

INTERN TESTIMONIAL

Growing up, I was very interested in learning about other cultures and their history. It was always exciting to be able to learn something new. I also grew up in a small town, so my family encouraged me to learn about what was outside. My family has hosted six exchange students from Japan through 4-H, mostly with Labo. We started hosting them when I was only six, and I still cherish the memories of what we did with our exchange students.



I was the host for 4 of our exchange students, so I got to know each of them closely, which inspired me to take part in the 2016 month-long exchange program where I was hosted by one of the exchange students I had hosted. It was a wonderful experience, and I still contact her to this day! When I found out about the internship, I was super excited and knew I needed to be a part of it.



I wanted to travel around Japan; to see its rich history and experience the culture. I also wanted to be able to visit my past exchange students, which I was able to do! For me, one of the best parts of the program was getting to explore all over Japan as I went around visiting Labo parties. I was even able to see a few places I had never thought about, like all of the prefectures in the Kyushu area and Okinawa.

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I've had so many amazing experiences in Japan. For my research project, I chose Kendo, the modern form of samurai sword fighting. It is also known as the "art of training!" Kendo is a very active sport here, and I've had some wonderful experiences while practicing it with Japanese students. Maybe you'll get to try it, too!

-Kailee Stinnett

2022-2023 Labo Intern, Oregon



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.