

# Tokushima Japan

Tokyo→Tokushima  
1 hour (plane)



Tokyo

Osaka

Kyoto

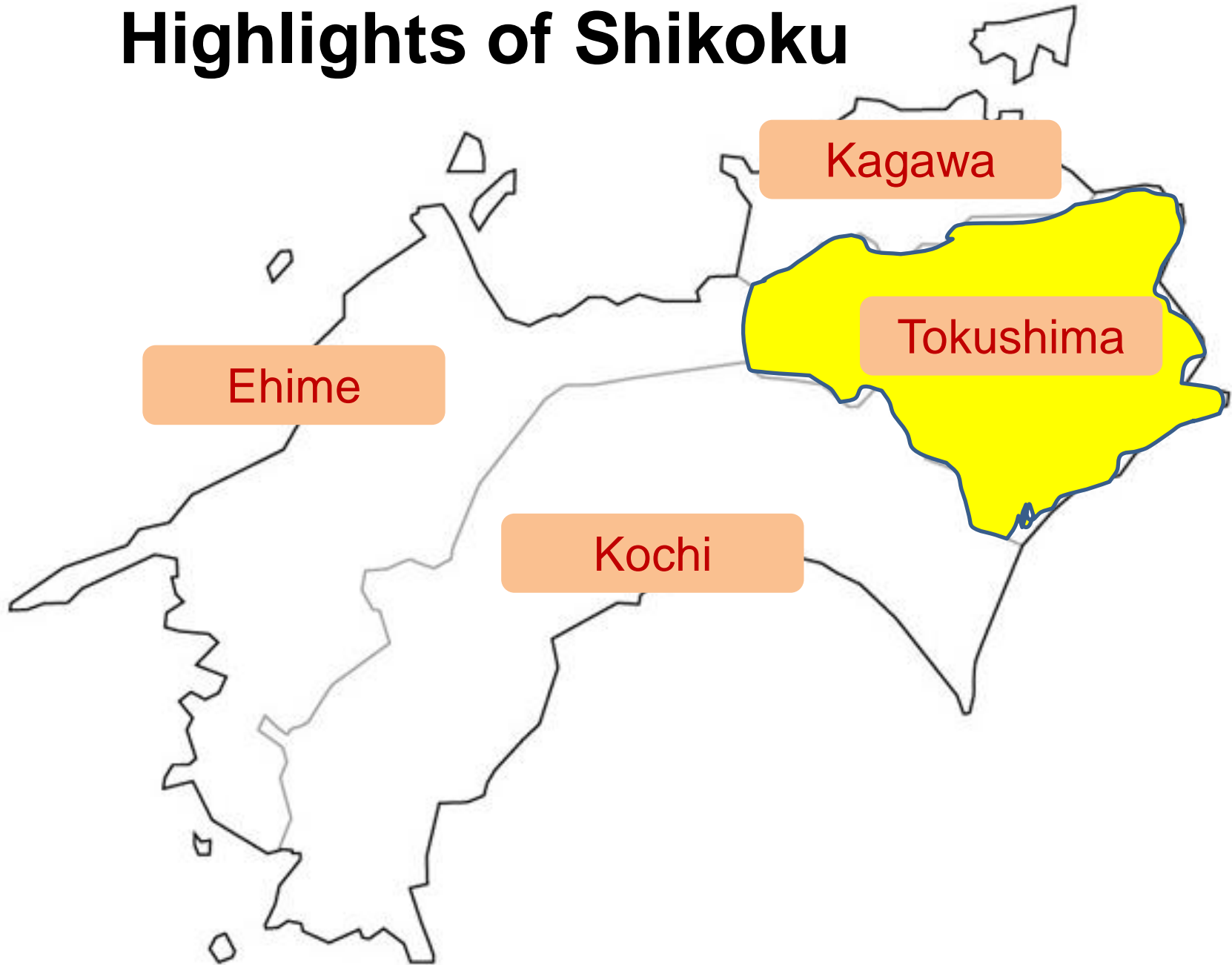
Osaka→Tokushima  
2.5hour (Car)

Shikoku

Tokushima

**Tokushima, Japan**

# Highlights of Shikoku



Kagawa

Tokushima

Ehime

Kochi

# 德岛县的新冠感染症对策

- ①县采取的应对措施
- ②观光设施采取的应对措施

# 德岛县的新冠感染症对策（县的应对措施）

## ■ 构筑安全・安心的人员接纳体制

### 1. 实施「德岛县新冠肺炎感染症感染扩大相关条例」

#### ① 企业设施的感染对策的义务化

#### ② 制定集团感染发生时公布流程等

#### ③ 禁止偏见歧视和诽谤中伤

- 遵守「感染扩大预防指引」
- 张贴告示「指引实践店贴纸」
- 登录于「德岛新冠通报系统」



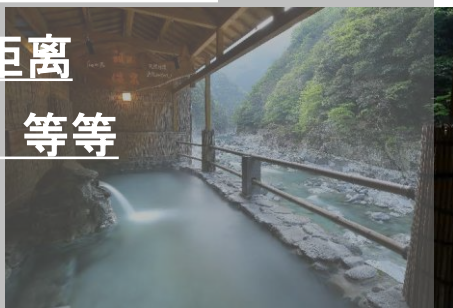
### 2. 对新冠对策（比如客人所居场所・员工工作场所的改修工程・设备维修等）措施方面给予补助

⇒ 加强防止新冠扩大对策

# 德岛县的新冠感染症对策（观光设施的应对措施）

## 住宿设施

- 配置酒精消毒液
- 实施定期消毒
- 住宿客人及员工均配戴口罩
- 确保有足够社交距离
- 实行测量体温 等等



## 观光设施

- 设置酒精消毒液自动喷雾式装置
- 设置测量体温装置
- 贩售窗口设置隔离板
- 贯彻做到换气通风 等等





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.



# Cycling experience

In Tokushima Prefecture, we have many cycling courses where you can meet the rich nature of Tokushima, such as the sea, mountains, and rivers, so that even beginners can enjoy cycling.

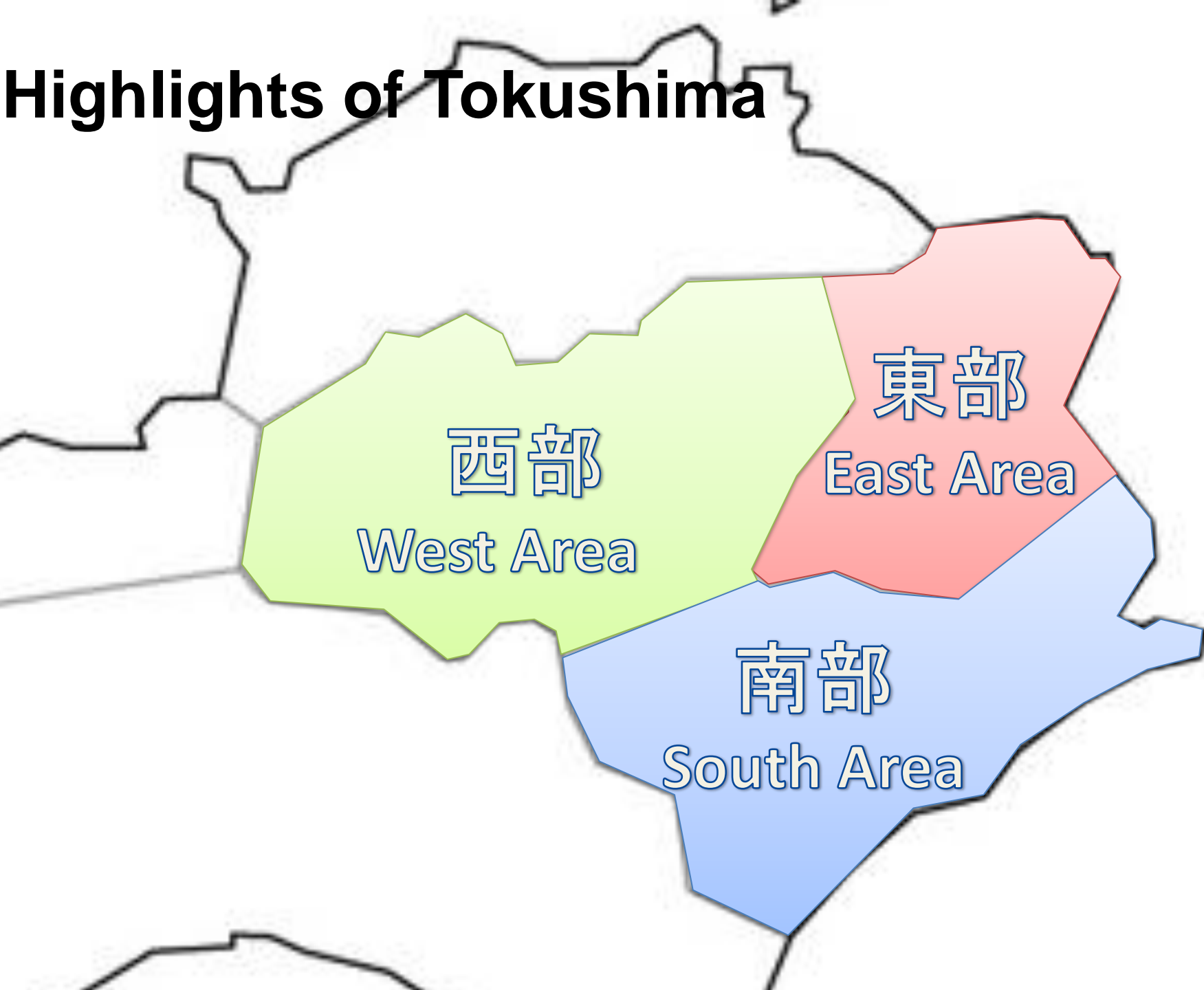


# Events in public space (Party)

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



# 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



# 藍染め

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



OBOKE 大歩危



# 祖谷のかずら橋

## Vine Bridge in Iya

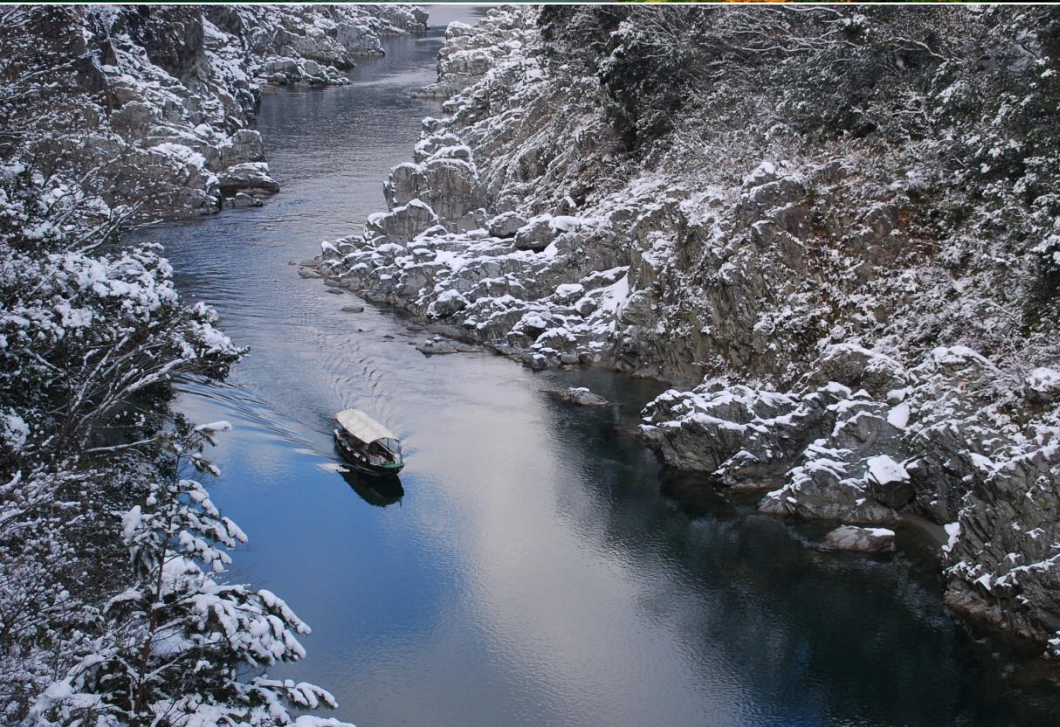
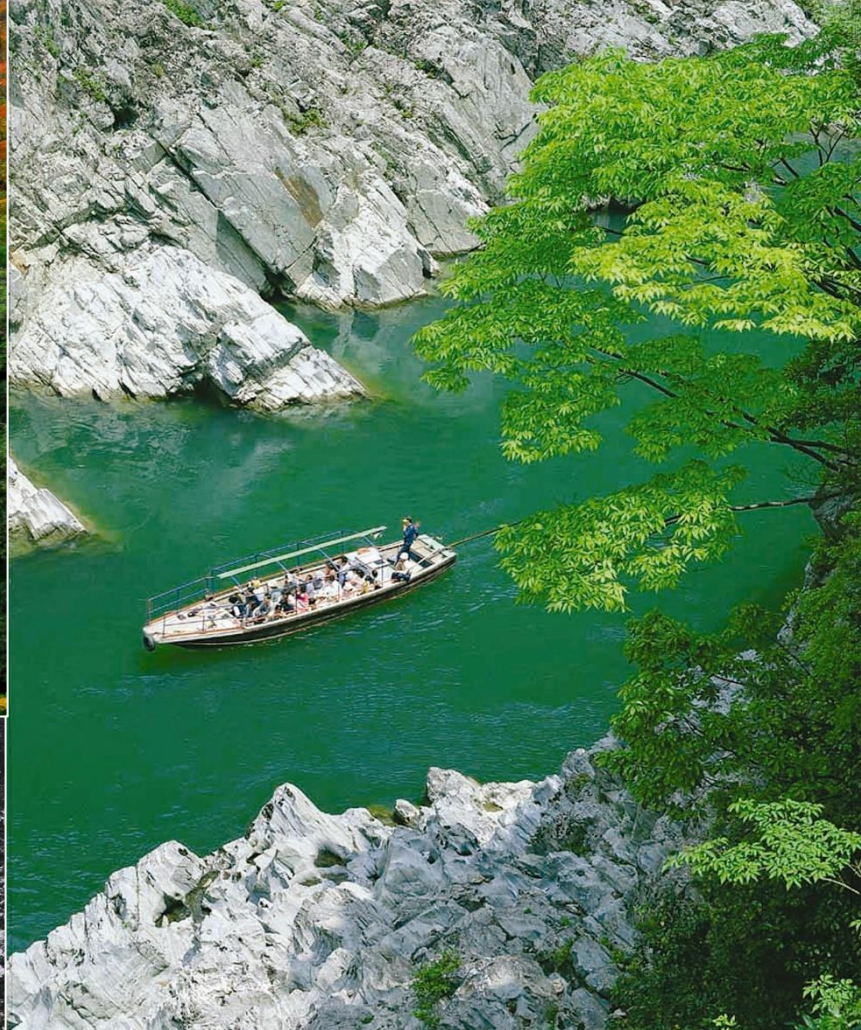
(Visited by 300,000 people per year)

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



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





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



### セーリング Sailing



### サーフィン Surfing

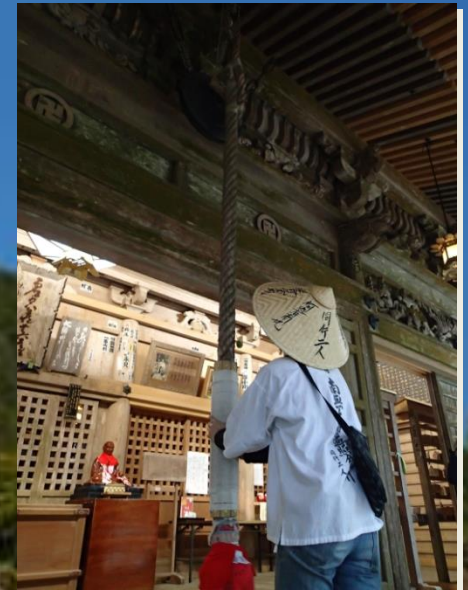


### SUP



# 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



# 徳島ラーメン Ramen

# 半田そうめん

Handa-somen noodles

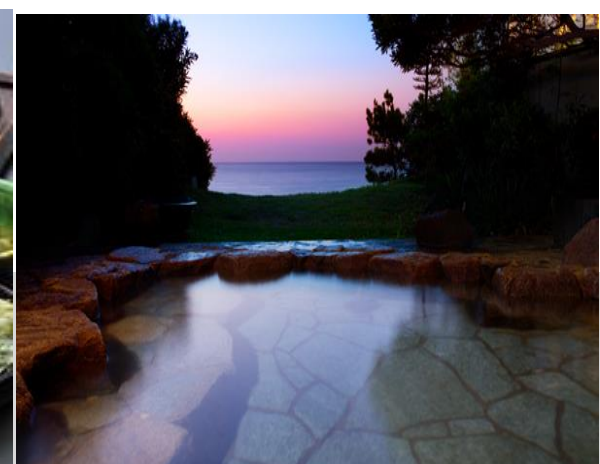




# 温泉宿泊施設案内

## Information

### of Onsen Hotel

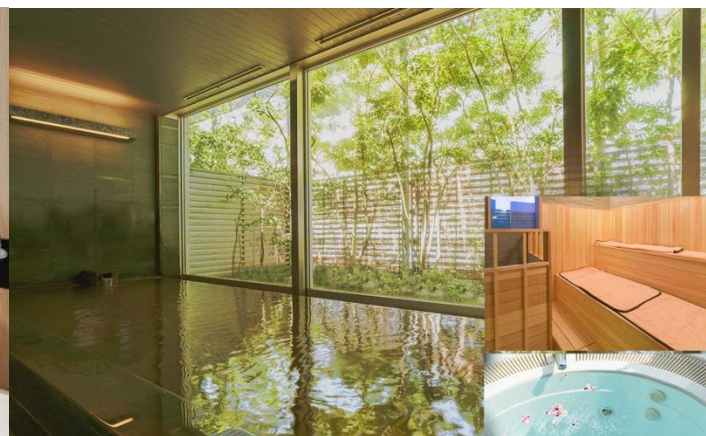
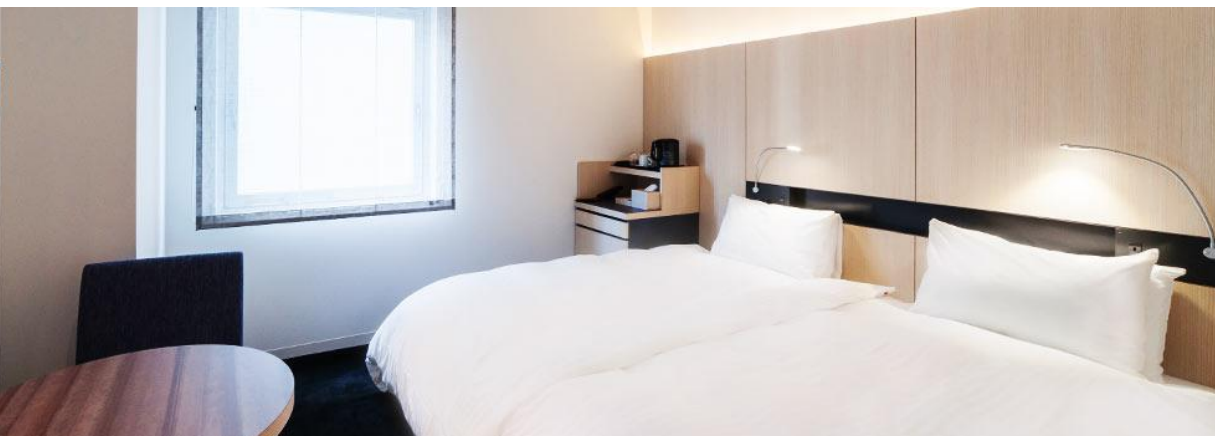




# ホテルサンルート徳島

## Hotel Sunroute Tokushima

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





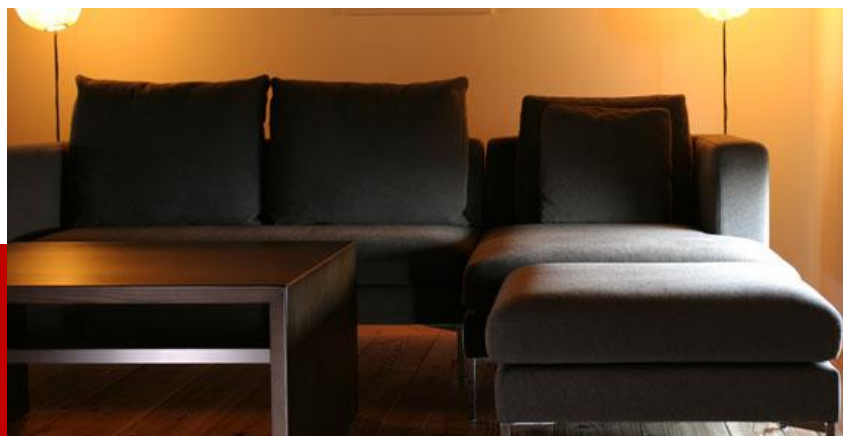
アオアヲ ナルト リゾート  
Aoawo Naruto Resort  
<http://aoawo-naruto.com/>





# 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/>



温 NUKUMORI





# 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くい**  
**Hotel Riveira 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/>