

# INTERN GUIDE

# THE OWNERS

会長



Kaichou  
Fumiyo

副会長



Fukukaichou  
Mieko

社長



Shachou  
Yoshinori

## GETTING HERE

### BY PLANE

Kannonyama Fruit Garden is located about 25km (40 minutes) south-east of Kansai International Airport, Osaka. Incoming international interns are advised to fly into Kansai and from there a staff member can transport you to the company house or office.

### BY TRAIN

For those travelling domestically or transferring from other airports, incoming interns are advised to travel to one of the train stations nearby Kinokawa. These include either Kokawa Station or Nate Station (JR Wakayama Line). From there a staff member can transport you to the company house or office.

### BY CAR

If you do happen to come by car, our address is:

557 Shimonyuya  
Kinokawa-shi  
Wakayama-ken  
649-6523, Japan

Please advise of your estimated time of arrival.

# VISAS

For most countries, Japan offers tourist visas that last up to 90 days. Interns will need to contact the Japanese Consulate in their respective countries for more information. For those wishing to stay longer than 90 days, it may be necessary to apply and obtain an appropriate visa (e.g. Working-Holiday visa).

# INSURANCE

Interns are required to have travel insurance arranged prior to commencing their internship and must be covered for the duration of their stay. We advise you to look into options independently, to find the level of insurance that suits you.

# WHERE YOU'LL STAY

Kannonyama has a couple of company houses where you can stay, including one for men and one for women.

Generally speaking, you will have your own room which will come with a futon, linen and a heater. You will share bathroom and kitchen facilities which are all fully equipped. All housing costs are covered, including electricity, water and internet.

One Kannonyama employee also stays at the company houses to assist the interns and caretake the house.

# FOOD

Kannonyama covers interns' food costs for the duration of their stay. Food shopping is done as required (every few days) with the resident employee at the local supermarket. Generally, breakfast and lunch are made independently and dinner is prepared and eaten together.

It should be noted that if an intern wants any personal items, souvenirs, luxury items, etc. these will be at the intern's own expense.

# WHAT YOU WILL NEED

Here's a quick list of things that are a good idea to have with you during your internship.

## ALL SEASONS

- ➔ Old/cheap shoes, preferably waterproof
  - *Field work can get dirty at times depending on the activity and weather. Hiking boots or gumboots are ideal for these days.*
- ➔ Long-sleeved shirts and pants
  - *Field work often involves being amongst prickly shrubs and trees and long clothes create a much-needed barrier.*
- ➔ Hat/sunscreen/insect repellent
  - *Field work is outside and as such it's a good idea to protect yourself from the elements.*

## WINTER

- ➔ A warm jacket
  - *It can get quite cold here in winter so a nice warm jacket is a must. As field work can get dirty, it's best to have a jacket that won't get ruined, e.g. water-resistant material or similar.*

# WHAT YOU WON'T NEED

We have most of the things you will need during your stay, including:

- ➔ Bedding and linen
- ➔ Towels
- ➔ Shampoo, conditioner and soap
- ➔ Obento boxes (lunch boxes)

# THE SCHEDULE

## WORK HOURS

Interns work from 8am - 5pm, with a 1 hour lunch break from 12pm – 1pm and short breaks at 10am and 3pm.

## DAYS OFF

Long-term interns generally get 8 days off each month. This can be arranged however you like, e.g. work 3-4 days and then have 1 day off, or work 5-6 days and have 2 days off, etc.

## INDEPENDENT TRAVEL WHILE AT KANNONYAMA

We can be flexible with the internship program. If you would like to do some travel while interning at Kannonyama, that is no problem (within reason). These days will not count towards your days off so long as you are not staying at the company house on those days. However, please give us some notice so we are aware.

## GETTING BETWEEN HOME AND WORK

The company houses are generally about a 5 minute drive or 15-20 minute walk to Kannonyama Fruit Garden. Depending on the activity and time of day, sometimes you will be driven and sometimes you will walk to and from work. Being the country, there's few roads so it's very difficult to get lost.

## WHAT YOU WILL BE DOING

Jobs and tasks vary season to season and day to day. Depending on what is happening on the particular day, you will be assigned to one of our 4 divisions: field, sorting and packing, factory or office. Tasks could be anything including: picking fruit, mowing lawns, labelling products, packaging orders, sorting fruit, data entry, translation, event preparation, etc.

If there is an event we are participating in which arises during your internship, then you may also be out and about in the community manning one of our stalls.

While working, please try your best. You need not be perfect, but we would like to see that you're giving it your best shot. **がんばってね!**

# OTHER INTERNS

There may or may not be other interns here during your internship, depending on whether other people have elected to come in the same time period as you. If you're curious, feel free to ask before arriving.

We ask that you please treat other interns with respect and try your best to get along. If there are any issues, please try to resolve them amongst yourselves.

# A FEW REQUESTS

A few simple requests:

- ➔ Please come with an open mind and a willingness to learn.
- ➔ Please endeavor to treat our company, that is our people and our property, with respect.
- ➔ Please be aware there may be cultural differences. Please try to be open and respectful to the Japanese culture and way of doing things.
- ➔ Please have patience and understanding when communicating with a language barrier, as will we.
- ➔ Please try your best.

# 休みの日: THINGS TO DO ON YOUR DAYS OFF

There are quite a few things around Kannonyama that you can explore on your days off. Here's a few you might like to check out.

## OSAKA CITY

Osaka is the second biggest city in Japan with a population of over 19 million and is easily accessible from Wakayama. A bustling city, Osaka offers plenty of sights to see and activities to do.

**Shopping:** Osaka is known for its world-class shopping, with thousands of shops offering anything from high-end designer goods to eclectic thrift shops. The main shopping districts include Umeda in the north and Namba in the south.

**Dotonbori and Shinsaibashi:** Namba is also home to the popular touristy destinations of Dotonbori and Shinsaibashi, where you will find the iconic Glico Man, giant crabs, the Dotonbori Canal, a lively nightlife and miles and miles of neon lights.

**Food:** With the expression 'kuidaore' or 'eat until you drop' used to describe the food culture here, Osaka is a food-lovers dream. Osaka is especially famous for its takoyaki, okonomiyaki and kushikatsu.

**Osaka Castle:** Built in 1583, Osaka Castle (Osaka-jō) is a famous landmark in Japan revered for both its beauty and history. While visiting Osaka Castle, you can explore the 9-story castle from within or admire its majesty from the surrounding garden.

**Universal Studios Japan:** On the outskirts of Osaka is the ever-popular USJ, Japan's most visited theme park after Tokyo's Disney Resort. It has 8 main sections: Hollywood, New York, San Francisco, Jurassic Park, Waterworld, Amity Village, Universal Wonderland and The Wizarding World of Harry Potter. USJ is loads of fun and is definitely a day (or two) well spent.

**Aquarium:** Kaiyūkan Aquarium is an impressive mega-aquarium with 8 floors and 15 tanks, each dedicated to a specific region of the Pacific Rim. One of the largest public aquariums in the world, Kaiyūkan is home to a variety of marine life including whale sharks, dolphins, manta rays, otters and penguins, just to name a few.




From Kannonyama, it takes about 1 hour 15 minutes by car. Alternatively, the train takes about 1 hour 45 minutes (Kokawa or Nate → Hashimoto → Namba).

## KŌYA-SAN

Mount Kōya (Kōya-san) is a mountaintop monastery town with haunting beauty and an intriguing history. Regarded as the birthplace and headquarters of Shingon Buddhism, Mount Kōya is a monastic centre and one of Japan's most sacred sites, earning it a spot on the UNESCO World Heritage List.

The holiest location in Kōyasan is considered to be the mausoleum of Kobo Daishi, the founding monk of Shingon Buddhism. Lining the 2km path to this mausoleum is Japan's largest graveyard, Okunoin Cemetery, comprising of more than 200 000 tombstones and memorials. Set amongst a towering cedar forest, this cemetery is both eerie and breathtakingly beautiful.

High in the mountains and surrounded by stunning National Park, Kōya-san is something to behold for believers and non-believers alike. Offering immense natural beauty and rich history, a visit to Kōya-san is a unique experience not to be missed.

 From Kannonyama, it takes about 1 hour by car. Alternatively, the train takes about 1½ hours (Kokawa or Nate → Hashimoto → Gokurakubashi → Kōyasan).

## WAKAYAMA CITY

Wakayama City is the capital city of Wakayama Prefecture, on the northern edge of Wakayama nearest Osaka. The city is bordered by mountains on one side and sea on the other and is home to 40% of Wakayama's population.

**Wakayama Castle:** In the centre of the city atop a hill is the famous Wakayama Castle (Wakayama-jō), a historic landmark from feudal times originally constructed in 1585. Visitors can walk around the beautiful building and take in the magnificent views of the city from the top level. It is especially impressive when the surrounding cherry blossoms are in bloom.

**Marina City:** On the ocean's edge is Marina City, a place famous for its fresh seafood and fruits. Within Marina City is Kuroshio Market, a fish market where you can eat and buy fresh fish brought straight from the ocean. Visitors can also watch one of the 3 free daily tuna-cutting shows where a giant tuna is skilfully prepared before an audience. Next to the fish market is a small theme park, Porto Europe, where guests can enjoy the European-inspired architecture, shops, cafes, roller coasters and other amusement attractions.

**Awashima Jinja Shrine:** Awashima Jinja is a shrine famous for its collection of dolls. Thousands of dolls are on display in this tiny shrine, huddled together on the altar in a sea of faces. The shrine is dedicated to women, and many come to pray on matters such as childbirth and fertility.

 From Kannonyama, it takes about 40 mins by car. Alternatively, the train takes about 40 mins (Kokawa or Nate → Wakayama Station).

## STATIONMASTER NITAMA

The official station master at Kishi Station, Wakayama, is a white, black and brown Calico cat named Nitama.



Nitama is the 2<sup>nd</sup> cat stationmaster at Kishi Station, successor to the role after the passing of the much-loved Tama. Nitama is an adorable and relaxed feline whose primary duty as stationmaster is to greet passengers from her office as they come by. A popular tourist attraction, visitors can see and take photos of the esteemed stationmaster as well as check out the cute cafe, souvenir store and several Tama-themed trains.



From Kannonyama, it takes about 25 mins by car. Alternatively, the train takes about 1½ hours (Kokawa or Nate → Wakayama Station → Kishi Station – no direct line to Kishi Station unfortunately).

## ONSENS

Wakayama is awash with geothermal hot springs and is known for its abundance of onsen retreats. Hot springs, or 'onsens', have been a big part of Japanese culture for centuries, believed to have healing powers due to the water mineral content.

Onsens range from open-air pools to foot spas and can be found at hotels, traditional Japanese inns (ryokans) or you can even dig your own. Kawayu Onsen is located on the Oto River in the south-east of Wakayama, and there bathers can soak in the crystal clear river water while enjoying the natural surroundings...for free! Wherever you go, there's no doubting that indulging a day or two at an onsen will leave you feeling soothed and refreshed.



A few nearby onsens worth visiting include Ryujin Onsen (2 hours by car), Shirahama Onsen (2 hours by car, 2½ hours by public transport) and Kawayu Onsen (2½ hours by car).

## BEACHES

Offering the best beaches in Kansai, Wakayama is bordered by the Pacific Ocean and has over 600km of coastline. There is Kataonami Beach in the north and Tanabe Ogigahama Beach and Shirahama Beach in the south, just to name a few. Wakayama has a mild sub-tropical climate so these beaches can be enjoyed much of the year.



Kataonami Beach (1 hour by car, 1½ by public transport), Tanabe Ogigahama Beach (1½ hours by car, 2 hours 45 minutes by public transport) and Shirahama Beach (2 hours by car, 2½ hours by public transport).