

Nom de famille	Prénom	Sexe	Age
<u>BOUBAKER</u>	<u>Ella</u>	<u>F</u>	<u>30</u>
Période	Villes dans lesquelles vous comptez séjourner. Type d'hébergement et loyer envisagé.	Activités que vous souhaitez exercer au Japon : description des visites touristiques/culturelles et le budget que vous souhaitez y consacrer, autres activités (cours de langues, etc) avec le nombre d'heures et le coût (le cas échéant), emploi éventuel (type d'emploi, nombre d'heures et salaire envisagés, pistes de recherche)	
General fees and information for the year		<p>A lot of informations was found on :</p> <p>https://pvtistes.net/le-pvt/japon/ https://travel.gaijinpot.com https://ichiban-japan.com/ https://www.lejaponpourtous.fr https://www.kanpai.fr/voyage-japon/seishun-18-kippu-alternative-meconnue-jrpass https://kochiamigo.jp/en/</p> <p>Plane ticket from Toulouse (FR) to Fuluoka = Around 600€ / ¥90,000 Source : skyscanner</p> <p>Health insurance for a year (Globe PVT) = 400€ / ¥60,000</p> <p>https://subscribe.acs-ami.com/assistance-etudiants/pvt/fr/step1?</p> <p>Sim card for the whole year = around 180€ / ¥30,000</p> <p>I will arrive in Japan with an amount of around 10,000€ / ¥1,624,730.</p> <p>(I have 8,000€ / ¥1,300,000 on my bank account at the moment I'm applying for the visa, but I will work until end of August and have more salary until then.)</p>	
15 th September - 15 th October (1month)	<p>Fukuoka :</p> <p>Sharehouse to take my mark and start to meet some people (ideally japanese) = around 400€ / ¥70,000 per one month</p>	<p>I will take this first month to take care of all the administrative tasks and receive all the papers I will need (resident card, social security, bank account, myNumber, etc...)</p> <p>Japanese lesson in a school for one month, to start my trip remembering the basic, and improve myself in japanese to start the immersion + meet new people with the same</p>	

https://sharehouse.in/eng/area/search/113/?house_school_type=1

<https://sharehouse-hidamari.com/en/fukuoka-share-houserooms/>

<https://share-house.info/>
<https://fukuokasharehouse.weebly.com/english2.html>

interests, and do some cultural activities:

Meiji academy = around **800€ / ¥132,000** per one month standard course

<https://meijiacademy.com/standard-course> + invoice sent by email

Free during mornings or afternoon / the weekends to go around Fukuoka prefecture.

Fukuoka city

Activities :

- Temples & shrines : Tōcho-ji Temple (**free**), Nakatsumiya Shrine (**free**), Dazaifu Tenmangu (**free**)
- Parks : Ōhori-kōen (**¥180**), Momochi Seaside Park (**free**), Yusentei Koen (**¥200**), Shofuen koen (**¥100**).
- Museum : Hetsumiya shrine & shimpokam museum (**¥800**), Hakatamachiya Furusatokan museum (**¥200**).
- Fukuoka castle (**free**)
- Fukuoka tower.
- Yanagibashi market (**free**)
- Aburayama Katae Tenbodai observation deck (**free**).

TOTAL activites in Fukuoka city = around **15€ / ¥2,000**

Fukuoka prefecture

- Ainoshima cat island
- Hiking : Mount Homan (**free**), Hikosan (**free**).
- Temples : Nyoirin-ji / Kaeru-dera, Ukiha Inari-jinja, Sannoji tanuki statues (**free**), Sennyo-ji (**¥400**)
- Toho village : pottery and handmade crafts (Onimaru Setsuzan Kamamoto), Take rice fields.
- Yame town : green tea fields, fukushima hachiman-gu, historical neighborood, local handcrafters, tea museum (**free**).
- Ukiha town : historical neighborood Shirakabe no Machinami, yoshiisusanoo-jinja, Igura no Yakata and Kagamida Yashiki ancient houses.

		<ul style="list-style-type: none"> • Yanagawa city. • <u>Onsens</u> : Chikugogawa Onsen. <p><u>TOTAL activities in Fukuoka pref</u> = around 15€ / ¥2,000</p> <p><u>Transportation fees inland</u> = I will use the bike a lot, but also public transportations. Around 50€ / ¥8,000 in Fukuoka city. Going around Fukuoka prefecture will be around 50€ / ¥8,000 to go around. <u>TOTAL transportation</u> = around 75€ / ¥12,000</p> <p><u>Food</u> = Enjoy the food culture with the yatai around the city and discover local specialties such as mizutaki and other discoverings during my free time trips. Around 250€ / ¥40,000 for 1 month</p> <p>https://www.benefukuoka.com/ https://www.lejaponpourtous.fr/organise-ton-voyage-au-japon/les-villes-japonaises/fukuoka/comment-arriver-a-fukuoka/ https://www.japan-experience.com/fr/plan-your-trip/to-know/traveling-japan/nishitetsu-buses-fukuoka https://ichiban-japan.com/que-faire-a-fukuoka/</p> <p><u>TOTAL for one month in Fukuoka</u> = around 1,500€ / ¥250,000</p>
16 th October - 15 th November (1 month)	<p><u>Okinawa prefecture:</u></p> <p>Volunteering activity such as wwoofing/workaway/help x with accomodation provided (shared or individual room) = ¥0 for around 3 weeks</p> <p>https://www.helpx.net https://www.wwoofjapan.com https://www.workaway.info/fr</p>	<p>Plane ticket from Fukuoka to Okinawa prefecture / Ishigaki = around 60€ / ¥10,000</p> <p><u>Source</u> : skyscanner</p> <p>Volunteering in a local business / local family will allow me to get to know local culture and habits, meet new people and discover local gastronomy (food is sometimes provided). It can be in different activities such as : farming, gardening, animalcare, babysitting, painting, receptionist, cleaning, cooking ...</p> <p>I will have free time during the afternoons and weekends to explore the island.</p>

	<p>This will allow me to reduce my expenses and at the same time help a local family / a local business and being immerge into the local life.</p> <p>1 week going around the islands staying in guest house or minshuku = around 100€ / ¥15,000 for two weeks.</p> <p>https://www.booking.com</p>	<p><u>Activities :</u></p> <p><u>Naha</u></p> <ul style="list-style-type: none"> • Shuri castle and park in Naha (¥400) • Ryugujo butterfly garden (¥500) • Kokusai Dori street. <p><u>Ishigaki</u></p> <ul style="list-style-type: none"> • Snorkeling in Ishigaki/Yonehara beach (free) • Beaches and relax (free) • Sunset beach, Hirakubo beach, Yonehara beach, Sukuji beach. • Tamatorizaki observation deck. • Yonehara palm forest. • Yaeyama musem (¥200). • Nightlife neighborhood in Misakicho. <p><u>Taketomi island</u></p> <ul style="list-style-type: none"> • Kondoi hama beach • Kaiji beach • Suigyu tour (¥1,200) • Nagominoto tower <p><u>Iriomote island</u></p> <ul style="list-style-type: none"> • Ida no hama beach • Yamaneko museum (free). <p><u>Yonaguni island</u></p> <ul style="list-style-type: none"> • Seeing local horses <p><u>Events</u> : Iriomote-jima Setsu Matsuri (end of October), Ishigaki-jima Matsuri (First weekend of November).</p> <p><u>TOTAL activities</u> = around 30€ / ¥5,000</p> <p><u>Transportation fees inland</u> =</p> <ul style="list-style-type: none"> • buses and ferries around 75€ / ¥12,000 • car rental = around 35€ / ¥5,000 a day - for two or three days. <p><u>Food</u> (umibudo, goya chanpuru, okinawa soba, hirayachi, jimomi tofu, chinsuko...) = around 150€ / ¥25,000.</p> <p>http://www-ishigaki-.</p>
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16 th November - 15 th December (1 month)	<p><u>Kyushu Island :</u></p> <p>Going around the island staying at a Japanese friend of my family's house, name Katsura Yamauchi, at Oita city for two weeks (help with groceries, no rent fees)</p> <p>2 weeks going around staying in guest house or minshuku = around 125€ / ¥20,000 for one week in <u>Kumamoto</u>, around 70€ / ¥10,000 for 4 days in <u>Kagoshima</u> and around 80€ / ¥12,000 for 4 days in <u>Miyazaki</u>.</p> <p>TOTAL accomodation = around 275€ / ¥45,000</p> <p><u>Source</u> : booking.com airbnb.com</p>	<p>Plane ticket from Okinawa to Fukuoka = around 70€ / ¥10,000 Source : skyscanner</p> <p>Explore Japanese countryside and nature, see onsens, mountains and traditional places to gain a better general view of Japan and understanding its culture and history.</p> <p>Activities</p> <p>Fukuoka :</p> <ul style="list-style-type: none"> attend to a "bunkasai" festival in university. Sumo tournament @ Fukuoka Kokusai center from November 9th to 23rd = around 30€ / ¥5,000 <p>Oita</p> <ul style="list-style-type: none"> Beppu onsen relaxing. Beppu Beach Sand Bath = ¥1,000 admission + ¥110 Shower cap + ¥100 coin-operated locker Kabeyu Hot Spring & Sendo no Taki (¥300) Takegawara Onsen (bath+sand bath) (¥1,130) Mount Tsurumi (free) Visit Yufuin & Climb Mt Yufu (free) <p>Kumamoto</p> <ul style="list-style-type: none"> Mountain villages discovering in Kumamoto ken. Kumamoto Castle (¥500) Mount Aso (if access open) (free) Meoto Falls (free) Kurokawa Onsen (¥1,300)

		<p><u>Miyazaki</u></p> <p><u>Kagoshima</u></p> <ul style="list-style-type: none"> • Yakushima island discovering. <p><u>Nagasaki</u></p> <ul style="list-style-type: none"> • Obama Onsen Day Trip (¥1,300) • Yumachi Saruku Course (with visit to the Obama History Museum) (¥100) • Unzen Onsen (¥100) • Nichieiyu Bathhouse (¥350) • Dejima (¥510) • Nagasaki Bio Park (¥1,700) <p><u>Others</u></p> <ul style="list-style-type: none"> • Hashima Island. • Rent a car to find all the "one piece" statues. <p><u>TOTAL activities</u> = around 100€ / ¥15,000</p> <p><u>Transportation fees inland:</u> Local transportation = around 75€ / ¥12,000</p> <p><u>Food</u> = around 150€ / ¥25,000</p> <p><u>TOTAL for one month in Kyushu</u> = around 675€ / ¥110,000</p>
16 th December - 13 th January (1 month)	<p><u>Shikoku island:</u></p> <p>Volunteering activity for 3 weeks such as wwoofing/workaway/help x with accomodation provided (shared or individual room) = ¥0 for accomodation</p> <p>https://www.helpx.net https://www.woofjapan.com https://www.workaway.info/fr</p> <p>This will allow me to reduce my expenses and</p>	<p>Ferry ticket from Oita in Kyushu to Yawatahama in Shikoku = around 25€ / ¥5,000 one way ticket</p> <p>Volunteering in a local business / local family will allow me to get to know local culture and habits, meet new people and discover local gastronomy (food is sometimes provided). It can be in different activities such as : farming, gardening, animalcare, babysitting, painting, receptionist, cleaning, cooking ... Ideally in a family to share new year's activities with them.</p> <p>https://rokusan.fr/voyager-au-japon/idees-itineraires/shikoku-10-jours-road-trip-japon/ https://travel.gaijinpot.com/destination/kochi/</p>

<p>at the same time help a local family / a local business and being immerge into the local life.</p>	<p>Activities :</p> <ul style="list-style-type: none"> • Hiking in the mountains • Shrines & temples
<p>1 week in <u>Matsuyama</u> or <u>Kochi</u> = around 120€ / ¥20,000 for one week.</p>	<p>Kôchi</p> <ul style="list-style-type: none"> • Kochi castle (¥420) • <u>Market</u> : Nichiyo-ichi • Hirome Ichiba • Katsurahama beach • <u>Museum</u> : Ryoma Sakamoto Memorial Museum (¥500) • Shimanto river / Hiryu waterfalls • Yasui gorge • Niyodo river / Nikobuchi waterfalls / Nakatsu gorge • Otoyo ricefields
<p>Source : airbnb.com , booking.com</p>	<p>Miyoshi</p> <ul style="list-style-type: none"> • Yoshino river
	<p>Matsuyama</p> <ul style="list-style-type: none"> • <u>Onsens</u> : Dogo onsen (¥2,000) • Dogo Shotengai • <u>Museum</u> : Shiki museum • Ozu typical village • Uchika samurai village
	<p>Tokushima-ken</p> <ul style="list-style-type: none"> • <u>Museum</u> : Otsuka Art Museum • Mount Bizan • Naruto whirlpools • Mima & Nagoro village • Iya valley
	<p>Kagawa-ken</p> <p>Takamatsu</p> <ul style="list-style-type: none"> • <u>Parks</u> : Ritsurin Kôuen (¥410) • <u>Museum</u> : Shikoku-mura • <u>Temples</u> : Konpiragu and Izutama Jinja
	<p>TOTAL activities = around 50€ / ¥8,000</p>
	<p><i>I will follow the family I'm staying with for activites, so it depends what they are planning to do while I'm there.</i></p>
	<p>Transportation fees = bike rental = around 10€ / ¥1,500 a day =</p>

		<p>65€ / ¥10,000 a week</p> <p>local buses if needed = around 50€ / ¥8,000</p> <p>https://shikokuhenro.jp/en/tips-en/bike/ https://bicyclerental.jp/en/area/kagawa/7/ https://cycleshikoku.com/tour-shikoku-by-bike/</p> <p>Food = around 150€ / ¥25,000 during free time (evenings and weekends) only, else food is provided in the volunteering.</p> <p>TOTAL for one month in Shikoku = around 500€ / ¥80,000</p>
14 th January to 7 th February (11 days)	<p>Tohoku: Yamagata, Sendai, Aomori</p> <p>Staying at guest houses</p> <p><u>Sendai</u> = around 70€ / ¥10,000</p> <p><u>Aomori</u> = around 100€ / ¥16,000</p> <p>TOTAL accomodations = around 170€ / ¥27,000 for 11 days</p> <p>Source: booking.com , airbnb.com</p>	<p>Going around local nature and winter landscape on my way to Hokkaido and relaxing in Onsens.</p> <p>Train ticket from Tokushima in Shikoku to Sendai = around 170€ / ¥27,000</p> <p>Train ticket from Sendai to Aomori = around 60€ / ¥10,000</p> <p>Activities :</p> <p>Sendai</p> <ul style="list-style-type: none"> • Matsushima bay • <u>Temples & shrines</u>: Yamadera temple, Osaki Hachimangu shrine, Zuigan-ji temple, Zuihôden (Masamune's mausoleum), Osaki jinja. • <u>Museums</u>: Ishinorori Manga Museum (¥800). • Sendai Daikannon statue • Hirose Dori, Marble Road Omachi, Vlandome Ichibancho, Aoba Dori, Jozenji Dori. • Kokubuncho entertainment district <p>Aomori</p> <ul style="list-style-type: none"> • Hear <i>tsugaru-jamisen</i> concert. • Furukawa fish market. • Eat some apples. • Hakkoda mountains.

		<ul style="list-style-type: none"> • <u>Museums</u>: Aomori Museum of Art. • Day trip to Hachinohe. <p>Onsens: Shirabu onsen, Ginzan onsen, Naruko onsen, Sukayu onsen.</p> <p>TOTAL activities = around 35€ / ¥5,000</p> <p>Transportation fees: Local buses = around 40€ / ¥6,500</p> <p>Food = around 70€ / ¥10,000</p> <p>Events : Dontosai festival in Osaki Hachimangu shrine (14th January 2026), Yuki Akari Aomori Matsuri (end of January).</p> <p>https://www.osakihachimangu.com/event/fire-festival/ https://visitmiyagi.com/events_festivals/donto-sai-festival/ https://www.kingdom-of-winter-trip-tohoku.jp/spot/en/28.html</p> <p>TOTAL for 11 days in Tohoku = around 500€ / ¥80,000</p>
08 th February - 22 th February (2 weeks)	<p><u>Hokkaido</u> :</p> <p>Staying at youth hostels and small hotels, maybe one night in a traditional ryokan= around 280€ / ¥45,000 for 2 weeks</p> <p>Source = booking.com , airbnb.com</p>	<p>Train ticket from Aomori to Sapporo = around 100€ / ¥15,000</p> <p>https://www.kanpai.fr/voyage-japon/seishun-18-kippu-alternative-meconnue-jrpass</p> <p>Activities :</p> <p>Sapporo</p> <ul style="list-style-type: none"> • Nijo market • Susukino district • Moiwa san • Nikka whisky factory • Sapporo Beer Museum • Sapporo Ramen Alley (Aji no Karyu) <p>Otaru</p> <ul style="list-style-type: none"> • <u>Museums</u>: Venetian Museum of Art. • Glass blowing workshop. • Sakaimachi street. <p>Furano / Biei</p>

		<ul style="list-style-type: none"> • Snow walking <p><u>Hakodate</u></p> <ul style="list-style-type: none"> • Asa-ichi • Mount Hakodate • Motomachi area • Onuma Quasi-National Park <p><u>National park Shikotsu-Toya, Daisetsuzan National Park.</u></p> <p><u>Asahikawa</u></p> <ul style="list-style-type: none"> • Zoo <p><u>Onsens :</u></p> <ul style="list-style-type: none"> • Noboribetsu Onsen, Jozankei Onsen • Kitayuzawa Onsen (stay at Sawanoyado kinsenkaku <p><u>TOTAL activities</u> = around 125€ / ¥20,000</p> <p><u>Events:</u></p> <ul style="list-style-type: none"> • Sapporo Yuki matsuri from 4 to 11th February. • Sapporo International Art Festival • Asahikawa Winter Festival (February 7th to 12th) • Otaru Snow Light Path Festival (February 10th to 17th) • Lake Shikotsu Ice Festival (January 27th to February 25th) • Sounkyo Ice Waterfall Festival <p>https://travel.gaijinpot.com/japan-sightseeing-essentials/top-10-winter-snow-and-ice-festivals-in-japan/ https://www.nikka.com/en/distilleries/yoichi/</p> <p><u>Food</u> = around 100€ / ¥15,000 (Soup curry)</p> <p><u>Transportation fees</u> = around 100€ / ¥15,000</p> <p><u>TOTAL for 2 weeks in Hokkaido</u> = around 700€ / ¥115,000</p>
23 rd	<u>Honshu :</u>	Train ticket from Sapporo to Saitama =

	<p>February - 23th March (1 month)</p> <p>Visiting Japanese family's friend in Saitama and Chiba (Naoto Yamaguchi and Setsuhi Shiraishi) for 1 week each, in Osaka (Minori Yoshioka) for 1 week and in Okazaki (Mariko Maeda) for 1 week = 4 weeks total accommodation ¥0</p>	<p>around 150€ / ¥24,000</p> <p>Activities :</p> <p>My friends will show me around their places and bring me to places they know to discover more local tourism.</p> <p>Saitama</p> <ul style="list-style-type: none"> • Concerts and performances (my friend is a musician). • Going around parks, temples and my friend's recommandation. <p>Train ticket from Saitama to Chiba = around 10€ / ¥1,500</p> <p>Chiba</p> <ul style="list-style-type: none"> • Concerts, performances and art exhibition (my friend is an artist). • Going around parks, temples and my friend's recommandation. <p>Train ticket from Chiba to Osaka = around 80€ / ¥13,000</p> <p>Osaka</p> <ul style="list-style-type: none"> • Attend to french lessons with my friend to share my knowledge to Japanese people. • Going around parks, temples and my friend's recommandation. <p>Train ticket from Osaka to Okazaki = around 40€ / ¥7,000</p> <p>Okazaki</p> <ul style="list-style-type: none"> • Attend to singing lessons with my friend. <p>Food = Help with groceries at friends' home and going around = around 150€ / ¥20,000</p> <p>TOTAL for 1 month around Honshu = around 450€ / ¥75,000</p>
24 th March - 14 th September	<p>Tokyo and surroundings (Kantō)</p>	<p>Train ticket from Okazaki to Tokyo = around 70€ / ¥12,000</p>

	<p><u>area):</u></p> <p>Renting a room in a sharehouse (shared with other young people, ideally Japanese) = around 500€ / ¥80,000 per month</p> <p><u>TOTAL accomodation</u> = around 3,000€ / ¥500,000 per 6 months</p>	<p>Staying the last 6 month in a sharehouse in Tokyo to have a staying spot, finding some work (baito) to cover my expenses and experience daily life, going around on my free days and experience the Tokyo lifestyle and cultural activities and local events into the capital such as art expositions, concerts, cultural events...</p> <p>Discover the different neighborhoods, get in touch with modern Japan and its popular culture.</p> <p>(And also spend time with some friends I made on my first 3 month trip in 2023)</p> <p><u>Activities :</u></p> <ul style="list-style-type: none"> • <u>Day trip</u> : Nikko, Kamakura, Yokohama, Enoshima... • <u>Museums</u> : Ghibli museum (¥1,000), Tokyo National museum (¥1,000), Miraikan museum (¥ 600), Mori art museum (¥1,500), Hokusai museum (¥400), Yayoi kusama museum (¥1,000) • <u>Parks</u> : Ueno park (free), Inokashira park (free), Shinjuku Gyo-en park (¥200). • <u>Concerts</u> in both large and small places : Shibuya O, Zepp Shinjuku, Tokyo Dome city hall, Blue note tokyo, Shimokitazawa shelter... • <u>Nightlife</u> : Karaoke, Izakaya... • <u>Other</u> : attend a kabuki performance (¥12,000) <p>Total activities = around 150€ / ¥25,000 MAX per month = total for 6 months around 900€ / ¥150,000.</p> <p><u>Food</u> = around 275€ / ¥45,000 per month = total 1,650€ / ¥270,000 per 6 months</p> <p><u>Transportation fees</u> = around 50€ / ¥8,000 per month = total 300€ / ¥50,000 per 6 months</p> <p><u>Others</u> = around 250€ / ¥40,000 <i>I will buy most of the souvenirs during this period in Tokyo to not carry them around before during my trip and go home directly with what I will buy.</i></p>
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		<p><u>TOTAL expenses for 6 months in Tokyo =</u> around 6,000€ / ¥1,000,000</p> <p><i>Finding a part-time job (baito) in different areas : restaurants, dishwasher, konbini, receptionist, vendor, cleaning, babysitting ...</i></p> <p><u>Expected salary = between 200€ / ¥32,000 and 500€ / ¥80,000 per month</u></p> <p><u>= total salary between 1200-3000€ / ¥192,000-¥480,000 per 6 months</u></p> <p><u>Plane ticket</u> from Tokyo to Toulouse (FR) = around <u>400€ / ¥65 000</u> Source : skyscanner</p>
<u>TOTAL</u>	<p>Plane tickets = <u>950€ / ¥155,000</u></p> <p>Administrative fees (sim card, health insurance, etc.) = <u>600€ / ¥100,000</u></p> <p>Accomodations = <u>4,300€ / ¥700,000</u></p> <p>Food = <u>2,600€ / ¥435,000</u></p> <p>Transportations inland = <u>1,600€ / ¥275,000</u></p> <p>Activities = <u>1,200€ / ¥200,000</u></p> <p>Others (souvenirs) = <u>250€ / ¥40,000</u></p> <p><u>TOTAL EXPENSES =</u> <u>11,500€ / ¥1,800,000</u></p>	<p>Estimated capital at start = <u>10,000€ / ¥1,630,000</u></p> <p>Total expected salary = around <u>1800€ / ¥300,000</u></p> <p>Christmas and birthday gift from family = around <u>1,500€ / ¥250,000</u></p> <p><u>TOTAL GAIN = 13,500€ / ¥2,200,000</u></p>
	<p>Balance at the end of the year = 13,500 - 11,500 = <u>+2,000€</u></p>	