

THE 2024 JAPAN EXCHANGE AND TEACHING (JET) PROGRAMME
APPLICATION GUIDELINES FOR JET PROGRAM USA

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

The Japan Exchange and Teaching Programme (hereinafter, Programme) seeks to enhance internationalization in Japan by promoting mutual understanding between the people of Japan and those of other nations. The Programme aims to enhance foreign language education and promote international exchange at the local level through the fostering of ties between Japanese youth and foreign youth alike.

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

The Programme is implemented by local authorities and other organizations (hereinafter, Contracting Organization(s)) who appoint Participants in cooperation with the Ministry of Internal Affairs and Communications (MIC), the Ministry of Foreign Affairs (MOFA), the Ministry of Education, Culture, Sports, Science and Technology (MEXT) (including the Sports Agency), and the Council of Local Authorities for International Relations (CLAIR).

The Programme began in 1987 with cooperation from governments of participating countries. Since then, over 77,000 people from 78 countries have participated in the Programme.

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

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

Withdrawal from the Programme after receipt of assignment or early termination of participation should be avoided as it causes numerous problems for Contracting Organizations, in addition to severely impacting the administration of the Programme itself.

1. POSITION AND DUTIES

Sports Exchange Advisors (SEA): Participants engaged in internationalization activities through certain designated sports. SEAs are placed in relevant departments or facilities of Contracting Organizations where they engage in their duties.

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

- (1) Assistance in sports instruction affairs at the Contracting Organization (e.g., cooperating or advising on planning, designing, and implementing sports projects).
- (2) Cooperation in sports training of promising local athletes.
- (3) Cooperation in sports training of employees of the Contracting Organization and local residents.
- (4) Advising and collaborating on sports activities of local private groups or organizations engaging in international exchange.
- (5) Other duties as deemed necessary by the supervisor.

2. TERMS AND CONDITIONS

The terms and conditions of service will be determined by the Contracting Organization which appoints the Participant. The following is a general outline of the terms and conditions, though they may vary from one Contracting Organization to another.

1) Period of Participation

In principle, the period of participation is for one year commencing the day after the designated arrival date, and Participants are appointed to a Contracting Organization for this duration.

Participants who arrive on a date after the designated arrival dates may have a period of participation that is shorter than one year.

If a Participant violates the rules determined by their Contracting Organization, their appointment may be terminated prior to the end of the period of participation.

In some cases, multiple appointment procedures may be required within this 1-year period of participation, such as in the case where a Participant's Contracting Organization is a local authority.

If the Participant's work performance is of the required standard as deemed by their Contracting Organization, it may be possible for the Participant to renew the period of participation for an additional year. Under these circumstances, it is generally possible to renew participation up to a total of 3 years. However, if the Participant's work performance, level of experience, and ability are deemed to be of an exceptionally high standard by their Contracting Organization, it is possible to renew participation up to a total of 5 years.

Withdrawal from the Programme during the period of participation on the part of the Participant adversely affects school and local government administration as well as impeding the overall implementation of the Programme itself. All Participants are therefore required to complete their period of participation in full.

2) Working Hours

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

3) Remuneration

Remuneration per annum is approximately ¥3,360,000 in the first year, ¥3,600,000 in the second year, and ¥3,900,000 in the third year. The sums above are reflective of one year of participation in the Programme based on the designated remuneration. Therefore, in the case where the period of participation is less than one year, the amount of remuneration will also be less than the above according to the length of the period of participation. In addition, in the case where a Participant who is deemed to have excellent work ability by the Contracting Organization exceeds 3 years, the remuneration will be approximately ¥3,960,000 in both the fourth and the fifth year. This remuneration is a sufficient amount to cover average living expenses in Japan.

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

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

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

4) Limitation on Profit-Making Activities

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

5) Driving

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

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

3. ELIGIBILITY CRITERIA

- (1) Be interested in Japan and be willing to deepen their knowledge and appreciation of Japan after their arrival; be motivated to participate in and initiate international exchange activities in the local community; make effort to study or continue studying the Japanese language prior to and after arriving in Japan.
- (2) Be both mentally and physically healthy.
- (3) Be willing and able to adapt to living and working in Japan, and be determined to responsibly complete the period of participation.
- (4) Be a national (not just a permanent resident) of the country where the recruitment and selection procedures take place by the time they submit their application form. Furthermore, those who possess Japanese nationality must have submitted their applications to renounce their Japanese nationality before the Reply Form submission deadline. Applicants who possess multiple nationalities with countries other than Japan may only apply as a national of one of those countries.
- (5) Have a functional command of the English or Japanese language.
- (6) Not have participated on the Programme since the 2021 JET Programme year (inclusive of April 2021 arrivals) or have participated on the Programme for more than 6 years in total.
- (7) Not have declined a position on the Programme after receiving notification of assignment in the previous JET Programme year (excluding cases where it is accepted that the Participant had a valid, inevitable reason for withdrawing).
- (8) Not have lived in Japan for 6 or more years in total since 2014.
- (9) Have a desire to proactively maintain relations with Japan, even after completion of the Programme.
- (10) Concerning entry into Japan for participation on the Programme, agree to reside in Japan under the status of residence stipulated in Article 2-2 of the Immigration Control and Refugee Recognition Act.
- (11) Be willing to obey all Japanese laws.
- (12) Applicants with a suspended jail term must have finished their period of probation by the time they submit their application form.
- (13) Be recommended by a participating countries' National Olympic Committee (NOC), a government organization, sports association, etc., as exceling in the instruction of a certain designated sport(s) or be otherwise recognised to have equivalent abilities. Furthermore, applicants must have either graduated from a vocational college, etc., and obtained coaching certification/qualification, or have at least 3 years of coaching experience in the designated sport.

4. APPLICATION PROCEDURES

U.S. applicants must submit the following documents by email to the JET Program USA Office by **Friday, April 5**. Early submission of applications and documents is encouraged.

2024 Application Documents	
1) Application Form	1
2) Applicant Self-Report of Medical Condition(s) [Part 2 of the Application Form]	1
3) Essay (Statement of Purpose) <ul style="list-style-type: none"> Two pages typed and double-spaced on letter-sized paper (8.5in x 11in) with one-inch margins and size 12 font. The two-page limit is strictly observed. 	1
4) Letters of Reference <ul style="list-style-type: none"> References written in either Japanese or English must be submitted. 	2
5) Certification of Graduation from a university, vocational college, etc.	Optional
6) Coaching Certification <ul style="list-style-type: none"> Any recognized certifications or qualifications of coaching in one's sports of expertise. If no certification is held, applicant must excel at and have at least 3 years of coaching experience in their sport of expertise. 	If any
7) Document which shows proof of U.S. citizenship <ul style="list-style-type: none"> Accepted types of proof are limited to: scans of a passport, passport card, birth certificate, or naturalization papers. Proof must be issued by a government organization such as a city, country, or state government 	1
8) Statement of Physician (*Only for applicants required to obtain one) <p>Applicants must obtain a Statement of Physician under the following circumstances:</p> <ul style="list-style-type: none"> If you are consulting a physician or other professional on more than one occasion regarding a physical or mental health issue. If you are taking medication to alleviate a condition, illness, or injury such that prescription is re-filled on one or more occasions. If you are undergoing hospitalization (including surgery) to alleviate a condition, illness, or injury (not including dental surgery). If you answer yes to questions 1, 2a, 2b, or 3 as found on the Self-Report of Medical Conditions (SRMC) form. 	If applicable
9) Criminal Record (*Only for applicants with a criminal history) <ul style="list-style-type: none"> In the case the applicant is unable to obtain their Criminal Record by the time of application deadline, a document proving you have applied will be accepted. In this instance, the Criminal Record itself must then be submitted by Monday, April 15. Please see 6. 1) in regards to obtaining a Criminal Record. 	If applicable

5. SELECTION AND NOTIFICATION OF RESULTS

1) The Embassy of Japan in the United States, will conduct the first screening and selection of applicants based on their applications and documents. The second stage of screening will be

conducted in the form of interviews at the Embassy, or at Consulate of Japan falling under the jurisdiction of the Embassy, in order to determine candidates.

2) The Joint Conference for International Relations, consisting of the Ministry of Internal Affairs and Communications (MIC), the Ministry of Foreign Affairs (MOFA), the Ministry of Education, Culture, Sports, Science and Technology (MEXT), and CLAIR, will decide successful candidates/Participants, alternates, and unsuccessful candidates out of the recommended candidates selected by the Embassies and Consulates of Japan where the applicants interviewed (hereinafter, Interview Offices).

3) Applicants will be notified of the results via their Interview Office from May 2024. At this time successful candidates/participants will also be notified of the name of their Contracting Organization.

4) The Contracting Organization will then initiate direct contact with the successful candidate/participants, sending them documents such as the notice of appointment, a letter detailing the workplace and working conditions, and other materials introducing the Contracting Organization. As preparing living condition can be a complicated process, the Participant should respond promptly to all the correspondence from the Contracting Organization.

6. SUBMISSION OF CRIMINAL RECORD AND CERTIFICATE OF HEALTH

1) In principle, successful candidates/Participants must obtain and submit their Criminal Record and Certificate of Health to the Interview Office by June 5, 2024. However, those who indicate having a criminal history at the time of application must submit their Criminal Record no later than April 15, 2024 (ideally, at the time of application).

Regarding the Criminal Record:

(1) A criminal record covering a period of at least 5 years must be submitted. If, due to institutional restrictions, a 5-year criminal record is not obtainable, a criminal record covering as many years as possible must be submitted.

(2) In principle, applicants/candidates must submit a criminal record issued by the state/provincial government of their current residence. However, a criminal record issued by the federal government will be accepted in the case it is easier to obtain.

(3) Applicants/candidates who have lived in another state/province of the same country for at least 12 consecutive months during the preceding 5 years must submit a criminal record from the other state(s)/province(s) in addition to the criminal record issued by the state/provincial government in which they currently live. However, if the criminal record issued by the state/provincial government where the applicant/candidate lives contains criminal history information of the country as a whole, including other states/provinces, submission of additional criminal records issued by other state/provincial governments is not necessary.

(4) Applicants/candidates who have lived in another country for at least 12 consecutive months during the preceding 5 years must submit a criminal record from that country as well.

(5) Applicants/candidates are not required to obtain a criminal record issued by the Japanese government even if they have lived in Japan in the preceding 5 years.

2) The Criminal Record must be dated no earlier than February 22, 2024. The Certificate of Health submitted must be dated no earlier than May 2024.

3) Additionally, any changes to an applicant's/candidate's physical or mental health, criminal history, etc. after submitting the application may affect their eligibility to participate on the Programme and must be promptly notified to the JET Program USA Office.

7. DISQUALIFICATION

Successful candidates/participants may be disqualified without warning for any of the following reasons:

1) When they have committed an inappropriate act or there is substantial reason to believe that they are likely to commit an inappropriate act.

2) When their application documents contain false statements.

3) When they do not inform the Embassy or Consulate of Japan of any changes in the information contained in the application documents after submission in a timely manner.

4) When it is determined that their criminal history renders them unsuitable for participation on the Programme (e.g., DUI (driving under the influence of alcohol and/or drugs), drug or sex crimes, crimes against children, etc.) (inclusive of crimes committed after submission of the application form).

5) When the Reply Form, Criminal Record, Certificate of Health, or other required forms are not submitted by the designated deadlines.

6) When those who possess multiple nationalities with Japan do not submit the application to renounce Japanese nationality before the Reply Form submission deadline

7) If it becomes clear at a later date that they do not meet the eligibility criteria due to some reason attributable to themselves.

8) When they do not board the designated flight(s) with the exception of cases due to truly unavoidable circumstances, such as on humanitarian grounds.

8. ORIENTATION AND TRAINING

1) Pre-Departure Orientation

Participants will be provided with written materials about the Programme along with Japanese language textbooks prior to departure for Japan. Additionally, a pre-departure orientation will take place prior to departure for Japan at each Participant's Interview Office. All Participants must participate in the pre-departure orientation.

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

2) Post-Arrival Orientation

Participation in the post-arrival orientation is mandatory for all Participants. Post-arrival orientation will provide training necessary for Participants to carry out their work duties in Japan.

3) Training

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

9. ACCOMMODATION

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

10. TRANSPORTATION TO AND FROM JAPAN

1) Travel and Other Costs Related to Coming to Japan

All Participants must arrive in Japan on the designated date and flight (refer to Tables 1 and 2) except for candidates who already reside in Japan as defined below in 11.2. Participants who do not board the designated flight(s) will be disqualified from the Programme, with the exception of cases due to truly unavoidable circumstances, such as on humanitarian grounds.

The cost of domestic transportation to the designated airport(s) in the Participants' home countries, fees incurred in obtaining documents necessary to travel to Japan, transit visas, extra baggage fees, and shipped luggage fees will be the responsibility of the Participants.

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

It is for these reasons that in the case a Participant withdraws their intent to participate on the Programme or is disqualified after receiving notification of their assignment, with the exception of cases due to truly inevitable circumstances, such as on humanitarian grounds, they must pay any travel and other costs, such as cancellation fees, that were incurred. These costs may include fees

for the arrangement of travel within Japan or housing in the case the Contracting Organization has made arrangements.

Cancellation fees for airline tickets will differ depending on the date that the cancellation of the ticket has been confirmed. In the case cancellation is confirmed 15 to 30 days prior to the designated departure date, the cancellation fee will be half the price of the airline ticket. In the case cancellation is confirmed 14 days or less prior to the designated departure date, the cancellation fee will be the full price of the airline ticket. Furthermore, Participants may be required to submit documents in order to determine if a case falls under “cases due to truly inevitable circumstances, such as on humanitarian grounds”.

2) Candidates Who Already Reside in Japan

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

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

For Participants who already reside in Japan, the Contracting Organization will bear travel costs only in the case where a Participant travels from the designated airport or railway station to the post-arrival orientation venue on the designated arrival date. Travel costs to the designated airport or railway station will be borne by the Participant. Participants who live within 100 kilometres of the post-arrival orientation venue will bear all travel costs to the post-arrival orientation venue.

With regard to transportation from the post-arrival orientation venue to the Contracting Organization, Participants must travel in a group with other Participants who will be working in the same host prefecture or designated city. Traveling separately is not allowed. These travel costs will be borne by the Contracting Organization according to their travel expense regulations.

3) Return Travel Costs

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

Participants who participate from within Japan and meet all of the guidelines below are also

eligible to have travel costs from the Contracting Organization to the airport designated in their home country borne by the Contracting Organization.

- (1) The Participant completes the period of participation.
- (2) The Participant does not enter into subsequent employment with a Contracting Organization or a third party in Japan within 1 month after the completion of participation.
- (3) The Participant departs Japan to return to their home country no later than 1 month from the day following the completion of their participation.

4) Reimbursement of Travel Costs

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

5) Obtaining a Visa

Participants must obtain a working visa from the Embassy or Consulate of Japan in the United States before the date of travel to Japan and must enter Japan under the appropriate status of residence ("Skilled Labor" for SEAs) that permits work.

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

6) Participants Travelling with a Spouse or Family

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

11. AFTER COMPLETION OF THE JET PROGRAMME / JET PROGRAM USA

All global participants of the JET Programme are strongly expected to play a role as a bridge between Japan, their place of appointment, and their home countries after their participation on the Programme. Former Participants have founded alumni associations in their home countries/areas and in Japan, named JET Alumni Associations (JETAA). JETAA carries out various activities at grass-root levels to promote friendships between Japan and the home countries of Participants. JETAA members are involved in activities such as information exchange among the members, welcoming Participants back to their home countries upon their completion of the Programme,

introducing Japanese culture, and providing educational information about Japan. It is anticipated that Participants completing their participation on the Programme respond to the “After JET Contact Information Survey” sent by CLAIR with their post-participation contact information. Participants are also expected to contact the Embassy or Consulate of Japan nearest to the Participant’s residence (CLAIR for those residing in Japan), join a JETAA chapter and be actively involved in introducing Japan and promoting education.

12. USE OF PERSONAL INFORMATION

The use of personal information submitted by applicants during the application period is limited to necessary use by the Embassies or Consulates of Japan, Ministry of Internal Affairs and Communications (MIC), Ministry of Foreign Affairs (MOFA), Ministry of Education, Culture, Sports, Science and Technology (MEXT), CLAIR, Contracting Organizations including host prefectures/designated cities² and private contracting companies in charge of services related to the management of the Programme. Personal information will be used for such matters as assignments, orientations, etc. Information may also be shared with the aforementioned organizations after the arrival of Participants in Japan for administrative matters (*) in cases of emergency or early termination of participation on the Programme.

* Specific details about administrative matters are listed below:

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

13. SCHEDULE FROM APPLICATION TO ARRIVAL IN JAPAN

March–April 2024	Application deadline
	First stage of screening process (written application)
	Second stage of screening process (interviews)
May–	Notification of successful candidate/Participant status
June–July	Pre-departure orientation, preparation, etc.
July–	Arrival in Japan for Summer arrivals and post-Summer arrivals (refer to Table 1)

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

14. COURT JURISDICTION AND GOVERNING LAW

With regard to the recruitment and application procedures, the Tokyo District Court has exclusive jurisdiction for all legal matters. The governing law will be Japanese law.

15. PARTICIPATION RIGHTS IN THE EVENT OF UNAVOIDABLE CIRCUMSTANCES

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

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

Table 1: Designated Arrival Dates

	Group A (28 July, 2024 Arrival)	Group B (4 August, 2024 Arrival)
Country	Point of Departure	Point of Departure
United States	New York	Washington D.C.
	Atlanta	Detroit
	Chicago	Nashville
	Houston	San Francisco
	Los Angeles	Portland
	Phoenix	Anchorage
	Seattle	Honolulu
	Spokane	Hagatna
	Denver	Saipan
	Salt Lake City	Miami
	Boston	

- In principle, Participants can depart only from the designated departure points noted above.
- Participants cannot switch between Groups A and B (e.g. switch from New York to Detroit).