

## INTERN TESTIMONIAL

I grew up as a nerdy 4-H kid who loved to watch anime and learn about other cultures. Those worlds collided when my family hosted our first exchange student through Labo and States 4-H in 2012.

That summer changed my life and set me down the path of cultural exchange and research. My family hosted five students, and I participated in a two-month homestay in Japan in 2015, making unforgettable friends and memories along the way. I am so grateful to have been given the chance to live and work in Japan for a year, giving back to the program that changed my life.

Labo has allowed me to meet countless youth, peers, and role models that taught me so much about Japan and what it means to be an international citizen, and I hope to treasure these experiences and connections for the rest of my life.



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The Labo Internship Program is truly a unique challenge and a once-in-a-lifetime opportunity. Labo has been so supportive every step of the way, and I encourage you to apply to the program if you are interested in Japanese culture and international exchange. My life changed so drastically over the last year, and I am unbelievably grateful for every second I've been blessed with on this program.

- Lilli Hanik  
2020-2021 Labo Intern, Kentucky



公益財団法人 ラボ国際交流センター

Labo International Exchange Foundation



# LABO INTERNSHIP PROGRAM

<https://exchange.labo-party.jp>  
[intern@labo-global.co.jp](mailto:intern@labo-global.co.jp)



# 「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. Gain a profound level of insight into 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!

Plentiful opportunities for personal and professional growth!

Learn the Japanese language! Help improve cross-cultural communications!

Learn how to examine values and cultural background objectively!

## INTERN DUTIES

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



## WORK SCHEDULE

Labo Intern's spend much of their time working with Japanese youth, helping out with international exchange programs, or assisting staff at the office. It is a great position for **outgoing, active individuals** looking to meet a lot of new faces!

Labo Interns work eight hours a day, five days a week, with compensatory time off awarded for any work during weekends or evenings. In addition to all regular holidays, Interns have a total of ten days of vacation.



## 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 livelihoods of Japanese people first-hand, Labo Interns deepen their understanding of modern Japan. Host siblings and parents are instrumental in teaching Japanese etiquette and the proper language to use in context. In many cases, people in the household will not speak any English, so Labo Interns are encouraged to improve their language skills!



## INTERNS RECEIVE:

- A Japanese Cultural Studies Visa
- Airfare to and from Japan
- Language lessons and training
- A monthly stipend of 50,000 yen (currently about 450 USD)
- Room and board with host families (excluding lunch on weekdays)
- Travel expenses for all work-related travel in Japan, including commuting costs, lodging, and meals during Labo programs
- Reimbursement for research expenses up to 40,000 yen
- 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 necessary arrangements. Labo can also offer 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 Japanese society have also been possible, with approval.