

Farm Village for International Youth Exchange

Experiences of Japan's farm village life as it is.

"Hottostay" in Japan's farm villages

National history, culture and customs remain strong in farm villages

Safe and carefree travel with contacts in Japan

<Hottostay> full of excitements in seven areas in Nagano-ken.



NAGANO



Green and beautiful farm villages



Help harvesting vegetables.



Tearful farewell

Results at which farm village experience <Hottostay> aims

1. Contacts grow people.

- Earth people's first step "Contact" is the purpose.
- Go to farm villages to know the "importance of contact"
- Your successor is born from "contact."

2. Promote growth of the heart

- Have contact with villagers and reflect on your way of life.
- Sympathy: warmth, tenderness, and care.

3. Living with mutual support

- People, creatures, nature, and countries support each other.
- Can't live alone.
- Let's live contributing each other!

4. Visit ordinary farm village homes in Japan.

- Experience five-level rating system is based on 100 points.
- Japanese conversation learning system is based on textbooks.

School Exchange & Farm Village Experience <Hottostay>

Contact with Japanese agriculture, environment and culture in farm villages and schools to study future agriculture and earth.



With brought banners up



Face-to-face ceremony is performed exchanging songs.



Study facing each other



Rivers are really beautiful.



I have come walking through the village.



I did Japanese flower arrangement.



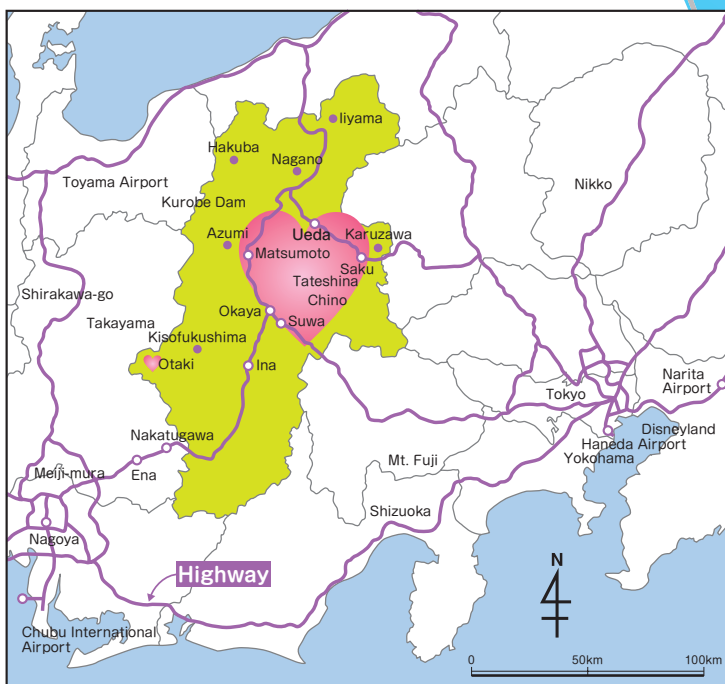
Visit homes by bus.



Be careful not to tumble



We prepared meal together.



Nagano-ken is at the center of Japan. Surrounded by mountains of 3000m above sea level and the number of farmers is the largest in Japan.



<Hottostay> Model Course

Proposal for experiences in three days and two nights or about in Nagano-ken

Nagano first day

Tokyo and Nagoya

1. Toyota (factory)
2. Asakusa (culture)
3. Mt. Fuji and Hakone (nature)
4. Takayama and Kurobe Tateyama

2.5 hours on highway from Tokyo
2.5 hours on highway from Nagoya

Afternoon: Experience in Nagano-ken

Ski, skate, board
Industry: Epson and clocks
Craft: Making paper and cooking buckwheat-noodles

Nagano: Stay in hotel

2nd day in Nagano

Leave the hotel at 8:30

School exchange

9:30 to 11:30

Culture: Tea ceremony, kendo, kimono
Art: Music, fine arts, theater
Class: Sports, English

Afternoon: Hottostay

Lunch: At receiving home
Life: Making meal, snow removal
Agriculture: Farm work, traditional work
Nature: Walk (settlements, mountains, rivers)
Languages: Japanese study as well

Nagano: Stay in hotel

3rd day in Nagano

Leave the hotel at 8:30

Morning: Experience in Nagano-ken

- A. National treasure Matsumoto Castle (historic spot)
- B. Karuizawa (resort)
- C. Walk in posting stations (history)
- D. Natural landscape (preservation)

2.5 hours on highway to Tokyo
2.5 hours on highway to Nagoya

1. Disneyland (information)
2. Yokohama Odaiba (information)
3. Akihabara, Tokyo (high technology)

Tokyo: Narita Airport

Information on nearby lodgment

Nagano-ken: Ueda-shi, Aoki-mura Sugadaira plateau, Kutsukake hot spring, Tazawa hot spring, and Bessho-Onsen

Nagano-ken: Tateshinamachi, Nagawa-cho Megamiko, Shirakabako, Tateshina plateau

Nagano-ken: Chino-shi, Suwa-shi Tateshina plateau, Shirakabako, Kurumayama plateau, Kirigamine plateau

Note

<Hottostay> aims at regional vitalization.

You are requested not to come to <Hotstay> only without staying at hotel in Nagano, since it does not lead to regional vitalization.

School Exchange & <Hottostay> Guidance



It's a rare dish.



Everywhere is green. It's been delightful.



Remove snow.



It is Japanese study.



Attend the class together.



Let's exchange e-mail.

School exchange, exchange manners of Hottostay

- ① Know common sense of every country in the world.
- ② With smile, greet in loud voice.
- ③ Talk positively.
- ④ Work in cooperation
- ⑤ Don't be selfish.
- ⑥ Study Japanese language, life and culture.

Experience five-level rating is performed with ten items.

- ① **Speaking ability:** How were the etiquette and answers?
- ② **Power of expression:** Was friendliness felt?
- ③ **Ability to act:** Changeover to work and conversation learning?
- ④ **Ability to judge:** Right and wrong? (intolerable selfish conduct)
- ⑤ **Positiveness:** Curiosity and inquisitiveness
- ⑥ **Cooperativeness:** Did all persons work together?
- ⑦ **Ability to solve:** Were directions frankly accepted?
- ⑧ **Diligence:** Was the work seriously approached?
- ⑨ **Things left behind:** Bringing of lunch, spare clothing, towel, and hat
- ⑩ **Ability to learn:** Was prior study carried out?

Support of learning Japanese conversation

At host families, lessons of the language are given by having visitors actively use it to improve their Japanese speaking.

School Exchange & Hottostay Application Form (Example)

Schedule	Contents of experiential exchange	Lodgment place
Day 1 Disembarkation		
January 21	Chubu International Airport - Meiji-mura	Stay in Takayama
Day 2 January 22	Takayama and Shirakawa-go	Stay in Toyama
Day 3 January 23	Kurobe, Hakuba and Chino	Stay in Nagano
Day 4 January 24	School exchange & Hotstay	Stay in Nagano
Day 5 January 25	Mt. Fuji and Akihabara	Stay in Tokyo
Day 6 Homecoming		
January 26	Disneyland -> Homecoming	

Farm Village for International Youth Exchange

Our farm villages accept young people for "farm village experience" from all over the world in a positive manner and have them spend together village life as it is in order to understand the importance of contact, food and nature through exchange and study, preserve the future of farm villages and earth environment.

Application for school and farm village experience and exchange:
Please make application to both Nagano Prefecture & Nagano Prefecture Tourism Association and Nagano-ken Hottostay Association simultaneously.

Nagano Prefecture & Nagano Prefecture Tourism Association:

692-2, Habashita, Nagano-shi, Nagano-ken TEL:+81-26-234-7200 FAX:+81-26-232-3233 E-mail:kikaku@nagano-tabi.net

Nagano-ken Hottostay Association:

1026-2, Shimo-takeshi, Ueda-shi, Nagano-ken TEL:+81-268-85-3939 E-mail:mail@murada.com