

Projet de vos activités au Japon
(vous pouvez imprimer autant de pages que nécessaire)

Nom de famille	Prénom	Sexe	Age
BIBE	Romain	Homme	26 ans
Période	Villes/régions dans lesquelles vous comptez séjourner. Type d'hébergement et loyer mensuel envisagé.	Détails de toutes les activités prévues durant le séjour (visites touristiques/culturelles, études, travail, etc) et du budget (activités, vie quotidienne, transports, repas, etc). Pour les études, précisez le nombre d'heures hebdomadaires et le coût, et pour le travail, le nombre d'heures hebdomadaires et le salaire envisagés ainsi que les pistes de recherche. Un budget récapitulatif pourra être ajouté en fin de programme	
Tokyo 4 months	<p>Budget – Tokyo (4 months)</p> <p>1. Transportation</p> <p>Local transport (subway, trains, buses): 10,000 ¥ / month × 4 = 40,000 ¥</p> <p>2. Accommodation (Share House)</p> <p>Average rent in a share house in Tokyo: 60,000 ¥ / month × 4 = 240,000 ¥</p> <p>Sources: https://www.oakhouse.jp/ https://www.sakura-house.com/</p> <p>3. Food</p> <ul style="list-style-type: none"> • Groceries / home-cooked meals: 25,000 ¥ / month × 4 = 100,000 ¥ • Eating out / occasional restaurants: 15,000 ¥ / month × 4 = 60,000 ¥ <p>4. Activities / Cultural life</p> <ul style="list-style-type: none"> • Museums, cultural experiences, calligraphy classes, leisure activities: 20,000 ¥ / month × 4 = 80,000 ¥ • Unexpected expenses: 10,000 ¥ / month × 4 = 40,000 ¥ <p>Total estimated budget (Tokyo – 4 months):</p> <p>530,000 ¥</p> <p>≈ 132,500 ¥ / month</p> <p>My plan remains flexible depending on opportunities, weather conditions, and local experiences.</p>	<p>Month 1–4: Tokyo and Chiba Region</p> <p>Objectives</p> <p>Cultural discovery + consolidation of my Japanese + first work experience</p> <p>Planned activities</p> <p>I plan to spend the first four months in Tokyo in order to further explore the city and the wider Kanto region, which I did not have enough time to fully discover during my previous stay as a student. This period will allow me to deepen my understanding of Japanese daily life, culture, and language through both personal exploration and work experience.</p> <p>If possible, I would like to work in hospitality, as I did previously. However, my main objective is not employment itself, but rather cultural immersion, language improvement, and meaningful interactions with local people.</p> <p>During my stay in Tokyo, I plan to:</p> <ul style="list-style-type: none"> • Visit nearby areas in the Kanto region (Kamakura, Enoshima, Yokohama, Nikko, Chichibu, Mt. Fuji) • Find part-time work in hospitality, retail, or food service to support my stay and connect with locals • Take calligraphy classes and participate in cultural workshops • Visit museums, exhibitions, and cultural sites regularly • Discover local craftsmanship through artisan shops and galleries • Reconnect and spend time with Japanese friends to strengthen cultural exchange <p>Work conditions & income estimate</p> <ul style="list-style-type: none"> • Estimated hourly wage: approx. 1,150 ¥ / hour • Maximum working hours: approx. 70–90 hours per month • Estimated monthly income: 80,500 – 103,000 ¥ <p>Sources: https://www.yolo-japan.com/en https://jobs.gaijinpot.com/</p>	

<p>Sapporo 4 months</p>	<p>Budget – Sapporo (4 months)</p> <p>1. Transportation</p> <p>Travel from Tokyo to Sapporo (domestic flight): $\approx 6,000 \text{ ¥} - 12,000 \text{ ¥}$</p> <p>Local transportation (subway, buses): $8,000 \text{ ¥} / \text{month} \times 4 = 32,000 \text{ ¥}$</p> <p>Regional travel within Hokkaido (trains, buses, occasional trips): $15,000 \text{ ¥} / \text{month} \times 4 = 60,000 \text{ ¥}$</p> <p>Total transportation: $98,000 \text{ ¥} - 104,000 \text{ ¥}$</p> <p>2. Accommodation (Share House / Coliving)</p> <p>Average rent in a share house in Sapporo: $50,000 \text{ ¥} / \text{month} \times 4 = 200,000 \text{ ¥}$</p> <p>Sources: https://gogonihon.com/en/accommodations/sharehouses/ https://shares.house/a_search/p_sapporo/L_en/</p> <p>3. Food</p> <ul style="list-style-type: none"> • Groceries / home-cooked meals: $25,000 \text{ ¥} / \text{month} \times 4 = 100,000 \text{ ¥}$ • Eating out / local specialties / izakaya: $12,000 \text{ ¥} / \text{month} \times 4 = 48,000 \text{ ¥}$ <p>Total food: $148,000 \text{ ¥}$</p> <p>4. Activities / Travel / Cultural experiences</p> <p>Sightseeing across Hokkaido (national parks, tourist sites, excursions): $25,000 \text{ ¥} / \text{month} \times 4 = 100,000 \text{ ¥}$</p> <p>Unexpected expenses: $15,000 \text{ ¥}$</p> <p>Total estimated budget (Sapporo – 4 months):</p> <p>$561,000 \text{ ¥} - 567,000 \text{ ¥}$ $\approx 140,000 \text{ ¥} / \text{month}$</p> <p>*My plan remains flexible depending on opportunities, weather conditions, and local experiences.</p>	<p>Second Phase: Hokkaido (Sapporo) – 4 months</p> <p>Objectives</p> <p>Regional discovery + cultural immersion + work experience</p> <p>Introduction</p> <p>After my stay in Tokyo, I would like to spend four months in Hokkaido in order to experience a different side of Japan. Having already lived in Tokyo, I am now interested in discovering a region that offers a more local and nature-oriented lifestyle.</p> <p>Hokkaido attracts me for its wide landscapes, as well as the opportunity to live in a less urban environment. I believe this will allow me to better understand daily life outside of major cities and continue improving my adaptability and independence.</p> <p>During this period, I plan to find a part-time job (baito), preferably in a restaurant or service-related environment, in order to support my stay and continue improving my Japanese in a professional setting. Working in a more local context will allow me to interact more naturally with residents and gain a better understanding of regional culture and work practices.</p> <p>I also hope to make friends in Hokkaido and travel with them across this beautiful part of Japan.</p> <p>Planned activities</p> <p>During this period, I plan to:</p> <ul style="list-style-type: none"> • Explore national parks such as Daisetsuzan, Shikotsu-Toya, and Akan-Mashu • Travel across Hokkaido to discover its different regions and landscapes • Visit lakes, mountains, and coastal areas to better understand the diversity of the island • Discover Sapporo, including its local culture, food, and daily life • Experience regional cuisine and local specialties • Stay in smaller towns when possible to experience a more local lifestyle • Improve my Japanese through daily interactions and work experience • Work part-time in hospitality or food service • Visit local markets and small businesses • Take part in local events or seasonal activities when possible <p>Work conditions & income estimate</p> <ul style="list-style-type: none"> • Estimated hourly wage: approx. $1,050 - 1,100 \text{ ¥} / \text{hour}$ • Maximum working hours: approx. 70–90 hours per month • Minimum rest: at least 3 days off per week <p>Estimated monthly income: $\approx 73,000 - 95,000 \text{ ¥}$</p> <p>Sources: https://www.yolo-japan.com/en https://jobs.gaijinpot.com/</p>
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<p>Osaka 4 months</p>	<p>Budget – Osaka (4 months)</p> <p>1. Transportation</p> <p>Travel from Hokkaido → Osaka (domestic flight or train combination):</p> <p>≈ 12,000 ¥ – 25,000 ¥</p> <p>Local transportation (subway, buses, trains):</p> <p>8,000 ¥ / month × 4 = 32,000 ¥</p> <p>Total transportation: 44,000 ¥ – 57,000 ¥</p> <p>2. Accommodation (Share House / Coliving)</p> <p>Average rent in a share house in Osaka:</p> <p>50,000 ¥ / month × 4 = 200,000 ¥</p> <p>Sources:</p> <p>https://www.oakhouse.jp/</p> <p>https://sharehouse.in/eng/location/house/106/</p> <p>https://www.borderless-house.com/jp/kansai/osaka/</p> <p>3. Food</p> <ul style="list-style-type: none"> • Groceries / home-cooked meals: 25,000 ¥ / month × 4 = 100,000 ¥ • Eating out (restaurants, izakaya, street food): 12,000 ¥ / month × 4 = 48,000 ¥ <p>Total food: 148,000 ¥</p> <p>4. Activities / Daily life</p> <p>Activities, outings, culture, and entertainment:</p> <p>15,000 ¥ / month × 4 = 60,000 ¥</p> <p>Unexpected expenses: 10,000 ¥</p> <p>Total estimated budget (Osaka – 4 months):</p> <p>462,000 ¥ – 475,000 ¥</p> <p>≈ 115,000 ¥ – 118,000 ¥ / month</p> <p>Statement</p> <p>*My plan remains flexible depending on opportunities, weather conditions, and local experiences.</p>	<p>Final Phase: Osaka and Kansai Region (4 months)</p> <p>Objectives</p> <p>Cultural immersion + language improvement + work experience</p> <p>Introduction</p> <p>For the final part of my Working Holiday, I would like to spend four months in Osaka and the Kansai region. This stage represents an important part of my project, as I aim to deepen my cultural understanding of Japan while continuing to develop my language skills through both daily life and professional experience.</p> <p>After experiencing Tokyo and Hokkaido, I would like to immerse myself in a region known for its strong local identity and social atmosphere. Osaka offers a dynamic environment where interaction with locals is frequent, which is essential for improving my communication skills and gaining confidence in Japanese.</p> <p>This phase of my stay is also an opportunity for me to gain further work experience in Japan. By working part-time (baito), I will not only support my daily expenses but also develop a better understanding of Japanese work culture, customer service standards, and teamwork in a local environment.</p> <p>Planned activities</p> <p>During this period, I plan to:</p> <ul style="list-style-type: none"> • Explore Osaka’s main districts (Namba, Shinsaibashi, Umeda, Shinsekai) • Work part-time in hospitality or food service to gain professional experience in Japan • Improve my Japanese through daily interactions with customers and coworkers • Develop my communication skills in a real working environment • Discover Kansai culture and better understand regional differences within Japan • Visit nearby cities such as Kyoto, Nara, and Kobe to explore their historical and cultural heritage • Experience local cuisine and understand the importance of food culture in Osaka • Learn and practice Kansai-ben through daily conversations • Participate in local events and community activities to encourage cultural exchange • Continue discovering Japanese craftsmanship and local businesses <p>Work conditions & income estimate</p> <ul style="list-style-type: none"> • Estimated hourly wage: approx. 1,100 ¥ / hour • Maximum working hours: 70–90 hours per month • Minimum rest: at least 3 days off per week <p>Estimated monthly income:</p> <p>≈ 77,000 – 99,000 ¥</p> <p>Sources:</p> <p>https://www.yolo-japan.com/en</p> <p>https://jobs.gaijinpot.com/</p>
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	<p>Estimated Annual Total</p> <ul style="list-style-type: none"> • Total transport: 182,000 – 201,000 ¥ • Total accommodation: 640,000 ¥ • Total food: 456,000 ¥ • Total activities: 305,000 ¥ <p>Grand Total:</p> <p>1,583,000 – 1,602,000 ¥</p> <p>Statement about Budget Estimates</p> <p>I would like to clarify that my budget estimates are intentionally set on the higher side, especially regarding food expenses. This is a deliberate choice to ensure a comfortable safety margin. In reality, I expect my actual daily costs to be lower, but I prefer to demonstrate that I am fully prepared for any unforeseen expenses during my stay in Japan.</p> <p>Moreover, I have a solid understanding of financial management and the value of money. During my previous stay in Tokyo on a student visa, I learned how to manage my daily expenses independently and adapt to the cost of living in Japan. This experience helped me become more responsible and organized with my budget. I have always been careful with my spending, and I am fully aware of the importance of budgeting when living abroad. I do not intend to manage my finances carelessly, and I am confident in my ability to adjust my budget according to my daily needs and circumstances.</p> <p>Final. Expense - Income</p> <p>$1,583,000 \text{ ¥} - 691,500 \text{ ¥} = 891,000 \text{ ¥}$</p> <p>$1,602,000 \text{ ¥} - 891,000 \text{ ¥} = 711,000 \text{ ¥}$</p> <p>My working income is intended to partially support my stay, while the remaining expenses will be covered by personal savings prepared in advance.</p>	<p>Estimated Income During My 12-Month Stay in Japan</p> <p>During my Working Holiday year in Japan, I plan to live in Tokyo, Sapporo, and Osaka. My primary objective is cultural immersion and language improvement, while part-time work will support my stay.</p> <p>In order to have enough time to fully enjoy each place I visit, I do not intend to work continuously throughout my stay in each city. My work periods will remain flexible, depending on opportunities and personal circumstances in each location. This will allow me to fully experience Japan while balancing work and cultural exploration.</p> <p>I plan to work approximately 20 hours per week, which corresponds to a typical part-time schedule for Working Holiday participants. My plan remains flexible depending on opportunities, weather conditions, and local experiences.</p> <p>2. Income estimation</p> <p>Tokyo — 3 months of work</p> <p>$80,500 - 103,000 \text{ ¥} / \text{month} \times 3$</p> <p>→ 241,500 – 309,000 ¥</p> <p>Sapporo — 3 months of work</p> <p>$73,000 - 95,000 \text{ ¥} / \text{month} \times 3$</p> <p>→ 219,000 – 285,000 ¥</p> <p>Osaka — 3 months of work</p> <p>$77,000 - 99,000 \text{ ¥} / \text{month} \times 3$</p> <p>→ 231,000 – 297,000 ¥</p> <p>3. Total estimated income (9 working months)</p> <p>Minimum estimate:</p> <p>$241,500 + 219,000 + 231,000 = 691,500 \text{ ¥}$</p> <p>Maximum estimate:</p> <p>$309,000 + 285,000 + 297,000 = 891,000 \text{ ¥}$</p> <p>➡ Total estimated income:</p> <p>691,500 – 891,000 ¥</p>
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