DISCOVER TOKYO
An Unforgettable School Trip

Contact: schooltrip@tcvb.or.jp
Experience Fascinating Japan in Tokyo, Where

Tokyo is a metropolis like no other. A sprawling city where ancient meets modern, Tokyo has served as the pulsating heart of Japan for over 400 years. Tourists flock here from around the world to sample the city’s one-of-a-kind atmosphere. While embracing legacy and tradition, the city is forever in flux. Come to Tokyo and you are guaranteed an unforgettable experience.

5 Reasons to Choose Tokyo for School Trips

1. **Safety and Security**
   Any destination you choose for a school trip must be safe and it must provide a sense of security. According to the “Safe Cities Index 2017” report compiled by UK-based news magazine The Economist, Tokyo ranks as the safest major city in the world. Visitors and locals alike appreciate this aspect of the city, along with its notable cleanliness. Safe and clean Tokyo therefore makes an ideal destination for a school trip.

2. **Japan’s Economic Heart**
   Tokyo is an international center of economic activity. By itself, it accounts for around 20% of Japan’s GDP—a figure that puts it on a par with the entire country of Mexico. The bustling streets of Tokyo never fail to amaze visitors to the city. Another draw for anyone planning a school trip here is the abundance of industry- and economy-related facilities that welcome visiting tour groups.

3. **The Hub of Japan**
   With two international airports, Haneda and Narita, Tokyo is Japan’s main gateway to the world. Domestic flights and an extensive network of Shinkansen bullet trains connect Tokyo with the rest of the country. Nearby major sightseeing spots such as Mt. Fuji are readily accessible by road. In all, Tokyo serves as a convenient transportation hub that provides easy access to other destinations.

4. **Packed with Tourist Attractions**
   Tokyo is packed with a wealth of tourist attractions, from the cutting-edge to the traditional. Here, you will discover amazing pop culture, fashion, shopping, cuisine, entertainment, and more. The exciting fusion that is Tokyo makes for an unforgettable trip.

5. **Exchanges with Local Students**
   Trips to Tokyo also bring the chance to interact with local schools. With the city preparing to host the 2020 Summer Olympics and Paralympics, many of Tokyo’s schools are seeking opportunities for international exchanges. Students of all ages are excited at the prospect of meeting and communicating with their peers from overseas.
Tokyo—Blessed with the Beauty of the Four Seasons

Japan has four well-defined seasons. Whatever time of year you visit, you can enjoy a distinctive seasonal environment with traditional festivals and ceremonies.

Spring

Spring is a season of endings and beginnings, a time of school graduations and new starts in life. Picturesque blossoms signal the arrival of spring, as people enjoy hanami (cherry blossom viewing) parties and spring festivals.

- **Spring Flowers**
  Tokyo has several famous locations where you can enjoy seeing a variety of flowers, such as field mustard blossoms, azaleas, Japanese wisteria, and roses.

- **Cherry Blossom Viewing**
  In Tokyo, you're never far from a prime blossom-viewing spot. Popular cherry blossom festivals are held at various locations, including Ueno Park.

- **Spring Festivals**
  The season of new growth also brings numerous festivals, such as the popular Sanja Matsuri. Held over three days in mid-May at Asakusa Jinja shrine, this huge festival attracts 2 million visitors.

Summer

The summer calendar is packed with a variety of seasonal events. At night, people gather in a festive mood to enjoy fireworks and bon-odori dances.

- **Fireworks**
  Japanese fireworks (hanabi) are some of the most elaborate in the world. On weekends in July and August, fireworks festivals are held throughout Tokyo.

- **Bon-odori**
  Bon-odori dances are another essential part of the Japanese summer experience. Dancers move in sync to lively traditional music at more than 200 bon-odori events held at countless locations in Tokyo.

- **Tanabata Matsuri (Star Festival)**
  This festival is held at temples and shrines throughout Tokyo. People celebrate tanabata once a year by writing their wishes on a strip of paper, which is then hung on a bamboo tree.

Autumn

Autumn in Japan is perfect for outdoor activities. It’s also a time for indulging in the culinary delights of the season.

- **Season for Hearty Appetites**
  Autumn, the harvest season, is known in Japan as “the season for hearty appetites”. Friends and families gather to enjoy a wide variety of seasonal delicacies.

- **Torino-ichi**
  The purpose of this festival, which is held at temples and shrines throughout Tokyo, is to give thanks to the gods for the previous year and to pray for good fortune in the year ahead. People buy decorated bamboo rakes called kumade, which are believed to bring good luck and prosperity in business.

- **Autumn Foliage**
  Leaves turn glorious shades of red and yellow. Large gardens, botanical parks, and public spaces around Tokyo give people the chance to enjoy beautiful autumn scenes.

Winter

Tokyo bustles with activity during winter, especially in the lead-up to Christmas and over the New Year holidays. The streets teem with people, and beautiful light displays illuminate the city at night.

- **New Year’s Eve**
  A common Japanese custom on New Year’s Eve (oomisoka) is to eat buckwheat noodles. Starting late on New Year’s Eve and going into New Year’s Day, temples in Tokyo ring their bells 108 times.

- **Hatsumode**
  On this first visit of the year to a temple or shrine, people thank the gods for the past year and pray for safety and fortune in the coming year. Temples and shrines are packed with people for this New Year custom.

- **Setsubun Mamemaki**
  The ritual of mamemaki (throwing roasted soybeans) during the Setsubun festival is believed to drive away the previous year’s evil spirits and clear the way for good fortune to arrive in the lunar New Year. It’s customary to eat the same number of beans as one’s age.
The Main Areas of Tokyo

The metropolis of Tokyo is among the largest in the world. Each of the city’s neighborhoods has its own character, with the atmosphere changing from one train line to the next and even from one station to the next. Let’s take a look now at some of Tokyo’s more renowned districts, each of which is packed with opportunities for learning and gaining new experiences. Places where you can see cultural heritage sites steeped in history, tap into cutting-edge youth culture, and so much more.

1. Kichijoji

With its lively yet easygoing atmosphere, Kichijoji offers something for young and old alike. Along with the nature-rich Inokashira Park, Kichijoji includes shopping arcades and alleyways brimming with activity.

2. Shinjuku

Ever-evolving Shinjuku is the epicenter of Tokyo culture. One of the area’s landmarks is the Tokyo Metropolitan Government Building, Tokyo’s administrative heart. Shinjuku has many faces: the east side of Shinjuku Station is a shopper’s paradise, while the west side is a major business area.

3. Harajuku and Omotesando

This area caters to all tastes. Find affordable, stylish items in youthful Harajuku, or shop for high-end fashion brands in upmarket Omotesando.

4. Shibuya

The place to go for the latest kawaii items and trends. This hub of Japanese youth culture is also home to sights such as the Hachiko statue (a popular meeting spot) and the famous “scramble” crossing.

5. Roppongi

Roppongi is a popular area that boasts a cornucopia of restaurants and commercial complexes. Renowned for its art and cultural facilities, Roppongi teems with people of many nationalities who lend the area a cosmopolitan air.

6. Daikanyama

Interspersed throughout Daikanyama are unique and stylish establishments, including boutiques, restaurants, and the distinctive Hillside Terrace complex.

Note: This map is for illustrational purposes only. For exact locations, please refer to a more detailed map.
A popular area where old meets new. Local landmarks include the world’s tallest free-standing broadcasting tower, Tokyo Skytree, and the iconic Kaminarimon, an imposing gate that supports a gigantic red lantern.

Ueno neighborhood offers a blend of vibrancy and culture. Museums and art galleries offer a window onto high culture, while a wholesale district and the Ameya Yokocho (Ameyoko) market overflow with commercial energy.

For computers and electronic gadgets, look no further. Anime and other subcultures find their home here and draw fans from far and wide.

The heart of Tokyo continues to evolve following the 2012 renovation of Tokyo Station and the area surrounding it, which now includes myriad new commercial complexes and restaurants.

This open waterfront area is now one of Tokyo’s top tourist destinations, proving immensely popular with visitors from around the world.

Like New York’s Fifth Avenue or London’s Oxford Street, Ginza is packed with high-class boutiques and flagship stores. The area is also celebrated for its range of fine dining establishments.

Since the Edo period, Nihonbashi has been a key commercial and financial center. Testifying to the area’s rich cultural history are numerous long-established restaurants, specialty shops, and important cultural properties.

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**Science and Technology**

1. Sensoji Temple
2. Meiji Jingu (Shinto Shrine)
3. Kokyo Gaien National Gardens
4. Tokyo Metropolitan Edo-Tokyo Museum
5. Toyosu Market
6. Sumo Museum
7. Fukagawa Edo Museum
8. Edo-Tokyo Open Air Architectural Museum
9. Baseball Hall of Fame and Museum

**History and Culture**

1. National Museum of Nature and Science
2. National Museum of Emerging Science and Innovation (Miraikan)
3. Advanced Technology Exhibition Hall @ TEPIA
4. METOa Ginza
5. Panasonic Center Tokyo
6. i-muse
7. Daiichi Sankyo Kusuri Museum
8. Printing Museum, Tokyo

**The Environment and Disaster Preparedness**

1. Tokyo Waterworks Historical Museum
2. Tokyo Water Science Museum
3. Tokyo Yumenoshima Tropical Greenhouse Dome
4. Minato Incineration Plant
5. Central Breakwater Landfill Site
6. Tokyo Sewerage Museum “Rainbow”
7. Ikebukuro Life Safety Learning Center, Tokyo Fire Department
8. Sona Area Tokyo Disaster Prevention Experience-Learning Facility
9. Honjo Life Safety Learning Center, Tokyo Fire Department

**Hands-on Programs, Others**

1. Suginami Animation Museum, Tokyo Polytechnic University
2. Ganso Shokuhin Sample-ya Kappabashi Store
3. Sakamori Cloisonné Craftworks Shop
4. Waseda University
5. Some-no-sato Futaba-en
6. Edo-kiriko Irodori Glass
7. Meguro Parasitological Museum
8. Haneda Chronogate
School Exchange Programs—Transcend Language and Culture to Learn and Grow with Tokyo Students

Japan’s Education System

The Japanese education system comprises six years of elementary school, three years of junior high school, and three years of senior high school. Education is compulsory for the first nine years, from elementary school (ages 7 to 12) through junior high school (ages 13 to 15). In 1974, the percentage of students going on to attend senior high school surpassed 90%; ever since then, this figure has stayed at a high level, reaching 98% in recent years.

The school year starts in April, with most schools adopting a three-semester system. Recently, an increasing number of schools are switching to a two-semester system. The timeframe for school exchanges therefore depends on which system the host school is using.

Events on the School Calendar (Example)

The school calendar is essentially uniform across Japan, but details differ depending on the school or region. Students attend classes and take part in events held each season as part of a fulfilling school life.
Tokyo has thrived as Japan’s cultural, political, and economic center for more than 400 years, and this is what makes it an outstanding destination for school trips. The city is brimming with amazing sights, from fascinating historical locations to popular sightseeing spots. Tokyo offers a unique blend of cutting-edge technology, tradition, pop culture, fashion, and so much more. And students here are eager to meet and befriend their peers from around the world.

School Life (Example at Senior High School)

Most senior high schools in Japan have classes Monday to Friday, with six periods a day. Some schools have seven periods a day, and some have regular classes or extracurricular classes on Saturday.

■ A Typical Day for a Senior High School Student

Note: Times vary by school.

<table>
<thead>
<tr>
<th>Time</th>
<th>1st period</th>
<th>2nd period</th>
<th>3rd period</th>
<th>4th period</th>
<th>5th period</th>
<th>6th period</th>
</tr>
</thead>
<tbody>
<tr>
<td>10:30–11:20</td>
<td>2nd period</td>
<td>3rd period</td>
<td>4th period</td>
<td>5th period</td>
<td>6th period</td>
<td>Club activities, chatting with friends, etc.</td>
</tr>
<tr>
<td>11:30–12:20</td>
<td>Lunch break</td>
<td>Afternoon classes</td>
<td>14:10–15:00</td>
<td>15:00–17:00</td>
<td></td>
<td></td>
</tr>
<tr>
<td>12:20–13:10</td>
<td>Leave school</td>
<td>14:10–15:00</td>
<td>15:00–17:00</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>13:10–14:00</td>
<td>5th period</td>
<td>6th period</td>
<td>Club activities, chatting with friends, etc.</td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

Elementary school  Junior high school (example of two-semester system)  Senior high school (example of three-semester system)

10  11  12  1  2  3
October  November  December  January  February  March
Field trip (6th grade)  Music day  Ceremony for end of semester  Ceremony for start of third semester  Job experience (1st grade)  Graduation, end-of-year ceremony
Ceremony for end of first semester  Third periodic exams  Winter break  Kakizome (writing calligraphy at the start of the year)  Ski class (2nd grade)  Graduation, end-of-year ceremony
Autumn break  Winter break  Winter break  Winter break  Winter break  Winter break
Midterm exams  School trip (2nd grade)  Ceremony for end of semester  Ceremony for start of third semester  Entrance exams  End-of-year exams
Spring break  Spring break  Spring break  Spring break  Spring break  Spring break

11  12  1  2  3
October  November  December  January  February  March

Spring break  Spring break  Spring break  Spring break  Spring break  Spring break

DISCOVER TOKYO
TCVB Supports Your School Trip with Customized Exchange Programs

Tokyo is home to nearly 500 public or private senior high schools, each with its own unique features for learning. Why not take the chance to visit one of these schools? Exchanges between Japanese and overseas students lead to unforgettable experiences, the benefits of which stay with participants for the rest of their lives.

If your school would like to visit a school in Tokyo, feel free to contact us at the Tokyo Convention & Visitors Bureau (TCVB). We offer a one-stop school-visit service that includes finding a host school, coordinating preparations, and providing assistance on the day—all done with flexibility to match your needs. To be sure of booking your visit, contact us at least three months in advance.

Assistance by TCVB and the Flow of Proceedings

■ What TCVB Offers

- Finding a host school
- Arranging the schedule for the day of the visit
- Assistance on the day of the visit (TCVB staff on site, arranging volunteer interpreters, etc.)

■ Flow of Proceedings

3 months to 1 month prior to visit
- Contact TCVB (schooltrip@tcvb.or.jp) and request arrangements for a school visit
- TCVB finds a host school to match your requests regarding location, exchange program content, etc.

Host school chosen
- TCVB arranges the schedule on the visiting day (determining classes and club activities available for participation, performances by students from both schools, souvenirs, etc.)
- If necessary, TCVB arranges for volunteer interpreters on the visiting day

Day of the visit
- TCVB personnel are on hand to provide assistance

After visiting
- TCVB collects questionnaires (filled out by the visiting school and the host school)

Past Achievements
TCVB has a proven track record of coordinating school exchange programs between overseas schools and Tokyo schools.

Number of school exchange programs coordinated by TCVB

![Graph showing the number of school exchange programs coordinated by TCVB from 2007 to 2017.](image-url)
**Case Study**

### Cross-Cultural Communication through Music

**Junior High School**

#### Exchange program/schedule

<table>
<thead>
<tr>
<th>Time</th>
<th>Activity</th>
</tr>
</thead>
<tbody>
<tr>
<td>12:00</td>
<td>Visiting school arrives at host school; lunch</td>
</tr>
<tr>
<td>12:30</td>
<td>Visiting students move to gymnasium; warm up</td>
</tr>
<tr>
<td>13:30</td>
<td>Teachers from both schools exchange greetings and souvenirs</td>
</tr>
<tr>
<td>13:40</td>
<td>Visiting school performs</td>
</tr>
<tr>
<td>14:00</td>
<td>Host school performs</td>
</tr>
<tr>
<td>14:20</td>
<td>Students from both schools tidy up the venue</td>
</tr>
<tr>
<td>15:00</td>
<td>Exchange gifts</td>
</tr>
</tbody>
</table>

#### Student and Teacher Voices

**Visiting School (Taiwan)**

**Teacher**

“The program gave us visiting teachers a chance to interact with our Tokyo counterparts.”

**Students**

“Our Japanese hosts were so enthusiastic and kind. It was really something special.”

**Host School (Tokyo)**

**Teachers**

“Thanks to the excellent preparations—for example, having interpreters on hand—everything went smoothly on the day.”

**Students**

“We really enjoyed hearing each other perform. Next time, it’d be great if we could play together!”

**Visiting School (Taiwan)**

“Perhaps next time we could get both groups to give presentations about their respective countries—say, on topics such as school life.”

**Students**

“The students from Taiwan spoke with us in English and Japanese, and they had smiles on their faces, which was wonderful to see.”

**Host School (Tokyo)**

“Hearing each other play music was fun. I just wish we’d had more time to talk with the Taiwanese students.”

“We gradually managed to communicate with each other, and I had a great time.”

**Students**

“Thanks to the excellent preparations—for example, having interpreters on hand—everything went smoothly on the day.”
Mutual Understanding through Class Participation and Performances

### Exchange program/schedule

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<tr>
<td>12:00</td>
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</tr>
<tr>
<td>12:40</td>
<td>Lunch</td>
</tr>
<tr>
<td>13:15</td>
<td>Take part in class (English)</td>
</tr>
<tr>
<td>14:15</td>
<td>Take part in other classes (physics, calligraphy, home economics)</td>
</tr>
<tr>
<td>15:20</td>
<td>Take part in or observe club activities (tea ceremony club, etc.)</td>
</tr>
<tr>
<td>16:00</td>
<td>Exchange meeting</td>
</tr>
<tr>
<td></td>
<td>Visiting school: Song and dance performances</td>
</tr>
<tr>
<td></td>
<td>Host school: Japanese drum performances</td>
</tr>
<tr>
<td></td>
<td>Student representatives give speeches</td>
</tr>
<tr>
<td></td>
<td>Exchange gifts</td>
</tr>
</tbody>
</table>

### Student and Teacher Voices

#### Visiting School (Taiwan)

**Teacher**

“I’m so thankful that I could come back a second time to visit a school in Tokyo.”

**Students**

“The Japanese students were all really kind and enthusiastic, which made me very happy.”

“‘I’d like to brush up my Japanese, so I can communicate even better next time.”

#### Host School (Tokyo)

**Teachers**

“I’d like to see our whole school make an effort to promote the international exchange program. It’s a great way to make students more aware of social issues.”

**Students**

“When we were interacting with the Taiwanese students, I realized that we could overcome the language barrier as long as we had the will to communicate.”

“Having opportunities like this broadens our horizons, and I think it’ll help us in the future to play an active role on the world stage.”

“This is a really important program. It gives students the chance to build new relationships, gain a global perspective, and think about their environment and their lives.”

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Joint Performance Deepens Friendly Relations

**Exchange program/schedule**

- **13:45** Visiting school arrives at host school; brings instruments into venue
- **14:00** All participants assemble in venue; exchange greetings
- **14:10** Each musical instrument part forms a circle and warms up
- **14:40** Host school performs
- **15:00** Visiting school sets up instruments
- **15:15** Visiting school performs
- **15:30** Joint performance

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**Student and Teacher Voices**

**Visiting School (Canada)**

**Teachers**

“It was an excellent opportunity to widen students’ horizons.”

“IT was great to see the students having fun with each other.”

**Students**

“I wanted to sing and dance like the host school students!”

“We should’ve prepared a gift.”

**Host School (Tokyo)**

**Teachers**

“It was a really special experience for the students. I’ll never forget their bright and cheerful expressions.”

“To enjoy a successful music exchange, you need to be well prepared. It’s important to discuss the details beforehand.”

**Students**

“It was so cool that we could communicate through music, despite the language barrier.”

“I can’t speak much English, so at times I found things a bit difficult. Now I really want to improve my English, so I can talk more at the next school exchange.”

“Please come again next year!”

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Case Study

3 Theme-Based Exchanges at Senior High School

13:45

15:30

14:00

14:40

15:00

15:15

15:30

DISCOVER TOKYO
Find Out about Tokyo's Rich History and Culture, Which Can Still Be Experienced by Visitors Today

**Sensoji Temple**
Worshippers and tourists flock to Sensoji, Tokyo’s oldest temple. The main approach to the temple is along Nakamise, a 250-meter-long shop-filled street connecting the outer Kaminarimon gate to the second Hozomon gate.

**Tokyo Metropolitan Edo-Tokyo Museum**
This museum vividly illustrates the history and culture of Tokyo (formerly Edo). Besides life-sized models and scale models, the Edo-Tokyo Museum also features experiential displays that enable visitors to experience what life was like for people in the Edo period.

**Meiji Jingu (Shinto Shrine)**
Meiji Jingu, established in 1920, is dedicated to the souls of Emperor Meiji and his consort Empress Shoken. The shrine will mark its 100th anniversary in 2020, the same year in which the Tokyo Olympics and Paralympics will be held.

**Kokyo Gaien National Gardens**
Also known as the Imperial Palace Outer Gardens, this park is widely cherished for its quintessential Japanese landscapes. Spacious green lawns dotted with black pines blend harmoniously with the historical remnants of Edo Castle’s moats and gates.

**Toyosu Market**
Toyosu Market comprises three blocks: block 2 with the seafood wholesaling building, block 6 with the seafood auctions building, and block 5 with the fruit and vegetable wholesaling building. The new market has been designed to ensure food safety, while implementing efficient logistics and first-rate environmental measures.

**Sumo Museum**
This museum collects and preserves materials related to sumo, from woodblock prints and banzuke sumo wrestler rankings to ceremonial aprons. These items are displayed in themed exhibitions six times a year.

**Meiji Jingu-igumae (Harajuku Station (Exit 2)) on Tokyo Metro Chiyoda Line or Fukutoshin Line / 5 min. walk from Sangubashi Station on Oedo Line**

**Fukagawa Edo Museum**
This hands-on museum is a full-size reproduction of the streets of Fukagawa Saga town at the end of the Edo period. The changes of the day are expressed through light and sound, and exhibition content changes with the seasons to showcase various daily activities and annual events.

**Edo-Tokyo Open Air Architectural Museum**
This open-air museum contains 30 reconstructed and historically important buildings originating from the Edo period and up to the middle part of the Showa period. Contemporary scenes from daily life—such as the lighting of a farmhouse hearth fire—are reenacted inside the buildings.

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Experience Japan’s State-of-the-Art Science, Technology, and Industry

1. National Museum of Nature and Science
   - Japan’s only national museum covering both science and natural history houses two permanent exhibition rooms: the Japan Gallery and the Global Gallery. The displays are arranged thematically by floor, with exhibits that include dinosaur fossils, stuffed animal specimens, and displays explaining the progress of science and technology, etc.
   - 7-20 Ueno-kouen, Taito-ku (5 min. walk from JR Ueno Station (Park Exit) / 10 min. walk from Ueno Station on Tokyo Metro Ginza Line or Hibiya Line (Exit 7) / 10 min. walk from Keisei-Ueno Station (Main Exit) on Keisei Line)
   - 9:00–17:30 (sale of admission tickets ends 30 min. before closing) / General, university students: 620 yen; senior high school students: 500 yen (including college of technology students) and under; persons aged 65 or over: free / Note: Varying fees apply for special exhibitions.
   - Admission ends 30 min. before closing / General, university students: 620 yen; senior high school students: 500 yen (including college of technology students) and under; persons aged 65 or over: free / Note: Varying fees apply for special exhibitions.
   - Online in advance / www.kahaku.go.jp/index.php

2. National Museum of Emerging Science and Innovation (Miraikan)
   - Miraikan is an interactive science museum that allows visitors to view and understand the world through the lens of science and to think about what the future holds in store.
   - 3-6-8 Aomi, Koto-ku (4 min. walk from Tokyo Teleport Station (Exit A) on Rinkai Line / 10:00–17:00 (sale of admission tickets ends 30 min. before closing) / General, university students: 620 yen; senior high school students: 100 yen (50 yen) / Note: Varying fees apply for special exhibitions.
   - Admission ends 30 min. before closing / General, university students: 620 yen; senior high school students: 100 yen (50 yen) / Note: Varying fees apply for special exhibitions.
   - English (display panels and events guide) / www.miraikan.jst.go.jp/

3. Panasonic Center Tokyo
   - This showroom offers a window on the latest solutions, technologies etc. from Panasonic. In the center’s hands-on RiSuPia museum, visitors can have fun exploring the world of science and mathematics.
   - 3-5-1 Ariake, Koto-ku (2 min. walk from Rinkai Line / 10:00–18:00 (sales ends at 17:00 for RiSuPia) / RiSuPia: Adults: 500 yen; high school students and under: free / Information and pamphlet in English and Chinese / Apply via application form on website for groups
   - 10:00–18:00, Closed on Mondays (except for holidays) / Free / English (guided tours, exhibit captions, pamphlets) / Apply via website for groups of 20 or more or for a guided tour
   - https://www.panasonic.com/jp/corporate/center/tokyo

4. METOA Ginza
   - Mitsubishi Electric’s METOA Ginza event space is a facility that hosts a wide range of different events, and which uses innovative new types of video displays and exhibitions to introduce Mitsubishi Electric and its many different business areas.
   - Tokyo Plaza Ginza, 5-2-1 Ginza, Chuo-ku, Tokyo (1 min. walk from Ginza Station on the Tokyo Metro Ginza Line, Marunouchi Line and Hibiya Line)
   - 11:00–21:00 / The METOA Cafe & Kitchen on the 1F is open
   - English (display panels and events guide) / Maximum number of event participants varies. Please call and check in advance / +81-3-5537-7411 / metoa.jp

5. Printing Museum, Tokyo
   - This museum offers visitors the opportunity to explore the world of printing through a process of touching, discovering, understanding, and creating.
   - 3-5-1 Nihombashi-honcho, Chuo-ku (2 min. walk from Mitsui-bashi Station on Tokyo Metro Ginza Line or Hanzomon Line (Exit A10) / 1 min. walk from Shin-nihombashi Station (Exit A5) on JR Sobu Rapid Line)
   - 10:00–18:00 (admission ends 30 min. before closing) / Free / Audio guides in English and Chinese / Groups of 10 or more must apply via website in advance / +81-3-6255-1133 / www.kusuri-museum.com

6. i-muse
   - The i-muse IHI History Museum uses models and digital displays to introduce the history and technology of the IHI Group, which can trace its origins back to 1853. Visitors can view and experience technologies that have helped to create new eras, ranging from shipbuilding and industrial machinery through to aviation and space technology.
   - 1F, Toyo Su Building, 3-1-1 Toyo, Koto-ku
   - 9:30–17:30 Closed on Saturdays, Sundays, New Year holidays, Golden Week, and Summer Holidays
   - Free / English (guided tours, exhibit captions, pamphlets) / Apply via website for groups of 20 or more or for a guided tour
   - https://www.ihi.co.jp/i-muse/en (English-language website)
Find Out What Makes Tokyo a Safe and Comfortable City

Tokyo Waterworks Historical Museum
This museum showcases the history of Tokyo's waterworks system, which goes back 400 years to the founding of the Tokugawa shogunate. Developments in the Tokyo waterworks are represented through exhibits such as an Edo-period row house and excavated wooden conduits and clean-water wells.

- 2-7-1 Hongo, Bunkyo-ku  8 min. walk from Ochanomizu Station (Ochanomizubashi Exit) or Suidobashi Station (East Exit) on JR Chuo or Sobu Lines / 8 min. walk from Ochanomizu Station (Exit 1) on Tokyo Metro Marunouchi Line
  - 9:30–17:00 (admission ends 30 min. before closing)
  - Free
  - Audio guides (free of charge) in English, Chinese, and Korean
  - Groups of 5 or more must apply via phone or fax in advance
  - +81-3-5802-9040  www.suidorekishi.jp

Minato Incineration Plant
The Minato Incineration Plant is capable of processing 900 tons of combustible waste per day. Educational tours of the Plant can be arranged so that participants can learn about the processes used to dispose of the waste from Tokyo's 23 Wards.

- 5-7-1 Konan, Minato-ku
  - Take the Toei Bus (Shinagawa Futo Loop route) from JR Shinagawa Station and get off at the Shinagawa Futo bus stop
  - Monday–Friday (except for holidays), and last around 1.5 hours
  - Free
  - Pamphlet in English, Chinese and Korean; visit must be accompanied by interpreter
  - Group tours (for groups of 10 or more people) can be booked up to 3 months ahead, and at least 2 weeks in advance.
  - +81-3-6238-0572  www.union.toky023-setseu.lg.jp/index.html

Central Breakwater Landfill Site
This is where Tokyo's waste is sent for final disposal. It's an ideal place to consider the issue of waste disposal in large cities. Following a presentation that gives an overview of landfill facilities, it is possible for visitors who have their own vehicular transport to visit a landfill site, a large waste-crushing process facility, and a non-flammable waste-processing facility.

- Chisaki, 3-chome, Aomi, Koto-ku
  - Take the Toei Bus (for Chuo Bohatei) from Tokyo Teleport Station (Exit B) on Shinagawa Line and get off at Kanyakoyokudo Chubo-godoshosa-mae bus stop
  - Monday–Friday (except for holidays), and last around 1.5 hours
  - Free
  - Pamphlet and DVD in English and Chinese; visit must be accompanied by interpreter
  - Call in advance and send in application form
  - +81-3-3570-2230  www.tokyokankyo.jp/activity/publicity/study/

Ikebukuro Life Safety Learning Center, Tokyo Fire Department
A tour of this facility gives visitors experience in dealing with disaster situations. Visitors go through an hour and 40 minutes of disaster preparedness training with an instructor. Every Friday evening, a special “Night Tour,” assuming a scenario with a fire at night, is held.

- 4F Ikebukuro Fire Department, 2-37-8 Nishikukukuro, Toshima-ku
  - 5 min. walk from JR Ikebukuro Station (West Exit or Metropolitan Exit)
  - 9:00–17:00 (9:00 – 21:00 on Fridays)
  - Free
  - Tour instruction in Japanese only; pamphlet in English, Chinese, and Korean
  - Call in advance to make reservations for groups and individuals
  - +81-3-3590-6655  www.tfd.metro.tokyo.jp/np-ikbkur/

Sona Area Tokyo Disaster Prevention Experience-Learning Facility
Armed with tablet PCs and placed in a simulated earthquake scenario centered on Tokyo, visitors learn how to survive the first 72 hours after a major earthquake. The facility also shows animated videos and holds workshops and events focusing on disaster preparedness.

- 3-35-35 Arakke, Koto-ku
  - 2 min. walk from Ariake Station on Yurikamome Line / 4 min. walk from Kokusai-tenjijio Station on Rinkai Line
  - Park: 6:00–20:00 (Sona Area Tokyo is open 9:30–17:00; admission ends 30 min. before closing)
  - Free
  - Groups of 9 or more need to make reservations
  - +81-3-3529-2188  www.kit.mlt.jp/showa/sonayokinai/

Tokyo Yumenoshima Tropical Greenhouse Dome
This facility comprises a movie theater, a special exhibitions gallery, an event hall, and a giant domed greenhouse containing tropical and subtropical plants (including those from the Ogasawara Islands). The adjacent Shin-koto Incineration Plant provides heat for the greenhouse.

- 2-1-2 Yumenoshima, Koto-ku
  - 15 min. walk from Shin-koba Station on Tokyo Metro Yurakucho Line, JR Keiyo Line, or Rinkai Line
  - 9:30–17:00 (admission ends at 16:00)
  - General: 250 yen (200 yen); junior high school students: 100 yen (80 yen)
  - Note: / are fees for groups of 20 people or more.
  - Pamphlet in English, Chinese and Korean
  - Not required
  - www.yumenoshima.jp/

Tokyo Sewage Museum “Rainbow”
This is a museum run by the Bureau of Sewerage, Tokyo Metropolitan Government that is located in the Odaiba-Ariake district of Tokyo. In “Rainbow Town,” visitors can experience the various types of work relating to the sewerage system, with the opportunity to visit facilities that are usually not open to the public.

- 5F, Ariake Water Reclamation Center, 2-3-5 Ariake, Koto-ku
  - 6 min. walk from Odaiba-kaihinkoen Station on Yurikamome Line / 12 min. walk from Kokusai-tenjijio Station on Rinkai Line
  - 9:30–16:30 (admission ends at 16:00)
  - Closed on Mondays (except for holidays) and the New Year holiday period
  - Free
  - Pamphlet in English
  - Apply via website for groups in advance
  - +81-3-5564-2458  www.tokyo.metro.tokyo.jp/shinjuku/toton/keiyo/

Honjo Life Safety Learning Center, Tokyo Fire Department
A hands-on educational facility where visitors can have fun while enhancing their knowledge and skills in disaster preparedness. An instructor guides visitors through various disaster simulations, such as earthquakes, fires, and severe storms. There are also sections that visitors can observe freely.

- 4-6-6 Yokagawa, Sumida-ku
  - 10 min. walk from Kinhicho Station (North Exit) on JR Sobu Line / 10 min. walk from Kinhicho Station (Exit 4) on Tokyo Metro Hanzomon Line / 10 min. walk from Oshiage Station on Tokyo Metro Hanzomon Line, Oshiage Station
  - 9:30–17:00
  - Free
  - English pamphlet
  - Call in advance for simulation tour
  - +81-3-3621-0119  www.tfd.metro.tokyo.jp/np-hbukan
Experience Japanese Culture through a Wide Range of Different Activities

1. Suginami Animation Museum, Tokyo Polytechnic University
The Suginami Animation Museum is the first facility where visitors can enjoy, learn, experience and understand Japanese animation in a structured way. With hands-on special effects and post-production activities to try, as well as special exhibitions etc., there are lots of things for visitors to do that will help them to learn about animation in an enjoyable way.
- 3F, Tokyo Suginami Kaikan, 3-29-5 Kamioji, Suginami-ku
- 16 min. walk from Nishishinjuku Station (North) on the JR Chuo Line, or the bus from Ogikubo Station (North) on the JR Chuo Line and Marunouchi Line, and get off at Ogikubo Keisatsusho Mae bus stop
- 10:00–18:00 (admission ends at 17:30)
- Closed on Mondays (except for holidays)

2. Ganso Shokuhin Sample-ya Kappabashi Store
Ganso Shokuhin Sample-ya makes realistic-looking replica food items. This store sells fun and unique products created through the art of food replicas. Visitors can also try their hand at making traditional faux food out of wax.
- 3-7-6 Nishii-akausa, Taito-ku
- 5 min. walk from Asakusa Station (Exit A2) on Toquubuka Express Line / 12 min. walk from Tavasamachi Station (Exit 3) on Tokyo Metro Ginza Line
- 10:00–17:30
- Replica food crafting (tempura and lettuce): 2,300 yen (tax included)
- Experimental activities only in Japanese (visit must be accompanied by interpreter)
- Call in advance (Japanese spoken only)
- +81-3-3841-0783
- www.ganso-sample.com/

3. Meguro Parasitological Museum
This may be the only museum in the world dedicated specifically to parasites. On the first floor is a diverse range of specimens, along with explanations. The second floor displays a super-long 8.8-meter tapeworm and other specimens of human parasites.
- 4-1-1 Shimomeguro, Meguro-ku
- 12 min. walk from Meguro Station on JR Yamanote Line, Tokyo Metro Namboku Line, Toei Mita Line, or Tokyo Meguro Line
- 10:00–17:00
- Free (donation box inside the Museum)
- Guidebook in English, some display information in English
- Reserve by fax for groups of 6 or more
- Fax: +81-3-3716-2322
- www.kiseicho.org/Pages/english.aspx

4. Waseda University
Waseda University is renowned for the high quality of its teaching and research. Campus tours are available in which Waseda student guides explain historical episodes and student life; tour participants also have the chance to visit sites that are usually not open to the public, such as the Okuma Auditorium clock tower, etc.
- 1-104 Totsuka-cho, Shinjuku-ku
- 5 min. walk from Waseda Station on Tokyo Metro Tozai Line
- To check what time guided tours are held, please visit the website or call the phone number below
- Free
- Please check with the University
- Apply via website
- +81-3-3296-1276
- https://www.waseda.jp/top/en/about/work/campus-tours

5. Some-no-sato Futaba-en
Futaba-en is a dye studio that has been carrying on the tradition of the Edo kafozame dyeing technique for over 90 years. The artisans skills on show here have been officially designated as a traditional craft. One-day lessons and classes are available.
- 2-3-6 Kamiichoi, Shinjuku-ku
- 4 min. walk from Nakai Station (Exit A4) on Toei Oedo Line or Seibu Shinjuku Line
- Tuesday–Saturday: 11:00–17:00 (closed during lunchtime)
- Observing is free of charge; lessons are subject to fees (see website for details)
- Pamphlet and video in English
- Reserve by phone or e-mail (see website) for groups and/or lessons
- +81-3-3368-8133
- www.futaba-en.jp

6. Haneda Chronogate
Haneda Chronogate is a gigantic logistics terminal run by the Yamato Group and is located near Haneda Airport. The facility combines value-added functions with support for a high-speed transportation network covering air, land, and sea.
- 11-1 Haneda Asahi-cho, Ota-ku
- 5 min. walk from Anamori-inari Station on Keikyu Line / 10 min. walk from Tenkubashi Station on Keikyu Line or Tokyo Monorail.
- See “Reservations” page on website
- Free
- English and Chinese subtitles only on the film shown
- Reserve via website.
- For groups of 20 or more, reserve by phone
- +81-3-6756-7180 (for group reservations)
- www.yamato-hd.co.jp/english/hnd-chronogate/visitortour.html

7. Sakamori Cloisonné Craftworks Shop
Traditional cloisonné craftsmen are at work in this shop, and at any given time more than 100 cloisonné products are exhibited for sale. Students and adults can take part in cloisonné workshops that vary from 30 minutes to 2 hours in duration.
- 1-2-1 Moto-akausa, Taito-ku
- 2 min. walk from Shin-okachimachi Station (Exit A3) on Toei Oedo Line / 1 min. walk from Shin-okachimachi Station (Exit A4) on Tsukuba Express Line / 15 min. walk from Okachimachi Station on JR Yamanote Line or Keihin Tohoku Line (North Exit)
- Weekdays: 10:00–17:00 (until 21:00 on Tuesdays); Saturdays: 13:00–17:00 (only on 2nd, 3rd, and 4th)
- General: from 2,100 yen; students: from 1,500 yen
- None
- Call in advance for workshops
- +81-3-3844-8251
- www.sakamori-shippo.com

8. Edo-kiriko Irodorita Glass
This studio, located in Kameido, manufactures and sells Edo-kiriko glassware. Hands-on lessons are available for adults and children, with adults working on glass and children (3rd grade to junior high school) working on paperweights.
- 2F Sunny Bldg., 4-19-13 Kameido, Koto-ku
- 5 min. walk from JR Kameido Station (North Exit)
- 10:00–18:00 (school trip workshops held Monday to Friday)
- For visits booked in advance, the Museum can be opened at 9:30
- School trips (paperweight): 3rd grade to junior high school students 2,160 yen, hands-on lessons for adults (five-colored glass) 5,900–7,000 yen
- English and Chinese information tags on products for sale
- Visits can be booked on the website (first come, first served basis)
- www.edokiriko.com/

Address: Access: Hours: Fees: Foreign language assistance: Reservations Telephone number: Website:
Godzilla Was Here—Meet Local Students and Make Unforgettable Memories on a Volcanic Island

Izu Oshima is a Pacific island approximately 120 kilometers from Tokyo. It is actually part of the Tokyo Metropolis. In the center of Izu Oshima is Mt. Mihara, a large volcano that has erupted numerous times in the past and left a unique landscape for visitors to admire. This includes lava flow remnants and Godzilla Rock, named for its resemblance to the gigantic dinosaur-like monster of movie fame. Interacting with local residents and experiencing the island’s abundant nature are sure to create irreplaceable memories.

1st day
- Morning
  - Take jetfoil from Takeshiba Terminal in Tokyo (approx. 1 hour and 45 minutes).
  - Take bus from ferry terminal to Mt. Mihara to view the volcano. Visit Volcano Museum. After lunch, go to local high school.
- Activities with local high school students (example)
  1) Observe and join in a school class
  2) Tour the school
  3) Join an activity of one of the school’s clubs
  4) Socialize with local students
- Evening
  - Go to a Japanese-style inn to spend the night.

2nd day
- Morning
  - Hands-on program (example)
    1) Learn how to make salt at Oshima Furusato Taikenkan.
    2) Work with local volunteers on tree-planting or restoration projects.
- Afternoon
  - Tour the island
    1) Observe cross section of volcanic strata
    2) Walk around the port of Habu
    3) Visit the desert area
- Evening
  - Socialize with local volunteers.
  - Go to a Japanese-style inn to spend the night.

3rd day
- Morning
  - Leave Izu Oshima by jetfoil.
- Afternoon
  - Arrive at Takeshiba Terminal in Tokyo.
Getting around Tokyo on Your Own

Maximize Your Enjoyment in Tokyo by Using Public Transportation

Trains are the best way to get around Tokyo. Besides major lines such as the JR line, Tokyo Metro, and Toei Subway, there are numerous privately run lines as well. Here’s how to buy tickets and take the trains.

Types of Tickets

- **Smart Cards (Pasmo and Suica)**
  These smart cards are valid on almost all trains and buses in Tokyo. They can be purchased at ticket vending machines at stations and charged in denominations of 1,000 to 5,000 yen, and 10,000 yen. There is a 500-yen deposit charge for these smart cards. When the money on the smart cards runs out, they can be recharged at a ticket vending machine. There are two types of smart card, Pasmo and Suica, sold by different companies, but they both can be used in the same way and throughout the Tokyo area.

- **Train Tickets**
  Regular train tickets can be purchased at ticket vending machines in the station. Check the fare table to find the cost of a ticket from your current station to the destination station.

Using a Smart Card

- As you enter the train platform area, hold the smart card flat over the card reader at the ticket gate.
- After you get off the train and as you leave the train platform area, once again hold the smart card flat over the card reader at the ticket gate. A certain amount of money will be deducted from the smart card depending on how far you traveled. The amount of money left on the smart card is shown on the display at the ticket gate.

Using a Ticket

- As you enter the train platform area, place your ticket in the ticket slot at the ticket gate. It will come out the other side of the ticket gate so don’t forget to take it out. Be careful not to lose your ticket, because you need it to get out of the station you’re arriving at.
- After you get off the train and as you leave the train platform area, once again place your ticket in the ticket slot at the ticket gate. Your ticket will automatically be collected so simply exit the ticket gate without your ticket. If you are going to transfer to another train or subway line, your ticket will come out the other side of the ticket gate, so be sure to take it with you.

Check these websites for specially priced train tickets.

<table>
<thead>
<tr>
<th>Service</th>
<th>Website</th>
</tr>
</thead>
<tbody>
<tr>
<td>JR</td>
<td><a href="http://www.jreast.co.jp/e/pass/index.html">www.jreast.co.jp/e/pass/index.html</a></td>
</tr>
<tr>
<td>Toei Subway</td>
<td><a href="http://www.kotsu.metro.tokyo.jp/eng/tickets/value.html">www.kotsu.metro.tokyo.jp/eng/tickets/value.html</a></td>
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**Basic Information about Tokyo**

- **Population**: 13 million

**Average Temperature and Precipitation**

<table>
<thead>
<tr>
<th>Month</th>
<th>Celsius (°C)</th>
<th>Fahrenheit (°F)</th>
<th>Precipitation (mm)</th>
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<td>43</td>
<td>52.3</td>
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</tr>
<tr>
<td>March</td>
<td>9.4</td>
<td>48.9</td>
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<td>April</td>
<td>14.6</td>
<td>58.3</td>
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<tr>
<td>May</td>
<td>18.9</td>
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<tr>
<td>June</td>
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<td>71.8</td>
<td>167.7</td>
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**Travel Times to Tokyo**

<table>
<thead>
<tr>
<th>City</th>
<th>Flight time</th>
</tr>
</thead>
<tbody>
<tr>
<td>Taipei</td>
<td>3 hr 30 min</td>
</tr>
<tr>
<td>Singapore</td>
<td>7 hr</td>
</tr>
<tr>
<td>Seoul</td>
<td>2 hr 30 min</td>
</tr>
<tr>
<td>Hong Kong</td>
<td>4 hr 30 min</td>
</tr>
<tr>
<td>Beijing</td>
<td>4 hr</td>
</tr>
<tr>
<td>Bangkok</td>
<td>6 hr 30 min</td>
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<tr>
<td>Kuala Lumpur</td>
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<tr>
<td>Chicago</td>
<td>11 hr 30 min</td>
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<tr>
<td>Los Angeles</td>
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<tr>
<td>London</td>
<td>12 hr 30 min</td>
</tr>
<tr>
<td>Paris</td>
<td>12 hr 30 min</td>
</tr>
</tbody>
</table>

Note: Approximate time it takes from airport to airport

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**General Health and Safety**

**Drinking Water**

In Tokyo, it’s perfectly safe to drink tap water. Bottled mineral water is also easily available from automatic vending machines, convenience stores, and other places around the city.

**Emergency Numbers**

- Police: Dial 110
- Ambulance: Dial 119