

### **Explanation for Gap Years (5 Years or More)**

If you plan to enroll in a university in Japan and five or more years have passed since you last attended or graduated from your most recent formal educational institution (such as high school, college, or university), the Immigration Bureau requires you to provide a detailed record of your activities during that period.

Please list all activities since leaving your last school in chronological order, starting from the earliest.

#### **1. Employment (Work)**

For each job, please include:

Name of company or organization

Location (city and country)

Employment period (start and end: year/month)

Employment type (full-time or part-time)

Your position/job title

#### **2. Education (Language schools, vocational institutions, or any other educational programs excluding high school and university/college)**

For each educational experience, please include:

Name of school or institution and program/course

Location (city and country)

Period of study (start and end: year/month)

Enrollment status (full-time or part-time)

#### **3. Other Activities (e.g., volunteering, travel, personal development), please include:**

Activity period (start and end: year/month)

Location (city and country)

Description of activity

Name of organization (if applicable)

#### **Example**

ABC Company, Los Angeles, CA, USA

Sales Associate, Full-time

July 2022 – June 2024

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#### **Additional Notes**

Please ensure there are no unexplained gaps in your timeline.

If you already have a resume or CV that clearly includes this information, you may submit it instead of completing this explanation.