Local Sessions (Home Stay Program)

Local Sessions were held in 17 areas. The participants experienced Japanese culture and tradition first-hand through a home stay.

気多大社見学とオリジナルの大社焼をつくる
1200 year old Keta Grand Shrine and Ceramics

In Hakui participants were able to enjoy the traditional beauty of the Keta Grand Shrine, which dates back more than 1200 years. They also experienced Noto Chirihama beach, the Japanese tea ceremony, and pottery making.
**SHIKA**

和太鼓体験や地引き網を満喫

**Experience the traditional art of taiko drumming**

志賀は、釣りや和太鼓で有名な地域です。参加者は和太鼓の練習に参加したり地引き網を体験するなど、地元の文化を堪能しました。

Shika is famous for its local beach as well as traditional Taiko drumming. Participants experienced the intoxicating energy of Taiko drumming, and enjoyed “jibiki ami” beach net fishing.

**HOUDATSU SHIMIZU**

自然豊かな町で、よさこいを楽しむ

**Mountains, sea, history & dance**

宝塚山と千里浜なぎさドライブウェイ、重要文化財の喜多屋屋敷などで有名な宝塚志水。茶道やよさこいなどに加え、小学校訪問などで交流をしました。

Houdatsu Shimizu is famous for its scenic beachfront roads and cultural heritage, as well as Houdatsu mountain. Participants visited a local primary school for cultural exchange.
4 輪島

Bustling market & world famous lacquerware

With its proximity to the sea, its terraced rice fields, and its beautiful "Urushi" culture, Wajima is truly a blessed city. Participants experienced making lacquerware and visited Asaichi morning market.

5 門前

Experience oneness with nature

Monzen Town and Wajima City, both hit hard by the Noto earthquake, joined together to host visitors. Participants experienced Zen meditation at Sojiji temple and learned about Monzen and the Noto earthquake.

6 金蔵

A peaceful village with rice terraces & candle artz

On the way to Kanakura participants visited Hakumaisenmida, the spectacular terraced rice paddies. They also took part in the Kanakura Mantoe candle art event at Kyoganji temple.
Traditions of farming & fishing

Traditional farming and fishing are still popular in Anamizu. Participants enjoyed making “norimaki”, Japanese sushi rolls, with rich seasonal ingredients. They also experienced traditional tea ceremony.

Famous for its sake and its ancient historical remains

Participants experienced making “ohagi” sweet rice balls, and preparing for the Kanakura Manjoe candle art event at Kyogani temple.

Traditional community & beautiful sunset

As many as 70 children from Colorado Springs Children’s Chorale participated in the Suzu local session. They experienced a music exchange performance and a school exchange.
伝統の建具制作を見学し、職人技に触れる
Traditional Japanese architecture & fireflies

伝統の里づく町、田鶴浜。参加者は、弓道・剣道や座禅を体験し、ふすまと障子の
部屋でのお茶会、そして懇親会など、伝統的な日本の文化を堪能しました。

Tatsuruhama is a town that embraces traditional Japanese beauty. Participants
tried out various Japanese martial arts, as well as Zazen, zen meditation, and
tea ceremony at an ancient Japanese house.

歌舞伎メイクで役者になりきる
Experience Japanese traditional arts

能登演劇堂は有名な劇場です。参加者は歌舞伎のメイクを体験したり、バスで地元
観光をしたり、おばきをつくったりして学びました。

The Noto Theatre is very well-known. Participants enjoyed sightseeing, and
making soba noodles and "ohanagi" sweet rice bails. They even got the chance to
experience Kabuki make-up!
海に囲まれた自然豊かな島で、島の文化に触れる
A place to unwind amid beautiful nature

Notojima is a small island that has attracted many artisans. Participants enjoyed visiting a tatami mat factory, making waraji straw sandals and making Sasamochi, bamboo flower rice cakes.

地元工芸や歴史を体感し、古来から続く文化に触れる
A warm community with strong local traditions

The participants of Nakanoto Local session visited Sekidosan, a designated national heritage site, and made traditional paper lanterns and sweets. Also, the high school students from Amache Preservation Society made a presentation at Otorigakuen high school.
原風景の残る自然豊かな町でスローフードに舌鼓
‘Slow food’ & beautiful nature

大谷では、「虫送り祭り」が30年ぶりに復活し、神社で雅楽の演奏と「虫送り神事」が行われました。華麗を作ったり、釣りに行ったり、地元に息づく文化を体験しました。
Mushi-okuri "matsuri" (festival) was revived for the first time in 30 years and "Gagaku" court music was performed at a shrine. Participants experienced "Zori" straw slipper making activities and were taken out on a fishing trip.

歴史ある寺での“わび さび”体験
Experience 'Wabi-Sabi' at a 400 year old temple

倉によってつくられた400年前の神社、座禅や茶道など、日本の「わび・さび」に触れました。
Participants could touch the heart of "Wabi-Sabi" through Zazen at a 400 year old temple, and through tea ceremony.
日本の伝統的下町風情を楽しむ
Discover local traditions and historical district

地元の人達と触れ合う機会が沢山あり、美術館から晩ごはんまで幅広く経験できました。公園の清掃・花植えを通して、ホストファミリーと参加者の距離が縮みました。

There were plenty of opportunities to get to know each other in the ipponsugi session. Participants visited museums as well as a soy-sauce shop. They especially enjoyed cleaning a local park and planting flowers with local people.

温泉、芸術、祭りが盛んな港町でダンス披露
Hot springs, Fisherman’s wharf, Arts and Fetivals

温泉、食祭市場、ジャズフェスティバル、美術館、よさこい祭りなど、魅力溢れる港町。
よさこい祭りにコラボ・インディアン・ダンサーズが参加し華を咲かせました。

Nanao City is full of charm — Wakura hot springs, Fisherman’s wharf, Ishikawa Nanao Art Museum, Monterey Jazz Festival in Noto, and Yosakoi Festival... In Nanao, The Koshare Indian Dancers performed at the festival.