefit Resident status Health insurance Pension

STAYING IN JAPAN AFTER JET

For FY 2024

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Shigaku Zaidan JET Support

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1. After JET Information provided by CLAIR

CLAIR offers information and connection for JET participants who seek a new step after the JET Programme. <u>http://jetprogramme.org/en/ajg/</u>

Further Education

You can read experiences of JET alumni on *After JET Guide* handbook Chapter 3 "Further Education" and on CLAIR's Web page.

» Chapter 3 "Further Education"

http://jetprogramme.org/wp-content/MAIN-PAGE/current/publications/afterjet/FurtherEd2011AfterJETGuide.pdf

From Teacher to Student: Making the Decision to Pursue an Advanced Degree <u>http://jetprogramme.org/en/shingaku_1/</u>

Post-JET Employment

CLAIR supports JET Programme participants who seek a new career both outside and inside Japan through career fairs, internship programs and seminars.

JET Internship Programme CLAIR provides a work experience for JET Programme participants with a high-level Japanese language ability.

http://jetprogramme.org/en/jetinternship/

Career Vision Conference is held annual, where JET participants can meet JET alumni who are working both overseas and in Japan. You can hear their experience and consult about your future.

https://jetprogramme.org/en/careervision/

Essentials of Job-Hunting in Japan Webinar You can gather information about job-hunting in Japan via video streaming.

http://jetprogramme.org/en/careersupport/careervision-webseminar/

□ After JET Networking and Career Consultations A networking event where JETs make connections with other JETs and JET alumni working in or interested in a variety of industries.

https://jetprogramme.org/careersupport/networking/

JET Programme Career Fair A job fair for JET participants in their final year and former JET participants residing in Japan who are seeking employment in Japan. Two major fairs are held in Osaka and Tokyo area annually. CLAIR also supports career fairs held by local government.

http://jetprogramme.org/en/careerfair/

Career Fair FAQs: <u>http://jetprogramme.org/en/careersupport/faq/</u>

You can also find useful advice from JET alumni in the *After JET Guide* handbook Chapter 4 "Post-JET Employment", as well as in the JET alumni newsletter 'JET Streams'.

»Chapter 4 "Post-JET Employment" http://jetprogramme.org/wp-content/MAIN-PAGE/current/publications/afterjet/Employment2011AfterJETGuide.pdf

»JET Streams Summer 2017: Beyond JET http://jetprogramme.org/en/jet-streams-2017-summer/#elm-9

»JET Streams Winter 2018: Beyond JET http://jetprogramme.org/en/jet-streams-2018-winter/#elm-5

»JET Streams Spring 2019: Beyond JET http://jetprogramme.org/en/jet-streams-2019-spring/#elm-3

2. Staying in Japan

Status of Residence

a) Staying in Japan without employment

After you end your appointment as a JET participant, if you plan to stay in Japan without employment, please pay attention to your Period of Stay's expiration date. You will become an <u>illegal</u> <u>alien</u> in case you passed the expiration date even if it is for one day.

Before your Period of Stay expires, you can change your visa status to "Temporary", which allows you to stay for an additional 90 days.

However, once you have changed your status to "Temporary", basically you are not permitted to change it to another status. You must acquire a new visa at your home country.

In case you have any concerns, you can consult at the *Foreign Residents Support Center (FRESC)* in Yotsuya.



b) When you get a new job

JET ALT's Status of Residence (*Zairyu Shikaku*) is "Instructor". When you start a new job, you may need to change your visa status depending on the job you take next.

Even if you continue working as an ALT at a private company and the Status of Residence is not due to expire anytime soon, you still may have to apply for Change of Status of Residence, possibly to "Specialist in Humanities/ International Services". Do not assume your current Status of Residence will be sufficient for other teaching jobs. <u>Please be sure to check your status with your future employer</u>

and the Immigration Services Agency.

Certificate of Authorized Employment (就労資格証明書 Shuro Shikaku Shomeisho):

This is a document that proves you are an authorized person to be engaged in business under a certain resident status. Although obtaining this certification is not an obligation, you may be requested to submit this from your new employer.

You can get this certificate at the Immigration Services Agency at a cost of ¥1,200 (paid with revenue stamps).

Required Documents: Application form (see Appendix), Residence card, and Passport.

Health Insurance

a) General Information

Once your JET contract ends, you will no longer be covered by the current health insurance (ex. Private School Mutual Aid *Shigaku Kyosai*). This means you are required to pay 100% of the medical cost incurred when you visit a hospital.

<u>If you are planning to stay in Japan as a resident,</u> it is compulsory to enroll in health insurance. Non-Japanese residents without an occupation can apply for **National Health Insurance**.

To apply for NHI, you need to submit to the local municipal a document which proves that your Shigaku Kyosai membership has been terminated. So before your contract ends, be sure to ask your CO to provide you with <u>"Shikaku Soushitsu Shomeisho, 資格喪失証明書",</u>

<u>"Shikaku Soushitsu Shomeisho"</u> can be provided only after you have left the CO. If you want to enroll in the health insurance immediately, "*Rishoku-hyo* 離職票"or "*Taishoku Shomeisho* 退職証明書" can be accepted as alternatives.

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b) National Health Insurance (Kokumin Kenko Hoken, 国民健康保険)

Please go to your local municipal office for registration, basically<u>within 14 days</u> after you leave your job. Bring your Residence Card / Passport, My Number Card and the "Shikaku Soushitsu Shomeisho".

Please note that in Japan, employers cover the half of the pension and insurance fees of their employees. Considering the JET-ALT's annual income, the premium for NHI would be higher than what you are paying now.

In following cases you must return your insurance card by either mailing or visiting the government office where your application was processed.

- 1) Move out of the city (or leave the country)
- 2) Enrolled in another Japanese public health insurance program such as Employees' Health Insurance through your new job.

For your reference, Shibuya Ward is providing information about the National Health Insurance to its citizens as below. https://www.city.shibuya.tokyo.jp/contents/living-in-shibuya/en/

Pension

a) National Pension Insurance (NPI Kokumin-Nenkin, 国民年金)

All residents of Japan between the ages of 20 and 59 years old, including foreign residents, are required to enroll in the **National Pension Insurance** system.

In case you reside in Japan without an occupation, you will be required to enroll in the **NPI** system. Please go to your local municipal office <u>within 14 days</u> after you leave your job for the enrollment procedure or consultation.

OUTLINE of Japanese National Pension System:

https://www.nenkin.go.jp/international/japanesesystem/nationalpension/nationalpension.html

b) Employees' Pension Insurance (EPI Kosei-Nenkin, 厚生年金)

If you stay in Japan and work for more than 20 hours a week or under specific conditions, you will be to enrolled in the **Employees' Pension Insurance**, just like you do with **Shigaku Kyosai** now.

Your new employer is responsible for the enrollment procedure, and you may be required to submit a document that shows your **basic pension number or Shigaku Kyosai membership number (which is written on your** *Kanyushasho***), and My Number to them.**

Your basic pension number will be written on the "*Nenkin Teiki-bin* (pension newsletter)" or the notices sent from Japan Pension Service.

Shigaku Kyosai <u>does not issue a blue Pension Book</u>. *Kanyushasho* will serve as an equivalent for Private school JETs. So please be careful not to lose it.

c) Pension Benefits

You can receive the **Old-age Basic Pension** at the age of 65 if you have been covered under the National Pension and Employees' Pension Insurance systems for <u>over 10 years</u>.

Pension benefits will be calculated by totalizing both NPI and EPI period.

International Social Security Agreement

Some countries have executed a social security agreement with Japan to eliminate the dual coverage and to totalize the period of coverage. If your home country has concluded this agreement, you can claim the benefits through your country's social security authority.

General Information about International Social Security Agreement: <u>https://www.nenkin.go.jp/international/agreement/index.html</u>

Lump-sum Withdrawal Payments

All persons enrolled in Japanese public pension schemes for 6 months or longer can apply for the Pension Refund (Lump-sum Withdrawal Payments). However, please note the following:

1) if your coverage periods are 10 years or more, you cannot choose the Lump-sum Withdrawal Payments because you are eligible to receive the Old-age Basic Pension in the future.

2) once you receive the Lump-sum Withdrawal Payments, the period you have covered before the claim will not be considered as the pension enrollment periods.

For detailed requirements and procedures, please see the Japan Pension Service's website. <u>https://www.nenkin.go.jp/international/japanese-system/withdrawalpayment/payment.files/A.pdf</u>

3. How to Find a Job

Public Employment Security Office "Hello Work"

Hello Work is a public institution that provides employment-related consultation and support including career counseling, job search assistance etc. You can go to the Hello Work office or use online search service to find recruitment information nationwide (every service is free of charge).

Hello Work HP: <u>https://www.hellowork.mhlw.go.jp/</u> (in Japanese)

When you find a job which you want to apply for, Hello Work staff will refer you to the employer and then provide you a letter of introduction to attend an interview.

Other Hello Work services

• Various vocational training courses.

➡ Unemployment benefits application.

In Tokyo, there are two offices that provide English services (see below). Please contact them in advance to your visit to confirm the availability of English-speaking counselors or interpreters.

<u>Tokyo Employment Centers for foreigners in Foreign Residents Support Center</u> (FRESC)

HP: https://jsite.mhlw.go.jp/tokyo-foreigner/english.html

TEL: 03-5361-8722

Location: Yotsuya

Opening hours: 9 am to 5 pm (closed on Saturdays, Sundays, National holidays and New Year holidays)

Eligible VISA status: STUDENT, ENGINEER, SPECIALIST IN HUMANITIES / INTERNATIONAL SERVICES, SKILLED LABOR, or INSTRUCTOR.

*Interpreters are available English and Chinese **by appointment** between 9 am–5 pm.

Shinjuku Foreigners' Employment Assistance and Guidance Center

HP: https://jsite.mhlw.go.jp/tokyo-foreigner/english/spec 1/about 2/map2.html

TEL: 03-3204-8609

Location: Shinjuku

Opening hours: 8:30 am to 5:15 pm (closed on Saturdays, Sundays, National holidays and New Year holidays)

Eligible VISA status: SPOUSE OR CHILD OF JAPANESE NATIONAL, LONG TERM RESIDENT, PERMANENT RESIDENT, WORKING HOLIDAY, STUDENT and DEPENDENT (part-time job).

*Interpreters are available English and Chinese by appointment.

Other Centers in Japan that provide English services:



Nagoya: https://jsite.mhlw.go.jp/aichi-foreigner/english.html

Osaka: https://jsite.mhlw.go.jp/osaka-foreigner/e-toppage.html

Fukuoka: https://jsite.mhlw.go.jp/fukuoka-roudoukyoku/hw/fuzoku_kikan/gaisen.html

List of Hello Works: <u>https://www.mhlw.go.jp/content/000592865.pdf</u>

Tokyo International Recruitment Navigation Center

https://tir-navicenter.metro.tokyo.lg.jp/

This Center, newly opened on November 2020, is supported by Tokyo Metropolitan Government for the purpose to provide information, consultation and guidance to foreigners who want to work in Tokyo. They hold seminars to learn Japanese job-hunting know-hows, or joint company information sessions.

Location: Yotsuya

Opening hours: Weekdays 9 am to 5 pm (closed on 12/29~1/3)

TEL: 050-5576-7317

Consultation is accepted for free, either by telephone, email or face-to-face (reservation required). However, please note that this center is <u>not an employment agency</u>, so they do not introduce specific companies.

Links of **<u>EMPLOYMENT AGENCIES</u>** that actively accepts foreign workers.

https://www.tdh.metro.tokyo.lg.jp/english/find_a_job/

4. Claiming Unemployment Benefits

JETs that completed their contract and enrolled in the Employment Insurance System for more than 6 months for the previous year and continue living in Japan without a job, are <u>eligible to claim</u> <u>unemployment benefits.</u>

How to Claim the Unemployment Benefits

| ♦Where to go | ₽ | Public Employment Security Office (<i>Hello Work</i>) of your district |
|-------------------|------------|--|
| | | 8:30 to 17:15 (not open on Saturdays, Sundays, and national holidays) |
| What to bring | ₽ | 1) Employment Insurance card (see below) |
| | | 2) " RISHOKU-HYO " (see below) |
| | | 3) Document which shows your Individual Number (e.g., My Number |
| | | Card or My Number Notification Card) |
| | | 4) Certificate that shows your address and age (e.g., Passport, My |
| | | Number Card or Residence Card) |
| | | 5) Hanko (stamping seal is not permitted) |
| | | 6) Applicant's bankbook or a credit card |
| | | 7) Two recent photographs (3 x 2.5 cm) |
| The decuments you | u u ill ma | |
| - | | ceive from your CO when you leave your work are: |
| | | mployment Insurance card, "Koyohoken Hihokenshasho" |
| | | ocument proves you are enrolled in the Employment Insurance system. |
| • | You ne | eed to submit this slip to your next employer. |
| □ 雇用保険被保険 | 者離職 | 票: "Koyohoken Hihokensha Rishoku-hyo" (=Rishoku-hyo) |
| • | This do | ocument proves you have been separated from work. |
| • | You ne | eed to submit this document to Hello Work to receive the benefits. |
| | • | our CO to prepare this document if it is certain that you will be jobless. |
| • | It will b | be sent to you after your separation in around 10days or so. |
| Following docu | iments | will be submitted to the Hello Work by your CO in response to your |

request to obtain the *Rishoku-hyo*.

- ""雇用保険被保険者資格喪失届, Koyohoken Hihokenshashikaku Soshitsu-todoke"
- "離職証明書, Rishoku Shomeisho

Confirm that the reason of separation is

correct before you sign your name.

Basic Procedure

① Register your information by filling out the **Job Application Form** ("求職申込書 *Kyushoku-mousikomisho*") and submit the required documents to the counter.

The Form is written in Japanese and you are required to write it in Japanese. You can check the sample how to fill in this sheet here: <u>https://www.mhlw.go.jp/content/000616354.pdf</u>

- ② Once your Form is filled out correctly, you will receive a **"Unemployment** Beneficiary's Guide (雇用保険受給資格のしおり *Koyohoken Jukyushikaku no Shiori*)". The date of the <u>Explanation Seminar</u> would be written on this Guide.
- ③ Bring your "Unemployment Beneficiary's Guide", your hanko, and writing tools to the Explanation Seminar. After the session, you will receive the Employment Insurance Qualified Recipient's Identification Card (雇用保険受給資格者証 Koyohoken Jukyushikakusha-sho) and the Application Form for Recognition of Unemployment (失業認定申告書 Shitsugyo Nintei Shinkokusho), and be notified the first date of the Recognition of Unemployment.
- ④ From the first Recognition of Unemployment onwards, you will have to appear at Hello Work every 28 days during your coverage period to declare that you are state of unemployment. At the same time, you are required to be <u>active in job-searching</u>. You must write down the activities that you have done to obtain a job during these 28 days period on the Application Form for Recognition of Unemployment.

Attending the Explanation Session and Recognition of Unemployment is <u>mandatory</u>. In case you are unable to visit because of an unavoidable circumstance, you must call the Hello Work and reschedule the date.

► The period you can receive the benefits ("receivable period") depends upon several factors, such as your age, your period of being an insured employee and the reason why you left your work. Most JET ALTs can expect the receivable period to be for 90 days.

▶ Unemployment Benefits ("basic allowance") will be paid for the number of days that you were recognized as "unemployed". First allowance will be deposited to your bank account about 7-days after you submitted the application. However, when you left work because of your own accord, there will be an additional two months waiting period.

When You are Reemployed

When you are reemployed before your "receivable period" ends, you must report it to the Hello Work. If it is possible, you are required to visit the Hello Work one day before the new work starts, and submit the following documents.

■ Employment Insurance Qualified Recipient's Identification Card (雇用保険受給資格 者証 Koyohoken Jukyushikakusha-sho)

■ Application Form for Recognition of Unemployment (失業認定申告書 Shitsugyo Nintei Shinkokusho)

■ Documents to prove re-employment ("採用証明書, Saiyo Shomeisho")

You can find the sample document at the end of the "Unemployment Beneficiary's Guide". Ask your new employer to fill it out.

If you are unable to visit the Hello Work before the start of the newwork, call the Hello Work and consult the necessary measures.

□ Depending on the remaining days of the "receivable period", there are cases that you will be eligible to receive the "**Re-employment Allowance**". Please ask the Hello Work staff for the detailed conditions and procedures.

□ If you become re-employed before receiving any benefits, the period of being an insured employee and the period to calculate the benefit-receivable period and the amount of the Employment Insurance will be summed up.



Without having high Japanese proficiency, the procedures for filing an unemployment insurance claim would be quite difficult. We recommend you to contact Tokyo Employment Centers for foreigners and ask them for support.

5. Appendix

🗞 Useful Information

Ministry of Health, Labor and Welfare Home page

Employment Policy for Foreign Workers

https://www.mhlw.go.jp/stf/seisakunitsuite/bunya/koyou_roudou/koyou/gaikokujin/index.html

Checklist for Foreign Nationals Using Hello Work

└→ <u>https://www.mhlw.go.jp/content/000678122.pdf</u>

For those separated from Employment

↔ <u>https://www.mhlw.go.jp/file/06-Seisakujouhou-11600000-Shokugyouanteikyoku/0000198944.pdf</u>

Unemployment Insurance Benefit Manual

↔ <u>https://jsite.mhlw.go.jp/kanagawa-roudoukyoku/var/rev0/0116/7483/0000140640.pdf</u>

Official Youtube channel "To recipients of the basic allowance"

→ <u>https://www.youtube.com/watch?v=Iv6PULPXJYA</u>

THE FOREIGN WORKERS' HANDBOOK 2023

(issued by Tokyo Metropolitan Government)

https://www.hataraku.metro.tokyo.lg.jp/shiryo/foreign-e/index.html

(Chapter 9) Employment Insurance / 雇用保険

<u>https://www.hataraku.metro.tokyo.lg.jp/shiryo/9Employment%20Insurance.pdf</u>

(Chapter 10) Health Insurance & Pension / 健康保険・年金保険

← <u>https://www.hataraku.metro.tokyo.lg.jp/shiryo/10Health%20Insurance%20%26%20Pension.pdf</u>

(Chapter 11) Job Seeking / 仕事を探す

<u> https://www.hataraku.metro.tokyo.lg.jp/shiryo/11Job%20Seeking.pdf</u>

(Chapter 12) Status of Residence and Residency Management System / 在留資格、在留管理制度 ふ

https://www.hataraku.metro.tokyo.lg.jp/shiryo/12Status%20of%20Residence%20and%20Residency%20Management%20System.pdf

Counseling and Information Services / 相談窓口案内

└→ <u>https://www.hataraku.metro.tokyo.lg.jp/shiryo/Counseling%20and%20Information%20Services.pdf</u>

When you resign from a company

(from Tokyo Employment Service Center for Foreigners HP)

➡ <u>https://jsite.mhlw.go.jp/tokyo-foreigner/english/seekers_1/spec/spec_1d.html</u>

Information for foreigners who are seeking jobs in Japan (from Hello Work HP)

How to fill in an application form

└→ <u>https://www.hellowork.mhlw.go.jp/doc/gaikokujinnkyuusyokumousikomisyonokakikata.pdf</u>

How to read job postings

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→ <u>https://www.hellowork.mhlw.go.jp/doc/gaikokujinnkyuujinnhyounomikata.pdf</u>

Related Documents

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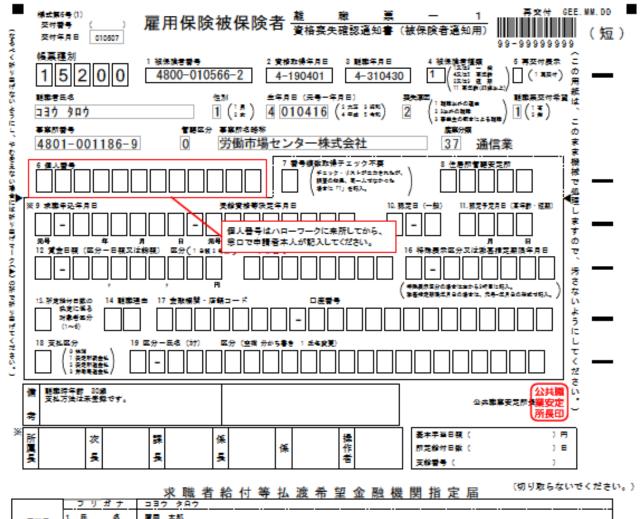
1. Application for Certificate of Authorized Employment, 就労資格証明書交付申請書

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2. Koyohoken Hihokensha Rishokuhyo, 雇用保険被保険者離職票

「離職票—1」(Rishokuhyo – 1)

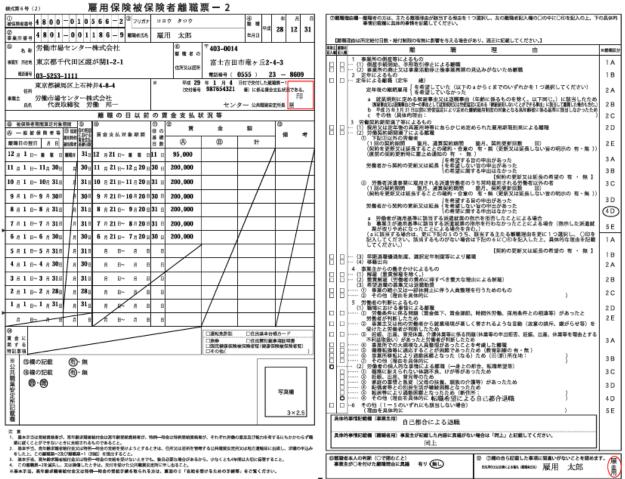
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| 2044 11 11 11 11 11 | 4 根 行 等 (ゆうちょ銀行以外) | 口度 番号 (普通) | 1234567 | | 11 × 5 | |
| | 5ゆうちょ祭行 | 記号著号 (総合) | - | | 14 15 | |
| +金融機構への 第二回の第二の | | | a star change the star that | 会联接 | M⊐-K | 原籍コード |
| 1 上院編 「院会委 | 出書に記載された事項の 今」我)を確認したよ「e | 641年9日1日紀へ通道から正確に残り込むで うち「11年年」様、「34年第」様点び「4 会取得知による確認的」様に貴会取得知 紀入してください(ゆうちょ銀行の場合 | ため、不明のことについて御徳力をお願いします。 教行等(ゆうちょ銀行なが)」の「口密番号」掲(「5ゆうちょ銀行」の 確認的を評約してください。 を除く)、 | | | |
| | | | | - | | 2019. 5 |

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「離職票—2」(Rishokuhyo – 2)



a (a) 夏田保险被保险考難聯西 — 2