

Important Dates**July**

18th - Farewell BBQ at Omi-Maiko
23rd - Marine Day
24th - Sports Day

August

6th - Orientation Planning Meeting
10th - Mountain Day
11th - 14th - Obon (school closures)

when you realize no amount
of eggs will help you
through this trying time



The Shiga Situation

Strange Times



These are strange times. With a virus that we're all attempting to contain and the effects of the cancelled Olympics, we're in for an unusual summer on the JET Programme. Many of the JETs who were to depart this year have already gone, and more will be leaving soon, only to be replaced in September at the earliest.

Since work from home ended in June, it has seemed like things are slowly getting back to normal. Students are back in school and we're all back in the classroom. Businesses have reopened and inter-prefectural travel restrictions have been lifted. But new cases of coronavirus are still being recorded. We still have to be wary and do what we can to limit our exposure. To this end, there have been a lot of changes at schools. From shorter class times and smaller class sizes to the use of personal protective equipment, schools are trying to find ways to allow students to continue their education while managing the risks that this virus poses. The loss of class time during school closures has been difficult to deal with, and many schools are shortening their summer breaks to make up for it. Some ALTs are feeling the crunch with more tightly packed schedules. Things are tough right now and we're all having to adapt.

Summer is usually a time of mixed emotions as we say goodbye to JETs who are leaving and welcome our newest additions to the Shiga JET family. This year is not a usual year though. Eight of our departing ALTs have already left without the send off they deserved and in seeing off those still here, we have health and safety considerations to bear in mind. What's more, due to the cancelled Olympics, new arrivals won't be coming until September, after classes have resumed. Even with that there's a lot of uncertainty surrounding the new arrivals. Currently with the travel restrictions in place, it's not possible for foreigners to enter Japan in most cases. With any luck these restrictions will be lifted soon, but for now we'll have to wait and see how the situation develops in the coming months.



SHIGA AJET

Shiga AJET here. We hope that everyone is well and staying healthy.

Once again we would like to announce our team for the 2020-2021 JET year. Sam Kim, Derek Spence, Kyle O'Connor, Jamal Alhabeil, Mitchell Wilman, and Cameron Hart will be your new Shiga AJET Representatives.

We will do our best to host events with consideration of the changing COVID situation. To start with we will continue with our annual Farewell BBQ at Omi-Maiko in July.

CLAIR Japanese Language Courses

Did you know CLAIR offers free online Japanese Language Courses?

The courses were developed only a few years ago, and are relevant for those whose language abilities fall within the n5-n3 range. The courses are designed to be completed within 6 months, but motivated individuals can finish them much faster than that.

The summer, when classes are out, is a perfect time to work on improving your language abilities. If you sign up before the 10th of any given month you can start your course on the first of the following month.

You can find more information [here](#).
Apply for a course [here](#).

Earn your 日本語上手!



Shiga Needs You

Soon I'll be starting my 5th and final year on the JET Programme. While I've only held the role of Prefectural Advisor for a little less than a year, I have to start the search for my successor.

Many of you might not know what being the PA entails and what exactly it is that the PA does. Luckily, I do, and I'm happy to tell you. I'll be delivering a presentation about being the PA on day one of SDC. Anyone from 1st year - 4th year can potentially become the next PA - Japanese language abilities are a plus but not required.

In the coming months I will be releasing PA Application Forms, officially starting the selection process. In the meantime, if you're interested in the position, feel free to contact me at kenchopa@gmail.com and hit me up with any questions you might have. If you have ideas on how to improve the JET experience, this might be the position for you.



National AJET

Are you looking for an extra-challenge? Joining National AJET is an excellent opportunity to give back to the JET community and expand your professional experiences while on JET. There are a number of positions that have yet to be filled this year including:

Director of Translating and Interpreting
Project Manager (x2)
Webmaster (x2)
Director of Advertising: New Partnerships
Director of Advertising: Public Relations
Director of Alumni Resources

If you're interested you can find more information about the positions [here](#). Information about how to apply can be found [here](#).

For Your Health

This is the time when a lot of friends are leaving the programme. For a lot of us, friends have already left. This can rattle your support network. If you're feeling irritable or frustrated, you're not alone. If you'd like to talk, reach out to Emilie or I anytime.

Kevin - kenchopa@gmail.com
Emilie - shigapa@gmail.com

There are other resources at your disposal as well:

[Web Mail - JET Counseling Service](#) (no limit)
Login Password: clairjet2020

[Skype - JET Counseling Service](#)
Login Password: clairjet2020

[AJET Peer Support Group](#): 050-5534-5566
Skype: AJETPSG

[TELL Counseling Services](#)

[International Mental Health Professionals Japan](#)



Cancellations

Unfortunately the Michigan Exchange and the Uminoko Camp have both been cancelled this year due to COVID-19. With any luck both of these programs will be held as normal in 2021. *Fingers Cross*

Arrival Orientations

Presenters for this year's arrival orientations have been selected and notified. This year, because Survival Orientations for Group A and Group B are being combined, we require fewer presenters than most years. Thank you to everyone who offered to help.

The planning meeting for arrival orientation presenters will be held from 2-4PM on August 6th at the Gocho Building, 7th floor.

Survival Orientation will be held on September 18th.

Job Orientation will be held September 24th & 25th.

Summer Unmasked!?

Summer has arrived and the heat is on. It'll only get worse from now on.

You want to continue wearing a mask but [you can't deal with the heat](#)? Don't take it off just yet! Masks do seem to prevent the spread of COVID-19, so [keep it on your nose and mouth](#) when around other people or in enclosed spaces. Unfortunately, that means dealing with another problem: heat. Masks mean breathing in warmer air, which makes it harder for our bodies to cool down. Here are a few tips and tricks to try and avoid this, and to prevent summer fatigue and heat exhaustion at the same time!

- Try finding lighter masks that help you breathe better. Ask around for recommendations!
- Think of keeping a few of masks on hand. If the one you're wearing becomes damp, change it: that moisture makes breathing through a mask harder.
- Take short breaks to isolate yourself and remove your mask. For example, take it off whenever you go to the washroom.
- Hydrate! This helps with both heat exhaustion and summer fatigue, plus you can take off your mask for a breath as you drink. Go for sips, not gulps.
- Get some "fresh" air. Obviously, Japanese summers are gross and humid, but the good news is you don't really need to wear a mask outside if you keep proper distance.
- Wear loose, light clothes and stay in the shade or AC when possible.
- Keep a healthy lifestyle. Don't stop exercising; it helps with both heat stroke and corona! Eat 3 meals a day. Sleep well.

If you do end up with heat exhaustion, though, please remove your mask immediately and seek medical attention!

Hope you all [stay cool for the summer](#)!

