



Viaggio Didattico Giappone Japan Study Trip

Data / Dates:

18/11/2025 - 29/11/2025

A.A / A.Y:

2025/2026

Tutor:

Graglia Martina

Tuesday, November 18, 2025

7:00

Meeting at Bra Movicentro

7:15

Departure by private transfer to Milan Malpensa airport

For those meeting the group directly at the airport, only with prior written confirmation from the tutor: meeting point is at Malpensa Terminal 1, Air China desks, at 9:30 am

12:30 - 5:30 (+1)

Air China flight CA950 from Milan (MXP) to Beijing (PEK)

Wednesday, November 19, 2025

9:15 - 13:40 (local time)

Air China flight CA925 from Beijing (PEK) to Tokyo Narita (NRT)

After immigration and baggage claim, there will be time to exchange money, buy SIM cards if needed, and meet our local contacts. We'll then take the train to Tokyo (about a 1-hour ride), check in at Sakura Hostel Asakusa and head out for a welcome dinner together

End of didactic activities

Overnight: Sakura Hostel Asakusa

<https://www.sakura-hotel.co.jp/asakusa/>

Thursday, November 20, 2025

9:00

Group breakfast at Sakura

The main morning activity will be a tea tasting at Norm Tea House in Tokyo, a venue specialized in small tea producers, with an introduction to different types of Japanese tea. Since the space is limited, the group will be divided in two: while one group takes part in the tea tasting, the other will join a nori tasting led by Numata-san, exploring some types of nori and learning about their flavors, production, and uses. The groups will switch afterward, so everyone has the chance to do both

<https://normteahouse.com/>

<https://numatanori.com>

Since we're in Tokyo, we'll officially kick off our food experiences with a traditional ramen lunch before some free time in the city, including dinner (reimbursed as per university policy)

End of the didactic activities

Overnight: Sakura Hostel Asakusa

Friday, November 21, 2025

After breakfast, the first part of the day will be dedicated to our transfer to Mie Prefecture, a beautiful region in central Japan known for its coastline, seafood, and deep culinary traditions. We will be traveling in two minivans, and the trip will take about 6 hours, so get ready for a bit of a road trip! Bring along anything that makes the ride easier: snacks, music, a good book and a neck pillow. We will make a few

short stops along the way, but mostly keep moving so we can arrive on schedule

15:30

Visit to Gensaka Sake Brewing, founded in 1805 at the end of Japan's Edo Period and now run by the sixth generation of the family. The brewery blends tradition with innovation, focusing on techniques that enhance the natural character of rice and reflect the evolving world of modern sake-making

<https://www.gensaka.com/english/>

In the evening, we will enjoy a group dinner before calling it a night at our guesthouse

End of the didactic activities

Overnight: Guest House Kazami

<https://www.ise-guesthouse.com/>

Saturday, November 22, 2025

7:00

Group breakfast

In the morning we'll visit Ise Jingu (Ise Shrine), one of the most sacred Shinto sites for the Japanese, located in Ise City. A local guide will introduce us to its history and traditions, and we'll also get a sense of how food and spirituality come together in the Japanese culture

<https://www.japan.travel/en/spot/1210/>

We'll have lunch before heading to our afternoon visit at the OISE Beef Farm. During the visit, we'll learn about Japanese beef production, including aspects of feeding, animal welfare, and the natural surroundings. The farm also offers insight into how local traditions and the environment influence Japan's food culture

<https://oiseushi-ise.jp/>

After the visit, we'll drive about an hour to Owase, where in the evening Chef Taro Yokoyama will prepare a welcome dinner featuring Owase-style chirashi sushi, a festive local dish traditional to this coastal area

End of the didactic activities

Overnight: Tenmasou, a traditional guesthouse with tatami rooms

Sunday, November 23, 2025

8:00

Home-style Japanese breakfast prepared by Chef Taro. After breakfast, we'll take part in an oshizushi (pressed sushi) workshop with grandma Matsumi Matsui, which will include lunch. In the afternoon, we'll take part in a watershed "sea to mountain" workshop with Mr. Shibayama from the local Owase government. We'll explore the mountains and learn how land restoration is connected to the health of the sea

Dinner will feature local Owase ingredients, prepared by Chef Ameiru

End of the didactic activities

Overnight: Tenmasou

Monday, November 24, 2025

4:30

Early birds, wake up! Group 1 and Group 2 (the division will be sent out in the upcoming days) will spend the morning with local fishermen, weather permitting. You'll help pull in the nets on two traditional boats and then take the catch to the fish auction at 7:00 am. Note for Group 3: you'll have the same activity tomorrow, so you can sleep in this morning

8:00

Group breakfast prepared by Chef Taro

After breakfast, there's an optional visit, especially for Groups 1 and 2 since they've been up early. We'll visit one of Owase's top fishmongers, who works closely with local fishermen and chefs and plays a key role in the town's fish culture (this stop won't happen tomorrow). Later, we'll drive to Kumano (about one hour) for a longline eel fishing trip, followed by a hands-on eel cooking workshop and dinner

End of the didactic activities

Return to the accommodation & overnight stay at Tenmasou

Tuesday, November 25, 2025

4:30

Group 3, it's your turn! Weather permitting, you'll spend the morning with local fishermen, helping pull in the nets on traditional boats and taking the catch to the fish auction at 7:00 am

8:00

Group breakfast prepared by Chef Taro, check-out and drive to Tsukigase, where we'll have lunch upon arrival. At 14:00 we'll visit the Tsukicha Tea Farm: following the tea tasting experience in Tokyo, this is a chance to learn more about how tea is grown and cultivated

<https://www.tukicha.com>

We'll then drive to Osaka, check in at Bakuro Doyanen Hotel, and enjoy a group dinner featuring teppanyaki-style okonomiyaki, a traditional Osaka dinner

End of the didactic activities

Overnight: Bakuro Doyanen Hotel

<https://www.doyanen.jp/bakuro>

Wednesday, November 26, 2025

Group breakfast

Today's your free day! Feel free to spend the day in Osaka, or take the train to explore Kyoto or Nara, where you can visit the park and see the famous deer up close. Lunch and dinner will be reimbursed as per university policy, other expenses are up to you

Overnight: Bakuro Doyanen Hotel

Thursday, November 27, 2025

8:00

Group breakfast & drive to Kyoto

10:00

At Uneno, a shop in Kyoto, we'll take part in a dashi workshop, learning about katsuobushi (dried and smoked tuna flakes), a key ingredient in making dashi, the fundamental Japanese broth. The workshop will be led by a dashi expert, using traditional methods to craft natural soup stock that brings out the authentic flavor of each ingredient. Lunch will be on site

<https://odashi.com/>

Afternoon activity tbc

Return to Osaka for a farewell dinner with our local contacts

End of the didactic activities

Overnight: Bakuro Doyanen Hotel

Friday, November 28, 2025

8:00

Group breakfast and departure for the airport by train. We'll aim to arrive about three hours before the flight

13:50 - 16:10

Air China flight CA928 from Osaka (KIX) to Beijing (PEK)

Layover in Beijing: 9 hours

Free dinner reimbursed according to university policy

Saturday, November 29, 2025

1:35 - 05:50

Air China flight CA949 from Beijing (PEK) to Milan (MXP)

After arrival, we'll go through immigration, collect our luggage, and take the private transfer back to Bra, together with the South Africa group, who will already be waiting for us

9:30

ETA in Bra Movicentro
End of the didactic study trip
Arigatō gozaimashita!