| Période |
| :--- |
|  |
| First 3 months |
| after arrival |
| From September | to December 2023

（3 months stay）

Villes dans lesquelles vous comptez séjourner． Type d＇hébergement et loyer envisagé．

## Cities： <br> Tokyo 東京 Yokohama 横浜

## Types of accommodation：

Friend＇s flat in Tokyo then Share house in Yokohama
oakhouse．jp／eng／area／kanagawa
borderless－
house．com／jp／sharehouse／
Accommodation budget： Between 50．000 and 75．000Yen

Monthly budget cost of living in Japan：

Food（1，500 yen／day） 45,000 yen per month，

Transportation（within the city only） 15,000 yen per month，

Entertainment（excluding sightseeing） 7,500 yen per month，

Emergencies and contingences 7,500 yen per month，

Telephone subscription：6，000 yen per month．
pvtistes．net／dossiers／cout－de－la－ vie－au－japon

Total：81，000 Yen per month

The same base will be applied for all months of the Working

Activités（travail，études，voyages，etc．）que vous souhaitez exercer au Japon？

## First steps：

Arrival in Tokyo（initial budget of $\mathbf{1 . 0 0 0 . 0 0 0}$ Yen）
The plane ticket will be pay separately．
Accommodation by a friend living in Tokyo（Meguro）for the first few weeks then Sharehouse in Yokohama．
First administrative steps（opening a bank account，if necessary，phone line，looking for a small job．．．）

## Jobs：

English or French lessons（2000－2500 Yen per hour）， 10 hours per week
onecoininenglish．com／geo．craigslist．org／iso／jp tutoroo．co
Waiter／dishwasher or convenience store clerk（1000－1050 yen per hour）， 10 hours per week jobsinjapan．com／gaijinpot．com

For a total of $\mathbf{1 2 0 . 0 0 0}$ min to $\mathbf{1 4 2 . 0 0 0}$ max Yen per month of income estimated for 20 hours per week

## Visits et activities：

Exploration of the Kantô
＊Purchase of the＂Grutto Pass＂（2500Yen）
＊Purchase of＂JR Tokyo Wide pass＂（10．000Yen）
＊In depth discovery of temples，parks，and other attractions in Tokyo（Imperial Palace，Meiji Shrine， Edo Museum，Odaiba，Onsen and Sento，Mount Takao Climb，etc．）
＊Learning Japanese with meetings in Sharehouse and／or outside
＊Visit of Yokohama（Chinatown，harbour quays， Gundam Factory，parks，museum，etc．）
＊Scattered trips to discover the Kantô region with the JR Tokyo wide pass（Kanagawa，Kamakura，Chiba， beaches of the southern coast of Kanagawa，etc．）
＊Etc．．．
rekibun．or．jp／en／grutto／
Travel Japan－Japan National Tourism Organization
（Official Site）
Budget for visits and activities
20.000 to 25．000 Yen per month

| From January to April 2024 （4 months stay） | City： <br> Osaka 大阪 <br> Types of accommodation： <br> Sharehouse <br> oakhouse．jp／eng／house／kansai <br> shares．house／L en／borderless－ house．com／jp／kansai／ <br> House in Osaka－Sharehouse．in <br> Accommodation budget： <br> Between 50，000 and 75，000 Yen | Jobs： <br> Same logic as Tokyo but with little less wage <br> English lessons（2000－2500 Yen／Hour）， 10 hours per week max <br> Waiter／dishwasher or convenience store clerk（950－1000 Yen／Hour）， 10 hours per week max <br> For a total of 118.000 min to 140.000 max Yen per month of income estimated for 20 hours per week <br> Visits and activities： <br> Discovery of the Kansai region <br> －Arrival in Osaka by plane or Shinkansen（5．000－ 15．000Yen） <br> ＊Discovery of the city of Osaka（Umeda， Castle of Ôsaka－Jô，Dôtonbori．．．） <br> －Visit of close cities via local train <br> ＊Osaka－Kyoto round trip 1160 Yen（Gion， Pontocho，Mitsukoshi，Fushimi inari．．．etc．） <br> ＊Osaka－Nara round trip 1560 Yen（Temples and sanctuary visits） <br> ＊Osaka－Kobe round trip 850 Yen（Arima Onsen，Nankinmachi，Nofuku－ji．．etc） <br> ＊Etc．．． <br> Budget for visits and activities： 20．000 to 25．000 Yen per month |
| :---: | :---: | :---: |
| From May to June 2024 （2 months stay） | City： <br> Fukuoka 福岡 <br> Types of accommodation： <br> Sharehouse <br> oakhouse．jp／eng／area／fukuoka sharehouse．in／eng <br> sharehouse．in／eng | Jobs： <br> Same logic as the other cities but with less wage <br> English lessons（2000－2500 Yen per hour）， 10 hours per week． <br> Waiter／dishwasher，or convenience store clerk（900－950 Yen／Hour）， 10 hours per week <br> For a total of $\mathbf{1 1 6 . 0 0 0}$ Min to $\mathbf{1 3 8} \mathbf{0 0 0}$ Max Yen per month of income estimated for $\mathbf{2 0}$ hours per week <br> Visits et activities： <br> Discovery of Kyushu <br> －Arrival in Fukuoka by plane（6．000－7．000 Yen） <br> ＊Discovery of Fukuoka（Temples，Sanctuary， Bayside，Ohori parc，Hakata．．．etc） <br> －Discovery of Kyushu <br> ＊Visit of Nagasaki（5000Yen round trip） <br> ＊Visit of Kumamoto（4260Yen round tip） <br> ＊Visit of Beppu and its Onsen（7960Yen by bus for a round trip） <br> ＊Scattered trip around Kyushu according to the budget <br> Budget for visits and activities： 25.000 to $\mathbf{3 0 . 0 0 0}$ Yen per month |


| From July to August 2024 <br> （1 month stay） | City： <br> Sendai 仙台 <br> Types of accommodation： <br> Airbnb or Hotel <br> airbnb．fr／sendai－japan／stays <br> booking．com <br> booking．com／city／jp／aomori．fr <br> Accommodation budget： <br> Between 45，000 and 65，000 <br> Yen／Month | Jobs： <br> English lessons（2000－2500 Yen per hour）， 10 hours per week． <br> For a total of $\mathbf{8 0 . 0 0 0}$ to $\mathbf{1 0 0 . 0 0 0}$ Yen for per month of income estimated for 10 hours per week <br> Visits and activities： <br> Discovery of the the Tohoku region <br> －Arrival in Sendai by plane（ $15.000-20.000$ Yen） <br> ＊Discovery of Sendai（Aoba castle ruins，Zuihoden， Akiu onsen，parks and museum．．．） <br> －Discovery of the Miyagi prefecture <br> ＊Visit of the Miyagi prefecture（Okama crater，Naruko onsen，Matsushima bay， etc．．．） <br> －Few days stay in the city of Aomori for the Nebuta matsuri |
| :---: | :---: | :---: |
| August to <br> September 2024 <br> （End of the stay） | City <br> Tokyo 東京 <br> Type of accommodation <br> Friend＇s flat if possible，or Hotel <br> Accommodation budget： <br> Between 50，000 and 75，000 Yen | Jobs： <br> No jobs if the budget allows it otherwise，English，or French lessons（2000－2500 Yen per hour）， 10 hours per week． <br> For a total of $\mathbf{1 0 0 . 0 0 0}$ to $\mathbf{1 2 5 . 0 0 0}$ Yen for per month of income estimated for 10 hours per week <br> End of the stay： <br> Return to Tokyo（ 3.000 by bus to 11.000 by Shinkansen）by August，in view of the departure to France for September <br> Visit of last restaurants，karaoke and bars depending on the final budget in Tokyo for the last few weeks Return to Paris by plane（600－1000€） <br> Budget for visits and activities： <br> 20.000 to 25．000 Yen per month <br> Saving left at the end of the stay： <br> Saving remaining worst－case scenario（Minimum income + maximum spending $=114.163 \mathrm{Yen}$ <br> Saving remaining best－case scenario（Maximum income + minimum spending $=487.830 \mathrm{Yen}$ ） |

