

2026年「伊勢」と日本スタディプログラム 最終レポート

私は「伊勢と日本」スタディプログラムに参加しました。このプログラムでは、講義、フィールドワーク、文化体験を通して、伊勢の歴史や文化について学びました。本だけでなく、実際に場所を訪れて学ぶことができたので、とても良い経験になりました。講義では、伊勢の歴史や神宮、神道の行事について学びました。特に式年遷宮についての映像はとても印象に残りました。神社を定期的に建て替えることで、伝統を守り続けていることを理解しました。

また、内宮や外宮などの神社を訪れました。実際に神社の空間や参拝の作法を見ることで、授業で学んだことをより深く理解できました。プログラムでは、日本の神話や伊勢の言葉、文学についても学びました。さらに、二見や熊野古道などにも行き、日本の巡礼文化や自然との関係について考えることができました。神道の作法体験や茶道体験もとても印象的でした。特に茶道では、日本の「おもてなし」の考え方を学ぶことができました。

このプログラムを通して、日本の歴史、宗教、文化がどのようにつながっているかを学びました。講義だけでなく、実際に体験しながら学ぶことで、日本文化への理解が深まりました。

**Shivangi Negi (India)**

### **“Ise” and Japan Study Program**

I participated in the “Ise” and Japan Study Program, which combined lectures, field visits, and cultural activities to help us understand the history and culture of Ise. Through this program, I was able to learn not only from classroom lectures but also from direct experiences at historical and religious sites. This combination made the learning process much more meaningful. In the lectures, we studied the history of Ise from the pre-modern period to the present. These sessions helped me understand how the city developed and why it holds such an important place in Japanese culture. Learning about the Ise Grand Shrines and their rituals was especially interesting. The documentary about the Shikinen Sengu ceremony showed how rebuilding the shrine regularly is connected to the idea of renewal and continuity in Shinto traditions.

One of the most valuable parts of the program was visiting the actual sites that we studied. When we visited the Inner Shrine, Outer Shrine, and other related places, I could see how the ideas discussed in lectures appear in real life. Observing the structure of the shrines and learning the proper way to visit them helped me understand the atmosphere and meaning of these sacred spaces more clearly. The program also introduced us to other aspects of culture, such as local language, mythology, and literature. Learning about the Ise dialect showed how language reflects regional identity. At the same time, lectures on Japanese mythology and classical scholarship helped me understand how historical ideas and beliefs continue to influence Japanese culture today. The field trips were another memorable part of the program. Visiting places such as Futami, Asamayama, and parts of the Kumano pilgrimage routes allowed us to see how religion, nature, and travel are connected. Walking through these areas made me realize how pilgrimage has shaped the culture and movement of people in Japan for many centuries. We also had the chance to participate in cultural activities such as Shinto ritual practice and a tea ceremony experience. These activities showed me that many aspects of Japanese culture are learned through practice and attention to small details. In particular, the tea ceremony helped me understand the idea of hospitality and mindfulness.

Overall, this program helped me see Japanese culture from many different perspectives. Instead of only learning through books, I could observe, experience, and reflect on what I learned. This experience deepened my understanding of the relationship between history, religion, culture, and everyday life in Japan. I believe the knowledge and experiences I gained through this program will continue to influence how I study and think about culture in the future.