

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 : 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 Fukuoka = 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)	<u>Fukuoka</u> : Sharehouse to take my mark and start to meet some people (ideally japanese) = around 400€ / ¥70,000 per one month	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...)	
		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	

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

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

<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 : Tôcho-ji Temple (**free**), Nakatsumiya Shrine (**free**), Dazaifu Tenmangu (**free**)
- Parks : Ôhori-kôen (**¥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 **30€ / ¥5,000**

Fukuoka prefecture

- Ainoshima cat island
- Hiking : Mount Homan (**free**), Hikosan (**free**).
- Temples : Nyoirin-ji / Kaeru-dera, Ukiha Inari-jinja, Sannoji tanuki statues (**free**), Sennyô-ji (**¥400**)
- Toho village : pottery and handmade crafts (Onimaru Setsuzan Kamamoto), Take rice fields.
- Yame town : green tea fields, fukushima hachiman-gu, historical neighborhood, local handcrafters, tea museum (**free**).
- Ukiha town : historical neighborhood 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 30€ / ¥5,000</p> <p><u>Transportation fees inland</u> = I will use the bike a lot, but also public transportations in Fukuoka city. Going around Fukuoka prefecture. <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 discoveries during my free time trips. Around 200€ / ¥32,000 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 1,450€ / ¥240,000</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 accommodation 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>This will allow me to</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, animal care, babysitting, painting, receptionist, cleaning, cooking ...</p> <p>I will have free time during the afternoons and weekends to explore the island.</p>

	<p>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 • Beaches and relax • 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-blue.com/experience_class.html https://www.yaimamura.com/aboutus/#ticket</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 three weeks (help with groceries, no rent fees)</p> <p>1 week going around staying in guest house or minshuku = around 125€ / ¥20,000 for one week in <u>Kagoshima</u>.</p> <p><u>TOTAL accomodation = around 125€ / ¥20,000</u></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><u>Activities</u></p> <p><u>Fukuoka</u> :</p> <ul style="list-style-type: none"> Try to attend to a "bunkasai" festival in university. Sumo tournament @ Fukuoka Kokusai center from November 9th to 23rd = around 30€ / ¥5,000 <p><u>Oita</u></p> <ul style="list-style-type: none"> Beppu onsen relaxing. Kabeyu Hot Spring & Sendo no Taki (¥300) Takegawara Onsen (bath+sand bath) (¥1,130) Mount Tsurumi (free) Visit Yufuin & Climb Mt Yufu (free) <p><u>Kumamoto</u></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>Kagoshima</u></p> <ul style="list-style-type: none"> Yakushima island discovering <p><u>Others</u></p>

		<ul style="list-style-type: none"> Depending of my friend's recommandations. <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 - 15 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.wwoofjapan.com https://www.workaway.info/fr</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 in <u>Matsuyama</u> or <u>Kochi</u> = around 120€ / ¥20,000 for one week.</p> <p>(It will depend where I will be volunteering)</p> <p>Source : airbnb.com , booking.com</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><u>Activities :</u></p> <ul style="list-style-type: none"> Hiking in the mountains Shrines & temples <p><u>Kôchi</u></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

Miyoshi

- Yoshino river

Matsuyama

- Onsens : Dogo onsen (¥2,000)
- Dogo Shotengai
- Museum : Shiki museum
- Ozu typical village
- Uchika samurai village

Tokushima-ken

- Museum : Otsuka Art Museum
- Mount Bizan
- Naruto whirlpools
- Mima & Nagoro village
- Iya valley

Kagawa-ken

Takamatsu

- Parks : Ritsurin Kôuen (¥410)
- Museum : Shikoku-mura
- Temples : Konpiragu and Izutama Jinja

TOTAL activities = around 50€ / ¥8,000

*I will follow the family I'm staying with for activities, so it depends what they are planning to do while I'm there. **I will probably not go everywhere I indicated in this plan.***

Transportation fees =

bike rental = around 10€ / ¥1,500 a day =
65€ / ¥10,000 a week

local buses if needed = around 50€ / ¥8,000

<https://shikokuhenro.jp/en/tips-en/bike/>
<https://bicyclerental.jp/en/area/kagawa/7/>
<https://cycleshikoku.com/tour-shikoku-by-bike/>

Food = around 150€ / ¥25,000 during free time (evenings and weekends) only, else food is provided in the volunteering.

TOTAL for one month in Shikoku =
around 500€ / ¥80,000

<p>16th January - 14^h February (1 month)</p>	<p><u>Honshu</u> :</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 accomodation ¥0</p>	<p>Train ticket from Tokushima to Osaka = around 25€ / ¥4,000</p> <p><u>Activities</u> :</p> <p>My friends will show me around their places and bring me to places they know to discover more local tourism.</p> <p><u>Osaka</u></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 25€ / ¥4,000</p> <p><u>Okazaki</u></p> <ul style="list-style-type: none"> • Attend to singing lessons with my friend. <p>Bus ticket from Okazaki to Saitama = around 35€ / ¥6,000</p> <p><u>Saitama</u></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 6€ / ¥1,000</p> <p><u>Chiba</u></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><u>Food</u> = Help with groceries at friends' home and going around = around 200€ / ¥30,000</p> <p><u>TOTAL for 1 month around Honshu = around 350€ / ¥60,000</u></p>
<p>15^h</p>		

<p>February - 14th March (1 month)</p>	<p><u>Tohoku</u>: Yamagata, Sendai, Aomori</p> <p>Staying at guest houses and use couchsurfing website</p> <p><u>Sendai</u> = around 150€ / ¥25,000 for 1 week</p> <p><u>Aomori</u> = around 175€ / ¥28,000 for 1 week</p> <p><u>Hachinohe</u> = around 150€ / ¥25,000 for 1 week</p> <p>Couchsurfing for one or two weeks in different places</p> <p><u>TOTAL accomodations</u> = around 450€ / ¥65,000 max for 1 month</p> <p>Source: booking.com , airbnb.com , https://www.couchsurfing.com/welcome</p>	<p>Going around local nature and winter landscape on my way to Hokkaido and relaxing in Onsens.</p> <p>Train ticket from Chiba to Sendai = around 35€ / ¥6,000</p> <p>Train ticket from Sendai to Aomori = around 40€ / ¥6,500</p> <p>Train ticket from Aomori to Hachinohe = around 15€ / ¥2,500</p> <p><u>Activities :</u></p> <p><u>Sendai</u></p> <ul style="list-style-type: none"> • Matsushima bay • <u>Temples & shrines</u>: Yamadera temple, Osaki Hachimangu shrine, Zuigan-ji temple, Zuihōden (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><u>Aomori</u></p> <ul style="list-style-type: none"> • Hear <i>tsugaru-jamisen</i> concert. • Furukawa fish market. • Eat some apples. • Hakkoda mountains. • <u>Museums</u>: Aomori Museum of Art. • Day trip to Hachinohe. <p><u>Onsens</u>: Shirabu onsen, Ginzan onsen, Naruko onsen, Sukayu onsen.</p> <p><u>TOTAL activities</u> = around 75€ / ¥12,000</p> <p><u>Transportation fees</u>: Local buses = around 75€ / ¥12,000</p> <p><u>Food</u> = around 175€ / ¥28,000</p> <p>https://www.osakihachimangu.com/event/fire-festival/</p>
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		https://visitmiyagi.com/events_festivals/donto_sai-festival/ https://www.kingdom-of-winter-trip-tohoku.jp/spot/en/28.html TOTAL for one month in Tohoku = around 800€ / ¥130,000
15 th March - 14 th September	<p><u>Tokyo and surroundings (Kantô 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 = around 3,000€ / ¥500,000 per 6 months</u></p>	<p>Bus ticket from Hachinohe to Tokyo = around 45€ / ¥7,500</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 differents neighborhoods, get it 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 Gyoen 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 =</p>

		<p>total 1,650€ / ¥270,000 per 6 months</p> <p>Transportation fees (I will use the bike a lot) = around 50€ / ¥8,000 per month = total 300€ / ¥50,000 per 6 months</p> <p>Others = 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> <p>TOTAL expenses for 6 months in Tokyo = around 6,000€ / ¥1,000,000</p> <p>Finding a part-time job (baito) in different areas : restaurants, dishwasher, konbini, receptionist, vendor, cleaning, babysitting ... <i>Expected to work 20hrs a week.</i></p> <p>Expected salary = between 200€ / ¥32,000 and 500€ / ¥80,000 per month</p> <p>= total salary between 1200-3000€ / ¥192,000-¥480,000 per 6 months</p> <p>Plane ticket from Tokyo to Toulouse (FR) = around 400€ / ¥65 000 Source : skyscanner</p>
<u>TOTAL</u>	<p>Plane tickets France - Japan = 950€ / ¥155,000</p> <p>Administrative fees (sim card, health insurance, etc.) = 600€ / ¥100,000</p> <p>Accommodations = 4,200€ / ¥690,000</p> <p>Food = 2,600€ / ¥435,000</p> <p>Transportations inland = 1,200€ / ¥195,000</p> <p>Activities = 1,200€ / ¥200,000</p> <p>Others (souvenirs) = 250€ / ¥40,000</p>	<p>Estimated capital at start = 10,000€ / ¥1,630,000</p> <p>Total expected salary average = around 1800€ / ¥300,000</p> <p>Christmas and birthday gift from family = around 1,500€ / ¥250,000</p> <p>TOTAL GAIN = 13,500€ / ¥2,200,000</p>

	<u>TOTAL EXPENSES =</u> 11,000€ / ¥1,800,000	
	<u>Balance at the end of the year</u> = 13,500 - 11,000 = +2,500€	