

Culinary Tour of Japan (9-days)

(departs anytime)



This 9-day educational tour of Japan is specifically designed for students interested in food technology and cuisine. It is designed to give students a comprehensive introduction to this amazing nation - its vibrant culture, cuisine and people.

The trip is intended to be of particular appeal to students of food science & technology and as such, features a significant culinary component. The trip includes several interactive cooking classes and other food-based experiences intended to acquaint students with the diversity and ceremony behind this favourite world fare.

On this gastronomical journey, students will visit the famous cities of Tokyo, Yokohama and Osaka as well as beautiful Kyoto, Hiroshima as well as the sublime Hakone prefecture. A special 'sumo' experience, a sushi class and a visit to the Japan's iconic Mt. Fuji are other features of this memorable trip, as is travel by bullet train, visits to Japan's quirky cafes and youth cultural districts and accommodation in traditional Japanese *Ryokans*.

Most importantly, this trip is designed to be highly enjoyable and features several excursions (as well as student-initiated activities) to provide students with a very memorable introduction to this nation that never fails to delight all who make the effort to visit.



David Eales
Asia Manager

Day 1:

✈️ Arrive Japan ✈️ Hiroshima



(Arrive at Narita International Airport (NRT). Welcomed by a Student Educational Adventures tour leader.)

On arrival in Japan we will be welcomed by our tour leader at the Narita airport lobby after completing immigration and customs formalities. Following a very short group meeting, we will board local transport to transfer to Tokyo's Haneda Airport for our short internal flight to the city of Hiroshima.

In the early afternoon we will arrive in this historic city where we will check into our centrally located hotel after which there will be a short time to freshen up.

In the late afternoon we will set out for a short walking tour of the city and later walk to our dinner venue where we will enjoy our first taste of Japanese cuisine. This will be Hiroshima Style Okonomiyaki making (baking) on teppan. We will return to our hotel following dinner for a much-anticipated night's rest. (dinner)

FLIGHTS: to be advised

Day 2:

Hiroshima 🚆 Kyoto



After breakfast we will set out to visit the Port Miyajimaguchi by private bus from where we will take a **ferry to Miyajima**, en route stopping to visit the beautiful Itsukushima Shrine. Today we will also visit the **Hiroshima Peace Memorial Museum** and ground zero directly below where the atomic bomb was detonated and stroll through the Hiroshima Peace Memorial Park that was once the site of the city's political and commercial heart.

It is here that we will learn of perhaps the most terrible event of World War II and certainly one of the most tragic in recorded history - the detonation of the first atomic bomb on this city in August 1945 which killed and injured an

estimated 130,000 people. The dropping of the 'A-Bomb' on Hiroshima (and shortly afterwards Nagasaki) was approved by the American military forces with the intention of bringing World War II to a close as fast as possible and preventing the need for American soldiers to invade the Japanese mainland which would have very likely dragged the war on for months.

In the afternoon we will board Japan's iconic bullet train for our journey to Japan's premier city of Kyoto. The *Bullet train* or *Shinkansen* has long been a symbol of Japanese efficiency, but its importance in shaping Japan's economy is much more than symbolic. Most of Japan's population lives in a surprisingly small number of places—only 20 percent of the country's land is habitable—and a high-speed train is an elegant solution for shuttling workers from one dense city to another.

On arrival in Kyoto we will transfer to our traditional Japanese inn (Ryokan). Dinner this evening will be a delicious affair at a popular local eatery, featuring a range of dishes for which the region is famous. Here we will check into our Ryokan and later enjoy a very traditional buffet style meal whilst wearing the obligatory *Yukata*. (breakfast & dinner)

Day 3:

Kyoto

Kyoto is Japan's premier city of culture and beauty. Kyoto served as Japan's capital and the emperor's residence for over 1000 years over the centuries the city was destroyed many times by wars and fires. Owing to its historic value the city was dropped from the list of target cities for the atomic bomb and spared from bombing raids during World War II. Today countless temples, shrines and other historic structures survive in the city.



We will set out today to explore Kyoto and visit the beautiful Kurama Temple from where we will enjoy a short walking activity followed by lunch at a popular local eatery.

Later we will visit the *Gion* District of Kyoto, famous for its Miko and Geisha – some of whom we will undoubtedly come across in our travels. This afternoon we will also enjoy a student-initiated activity (further details to be advised, see some options below). We will visit the always surprising *Nishiki Market* and then return to our hotel before a five-course private meal at our Ryokan. (breakfast, lunch, dinner)

Day 4:

Kyoto



This morning we will wander through the ancient districts of Kyoto as well as visits famous Bamboo forest. There are numerous wooden machiya merchant houses all with purposely designed narrow and long architecture to avoid the land taxes in the past. Many of the tea houses in Gion are the abodes of Geishas of whom we will see several strolling around the streets in their traditional costumes and white painted faces and have the history of Geisha explained to us.

Whilst in Kyoto we will also partake in a class to learn how to make Honshu's* favourite noodles, soba - a thin noodle variety made from buckwheat and wheat flour. During our class we will learn how to create a

dough of the correct consistency, roll it out and slice it into thin noodle strips using a special *soba* knife - not as easy as it all sounds!

Aside from its physical beauty, Kyoto is also famous as a culinary centre of Japan. Japanese food is very regional and whilst there are common dishes and ingredients across the country, each region has its own specialty dishes, ingredients and techniques. Dinner tonight will be a private affair at our Ryokan. (breakfast & lunch)

Day 5:

Kyoto Osaka



After breakfast we will make a very quick (30 minute) train journey to Japan's second-biggest city, Osaka. This centre of commerce and cultural can feel like an endless maze to many visitors and whilst it may not be nearly as big as Tokyo, it is world famous for its cuisine, castles and bustling retail districts. This afternoon we will take part in a **Sushi making workshop** or alternatively, a **Ramen class** to learn the secrets of Japan's winter comfort food. Under the guidance of a professional chef, we will learn the intricacies of creating traditional ramen as well as have the chance to try its varied varieties.

This afternoon we will visit the famous, Osaka Castle - a striking historical landmark in the middle of a modern urban cityscape, consisting of a complex network of moats, turrets, and walls surrounding a massive central tower.

This evening we will head downtown to explore the city busting Shinsekai neighbourhood - a colourful area packed with cafes, curio shops & eateries that was designed as an entertainment district in the early 20th century, and originally modelled after the cities of New York and Paris. Opened in 1912, "Shinsekai" literally means "New World", and is best known for its bright and gaudy atmosphere and countless restaurants and myriad of alley's where we will enjoy a delicious dinner this evening. (breakfast, dinner)

Day 6:

Osaka Mt. Fuji (Hakone)



After breakfast we will board another bullet train to travel north to visit Japan's much revered, Mount Fuji. Fuji is arguable Japan's most famous symbol - a revered mountain where we can enjoy terrific views of the mountain and its delightful hinterland.

This afternoon we will travel to nearby Lake Ashi, located in Hakone National Park to board a boat for a **short cruise across the lake**. The views from our boat are spectacular indeed from where we may admire the pristine waters surrounding Mt. Komagatake, Mt. Fuji and quintessential Japanese sceneries. (breakfast & dinner)

Day 7:

Hakone (Mt. Fuji), Yokohama Tokyo



This morning we will board the **Mt. Komagatake Ropeway**, an aerial tram that takes us from the shores of Lake Ashi to the top of Mt. Komagatake for amazing views of Lake Ashi, the Owakudani volcanic valley and majestic Mt Fuji. In the afternoon we will depart to the port city of Yokohama— Japan's second largest city famous as a centre of manufacturing, innovation and technology. Yokohama was originally a small fishing port that was frequented by early foreigner traders from 1859 and in more recent times it has developed into a major port and important commercial hub servicing Tokyo and beyond.

We will later visit the **Cup Noodles Museum**, a fun and interactive museum in Yokohama's Minato Mirai District. This museum shows the history of instant ramen noodles using a combination of whimsical exhibits and hands-on workshops where students can create their own flavours and toppings. It was opened by the Nissin Food Company, whose founder invented instant ramen noodles in 1958 as a fast and convenient food. We will enjoy lunch here.

This afternoon we will depart the serenity of rural Japan and make our way to the most populated city in the world Tokyo. (breakfast & dinner)

Day 8: Tokyo



A very special treat awaits us this morning as we venture out this morning to visit a sumo stable to learn of this quintessential Japanese sport. During this time, we will learn much about the rituals, traditions and the special diet of the wrestlers. Fast paced, colorful and full of ritual, our experience this morning will offer us a fascinating glimpse into traditional Japanese culture and a fun part of any Tokyo itinerary.

Sumo wrestlers live in *heya* (training stables) where they follow strict traditions that dictate their daily lives, from what they wear to what they eat. The top sumo wrestlers are celebrities in Japan, have fan clubs and retain their prestigious titles for life.

This afternoon we will visit Japan's youth cultural precinct of Harajuku. This iconic neighborhood has been credited with spawning the creation of *Lolita girls*, *decora*, the pancake boom and in more recent years procreated the Japanese pop art phenomenon of *manga*. Today we will also visit the bustling Shibuya precinct - epicentre of Japanese youth culture and famous for its iconic street crossing that must be seen to be believed. This evening we will enjoy dinner at one of the cities restaurants or alternatively, at one of the yakitori eateries for which Tokyo is duly famous.

This evening we will enjoy our final dinner in Japan at one of the Tokyo's famous theme cafes. Students are invited to make suggestions for this activity which may include Alice in Wonderland café, the Fishing café, Monster café, or the owl café to name a few! (breakfast, lunch)

Day 9: Depart Tokyo 🚗

Today is departure day. We will leave our hotel early travelling by fast train (06:00) to make our flight in good time. Our tour leader will take care of all our onward travel arrangements and wave us farewell. (breakfast)

FLIGHTS: to be advised

***Honshu** is the name of the biggest of 5 islands than make up Japan. The other 4 being Hokkaido, Kyushu, Shikoku and Okinawa.

Summary

Culinary Trip of Japan

Grading

Moderate: Students will be required to be in good health to get the most of this trip whilst any one of reasonable fitness will be able to take part. There are no real physical difficulties however students will be expected to walk every day. It will be necessary for you to carry your own luggage throughout the trip but only for short distances.

Accommodation

Student accommodation is on a twin/triple share basis. Teacher accommodation is on a single room basis. Hotels hold a 3-star equivalent rating.

Transport

Modern air-conditioned bus, train and boat.

Group Size

Minimum group size 14 students & 2 staff members. (No maximum number).

▲ [Smaller group sizes can be quoted upon application](#)

Your Tour Leader

Your tour leader is probably the person who most influences the success of your trip. Thus, *Student Educational Adventures* employs our own team of meticulously trained student dedicated, local tour leaders - not foreigners, imported at your students' expense with no language skills or insight into your host culture.

These nationals are not only the best folk to show you their country. They are your teachers, translators and an enthusiastic purveyor of authentic experiences. They are there to facilitate your immersion into new cultures and are the bridge between you and world of education and new experiences.

Your tour leader is always with your students throughout your trip and is thoroughly versed in safety protocols and duty of care responsibilities. This ranges from assisting in the most basic of health and safety measures to ensuring that teachers & students are always safe during our trips. All have been chosen because of their ability to deal with the needs and unique issues associated with escorting young people through this wonderful and at times, most foreign of regions.

Inclusions

- All accommodation and transfers, sightseeing and entrance fees for museums, attractions as described in the itinerary
- All internal transport (bullet trains etc.)
- Student Educational Adventures Group Leader throughout your trip
- Local guides where required
- Meals (and water with meals) as listed and underlined in the daily itinerary
- Pre-departure support, briefing and planning meetings for students & parents
- 24/7 in country support

Exclusions

- International flights to/from Japan
- Some meals as described
- Japanese Visa (if required)