



# English Explorers

## Adventure & Culture Camp

2025

新潟県妙高市  
MYOKO, NIIGATA

**Presented By**  
Snow Resort Link

 <https://myokoenglishexplorers.com/>



# Executive Summary

**Snow Resort Link** has been operating Myoko Snowsports (International Snow Sports School) in Myoko City, Niigata Prefecture, since December 2009 during the winter seasons. We run snow sports lessons for children aged from three years, and all of our programs are run in English.

**English Explorers** was established in May 2021, and in July 2022, it opened an English summer camp where you can learn English through various experiences in the natural surroundings of Myoko. We aim to create a fun and safe English-speaking environment. Through nature-based activities, the camps aim to foster children's independence, spontaneity, and English language skills.

An **adventure and culture camp** was launched in June 2025, specifically for children on international school holidays who already speak English. This new camp focuses more on learning about Japanese culture and traditions, while exploring the beautiful Japanese countryside around the Myoko area.

Ultimately, English Explorers aims to develop universal communication skills in children, equipping them to connect globally, while still appreciating and understanding the culture and environment around them.

That is the wish of all of us at English Explorers!





# What is Adventure & Culture Camp?



## **Purpose of the Program**

Experience the beauty of Myoko while learning about Japanese culture. Explore traditional arts, cuisine, and cultural sites, all set against the stunning natural backdrop of mountains, forests, and lakes. This camp offers a perfect mix of cultural discovery and outdoor adventure, creating lasting memories and

## **Age Group**

E6 - 15 years old

## **English Level**

The program caters to English speakers from advanced to native levels. All activities will be conducted in English, with support to help you experience and understand Japanese culture.

## **Camp Staff**

Our camp staff are dedicated to facilitating a fantastic experience for every camper. Our camp leaders all have prior training and experience of working with children of all ages in a variety of backgrounds. We take pride in having a very diverse staff from a wide range of countries. All with a passion for nature, sharing cultures, and developing skills for young people, we're very excited to open gates of opportunity for the younger generation.

## **Nature's Classroom**

We think the best classroom in the world is also the largest: The Great Outdoors! With so much potential for learning, development, and new experiences, we utilise the incredible natural environment around us as much as possible.

## **Experiencing Japanese Culture**

Our program offers exciting ways to discover Japanese culture through hands-on activities, visits to local landmarks, and learning about fascinating traditions. Get ready to experience the heart of Japan!



# Our Values

## **Learning is fun!**

We aim to show them just how fun exploring nature and learning can be!

## **Experience Japanese culture**

Our program offers exciting ways to discover Japanese culture through hands-on activities, visits to local landmarks, and learning about fascinating traditions. Get ready to experience the heart and soul of Japan!

## **Explore and discover the nature**

Explore the nature around Myoko and learn through fun activities! Learn about local wildlife, how to stay safe outdoors, and so much more. There's so much to discover!

## **Express yourself through communication**

Take time to reflect on each day's experiences and share your insights. Set personal challenges and overcome them. Through these reflections, we can grow together, deepen our self-awareness, and cultivate mindfulness.

## **Leadership**

We encourage self-expression, supporting your peers, and communication. We also strive to make accomplishments both individually and as part of the team.

## **Emotional connection**

Most of our campers develop immensely on our camps, whether it's learning a new skill, how to overcome difficulties. While they may be nervous or scared at first, together we will make great memories that they will cherish forever.

**Togetherness**

**Respect**

**Learning**

**Nature**

**Mindfulness**

**Conservation**



# 2025 Camp Detail

One session is 4 nights and 5 days, 4 sessions from the 15<sup>th</sup> of June 2025 ~ 10<sup>th</sup> of July 2025

Session 1	Session 2	Session 3	Session 4
15th of June ~ 19th of June	22nd of June ~ 26th of June	29th of June ~ 3rd of July	6th of July ~ 10th of July

**Price**  
**¥150,000** -including transportation during camp, insurance, activities, meals, and accommodation.  
An additional **¥20,000** will apply for the Bullet Train from/to Tokyo  
Family and friends discount: **10% off**

**Number of participants**  
The maximum number of explorers per session is 32, which will allow the camp leaders more time with each Explorer.

**Safety Management**  
All staff who will be working in the camp are advanced first aid trained or WAFA / WFR qualified (Wilderness Advanced First Aid)

**Wet weather**  
We have alternate schedules to accommodate the camp on weather-affected days such as typhoons.



	DAY 1	DAY 2	DAY 3	DAY 4	DAY 5
7:30		Wake up • Breakfast	Wake up • Breakfast	Wake up • Breakfast	Wake up • Breakfast
9:00-12:30	Meeting • Transport	Outdoor Activity	Outdoor Activity	Outdoor Activity	Outdoor Activity
12:30	Lunch	Lunch on site	Lunch on site	Lunch on site	Lunch on site
13:30-17:00	Camp Introduction	Outdoor Activity	Outdoor Activity	Outdoor Activity	Camp Wrap Up Ready for departure
17:30	Dinner	Dinner	Dinner	Dinner • BBQ	
18:30-20:30	Camp Orientation • Camp Reflection	Evening Activity • Camp Reflection	Evening Activity • Camp Reflection	Evening Activity • Camp Reflection	
21:00	Getting ready for sleep • Bed time	Getting ready for sleep • Bed time	Getting ready for sleep • Bed time	Getting ready for sleep • Bed time	*Schedule varies depending on the weather



# Outdoor Activity List

Kayaking	Kayaking promotes upper body strength and coordination, all while enjoying the beauty of our local Lake Nojiri.
Stand-Up Paddleboarding (SUP)	Improve balance and core strength with SUP. This fun and engaging activity encourages focus and provides a unique perspective of the natural environment.
Survival Skills	Learn essential outdoor skills like shelter building, fire starting, and basic first aid, empowering kids with self-reliance and confidence.
Mountain Biking (MTB)	Develop confidence and physical endurance while exploring scenic trails. Our MTB sessions teach essential bike handling skills and foster a love for outdoor adventure.
Hiking Geocache/Orienteering	Explore nature and build resilience through hiking. Our trails offer opportunities for physical activity and foster an appreciation for the outdoors.
Local Farm Tour	Discover sustainable living and learn about growing food. Kids connect with nature and understand where their food comes from.





# Indoor Activity List

(Including rainy weather program)

## Team building

Engage in fun, interactive games and activities that foster cooperation and build lasting friendships. Perfect for making friends and creating a positive camp environment.

## Group project

Develop essential leadership qualities through collaborative projects and challenges. Campers will learn to communicate effectively, problem-solve, and work together as a team.

## Climbing Gym

Challenge and build confidence with the indoor climbing gym. This activity promotes physical fitness, problem-solving, and a sense of accomplishment.

## Group Projects

Develop essential leadership qualities through collaborative projects and challenges. Campers will learn to communicate effectively, solve problems, and work together as a team.

## Movie night

Relax and enjoy a fun movie night with fellow campers. A perfect opportunity for bonding and creating memorable camp experiences.





# Culture Experiencing Activity List

## Traditional Art craft

Express your artistic side! Campers will personalize and learn the vibrant art of Japanese aozome indigo dye or Uchiwa(Summer paper fan) making. These activities encourage creativity and self-expression.

## Make your own packed lunch

Learn a practical and culturally significant Japanese custom! We'll be making and packing our own Onigiri (rice balls) for our hiking trip, embracing a waste-conscious tradition.

## Japanese Food making/tasting

Experience the joy of creating Warabi mochi and Udon with your own hands, using the finest freshly harvested vegetables and locally grown rice.

## Summer Matsuri(まつり)

Summer Matsuri are festivals celebrating local traditions and fostering community spirit. They offer a unique opportunity to experience Japanese culture and traditions firsthand.

## Local Landmarks / Museum

We'll explore Japan's heart by visiting local landmarks and unique cultural museums to experience its rich history and spiritual traditions. Uncover fascinating aspects of Japan's past and heritage, giving you a hands-on understanding of this amazing culture.





# Sample Schedule - Day 1

Intro to the camp • Team building

	Topic : Intro to Japanese culture - Visiting Castle	
		✓ Sign In & Meet all the Explorers
10:00(ish)	Meeting • Transportation Meet up point at Tokyo station or local station (Joetsu Myoko Station)	✓ Make new friends through ice breakers
12:30	Lunch	✓ Visiting ancient Takada Castle which was build in 1600s
13:30-17:00	<b>Camp Introduction</b> Meet English Explorers staff Ice breaker activity Intro to Myoko History	✓ Introducing the camp staff as well as explorers' introduction. Can you do it in English?
17:30	Dinner at Buna House (Accommodation)	✓ Team Building activities
18:30-20:30	<b>Accommodation Check-in &amp; Buna House tour</b> Identify Camp Rules & Camp Goals Working together regarding the camp goals!	✓ Camp Journal explanation
21:00	Get ready for sleep • Bed time	✓ Discuss with all Explorers about the ground rules during their time in camp so everyone can have a fun and comfortable camp.
		✓ During the camp, work as a team to reach the goals.



# Sample Schedule - Day 2

Hiking • Orienteering • Local Farm Tour • Night Walk

	Topic : Japan Religious - 神道Shinto & 神社Jinja	
7:30	Wake up • Breakfast	✓ Learn how to read maps and use of compass. Can you reach the final destination?
9:00-12:30	<b>Hiking • Orienteering</b> Explorers leading their ways Japanese culture & Shrines visiting	✓ Leadership and teamwork skills building. As well as communication skills.  ✓ Visit Japan jinja in Togakushi area.
12:30	Lunch on site	✓ Learn about the organic farm and ecosystem
13:30-17:30	<b>Local Farm Tour</b> Planting vegetables, crops Learn about the farm's ecosystem & Sustainability	✓ Nature is a playground. Get active in the jungle course
17:30	Dinner	✓ Daily camp reflection to review our day
18:30-20:30	<b>Night Walk • Camp Reflection</b>	✓ Walk around in the town in the evening. Enjoy the fresh air and stars.
21:00	Get ready for sleep • Bed time	



# Sample Schedule - Day 3

Basic First Aid • CPR • Kayaking • SUP • Arts & Crafts

	Topic : Traditional Arts	
7:30	Wake up • Breakfast	
9:00-12:30	<b>Basic First Aid • CPR</b> <b>Water safety Session on water</b>	<div>✓ Basic First Aid &amp; CPR Training. Learn how to protect ourselves in the nature</div> <div>✓ Learn about water safety. Enjoy the water safely!</div>
12:30	Picnic lunch at Lake Nojiri	<div>✓ Experience Kayak &amp; SUP at the Lake Nojiri</div>
13:30-17:30	<b>Kayaking • SUP at Lake Nojiri</b>	<div>✓ Learn about the SDGs What can we do to make the world better?</div>
17:30	Dinner	<div>✓ Japanese Traditional Tie dye - 青染めAozome or うちわsummer fan making</div>
18:30-20:30	<b>What are the SDG's?</b> <b>Traditional Japanese Art Crafts</b>	
21:00	Get ready for sleep • Bed time	



# Sample Schedule - Day 4

Mountain Bike • Summer Festival • Survival Skills • Camp Fire

	Topic : Summer Festivals	
		✓ Learn basic mountain bike skills
7:30	Wake up • Breakfast	
		✓ Riding in MTB park. Push your limits but staying safe!
9:00-12:30	<b>Learn how to ride Mountain Bike • Downhill biking</b> Basic techniques on Mountain bike Riding in MTB park	✓ Mountain bike through the nature - Rice fields, forest and passing rivers!
12:30	Lunch	✓ Dinner at summer festival
13:30-16:00	<b>Mountain Bike</b> Bike through the village surrounded by nature	✓ Experience the Japanese Traditional summer festival games - Yo-yo Fishing, Ring Tossing, etc.
17:00	Dinner • Summer Festival	✓ Survival skills - fire making challenge with minimum materials
18:30-20:30	<b>Camp fire</b> Survival skills - Fire making Team Building & Wrap Up time	✓ Enjoy the night and stars by a camp fire
21:00	Get ready for sleep • Bed time	



# Sample Schedule - Day 5

Geocache • Camp Reflection

	Topic : Myoko summer produce	
7:30	Wake up • Breakfast	✓ Learn problem-solving, and teamwork while exploring the outdoors. Develop critical thinking and navigation skills.
9:00-12:30	<b>Geocache</b> Last group activity challenge - Can you find the treasures?	✓ Enjoy the local freshly made Udon and the best summer desert - Warabi mochi for lunch  ✓ Camp reflection with the whole camp
12:30	Lunch • Locally Produced うどんUdon & 蕨餅Warabi Mochi	✓ Rock, stick, leaf. What helped you grow during camp and how will you apply what you learnt?
13:00-14:00	<b>Camp Wrap Up</b> Certificate presentation Camp Final Reflection	✓ Final reflection - What was your high and low from the past 5 days?
14:30	Completion of Camp	✓ Sign out & Say Goodbye to Explorers



# Food Menu

We believe it's a fantastic opportunity to learn about a new culture through food!  
We'll offer a mix of Japanese dishes to explore the culture alongside Western food to keep our campers satisfied!

Sample Schedule	Breakfast	Lunch	Dinner
Day 1	-	Ham & Cheese Sandwiches	Donburi
Day 2	Buffet Western & Japanese style	Onigiri	Pasta Bolognese
Day 3		Chili Rice	Curry
Day 4		Udon	BBQ Dinner
Day 5		Burrito	-



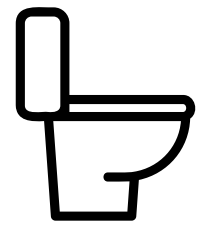


# Buna House

Rooms • Shower & onsen • Living room



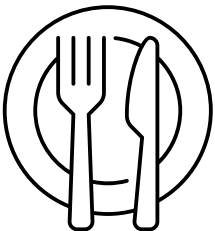
2 ~3 explorers per boys/girl room in our newly renovated share rooms



Each room will have a sink and toilet.



Shower and onsen facilities  
Amenities will be available in the onsen, such as shampoo and body soap



Big common room space for activities, large dining facility.



There will be night staff on duty for campers who are having trouble sleeping at night.





# Company Profile

Business Operator	Snow Resort Link (English Explorers)
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