

## TMU Off-Campus Programs in Tokyo

Tokyo is known as a city with high population density, concentrated skyscrapers, and crowded streets. However, the Tokyo area also includes a large mountainous region and many islands scattered up to 1000 kilometers away for the city center. There are three national parks in the Tokyo area, Chichibu-Tama-Kai National Park, Izu-Hakone National Park, and Ogasawara National Park, as well as vast oceans. Each area and island of Tokyo is characterized by its own fascinating nature and history.

Let's learn about and enjoy the nature and culture of various areas of Tokyo. We recommend that everyone from abroad should study, not only on campus, but also in different, attractive areas in Tokyo. Only by visiting, seeing, touching, hearing, smelling and tasting directly, can we really understand Tokyo and Japan.



## TMU Off-Campus Programs in Tokyo



### Tokyo Metropolitan University International Exchange Program

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## Tokyo Metropolitan University International Exchange Program -Events and Off-Campus Trips-



The island of Izu-Oshima



Mt. Mitake



Tokyo Metropolitan University



## The Izu-Oshima Trip

Let's go discover a unique part of Japan at Izu- Oshima / This three-day field trip provides us with a wonderful opportunity to learn, while interacting with both Japanese and international students!

We will get to the island on board a large overnight passenger ship. At the island, we will learn about the history, society, culture and nature of the island through exhibitions and field experiences. Included are a trip to see the manufacturing process of "kusaya", a distinctive type of dried fish that is a special product of Tokyo, a visit to the museum, where we will learn about how the island was formed and about the lifestyle of its ancient inhabitants, and a hike up Mt. Mihara, which is still an active volcano. A local instructor will tell us about the formation and history of the mountain. We will also see the Senba Stratum, which formed gradually during approximately 300 eruptions that occurred over 15,000 years. At night, we will enjoy bathing in hot-springs, getting to know fellow students from different countries through group discussions, and eating a local delicacy, "zuke-don," a delicious rice dish.

This is a great opportunity to broaden our horizons, learn more about Japan, and make new friends!



▲ Tour of a Kusaya factory.



▲ Discussions at night.



▲ Fudeshima

Relaxing in the hot springs.



▲ Cheers! A toast with Oshima soft ice cream.



▲ Palais la Mer, Seashell Museum.

## The Mt. Mitake Trip

Experience a mysterious and idyllic part of Japan on our two-day field trip to Mt. Mitake! On the way we will visit the Ozawa brewery, where we'll learn how sake is brewed directly from a master brewer. We'll also visit the gorgeous, Nippara Limestone Cavern which is the longest in the Kanto region with a length of 800 meters. At night, we'll get to know each other better through lively discussions on ecology and conservation. On the second day, we will enjoy a hike through the woods from Mt. Mitake to Mt. Hinode, while learning about the flora and fauna of the area from a professor of ecology. This trip will expose you to the natural beauty of Japan, which may not be well-known, but is definitely worth experiencing!



▲ At the peak of Mt. Hinode.

At the cable-car station.



Discussions at night.▶



▲ Classifying leaves.



▲ Musashi-Mitake Shrine.

## The Brainstorming Session and Mochi Making Party

How can we improve education, life, and social exchange for students at TMU? We will hold a brainstorming session discussing the strengths and weaknesses of education at TMU and explore ways to improve student life and increase interactions between students, between students and faculty, and between the university and the city of Minami-osawa. This session will include students, faculty, as well as the university president and the chairman of the university board.

Following this discussion, we will hold a mochi making party where students can experience a traditional Japanese event, mocha-tsuki, in which rice is pounded into a paste/cake known as mochi. Mochi-tsuki is a festive ceremony to welcome in the new year. University staff and students and their families can relax and socialize while enjoying many different mochi dishes, including ozouni, a soup containing mochi, and oshiruko, a sweet mochi-containing dessert.

Mochi-Tsuki



▲ Brainstorming session.