


Day1

Tue. Mar. 7th,

Time	Content	Information	Remark
14:00	Check in Hotel Gracery Osaka Namba	1-4-4 Motomachi, Naniwa-ku, Osaka-shi, Osaka 556-0016 tel. +81-6-7639-9933 https://gracery.com/namba	
17:00	Depart hotel walk to Chibo Dotonbori Shop		
17:30-18:30	Briefing Venue: Chibo Dotonbori Shop Chibo Co., Ltd.	1-5-5 Dotonbori, Chuo-ku, Osaka-shi, 542-0071 tel. +81-6-6212-2211 https://shop.chibo.com/shop/28	
18:30-20:30			
21:00	Return to Hotel Gracery Osaka Namba		

Day2

Wed. Mar. 8th,

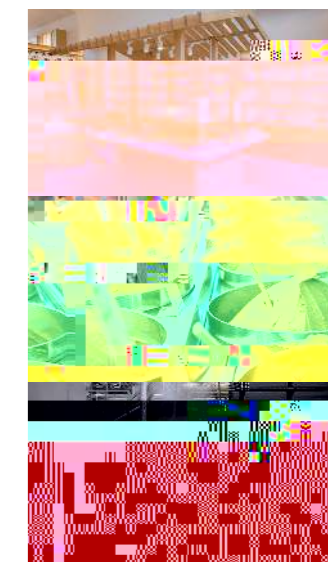
Time	Content	Information	Remark
	Breakfast (Hotel)		
09:00	Meet in the hotel lobby. Take a Subway to Tsuji Culinary Institute. (Namba Sta.→Tennouji Sta.)		
09:30-14:00	Tsuji Culinary Institute Study tour around school 10:00 Lecture by Mr. Yoshiki Tsuji, Representative, School Headmaster 11:30 Lr(s)20(u)20(j)19.9978(i)19.9978(,)20TJ798(o)20(s)20(h)20.0033(i)1916:(e)Tj 111. 12:30	3-16-11 Matsuzaki-cho, Abeno-ku, Osaka-shi, Osaka 545-0053 tel. 0120-24-2418 https://www.tsuji.ac.jp/en/	
14:00	Depart to the next location by train (Tennohji Sta.→Namba Sta.)		
20:30	Return to Hotel Gracery Osaka Namba		



Day3


Thu. Mar. 9th,

Time	Content	Information	Remark
	Breakfast (Hotel)		
08:00	Meet in the hotel lobby. Bus departs.		
10:00-11:30	Nagatanien (donabe maker) Nagatani Seito Co., Ltd. Igayaki Kamamoto Ceramic Art Field Trip	569 Marubashira, Iga-shi, Mie 518-1325 tel. +81-595-44-1511 https://toirokitchen.com/	
11:30	Departure (by bus)		
12:30-12:45	Welcome Greeting by Vison Taki Co. CEO Mr. Tetsuya Tachibana	672-1 Vison Taki-cho, Taki-gun, Mie 510-1233 tel. +81-598-39-3190 https://vison.jp/	
12:55-13:45	Lunch Venue: Kasaan Sanpiryoron Vison	Vison HONZO Area tel. +81-598-67-4755	
14:00-14:30	Marche Vison Tour around the shops • 18th Jinshomaru (Local fresh fish shop) • Wakiguchi no Maguro (Tuna shop) • Ama (woman diver) Hut Nakagawa (fresh local seafood restaurant served by Ama) • Wakatake (Matsusaka Beef Butcher) • Marche (local greengrocer)		
14:45-15:30	Introduction of Wa Vison		
17:30	Departure (by bus)		
19:00			



Day4

Fri. Mar. 10th,

Time	Content	Information	Remark
	Breakfast (Hotel)		
07:30	Check out. Meet in the hotel lobby. Bus departs.		
10:30-12:00	Wakuden-MORI Tour around the facility 11:00 Lunch Venue: Workshop restaurant wakuden MORI	764 Tani, Kumihama-cho, Kyotango-shi, Kyoto 629-3559 tel, +81-772-84-9901 https://mori.wakuden.kyoto/	
12:15	Departure (by bus)		

14:00	Departure (by bus)		
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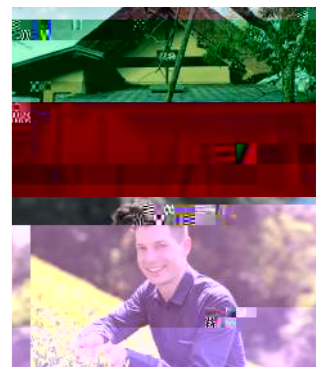
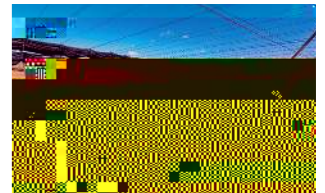
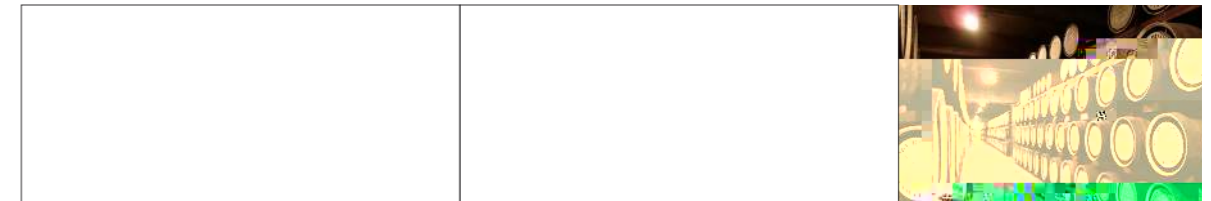


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Day5


Sat. Mar. 11th,

Breakfast (Hotel)	Please do not eat mandarin orange, blue cheese, and Natto for
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Day6

Sun. Mar. 12th,

Time	Content	Information	Remark
	Breakfast (Hotel)		
09:00	Meet in the hotel lobby. Take a taxi to the next location.		
10:00-12:00	Gekkeikan Okura Sake Museum	247 Minamihama-cho, Fushimi-ku, Kyoto-shi, Kyoto 612-8660 tel. +81-75-623-2056 https://www.gekkeikan.co.jp/english/kyotofushimi/museum.html	
12:00-13:30	Lunch Venue: Kikouchi Soba Genta (100% buckwheat flour noodle with no wheat flour)	574 Uoya-cho, Fushimi-ku, Kyoto-shi, Kyoto 612-8041 tel. +81-75-755-5116 https://www.instagram.com/genta_kikosoba/	
13:30			
14:00-15:00	Toraya Kyoto Ichijo Store Lecture on history of Japanese confectionary.	415 Hirohashidono-cho, Ichijo-kado, Karasuma-dori, Kamigyo-ku, Kyoto-shi, Kyoto 602-0911 tel. +81-75-441-3111 https://global.toraya-group.co.jp/	
15:00	Free Time (Dinner on own)		
	Return to Kyoto Traveler's Inn		

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Day7

Mon. Mar. 13th,

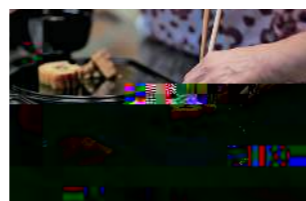
Time	Content	Information	Remark
	Breakfast (Hotel)		
09:00	Check out. Meet in the hotel lobby. Take a taxi to Kyoto station.		
09:30	Bullet train departs Kyoto Station.		
11:45	Arrive Tokyo station		

14:30-15:00	Check in Richmond Hotel Premier Asakusa International	2-6-7 Asakusa, Taito-ku, Tokyo 111-0032 tel. +81-3-5806-3155 https://richmondhotel.jp/en/asakusa-international	
15:30-17:00	Sightseeing: Kappabashi Specialty Street for restaurant owners (Free Time)		
17:30	Depart from hotel take a train.		
	Dinner: Split into 2 groups Group A: Tempura Arai (Asakusa Sta.→) Group B: Omorikaigan Matsunozushi (Asakusa Sta.→ Omorikaigan Sta.)	Tempura Arai 4-8-B1, Kagurazaka, Shinjuku-ku, Tokyo 162-0825 tel. +81-3-3269-1441 https://tempura-arai.jp/ Omorikaigan Matsunozushi 3-31-14 Minamiooi, Shinagawa-ku, Tokyo 140-0013 tel. +81-3-3761-5622 https://matsunozushi.com/	 
21:30	Return to Richmond Hotel Premier Asakusa International		

Day8

Tue. Mar. 14th,

Time	Content	Information	Remark
09:00	Meet in the hotel lobby. Take a subway to Toyosu Market (Asakusa Sta.→ Toyosu Sta.)		
09:30-12:30	Tour around Toyosu Outer Market (Guided by Chef Naoyuki Yanagihara & Chef Yoshinori Tezuka)	6-6-1 Toyosu, Koto-ku, Tokyo 135-0061 tel. +81-3-3520-8205 https://www.toyosu-market.or.jp/en/	



14:30-17:00	Lecture and hands-on cooking lesson in Traditional Japanese Cuisine by Chef Naoyuki Yanagihara Venue: Yanagihara Cooking School
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18:00	Depart from Hotel take a subway for dinner.
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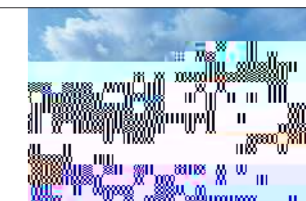
21:00	Return to Richmond Hotel Premier Asakusa International
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Day9

Wed. Mar. 15th,

Time	Content	Information	Remark
07:35	Meet in the hotel lobby. Take a subway to Ueno Station. (Asakusa Sta.→ Ueno Sta.)		
08:10	Bullet train departs Ueno Station.		
09:20	Arrive Jomo Kogen Station.		



11:00	Lecture in the conference room Lunch (
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1. Telephone etiquette

In Japan, there are many places where the use of mobile phones is restricted. Japanese people do not usually use their mobile phones in elevators, or on trains and buses. The use of mobile phones is prohibited in public places such as haute restaurants, hospitals, cinemas, and theatres.

2. Using the escalator

Japan is a country with a widespread use of escalators. Japanese people usually stand on the left side of the escalator, leaving the right side for people who are in a hurry. In Western Japan, however, it is the other way around, so if you get confused, just follow the line on the escalator. In case two or more people use the escalator together, it is important to line up in a vertical row in order to avoid obstructing other people's movement on the escalator.

3. Restroom etiquette

Japanese Food Culture and Table Manners

1. Japanese Food Culture

In 2013, traditional Japanese food culture was added to UNESCO intangible heritage list. The concept of "washoku" (Japanese food) does not refer only to cooking itself, but also to food-related customs and practices, rooted in the soul of Japanese people and their respect for nature. Blessed with rich natural resources, Japanese people have developed cooking techniques and utensils that keep the natural flavor of the ingredients and use variety of local foods rooted in the sea, mountains, and lands of each region. A typical Japanese meal consists of a bowl of soup, rice and three side dishes. The beauty of nature and seasonal transition are expressed in table arrangement by using certain plates, flowers, and leaves according to the season. Japanese food culture is closely related to the chief events of the year; sharing food during festivals and annual events

contributes to tightening family times and community bonds. The typical meal configuration (a bowl of soup, rice and three side dishes) and the low-fat diet based on umami taste contribute to prevention of obesity and adult diseases and the longevity of Japanese people.

2. Table Manners

Holding the bowl in one's hands and lifting it to the mouth is a uniquely Japanese table manner.

a) Dishes and utensils

All dishes and utensils are set according to the Japanese etiquette; chopsticks are on a rest, facing to the left. The food box lies in the centre of the table without being lifted, while the soup bowl is in the right. In case of a set menu including udon or soba noodles, these table manners are not required. In most cases chopsticks are

