



Don't stress or suffer alone – help is available!

CULTURE SHOCK

□ CULTURE SHOCK STAGES / SYMPTOMS

- **HONEYMOON PHASE** – Everything new and different is exciting and interesting
- **NEGOTIATION PHASE** – Differences can be annoying or upsetting and missing things from your own country is common
- **OK PHASE** – Understanding and familiarity bring acceptance, routine and reduction of stress.

□ COPING WITH CULTURE SHOCK

- Avoid being offended or giving offence – pause and think!
- Take time out to think about strange and problematic things
- Discuss problems with friends and find ways to reduce stress

ISOLATION

□ FEELING ALONE – NOBODY TO TALK TO?

- Keep in contact with home
- Find out where the nearest ALTs live
- Find ways to meet local people
 - Sports / Hobbies / Events / Festivals / Eikaiwa class
- Talk with teachers, maybe they live nearby
- Learn about trains, buses, and other ways to escape
- Don't be afraid to ask for help!

DEALING WITH PROBLEMS

□ ADVICE & HELP

- **SUPERVISOR** – School, Work and General Information
- **OTHER ALTs** – Foods, Restaurants, Fun, Activities, Events
- **PROBLEMS** – ALTs / Supervisor / Kencho PA / Support Lines

□ QUESTIONS or PROBLEMS

- Choose the right person to talk with
- Try to be independent, but when stuck always ask for help
- ALTs and GAJET website are big information resources
- PA and JETLINE offer strictest confidentiality
- If its all too much, don't bottle it up!

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IT'S GOOD TO TALK

□ SIMPLE STUFF

- EMAIL & WEB –
 - GAJET FORUM – <http://www.gajet.org/>
 - VOIP/IM – Skype, Yahoo Messenger, Google Chat
 - ALTs – Ask them the best way to contact them!
- TELEPHONE / EMAIL–
 - SUPERVISOR – Is there to help, but don't annoy them!
 - KENCHO PA – Ben Brant, contract and advice
 - KENCHO TEACHING ADVISOR – Brent Thomas, teaching help
 - JET LINE – CLAIR run confidential advice and support
 - AJET PEER SUPPORT LINE – ALTs offering confidential help

TAKE CARE!

□ CONTACT NUMBERS

- SUPERVISOR – Did you ask already?
- JET LINE – 03-5213-1733 / 03-5213-1743 (fax)
 - Monday to Friday 09:00 ~ 18:00
- AJET PEER SUPPORT LINE – 0120-437-725
 - Daily 20:00 ~ 7:00

DON'T LET LITTLE PROBLEMS GROW INTO BIG PROBLEMS
THERE'S ALWAYS SOMEONE THERE TO HELP OUT!

ENJOY YOUR TIME IN GUNMA!