

Authentic Experience, Heart Filled Hospitality, Safe Surroundings...
 Enjoy cultural exchange and farm life in a beautiful Japanese mountain village



Stay with a farming family in Ina, Nagano Prefecture



Introduction

Rich in nature and surrounded by the 3000m Central and Southern Alps known as the "Roof of Japan", Nagano Prefecture's Ina City has welcomed students from urban elementary schools and provided them with authentic experiences of Japanese country life for many years. After staying with a farming family who live in harmony with the harsh but beautiful nature of Japan, many students return home impressed by their experience of Japanese life and people. They learn not only about economic development, but also traditions, values and organic farming methods for living in harmony with nature. Their security, hygiene and liability insurance cover are guaranteed. Why not experience country life in this beautiful mountain village?



Merit 1 Authentic Experience

You'll be welcomed with heart filled Japanese hospitality and enjoy a rich, authentic, and unique experience of a Japanese traditional village and living in nature.



Merit 3 Enrich Yourself through Cooking

Cooking and eating together with a host family in a foreign country helps you learn the importance of foods and develop self-reliance and independence.



Merit 2 Safe and Secure Surroundings

Ina City welcomes you and has taken steps to ensure your stay goes smoothly and safely. All the host families have been vetted. Additional support and training is given to the host families regarding allergies and medical and other emergencies, and they attend regular cooking workshops and hygiene lectures, entry of compensation insurance for accommodation (seventy million yen) and liability insurance for instructors.

Merit 4 Convenience of Access

There is convenient access from Japan's main airports to Ina. It takes 2 hours from Nagoya, 3 from Tokyo and 4 from Osaka via the Expressway.

Further Information

- Program open : All year (except for certain times of year)
- The host families : Four to five people may stay with each host family. There are currently 12 host families with a total of 96 farmers and the number is growing.
- Farming experience : The program may vary according to individual families.
- Meals : Local foods are used to provide seasonal, local dishes. (All host families provide the same menu.)
- Accommodation : One night will be spent with the farming family. (Stay at a ryokan or hotel in the city for additional night.)

Comments from a Participant
 I enjoyed harvesting vegetables and a lot of the food was delicious. I spent a wonderful 2 days. I will enjoy telling all my family about this!
 Elementary School 6th Grade Student (Japanese)



Comments from Host Families



By doing a home stay you will come to know the importance of your parents and their love for you. You will also learn how wonderful and important nature is. Most of all, you will realize the merits of your own hometown.

Mr. Naohiko Ikegami



You can enjoy fishing and roasting the fish you catch in a charcoal fire, organic farming and cooking the vegetables you harvest, and observing Guinea fowl. By experiencing the land and food with your own hands you will come to know the ways and richness of nature.

Mr. Ikuo Nakayama

Stay with a farming family in Ina, Nagano Prefecture
 1-night, 2-day trip (suggested itinerary)

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|-------|-----------|--|--|
| Day 1 | Afternoon | After the welcome ceremony (orientation, meeting with host family), transfer to host farm by car. Farming experience (harvesting, farm work, picking flowers, pruning etc) | |
| | Evening | Cook, eat dinner, and clear away with the host family. | |
| | Night | Go to a hot spring for a bath. Activities with family (folktales, stargazing, fireworks, walking etc.) | |
| Day 2 | Bedtime | Around 21:30 | |
| | Get up | Around 6:30 | |
| | Morning | Cook breakfast with the host family Help with the cleaning Transfer from host farm to a meeting hall for a farewell ceremony Farewell | |

In the case of rain, indoor activities or talks on farming machines and implements etc. will take the place of the outdoor farming experience.

Groups Supporting the Program

