

ALT Dress Standards

It is a requirement to maintain a professional appearance. All ALTs are expected to wear business attire during working hours.

Hairstyle

Short, neat and appropriate for the business environment.

Shirt and blouses

Conservative and businesslike.

Hairstyle

Appropriate for business environment.

Facial hair

Always be clean shaven; if a beard or moustache, neat and trimmed.

Suit or sports jacket

Required. Casual jackets are not appropriate.

Make-up

Conservative and businesslike, including use of nail polish.

Necktie

Always wear a necktie! Top shirt button must be buttoned.

Neckline

Conservative and businesslike. No low cut necks on short tops.

Jewellery

Appropriate for business environment; earrings or other body piercings are not appropriate.

Jewellery

Conservative and businesslike.

Pants

Well-pressed, clean and appropriate for a business environment. Belt with normal buckle.

Skirt or pants

Skirt should cover the knees; business-style dress pants are acceptable. Should be worn at waist-level (not hip-level)

Socks

Dark colored matching socks.

Nylons

Required.

Personal hygiene

Maintain good standards of personal hygiene; ample use of deodorant is essential, especially in the summer months.

Footwear

Business style shoes that are clean, polished and in good repair. No sandals or sneakers.

Perfume or cologne

Use in moderation.



General points

- Perfume and strong aftershave should not be worn to school.
- Any piercings other than earrings for women should also be taken out when you are at school.
- Tattoos in Japan are associated with persons involved in organized crime, and are definitely not in line with the image and expectations of a teacher or sensei. As an ALT, there is an expectation that you will take part in school festivals and sports/club activities. In these activities, you may be required to wear shorts and t-shirts, and therefore any visible tattoo must be covered. In addition, living in the communities where you work will require that your tattoos are covered at all times. Therefore, living and working in Japan will prove to be a significant challenge if you have tattoos.
- Summer “Cool Biz” is in effect in some areas for a limited time. Please confirm with the branch regarding any dress code changes during the summer months.

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