

A three-month plan aimed at the JFT-Basic exam and daily life in Japan for the SSW work route.

When	Focus	What to do
Days 1–10	Both kana	Master hiragana AND katakana — katakana is vital for daily-life & job words.
Days 11–20	Survival phrases	Greetings, self-introduction, shopping, asking directions.
Days 21–32	Core grammar	Polite forms, particles, ます-form verbs, basic questions.
Days 33–45	Daily-life vocab	Numbers, money, time, dates, transport, food, workplace words.
Days 46–58	Situational Japanese	Convenience store, hospital, city hall, workplace conversations.
Days 59–68	Kanji recognition	Read (not write) daily-life kanji: 危険, 入口, 禁煙, 非常口, 会計.
Days 69–78	Listening focus	Announcements, instructions, short dialogues at natural speed.
Days 79–86	Reading focus	Signs, notices, simple messages, schedules & forms.
Days 87–90	Full mock tests	Timed JFT-Basic practice; drill the sections you score lowest on.