

knowing Japan through Japanese Farm villages



# JAPAN

A Peaceful and safe country / Japanese villages.  
Experience in farm villages for enjoying interaction with villagers.  
It is full of excitement! We are waiting for you.

## Interacting peacefully and safely with people in Japan



Friends in nature



Expanse of the tranquil country landscape



Coming out to welcome the bus

**Hotto Stay: Six hours** Experience actual life in day trip to rural household!

**Kankyo walk: Three hours** Walking around the village and discovering the environment, food and health

**Furusato Kaiki Prep School:** Experience rural life over a three nights stay.

## To NAGANO

Nagano is situated in the center of Japan. It is two hours from Tokyo by the bullet train. It is surrounded by 3000m high mountains, and has the highest number of rural households in Japan.

Temperature in summer: Maximum 35°C, Minimum 15°C  
Temperature in winter: Maximum 10°C, Minimum -15°C  
Annual rainfall 900 mm to 1300 mm.



The history, culture and traditions of the country still exist in the villages.

Japan - a peaceful and safe country. It is full of excitement!

# HOTTO STAY ほっとステイ

**Enjoy the life-style**

Have friendly chats without hesitation

**Six hours**  
**Experience**  
**the actual lifestyle**

- The village where life starts. Feel the joy of living.
- Compassion = warmth of the heart, kindness and consideration
- Greet loudly with a smiling face.



The red leaves are also beautiful



Tea time during the initial meeting



Enjoying the vegetable harvest



You cannot pull out if you don't put strength into it



Working with the children



Lunch at the house of the host



Playing in the river-the most popular activity



What have you taken?



Got a spherical eggplant!



## HOTTO STAY (Charges applicable)

- 9:15** Arrival at the venue and going to the household
- 9:30 ~** Tea: Introducing yourself  
Experiencing the lifestyle : Daily activities  
Experiencing agricultural work : The fields
- Lunch** Experiencing cooking
- 15:30 ~** Nature Experience : The Mountain and river  
Strolling : The settlement and school  
Farewell gathering : Assemble from the household and depart at 16:00.

### Information for accommodations in the neighborhood

- **Nagano Prefecture: Ueda City, Aoki village**  
Sugadaira-kogen Highlands, Kutsukake-onsen Hot Spring, Tazawa-onsen Hot Spring, Bessyo-onsen Hot Spring
- **Nagano Prefecture: Tateshina town, Nagawa town**  
Megami Lake, Shirakaba Lake, Tateshina-kogen Highlands
- **Nagano Prefecture: Chino City, Suwa City**  
Tateshina-kogen Highlands, Shirakaba Lake, Kurumayama-kogen Highlands, Kirigamine-kogen Highlands

Japan - a peaceful and safe country. It is full of excitement!

K A N K Y O W A L K

# 観郷ウォーク

**How much do you know?**  
Issues with the environment, food, health

*Three hours*  
**Walk around and discover the villages**

Man, living creatures, nature and the land support each other and live together on the earth.



Explanation of rules



What are the impacts of global warming?



Walking around the settlement.



Asking an elderly lady a question.



Picking up a 200g stone



What is the average life span in Japan?



What is the population of the world?



What are the five major allergies?



Looking forward to the scores!



**KANKYO WALK**

(Charges applicable)



◀ **Walking along the predetermined course and competing.**

- Distance : 5-7km
- Start at 9 am or 1 pm
- Ten question spots (two local residents)
- One spot five questions, out of 100 points
- Village therapy walk

## Manners for the village tour

1. To have a general knowledge of the world.
2. To speak actively without hesitation.
3. To work together.
4. Do not engage in selfish behavior
5. To learn the Japanese language and lifestyle.

Japan - a peaceful and safe country. It is full of excitement!

Furusato Kaiki Prep School

# ふるさと回帰予備校

Three nights stay~  
The experience of  
staying in a village

**Interaction makes people grow**  
Look, feel and listen to Japan's rural life

- Interaction gives birth to all ideas.
- Knowing the 'importance' of interaction.



First, a commemorative photo taken at the lodging house



Taking a stroll around the settlement with the host



Overlooking the village from a high point



Looking around the farm work



Playing at the river with some of the host family



Helping with the farm work-1



Helping with the farm work-2



Farewell gathering



A commemorative photo of the participants

(Charges applicable)



**Furusato Kaiki  
Prep School**

This is recommended for anyone who wishes to experience Japanese rural life. Participants stay in lodging houses, visit a nearby farming family and experience farm work and life. You also cook for yourself. This experience enables one to gain an understanding of life in Japanese villages.

Enjoy  
Japanese language!

**Supporting the  
learning of  
Japanese  
conversation**

The visitors are given guidance on conversation at the households by actively using the words that are used to Japanese hosts, based on text books.

## Village Experience : Contact details for enquiries

### Shinshuu Shiawasemura Sanada

Foresuto Koubou Mokuri-nai  
9022-2 Soehi, Sanadamachi, Ueda City, Nagano  
Tel : +81- (0) 268-61-5488  
mail : sanada@siawasemura.com

### Nagano Hotto Stay Society

1026-2, Shimotakeshi, Ueda City, Nagano  
Tel : +81- (0) 268-85-3939  
mail : mail@murada.com

### Nagano Prefectural Tourism Association

692-2 Habashita, Minami-Nagano, Nagano City, Nagano  
Tel : +81- (0) 26-234-7219  
mail : kikaku@nagano-tabi.net