FOOD AND CULTURE IN JAPAN

MAY 14 – JUNE 4, 2017

INSTRUCTORS: CHRIS HARDIN & TINA ROBERTS
Enroll for Three Credit Hours – NS3131

Three credit hours:

- Students will earn three credit hours by participating in educational classes held by the Nagano Prefectural College and Seisen Jogakuin College as well as numerous Instructor-led excursions in Nagano Prefecture and Tokyo. Students will be routinely required to read in the course texts, provide written responses to instructor provided prompts and participate in informal discussions during activities. Prior to leaving for Japan, students will be required to prepare for and attend two training sessions to familiarize themselves with the particulars of the program and basic Japanese culture, food, and etiquette.
Financial Aid

The financial aid that is typically available for regular classes at MU should apply to the cost of the program. Additional grants, loans or scholarships may be available to offset the extra costs incurred in this program. Please see the advisor for study abroad financing at the MU Financial Aid Office for more complete information.
# Program Costs

<table>
<thead>
<tr>
<th>Program Budget for MO Resident</th>
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<tbody>
<tr>
<td><strong>Billable to Student Account</strong></td>
<td></td>
</tr>
<tr>
<td>Non-Refundable Deposit</td>
<td>$100</td>
</tr>
<tr>
<td>Undergraduate Tuition*</td>
<td>$828.60</td>
</tr>
<tr>
<td>Non-Resident Fee*</td>
<td>$0</td>
</tr>
<tr>
<td>HES Course Fee*</td>
<td>$165.30</td>
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<tr>
<td>Information Technology Fee*</td>
<td>$39.60</td>
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<tr>
<td>NEP Study Abroad Administrative Fee</td>
<td>$400</td>
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<tr>
<td>International Center Study Abroad Fee</td>
<td>$125</td>
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<tr>
<td>MU Mandatory International Health Insurance*</td>
<td>$34.60</td>
</tr>
<tr>
<td>In-Country Program Fees</td>
<td>$3,300</td>
</tr>
</tbody>
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**Additional Cost to Student - Not Billable to Student Account**

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<tbody>
<tr>
<td>Round-trip Airfare</td>
<td>$1,700</td>
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<tr>
<td>Personal Expenses</td>
<td>$750</td>
</tr>
<tr>
<td>Total Program Budget</td>
<td>$7,443.10</td>
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* Based on fees for the Fall 2016 semester. Summer 2017 fees may vary. Non-Missouri residents pay an additional $545.90 per credit hour. [http://cashiers.missouri.edu/costs/](http://cashiers.missouri.edu/costs/)
Housing (tentative)

Tokyo

- Hotel Richmond (http://asakusa.richmonhotel.jp/)
- You can check out the hotel here: http://www.tripadvisor.com/Hotel_Review-g1066461-d2526943-Reviews-Richmond_hotel_Asakusa-Taito_Tokyo_Tokyo_Prefecture_Kanto.html

Nagano City

- Hotel Mielparque (http://www.mielparque.jp/nagano/en/)
- You can check out the hotel here: https://www.tripadvisor.com/Hotel_Review-g298565-d1099182-Reviews-HOTEL_Mielparque_Nagano-Nagano_Nagano_Prefecture_Chubu.html
Course Goals

After completing the study abroad experience, you should be able to:

- Understand the components and etiquette of both informal and formal Japanese meals.
- Explain the logistics and symbolism of a Japanese tea ceremony.
- Give a firsthand perspective about what foods are grown, tended to, and harvested.
- Discuss traditional Japanese cooking techniques which utilize locally produced foods.
- Describe the social interactions between Japanese students with their American counterparts and their Japanese instructors.
Dates and Deadlines

• Application and $100 deposit due by Wednesday, February 1, 2017 (strongly encourage you to do this before the holidays as course space is limited)

• Non-Refundable Program Fee ($3200) billed on March 1, 2017. Single occupancy fees will be applicable.
Tokyo

Tokyo is Japan’s capital and the world’s most populous metropolis. Rich in history, the city still offers a seemingly unlimited choice of shopping, culture, entertainment, and dining to its visitors.

Our time in Tokyo will include visits to:
• Asakusa, a culturally rich area that houses the Sensoji Temple
• The Tokyo Skytree
• The Edo Tokyo Museum
• Sumo Wrestling
• Harajuku Street (known for street fashion)
• The Ghibli Museum
• Kappabashi Street (a long street that houses several dozen stores selling restaurant and home cooking supplies)
• Optional activities such as Akihabara (known for Otaka – anime, manga, cosplay, etc) or exploring the city further.
Sensoji Temple (Asakusa)
Tokyo

SkyTree
Edo Tokyo Museum
Sumo
Nagano

Nagano Prefecture is located in the center of Japan and was host to the 1998 Winter Olympics. Nagano is known for having the longest lifespan in the world. In addition, Nagano Prefecture is the sister state of Missouri and has been for over 50 years.

Our time in Nagano will be primarily in Nagano City with several excursions to nearby areas and will include:

- A lecture on food culture, a cooking class, and a social experience hosted by the Nagano Prefectural College
- Several classes provided by Seisen Jogakuin College (Kimono and Tea Ceremonies, Calligraphy, and Floral Arrangement)
- An excursion to Obuse via the Jigokudani Monkey Park
- An excursion to Iiyama City and the Mayumi Takahashi Doll Museum
- An excursion to Matsumoto City to see the castle and several museums
- A soba making experience
- Visit a local elementary school for a school lunch experience
- Participate in a Hazo-zen Etiquette Lunch
- A farm stay experience where groups of students will spend the night in host Japanese homes and spend time working in agricultural fields (likely rice or asparagus for the time we are going)
Matsumoto City
Soba Making
Miso Factory
School

Visit
JA Farmers Market
Farm Stay Experience