

INTERN TESTIMONIAL

I first heard about this program when I participated in the 2023 Labo Exchange Program. I wanted to experience more of Japan and learn more about Labo, so when I was told about the Internship opportunity with Labo, I didn't hesitate to apply.

I have been able to experience things I never thought I would. I've visited over 22 different prefectures, seen an active volcano, and tried things I never thought I'd like, including Amazake (sweet non-alcoholic rice wine)!

A fun part of the internship is how you get to study an aspect of Japanese culture, compiling your research into a paper and presentation at the end of the program. I chose to focus on Sashiko, a Japanese craft that uses embroidery for mending clothes, but you could choose anything from Japanese Tea Ceremony (Sado) to archery (Kyudo)!



During the internship, you will get to visit many different Labo parties and meet all kinds of people, playing games together while teaching them about yourself and your country. Allowing them to learn English in a more casual setting.

As an intern, you will also assist many of the outbound and inbound program participants, helping them with their own exchange experiences. This includes attending Labo's Winter and Summer camps and helping the international youth members get used to camp life!

Now, I know this may sound like a lot (it can be tough at times!), it is also incredibly rewarding. I've grown a lot since becoming an intern at Labo, as it has taught me to be more patient, observant, and compassionate. I feel I can more readily handle different kinds of situations.

If this sounds like something you want to do, take that step and apply!!



- Emma Willingham
2024-2025 Labo Intern, North Carolina



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.