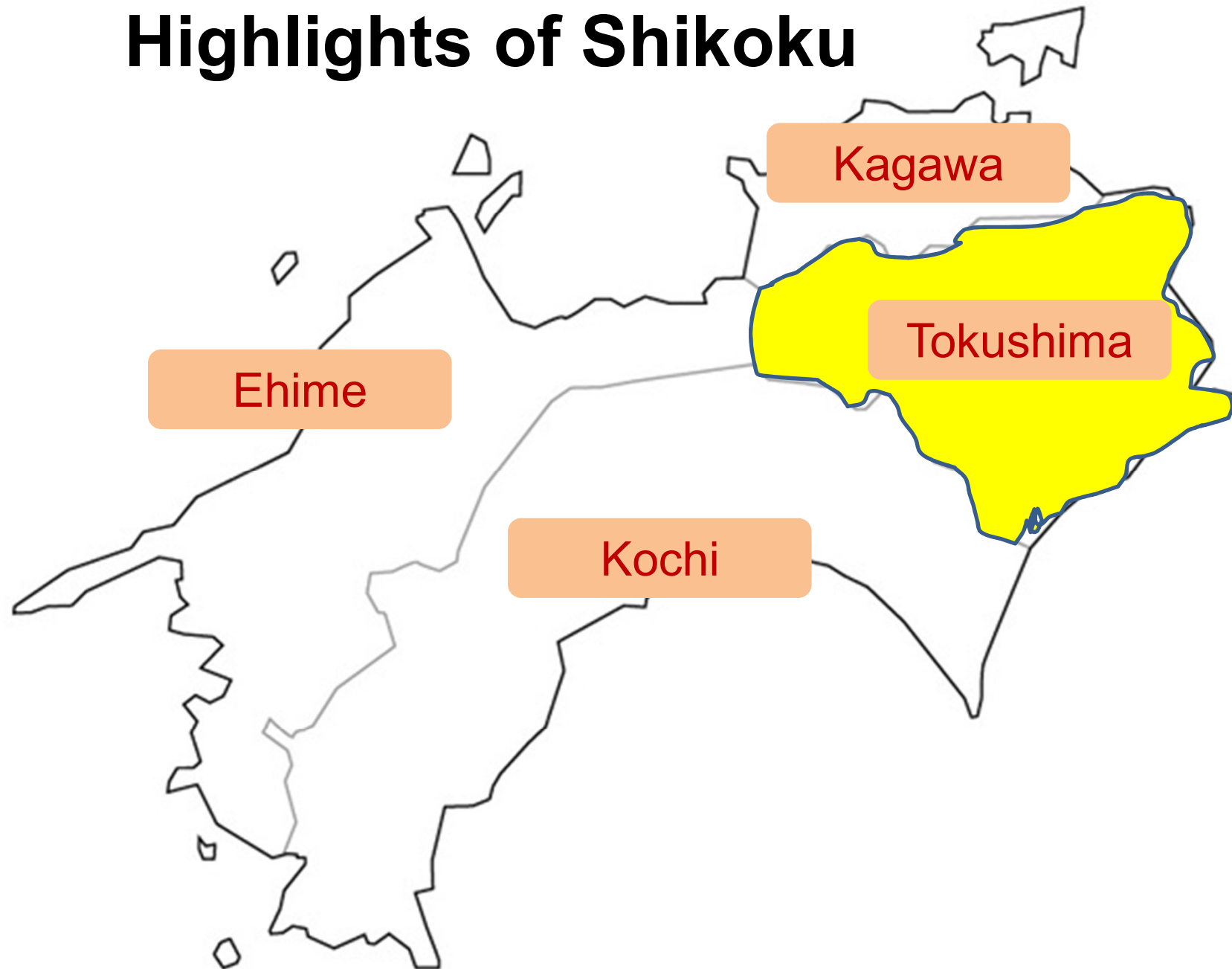


Tokushima, Japan

Highlights of Shikoku





experience and cultural exchange program



School visiting and cultural exchange program



First time meeting



Play soft volleyball together



Awa-odori dance show



Japanese culture calligraphy experience



Japanese culture Kendo experience

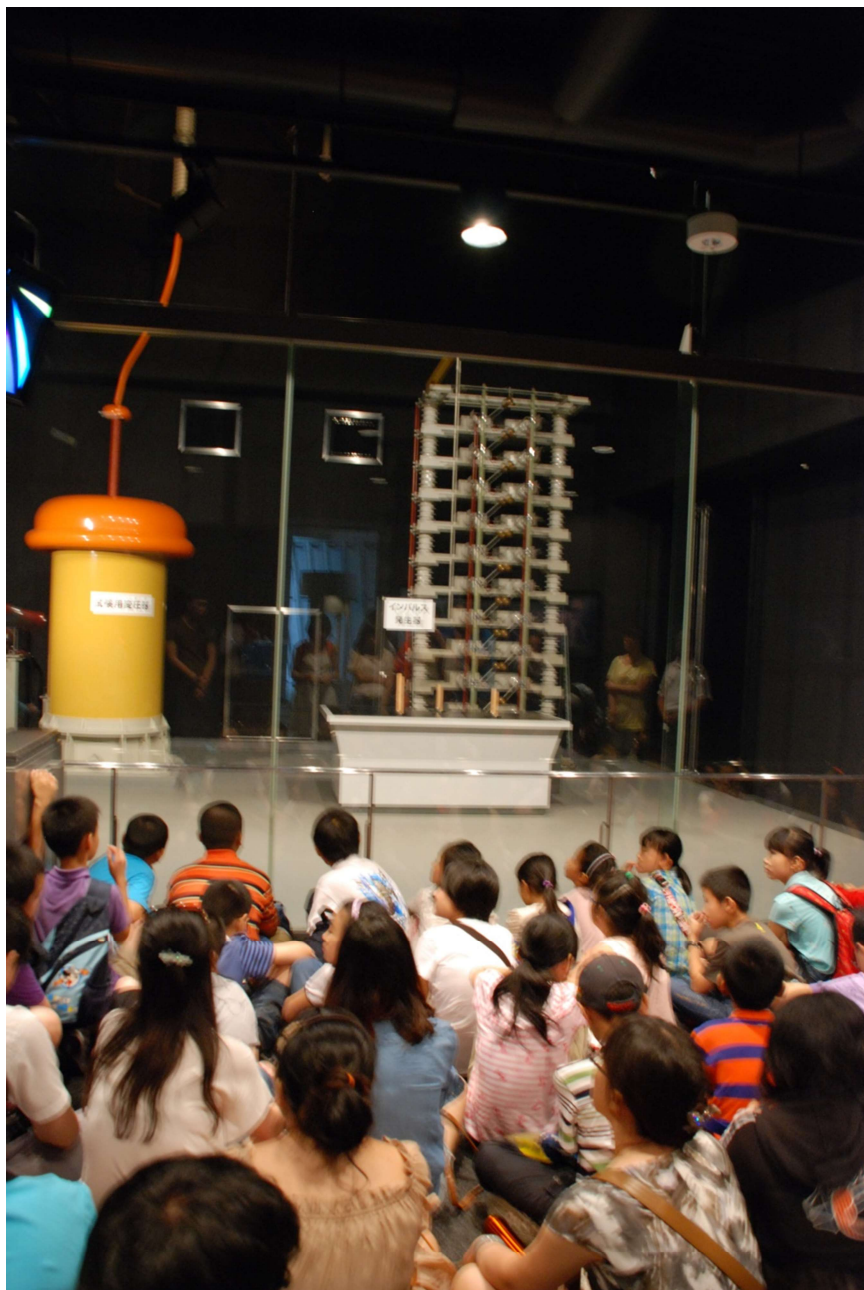


Awa-odori dance experience



Science experience





Disaster prevention learning



Life experience of rural village

Farmer homestay



3~5 students stay in one farmhouse, and experience the farmer's daily life, making meals and cleaning up together with the household. The food served is quite homely, characterized by local ingredients.

Experience examples

The students experience the farmer's daily life in half a day or a whole day as family members. Experience content varies depending on farmers and the season.



【Broad bean harvesting】
Helping ship to the market.



【Iya-bancha tea making】
Making tea for family members.



【Potato harvesting】
Using them in "korokke"(croquette) for dinner.



【Cattle caring】
Enjoy the time with cattle.

River activities

You can experience activities according to the characteristics of the Yoshino River upstream and middle flow,

Rafting (Yoshino River)



The torrent of Yoshino River upstream flowing through the craggy mountains and Oboke, Koboke valley is a spot known nationwide. Rafting through the torrents is a very popular activity here that involves teamwork. Instructed by league members of RAF Association (RAJ), the rafting experience here is quite safe.

River kayak (Yoshino • Anabuki River)



Take a kayak leisurely on the mild Yoshino River. Anabuki River, the tributary of Yoshino River, is rated the river of the best water quality in Shikoku for 16 years according to the investigation by the Ministry of Land. You can be reminded of the importance of water environment while having fun.

Marine activities

Yacht, cutter boat, kayaking, sailing boat experience at big camp in Japan.
It can accommodate maximum 300 people.



Ohenro Pilgrimage experience (Temple No.1~No.9)

The Ohenro pilgrimage was started by Daishi(Kobo-Daishi,Kukai) around 1200 years ago as a journey through 88 hallowed places in Shikoku, and is a trip through magnificent temples rarely seen in the world. The walking pilgrimage begins in Tokushima, and while united as a team you can progress forward with a sense of intent and feel the deep importance of your bonds.



Japanese Taiko Drumming experience

Starting with the correct form and posture, learning the drum striking technique and rhythm, you can play Japanese Taiko with your spirit and experience the heart of Japan from days gone by.



Karate experience

Karate is a Japanese traditional martial art that is made up of both the mind and spirit found in the way of karate. By training in its techniques, mental and physical harmony and civility are cultivated. Karate thrives even in the Tokushima area, and many people train in order to elevate their skill and spirit.



Events in public space (Party)

Matsuri(Japanese festival) party can be held in the public space of the park in Tokushima City.





Tokushima Prefecture subsidy



(Appendix 1)

Name of Subsidy	Subject of Subsidy	Eligibility Requirements	Amount of Subsidy
Subsidy for Accommodation	Expenses required for the trip	<p>The person/s must:</p> <ol style="list-style-type: none"> 1. Be a foreign tourist and must not hold Japanese citizenship. 2. Stay in Tokushima Prefecture for at least one night and visit two or more tourism facilities. (Excepting staying at “camps” or “cottages.”) 3. Use business facilities in Tokushima Prefecture (does not apply to educational trips, participation in international conventions and similar events, and events held in Tokushima approved by the chairperson). 4. Be travelling as a group of 10 or more people (tour conductors, tour guide-interpreters, and drivers, etc. are not eligible). 	<p>For tours using Tokushima Awaodori Airport, 5,000 yen per foreign tourist staying one night or 10,000 yen per person staying two nights or more in Tokushima Prefecture shall be subsidized.</p> <p>For tours not using Tokushima Awaodori Airport, 3,000 yen per foreign tourist staying one night or 6,000 yen per foreign tourist staying two nights or more in Tokushima Prefecture shall be subsidized.</p>
Subsidy for the Promotion of Medical Tourism	Expenses required for the trip	<p>The person/s must:</p> <ol style="list-style-type: none"> 1. Be a foreign tourist and must not hold Japanese citizenship. 2. Stay in Tokushima Prefecture for at least one night and visit two tourism facilities or more. 3. Have a consultation at a medical institution in Tokushima Prefecture for diabetes or other illnesses. 	20,000 yen shall be provided per person having a consultation for diabetes or other illnesses.

Subsidy for Familiarization Tours	Expenses required for the trip	<p>As a general rule, meets the following requirements:</p> <ol style="list-style-type: none"> 1. Is a travel operator actively expanding their business overseas, is working in media, or is a foreign blogger etc. 2. Will stay for one or more nights in Tokushima Prefecture and will make use of two or more tourism facilities within the prefecture 3. Will make use of commercial facilities within Tokushima Prefecture 4. Will report on/observe tourism facilities within Tokushima Prefecture with the aims of creating travel products related to the prefecture or introducing tourism destinations within the prefecture 	<p>Maximum payment of 15,000 yen per person shall be provided for the cost of the trip and the maximum number of people eligible for the subsidy is five per travel company or press/media organization.</p>
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Note: Consumption tax will not be subsidized.

(Appendix 2)

Name of Subsidy	Required Documents along with a Request Form for Subsidy Payments and Submission Deadline
Subsidy for Accommodation Subsidy for the Promotion of Medical Tourism	<ol style="list-style-type: none"> 1. Required Documents List of participants, travel itinerary, other documents required by the chairperson 2. Submission Deadline 5 days before the departure date (However, one application can be made for tours occurring in a prescribed period if the same plan or package will be implemented continuously.)
Subsidy for Familiarization Tours	<ol style="list-style-type: none"> 1. Required Documents List of participants, travel itinerary, quotation for the cost of tour, quotation for the cost of accommodation facilities, quotation for domestic travel expenses, other documents required by the chairperson 2. Submission Deadline 5 days before the departure date

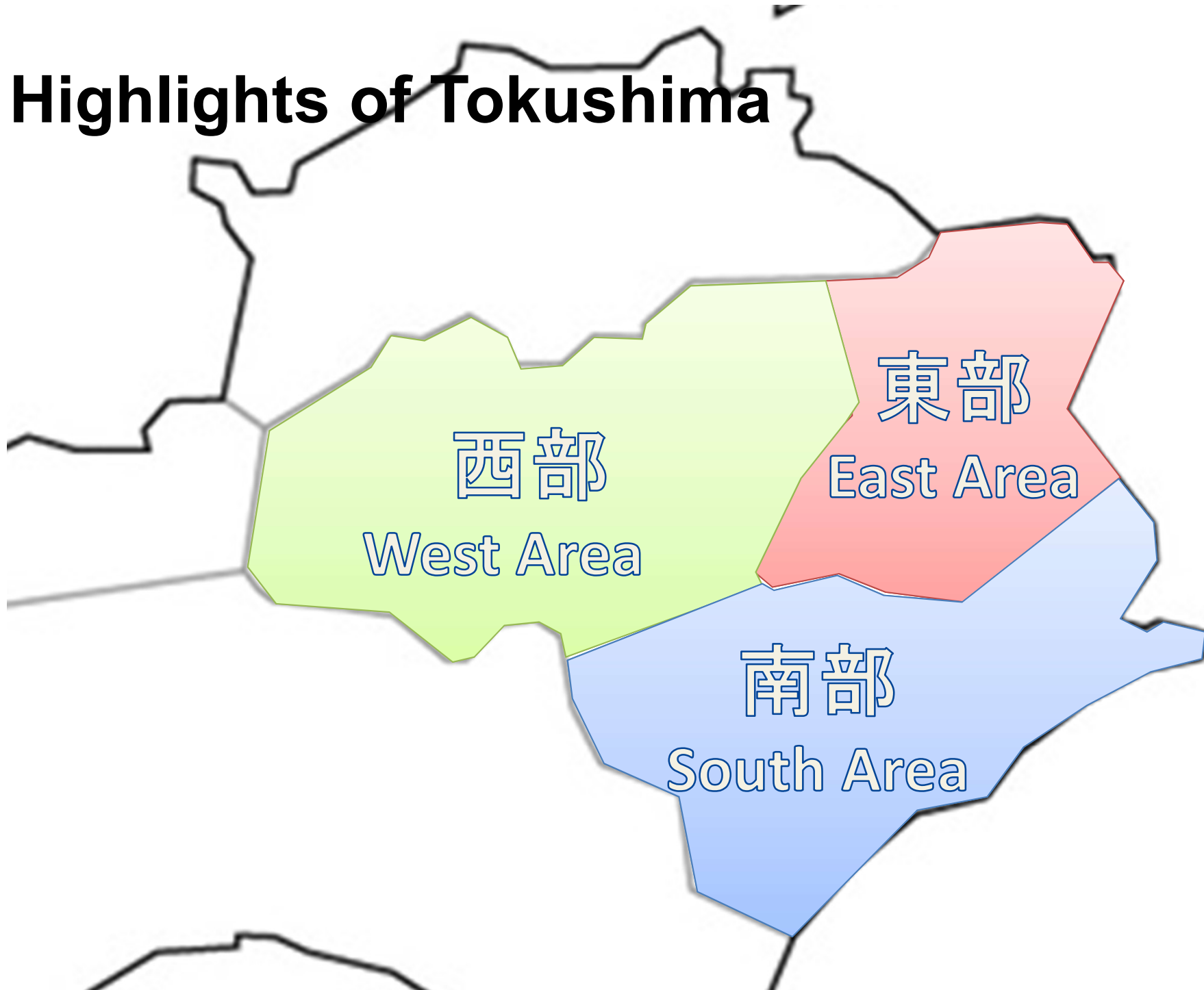
(Appendix 3)

Name of Subsidy	Required Documents along with a Performance Report of Subsidies and Request Form for Subsidy Payments and Submission Date
Subsidy for Accommodation	<ol style="list-style-type: none">1. Required Documents List of participants, travel itinerary, proof of stay at accommodation, other documents required by the chairperson2. Submission Deadline Within 30 days of the completion of the service or on the 31st of March in the fiscal year, whichever comes first. (However, one application can be made for tours occurring in a prescribed period if the same plan or package will be implemented continuously.)
Subsidy for the Promotion of Medical Tourism	<ol style="list-style-type: none">1. Required Documents List of participants, travel itinerary, invoice/receipt from a medical institution in Tokushima Prefecture, other documents required by the chairperson2. Submission Deadline Within 30 days of the completion of the service or on the 31st of March in the fiscal year, whichever comes first. (However, one application can be made for tours occurring in a prescribed period if the same plan or package will be implemented continuously.)
Subsidy for Familiarization Tours	<ol style="list-style-type: none">1. Attached documents: Register of participants' names, travel itinerary, invoices/receipts for travel expenses incurred within the prefecture, invoices/receipts for accommodation expenses incurred within the prefecture, results of FAM tour (production of a travel pamphlet, PR via blogs etc.), any other documents requested by the chairperson2. Submission deadline: Within 30 days of final day of trip, or by March 31 of the relevant fiscal year, whichever is sooner(However, for cases in which it is difficult to submit travel pamphlets etc. that show the results of the FAM tour within 30 days, a plan etc. may be submitted at the same time as the subsidy results report and subsidy invoice, with the actual end product to be submitted separately when completed.)

What to do if the designated account where the subsidy will be deposited is an overseas account

Fees for domestic money transfer will be added to the total amount of the subsidy and fees for overseas money transfer will be deducted from the amount of money that is transferred.

Highlights of Tokushima



西部

West Area

東部

East Area

南部

South Area

春

spring



夏

summer



秋

Autumn



冬

winter

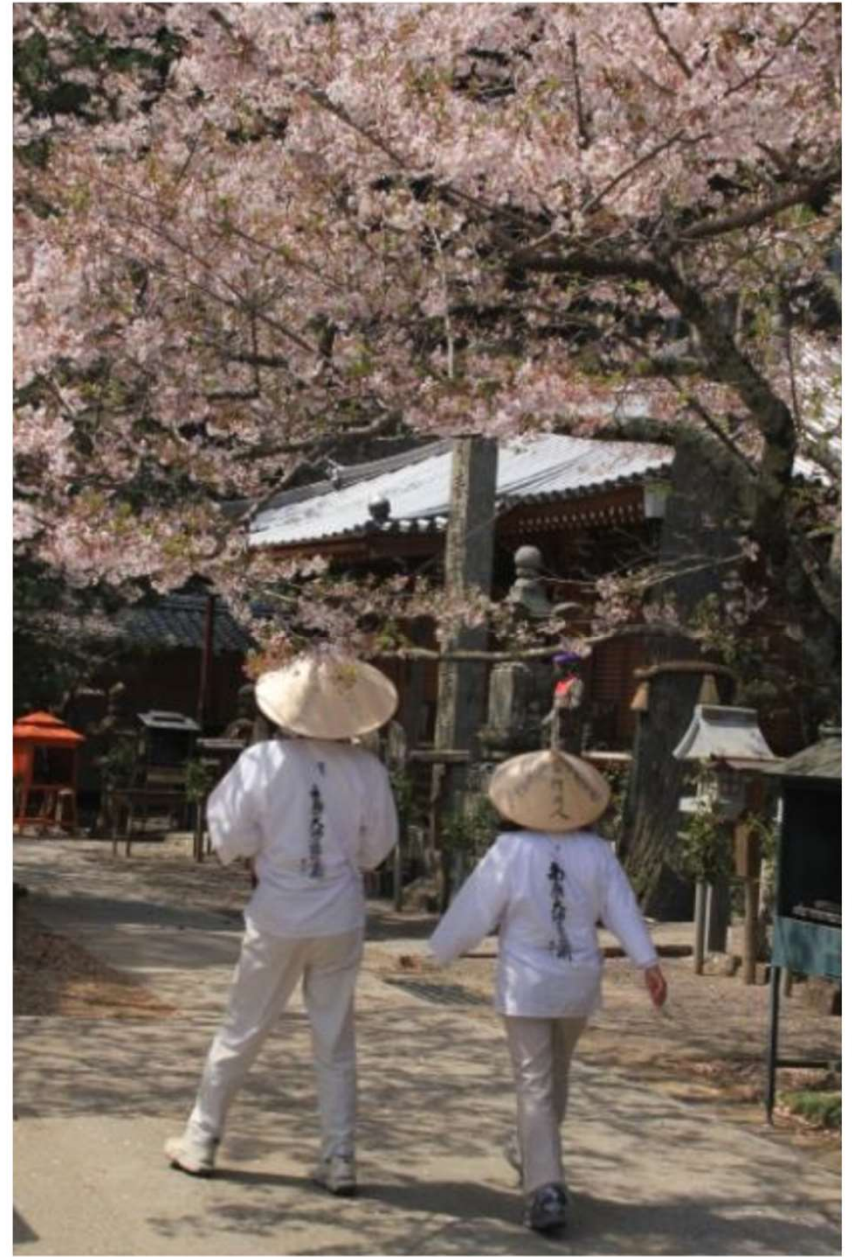




阿波おどり

Awa-odori dance





お遍路 Ohenro-Shikoku Pilgrimage



Indigo dyeing (Japan Blue)



東 部

Eastern Tokushima



鳴門の渦潮
Whirlpools of Naruto

大塚国際美術館

Otsuka Museum of Art





阿波おどり会館
Awa-odori Dance Hall



阿波人形浄瑠璃

Awa Japanese Traditional Puppet theater

ひょうたん島周遊船

Hyotanjima tour boat



和三盆糖菓子作り体験

Making Wasanbon confectionery



Wasanbon
Tokushima's traditional Sugar



西部

Western Tokushima

IYA 祖谷

大歩危

OBOKE



祖谷のかずら橋

Vine Bridge in Iya

(Visited by 300,000 people per year)

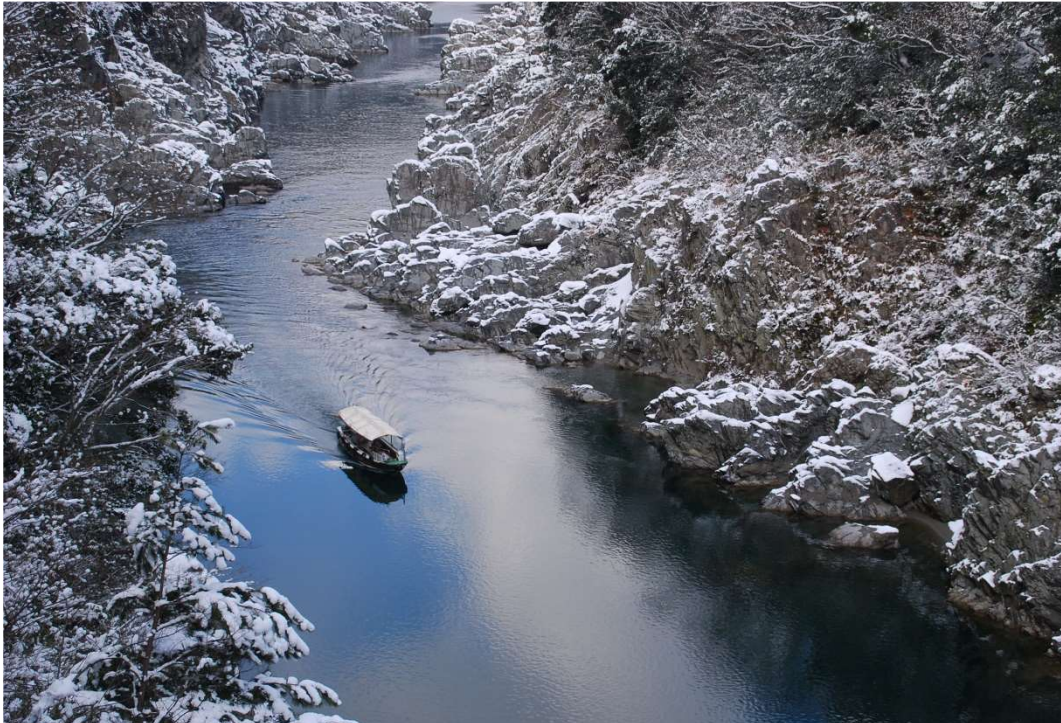
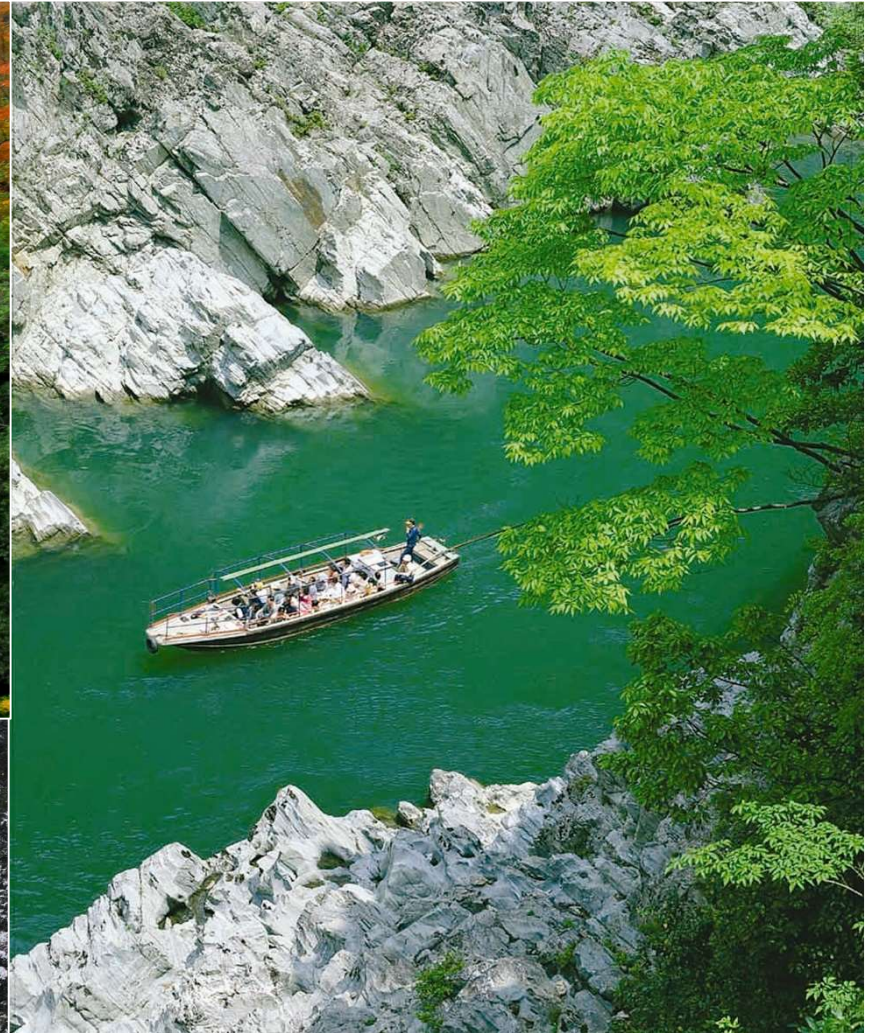
National significant folk cultural asset
国指定 重要有形民俗文化財

祖谷溪



Iya Valley





大歩危峡

Oboke Gorge

Pleasure Boat (遊覧船)

落合集落

Ochiai Village

National preservation area for group of the important traditional buildings
(国指定 重要伝統的建造物群保存地区)



桃源郷祖谷の山里(茅葺き民家ステイ)

Tougenkyo-Iya (Stay in thatched roof farmhouses)



そば打ち体験

Making Buckwheat noodles





名頃集落

Nagoro Village



かかしの里

The Valley of Dolls



うだつの町並み Udatsu Townscape



A landscape photograph showing a vast expanse of clouds, often called a 'sea of clouds', filling the valley below. The sun is visible in the upper left, casting a warm glow over the scene. The clouds are illuminated from below, creating a golden hue. In the background, dark mountain ranges are visible against the sky. The foreground shows the dark silhouette of a hillside.

雲海

Sea of clouds

Second highest in the western half of Japan



剣山
1,955m

One of the 100 famous mountains in Japan Mt.Tsurugi

Rafting

A wonderful combination
of regulation

吉野川ラフティング

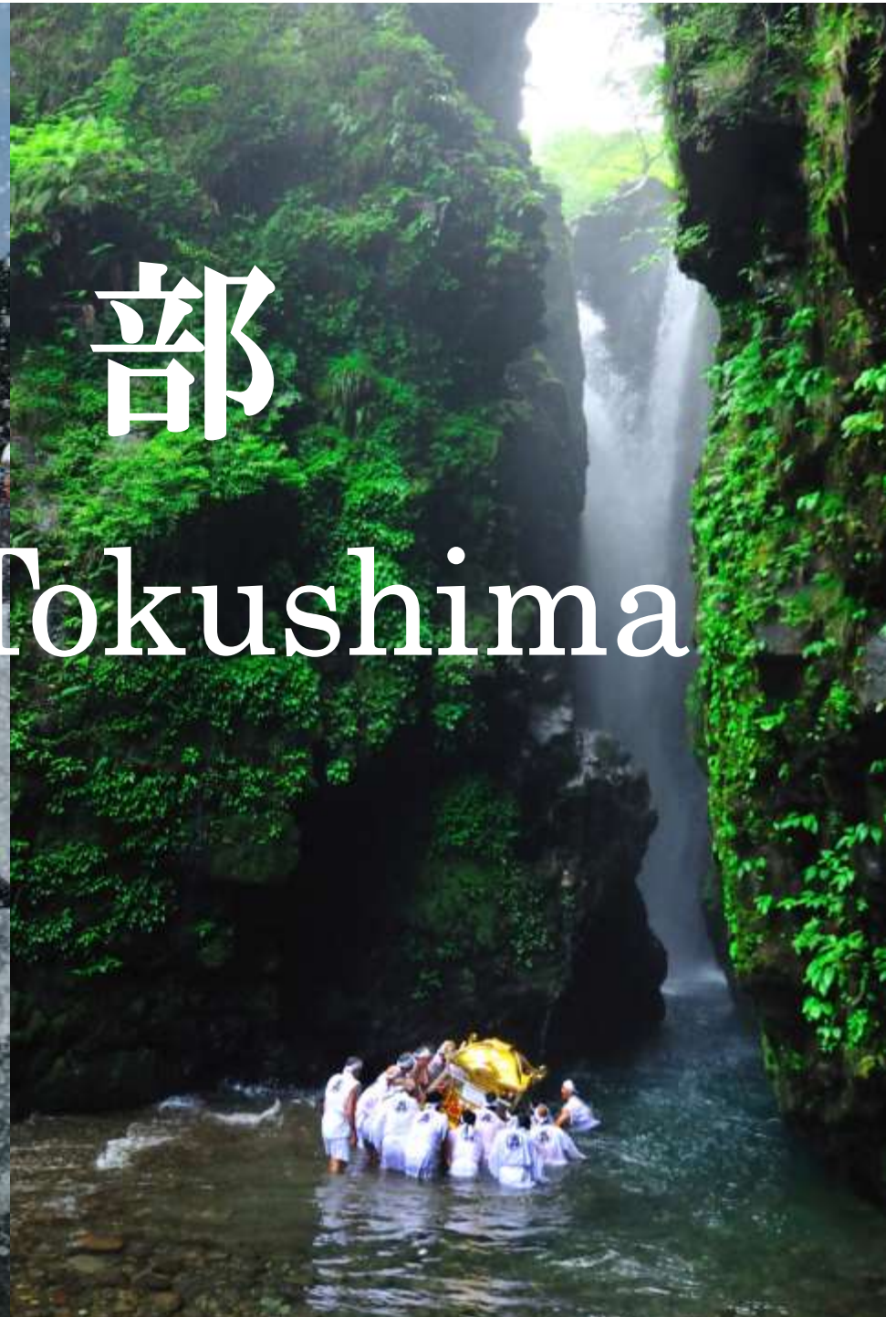




温泉 Onsen

南部

Southern Tokushima



出羽島Tebajima

国指定 重要伝統的建造物群保存地区

National preservation area
for group of the important traditional buildings



海部川

Kaifu River





轟の滝

Todoroki Waterfall

アウトドア アクティビティ

Outdoor Activities

シーカヤック

Sea Kayak



サーフィン

Surfing



セーリング

Sailing



SUP



太龍寺

Temple 21 “Tairyu-ji”





お松大権現

Omatsu daigongen(Cat shrine)

Power spot(Deity of Success)





郷土料理



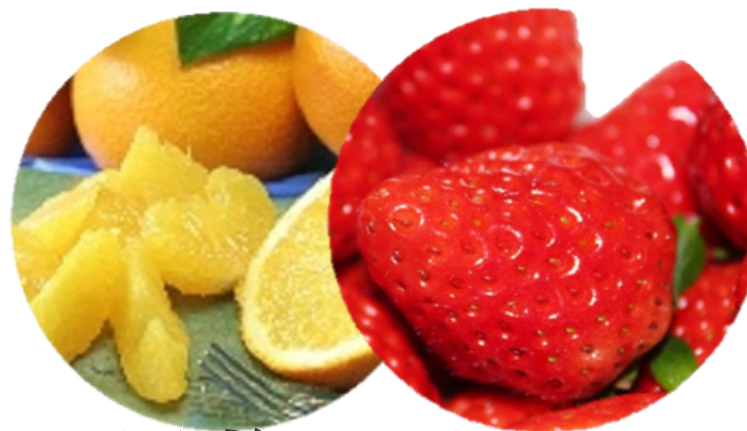
Local food



会席料理 Traditional Cuisine



阿波牛 Awa Beef/Wagyu



果物 Fruits

海鮮 Seafood

刺身
sashimi



海賊焼
Kaizokuyaki(seafood grilled)

鳴門鯛

Naruto sea bream



鰻 Sea eel

阿波尾鶏

Awa-odori chicken



半田そうめん

Handa-somen noodles



徳島ラーメン

Ramen





温泉宿泊施設案内 Information of Onsen Hotel

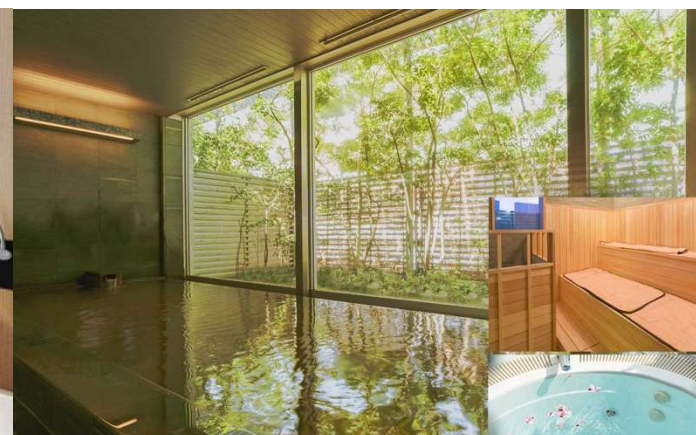
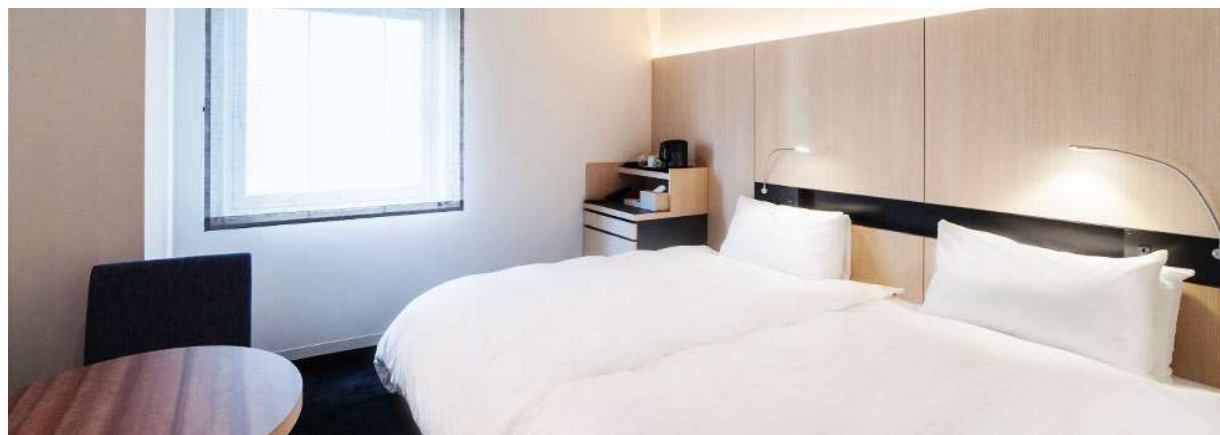




ホテルサンルート徳島

Hotel Sunroute Tokushima

<http://www.sunroute-tokushima.com/>





アオアヲ ナルト リゾート

Aoawo Naruto Resort

<http://aoawo-naruto.com/>





ホテルリッジ Hotel Ridge

<http://hotel-ridge.co.jp/>





神山温泉 ホテル四季の里&いやしの湯 Kamiyama Onsen

<http://kamiyama-spa.com/>



癒

IYASHI

月ヶ谷温泉 月の宿

Tsukigatani Onsen

<http://www.e-kamikatsu.jp/>





峡谷の湯宿 大歩危峡まんなか Hotel Obokekyo Mannaka

<http://mannaka.co.jp/>





大歩危温泉 サンリバー大歩危

Hotel Sun River Oboke

<http://oobokeysen.jp/>





祖谷溪温泉 ホテル秘境の湯

Hotel Hikyonoyu

<http://hotel-hikyounoyu.co.jp/>





新祖谷温泉 ホテルかずら橋

Hotel Kazurabashi

<http://kazurabashi.co.jp/>





和の宿 ホテル祖谷温泉

Hotel Iyaonsen

<http://iyaonsen.co.jp/>





ホテルリビエラししきい

Hotel Riviera Shishikui

<http://www.hotel-riviera.co.jp/>





ふれあいの宿 遊遊NASA

Yuyu NASA

<http://uu-nasa.co.jp/>





ホテル白い燈台

Hotel Shiroitodai

<http://shiroitodai.jp/>