

# Panel Discussion ES-JHS-SHS

James Cooley - Ola Yasui - Ruth Hara- Spencer Jiro Viernes

# Summary

- Self Introductions
- Work
- Life and Health
- Commuting and Traveling
- Cultural Fatigue
- LGBTQ+
- Q&A

# Self Introductions



## Panelists

- James Cooley
- Ola Yasui
- Ruth Hara
- Spencer Jiro Viernes

# Work

- Student motivation
- Classroom management
- JTE/HRT relations

# Life and Health

- Time and money management
- Community involvement
- Health

# Commuting and Traveling

- Planes
- Trains
- Cars
- Bikes

# Cultural Fatigue

- Honeymoon
- Frustrations
- Adjusting
- Acceptance

# LGBTQ+

- What do yo want to know?
- Kumamoto City website with LGBTQ+ related news:  
[https://www.city.kumamoto.jp/hpkiji/pub/list.aspx?c\\_id=5&class\\_set\\_id=2&class\\_id=3020](https://www.city.kumamoto.jp/hpkiji/pub/list.aspx?c_id=5&class_set_id=2&class_id=3020)



# Q & A



# References

- Biking rules and advice:  
<https://en.japantravel.com/guide/cycling-rules/58088>
- Kumamoto JET  
<https://www.kumamotojet.com/reiwa/>
- Kumamoto City  
<https://www.city.kumamoto.jp.e.fm.hp.transer.com/default.aspx>
- Community involvement (English)  
<https://kumamoto-guide.jp/en/spots/detail/232>
- Health (English)  
<https://www.kumamotojet.com/reiwa/living-in-kumamoto/health/>
- Culture Shock and Fatigue (English)  
<https://linkjapan-careers.net/going-through-culture-fatigue-and-coming-out-stronger/>
- Tokyo Disaster Preparedness Website - (English)  
<https://www.metro.tokyo.lg.jp/english/guide/bosai/index.html>

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