


renaissance

NOV/DEC 2015

與復興放眼體驗新世界 

北海道

hokkaido

WINTER WONDERLAND
冬日冰雪世界

ASIA'S HOTPOTS 亞洲火鍋 | MACAU'S GLITZ & GLAMOR 澳門閃耀濠江



食在道地

Eat like a local

楠めぐみ以家常菜讓訪客體驗日本料理和文化

Megumi Kusunoki has made it her mission to let visitors experience her country's food and culture through a meal in a Japanese home

楠めぐみ曾在2009年到丹麥旅行的途中，受當地居民之邀到對方家裡共進晚餐，當時餐桌上盡是一片和樂融融的溫馨氣氛，楠めぐみ靈機一動，她認為到日本遊玩的旅客也應當獲得相同體驗。於是在2011年，楠めぐみ創立了非營利組織Nagomi Visit，讓許多到日本遊玩的旅客只須花點固定費用，就有機會到本地人家中享用家常菜。至今已有超過500個日本家庭為全世界旅客打開家門，歡迎這些異國訪客到家裡來用餐。

要說服日本家庭打開家門迎接外國旅客是否困難？

困難是必定有的，但其實也正是這些日本家庭，讓我們得以了解這種方法可以如此成功。一開始我觀察了Nagomi前四組的訪客，發現不僅訪客，連作東的主人也獲得正面的影響。這些日本主人對於訪客喜歡他們做的家常菜感到非常開心，而短短幾小時內的造訪，來自各國的訪客也能讓他們加深認識那些未接觸過的國家；此外，日本家庭也有機會向訪客分享日本的在地資訊，彼此都能從不同且積極的層面相互影響交流。

創立Nagomi Visit以來，最令你感到驚奇的是什麼？

我們發現有許多訪客會在單趟旅行中參加多次的Nagomi Visit活動，目前最多的是七次。這位訪客幾乎認識了日本各地的居

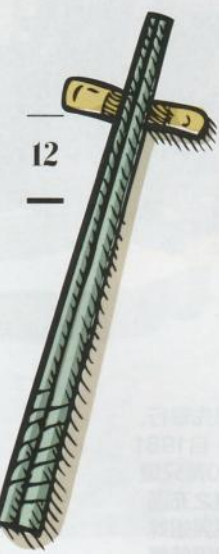


民，我們從未料到會有這樣的情況。這些訪客告訴我們，他們之所以選擇這樣做，是因為每一次的探訪和用餐經驗都是獨一無二的，不僅能遇到完全不同的人，也能品嚐到不同家庭獨有的料理，或是富有當地特色的美食；碰到的日本家庭越多，他們就發掘更多日本的面貌。

你是否也曾經作東？為訪客準備了什麼樣的家常料理呢？

我的家人和朋友曾與我一起招待過訪客，當時我做了關東煮——這是在冬天很受歡迎的日本鍋物。我希望能分享一些對我家人來說真正特別的食物，這也讓我們和訪客有了真正的情感交流。

WORDS: LISA ANN LEE





每一次探訪和用餐經驗都是獨一無二



The "A ha!" moment for Nagomi Visit came to Megumi Kusunoki when she was invited to a local family's home for dinner during a trip to Denmark in 2009. Struck by the warmth and bonhomie around the table, she decided that visitors to Japan would no doubt appreciate a similar experience and in 2011, the non-profit organization that gives visitors the chance to enjoy a home-cooked meal with a local host for a fixed fee, was born. More than 500 Japanese families have since opened up their doors to visitors from around the world.

Was it hard convincing Japanese families to open up their homes to foreign visitors?

There were obstacles but surprisingly it was our hosts who helped us understand how best to win others over. When I observed our first four visits, I caught a glimpse of the positive effects the visits have on not only the guest, but the host too. The hosts were ecstatic to see guests enjoy their home cooking, while within the

few hours of their visit, guests helped to put a face on countries that might have not been on the host's daily radar. Hosts also had the opportunity to share their knowledge about their region of Japan. Everyone was affected in different but extremely positive ways.

What is one surprising thing that you've learned since launching Nagomi Visit?

We see many guests participate in multiple home visits during the course of one trip to Japan. The most so far has been seven times where the guest met locals all over Japan. This was rather unexpected initially and guests have told us that they opt to do this because each experience is unique. Not only are the people they meet different, they also get to try various family or regional specialties. The more hosts they meet, the more the guests realize there is a lot of Japan to discover.

Have you been a host yourself and what did you prepare for your guest?

I've hosted with my family and friends, and I prepared *oden*, a popular Japanese winter time dish. I wanted to share something that was truly special to my family, and this helped us to really connect with our guest.

