

Participating Schools

Ina is a local city situated between the South Alps and the Central Alps in Japan. There are 15 elementary schools and 6 junior high schools in the city. Blessed with beautiful mountains, rivers, and fields around, each of these schools cultivates its own uniqueness incorporating the local culture and history.

Name of school	No. of students	Name of school	No. of students	Name of school	No. of students
Ina Elementary School	666	Higashi Haruchika Elementary School	345	Ina Junior High School	418
Ina Higashi Elementary School	643	Nishi Minowa Elementary School	383	Toubu Junior High School	843
Ina Kita Elementary School	523	Nishi Haruchika Kita Elementary School	180	Nishi Minowa Junior High School	183
Ina Nishi Elementary School	73	Nishi Haruchika Minami Elementary School	141	Harutomi Junior High School	440
Tomigata Elementary School	164	Takato Elementary School	232	Takato Junior High School	163
Niyama Elementary School	31	Takato Kita Elementary School	64	Hase Junior High School	41
Misuzu Elementary School	377	Hase Elementary School	78	Total	2,088
Tera Elementary School	157	Total	4,057		

(as of May 1, 2012)



Inter-School Exchanges

Ina City places emphasis on these exchange programs from which the participating children derive the greatest enjoyment. Various exchange programs are awaiting visiting pupils so that they can have a glimpse of Japanese culture, tradition, and life style by experiencing some aspects of the school life of Japanese children.

Welcome Ceremony

The children are all smiles in anticipation of international friendship and cultural exchange. The Japanese students present chorus, band, taiko (Japanese drum), dancing and other performances. The visiting students may show their performances as well.



Reception

Class Exchanges

The visiting pupils join their Japanese counterparts in class. They experience Japanese traditional culture by taking part in kendo, taiko, koto (Japanese harp), origami (art of folding paper into various figures), and other classwork together with Japanese children.



Having school lunch together

Lunch Exchange

The visiting pupils have school lunch together with Japanese pupils. Some of them may develop interest in Japanese food and dishes. In an amicable ambience, the visiting children may experience a part of ordinary school life in Japan and make memories of casual exchanges with their Japanese counterparts.



A scene from class exchanges

Kendo lesson



Traditional performing arts (Taiko)



A brass band performance by the Japanese students



A visitors' performance



Local performing art ("A Battle at Takato Castle" performance)



A scene for class exchanges

Organizations responsible for receiving foreign students

Nagano Prefectural Educational Trip Invitational Promotion Association
(an organization of Nagano Prefecture)

Introducing interested municipalities to interested schools abroad.



Introduction

Tourism Section,
Ina City Hall

Ina City Tourism Association



Arrangement

Ina City Board of Education
Ina City Elementary Schools
and Junior High Schools

Accommodations,
Experience Learning
Facilities, Dining Facilities

Experience Learning Facilities

Surrounded by a number of 3000-meter-class Alpine peaks, Ina City offers chances for outdoor experiences, such as fruit picking, skiing, and canoeing. Throughout the year, the participants can experience harvesting fruits and vegetables. They can also experience soba noodle making, weaving, etc. These experiences in Japan will leave a lasting impression on the visiting children.

Miharashi Farm

The pupils can harvest and taste fruits and vegetables. On this farm, the children can experience Japan's traditional handcrafting. A restaurant serves a variety of vegetable dishes. A full day of pleasant excitement is assured.

- Harvesting experience
 - Strawberry picking
January 1 to early June
 - Blueberry picking
Early July to mid-August
 - Apple picking
Late August to Late November
 - Grape picking
Early September to late October
 - Asparagus harvesting
Mid-April to late June
 - Sweet corn harvesting
Mid-July to mid-August
- Soba noodle making experience
Two-hour course (prior arrangement necessary)
- Restaurant (Tomato-no-ki)
More than 20 dishes, All-you-can-eat buffet style, 208 seats
- Weaving, vegetable-dyeing, taketombo (helicopter-like bamboo toy) making



Strawberry picking



Restaurant "Tomato-no-ki"



Blueberry picking



Soba noodle making

Chuodo Ina Ski Resort

From mid-December to late March

Chuodo Ina Ski Resort is a ski slope only a 15-minute drive from the Ina Exit of the Chuo Expressway. Even children and beginner skiers can enjoy skiing, sleighing, and other games on the snow.



South Alps Geopark

Highlights in a "Geopark," an internationally designated park of nature, are relics of ongoing geological activities. The majestic South Alps, which used to be at the bottom of the ocean, are evidence of the tremendous dynamism of geological energy. A guide will explain the features and mechanism of this Geopark.



Canoeing Experience

Early June to late September

The Takato B&G Marine Center is a facility dedicated to the promotion of mental and physical health for young people. Visitors can take rowing or canoeing lessons in the summer on the man-made lake in Ina City.



Accommodation

Accommodations are provided by hotels in Ina City with hot-spring baths or a large bathing area. The visiting children can have a relaxing time after daytime activities.



The Takato Sakura Hotel



Open-air bath at the Takato Sakura Hotel