

Dress Code Guidelines

Men	Ladies
<p><u>Top</u></p> <ul style="list-style-type: none"> ○ Button-down collared shirts. During “cool biz” season, short sleeves are fine. In colder weather, sweaters, vests, cardigans are helpful ○ Neckties might be preferred for HS and some JHS, but they’re not usually worn during cool biz ○ It’s best not to wear black or white ties. Black ties - are only worn to funerals in Japan. White ties - worn by the principal, the vice-principal and the office manager at the graduation ceremony. <p><u>Bottom</u></p> <ul style="list-style-type: none"> ○ Slacks or trousers, usually black or neutral tones like khaki or olive ○ Belts are good ○ Socks, always ○ Indoor shoes, generally with light colored soles and easy to slip on and off 	<p><u>Top</u></p> <ul style="list-style-type: none"> ○ Blouses, shirts, sweaters that cover upper arm (including the armpits), shoulders, and chest. Colors also tend toward neutral tones like navy, black, white, beige, and pastels ○ “Natural” make-up. Most teachers wear little if any during school hours ○ Scarves are taken off indoors <p><u>Bottom</u></p> <ul style="list-style-type: none"> ○ Slacks or skirts of knee-length or longer ○ Stockings with skirts is the norm ○ Socks or secret socks, always ○ Indoor shoes, generally with light colored soles and easy to slip on and off

Ladies & Gentlemen

- Some of your schools may have no-jewelry rules for students and teachers. If not, keep jewelry simple and plain. Avoid dangly earrings
- Most schools do not permit students to paint nails, so teachers don’t either
- Hair should be clean and a natural color. Hairstyles vary, but keep it prof.
- Wearing an undershirt or a camisole is pretty helpful for keeping those sweat stains at bay and preventing little flashes of skin.

Dressing Up and Down

- Certain ceremonies and events may require you to dress more formally in a suit
- At times it is acceptable to wear athletic clothing (summer breaks, Sports Day, etc). ES teachers often favor the ease of athletic clothes
- Keeping a suit or more formal option (and athletic clothes) at school/in your car is wise for those sudden ceremonies, staff photos, and dodge ball tournaments nobody tells you about until they’re happening
- Sometimes you’ll need an actual pair of dress shoes
- Mimic what other teachers do. If you aren’t sure, **ask!**

ALTs and Support Staff

- ALTs and support staff sometimes have more leeway with dress code
- It’s possible to use your clothing to teach about your home culture

Tattoos

- Tattoos are still somewhat stigmatized in Japan. If you have tattoos, keep them covered at work unless you’ve cleared it with your schools.