**Japanese Dining Etiquette**

**1. Seating:**

* In traditional Japanese dining, guests may be directed to sit on cushions called zabuton around a low table called a chabudai.
* The seat of honor, or the seat furthest from the entrance, is typically reserved for the guest of honor or the most senior person present.
* When entering a traditional Japanese tatami room, it's customary to remove your shoes before stepping onto the tatami mats.

**2. Hands/Utensils:**

* Chopsticks, called "hashi," are the primary utensil used in Japanese dining. They are used for picking up food, but not for impaling it or pointing with them.
* When using chopsticks, it's considered polite to avoid transferring food directly from one pair of chopsticks to another, as this is reminiscent of a funeral custom.
* It's common to receive a wet towel called an "oshibori" before a meal to clean your hands. Use it to lightly wipe your hands, but not your face.

**3. Special Customs:**

* Before beginning the meal, it's customary to say "itadakimasu," which expresses gratitude for the food.
* When pouring drinks for others, it's polite to fill their glass before filling your own. Likewise, if someone offers to pour your drink, hold your glass slightly off the table to make it easier for them.
* Slurping noodles, such as ramen or soba, is not only acceptable but often considered a sign of enjoying the meal.
* It's polite to finish everything served to you, especially rice, as leaving food behind may be seen as wasteful.
* After finishing the meal, it's customary to say "gochisousama deshita" to express gratitude for the meal.

**Sources:**

* Travel Guides: Reputable travel guides such as Lonely Planet, Rough Guides, and Fodor's often provide reliable information on cultural practices and etiquette.
* Cultural Experts and Academic Research: Academic institutions and experts may publish research or professional opinions on Japanese culture and etiquette.
* Local Guides and Websites: Information from local tourism centers, Japan National Tourism Organization (JNTO) website, restaurant guides, and local websites can also be reliable sources.
* Professional Etiquette Training Institutions: Some professional etiquette training institutions may offer courses and resources on Japanese dining etiquette based on extensive experience and research.
* (旅遊指南：許多日本旅遊指南和旅遊書籍會提供關於日本文化和禮儀的相關資訊。例如，Lonely Planet、Rough Guides、Fodor's等知名旅遊指南都會提供可信賴的資訊。
* 文化專家和學術研究：學術機構和專家可能會發表有關日本文化和禮儀的研究或專業意見。可以參考由學者、文化人類學家或日本專家撰寫的書籍、期刊文章和學術論文。
* 在地指南和網站：日本當地的旅遊資訊中心、觀光局、餐廳指南和網站等地方提供的資訊也可能是可信的來源。例如，Japan National Tourism Organization（JNTO）的官方網站可能會提供有關日本文化和禮儀的詳細資訊。
* 專業禮儀培訓機構：一些專業禮儀培訓機構可能會提供關於日本餐桌禮儀的培訓課程和資源。這些機構通常會根據豐富的經驗和研究來提供相關資訊。)

餐桌禮儀**——日本**

1. 就座：
   * 在傳統的日本用餐場合中，客人可能會被指示坐在叫做座布団的墊子上，圍著一個低桌子，稱為茶几。
   * 尊敬的座位，或者說是離入口最遠的座位，通常會保留給賓客或者出席人中最資深的人。
   * 進入傳統的日本榻榻米房間時，習慣上要脫鞋，然後再踏上榻榻米。
2. 用餐器具：
   * 日本用餐時主要使用的器具是筷子，稱為「箸」。它們用於夾取食物，但不要用它們來刺穿食物或者指著其他人。
   * 使用筷子時，最好不要直接從一雙筷子移到另一雙筷子上夾取食物，因為這會讓人聯想到喪禮的習俗。
   * 在進餐之前，你通常會收到一條濕毛巾，叫做「おしぼり」，用來擦拭手。輕輕擦拭手部，但不要擦拭臉。
3. 特殊習俗：
   * 在開始進餐之前，通常要說「いただきます」，表達對食物的感激之情。
   * 當為他人倒飲料時，禮貌上應該先為他人倒滿杯，再倒自己的杯子。同樣地，如果有人提議為你倒酒，可以將杯子稍微離開桌面，以方便他人倒酒。
   * 吸食麵條，如拉麵或蕎麥麵，不僅是可以接受的，而且通常被認為是對美食的一種表達。
   * 禮貌上應該把食物吃光，特別是米飯，因為留下食物可能被認為是浪費的行為。
   * 在結束用餐後，習慣上要說「ごちそうさまでした」，以表達對美食的感謝之情。

這些僅僅是日本餐桌禮儀的一些重要點。和任何文化習俗一樣，根據具體的情況和日本的地區，這些可能會有所不同。如果你計劃在日本用餐或者和日本人一起用餐，最好熟悉這些習俗，以示尊重和禮貌。