

INTERN TESTIMONIAL

Growing up in a cornfield in rural America, I never dreamed that I would have the opportunity to connect with other cultures and people in the way that I have been able to as a result of the Labo Internship. It was happenstance that I came across Labo's world, with my 4-H group asked to host a month-long Japanese exchange student in the summer of 2012. Joining the NIHONGO Program a year later, I discovered a world I could never have known from my little part of the cornfield.



Ten years later, things came full circle when I joined the Labo Internship. Even with my two months as a young teen exchange student, I had no clue about the opportunities that awaited me during my internship. With the summer exchange program, you get a taste of the culture, learn some of the language, and see the world from another perspective, but that left me wanting more. As a Labo Intern, I got the chance to do just that: I've thrown myself into the culture and language on an intimate level.



"I have been able to experience more than I had ever imagined..."



My homestay periods as an intern were generally longer than the four weeks allotted to summer exchanges, and this allowed me to not only become comfortable living with different families, it helped me to form bonds and relationships that rival even the ones I have with people back home.

I have experienced more than I could ever have imagined, traveling all across the country and visiting people and places that some tourists can only ever dream of. The people I have met tell me that, despite being a foreigner, I have been to more places in Japan than most Japanese people! I firmly believe that this kind of experience would be difficult, if not impossible, to receive elsewhere. I have been undeniably lucky to have been afforded the opportunities I have had thus far.

-Audrey Johannes
2022-2023 Labo Intern, Minnesota

一般財団法人 ラボ国際交流センター
Labo International Exchange Foundation



LABO INTERNSHIP PROGRAM

<https://exchange.labo-party.jp>
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「一期一会」

"One Life, One Encounter."

- Sen no Rikyu, Japanese Tea Master

The **Labo Internship Program** is a year-long adventure that focuses on education through experience. Help build connections as you introduce Japanese youth to the world beyond. Learn the ins and outs of the Japanese workplace and its practices. Understand more about Japanese society as you work out of a Japanese office environment, live with multiple Japanese host families, and pursue independent research on traditional Japanese culture!

Grow Professionally and Personally!

Study Japanese! Explore the country! Help improve cross-cultural relations!
Learn to objectively examine cultural influences and values!

INTERN DUTIES

- Labo Party Visits
- District Events
- International Exchange Programs
- Seasonal Camps
- College-Mate Activities
- Online Meetups
- Social Media Events
- Office Work

....and more!



WORK SCHEDULE

Labo Interns are assigned to two of Labo's district offices. As they explore Japan, they spend much of their time working with Japanese youth, helping out during international exchange programs, and assisting Japanese staff at the office. It is a great position for **outgoing, active individuals** eager to make friends!

A busy schedule does not mean there is no time to relax! Interns receive time off for any late night events, etc. they take part in, in addition to ten days of vacation and Japan's frequent calendar holidays.



HOMESTAY

Labo Interns live with the families of office staff, Labo Party members, or their leading Tutors. Each homestay typically lasts one to two months. The lifestyles and interests of your hosts may vary, but each family has a desire to welcome a young adult from abroad into their homes—to learn as their share languages, cultures and ideas.

Consistently using Japanese in their everyday life and experiencing the Japanese lifestyle first-hand, Labo Interns deepen their understanding of modern Japan. Host siblings and parents are instrumental in teaching Japanese etiquette and the proper context for using certain phrases. In some cases, people in the household cannot speak any English, so Labo Interns are encouraged to step up and improve their language skills!



INTERNS RECEIVE:

- A Japanese Cultural Studies Visa
- Airfare to and from Japan
- Language Lessons and Training
- A Monthly Stipend of ¥80,000
- Room and Board
- Travel Expenses for All Work-Related Travel in Japan (including commuting costs, lodging, and meals during Labo programs)
- Additional Reimbursement for Research Costs up to ¥40,000
- Basic Health Insurance Coverage

CULTURAL STUDY PROJECT

While in Japan, Labo Interns are required to research a selected topic of traditional Japanese culture. Labo will assign Interns eight hours (one working day) per week for this research and assist with making any necessary arrangements. Labo also offers limited financial support for expenses related to the Cultural Study Project.

Ideas for projects include Tea Ceremony, Lacquerware, Ainu Fabric, Shamisen, and more! Projects that focus on aspects of modern Japanese society are also possible, with approval.