

NICE Gourmet Japanese Course

- Autumn -

Nihon Intensive Culinary Education Program



Japanese culinary culture was born from Japan's long history and natural environment and has unique characteristics and appeal around the world. The NICE course is designed to let students learn about this food culture by participating in a variety of hands-on experiences over the course of 1 week. Anyone interested in Japanese cuisine should definitely not pass up this opportunity to learn about and experience Japan's unique culinary culture. The course will be held in Japan's two most beautiful seasons: cherry blossom season in spring and the season of colored leaves in autumn.

In the Japanese classes, students will learn food-related words and conversations vital to understanding Japanese cuisine. Students will be able to master the vocabulary learned by actually using it, not just in the classroom but also through active learning at kaiseki-ryōri restaurants, izakaya, grocery stores, and more as part of the curriculum.

Furthermore, in this course students will learn how to cook authentic Japanese dishes from an experienced, qualified culinary instructor in cooking classes and go on tours to deepen their understanding of Japanese cuisine. The course is jam-packed with hands-on experiences of Japanese culinary culture, making the best possible use of your limited time.

This course is targeted at beginners of Japanese, and the culinary activities and

tours will be conducted with explanations in English and simple Japanese.
Let's experience Japan's unparalleled food culture in this course!

【Course Outline】

Course Period	2017.11.21(Tuesday)	2017.11.25(Saturday)
Check in/Check out	2017.11.20Monday	2017.11.26(Sunday)
Class Time	900 AM The ending time will vary depending on the day.	
Number of Classes	10 Japanese classes several tours	
Class Length	50 minutes	
Number of Students	No more than 10 students	
Lodging	Home stay or Hotel	

※2018 A spring course is also being planned. Details will be announced in Fall 2018. (Course Period Late March around early April)

【Course Content】

Main Content

“Culinary Japanese”Classes Words and Conversations Related to Japanese Cuisine



Students will learn vocabulary and expressions related to Japanese cuisine. The course aims for the acquisition of a level of Japanese suitable for sightseeing in Japan without problems and an improved ability to communicate in Japan. Classes will use YAMASA's own original digital teaching materials and know-how and are designed so that even those who are just beginning their Japanese language study will be able to steadily improve according to their own pace.

Cooking Classes Learn to Cook Japanese Foods That You'll be Able to Make Even After Returning to Your Home Country



Students will learn authentic methods of preparing Japanese cuisine from an experienced, highly qualified culinary instructor. We will be making simple, delicious foods that you will be able to cook for family and friends after returning to your home country. Classes will be held in English and simple Japanese.

Japanese Culinary Culture Tours Experience Everything from Japan's Everyday Foods to Japanese-style Cuisine Made with Traditional Techniques



Students will be able to enjoy Japanese foods and beverages and visit a variety of places where ingredients are made. You will not only be able to experience and appreciate Japanese culinary culture for yourself but will also be able to understand the close relationship it has to Japanese culture as a whole and the Japanese language.

Home stay Experience Real Japanese Everyday Life

YAMASA's homestays are with select Japanese families who align with YAMASA's ideals. This is a valuable opportunity to experience everyday Japanese eating habits and learn about Japanese culture by personal experience in an environment that you will be able to relax in. If you wish to stay in a home where English will be understood, please let us know when you apply. It is also possible to stay at a nearby hotel instead of at a homestay.

【Itinerary】

November 20th Monday

Participants should arrive in Okazaki by Monday evening.

If you are doing a homestay, please arrive at the school by 5 PM, and your host family will take you directly to the homestay from there.

If you are staying at a hotel, please go directly to the hotel and check in there.

In both cases, it is possible to use YAMASA's airport pick-up service to get from the airport to the school or your hotel. (A separate fee will apply.)

November 21st Tuesday **DAY**

◇“Culinary Japanese” Class

◇Lunch with Japanese Instructor

We will eat lunch at the café on campus while enjoying various conversations about Japanese food, life in Japan, and so on.



◇Making of Matcha Field-Trip and Experience

Tea ceremony is one part of traditional Japanese culture. We will visit one of Japan's leading production areas for matcha used in tea ceremonies (Nishio). Students will see where the matcha is produced with traditional methods and be able to experience the high quality matcha made there for themselves.



Activities will end at around 4 PM.

November 22nd Wednesday **DAY**

◇Tofu-making Experience

Students will visit the factory of one of Japan's popular tofu makers and will get

to see how tofu is made. There will also be a hands-on experience in which students will be able to try making tofu themselves. Additionally, students will get to sample a variety of sweets made using fresh tofu and other ingredients.

◇A Creative Cuisine Lunch of Healthy Tofu and Dried Beancurd “Yuba”

At a restaurant in a traditional Japanese building (O-tofu-Yuba Ishikawa), students will be able to enjoy cuisine made using local vegetables and seasonings that will include many variations of tofu and dried beancurd. The creative cuisine is rich in ideas and will surely be a good reference for your own culinary ideas.

※Dried beancurd: A filmy substance made from soy milk that is frequently used as an ingredient in clear broth soups, stewed or boiled dishes, and various other foods.



◇Mizkan Museum Visit



Students will visit Mizkan, one of the makers of Japan's characteristic traditional seasonings, and see the interactive culinary exhibits at the Mizkan Museum. While learning about the history of Mizkan, students will be able to enjoy various exhibits and hands-on activities related to Japan's extensive food culture.

◇Walking the Tokoname Pottery Footpath

Students will visit the historic pottery town of Tokoname and have a chance to see and purchase a variety of pottery, including both traditional and contemporary tableware. While walking along the 1.6 km pottery footpath, students will be able to enjoy the unique atmosphere and scenery of the pottery town, seeing brick chimneys and kilns, old black wooden factory buildings, a hill road made of scrap pieces of pottery, and more.



Activities will end at around 5 PM.

November 23rd Thursday **DAY3**

◇“Culinary Japanese”Class

◇Grocery Store Tour to Learn About Japan's Everyday Ingredients

Students will tour the area's grocery stores and supermarkets with their

Japanese instructor, seeing for themselves what kinds of ingredients for Japanese cuisine are sold and learning the names of different food products. For lunch, students will be able to purchase and eat foods that interest them at the stores visited.

◇Okazaki Castle and Tour of Old Japanese-Style Sweet Shops/Cookware Shops



We will visit Okazaki Castle and its accompanying museum. The castle is the birthplace of Tokugawa Ieyasu, one of Japan's important historical figures and a military commander from the Warring States period. Afterwards, we will tour old Japanese-style sweet shops and stores selling cookware and tableware in the castle town.

◇Visit to AEON Shopping Mall (Optional)

Aeon Mall Okazaki is TOP 8 of large shopping malls in Japan. It is an enormous shopping complex with over 200 stores that sell everything from traditional to cutting-edge items. This include stores selling food products, tableware, fashion, home appliances, children's goods, and books as well as a movie theater, restaurants, a game center, and more. You'll be able to take a look at what sort of things Japanese people generally eat and use.

Activities will end at around 5 PM.

November 24th Friday **DAY**

◇“Culinary Japanese”Class

◇Japanese Cuisine Cooking Class

Japanese food frequently uses a unique ingredient called “dashi.” While learning about its fundamentals, you'll be able to experience making delicious, appealing-looking dishes that you can cook for your family and friends even after returning to your home country. We will make 35 types of food, and afterwards everyone will eat them together.



Students will have free time after 3 PM.

November 25th Saturday **DAY**

◇“Culinary Japanese” Class

◇World Cultural Heritage “Washoku” Lunch

We will enjoy a lunch of traditional Japanese cuisine “Washoku”, which is registered on UNESCO’s Intangible Cultural Heritage list, at the restaurant Adusa. You will be able to experience authentic Japanese-style cuisine prepared by artisans using traditional techniques.



◇Tour of an Old Factory of the Traditional Japanese Seasoning “Miso”



We will visit a factory that has been using a traditional recipe to make miso for over 300 years. Students will be able to tour the factory’s miso-producing area and experience the taste of traditional miso.

◇Closing Ceremony

◇Izakaya Tour

There will be one important experience left even after the closing ceremony ends. Students will be able to experience an izakaya, or Japanese-style pub, which can be difficult for foreigners to enter and order at on their own. If you can go to an izakaya on your own, then you’re truly a master of Japanese cuisine.



Activities will end around 8 PM.

November 26th Sunday

Individuals will leave their homestays or hotels in the morning.

If you are staying at a homestay, please have your host family take you to a

nearby station or use YAMASA's send-off service to get to the airport. (A separate fee will apply.)

Those staying at a hotel will also be able to use YAMASA's send-off service to the airport.

【Timetable】

	20th Mon	21st Tue	22nd Wed	23rd Thu	24th Fri	25th Sat	26th Sun
9:00 ~ 9:50		Japanese Lesson	free	Japanese Lesson	Japanese Lesson	Japanese Lesson	Check out
10:00 ~ 10:50		Japanese Lesson	Tofu-Making Experience	Japanese Lesson	Japanese Lesson	Japanese Lesson	
11:00 ~ 11:50		Japanese Lesson		Grocery Store Tour (for lunch)	Japanese Cuisine Cooking Class	Japanese Lesson	
Lunch Time		Lunch with Japanese Instructor at "Kurumi Café "	A Creative Cuisine Lunch of Tofu at "Ishikawa"	Lunch with Japanese Instructor		Traditional WASHOKU lunch at "AZUSA"	
		Making of Macha Field-Trip	Mizkan Museum Visit	Okazaki castle and Tour of Japanese Sweet Shops etc.		Old Factory of the traditional seasoning MISO	
	Check in		Walking the Tokoname Pottery Footpath	Visit to AEON shopping mall (optional)		Closing Ceremony & Izakaya Tour	
	Homestay /Hotel	Homestay /Hotel	Homestay /Hotel	Homestay /Hotel	Homestay /Hotel	Homestay /Hotel	

Included meals in the course fee(○)

●Homestay

	20th	21st	22nd	23rd	24th	25th	26th
Breakfast	□	○*	○*	○*	○*	○*	○*
Lunch	□	○	○	□	○	○	□
Dinner	○*	○*	○*	○*	○*	○	□

*Provided by Host family

●Hotel

	20th	21st	22nd	23rd	24th	25th	26th
Breakfast*	□	○	○	○	○	○	○
Lunch	□	○	○	□	○	○	□
Dinner	□	□	□	□	□	○	□

*Breakfast : buffet-style

【Course Fees】

If Staying at a Homestay **JPY 160,000**
If Staying at a Hotel **JPY 195,000**

Pick-up service from airport to school JPY 12,000
Send-off service from homestay or hotel to airport JPY 12,000

【How to Apply】

http://www.yamasa.org/en/apply_nice.html

Please feel free to contact us via e-mail at

admissions@yamasa.org

or to call us on +81 (0)564-55-8111.

We aim to reply to all inquiries within 24 hours (excluding Japanese Public Holidays).

Disclaimer

- 1) Some locations listed within the itinerary that require forward booking (such as restaurants) may change to a different yet comparable location if reservations are unable to be made at the initial premissis/location.
- 2) Previously arranged events may need to be cancelled on the chance of inclement weather, natural disasters, terrorist attacks or acts of God.

Refunds

Students are entitled to the following refunds if they notify YAMASA of their cancellation (via e-mail) by the following dates (JST– Japanese Standard Time).

- 1) Students will be entitled to a full refund should they notify YAMASA by the 11th of October 2017
- 2) Students will be entitled to a 2/3 refund if they notify YAMASA between the 12th of October and 13th of November.
- 3) Students will be entitled to 50% refund if they notify YAMASA between the 14th and 20th of November.
- 4) Students who cancel from the 21st of November onward will not be entitled to a refund.

Please note that any refunds conducted via bank transfer will incur transfer costs.

Final notification on running of course.

YAMASA will endeavor to provide notification to all NICE students by the 10th of October 2017 if there have been any changes to the course or overall cancellation of the course due to various factors (insufficient enrollment numbers, natural disasters, unavoidable circumstances, illness etc.).

In circumstances such as those listed above, YAMASA will contact each applicant and refund their tuition in full if this is the student's preference.