

**ROCHONA SYEDA SHARMIN SULTANA (Bangladesh)**

During my homestay from December 12 to December 14, I had a wonderful and meaningful experience that allowed me to experience Japanese daily life, traditional food, and local culture in a warm and welcoming environment.

On December 12, my homestay began with a home-cooked dinner consisting of rice and kimchi hot pot. Sharing this meal with my host family helped create a friendly and comfortable atmosphere from the very first day. After dinner, we visited AEON Mall Ichino, where I experienced everyday shopping in Japan and observed how local people spend their time.

On December 13, the day started with a traditional Japanese breakfast that included rice, miso soup, whitebait (shirasu), and horse mackerel. This meal introduced me to the importance of seafood in Japanese cuisine. For lunch, we enjoyed a variety of sushi, including tuna, salmon, and salmon with spicy topping, along with lotus root tempura and French fries. The meal was followed by a delicious chestnut parfait, which was a delightful dessert experience.

In the afternoon, I visited the Nakatajima Sand Dunes, where I enjoyed the unique natural scenery. I also visited the Hamamatsu Festival Pavilion, which helped me learn about traditional local festivals and cultural heritage. Another highlight was the visit to the Unagi Pie Factory, where I learned about the production of a famous local specialty. In the evening, I enjoyed the beautiful Christmas illumination



at Hamamatsu Flower Park, which created a festive and memorable atmosphere. Dinner that night included herring soba and vegetable tempura, allowing me to enjoy more traditional Japanese dishes.

On December 14, breakfast included chocolate bread, fried egg, salad, chai tea, café au lait, and milk pudding, offering a pleasant mix of Japanese and Western-style food. For lunch, I had seafood yakisoba and a mandarin orange, followed by traditional dango with mitarashi and katsuobushi flavors. I also visited Ryugashido Cave, which impressed me with its beautiful limestone formations, and Shikisaikan, where I saw seasonal local products.

Overall, this homestay deepened my understanding of Japanese culture, food, and daily life. The kindness of my host family and the variety of experiences made this homestay truly unforgettable.