



Nagano



Japan

Your time in the Nagano Prefecture of Japan will be spent in a small village, amid spectacular mountains, with just about 800 residents. Otaki is a wonderland of nature that hosts many guests, especially during the winter months when there is a nice coat of snow on Mt. Ontake. Japan's second highest volcano not only is home to a ski resort, but also attracts many spiritual groups and forms of Buddhism. Mt. Ontake is surrounded by an array of different shrines and sacred places and a popular destination for pilgrims.

Nagano

 All meals included	Yes (1)
 Free beverages	Yes (2)
 Persons per room	4 - 8
 Wifi in public areas	Yes
 Laundry facilities	No (3)
 Safety box	No
 Lockable rooms	No
 Hot shower	Yes
 Private bathroom	No
 Western toilet	Yes
 Bed linen	Yes
 Towels	No
 Mosquito protection	No
 Fan	No
 Air conditioning	No
 Heating	No

(1) 3 meals on weekdays, 2 on weekends
 (2) Drinking water at the accommodation

(3) Hand washing is possible



Accommodation & Food

About the Accommodation

While in Otaki, Nagano, Japan you will be staying in a local Homestay or at our participant accommodation (possibility for some amazing camping in a tent during warmer months) 10-25 minutes outside of the village by car. Please keep in mind the toilet and shower for the Green House location near the restaurant and campsite are separate from the sleeping accommodation. The homestay at the house provides toilet and shower inside. There may also be a pet dog around the Green House location.

Food Arrangements

Weekdays you will enjoy three meals a day (breakfast, lunch and dinner) and two on weekends, during your stay. Meals will be local cuisine and you can expect that they will include rice and vegetables.

Facilities

The village of Otaki features an ATM, two convenience stores and a post office. These may not be in walking distance from your accommodation, but you'll have the chance to stop by there several times during the week.

Mandatory Orientation Day

On the Monday of your first week at this location, you will join our orientation day, to familiarize you with the surroundings as well as local culture. Your program will continue as usual from Tuesday onward throughout the rest of the week.

Schedule

- Introduction meeting, House rules, Setting Expectations, Health and Safety Advice and handling of documents.
- Japanese Do's and Don'ts, Japanese Culture Lessons and Japanese Language Lessons.
- Tour around the compound and local area; where to find local shops, and arrange a sim-card if necessary.
- Lunch
- Introduction to the Project, Project site and start participating on the project

Activities & Events

Monday to Friday

Besides your program you will join some cultural or outdoor activities every day. These depend on the season and local circumstances. Some examples:

- Visit typical local neighborhood house
- Learn about Japanese bathing culture and how Japanese shower
- Visit a natural hot spring
- Take a traditional bath over a fire
- Learn about local plants and flowers
- Go to the river and cool down
- Learn how to make origami
- Join a Matcha tea ceremony
- Trek up a hill to a viewpoint. Spot animal traces on the way.
- Learn how to make sushi
- Dye textiles with natural colors
- Go to Otaki's convenience store and ATM
- Climb up to a sacred shrine above Otaki
- Trek on the pilgrims trail leading up into the mountains
- Join a traditional purification ceremony under a sacred waterfall
- Make Japanese paper
- Practice Kendo (Japanese sword fighting)

Sights & Surroundings

Otaki is a nature lover's paradise with many outdoor activities possible year round. Great place for skiing, snowboarding, hiking, biking and kayaking on the lake. Major points of interest include: Mt. Ontake, Shintaki Waterfall and Tanoharatenen Park.