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## 会見

INTERVIEW

## Bento Lieferservice: Five years of bento delivery in Biel!

Interview with Ms. Michèle Stocco-Dolder founder of Bento Lieferservice

[Bento Lieferservice](#) is a company at the crossroads of several food trends. It is a convenient meal delivery service which also answers the growing request for local and healthy food.

We met Ms. Michèle Stocco-Dolder, the founder of the company. We tried her delicious bentos while she introduced her company.

### *Could you introduce Bento Lieferservice to our readers?*

We deliver a bento box to our customers, either to their office or at home. Some prefer to come pick it up. Currently, we deliver two days a week. I started alone five years ago. Over time, the team increased. There are three of us: a cook, a delivery person and me.

Most of our customers chose a subscription plan for 6, 11 or 16 bentos, which is easily adaptable, one or two days per week, or every week or every two weeks. It depends on the customer's preferences. The subscription is easier for us to plan the quantity we need, but it is, of course, possible to try ordering a single bento.

We deliver by bike within Biel and its vicinity.



Ms. Michèle Stocco-Dolder founded Bento Lieferservice five years ago.

Delivered bentos are CHF 25. Pickups are CHF 20.

In addition, we started training cooks to teach them how to prepare a bento. We can also work for private events, business lunches, etc.

### *Where did this idea come from?*

My interest in Japan started with Aikido, which I have been practicing since 2004. I travelled to Japan many times because of Aikido and tourism. It was during those trips that I discovered the diversity of Japanese cuisine. My interest grew over time and I took Japanese cooking classes during those trips.

In 2016, I came up with this idea of bento delivery. It mixes several things I wanted to do. I took some time to set all the details. Eventually, I opened a website and delivered the first bento on April 26, 2017. Shortly after the opening, I collaborated with a Japanese women. Together we developed and adapted many recipes using local products and suitable for bentos.

### *Why Bento?*

Japanese culture of bento is several centuries old. It is a wood-made lunch box offering a balanced meal in a compact and convenient shape. They are meant to be eaten at room temperature.

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会見

INTERVIEW

## Bento Lieferservice: Five years of bento delivery in Biel!

*(continued from page 1)*

They were typically prepared by Japanese mothers for their children to be taken to school. They are also prepared as picnics for special occasions. A bento must be good-looking, tasty, and balanced.

Another important point is that bento boxes are reusable. For sanitary reasons we do not use wood but washable quality plastic instead. The empty box is collected with the next delivery.

Bento is better known today than it was just a few years ago.

The compact format of the bento can be misleading. When transferred on a plate, it is a normal size meal. If you are really hungry, we also propose a miso soup which comes with most Japanese meal.

### *You mostly use local and seasonal products. Do you use some ingredients from Japan?*

We work mostly with local and seasonal products for both ecological and taste reasons. Limiting our footprint is particularly important to us. Aside from that, the taste of foodstuff that travelled from afar or that is off season is disappointing. As much as we can, we use Swiss products (editor' note: including the delicious shrimp we had). In some cases, we buy from a close country, such as the rice that comes from Italy.

We froze some vegetables to deal with the limited offerings during the late winter/early spring.

There are, of course, some products typical of Japanese cuisine that must be imported: soy sauce, mirin,

sake, and wasabi, for instance. In today's menu I used some "renkon" (lotus root) from Japan because I could not find it locally. The reusable bento boxes are from Japan too. This said, they are some products typical from Japan than can be locally sourced, like the miso paste we use. It is made in Switzerland.

I also grow some Japanese aromatic herbs on my balcony.

### *Who are your typical customers?*

Some have a great interest in Japanese culture and food. They may have travelled to Japan and want to have some taste of it.

Some customers are curious and willing to try new things. Some appreciate the convenience of delivered meals and are looking for a healthy option. We deliver to both companies and private houses.

Our customers' orders in Biel are delivered by bike. For the nearby town of Lyss we deliver by car.

### *Have you noticed any changes during the pandemic?*

We have seen different things. Some customers have changed the delivery address from their office to home because of telework. Some others have increased their order or, on the contrary, reduced it as they had more time to cook. Overall, our business continued as before, although we had to be more flexible based on our customers' needs.

### *What are your projects for the future?*

I would like to add a third day for delivery. We have some requests for deliveries on Fridays. In addition, I am thinking about a way to expand to other cities through a license system. During our five years of existence, we have acquired experience that could benefit others.

Lastly, a dream of mine would be to have a shared kitchen - a bit on the model of shared office spaces. The users could access a professional kitchen, but it could be more than just a kitchen. We could organize events, seminars, etc.

More information on their [website](#)



The delicious bento with Swiss shrimps, lotus root, edamame, ginger and dry apple slices

## Swiss President Cassis met Japanese Prime Minister Kishida

President Cassis led a large Swiss delegation to Japan.

During four days, from April 18 to 21, they focused on economic and scientific cooperation as well as on security issues.

While an update of the Swiss-Japanese Free Trade and Economic Partnership of 2009 is unlikely for the time being, the two countries are successfully focusing on the mutual promotion of innovative companies. Both countries are among the most innovative countries in the world and have a lot to share.

On April 18, President Cassis and the Swiss delegation discussed security issues and economic aspects in a Tokyo meeting hosted by Prime Minister Kishida and Foreign Affairs Minister Yoshimasa Hayashi.

The two countries have an excellent relationship and share many common interests within international organizations. The two countries are candidates for a seat on the UN Security Council for 2022-2023.

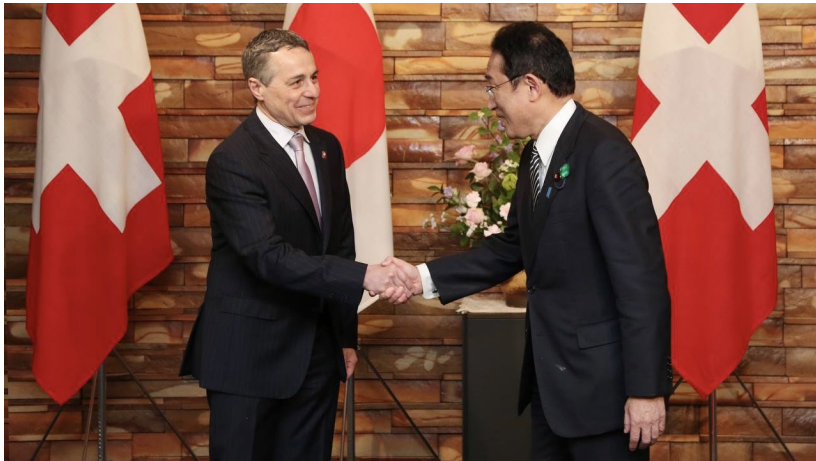
On April 19, Mr Cassis met Mr Kobayashi, Minister of Economic Security, and Ms Makishima, Minister of Digitalization.

The Swiss delegation also attended the 40th anniversary celebration of the Swiss Chamber of Commerce and Industry in Japan.

On April 20, President Cassis attended the groundbreaking ceremony for the construction of the new Swiss consulate in Osaka. The new consulate will host a Swissnex hub to promote Swiss education, research and innovation. Osaka is one of the most dynamic cities in the

world and a perfect location to focus on innovation. He also met local authorities to discuss the Osaka World Expo 2025 for which Swiss pavilion will focus on innovation.

On April 21, the last day of the trip, Mr Cassis gave a speech at Kyoto University on scientific diplomacy and cooperation. A memorandum of cooperation was signed. He visited the Fugaku supercomputer in Kobe, whose operators work with Swiss researchers in Zurich and Ticino.



President Cassis and Prime Minister Kishida / Source: [Foreign Affairs Department](#) and Mr Cassis' [twitter account](#)

動向

TREND

## Switzerland lifts COVID entry measures for non-Europeans

As of May 2, Switzerland will lift the remaining COVID entry restrictions still in force for many non-European countries including Japan.

This means that Japanese nationals will be able to visit Switzerland just like they did before the out-

break of the pandemic.

With the previous easing, it was already easy for vaccinated Japanese to enter the country, but now this will apply to non-vaccinated too whatever the purpose, including tourism.

For Japanese nationals, no visa is

required, but for stays over 90 days a residence permit is required.

This decision is not coordinated with all the members of the Schengen space. Tourists and businesspeople should better check every country they will travel to.

動向

TREND

## 革新

INNOVATION

## Focus on Fugaku, the fastest Supercomputer in the world

Inaugurated in 2020 and developed in collaboration with Fujitsu and ARM (a SoftBank company), Fugaku, in Kobe, is 2.8 times faster than the previous fastest supercomputer in the world, IBM's Summit.

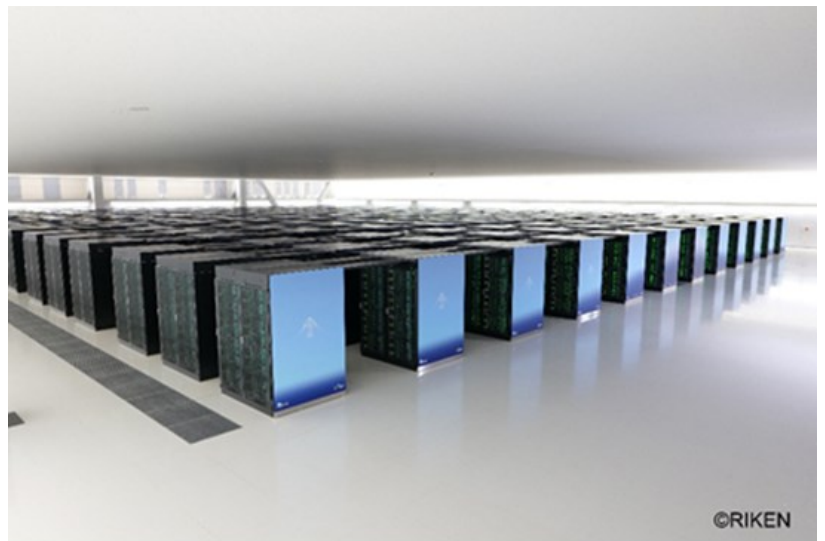
It was possible to reach this increase of speed by using a processor using ARM's architecture which is common in smartphones. They have a better power/consumption ratio than typical computer processors. The computer located in the Riken Center can process nearly 17 billion gigaflops per watt.

Such a machine is used for highly complex calculations for complex models based on a multitude of parameters. Often used for climate

models, Fugaku has contributed to COVID research with several teams of researchers from all around the world using it for their research of the virus. For instance, they can determine a spatial spread of the virus in a close environment when

someone infected talks.

During the visit of President Cassis, a memorandum of cooperation was signed. The ETH research centre is already cooperating with Riken's supercomputer.



Supercomputer Fugaku, more information on [Fujitsu website](#)

## Agenda

## 活動

AGENDA

✓ Stay tuned!

*JETRO is a government-related organization that works to promote mutual trade and investment between Japan and the rest of the world. Originally established in 1958 to promote Japanese exports abroad, JETRO's core focus in the 21st century has shifted toward promoting foreign direct investment into Japan and helping small to medium size Japanese firms maximize their global export potential.*

*The JETRO Switzerland Newsletter can also be viewed and/or downloaded online: <http://www.jetro.go.jp/switzerland/newsletter>*

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