

**SINGAPORE
POLYTECHNIC**



**SCHOOL OF CHEMICAL AND LIFE SCIENCES
DIPLOMA IN PERFUMERY AND COSMETIC SCIENCE**

**REPORT ON TRIP TO KANAZAWA TECHNICAL
COLLEGE, JAPAN**

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Over the 10 days in Japan, Kanazawa, I had the opportunity to be immersed with authentic Japanese culture. Prior to the trip, I did not have much interaction with Japanese and I'm therefore, very thankful for this trip, which helped to expand my knowledge on their culture.

On my first day in Japan, I was excited (on top of my nervousness) to be spending 10 days with a group of strangers, who spoke a different language from me. I kept an open mind as I really wanted to get the most out of this trip.

I was lucky to be hosted by a very adventurous family. On the very first day, they brought me to try out Kimono and we walked around Kanazawa Castle and Kenroku-en Garden in it. I've not worn a kimono before and I was really grateful to be able to try one on during this trip.



Over the next few days, my host and I bonded over breakfast and dinner, as well as during the times we travel to and back from school. As both my host and I do not have sisters, it felt great to be able to have someone close in the household who you can share about your day with.

I tried out many types of Japanese food as well. What I learnt from the Japanese is that they really respect meal times, and they have the practice of saying "Itadakimasu" before eating and "gochiso sama deshita" after, which I feel is a good way to show appreciation to our food and the person who prepared the food. To add on, I appreciate how my host family tried to cook all the Japanese cuisines for me to try and come out with something new every meal.

Also, during this trip, I tried “disconnecting to connect”, which is to keep my mobile devices away from me so that I really connect with my host family and enjoy the whole experience. I’ve been successful in this area and kept my usage of mobile devices to the minimum.

Over the next weekend, my host family and I headed out of town and explored many different places such as Candy Museum, Onsens, Sea Aquarium and Space center.



Other than just interaction with my host family, I also fostered new friendships with the team that headed to Japan with me. As we had to prepare for the farewell party, I got a chance for deeper interaction with them and I’m glad to say that I can clique quite well with the team.

Our team became quite bonded over the 10 days and even gave ourselves a group identity, which was “#TeamSephora”.

All in all, I’m glad to have spent my December in Japan and to be immersed in the rich culture of Japan. The bonds formed during this trip with them will always be valuable and treasured by me. I look forward to meeting my host family again and I’m proud to say that I now have a second family in Japan.