



2026

Osaka YMCA Global Internship Program

Information Manual



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PROGRAM OVERVIEW

Since 2015, the Global Department at Osaka YMCA has been offering internship opportunities for young people seeking personal and professional growth through work experience and cultural exchange in Japan. This robust inbound program welcomes international students, study abroad participants, and local students eager to immerse themselves in Japanese culture while gaining practical work experience.

To date, we have hosted over 180 interns from countries and regions, including Armenia, Australia, Canada, China, Colombia, Ethiopia, Germany, Ghana, Hong Kong, India, Indonesia, Japan, Myanmar, Palestine, the Philippines, Singapore, South Korea, Taiwan, Turkmenistan, and the United States. Interns collaborate across cultures, exchange ideas, and develop new perspectives in a supportive environment. The program provides diverse roles tailored to interns' skills and interests, encouraging global citizenship and leadership development. As the world becomes increasingly interconnected, participants leave with enhanced knowledge, maturity, and resilience, prepared for future global careers.

Objectives

- To provide transformational personal and professional development opportunities for young leaders
- For participants to develop an understanding of global citizenship.
- To foster better cross-cultural relationships between Japan and international participants
- To create a strong alumni of Osaka YMCA supporters
- To build stronger networks both within the YMCA community and with external partners.

ABOUT OSAKA YMCA

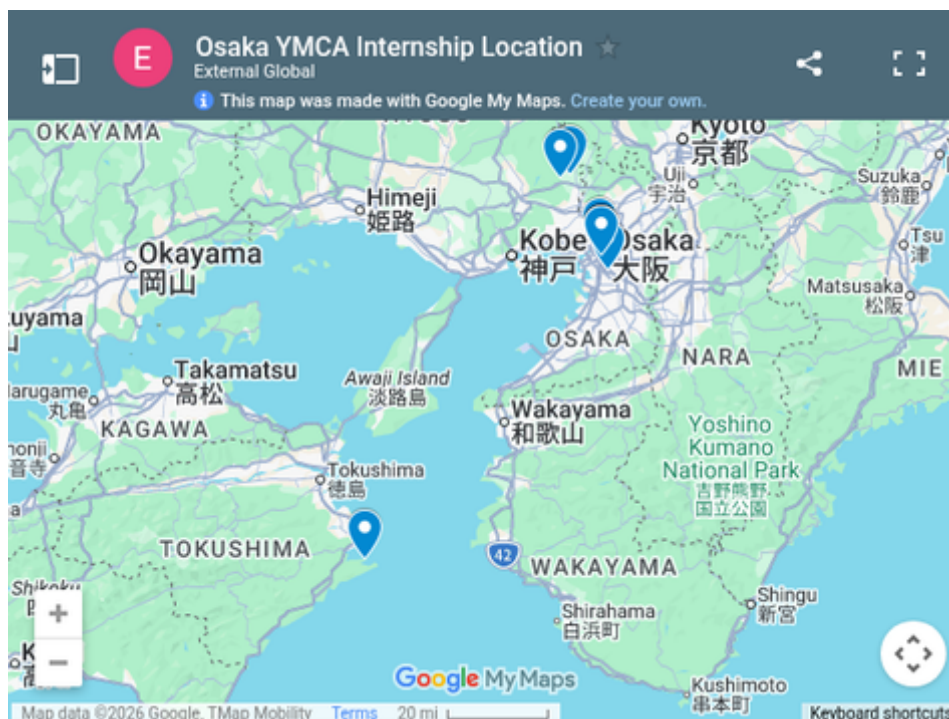
Osaka YMCA, established in 1882 (Meiji 15) as the Tosabori Youth Hall, has been a trailblazer in education, community engagement, and personal development. As the first youth hall in the East, it played a pivotal role in introducing Western ideas to Japan, offering lectures, social gatherings, and some of the earliest English language and college preparatory classes. These initiatives laid the groundwork for modern professional and preparatory schools in the region.

Our mission is to build a hopeful and harmonious society by fostering respect for life, promoting lifelong learning, supporting families, and encouraging volunteerism. We strive to create a "positive net" of mutual recognition and support, where individuals can discover their purpose, form meaningful connections, and grow in an inclusive environment.

With over 140 years of history, Osaka YMCA continues to empower individuals and enrich communities through a wide range of programs, including preventive care, wellness initiatives, education, and early childhood development. Our network of schools, social welfare facilities, and community programs is dedicated to building a vibrant and inclusive society for all.

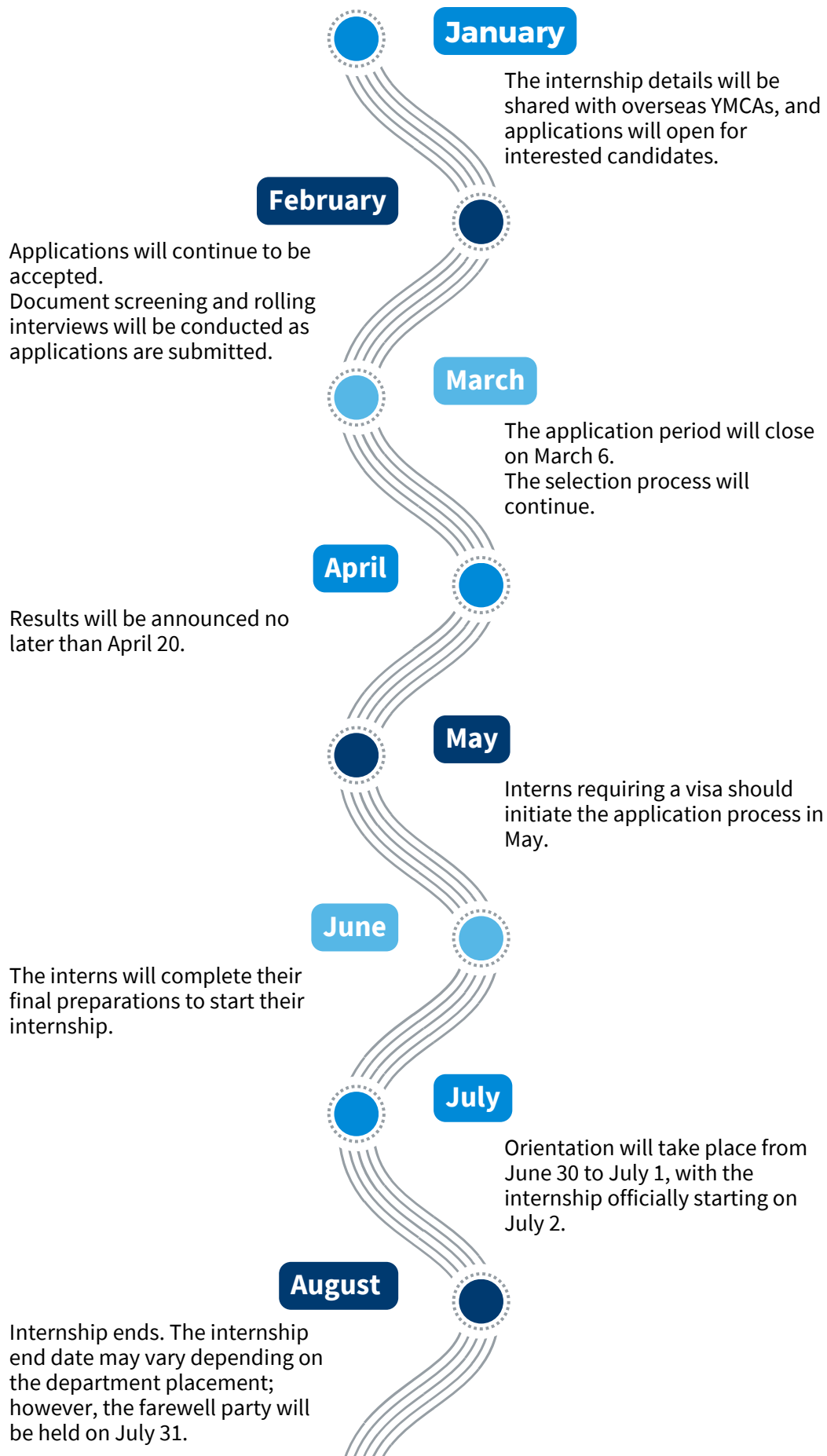
Locations

- Tosabori, Osaka
- Tennoji, Osaka
- Nakatsu, Osaka
- Matsuodai, Hyogo
- Anan, Shikoku



Access the map QR code above to explore all the internship locations.

PROGRAM TIMELINE





PROGRAM DETAILS

Duration

June 30 – July 31 / August 7 / August 14 (End date depends on internship placement)

General Requirements

- Must be 18–30 years of age.
- Possess a valid passport with at least 6 months of validity remaining and obtain a visa if required.
- Have comprehensive travel insurance (the intern's responsibility).
- Join Osaka YMCA's volunteer insurance upon arrival in Japan.
 - This insurance is different from travel insurance.
 - The insurance fee will be covered by Osaka YMCA.
- **Have sufficient funds to cover living expenses in Japan, including any visa-related costs (if applicable).**
- **Arrange and confirm travel plans, including a round-trip air ticket to Osaka (the intern's responsibility).**
- Intermediate level of English or Japanese for administrative processes.
- Willingness to learn basic Japanese, with strong encouragement to study the language before joining the program.
- Understand and agree to follow the Code of Conduct.
- Sign an acceptance letter upon selection.

Program Responsibilities

- Ability to create and deliver presentations about your country, culture, and internship experiences using tools such as PowerPoint, Keynote, or Google Slides.
- Apply through your local YMCA.
- Provide photos of your internship experience to the Global Department and assist in updating documents related to the Global Internship Program.
- Complete all required surveys, feedback forms, interviews, evaluations, and other program-related tasks.
- Assist in creating promotional materials for your internship department and the Global Department.
- Create a testimonial video about your internship experience and contribute to improving internship information for future participants.



PROGRAM DETAILS

Additional Information

- If you require a visa to enter Japan, you are responsible for applying for it; however, we will assist by providing necessary documents.
- Workplaces vary by placement. Some interns may work in urban areas, while others may be placed in more remote locations where accessibility and internet connectivity may be limited.
- Working hours vary depending on the internship placement; please refer to the specific internship description for details.
- **Meals are the intern's responsibility. No meal allowances are provided.**

Benefits

- Transportation and accommodation benefits vary depending on the internship placement.
- Interns will stay at a youth hostel within the city from arrival until department placement. After placement, accommodation may be at the same hostel, a homestay, or other arrangements.
- Some departments offer pick-up services, while others may provide bicycles for commuting.
- If public transportation is required, a transportation allowance will be provided to cover commuting costs.

Personal Characteristics

- Highly motivated and proactive
- Able to work and live (if required) as part of a team
- Comfortable working with people from diverse backgrounds and cultures
- Willing to work outside one's comfort zone
- Good organizational skills
- Flexible and open-minded
- Resilient with a positive attitude
- Strong communication skills
- Goal-oriented

Placement Opportunities

Below are the available placement opportunities. Detailed descriptions for each placement are provided on the following pages.

- **International High School Teaching Assistant**
- **Matsuoudai/Shirogane Nursery & Kindergarten Teaching Assistant**
- **Language Center Teaching Assistant**
- **Osaka YMCA International Kindergarten Teaching Assistant**
- **International School Intensive Program Teaching Assistant**
- **Wellness Department Program Assistant**

International High School Teaching Assistant

Department: International High School

Location: Tosabori, Osaka

Positions available: 1

Working Hours: Monday to Friday, 7 hours per day **May be required to work on Saturdays or join overnight school trips*

Internship end date: July 31st

Working Environment Language: English and Japanese

The Osaka YMCA International High School was founded in 1988 and focuses on helping young people become well-rounded international students and global citizens in preparation for university. Its classes are conducted in both English and Japanese, and students are encouraged to participate in various socially orientated extracurricular activities, such as the Model United Nations Conference. There are approximately 30 full-time students per class currently enrolled full-time at the school.

Role:

This position is designed to give those interested in middle or high school education an opportunity to experience an international classroom environment and assist in preparing teaching materials under the instruction of our qualified teachers.

The expectation is to share your culture and to assist and support the staff members with running classes and extracurricular programs. You will be assisting and interacting with students aged 15-18 years old and are expected to act as a role model and leader. You will apply your strong presentation skills in a classroom setting.



Primary Duties:

- Assist teachers in delivering daily programs, English classes, special lessons, and class activities.
- Support Short and Long Homeroom classes, occasionally serving as a Group Leader.
- Assist with English conversation, cultural exchange activities, Japanese pull-out classes, and student administration for programs such as Open School and Model United Nations.
- Prepare and deliver class materials, mentor students needing additional support, and assist during and after classes.
- Participate in public and cultural events, and assist with field trips and overnight camps (e.g., Camp Anan).
- Support classroom upkeep, class preparation, and academic and administrative tasks, including social media updates.

Required Skills:

- Strong interest in education and working with adolescent students.
- Fluent English with strong teaching, communication, and public speaking skills.
- Beginner proficiency in Japanese.
- Prior teaching experience or current study in education or cultural relations.
- Ability to work independently and as part of a team, with strong problem-solving and observation skills.

Matsuodai / Shirogane Nursery & Kindergarten Teaching Assistant

Department: Matsuodai and Shirogane Kindergarten

Location: Matsuodai, Hyogo

Positions available: 2

Working Hours: Monday to Friday, 9 AM - 5 PM

Internship end date: July 31st

Working Environment Language: Japanese

Matsuodai and Shirogane Kindergartens were founded in 1974 and 1991, respectively. The kindergartens advocate for fostering a child's mind, body, and spirit by interacting with people and nature. They use the "learn through playing" approach to education.

Role:

The Matsuodai / Shirogane Kindergarten Assistant intern will support homeroom teachers in caring for young learners, focusing on the Osaka YMCA values of caring, honesty, respect, and responsibility. The intern will assist with activities such as crafts, music, gym, swimming, and dance, engaging with students in English. They will also help present activities and support class transitions. As a "global ambassador," the intern will serve as a role model for peers. Basic Japanese knowledge is helpful but not required.



Primary Duties:

- Assist homeroom teachers with childcare support, lesson preparation, and maintaining a safe, clean classroom environment.
- Support children's learning and development through play, observation, and age-appropriate guidance.
- Assist with extracurricular activities such as gymnastics, swimming, soccer, and outdoor programs, including excursions and camps.
- Support parenting and child-rearing classes, including activities for infants and toddlers (ages 0–2).
- Introduce cultural elements such as songs, games, food, daily life, and traditions to foster cross-cultural understanding among children, teachers, and host families.
- Observe teachers and classroom flow to gain insight into the Japanese early childhood education system.
- Assist with basic administrative and organizational tasks as needed.

Required Skills:

- Strong interest in pursuing a career in early childhood education.
- Experience teaching kindergarten or young children is preferred, but not required.
- Ability to work collaboratively as part of a team and complete tasks with varying levels of supervision.
- Energetic, enthusiastic, and capable of overcoming language barriers.
- Motivated, organized, with excellent communication skills.
- Flexible, resilient, and a great problem-solver with a solution-focused mindset.
- Ability to adapt to schedule changes, in-class situations, and dynamic team environments.
- Skills in music, art, sports, or outdoor activities are a plus, particularly in swimming and gymnastics.

Language Center Teaching Assistant

Department: Language Center

Location: Tosabori & Tennoji, Osaka

Positions available: 1

Working Hours: Tuesday to Saturday, 6 to 6.5 hours per day

Internship end date: July 31st

Working Environment Language: English and Japanese

The YMCA in Japan has more than 100 years of experience providing quality English language education in order to foster a vibrant multicultural society in Japan and equip our students with the tools to communicate abroad as active and engaged global citizens. The Osaka YMCA Language Center offers English classes to both children and adults and challenges them to understand different cultures and values, to find and solve problems, to be creative, and to communicate with others, all of which are necessary in an increasingly globalized society. There are approximately 550 students total, from two to eighty years old.

Role:

This position is designed to give an opportunity for those interested in language teaching or a career in education in general. The intern will gain experience in class preparation, teaching, leading selected class activities, and administrative support. This position would suit students who are considering becoming teachers and/or looking to gain career experience working in Japan.



Primary Duties:

- Assisting Language Center teachers in delivering daily programs and activities, including crafts, cooking, and swimming, for children aged 2 years old through elementary school.
- Participating in school events and cultural events.
- Assisting with administration work along with updating social media websites such as Facebook and Instagram.
- Assisting with the preparation and delivery of class content.
- Mentoring and assisting students who require attention and/or explanation.
- Helping with the regular upkeep and preparation of classrooms and equipment.
- Assisting teachers during school-related events (e.g., Open School, Parents Observation Day).

Required Skills:

- Strong interest in working with young children, including children aged 2 years old through elementary school.
- Advanced proficiency in English and strong public speaking skills; ability to present in front of a group.
- Basic understanding of Japanese.
- The ability to work as a member of a team and the strong ability to accomplish tasks on time with little direct supervision.
- Interest in working with a wide range of students and in helping them during and after class activities.
- Strong problem-solving and observation skills.

Osaka YMCA International Kindergarten Teaching Assistant

Department: International Kindergarten

Location: Tosabori, Osaka

Positions available: 1

Working Hours: Monday to Friday, 9 AM - 5:30 PM

Internship end date: August 7th

Working Environment Language: English and Japanese

Osaka YMCA International Kindergarten, established in 2014, boasts newly equipped classrooms and a gymnasium, offering four permanent classes. The environment is dynamic and rewarding, where teachers engage actively with young learners through activities, play, and team games.

Role:

The International Kindergarten intern will assist homeroom teachers in delivering English lessons and caring for young learners in a global environment. As a “global ambassador,” the intern will model Osaka YMCA core values and engage with students. Responsibilities include supporting activities such as crafts, music, gym, field trips and overnight camps, and assisting with class transitions while interacting with students in English.



Primary Duties:

- Assist homeroom teachers with the preparation of class materials and support classroom activities, including playing with students and maintaining a clean environment.
- Provide childcare and educational support for children aged 2 to 5, including supervising walks to nearby parks and participating in special programs such as field trips and overnight camps.
- Observe students to assess their strengths and areas for improvement, providing appropriate guidance to support their development.
- Team-teach a variety of subjects and skills, including social, life, emotional, fine motor, and gross motor skills, as well as music and dance.
- Reflect on and evaluate lessons and activities to enhance teaching methods and overall effectiveness.
- Document and report observations and findings, offering recommendations for program improvements at the end of the internship.

Required Skills:

- Advanced proficiency in English
- Qualifications in early childhood education and experience with children aged 2 to 5 are a plus.
- Ability to share knowledge and support fellow teachers in their professional development.
- Ability to work both independently with minimal supervision and as part of a team.
- Energetic, enthusiastic, motivated, and well-organized with strong communication skills.
- Flexibility to adapt to last-minute schedule changes, in-class dynamics, and team shifts, while keeping children engaged.
- Skills in music, art, sports, or other creative activities are a plus.
- Completion or scheduled completion of first aid training for infants and young children by the start of the internship is a plus.
- Passion for working with young children and the ability to engage them in a positive and energetic manner.
- Ability to think independently while maintaining effective communication with children and staff.

International School Intensive Program Teaching Assistant

Department: International School

Location: Nakatsu, Osaka

Positions available: 3

Working Hours: 5 days per week, 8 hours per day

Internship end date: August 7th

Working Environment Language: English and Japanese

Osaka YMCA International School (OYIS) is an English-based, private international school offering preschool to grade 12.

The OYIS Intensive Program has a cross-disciplinary focused approach, throughout the course each day. This intensive program is a stand-alone week-long program of fun, theme-based curriculum to engage the children from 3 years old to 12 years old collaboratively with their peers. This particular approach lends itself to an enjoyable atmosphere with less of an emphasis on the academic elements of learning.

Role:

This role involves assisting the instructor to ensure lessons run smoothly and efficiently. It includes supporting students to actively participate and enjoy the learning experience while maintaining a safe and secure environment for all participants throughout the session.



Primary Duties:

- Support teachers in delivering daily programs and activities.
- Record student attendance accurately every morning.
- Check every morning that students have brought all required items.
- Pay attention to ensure that students do not leave any belongings behind when they go home.
- Help prepare and deliver class materials for lessons.
- Provide mentorship and additional support to students needing extra attention or clarification.
- For the purpose of parent satisfaction and publicity, take photos during lessons.
- Ensure the classroom is tidy and ready for the next day.
- Assist with translation between parents and teachers/staff, depending on language ability.
- Depending on the assigned duties, you may be asked to ride the school bus or assist with after-care and morning care programs.

Required Skills:

- Intermediate proficiency in English; Beginner proficiency in Japanese.
- Prior experience in teaching or current studies in education or cultural relations is an advantage.
- Ability to collaborate effectively in a team and complete tasks independently with minimal supervision.
- Interest in engaging with students and supporting class activities.
- Strong problem-solving and observational skills.
- Comfort and experience in working with children; previous part-time roles involving children are a plus.
- Excellent communication skills essential for effective interaction and collaboration.

Wellness Department Program Assistant

Department: Wellness Department

Location: Anan, Shikoku and Tennoji, Osaka

Positions available: 3

Working Hours: 5 days per week, 8 hours per day

Internship end date: August 14th

Working Environment Language: English and Japanese

The Osaka YMCA's Wellness Program focuses on holistic growth, promoting both mental and physical well-being while emphasizing life protection. The Wellness Department offers a variety of sports, outdoor, and wellbeing programs at facilities across the Kansai region, including Tosabori, Tennoji, Anan, and more. Founded in 1968, Osaka YMCA Camp Anan was Japan's first marine campsite, offering activities like yachting, canoeing, and windsurfing. These programs help young people connect with nature, build confidence, and develop resilience.

Role:

This internship is ideal for active individuals. Interns will mainly work at Osaka YMCA Camp Anan, supporting aquatic, land, and water activities, safety, and equipment setup. Depending on program needs, they may take on leadership roles, support after-school programs, and accompany or supervise overnight camps. Some interns may also assist with outdoor and sports programs, such as gymnastics and basketball, at Tennoji under supervision.



Primary Duties:

- Assist staff and youth leaders in delivering programs for all age groups, including possible support for after-school programs.
- Facilitate activities such as canoeing, kayaking, SUP, yachting, ocean swimming, and outdoor cooking.
- Help plan and run cultural exchange programs.
- Host visiting schools and organizations from outside the Osaka YMCA.
- Lead campfire songs, activities, and games.
- Supervise swimming activities and engage participants.
- Support sports instruction and outdoor activities.
- Assist with camp upkeep, including setting up tents and maintaining equipment.
- Perform minor repairs, such as fixing life jackets and boats.
- May accompany and supervise camp groups during off-site trips or overnight camps.
- Follow and enforce safety protocols and emergency procedures.

Required Skills:

- Intermediate English proficiency; beginner Japanese preferred.
- Physically fit and comfortable with outdoor work in hot, humid conditions; aquatic skills a plus.
- Comfortable leading and supporting outdoor, water, and sports activities, including rescues and boat handling.
- Enjoys working outdoors and living in a remote, nature-based environment.
- Experience or strong interest in working with children, youth leadership, or outdoor education.
- Motivated, adaptable, and proactive, with interest in camp leadership.
- Able to lead and support both large and small groups, work well in a team, stay organized, and complete tasks with minimal supervision.

INTERNSHIP SCHEDULE

	SUN	MON	TUE	WED	THU	FRI	SAT
JULY	28 JUNE	29 Arrival	30 Orientation	1 Orientation	2 Department Placement	3 Internship Starts	4 Internship Starts
	5 Internship Starts	6 Internship Starts	7 Internship Starts	8 Internship Starts	9 Internship Starts	10 Internship Starts	11 Internship Starts
	12 Internship Starts	13 Internship Starts	14 Internship Starts	15 Internship Starts	16 Internship Starts	17 Internship Starts	18 Internship Starts
	19 Internship Starts	20 Internship Starts	21 Internship Starts	22 Internship Starts	23 Internship Starts	24 Internship Starts	25 Internship Starts
	26 Internship Starts	27 Internship Starts	28 Internship Starts	29 Internship Starts	30 Internship Starts	31 Farewell Party	1 Farewell Party
	2 Internship Starts	3 Internship Starts	4 Internship Starts	5 Internship Starts	6 Internship Starts	7 Internship Starts	8 Internship Starts
	9 Internship Starts	10 Internship Starts	11 Internship Starts	12 Internship Starts	13 Internship Starts	14 Internship Starts	15 Internship Starts
AUGUST							

All interns

- Arrival: **June 29**
- Orientation: **June 30 – July 1**
- Department Placement: **July 2**
- Internship Starts: **July 2**
- Farewell Party: **July 31**

International High School Teaching Assistant

Matsuoudai / Shirogane Nursery & Kindergarten Teaching Assistant

Language Center Teaching Assistant

- Internship Ends: **July 31**
- Accommodation Provided Until: **Morning of August 1**

Osaka YMCA International Kindergarten Teaching Assistant

International School Intensive Program Teaching Assistant

- Internship Ends: **August 7**
- Accommodation Provided Until: **Morning of August 8**

Wellness Department Program Assistant

- Internship Ends: **August 14**
- Accommodation Provided Until: **Morning of August 15**

APPLY NOW!

The Osaka YMCA Global Internship Program provides a unique opportunity to gain hands-on experience, learn from dedicated mentors, and contribute to meaningful programs. If you are passionate about personal growth, cultural exchange, and making a positive impact, we invite you to apply. This internship allows you to enhance your skills, immerse yourself in Japanese culture, and be part of a team shaping future leaders.

If you would like to learn more about the experience, we invite you to explore a series of testimonial videos from past interns, where they share their personal journeys and insights from the program. You can watch them by scanning the QR code below or by visiting our YouTube channel.



Don't miss the chance to start your journey with us. Apply now and take the first step toward an unforgettable experience!

Apply below



Please complete the [application form](#) to apply for the 2026 Osaka YMCA Global Internship Program as your first step. As part of the application, you will need to provide the name of the YMCA you are applying from, along with a contact person at that YMCA. Once your application is submitted, we will reach out to you with further details and next steps. If you have any inquiries or questions, feel free to email us using the contact details provided below.

Contact Info

Osaka YMCA Global Department

Address: 1-5-6 Tosabori Nishi-ku Osaka #550-0001 Japan
Phone #: (+81)6-6441-5088
Email: global-engagement@osakaymca.org
Website: <https://www.osakaymca.ac.jp/global/>
Facebook: <https://www.facebook.com/theosakaYGlobal/>
Instagram: <https://www.instagram.com/globalosakaymca/>
YouTube: <https://www.youtube.com/@osakaymcaglobal>



YMCA



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