

## 2026 JET PROGRAMME APPLICATION FORM

### 第 40 期 J E T プログラム応募申請書

#### INSTRUCTIONS (記入上の注意)

1. The application should be typed if possible, or neatly handwritten in block letters. (明瞭に記入すること。)
2. Numbers should be written as numerals, not words. (数字は算用数字を用いること。)
3. Dates should be formatted as YYYY/MM/DD. (日付はすべて西暦とすること。)
4. Proper nouns should be written in full and not abbreviated. (固有名詞はすべて正式な名称とし、一切省略しないこと。)

*\* The use of personal information submitted by applicants during the application period is limited to Programme selection, placement, travel arrangement, and orientation use by the Embassies and 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 organisations, including host prefectures and designated cities; and private contracting companies in charge of services related to the management of the Programme. The personal information (name, date of birth, nationality, email address) of those selected as JET Programme participants may also be made available to JET Alumni Associations (JETAA) and its supporting organizations for use in providing information during and after Programme participation.*

*Personal information may also be shared with the aforementioned organisations 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 relevant 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

#### 1. Position Type for Which You Are Applying (応募職種)

☐ ALT (Assistant Language Teacher) (外国語指導助手)

#### 2. Interview Location (面接地)

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\* Using Chart 1 of the chart sheet, please enter the four-digit code and write the name of the location where you would like to be interviewed. Regardless of where you are now living, you must have an interview in the country whose nationality you possess.

※チャート 1 に記された 4 桁の面接地コード及び名称を入力すること。現在の居住地に関わらず、応募者の国籍国で面接を受けなければならない。

#### 3. Name (氏名)

\_\_\_\_\_  
Last Name (姓)

\_\_\_\_\_  
First Name (名)

\_\_\_\_\_  
Middle Name(s) (ミドルネーム)

\* Please write your name exactly as it appears on your passport. (※パスポートと同じ名前を記載すること。)

#### 4. Sex (性別)

☐ Male (男)

☐ Female (女)

☐ Other (その他)

\* There may be procedures in Japan for which you will be required to select either 'male' or 'female' for gender.

※日本国内での手続きでは、性別において男性か女性を選択する必要がある場合がある。

**5. Date of Birth (生年月日)**

Year (年)      Month (月)      Day (日)

Age (as of 1 April 2026)  
(年齢 2026 年 4 月 1 日現在)

**6. Nationality (国籍)**

**6a. Nationality (国籍)**

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\* Using Chart 2 of the chart sheet, please enter the two-letter code and name of your nationality. If your nationality is not listed, enter only its name in full.

※チャート2に記された2桁の国籍コード及び名称を入力すること。リストにない場合は具体的な名前のみを記入すること。

**6b. Dual Nationality (二重国籍の有無)**

Do you possess dual nationality with Japan?

(日本との二重国籍の有無)

☐ Yes (はい)

☐ No (いいえ)

\* Japanese nationality does not expire automatically at any age; formal renunciation is required.

\*\* If yes, failure to submit renunciation paperwork by the deadline may result in disqualification. For details and the deadline, please refer to the Application Guidelines and contact the Embassy or Consulate of Japan.

※日本国籍は、年齢に関わらず自動的に消滅せず、正式な届出による離脱が必要となります。

※該当する場合、離脱の届出を締切までに提出しなければ、失格となることもあるので、ご注意ください。

国籍離脱の届出の詳細及び締切日については、募集要項をご参照し、在外公館にご連絡ください。

**7. Province and Hometown (place of longest residence) (出身州・出身地：最も長く住んでいた場所を記入すること。)**

Province (出身州) \_\_\_\_\_

Hometown (出身地) \_\_\_\_\_

**8. Current Address, Telephone Number, and Email Address (現住所及び電話番号、Email アドレス)**

Current Address (現住所) :

Telephone Number (電話番号) :

Email Address (Email アドレス) :

\* If possible, write an email address which you expect to use continuously before you come to Japan, during your stay in Japan, and after you return home. Please refrain from using a university (.edu, .ac, etc.) or other temporary email address.

※可能な限り、来日前から日本滞在中、帰国後においても使い続けることが予想される Email アドレスを記入すること。「.edu」、「.ac」のような大学のアドレスや一時的に使用しているアドレスは記入しないこと。

## 9. Criminal History (犯罪歴)

Have you ever been arrested, charged, or convicted of any crime (including juvenile offences and those which you believe to have been expunged or otherwise removed from your record), other than a minor traffic offence (i.e., speeding or parking ticket)?

スピード違反、駐車違反等の軽微な交通違反を除き、これまでに何らかの犯罪で逮捕され、起訴または有罪となったことがあるか（記録から抹消されていると考えられるものや青少年犯罪を含む）

☐ Yes (はい) ☐ No (いいえ)

\* If yes, please explain in detail on a separate sheet, providing information regarding the nature and date of the crime. Please also submit a copy of your complete criminal record which documents the incident as of the time of submitting this application. Failure to report items in this question, even those which you believe to have been expunged or otherwise removed from your record that later show up on your criminal history, may result in disqualification.

※該当する場合は、応募時に犯罪の性質、日時等に関する詳細な情報を記載した別紙を提出し、更に（無）犯罪証明書も添付すること。記録から抹消されていると考えられるものについても、申請が無ければ、後日記録が明らかになった場合、虚偽の申請をしたとして失格となることもある。

## 10. Current Occupation (現職)

Occupation (現職): \_\_\_\_\_

University or Employer (在籍大学名又は勤務先名): \_\_\_\_\_

## 11. Educational Background (学歴)

### 11a. Academic Degree (学位)

\* If you are going to graduate this year, check the degree you are going to earn.

※今年度卒業見込者は取得見込みの学位を選択。

☐ Bachelor's Degree (学士) ☐ Master's Degree (修士) ☐ Doctorate Degree (博士)

### 11b. Academic Specialisation / Major (専攻科目)

\* Using Chart 4 of the chart sheet, please enter an appropriate two-digit code and name for your specialisation (major).

※チャート4に記載された2桁の専攻科目コード及び名称を記入のこと。

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\_\_\_\_\_

If you specialised in two or more subjects (double-major) or had a sub-specialisation (minor), please write them (code and name) below.

専攻が2つ以上または副専攻がある場合はコード及び名称を記入すること。


\_\_\_\_\_

\_\_\_\_\_

☐ Major (専攻) ☐ Minor (副専攻)  
☐ Major (専攻) ☐ Minor (副専攻)

**11c. Academic Record (学歴)**

High School Graduation Date (高校卒業年月) \_\_\_\_\_

Higher Education Level (高等教育レベル)	Name of Institution and Location (学校名及び所在地)	Dates Attended (在学期間)	Duration of Attendance (修学年数)	Major Field of Study (専攻科目)	Degree/Diploma, Date Earned or Expected (学位, 取得/取得予定時期)
		From To			
		From To			
		From To			

\* Please provide an official transcript of all courses taken at your undergraduate college/university and postgraduate school.

※大学及び大学院で履修した全てのコースの成績証明書を添付のこと

**12. Employment History (職歴)**

\* Begin with your most recent place of employment. Include part-time jobs.

(※直近のものから順に。アルバイトを含む。)

Name of Employer and Location (勤務先及び所在地)	Period (期間)	Job Title (役職)	Job Description (職務内容)	Hours per Week (1週間当たりの時間数)
	From To			
	From To			
	From To			

### 13. Teaching/Coaching Background (教職歴及びコーチ歴)

#### 13a. Teaching Background (教職歴)

	Name of Organisation and Location (機関名及び所在地)	Period (期間)	Job Title (役職/レベル)	Job Description (職務内容)	Hours per Week (1週間あたりの時間数)
Classroom Teaching (教室での教職歴)		From To			
Other Teaching or Tutoring (その他の教職歴)		From To			

	Name of Organisation and Location (機関名及び所在地)	Period (期間)	Course Description (訓練内容)
Teacher Training (教職訓練の経験)		From To	

Do you possess the following?

Teacher Certification (BEd or PGCE) (教職資格) ☐ Yes (はい) ☐ No (いいえ)

TEFL/TESL/TESOL Qualification (TEFL, TESL, TESOL 資格)

☐ Yes (はい) ☐ No (いいえ) ☐ In Progress (取得途中)

### 14. Future Career Goals and Connection to the JET Programme

(将来のキャリア目標及び本プログラムとの関連性)

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15. Japan-Related Studies (日本に関する学習・研究歴)

	Name of Institution and Course Title (機関及びコース名)	Period of Study (学習期間)	Content (学習内容)
Study of Japanese Language (日本語学習歴)			
Study of Japanese History, Culture, etc. (日本史・日本文化等の学習)			

16. Japanese Language Proficiency: Evaluate your level and insert an 'X' where appropriate in the following blank spaces. (日本語能力を自己評価の上、該当欄に「×」印を記入すること。)

	Advanced (上級)	Semi-Advanced (準上級)	Intermediate (中級)	Elementary (初級)	Introductory (入門)	None (不可)
Reading (読む能力)						
Writing (書く能力)						
Speaking (話す能力)						
Listening (聴く能力)						

**Introductory:** Familiar with basic greetings and conversations and has previous experience with *hiragana* and *katakana*.

**Elementary:** Mastered elementary level of grammar, about 100 kanji and 800 words, and demonstrates the ability to listen to and understand simple conversations and to read short, simple sentences.

**Intermediate:** Mastered basic grammar, about 300 kanji and 1,500 words, and demonstrates the ability to listen to and understand everyday conversations and to read simple sentences.

**Semi-Advanced:** Mastered grammar to a relatively high level, about 1,000 kanji and 6,000 words, and demonstrates listening and reading comprehension ability about matters of a general nature.

**Advanced:** Mastered grammar to a high level, about 2,000 kanji and 10,000 words, and has an integrated command of the language sufficient for life in Japanese society and for providing a useful base for study at a Japanese university.

Certification of Japanese Language Proficiency (日本語能力試験等の日本語資格)

Name of Certification and Level (資格と取得級): \_\_\_\_\_

Date Earned (取得日): \_\_\_\_\_

\* Please attach certification documents (if any) (可能であれば証明書を添付のこと)

**17. Language Proficiency (言語能力)**

(a) First Language: Please write your first language.

(第一言語を記入すること。)

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(b) Other Language Proficiency: Evaluate your level and insert an 'X' where appropriate.

(その他の言語能力を自己評価のうえ、該当欄に×印を記入すること。)

Other Language (その他の言語)	Advanced (上級)	Semi-Advanced (準上級)	Intermediate (中級)	Elementary (初級)

**18. International/Intercultural Experience (国際経験) (at home or abroad) (国内外)**

Country (国)	Purpose (目的)	Dates (期間)
		From To
		From To
		From To

**19. Other Activities (その他の活動)**

(a) Honours, Awards, Scholarships, etc. (表彰等)

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(b) Extra-Curricular/Volunteer Activities, Interests/Hobbies/Sports

(課外活動・ボランティア活動、関心・趣味・スポーツ等)

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**20. Are you applying for other international exchange programmes or scholarships?**

(その他の国際交流プログラムや奨学金へ応募しているか?)

☐ Yes (はい)☐ No (いいえ)

If yes, please provide details below. (もしあるなら詳細を記入すること)

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**21. Have you ever participated in the JET Programme? (過去に JET プログラムに参加したことがあるか)**

☐ Yes (はい)

Participation Period (期間) : \_\_\_\_\_

Contracting Organisation (任用団体) : \_\_\_\_\_

☐ No (いいえ)

☐ I have applied to the JET Programme. Year(s) of application: \_\_\_\_\_

(JET プログラムへ応募したことがある。何年に応募したか。)

☐ I have withdrawn my intention of participating on the JET Programme after assignment of contracting organisation.

At the following point in the application process and due to the following reason(s):

(配置決定後に JET プログラムを辞退したことがある。時期と辞退理由は以下のとおり)

\_\_\_\_\_  
\_\_\_\_\_

**22. Marital Status (婚姻状況)**    ☐ Single (未婚)    ☐ Engaged (婚約中)    ☐ Married (既婚)

**23. Provide the following information if you plan to bring or live with a spouse/partner or children in Japan.**

(配偶者・パートナーまたは子を日本に同伴する、または同居する予定がある場合は、同伴者・同居者の以下の情報を記入すること。)

\* Please fill in this information accurately, as it is required for placement. In addition, please be aware that only spouses/partners and children with whom you have a verifiable legal relationship can qualify as accompanying dependents.

※配置先での受け入れにあたって必要な情報となるので、正確に記入すること。また、同伴扶養家族として認められるのは、法的に関係性を証明できる配偶者・パートナー及び子のみであることにご留意ください。)

Name (氏 名)	Relationship (続 柄)	Age (年 齢)	Sex (性別)	JET Status * (JET 参加状態※)

\* Please specify whether they are currently an 'Applicant', 'Participant', or 'N/A' if not applicable.

※現在「申請者」「参加者」のいずれかを、該当しない場合は「該当なし (N/A)」を記入すること。

**24. Do you possess a full driving licence? (運転免許の有無)**

\* Participants with a full driving licence may be required to operate a motor vehicle as part of their work duties.

\*\* Please check 'No' if you only possess a motorcycle licence and do not have a full driving licence.

※運転免許の保有者は、業務の都合上、自動車の運転を求められる場合があります。)

※オートバイの運転免許のみ保有し、自動車の運転免許を保有していない場合は No にチェックしてください。)

☐ Yes (はい)

☐ No (いいえ)



## 25. Placement Preference (配置希望)

\* JET participants are assigned to contracting organisations all over Japan. Please note that your placement may not align with your preferences.

※JET プログラム参加者は日本各地の任用団体に配置されます。配置は必ずしも希望通りになるとは限りません。

### (a) Living Area Classification Preference (希望エリア)

☐ Island (島嶼)      ☐ Rural (地方)      ☐ Urban (都市部)      ☐ No Preference (希望なし)

\* Please select only one.

※いずれか1つにチェックしてください。

### (b) Block/Prefecture/Designated City Preference (希望場所)

	Block (地区)		Prefecture/ Designated City (県・市)		Reason (理由)
	Code コード	Name 名称	Code コード	Name 名称	
First Choice 第一希望					
Second Choice 第二希望					
Third Choice 第三希望					

\* Using Chart 5 on the chart sheet, please denote your preference using either a single-letter block code (A–H or N) followed by a two-digit code (01–67; for a specific prefecture/designated city) or a single-letter block code alone (for a region). Please also fill in the names of your preferences.

\*\* If you wish to engage in disaster-recovery volunteer activities, please indicate so above.

※チャートシートのチャート5を使用し、地区コード(A～H,N)に県・市コード(01～67)及び名称を続けて入力(特定の都道府県・政令指定都市を選択する場合)若しくは地区コード(A～H,N)及び名称を入力(地域を選択する場合)し、ご希望の地域をご指定ください。

※災害復興ボランティア活動に従事することを希望される場合は、上記にその旨をご記入ください。

### (c) Specific Request for Placement (e.g. Medical Reasons, Family Members in Japan)

(配置に関する特別な要請(医療上の理由、家族の理由等))

## 26. Early Arrival Placement

(4月(以降早期)来日の希望)

If you are offered an early placement in or after April but before the designated summer arrival dates, would you like to accept the position?

早期の配置を必要とする団体から要望がある場合、4月来日または早期来日に同意しますか。

☐ Yes (はい) ☐ No (いいえ)

\* If you select 'Yes', please bear in mind the following:

- You must submit your Criminal Record and Certificate of Health to the Embassy at the time you submit this application.
- The time between receiving notice of your placement to departure is very short, only one month. Early Arrival Placement participants may be asked to depart anytime between 7 April and 26 July.
- Please note that the answer to this question will not influence the selection results. However, answering 'Yes' and later withdrawing from Early Arrival Placement will result in your disqualification, so please consider your response carefully.

※ 4月(以降早期)来日を希望する場合は、以下の点に留意してください

- 応募時に犯罪歴証明書と健康診断書を大使館に提出してください。
- 採用通知から出発までの間は1か月と非常に短く、早期来日の場合は4月7日から7月26日の間、いずれの日も出発日となりうる可能性があります。
- この回答が選抜結果に影響することはありません。また、辞退した場合は参加資格を失うことから、回答については慎重を期してください。

## 27. Where did you hear about the JET Programme? (JET プログラムをどこで知ったか)

<input type="checkbox"/> Professor/Advisor/Instructor	<input type="checkbox"/> Magazine Advertisement	<input type="checkbox"/> TV
<input type="checkbox"/> Placement Office	<input type="checkbox"/> Magazine Article	<input type="checkbox"/> Radio
<input type="checkbox"/> Former JET Participant	<input type="checkbox"/> Newspaper Advertisement	<input type="checkbox"/> Poster
<input type="checkbox"/> Current JET Participant	<input type="checkbox"/> Newspaper Article	<input type="checkbox"/> Career Fair
<input type="checkbox"/> Embassy/Consulate	<input type="checkbox"/> Internet Advertisement	<input type="checkbox"/> JET Alumni
<input type="checkbox"/> Campus Visit	<input type="checkbox"/> Internet Article	<input type="checkbox"/> Kenjinkai: _____
<input type="checkbox"/> Social Media: _____	<input type="checkbox"/> Other: _____	

**28. Emergency Contact Information (緊急の際の連絡先)**

i) Full Name of Emergency Contact (緊急時の連絡者氏名):

ii) Address (住所):

Telephone Number (電話番号):

Email Address (E メールアドレス):

iii) Occupation (職業):

iv) Relationship to Applicant (本人との関係):

**29. Please fill out the attached 'Self-Report of Medical Conditions'. If you currently have or have ever had any physical or mental conditions, please provide details and, if applicable, attach a Statement of Physician form filled out by your physician stating whether you are fit to participate on the JET Programme and to live and work overseas.**

(「健康状態自己申告書」を記入のこと。身体及び精神の病歴がある場合は、その詳細と、JET プログラムへの参加と海外での生活及び就労が可能である旨の医師の診断書を添付のこと。)

① *I, the undersigned, certify that the above statements concerning myself and my background are true and accurate to the best of my knowledge, and that I have read and agree with the Application Guidelines. Furthermore, if I am selected as an Assistant Language Teacher, I agree to abide by Japanese laws and regulations and the regulations of my contracting organisation. I agree to carry out my duties to the best of my ability, as well as not to engage in any activities prohibited by the terms and conditions of my appointment. I understand that during my appointment I must not participate in any religious or political activities which would affect my duties or do anything to disturb the public peace.*

(私は、私自身及び経歴に関する上記事項が正しいものであり、私の知る限り正確なものであることを証明します。私は、募集要項の内容をよく理解し、これに同意します。更に、外国語指導助手として合格した際には、日本国法令及び受け入れ団体の規則を遵守し、最善を尽くして職務に専念し、職務又は日本の社会秩序に影響を及ぼすような宗教的又は政治的活動を行わないことを誓約します。)

② *I, the undersigned, acknowledge that, in accordance with the provisions set forth in the Application Guidelines, I am obligated to promptly notify the appropriate Embassy or Consulate of Japan of any changes or updates to the personal information provided in this Application Form, the Self-Report of Medical Conditions, and all other application materials, including but not limited to changes in health status, marital status, or nationality.*

(私は、募集要項に定められた規定に従い、本申請書、「健康状態自己申告書」、及びその他の申請書類に記載した個人情報(健康状態、婚姻状況、国籍を含むが、これらに限られない)に変更が生じた場合には、速やかに関係する在外公館にその旨を報告する義務があることに同意します。)

I hereby confirm my agreement to the terms outlined in items ① and ② above.

(上記①及び②の事項に同意することをここに確認します。)

Date of Application (YYYY/MM/DD):  
(申請年月日)

Applicant's Signature:  
(申請者署名)