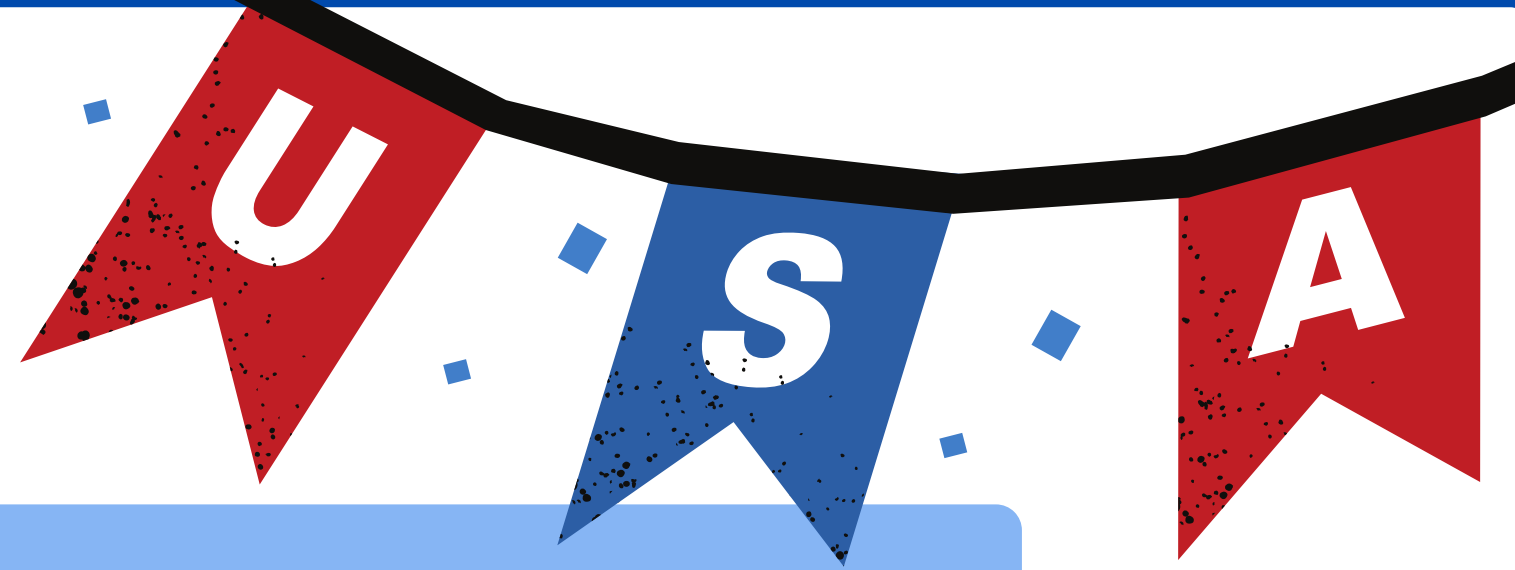
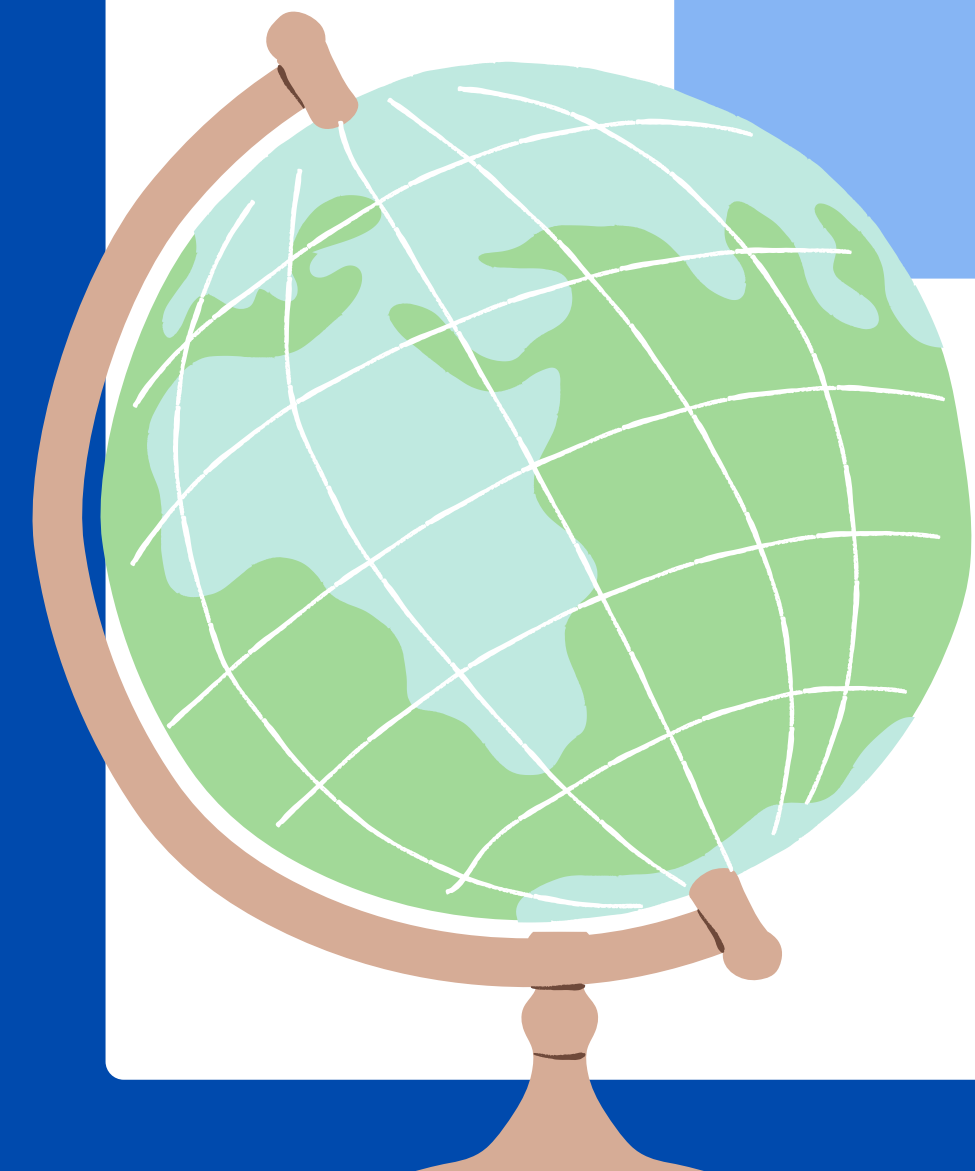


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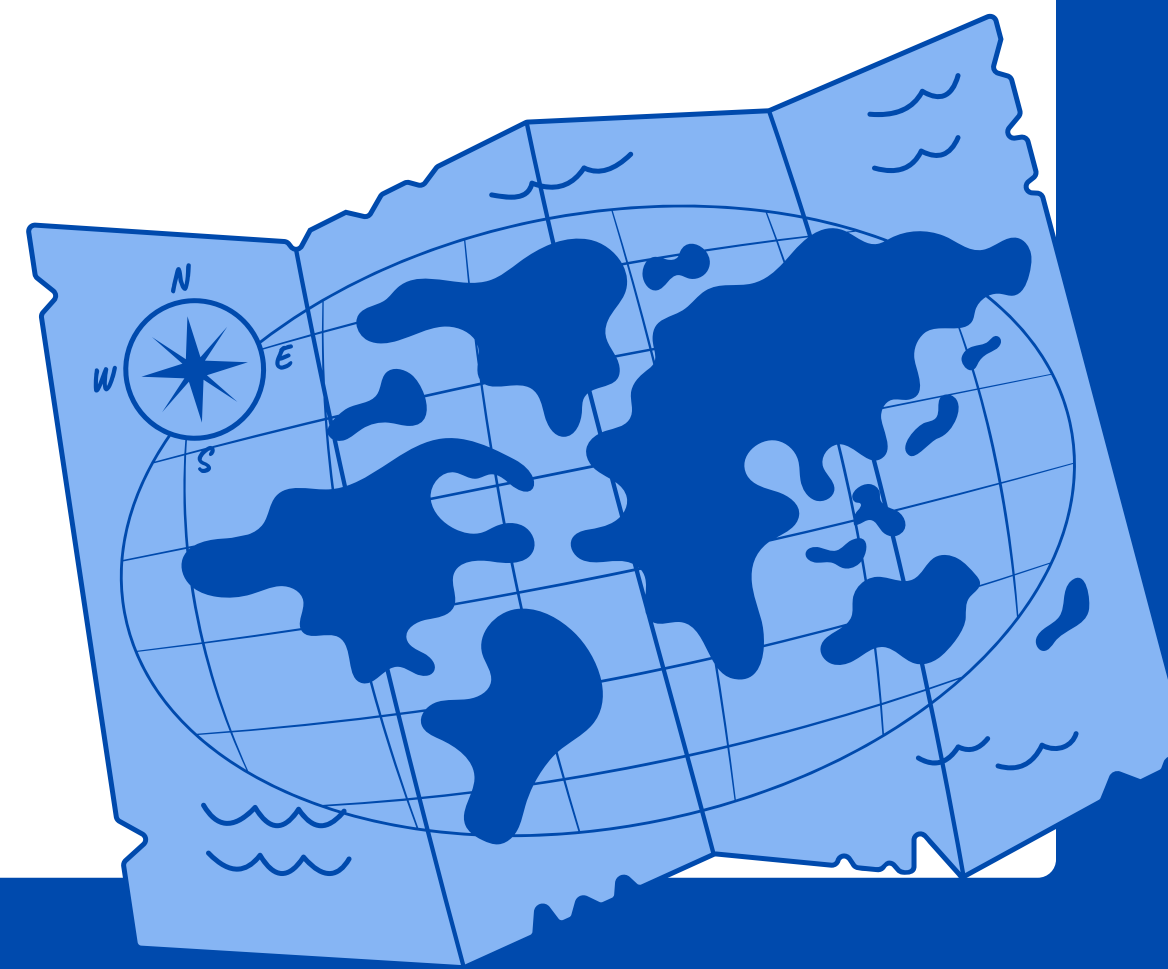
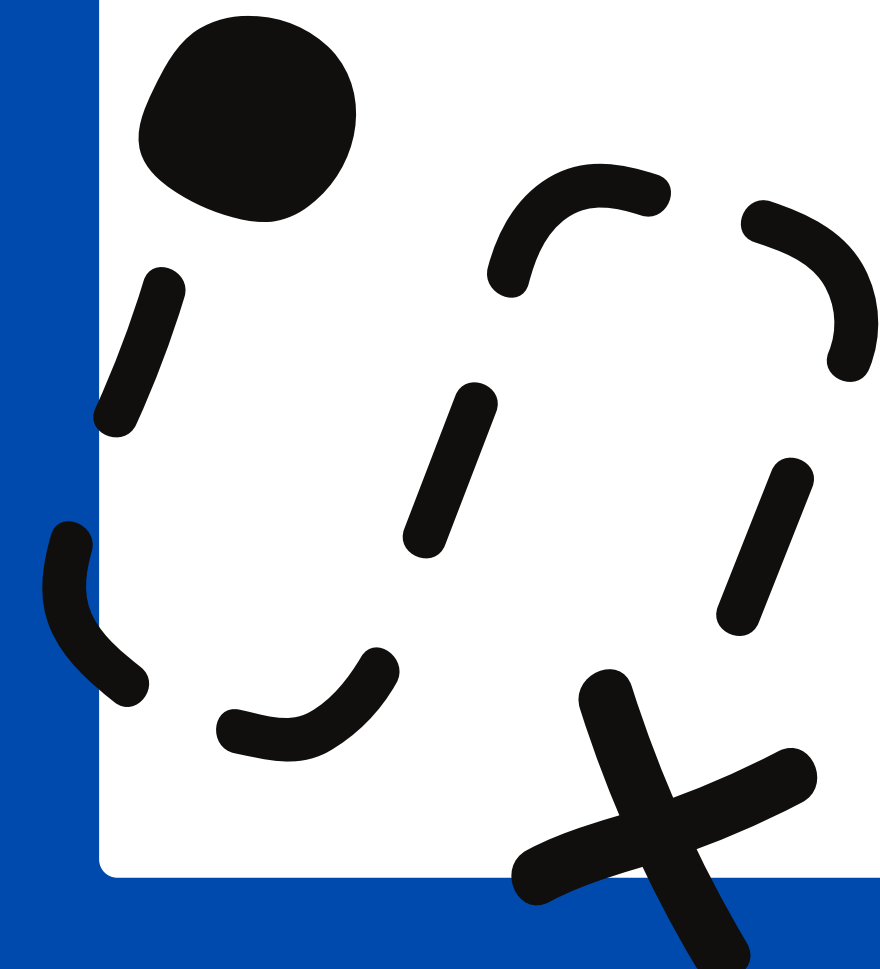
NAVIGATING THE "W" CURVE



NAVIGATING THE

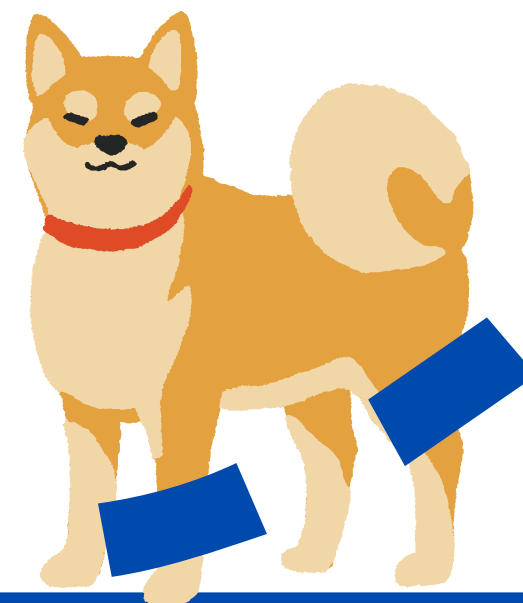


CURVE



THIS IS A GREAT TIME TO:

- MEET PEOPLE IN YOUR COMMUNITY (AND IDENTIFY TRUSTED AUTHORITY FIGURES)
- FIND A HOBBY YOU WOULD LIKE TO ENGAGE IN WITHIN YOUR COMMUNITY
- CELEBRATE TRYING NEW THINGS!



1. THE HONEYMOON PHASE

YOUR NEW HOME IN JAPAN IS FRESH AND EXCITING TO YOU. YOU GET TO ENJOY ALL THE DIFFERENT ACTIVITIES, FOODS AND PLACES YOU WERE LOOKING FORWARD TO. OVERALL, YOU'RE HAVING FUN!

2. INITIAL CULTURE SHOCK

DIFFERENCES IN DAILY LIFE BEGIN TO BECOME APPARENT AND FRUSTRATING. YOU MAY FEEL HOMESICK, SAD OR EVEN HOPELESS

THIS IS A GREAT TIME TO:

- PRACTICE BASIC SELF-CARE
- ENGAGE IN A HOBBY WITHIN JAPAN
- CREATE SMART GOALS THAT WILL HELP IN YOUR ADJUSTMENT



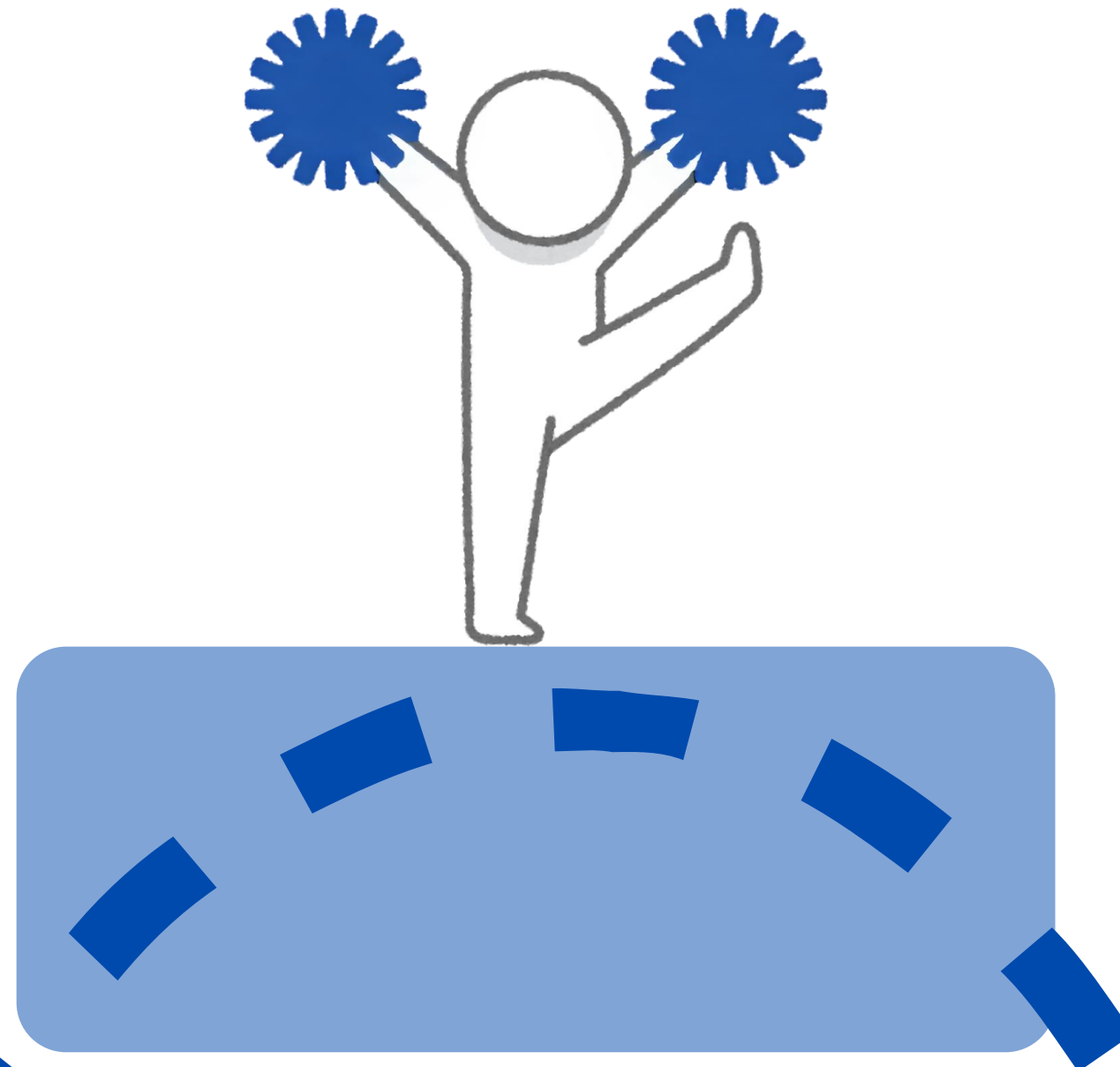
3. INITIAL ADJUSTMENT

YOU NAVIGATE YOUR
INITIAL CULTURE
SHOCK AND BEGIN TO
ADAPT TO LIFE IN
JAPAN!

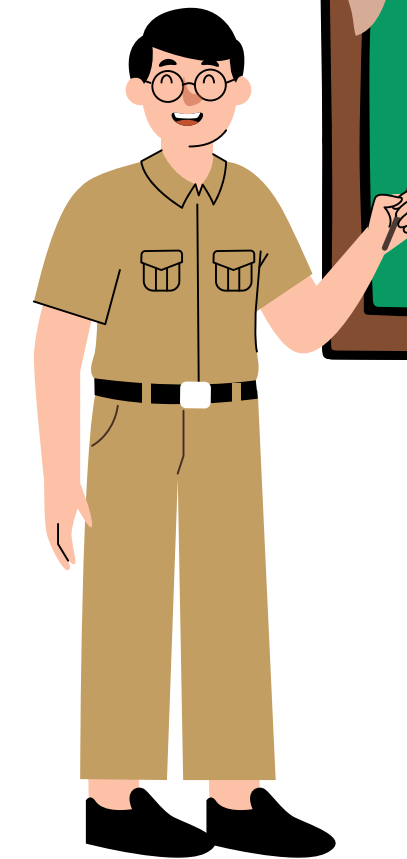


4. INITIAL CULTURAL ADAPTATION

YOU HAVE ADDRESSED
THE ISSUES THAT HAVE
BEEN FRUSTRATING YOU
IN YOUR DAY-TO-DAY
LIFE. YOU FEEL
EMPOWERED BY YOUR
ABILITY TO NAVIGATE
YOUR NEW HOME AND
ARE MORE CONFIDENT IN
YOUR ABILITY TO
ADAPT.



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YOU'RE EXCITED ABOUT THE
REMAINING TIME YOU
HAVE IN JAPAN.... BUT
THERE'S A LITTLE MORE TO
LEARN

5. TRUE CULTURE SHOCK

YOU BEGIN TO NAVIGATE BOTH PERSONAL AND DEEPER CULTURAL ISSUES.

- THIS IS A GREAT TIME TO:
- DEVELOP SKILLS AROUND CROSS CULTURAL COMMUNICATION
 - LEARN ABOUT CONFLICT RESOLUTION
 - FOCUS ON EFFECTIVE SELF CARE



6. TRUE CULTURAL ADJUSTMENT

WHEN YOU ACHIEVE TRUE
CULTURAL ADJUSTMENT,
YOU ARE ABLE TO ADAPT
AND ASSIMILATE INTO
JAPANESE CULTURE

THIS IS A GREAT TIME TO:

- TAKE ON LEADERSHIP ROLES WITHIN JET AND YOUR COMMUNITY
- MENTOR NEW OR FUTURE JET PARTICIPANTS
- CONSIDER HOW THE VARIOUS SKILLS YOU HAVE LEARNED CAN INFLUENCE YOUR CAREER
- REFLECT ON YOUR ROLE AS A MEMBER OF THE GLOBAL COMMUNITY

HOW MUCH TIME DO YOU HAVE?

1-30 MINUTES

- BREATHING EXERCISES
- GO FOR A WALK
- WRITE IN A JOURNAL
- MEDITATE
- WASH YOUR FACE

30 MINUTES - A FEW HOURS

- CLEAN A ROOM IN YOUR HOME
- TAKE CARE OF AN ERRAND THAT YOU HAVE BEEN PUTTING OFF
- READ A BOOK OR WATCH A MOVIE

LONG TERM

- JOIN A CLUB IN YOUR COMMUNITY
- LEARN A HOBBY
- PRACTICE JAPANESE THAT RELATES TO YOU AND YOUR INTERESTS

The background features a dark blue border at the top and bottom. A string of red and white striped lanterns hangs across the top. On the left side, there is a blue graduation cap with a gold tassel, surrounded by colorful confetti and streamers. A large yellow rectangular box is positioned on the right side, containing the text.

**LET'S HEAR FROM JET ALUMNI
ABOUT CULTURE SHOCK AND
GETTING INVOLVED IN THEIR
COMMUNITIES!**



**THANK YOU FOR REVIEWING THIS
PRESENTATION. PLEASE REACH OUT
TO YOUR JET PROGRAM
COORDINATOR IF YOU HAVE ANY
QUESTIONS OF CONCERNS!**

**GOOD LUCK ON YOUR JET JOURNEY IN
JAPAN!**

