



Exciting Team Building Opportunities in Awa!

"Bring your team
closer together while
experiencing Tokushima!"

- Awa Odori Experience Plan
- Indigo Dye Experience Plan
- Henro Pilgrimage Experience Plan
- Awa Puppet Theater Experience Plan
- LED Art Experience Plan
- Otsuka Museum of Art Mystery Tour Plan
- Net Fishing Challenge Plan
- Ninth Symphony Chorus Plan
- Sora No Sato Mountain Village Experience Plan
- Misato Outdoor Masonry Experience Plan
- Naru-Churu Udon Experience Plan
- Drumming Experience Plan (Taiko Family)
- Karate Experience Plan (Tokushima Karate Federation)



Enjoy the charms of dance as your hearts come together in this rich experience!

Awa Odori Experience Plan



250 people
(Please consult regarding the minimum number of people.)

Max. Participants



100 minutes

Required Time



Year-Round

Reception Time



~¥160,000

(Please consult on the available number of staff as circumstances may vary.)

Budget



Awa Odori Hall
Tokushima-ken, Tokushima-shi,
Shinmachi 2-20

Place



At the foot of Mt. Bizan is the Awa Odori Kaikan Museum.

Awa Odori is one of Japan's 3 largest festivals. Become "dancing fools" together, and move and shout together with your hearts in unison!



It is said that "if you can raise your hands and lift your feet, you can Awa dance," and this is the charm of Awa Odori—anyone can immediately become a dancer. In this program, after watching Awa Odori Kaikan Museum's dancers', "Awa no Kaze," elegant and valiant dancing, you will break into teams and practice together to take on the challenge of performing the dance yourselves. Awards will also be given by the renowned team leader to outstanding teams.

[Main Content]

1. Explanation of Awa Odori by Team Leader
2. "Awa no Kaze" Dance
3. Lecture on Awa Dance, and Practice in Groups
4. Dances in Groups, Presentation & Review
5. General Comments & Awards Ceremony



Master the Awa Odori (dance) to the zomekibayashi (musical accompaniment).



Personnel provide a definitive lecture on the topic.



One of the charms is the cry of "yattosa" in sync with the Awa dance. "Choose an original group name, and shout in unison."



See the performance stages filled with the dedicated "Awa no Kaze." As you see the men dance courageously with their hips dropped low, and the women dance lithely in braided hats, you too will start to want to move with the rhythm and dance without realizing it.





Your spirit will lead you in order to address matters with sincerity.

Indigo Dye Experience Plan



80 people
(Min. 15 People)

Max. Participants



120 minutes

Required Time



Year-Round

Reception Time



~¥1,200/person
(Admission Separate)

Budget



Ai No Yakata (House of Indigo)
Tokushima-ken, Itano-gun
Aizumi-cho, Tokumei,
Maezunishi 172

Place



Ai no Yakata (House of Indigo) is an old mansion that remains from the indigo trade.

Indigo-dyed crafts using Awa's indigo. Everyone's efforts will be in dyeing a "Japan Blue" tapestry.



Japan's traditional "ai" (indigo) color is a beautiful deep blue. Throughout the world goods using Awa indigo, from small hand towels to large tapestries, are highly valued. Large paintings can also be made, or you can just enjoy the combination of patterns. After the presentation of exhibited artwork, you can take home a hand towel as a souvenir to remember the experience.

[Main Content]

1. Introduction of Awa Indigo Dyeing History and Technique
2. Create a Product Image in Groups
3. Tie-Dye Experience
4. Creation of Group Works
5. Social Gathering, General Comments, & Commemorative Photo

Ai (Indigo) 48 Color Chart



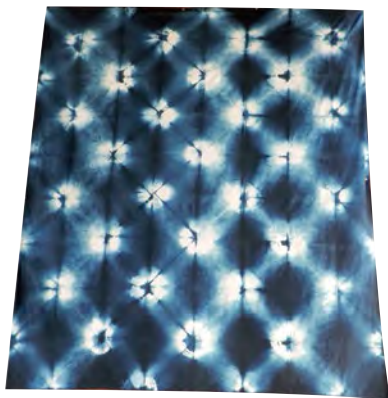
Each time you apply the indigo dye, the color deepens. There are 48 named colors, including "light indigo," "flower blue," "navy," etc.



Learn from experts tying and dyeing techniques.



Tokushima is the home of manufacturing the true blue dye ingredient "sukumo" that is the basis of indigo dyeing. The natural indigo from Awa is of good quality and highly appraised.



In accordance with the words "although blue dye comes from the indigo plant, it is more blue than indigo" (a Japanese saying meaning "the student becomes the master"), the more care put into repeat dyeing, the more beautiful the result. Indigo works dyed by a variety of people with their own backgrounds allows for everyone to learn a unique pleasure of creation.





Walk the "Hosshin no Dojo" (The Dojo of Awakening Faith), and find value in the contemplation of your own thoughts.

Henro Pilgrimage Experience Plan



Half Day to a Day

Required Time



Year-Round

Reception Time



Tokushima Pilgrimage Sites

Place



The 88 temple trail is roughly 1460km, and begins with Ryozen Temple.

Get away from the hectic life of the day-to-day, and simply walk in prayer or contemplation to search for something truly important.

The Henro pilgrimage was started by Daishi (Kobo-Daishi, Kukai) around 1200 years ago as a journey through 88 hallowed places in Shikoku, and is a trip through magnificent temples rarely seen in the world. The walking pilgrimage begins in Tokushima, and while united as a team you can progress forward with a sense of intent and feel the deep importance of your bonds.



Depending on the needs and physical fitness of the group the walking pilgrimage course can be adjusted, so please consult with us.

[Main Content]

1. Shikoku Henro Pilgrimage Lecture & Explanation of Shrine Visits
2. Begin Walking the Henro
Visit 4 Locations (about 8.8km)
1st Temple Site Ryozen Temple to
4th Temple Site Dainichi Temple
3. Gather at the Last Temple and Conclude the Trip

8.8km Course

①Ryozen Temple

↓ 1.3km/20min.

②Gokuraku Temple

↓ 2.7km/40min.

③Konsen Temple

↓ 4.8km/70min.

④Dainichi Temple

4.7km Course

⑬Dainichi Temple

↓ 2.3km/30min.

⑭Jouraku Temple

↓ 0.8km/10min.

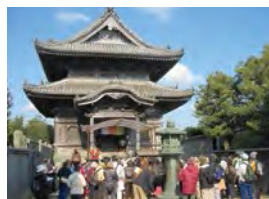
⑮Kokubun Temple

↓ 1.6km/30min.

⑯Kanon Temple



Walking together will deepen a team's bonds.



Daishi opened this road of ascetic discipline, and as you and your colleagues find purity and continue to walk, you will encounter courage and splendor in the pursuit.



Sutra Experience Plan

Amidst silence with a gentle heart innocently take up a brush.



- Max. Participants: 30 people
- Duration: About 1 Hour
- Content: Transcribing Sutras

Built with the desire to go beyond suffering and bestow the ten joys of paradise, Juraku temple is the perfect place to experience writing sutras. The sutras have a long history, and they have become the nourishment that provides many with peace of mind. For those of us living in the modern era, having a quiet moment to take up a writing brush is a chance for us to become our most pure.

Zazen Meditation Experience Plan

Sitting quietly in a mountain temple... Separate from the mind and body to see your true self.



- Max. Participants: 36 people
- Duration: about 2 hours (5:20am to 8:00am) ※It is possible to apply for alternate times.
- Contents: 1.Zazen Meditation 2.Morning Porridge 3.Chanting 4.Lecture
※A meditation only option is also available.

You can experience zazen meditation in the quiet dojo of Shikoku's oldest Zen/Soto temple, Joumanji, founded over 700 years ago. In order to face yourself ... To rise above the self... The goal of zazen meditation is freedom. Amidst the history of this ancient temple's meditation hall, people can spend their time meditating in their own way.



The joy that comes from stage performance builds a relationship of trust.

Awa Puppet Theater Experience Plan



20 people
(Minimum 10 People)

Max. Participants



100 minutes

Required Time



Year-Round

Reception Time



~¥50,000
(Admission Separate)

Budget



Tokushima Awa Jurobe Mansion
(Tokushima-ken, Tokushima-shi,
Kawauchi-cho, Miyajima Hon-ura 184)

Place



Keisei Awa no Naruto: Junrei-uta no Dan

During a family feud in the Tokushima Domain, in order to examine the matter of the stolen sword of the lord, Jurobe from Awa, along with his wife Oyumi, changed their names and disguised themselves as thieves, moving to Tamatsukuri village in Osaka. A girl on pilgrimage named Otsuru came to where they were all the way from Awa, looking for her parents. Although Oyumi knew it was her child, if it was discovered that this was her daughter, harm would doubtlessly befall Otsuru. Oyumi wept when the girl left. However, when Otsuru's pilgrimage song had faded into the distance, she chased after her. The mother's uncontrolled compassion leads to a heartrending outcome.

The techniques of the puppet theater have been finely tuned and polished for over 400 years. Japanese sensibilities breathe life into the performing arts, and not just by watching but also by performing, you can encounter the charm!

Japanese puppet theater combines the entertainment of the music of gidayu, "joruri," and puppetry, dividing itself evenly between Kabuki and popular theater. In this competitive way, this traditional art was developed. Awa and Awaji's doll performances can be said to have played a major role in spreading the practice's renown to the whole country. After studying the history and features of Awa puppet theater, the roles for the stage leaders such as puppeteer, narration, direction, and raising the curtain are assigned, and everyone can bring "Keisei Awa no Naruto" to the stage.

[Main Content]

1. Explanation of Awa Puppet Theater
2. "Keisei Awa no Naruto" Description and Demonstration
3. 3-Person Doll Operating Instruction
4. Group Practice
Puppeteering / Speaking / Narrative / Guardianship
5. Showcase of "Keisei Awa no Naruto"



Five fingers manipulate the eyes and mouth, and the doll's expressions light up with life.



Through the creation process at "LED Valley Tokushima" you will also build synergy with one another.

LED Art Experience Plan



10 people

Groups of 5 with up to 2 groups
※More than 10 people
can join upon request.

Max. Participants



4 hours

Required Time



Year-Round

Reception Time



~¥20,000 for 10 People

Budget

※Crafted goods cannot be taken home.
Souvenirs can be prepared.



Hikari no Machi (City of Light) Station Plaza
Tokushima-ken, Anan-shi, Tomioka-cho
Konpukuji 40-17

Place



State-of-the-art LEDs are gathered at Hikaru no Machi Station Plaza, and have been

This tremendous invention is changing the future!
In the birth-place of the "blue LED" let's create LED art.

In the 20th century, the difficult discovery of the high-brightness blue LED was made. In Anan city of Tokushima it was successfully made into a commercial product for the first time, and great innovative progress was made for society. Currently, only in the "LED developed region" of Anan city that has integrated over 100 companies, and where the leading producer of LEDs in the world was started, can you enjoy the experience of art made from LEDs and make similar works with your colleagues.

[Main Content]

1. Explanation of LED Fundamentals
2. Working Process Explanation
3. Production Work
4. Turning On and Enjoying Completed Projects



In this advanced LED locale, you can have the valuable experience of learning about the fundamentals and technology of LEDs.



Craft dazzling, original light displays from LEDs. While improving mutual sensibilities, you can experience the happiness of creating something together.

Everyone works together to solve the mystery! See a new side of your colleagues.

Otsuka Museum of Art Mystery Tour Plan



200 people
Negotiable
(Min. 15 People)
Max. Participants



90 minutes
Required Time



Year-Round
Reception Time



Free Admission Separate
(usually ¥3,240)
Budget



Otsuka Museum of Art
Tokushima-ken, Naruto-shi, Naruto-cho
Tosatomarura-aza Fukuike 65-1
Place



Local Reproduction of Scrovegni Chapel

Let's take in this fine art!

By bringing together the wisdom of your team in Japan's largest art museum, we can solve the riddles of the artwork.

While in Japan, you can enjoy over 1000 treasured, masterpiece ceramic plates at the Otsuka Museum of Art. On this stage become the hero of the unfolding museum mystery, and as a team face the challenge of solving the riddle hidden in the artwork. Tour these powerful masterpieces, and while deepening your knowledge of art appreciation with colleagues, feel a sense of unity and exhilaration for the mystery that awaits!

[Main Content]

1. Tour and Art Appreciation at Otsuka Museum of Art
2. Mystery Tour Explanation
3. Divide into Teams to Pursue the Mystery
4. Assemble Discoveries
5. Announce Results and Awards



Based on the research into the mysteries hidden in Van Gogh's paintings titled "The Blue Case Files," let's investigate a collection using insight, judgment, reasoning, and combined talents.

By pooling your strength, you can uncover mysteries that a single person never could!

Only available in Japanese.



Amidst the scenic beauty of the gentle waves test your strength and enjoy the experience of traditional fishing!

Net Fishing Challenge Plan



40 people
(Min. 16 People)
Max. Participants



Fishing Experience 120 minutes
Required Time



Year-Round
Reception Time



¥4,600/person
(tax and insurance separate)
Budget



Shishikui Fishing Port
Tokushima-ken, Ama-gun,
Kaiyou-cho, Shishikuiura
Place



The ria coastline forms a beautiful river valley.

Enjoy the stunning view in "Matsushima of Awa" river valley and in solidarity as a team enjoy the exciting challenge of net fishing!



In the river valley in Muroto-Anan Kaigan Quasi-National Park, scenic large and small islands float; coral and even tropical fish thrive in abundance in the transparent waters. While casting a "Dontsuki" fishing rod out over the surface of the water alongside local fishermen, the fish come in, and the nets are pulled up (using a traditional method). Voices cry out as nets are forcefully pulled in, bringing everyone together in solidarity.

[Main Content]

1. Explanation of Net Fishing
 2. Boat Ride to Fishing Area
 3. See the Fish that are Caught
 4. Commemorative Photo
- ※bring individual rain gear
※meals can be made at local hotels from caught fish (additional cost)



When you pull up the nets a wide variety of fish both big and small can be caught. Learn from men of the sea the discipline and fun of net fishing.

Tension builds as you take up the task of casting out over the water.



Become united through the symbol of love and peace that is "Ode to Joy!"

Ninth Symphony Chorus Plan



100 people
(Min. 15 People)

Max. Participants



120 minutes

Required Time



Year-Round

Reception Time



~¥50,000

Budget



Das Deutsche Haus Naruto
Tokushima-ken, Naruto-shi, Osa-cho
Hinokiji Higashi Yamata 55-2

Place



A variety of concerts are held at the Das Deutsche Haus Naruto.

Beethoven's "Ninth Symphony"
In the land where the song premiered in Japan,
sing a joyful song in chorus together!



In Naruto city on June 1st, 1918, for the first time in Japan the last movement of Beethoven's "Ninth," "Ode to Joy," was performed. Every year the first Sunday in June is designated as the "Ninth Day," and a grand concert is held with people from all over the country getting together and singing the Ninth. In this special place, you can practice the Ninth as a team, finding the part that is suited to your voice and enjoying the feeling of working together as one.

[Main Content]

1. Guidance through Das Deutsche Haus
2. Guided Instruction and Team "Ninth" Practice
3. Recording
4. Presentation & Awards



Each group will receive one copy of the recorded song with a picture and names inserted on an original CD.



Even in Japan, Beethoven's "Ninth" is beloved as the anthem of the EU. Singing in chorus with love, peace, and joy will work to deepen team bonds.



Learn the wisdom of mountain village life and discover the blessings of nature.

Sora No Sato Mountain Village Experience Plan



10 to 20 people

Max. Participants



One Night + Half-A-Day

●event in the afternoon—stay overnight—depart next morning
●evening arrival—stay overnight—event in the morning

Required Time



Year-Round

Reception Time



¥10,000/person

Budget



Western Satoyama Region

Place



Japan's Surviving Traditional Landscape of Sora No Sato

In the rustic, traditional Japanese landscape spend time enjoying a rich country lifestyle that shifts along with the seasons.



Enjoy the original, satoyama (hilly countryside) scenery of Japan at "Sora no Sato" (sky village) in the foothills of Shikoku's Mt. Tsurugi. It is said we now live in the age of plenty, and the true feeling of richness that comes from a rural life in harmony with nature is being rediscovered. Farming, country cooking, woodcutting, Goemon-style baths, etc., around the inn and staying in the former school dorms will allow you to experience the joy of living in harmony with the seasons.

[Main Content]

- Experience Forestry & Woodworking
- Bamboo-Copter (Dragonfly) Flight Recording
- Seasonal Agricultural and Woodcutting Experience
- Goemon-style Heated Bath
- Country Cooking Contest
- Hydrangea Gardening
- ※Please contact us for more information.



Also experience the rustic traditions of woodchopping and Goemon-style heated, outdoor baths.

In teams, cook bountiful countryside food using the blessings of nature. Look forward to seeing what you can make and competing amongst each other.

So much to do! Recommended Plans



On the steep mountain slopes ascends the beautiful Misato masonry in an area that has also been selected as one of a hundred special villages of Japan. Its history can be traced back to the Edo period.

Misato Outdoor Masonry Experience Plan

Through stone masonry that works towards environmental conservation, learn about coexistence with the beauty of nature.

The Misato fireflies can only be found in Japan, and the Misato district of Yoshinogawa, Tokushima prefecture has been designated a natural treasure. Its name hints at how in a dense forest there lies a story told through the history of this masonry and that amongst the coloring of the plum groves and the clear streams it has become integral in guarding the life that thrives in the area.

[Experience Contents]

Experience the wisdom and technology that supports life in the mountains, and learn about its role in the local ecology. Amongst companions, diligently stack stones, and feel that important connection that comes from coexisting with nature.



You can experience traditional stone-working. The masonry protects the purity of the river, and creates an environment in which fireflies flourish.



In Shiota, a prosperous region of Naruto, there are noodles that are known as the fun snack of working people. And throughout Naruto you can enjoy Naru-Churu udon.

Naru-Churu Udon Experience Plan

Enjoy the delicious texture of the churu noodles! Share in the popular taste of this unique udon!

With golden broth, Naruto wakame (seaweed), finely sliced fish sausage, and deep-fried bits piled on, Naruto's local udon noodles "Naru-Churu" has a unique mix of qualities that compose the secret behind its delicious flavor. The resulting exquisite texture from slurping these unusual noodles is very popular.

[Experience Contents]

In a strangely nostalgic place, everyone can enjoy making the uniquely delicious naru-churu udon noodles together. When people talk about this unique udon from the culture of Naruto, the taste of the freshly made noodles is a popular topic.



There is the local beloved soul food of Naruto, "Naru-Churu Udon." This homemade dish can warm your heart and soul.



By becoming absorbed in the striking of a drum, you can feel the pleasure of expressing yourself and the joy of freedom that comes with setting yourself free!

Drumming Experience Plan (Taiko Family)

Enter into the old spirit of Japan through the sounds and rhythms of drums.

"Taiko Family" plays an active role in Yoshinogawa, "Tokushima is a fun place" focused on drumming education with culturally-centered activities. Great rivers, mountains, and the seasonal elements of the Tokushima landscape overlaid by the sounds of valiant drums conveys the splendor of Japanese taiko.

[Experience Contents]

We start with the correct form and posture for playing, followed by striking technique and learning about taiko rhythm, so that you can play taiko with all your spirit and experience the heart of Japan from days gone by.



At the core of the expression "sounds of the festival" there is the "taiko family," which handles dedications and performances at shrines.



Along with learning karate techniques, you can build up your senses of civility, courage, perseverance, introspection, self-control, altruism, cooperative skills, compassion, and greater social skills.

Karate Experience Plan (Tokushima Karate Federation)

Through karate the mental aspects of both spirit and technique are refined together.

Karate is a traditional Japanese martial art that is made up of both the mind and spirit found in the way of karate. By training in its techniques, mental and physical harmony and civility are cultivated. Karate thrives even in the Tokushima area, and many people train in order to elevate their skill and spirit.

[Experience Contents]

Through fundamental techniques, forms, and non-contact sparring, anyone can safely experience karate. The teaching of karate is widely supported as education that improves the richness of life.



In daily life there are muscles you leverage though they do not seem to move, allowing you the ideal experience of full-body movement.