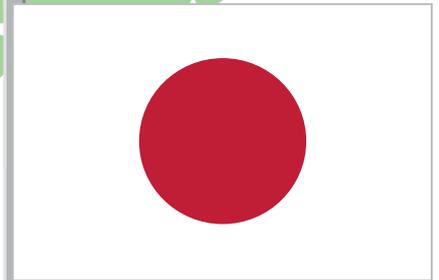


# Japan Activity pack



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# Konnichiwa!

Welcome to tripAbrood's Japan activity pack.



At **tripAbrood** we're launching an **AI travel assistant**, matching you and your family to the perfect holiday. Just because you can't leave your home at the moment, doesn't mean you can't travel to far flung destinations around the globe from your sofa. Each week we will be releasing a new activity pack, focusing on a new country to give your family a taste of their history and culture.

**The pack is split into 5 parts:**



## **History:**

A little introduction to the country, their history and culture



## **Taste:**

Some great recipes you can make together with your kids that reflect the country



## **Explore:**

Find out where the country is and how you'd make your own way there



## **Talk:**

Learn a few words or phrases to help you speak like a local



## **Creative:**

Learn a skill or create something that relates to the local culture

We hope you and your kids enjoy your journey to **Japan** on this trip. When you're ready to ride a bullet train in person, we'll be waiting to guide you through the simple booking process. **Ja Mata!**

The **tripAbrood** team x

# History

A little introduction to Japan, its history and its culture.



## FACTS ABOUT JAPAN



Japan is a country in East Asia



The official language of Japan is Japanese



Tokyo is the largest city in Japan, it is also the capital



The currency used is the Japanese yen



The population of Japan is around 127 million



Japan is made up of five main islands and lots of smaller ones



Japan is the only country in the world which still has an emperor



The highest mountain in Japan is Mount Fuji which last erupted in 1707

## SAMURAI

You might have heard of Samurai before. Samurai were warriors in early Japan. They followed a code called **bushido**, which means the way of the warrior. They were expected to be self disciplined, obedient, skilled, brave and willing to sacrifice themselves for honour.

Gradually over time, they began to accumulate more power and wealth. Eventually, these warriors became the ruling class of Japan. As time went on, the samurai became unhappy and wished for Japan to modernise. They took part in a revolution. This succeeded but the samurai lost their power and were replaced with a more modern army.





## EMPERORS AND SHOGUNS

**Japan has the oldest continuous monarchy in the world.**

There are records of the Japanese emperors going back over 1700 years and, according to tradition, Japan was founded by Emperor Jimmu in 660 BC over 2600 years ago! However, while Japan has always had an emperor, they haven't always been the one in charge.

**Between 1185 and 1867**, the true ruler of Japan was the Shogun. The Shogun was the military leader of Japan and, in theory, was appointed by the emperor. In reality, the Shogun held the power and this period of time is known as the Shogunate. During this time there was still an emperor but they held a ceremonial position - not too dissimilar from our monarchy today. Throughout this period, the emperor remained in the historic capital Kyoto and the Shoguns ruled from Kamakura. Later, they created a new capital in Edo - the city we now know as **Tokyo**.

Nearly 700 years after the Shoguns took over the government, they were forced to hand power back to the emperor - Emperor Meiji. This event was called the **Meiji Restoration**.





## EATING IN JAPAN

Japan, like many East Asian countries, doesn't use the same cutlery we do. They use chopsticks which you might have seen before. In Japan, **chopsticks** are called *hashi* or *otemoto*. Chopsticks are simply two sticks that can be made out of many materials such as wood, different metals or plastic. They are both held in one hand and used together to pick up food to eat.

Sounds simple right? But there are lots of rules to follow if you want to be polite when using chopsticks in Japan. First of all, you should never stick your chopsticks into food, especially rice, and leave them there. This resembles a ceremony performed at Japanese funerals. Similarly, be sure to not pass food between your chopsticks and someone else's and be careful to not cross your chopsticks when placing them down. Both of these actions are similar to other traditions at funerals. Finally, only place your chopsticks across the rim of your bowl or onto your plate when you are finished eating. Otherwise you may find your food has been taken away sooner than you'd like!



## MODERN JAPAN

Japan is very famous for its history and food but today, it is also known for being very **technologically advanced**. It is the birthplace of games such as **pokemon**, the home of **anime** and **manga** and has incredible transport including bullet trains or **Shinkansen** which can go as fast as 200 miles per hour. Japan also has very **high-tech toilets** - yes toilets! They can play music, have lights, have warm seats and have built in bidets. Imagine having one of those in your house!



# Taste



Here are two Japanese recipes for you to try at home with your kids. We hope you enjoy them as much as we did!

Japan is famous for its wonderful food. Japanese restaurants are found all over the world and you might have already tried some of their food. Have you had ramen or sushi before? What about tempura or yakitori? Yum - we're getting hungry just thinking about it!

This week's recipes are a little more complicated than normal so be sure to ask for an adult's help. We promise they're worth the effort and are still easy to follow!

## PORK BELLY RAMEN Serves: 2

### Ingredients:

- 300g of pork belly (this can be substituted with chicken breasts or thighs, beef steak strips or additional veggies. In this case, simply add the spice mix from step 3 to your chosen alternative and cook as normal before adding to the broth at the end)
- 2 noodle nests (ideally wholewheat)
- 2 eggs
- ½ tbsp of soy sauce
- 2 tbsps of miso paste
- 1 tsp of five spice
- 1 tsp of sugar
- 1 tsp of salt
- ½ tsp of chilli flakes (optional)
- 5g of sesame seeds
- 15g of ginger - peeled and grated
- 2 spring onions - sliced
- 2 garlic cloves - peeled and grated
- 1 carrot - peeled
- A handful of bean sprouts
- Vegetable oil
- Ice





## Method:

### To make the pork belly ramen

1. Preheat your oven to 180 degrees and boil the kettle.
2. Take a knife and carefully cut the fatty side of the pork belly diagonally both directions (it should make a diamond pattern). Make sure to cut deep enough that the knife reaches the meat underneath.
3. Add the five spice, a tbsp of vegetable oil and a tsp of salt in a bowl. Mix these together and rub into the diamond pattern on your pork belly.
4. Heat a large pan over a medium heat. Once it's hot, add the pork belly diamond pattern side down and cook for 3-5 minutes until brown then flip and cook for 2 minutes.
5. Put the pork belly into a deep baking tray or dish, add 300ml of boiling water and pop in the oven for 40-45 minutes. Once done, save the resting juices from the tray and leave the meat to rest for 5-10 minutes. Then, slice thinly.
6. Put the rest of the boiling water into a pot over a high heat and add your two eggs. Cook for exactly 7 minutes. While they are cooking, refill and boil your kettle again, and prepare a bowl of cold water with ice. When your eggs are finished, carefully remove them from the boiling water and add to the bowl of ice water. (Alternatively, place in a bowl of cold water and place in fridge for 20 mins)
7. Turn down the heat to medium and add 1 tbsp of vegetable oil, the chopped garlic and chopped ginger into the empty pot. Cook for one minute.
8. Add the miso paste, soy sauce, chilli flakes (optional), sugar, any resting juices from the pork belly and 600ml of boiled water. Stir together and add your noodle nests. Cook for 5-7 minutes.
9. Now, take your peeled carrot and continue to peel to get carrot ribbons. Then, peel your cooled down eggs and cut in half.
10. Once your broth with noodles is ready, split it between two deep bowls. Add the carrot ribbons, spring onion, beansprouts, eggs and pork belly on top of the noodles then sprinkle some sesame seeds on top - now enjoy!





## AVOCADO MAKI

Serves: 6

### Ingredients:

- 225g of sushi rice (can substitute with Arborio or Risotto rice)
- 3 tablespoons of rice vinegar
- 4 sheets of nori (dry seaweed) (can substitute with thin cucumber sheets)
- Salt (for seasoning)
- 1 ripe avocado

**Note:** a bamboo sushi mat is recommended for this recipe. These can be purchased cheaply in major supermarkets. Alternatively you can use a folded kitchen towel.

### Method:

#### To make the Cucumber and Avocado Maki

1. Add 300ml of water to a pot. Bring it the boil then add your sushi rice. Lower the heat and simmer for 20 minutes or until the water has evaporated and the rice is cooked.
2. Cut the avocado in half and remove the stone. Peel the avocado and slice.
3. Remove the rice from the heat, drain any excess water if necessary, and stir in the rice vinegar and season with a pinch or two of salt.



# Taste



4. Cover a bamboo sushi mat with cling film and place a half sheet of nori on top with the shiny side facing down (if you want lots of filling, feel free to use a whole nori sheet).
5. Spread rice evenly over the nori but be sure to leave about 1cm space at the both ends.
6. Add your avocado into a horizontal line across the centre of the rice.
7. Begin to roll your sushi by lifting the end of the bamboo mat closest to you and fold it over the avocado.
8. Continue to roll and using your bamboo mat, tuck the end of the nori into the rice past the ingredients. Try to make your roll nice and tight.
9. Continue until you reach the 1cm space at the top of your nori. Dab some water along this empty space and then finish your roll. This will help it stick.
10. Repeat this until you run out of ingredients. Then, finally, it's time to cut your sushi roll into 6 pieces and then you're done! Eat these alone or with soy sauce, wasabi or ginger.



# Explore

Explore our map to discover where Japan is and how you would get there.





## FIND

Looking at the world map:

We've **highlighted 5 countries**. Can you identify Japan?

What are the other highlighted countries?

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Which countries are closest to Japan?

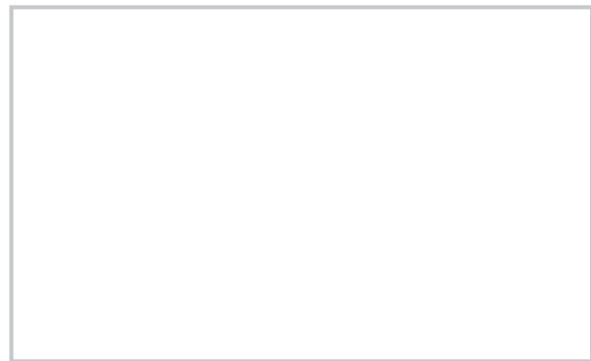
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Which seas border Japan?

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## THE FLAG

**Draw and colour in** the Japanese flag.



What shape and colours are on the Japanese flag?

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## GETTING THERE

**Draw on your map** the countries you would like to stop at on your way to Japan.

For each part **write down**:



What mode of transport you would take

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The distance from the city you left to the city you're going (Tip: Ask google for some help)

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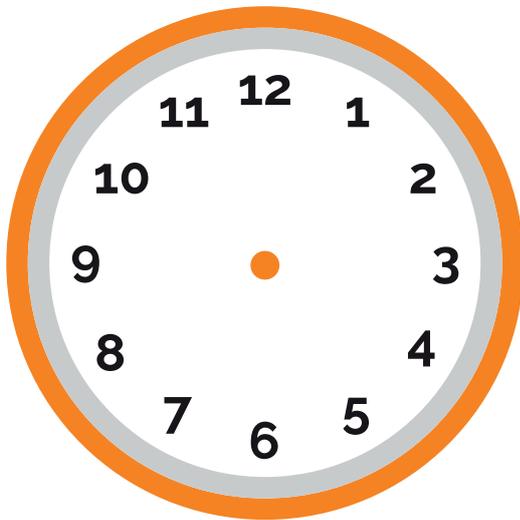
How long you think it would take you to get there

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## CLOCKS

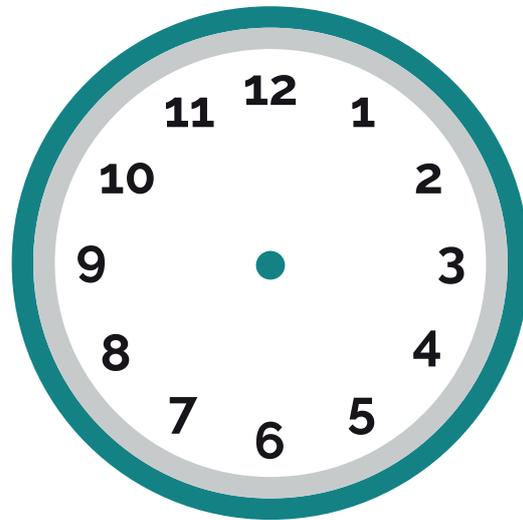
UNITED KINGDOM



My clock:

**Draw** the current time on the clock.

TOKYO, JAPAN



Tokyo clock:

**Draw** the current time in Tokyo on this clock.

## TIME ZONES

**Fill in** the blanks below:

Tokyo is the capital of \_\_\_\_\_ Belfast is the capital of \_\_\_\_\_

Tokyo time zone is ahead/behind (delete one) of ours by \_\_\_\_\_ hour(s).

The time where I live is \_\_\_\_\_ The time in Tokyo is \_\_\_\_\_

Someone my age in Tokyo would be doing what right now? \_\_\_\_\_

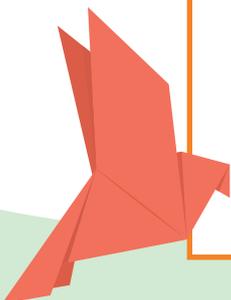


## WORD SEARCH

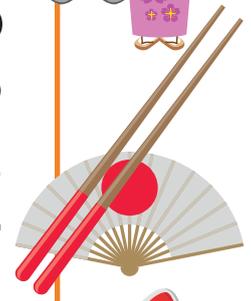
Find the following **Japanese words** in the word search.  
 Words may run forwards, backwards, diagonally, up or down.  
 Some may overlap or even be backwards!



- |        |       |         |            |         |
|--------|-------|---------|------------|---------|
| Shogun | Fuji  | Samurai | Ramen      | Pokemon |
| Sushi  | Tokyo | Origami | Chopsticks | Emperor |



S	A	M	U	R	A	I	S	H	O	L	L
B	M	F	U	S	A	T	R	O	C	H	U
S	E	S	H	O	G	U	N	S	T	A	C
D	N	S	U	R	G	H	A	U	O	T	H
A	P	O	K	I	O	L	L	S	K	L	O
I	T	S	U	G	R	R	A	N	Y	A	P
M	H	T	O	A	P	A	J	O	O	U	S
H	R	S	F	M	O	F	M	M	N	G	T
O	A	O	U	I	K	U	K	E	U	F	I
P	M	C	H	S	E	M	P	K	N	U	C
I	J	U	F	R	M	N	C	O	S	S	K
E	M	P	E	R	O	R	A	P	E	A	S



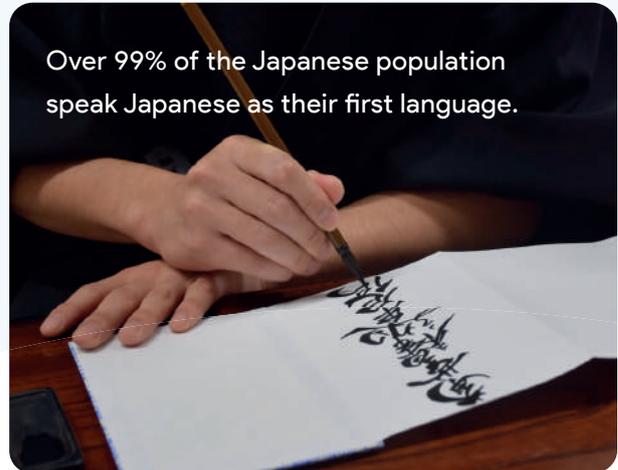
# Talk

Learn a few Japanese words to help you speak like a local.



## LANGUAGE

Here are some of our favourite **Japanese words**, see if you can try and use all 10 in your conversations with your family and friends today. Can you write a short story using these words?



Over 99% of the Japanese population speak Japanese as their first language.

1.

### Konnichiwa

Ko-ni-chi-wa  
Hello

2.

### Arigatō gozaimasu

A-ri-ga-to go-zai-mas  
Thank you very much

3.

### Onegai shimasu

On-ne-guy shi-mas  
Please

4.

### Sumimasen

Su-mi-ma-sen  
Excuse me

5.

### Ja Mata

Ja ma-ta  
Bye / See you later

6.

### Ogenki desu ka

O-gen-ki des ka?  
How are you?

7.

### Nippon

Ni-pon  
Japan

8.

### Watashi wa desu

Wa-ta-shi wa  
My name is

9.

### Kawaii

Ka-wa-ai  
Cute

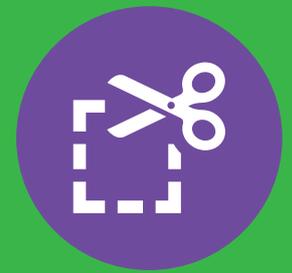
10.

### Moshi Moshi

Mo-shi mo-shi  
Hello (only on the phone)

# Creative

Learn the ancient art of origami and create your own manga character.



## LEARN THE ANCIENT ART OF ORIGAMI

Origami is the ancient Japanese art of paperfolding. It has been used in Japan for special occasions and religious events since paper arrived in Japan nearly 1500 years ago. There are some beautiful complicated origami designs but today, you can **learn to make an origami swan and an origami shirt.**

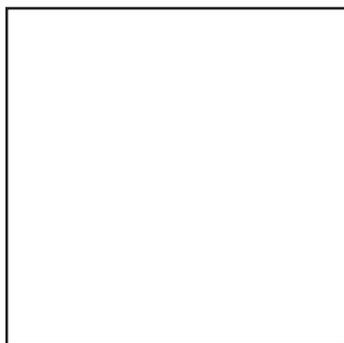
These are pretty basic origami but if you want to learn others - there are plenty of instructions online!



### You will need:

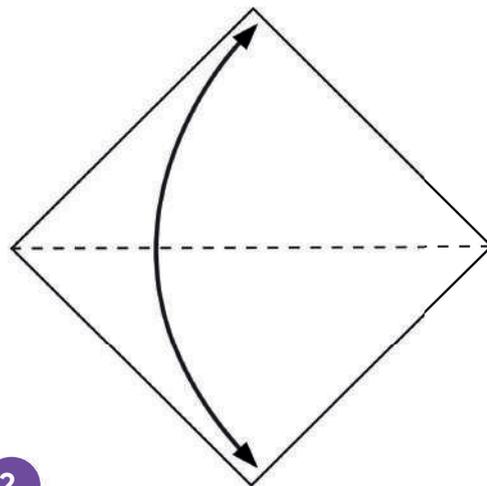
Just paper. This can be coloured, patterned, or simply plain white which can be decorated later!

## ORIGAMI SWAN



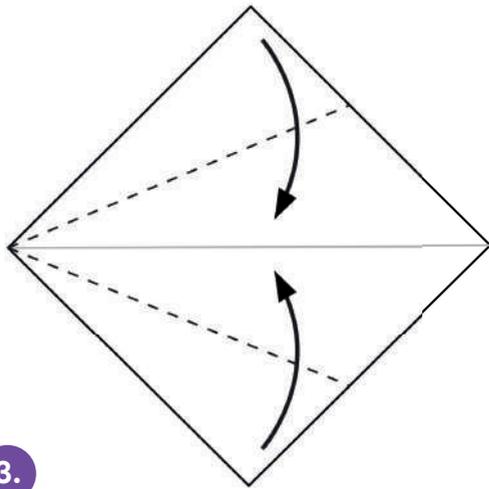
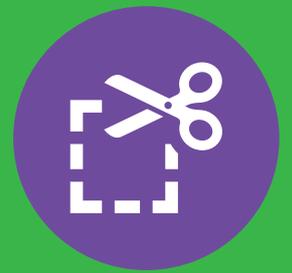
1.

**Step 1)** Begin with a square sheet of paper.



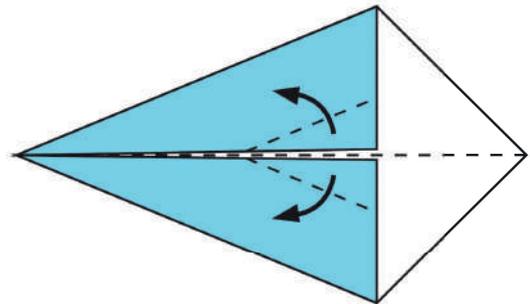
2.

**Step 2)** Fold the paper in half diagonally. If you're using paper which is patterned or coloured on one side, make sure the pattern is on the outside when folded.



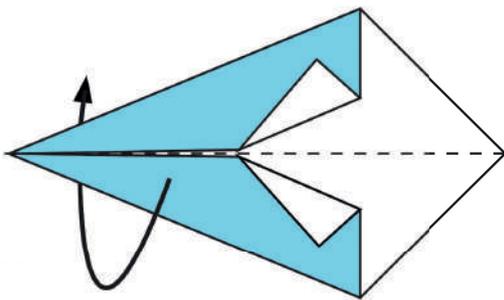
3.

**Step 3)** Unfold the paper and fold the left and right edges into the middle (where the crease is).



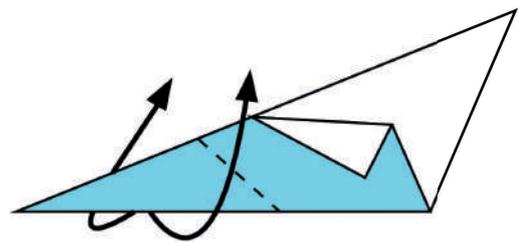
4.

**Step 4)** Fold the top layers of paper out along the dotted lines.



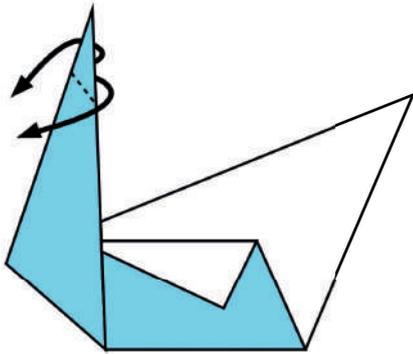
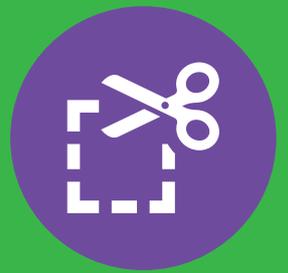
5.

**Step 5)** Fold the paper in half bringing the bottom up and behind.



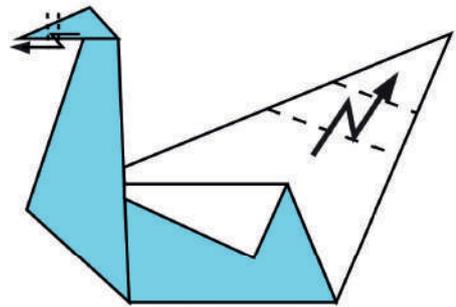
6.

**Step 6)** Make an outside reverse fold along the dotted line.



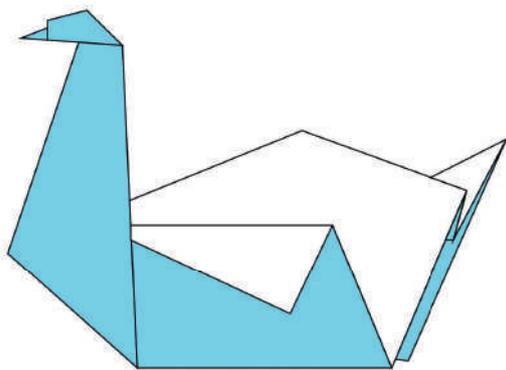
7.

**Step 7)** Make another outside reverse fold along the dotted lines to make the swan's head.



8.

**Step 8)** Make a crimp fold on the head to form the beak and make another crimp fold on the back to form the tail.



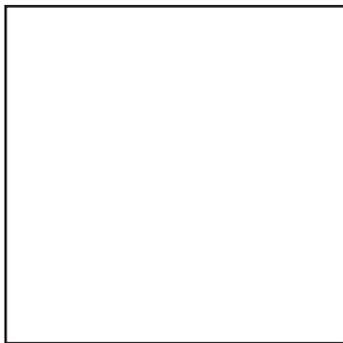
9.

**The complete swan!**



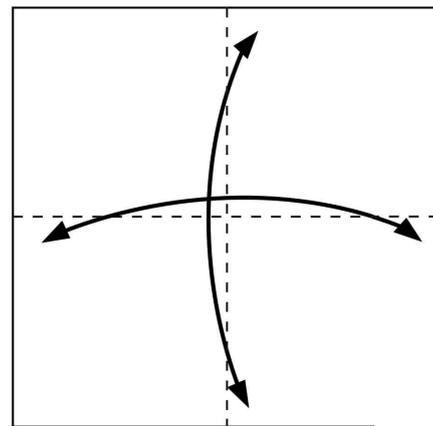


## MAKE AN ORIGAMI SHIRT



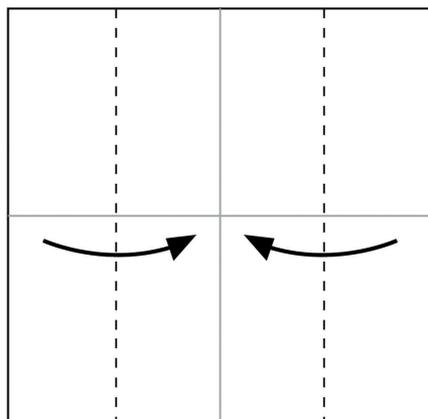
1.

**Step 1)** Begin with a square sheet of paper.



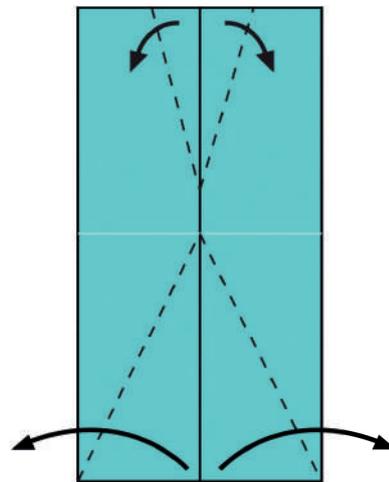
2.

**Step 2)** Fold the paper in half both ways and unfold it each time.



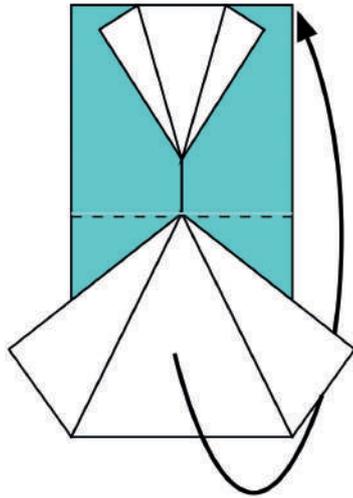
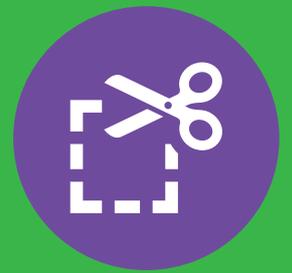
3.

**Step 3)** Fold both sides in to the centre.



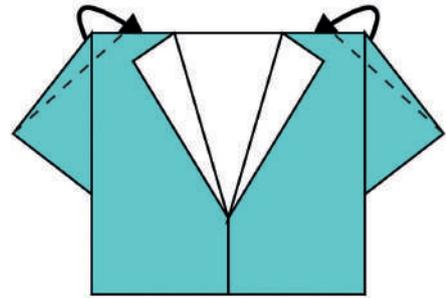
4.

**Step 4)** Fold the top layers of paper out along the dotted lines.



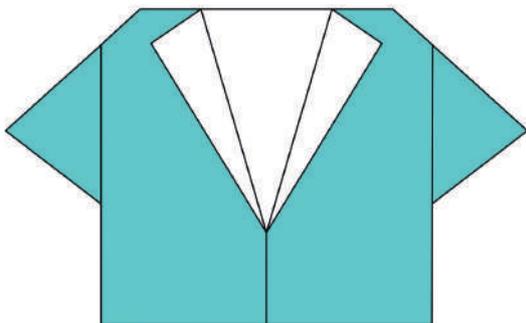
5.

**Step 5)** Fold the paper in half bringing the bottom up and behind.



6.

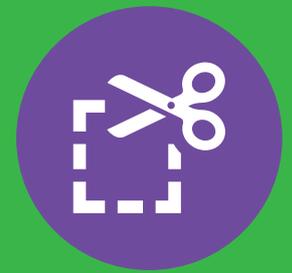
**Step 6)** Fold the tops of the sleeves behind along the dotted lines.



7.

**The complete shirt.** Time to get decorating!





## CREATE YOUR OWN MANGA CHARACTER

You might have heard of Anime or Manga before. Manga are comics which are created in a specific Japanese style. Anime is this same style but animated - there are lots of popular anime tv shows such as **Pokemon** and **Dragon Ball Z** and movies like **Spirited Away**. This style is also used in adverts across Japan! Here you can **create your own manga character or draw yourself in anime form**. We've got some tips for you below!

P.S. many are incredibly colourful! **So let your imagination run wild.**

Character's eyes tend to be very big. Often taking up almost half of the character's face.

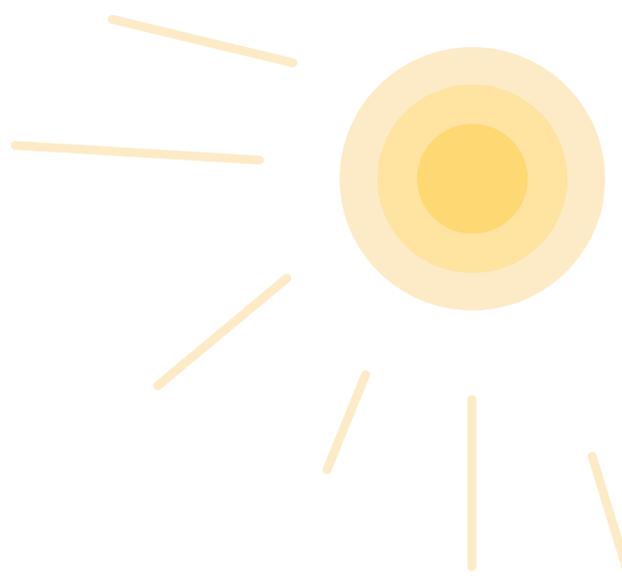
They usually have larger heads than real people, similar to many other cartoons!

Their hair is usually drawn in sections rather than individual strands. Make these as colourful and crazy as you like. Many famous characters have very spiky hair (look up Pokemon or Dragon Ball Z if you need inspiration!)

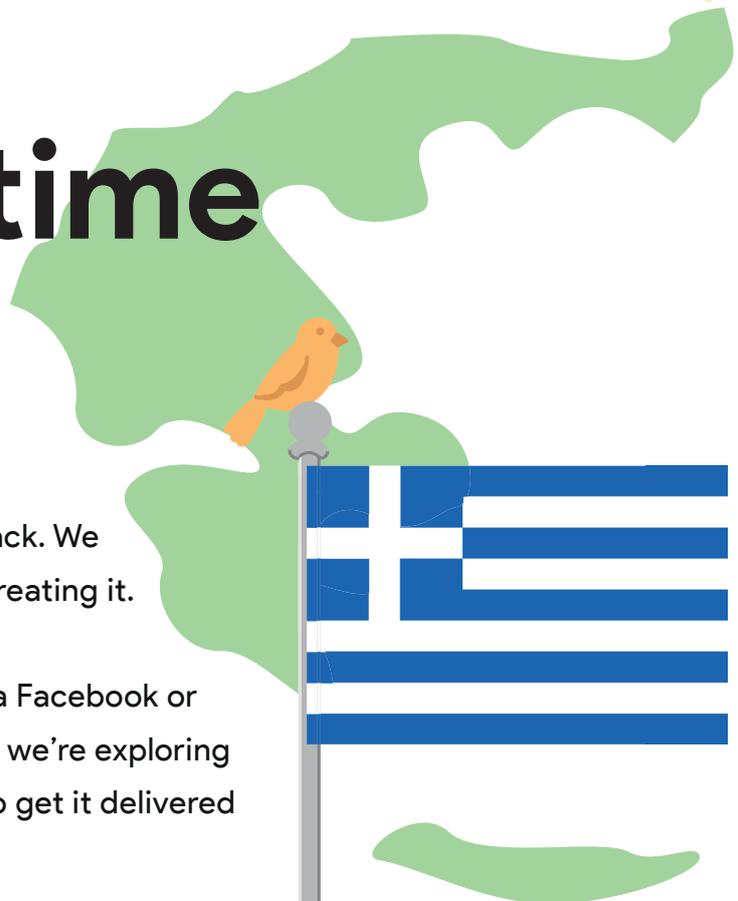
Mouths tend to be drawn very small!

Character's clothes and what they carry often represent who they are. Warriors will always have their weapons or armour while studious characters will often be in their school uniform and carry a book.





# Until next time in Greece!



Thanks so much for downloading the Japan pack. We hope you had as much fun using it as we did creating it.

Don't forget to share your creations with us via Facebook or Instagram (@tripabroad). In next week's pack we're exploring all things Greek, sign up at [tripAbroad.com](http://tripAbroad.com) to get it delivered straight to your inbox. See you next week!



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