

# **EXCHANGE TO JAPAN WITH AIIU**



## **INFORMATION BOOKLET**

# EXCHANGE TO JAPAN

## INFORMATION FOR STUDENTS AND PARENTS

### ABOUT AllU

AllU is a not-for-profit organisation established in 1987 which aims to foster friendship and international understanding through educational and cultural exchanges. We are an Australia-wide organisation specialising in reciprocal exchange programs to Japan for high school students. Our High School Programs are registered with Education Departments throughout Australia.

### ACADEMIC YEAR PROGRAM (AYP)

The Academic Year Program is a 10-month exchange program aligned with the Japanese School Year. Successful applicants show that they are highly motivated students who are committed to becoming cultural ambassadors for AllU and Australia. Students with demonstrated leadership skills, commitment to promotion of international understanding and sound academic background are invited to apply. Students can sit the Japanese Language Proficiency test held in December and July while they are on Exchange. The exam is also available in Australia. Detailed information is available on the JLPT website [http://www.jlpt.jp/e/application/domestic\\_index.html](http://www.jlpt.jp/e/application/domestic_index.html)

### PROGRAM FEES (2026)

**10 Month AYP Program = \$20,720**

Students can choose to depart in March or August. This program is for academically motivated students who display a strong desire to gain and promote intercultural understanding and to become fluent in Japanese.

### **5 Month Program = \$16,430**

Students can choose to depart in March or August. These programs are popular with students who wish to minimise time away from their Australian schooling.

### **3 Month Program = \$13,650**

Students can choose to depart in March or August. This program is great to get a taste of Japanese life without missing too much school.

***All programs are competitively priced. Does not include spending money.***

## **WHAT DOES THE PROGRAM COVER?**

**It covers:**

- Allocation to your school and Host Families in Japan
- Visa application procedures
- Translation of documentation and information processing
- Orientations in Australia and Japan
- Medical and travel insurance
- Return airfare from Australia to Japan (*departure and arrival ports can't be rerouted*)
- Departure taxes
- Accommodation and meals whilst at Orientation
- Return travel between Tokyo and your host area (*on arrival and departure*)
- Counselling during your stay in Japan and regular reports sent to your parents

- Support & assistance from our affiliate in Japan, JFIE, for you during your exchange
- Support from AllU staff for you and your parents during your exchange

## SCHOLARSHIPS AND BURSARIES

AllU scholarships and bursaries may be available to apply for. Eligibility requirements:

- Australian citizens & permanent residents
- Currently enrolled in an Australian High School
- Aged 15 – 17 yrs.
- 10-month exchange applicants

***Please note: NSW, ACT & Victorian students currently enrolled in Year 12 are not eligible.***

## PROGRAM DATES AND DURATION

\*All dates are approximate and will be confirmed at your interview.

You can choose to go for 3, 5 or 10 months. Students depart for Japan mid-March (Japanese school year starts in early April) or mid-August (Japanese schools start Term 2 at the beginning of September). Departure dates are applicable for 3-, 5- and 10-month programs.

The program choices and approximate return dates are as follows:

<b>Approx Departure Date</b>	<b>10 Month Program Approx Return Date</b>	<b>5 Month Program Approx Return Date</b>	<b>3 Month Program Approx Return Date</b>
23 <sup>rd</sup> March	12 <sup>th</sup> January	17 <sup>th</sup> August	24 <sup>th</sup> June
23 <sup>rd</sup> August	16 <sup>th</sup> June	13 <sup>th</sup> January	18 <sup>th</sup> November

## WHO CAN APPLY?

To become an AllU exchange student, you need to meet the following criteria:

- You must have completed grade 9, 10 or 11 & be aged 15 to 17 at Departure.
- You are highly motivated to learn about Japanese culture through your involvement at a Japanese High School whilst living with a caring Japanese host family.
- You have studied the Japanese language or are willing to engage a tutor to ensure your ability to attain a minimum language standard prior to departing for exchange (equivalent of one year of formal Japanese study as a minimum).
- You do not have any serious health issues or requirements.

## THE APPLICATION PROCESS

It is quite a simple process. You need to follow these steps:

1. **Preliminary Application** – Submit your online Preliminary Application on our website [www.aiiu.com.au](http://www.aiiu.com.au)
2. **Application Booklet** – when we receive your Preliminary Application we will email a Full Application Booklet to eligible applicants. This is quite detailed and should be filled out carefully. *Once completed the Application Booklet is returned to AIIU with a \$100 non-refundable application fee.* Your Application Booklet will be sent to our associate organisation in Japan who must also agree to your acceptance. The Application Booklet is shown to your Host School and Host Families.
3. **Interview** - during the month following the Application closing date you and your parents will be invited to attend a two hour interview which will be held at your nearest capital, or online. During the interview you will be asked questions to ascertain your ability to adapt and your motivation and commitment to our High School Exchange Program in Japan.

## WHEN DO I APPLY?

Application closing dates are as follows:

Departure	Preliminary Application – year prior	Application Booklet – year prior
Mid March	July 31 <sup>st</sup>	August 31 <sup>st</sup>
Mid August	January 31 <sup>st</sup>	February 28 <sup>th</sup>

**\*\*Late applications: contact [outbound@aiiu.com.au](mailto:outbound@aiiu.com.au) to request consideration after the closing dates.**

## NOTIFICATION OF ACCEPTANCE

Our office will notify you 4 to 6 weeks after your interview of your acceptance. AllU will send you a formal letter of acceptance and an agreement for you to sign, with an invoice for a [\\$2,000 non-refundable deposit](#).

## PRE-DEPARTURE PREPARATION

**AllU Orientation** – approximately 6 weeks prior to departure, you and your parents will be invited to attend an Orientation Day, which will be held at your nearest capital city (*\*\*depending on number of applicants you may be required to fly interstate*). This day gives you and your parents the opportunity to meet other participants and to speak to some of AllU's returnees who have already been on one of our programs. You will also be provided with information, including a suite of policies and guidelines focusing on child safety and well-being, that will help you prepare for your exchange. This orientation is compulsory and will be at your own expense.

On arrival in Japan you will attend a 2-day Orientation near Tokyo prior to joining your Host Family.

## YOUR HOST SCHOOL

You will attend a high school in a country or a city area of Japan. AllU does not guarantee requests for placement location. Most Japanese schools wear a uniform. You will be advised of this cost and other school-related costs prior to your departure (e.g. books, school excursions, etc.). You will also have to pay daily transportation costs to and from school. Many students travel by train; some may ride a bicycle or catch a bus.

## YOUR HOST FAMILY

You will stay with a caring volunteer Host Family, who have been chosen through a rigorous selection process. Most Host Families in Japan are part of the Host School community. You may have the experience of staying with as many as 6 Host Families during your exchange. This will give you the opportunity to experience Japanese life in a variety of family environments.

## SUPPORT DURING EXCHANGE

**AllU/JFIE/Personal Counsellor** - Yes, AllU together with our associate organisation in Japan (JFIE) offer 24-hour support for you and your parents. You will have a counsellor appointed to you from your school, who in most cases will be an English Teacher.

Staff from both Japan Foundation for Intercultural Exchange (JFIE) and the International Student Advisers of Japan (ISA) are also available to counsel students in Japan. JFIE has their Head Office in Tokyo with branch offices in Osaka and Fukuoka. ISA has offices throughout Japan.

**Reports** – AllU and JFIE provide written progress reports to Parents throughout their student's exchange.

## SPENDING MONEY

You will require approximately AUD \$80 - \$140 per week for your everyday living expenses. This amount varies according to the amount of public transport you require and of course how carefully you monitor your own spending. This cost will cover your daily transportation, school lunches and some spending money for clothes, souvenirs etc. \$5000 is an estimated spending amount for a 10-month program and varies with each student.



## DO I NEED TO SIGN ANY AGREEMENTS?

Once accepted on our exchange program in Japan, students and parents will be asked to sign an Acceptance Agreement form. The program fee is payable as follows:

**Acceptance Deposit:** a **\$2,000 non-refundable Acceptance Deposit** within 2 weeks of acceptance.

**Final Payment:** the balance of **\$18,620** for 10-month program, **\$14,330** for the 5-month program or **\$11,550** for the 3-month program will be payable in full two months prior to departure.

## HOW DO I CONTACT AIIU?

**CONTACT THE AIIU OUTBOUND TEAM  
IF YOU ARE INTERESTED IN STUDENT EXCHANGE TO JAPAN!**

**Email:** [outbound@aiau.com.au](mailto:outbound@aiau.com.au)

**Phone:** 0411 803 885

**Postal Address:** PO Box 3728 Loganholme QLD 4129

**Website:** [www.aiau.com.au](http://www.aiau.com.au)

**Facebook:** AIIU Student and Cultural Exchange

**Instagram:** aiiu\_homestays

## **WHY CHOOSE AIIU?**

- We want children to be safe, happy and empowered.
- We support and respect all children, as well as our staff, volunteers and host families.
- We are committed to the safety, participation and empowerment of all children.
- We have zero tolerance of child abuse, and all allegations and safety concerns will be treated very seriously and consistently with our robust policies and procedures.
- We have legal and moral obligations to contact authorities when we are worried about a child's safety, which we follow rigorously.

## **WE KNOW WHAT WE ARE DOING**

We have over 37 years of experience and work constantly to maintain and improve what we do.

## **WE ARE THE JAPAN SPECIALISTS**

We have been leading programs to and from Japan since 1987, and we can guarantee Japan as a destination to successful applicants.

## **WE ARE HOME GROWN**

We are an Australian Organisation and we are Queensland-based.

## **WE LOOK AFTER YOU**

We pride ourselves on a high standard of pastoral care and individual attention. We are careful with selection and preparation and respond quickly to any problems you might have while away.

## OUR AFFILIATES ARE THE BEST

AllU's overseas organisation, JFIE, provides great care and service to our students. They are responsive to student needs and difficulties. AllU maintains contact with them as well as with families back here in Australia.

## YOU'RE NOT JUST A NUMBER

By the time you leave, we know each other well. AllU has a genuine concern for your welfare.

## WE KEEP COSTS LOW

We provide a complete package by arranging homestay, passport and visa applications, transport and accommodation arrangements (including transfers), insurance and orientation prior to departure.

AllU is one of the best priced and most inclusive programs around.

***We challenge you to find a better value program!***

## SCHOLARSHIPS AND BURSARIES

AllU has a number of scholarships and bursaries available. Just ask us for an application form when you apply!

# FREQUENTLY ASKED QUESTIONS

## WHAT ARE THE BENEFITS OF STUDENT EXCHANGE?

### EDUCATIONAL BENEFITS

- Broadens your education through immersion in another culture both in school life and living with a host family
- Your language skills are greatly improved through practical immersion
- Students learn to analyse the things around them in a constructive manner and learn how to solve problems on their own
- Enhanced interest in global issues as well as a broader general knowledge.
- Students who go on to tertiary studies find themselves more comfortable in 'foreign' environments, and their superior language skills can provide an **academic advantage** in their studies.

### PERSONAL BENEFITS

- Self-development and awareness leading to greater self-confidence and self-esteem. This is often the most noticeable change in returned exchange students.
- Maturity and social poise, fueled by the necessity to confront challenges outside a familiar support network and comfort zone.
- Students learn to confront social challenges outside of their comfort zones and deal with problems head-on.
- The sense of accomplishment felt upon completion of exchange program encourages students to develop independent opinions, make informed decisions and strive to attain fresh goals.

### LONG-TERM BENEFITS

- Prospective employers in almost every field look favourably upon experience gained while living overseas and knowledge obtained of another language and culture.

- Increased pressure to communicate and relate to others develops an awareness of group dynamics and personal sensitivity towards others.
- Successful program completion represents an excellent measure of personal flexibility, encompassing an ability to reach compromise, focus and succeed through challenging times.

## **WHEN SHOULD I GO?**

You can choose to go at any time during your high school years provided that you have turned 15, or not yet turned 18, at time of departure. There are a number of advantages to going before you graduate – for example: upon your return your Japanese skills will be far more advanced than your fellow students, which will give you a huge advantage academically, and will also allow you to concentrate more on other subjects.

## **HOW DO I DECIDE WHICH DURATION IS BEST FOR ME?**

Many students are unsure of which length of program to choose. It may be helpful to consider the following points in making your decision. A final decision regarding duration must be made no later than 1 week following your interview if you reach that stage of the application process.

AllU are mindful of choosing students who display the personal and academic qualities required to succeed on exchange.

## **DURATION – POINTS TO CONSIDER**

### **The first 3 months:**

- The first 2 - 3 months are the most challenging time of adjustment as students are still adapting to their new environment. By the end of 3 months, students' listening skills are more highly tuned and they are

now just beginning to use their increased vocabulary to converse more easily with others. They are still quite reliant on the use of their translation dictionary/app. They have established good friendships and now feel more comfortable with their new life in Japan.

### **5 Months:**

- Most students have developed sufficient vocabulary to be able to carry on a decent conversation without the constant use of their electronic dictionary. They now feel a part of their new environment and even find themselves noticing “the foreigners!” From this point on, the students’ Japanese ability will increase rapidly.

### **10 Months:**

- Students who complete the 10-month exchange and return to Australia to complete their senior schooling will be greatly advantaged in their Japanese class. They will have less academic stress by the fact that they can achieve excellent grades in Japanese with minimal effort; thus allowing more study focus on their more challenging subjects.
- By the end of 10 months exchange most students return with a high level of fluency in the Japanese language and have gained a greater knowledge and understanding of Japanese culture and lifestyle from their opportunity to live the life of a Japanese high school student. They also possess a greater understanding of their own potential and see the opportunities that their world has to offer. Students display a high motivation to achieve their academic best combined with a desire to find a way to return to Japan as they now feel that they have 2 homes: Australia and Japan. Both are incredibly important to them.

## **WHAT IS THE JAPANESE LANGUAGE PROFICIENCY TEST?**

10-month students who depart in March have the opportunity to sit the Japanese Language Proficiency Test (JLPT) held in July and early December. This test is conducted both in Japan and outside Japan to evaluate and certify the language proficiency of primarily non-native speakers of Japanese. The test is administered by Japan Education Exchanges and Services, inside Japan, and by the Japan Foundation outside Japan. For further information go to [http://www.jlpt.jp/e/application/domestic\\_index.html](http://www.jlpt.jp/e/application/domestic_index.html) or simply Google JLPT to visit many other informative sites.

## **WHAT ARE THE BENEFITS OF TAKING THE JAPANESE LANGUAGE PROFICIENCY TEST?**

Studying for this test provides a concrete goal for 10-month students and greatly assists them to maintain their academic focus during exchange. By obtaining this Japanese Language Proficiency Certificate many students who go on to university may be advantaged by entering their university course in Japanese at a higher entry level. They may also use this certificate to support their application for a university exchange to Japan during their University course.

## **IF I DON'T TAKE THE TEST DOES THIS REFLECT NEGATIVELY ON MY EXCHANGE OUTCOMES?**

The test is not compulsory. The results of the test are confidential, are only sent to the student and in no way impact on your reputation as an exchange student.

## **IS MY CHILD TOO YOUNG TO BE ON EXCHANGE FOR 10 MONTHS?**

Age is not a barrier to coping with a different culture or learning a new

language. Students who enjoy new experiences and possess a positive attitude are well suited to exchange. AllU Japan students must be aged 15 – 17 years and have completed Yr 9, 10 or 11 at the time of departure.

## **I WILL MISS MY CHILD TOO MUCH IF HE/SHE GOES FOR 10 MONTHS**

This is an understandable and common feeling for parents and siblings of exchange students. This feeling passes during the first three months as the gap left by your absent child starts to fill with life's daily demands. Other siblings often benefit from the extra time that their parents now have for them. The exchange duration flies by, before you know it they're coming home and having to readjust to Aussie life.

## **I'M WORRIED ABOUT MY CHILD BEING HOMESICK**

Surprisingly most exchange students report that they experience only minor homesickness. This is most often if they become ill, however it soon passes. The excitement of being on the adventure of a lifetime tends to keep homesickness at bay. Students' lifestyle in Japan keeps them very busy which is the key to reducing homesickness.

## **HOW SAFE IS JAPAN?**

Japan is still one of the safest countries in the world which is why AllU has continued to conduct exchange to Japan for the past 20+ years. Japanese people are very honest and students who have left belongings behind on public transport usually find that it has been handed in to the lost property for them to collect.

Students are advised to use the usual precautions for personal safety and to talk to their host family or school / local counselor if they have any concerns about their safety.



## TESTIMONIALS

"Unbelievable year abroad... I can't even think of the words to express my gratitude to everyone who contributed to my stay in Japan. It was the most challenging year of my life so far, but by far the most rewarding and memorable". - **Outbound Student**

"An experience my son will treasure forever and hopefully encourage his own children and others to do. Thank you for the opportunity!" - **Parent of Outbound Student on Exchange in Japan**

"When I first discovered the AllU program I was surprised, namely because the organisation organises and provides the opportunity to go to Japan to study for such an affordable price. As I learnt more about AllU I was astounded at the simple honesty in the collective desire to provide youth with the opportunity (and most important to me!) the language. I am inexpressibly appreciative of the opportunity granted to me to go to Japan, and I thank you all for your efforts, and continued assistance to future exchange students. Thank you very much!!!" - **Outbound Student**

"Thank you AllU for providing this service, where parents can let their children go, knowing they are in safe hands!" - **Parent of Outbound Student on Exchange in Japan**