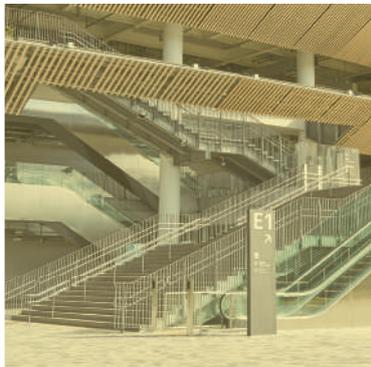
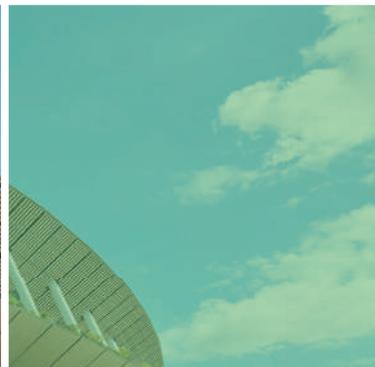
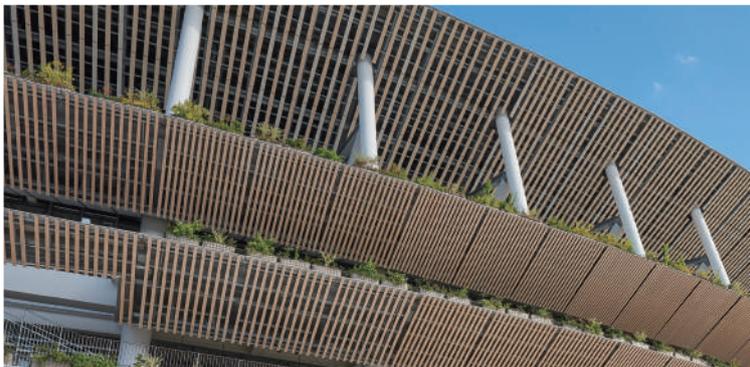


# DISCOVER TOKYO

*An Unforgettable School Trip*



# 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



### Exchanges with Local Students

Trips to Tokyo also bring the chance to interact with local schools. The city having hosted the Olympic and Paralympic Games Tokyo 2020, many of Tokyo's schools sought opportunities for international exchange. Students of all ages are still excited at the prospect of meeting and communicating with their peers from overseas.



### Safety and Security

Any destination chosen for a school trip must be safe, and it must provide a sense of security. According to the Safe Cities Index 2021 (Health Security category) 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.



### 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.



### 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.



### 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.

## Contents

5 Reasons to Choose Tokyo for School Trips	1
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## 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 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 festival boasts a history of 700 years.



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. A great number of these dances are held both in and around 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 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.



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

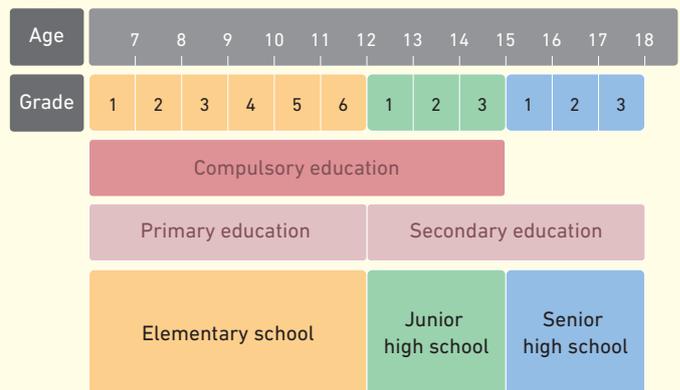
The ritual of *mamemaki* (throwing roasted soybeans) during the Setsubun festival is believed to drive away the previous year's evil spirits and clear the way for good fortune to arrive in the lunar New Year. It's customary to eat the same number of beans as one's age.

# 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 time frame 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.

	4 April	5 May	6 June	7 July	8 August	9 September
	<ul style="list-style-type: none"> <li>Entrance ceremony, first-day-of-school ceremony</li> </ul>	<ul style="list-style-type: none"> <li>Sports day</li> </ul>	<ul style="list-style-type: none"> <li>Field trip (4th grade)</li> </ul>	<ul style="list-style-type: none"> <li>Ceremony for end of semester</li> </ul>	<ul style="list-style-type: none"> <li>Field trip (5th grade)</li> </ul>	<ul style="list-style-type: none"> <li>Ceremony for start of second semester</li> </ul>
	<ul style="list-style-type: none"> <li>Entrance ceremony, first-day-of-school ceremony</li> <li>Checkup</li> </ul>	<ul style="list-style-type: none"> <li>School trip (3rd grade)</li> <li>General assembly of the student council</li> </ul>	<ul style="list-style-type: none"> <li>Sports day</li> <li>First periodic exams</li> </ul>	<ul style="list-style-type: none"> <li>Seaside school trip (1st grade)</li> </ul>	<ul style="list-style-type: none"> <li>Summer break</li> </ul>	<ul style="list-style-type: none"> <li>Second periodic exams</li> <li>Track-and-field meet</li> <li>Field trip (1st and 2nd grades)</li> </ul>
	<ul style="list-style-type: none"> <li>Entrance ceremony, first-day-of-school ceremony</li> <li>Checkup</li> <li>General assembly of the student council</li> </ul>	<ul style="list-style-type: none"> <li>School excursion</li> <li>Midterm exams</li> </ul>	<ul style="list-style-type: none"> <li>Sports day</li> </ul>	<ul style="list-style-type: none"> <li>End-of-term exams</li> <li>Ceremony for end of first semester</li> </ul>	<ul style="list-style-type: none"> <li>Summer break</li> </ul>	<ul style="list-style-type: none"> <li>Ceremony for start of second semester, evacuation drills</li> <li>Cultural festival</li> </ul>

# School Exchanges

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.

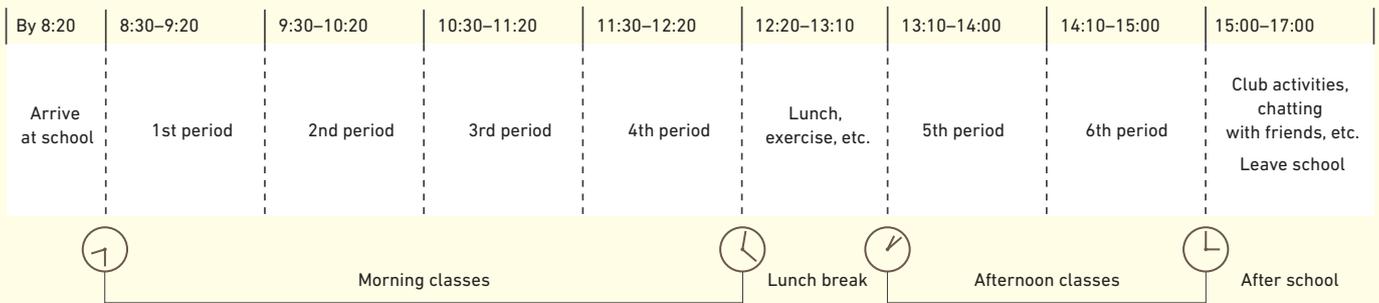
## School Life (Example at Senior High School)

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.



● Elementary school

● Junior high school (example of two-semester system)

● Senior high school (example of three-semester system)

10 October	11 November	12 December	1 January	2 February	3 March
● Field trip (6th grade)	● Music day	● Ceremony for end of semester	● Ceremony for start of third semester		● Graduation, end-of-year ceremony
		← Winter break →	● Kakizome (writing calligraphy at the start of the year)		← Spring break →
● Ceremony for end of first semester ● Ceremony for start of second semester	● Third periodic exams		● Ski class (2nd grade)	● Job experience (1st grade) ● Entrance exams	● Graduation, end-of-year ceremony
← Autumn break →		← Winter break →			← Spring break →
● Midterm exams	● School trip (2nd grade)	● End-of-term exams ● Ceremony for end of semester	● Ceremony for start of third semester ● National university entrance exams ("Center Tests") ● End-of-year exams (3rd grade)	● Entrance exams	● End-of-year exams ● Graduation ● Ball game tournament ● End-of-year ceremony
		← Winter break →			← Spring break →

# 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

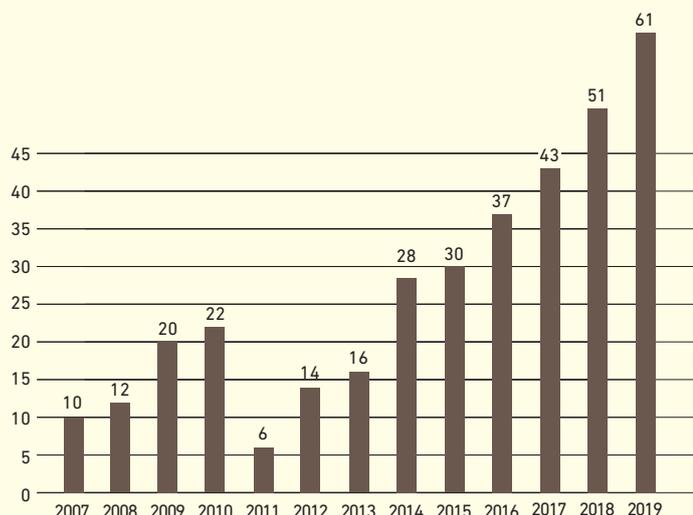
### What TCVB Offers

- 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.)

### 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



### Flow of Proceedings

#### 3 months prior to visit

- Contact TCVB (schooltrip@tcvb.or.jp) and submit the application form to request arrangements for the 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

- Students and teachers fill out the questionnaire so that TCVB can improve any support provided

Case Study

1

Junior High School

Cross-Cultural Communication through Music

Exchange program/schedule



■ Visiting School (Taiwan)

Student and Teacher Feedback

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."

"We really enjoyed watching each other perform. Next time, it'd be great if we could play together!"

■ Host School (Tokyo)

Teachers

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

Students

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

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

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

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

## Senior High School Mutual Understanding through Class Participation and Performances

### Exchange program/schedule

12:00	Visiting school arrives at host school; teachers from both schools exchange greetings
12:40	Lunch
13:15	Take part in class (English)
14:15	Take part in other classes (physics, calligraphy, home economics)
15:20	Take part in or observe club activities (tea ceremony club, etc.)
16:00	Exchange meeting Visiting school: Song and dance performances Host school: Japanese drum performances Student representatives give speeches Exchange gifts



#### ■ Visiting School (Taiwan)

### Student and Teacher Feedback

#### 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."

"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."

"Having opportunities like this broadens our horizons, and I think it'll help us in the future to play an active role on a **worldwide level.**"

スペル間違い:指示はございませんでしたが、修正致しました。

Case Study

3

Theme-Based Exchanges at Senior High School

Joint Performance Deepens Friendly Relations

Exchange program/schedule



■ Visiting School (Canada)

Student and Teacher Feedback

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

"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."

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

"Please come again next year!"

# 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.



Note: This map is for illustrational purposes only. For exact locations, please refer to a more detailed map.

## 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.



## 9 Ueno



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

## 10 Asakusa, Sumida, Oshiage



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.

## 11 Akihabara



For devices such as PCs and peripherals, look no further. Anime and other subcultures find their home here and draw fans from far and wide.

## 12 Marunouchi



Tokyo Station, one of the nation's hub stations, and the area surrounding it—which includes myriad commercial complexes and restaurants—has evolved. This section of the city, considered the heart of Tokyo, continues to grow and develop.

## 13 Odaiba



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

## 7 Ginza



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.

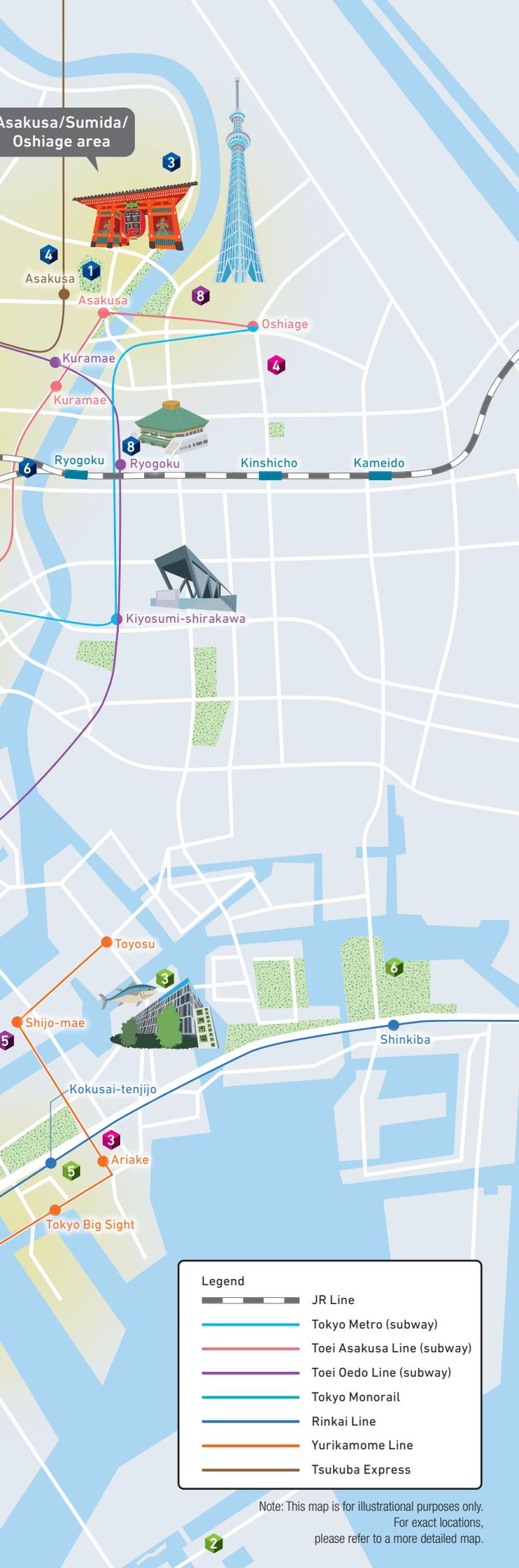
## 8 Nihonbashi



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.

# Various Places of Interest





## Tokyo as the Center of Japan

P18

- 1 Kokyo Gaien National Gardens
- 2 National Diet Building
- 3 Bank of Japan Head Office
- 4 Tokyo Tower
- 5 Tokyo Metropolitan Wholesale Market Toyosu Market
- 6 Waseda University
- 7 National Museum of Nature and Science
- 8 TOKYO SKYTREE®
- 9 The National Museum of Western Art

## Traditional Culture and History of Edo, Past and Present

P19

- 1 Sensoji Temple
- 2 Edo-Tokyo Open Air Architectural Museum
- 3 Kiriko Cut Glass Studio Ojima
- 4 Ganso Shokuhin Sample-ya Kappabashi Store
- 5 Meiji Jingu (Shinto Shrine)
- 6 Yakata-bune (excursion boats)
- 7 Suginami Animation Museum, Tokyo Polytechnic University
- 8 Sumo Museum
- 9 Some-no-sato Futaba-en

## Inspiring Ideas about a Sustainable Future for the World

P20

- 1 National Museum of Emerging Science and Innovation (Miraikan)
- 2 Central Breakwater Landfill Site
- 3 The Hydrogen Information Center "Tokyo Hydrogen Museum"
- 4 Daiichi Sankyo Kusuri Museum
- 5 Panasonic Center Tokyo
- 6 Tokyo Yumenoshima Tropical Greenhouse Dome
- 7 Printing Museum, Tokyo
- 8 METoA Ginza
- 9 Haneda Chronogate

## Showing the Legacy of Tokyo to the World

P21

- 1 Japan National Stadium
- 2 Japan Olympic Museum
- 3 Tokyo Rinkai Disaster Prevention Park Sona Area Tokyo
- 4 Honjo Life Safety Learning Center, Tokyo Fire Department (Honjo Bosaikan)
- 5 Ikebukuro Life Safety Learning Center, Tokyo Fire Department (Ikebukuro Bosaikan)
- 6 JICA Global Plaza

## Protecting the Natural Environment of Tokyo's Islands

P22

- 1 Izu Oshima Volcano Museum
- 2 Furusato-taiken Hall
- 3 Odoriko no Sato Museum
- 4 Oshima Native History and Traditional Crafts Museum
- 5 Palais La Mer (Oshima Seashell Museum)

### Legend

- JR Line
- Tokyo Metro (subway)
- Toei Asakusa Line (subway)
- Toei Oedo Line (subway)
- Tokyo Monorail
- Rinkai Line
- Yurikamome Line
- Tsukuba Express

Note: This map is for illustrational purposes only.  
For exact locations,  
please refer to a more detailed map.



# Sample Course ①

Experience Hands-on activity

Learning Visit this spot to get information useful before going on site/while on-site/post visit

Meet key people in local tourism

# Tokyo as the Center of Japan

## day 1



**01 Kokyo Gaien National Gardens**  
A well-known spot for cherry blossom viewing



Sources: Kokyo Gaien National Gardens Office



**02 National Diet Building**  
Seat of the Japanese government



Learning



**03 Watch a sumo match or visit the Sumo Museum**  
The raw power of this national sport



©Nihon Sumo Kyokai

Experience

Learning



## day 2



**04 Tokyo Metropolitan Wholesale Market Toyosu Market**  
Wholesale market for Japanese food



**05 School group activities in Shibuya**



**06 Tokyo Tower**



## day 3



**07 Waseda University**



Learning



**08 National Museum of Nature and Science**  
Japan's only national comprehensive science museum



Photo-courtesy of National Museum of Nature and Science



**09 Ameya-Yokocho market**  
One of Japan's leading shopping streets



### [Before your visit]

As the nation's capital, Tokyo is the center of politics, economics, and much more. Here we take a look at the various-and-sundry facilities and interesting spots the city has, and what kinds of people and things these places bring in from around Japan.

### [On-site]

Tours are available to give visitors an understanding of the role of the various institutions behind Japan's political and economic spheres through interview opportunities with key people. Note that visitors are expected to have some knowledge ahead of time.

### [Post-visit]

Choose an industry or sector in the place you are living, and research its role, both in Japan and overseas.

## Key person supporting our lives in Tokyo

### [Tokyo Metropolitan Wholesale Market Toyosu Market]

It is our hope that our work inspires people to take more of an interest in food, which is the most important of the three basic needs of food, clothing, and shelter. Our primary focus is to ensure a stable supply chain, while minimizing price fluctuations as far as possible. It makes everyone happy if people understand just how the Toyosu market supports everyone with regard to the food we eat.



General Manager,  
Sales Division, Tohto Suisan Co., Ltd. **Jun Saito**

# Traditional Culture and History of Edo, Past and Present

day 1

01 11:30

01 Sensoji Temple



©Sensoji Temple

02 14:00

02 Edo-kiriko cut glass workshop

Experiencing the precision and meticulousness of Japanese technologies



Experience

Learning

03 16:00

03 Edo-Tokyo Open Air Architectural Museum

A number of historically significant buildings with cultural value



Source: Edo-Tokyo Open Air Architectural Museum

day 2

04 10:00

04 TOKYO SKYTREE®



©TOKYO-SKYTREETOWN

05 12:00

05 Tsukiji

Get a sense of the appeal of Tokyo by eating



06 17:00

06 Yakata-bune (excursion boats)

Experience the traditional Japanese culture



Experience

day 3

07 10:00

07 Meiji Jingu (Shinto Shrine)



08 11:00

08 Harajuku and Omotesando



## [Before your visit]

Research the history and attributes of Edo kiriko cut glass. Write down any questions you have for these special artisans, who continue to perpetuate this art to this day.

## [On-site]

Create a one-of-a-kind piece of glass with this Edo kiriko glass-making experience. Ask the artisans about their technique and any issues they have faced with perpetuating their tradition.

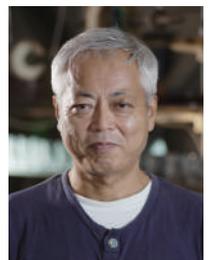
## [Post-visit]

Find out what kinds of traditional culture exist in your area. Talk about what we can do to protect and perpetuate tradition, as well as the importance of successors in traditional arts.

## Key person supporting our lives in Tokyo

### [Kiriko Cut Glass Studio Ojima]

We consider it our mission to perpetuate the traditional crafts of the Edo Period. We want to give visitors a sense of the meticulous, steady work of the artisans—both their technique and design—as well as the sensibilities that pervaded the daily lives of the people of Edo.



Kiriko Cut Glass Studio Ojima **Eiji Ojima**



# Sample Course ③

Experience Hands-on activity

Learning Visit this spot to get information useful before going on site/while on-site/post visit

Meet key people in local tourism

# Inspiring Ideas about a Sustainable Future for the World

## day 1



**01 Central Breakwater Landfill Site**  
Learning about the flow of garbage processing in Tokyo, making resources from garbage and environmental protection initiatives



**02 Shibuya**



## day 2



**03 National Museum of Emerging Science and Innovation (Miraikan)**  
A treasure-trove of knowledge



**04 School group activities in Odaiba**



**05 The Hydrogen Information Center "Tokyo Hydrogen Museum"**  
Learn about the future of Tokyo from the perspective of an invisible substance: hydrogen



## day 3



**06 Tokyo Yumenoshima Tropical Greenhouse Dome**  
Cultivating over 1,000 varieties of tropical plants  
Take in the magnificent nature for the metropolitan



**07 Panasonic Center Tokyo**  
Witness initiatives for a better future and a better world



### [Before your visit]

Know the issues ahead of time. Check how much garbage is generated annually in your area, as well as what methods of waste processing are used in Japan.

### [On-site]

Ask about initiatives on environmental preservation, the current state of garbage in Tokyo, and issues related to garbage.

### [Post-visit]

Find out about initiatives in your area designed to cut down on garbage, and consider steps you might take in your home.

## Key person supporting our lives in Tokyo

### [ The Hydrogen Information Center "Tokyo Hydrogen Museum" ]

Hydrogen energy is destined to be an important source of energy in our daily lives in the future. We encourage visitors to have fun learning about hydrogen at The Hydrogen Information Center "Tokyo Hydrogen Museum"—and that they realize that we are the ones who determine our own future.



General Manager,  
The Hydrogen Information Center  
"Tokyo Hydrogen Museum"

**Hajime Ochi**



# Sample Course ④

Experience Hands-on activity

Learning Visit this spot to get information useful before going on site/while on-site/post visit

Meet key people in local tourism

# Showing the Legacy of Tokyo to the World

## day 1

12:30

### 01 Japan National Stadium

Experience the legacy of the city's international conventions, witnessed by people around the world



Experience

14:30

### 02 Take a walk around the Japan National Stadium



Experience

15:00

### 03 Japan Olympic Museum

Learn about the historic event from various perspectives



Learning



## day 2

10:00

### 04 JICA Global Plaza



Experience

Learning



15:10

### 05 Sensoji Temple



©Sensoji Temple

16:30

### 06 TOKYO SKYTREE®



©TOKYO-SKYTREETOWN

## day 3

10:00

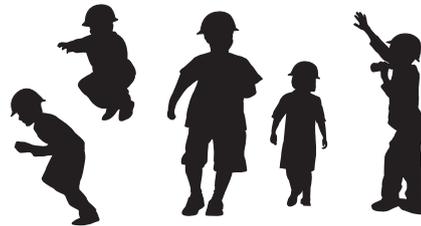
### 07 Tokyo Rinkai Disaster Prevention Park Sona Area Tokyo

Learning about how to survive well after an earthquake



Learning

Disaster Prevention Experience Zone



### [Before your visit]

Ahead of the Olympic and Paralympic Games Tokyo 2020, the city's capacity to accept tourists, as well as tourism resources, were developed. Consider what changes and impact Tokyo 2020 has had on the townscape and the people.

### [On-site]

Let's ponder the legacy of Tokyo for the future. There are numerous things we can learn that are entirely unique to the city of Tokyo, particularly the specific steps the city took to build its capacity to accept visitors from around the world. These include touring sports facilities, learning about initiatives pertaining to barrier-free facilities, as well as safety and reliability.

### [Post-visit]

Find out what your home area has to offer the world, and also consider what kinds of initiatives are needed to pass it on to future generations.

## Key person supporting our lives in Tokyo

### [ Tokyo Rinkai Disaster Prevention Park Sona Area Tokyo ]

At the disaster prevention simulation area, take a moment to imagine the place you live in the wake of an earthquake. We also hope that this experience will help you to consider what steps you would need to take to survive such a disaster.



Manager, Tokyo Rinkai Disaster Prevention Park Sona Area Tokyo

Koji Maruyama

Sample Course ⑤

# Protecting the Natural Environment of Tokyo's Islands

## day 1



**01** Takeshiba Passenger Ship Terminal

14:15



**02** Oshima  
Great section of tephra layers

16:00



**03** Twilight at Sunset Palm Line

17:00



## day 2



**04** Mt. Mihara trekking  
The mountain is a symbol of Oshima

9:00



Experience



**05** School Exchange

13:00



Learning



**06** Cycling on the island,  
Oshima camellia flower  
petal dyeing

15:00



Experience

To P22



## day 3



**07** Izu Oshima Volcano Museum  
A rare museum—even on a world scale—dedicated to volcanoes

10:00

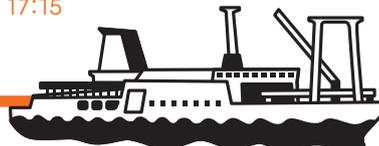


Izu Oshima Volcano Museum



**08** Takeshiba Passenger Ship Terminal

17:15



### [Before your visit]

Check out the special traditions and points of local pride in your area, and compile materials so that you can present on the topic.

### [On-site]

Discuss with students of Oshima High School about the places they are proud of in their own (local) town, and share opinions.

### [Post-visit]

Through pre-excursion studies and learning on-site, consider the charm of your local area and what you'd like to preserve about it. Also consider why you would like to preserve the things you note and how you would do so.

## Key person supporting our lives in Tokyo

### [Oshima]

Oshima, one of Tokyo's islands, boasts a magnificent natural environment. On the island of Izu Oshima—designated a Geopark—enjoy cycling, swimming in the ocean, various sports, extracting camellia oil—and observing the stunning night sky full of stars.



Chairperson,  
Oshima Tourism General  
Incorporated Association

**Sukehiro Koike**

# Tokyo as the Center of Japan

This is one place you must visit in Tokyo! Get to know the heart of Japan.

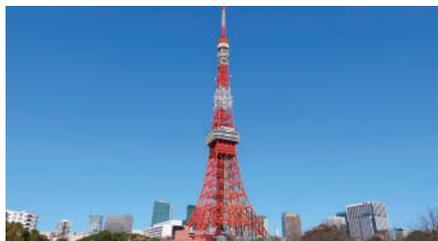


Source: Kokyo Gaien National Gardens Office

## 1 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.

- 📍 1-1 Kokyogaien, Chiyoda-ku
- 🕒 10 min. walk from JR Tokyo Station (Marunouchi South Exit) 🕒 Open 24/7 (office open 8:30–17:15, closed Sat./Sun./holidays) 🆓 Free 📄 Pamphlet in English, Chinese, and Korean 📄 Not required
- 🌐 [www.env.go.jp/garden/kokyogaien/english/index.html](http://www.env.go.jp/garden/kokyogaien/english/index.html)



## 4 Tokyo Tower

Tokyo Tower is a broadcasting tower, built in 1958. It offers spectacular views of Tokyo, in all the city's three-dimensionality, from its two observation decks at 150 meters and 250 meters.

- 📍 4-2-8 Shiba-koen, Minato-ku 🕒 5 min. walk from Akabanebashi Station / 7 min. walk from Kamiyacho Station / 6 min. walk from Onarimon Station / 15 min. walk from Hamamatsucho Station 🕒 9:00–23:00 (Hours subject to change. Check the website prior to coming) 🎫 150 m Main Deck Tour Adults: 1,200 yen; high school students: 1,000 yen; elementary and junior high school students: 700 yen; Toddlers age 4 & up: 500 yen Top Deck Tour (150 m & 250 m) Same-day rates Adults: 3,000 yen; high school students: 2,800 yen; elementary and junior high school students: 2,000 yen; Toddlers age 4 & up: 1,400 yen 🗣️ English-speaking staff available 📄 Group and school group discounts available 📞 +81-3-3433-5111 🌐 [www.tokyotower.co.jp/en/](http://www.tokyotower.co.jp/en/)



Photo courtesy of National Museum of Nature and Science

## 7 National Museum of Nature and Science

This is the nation's only comprehensive science museum. It features two permanent exhibits: the Japan Gallery and the Global Gallery. The different floors offer different themes, including dinosaur fossils, stuffed animal specimens, scientific technology development, and more.

- 📍 7-20 Ueno-koen, 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 🕒 9:00–17:00 (admission ends 30 min. before closing) 🎫 General, university students: 630 yen; senior high school students (including college of technology students) and under, and persons aged 65 or over: free *Note: Varying fees apply for special exhibitions. See website for details. website for details.* 📄 Pamphlet in Japanese, English, Chinese, and Korean; audio guides; information tablets 📄 Advance reservations on Website required. For Groups, fill in the form online 🌐 [www.kahaku.go.jp/english/](http://www.kahaku.go.jp/english/)



## 2 National Diet Building

The Japanese Diet is held in this building. Here, Japan's only legislative body makes laws and determines fiscal budgets. Note how the building is symmetrical on both sides. On the left facing the front is the House of Representatives, while the right side is occupied by the House of Councillors (formerly the House of Lords).

- 📍 1-7-1 Nagata-cho, Chiyoda-ku
- 🕒 Access (House of Councillors): 3 min. walk from Nagatacho Station on Yurakucho Line, Hanzomon Line or Namboku Line / 6min. walk from Kokkai-gijidomae Station on Marunouchi Line or Chiyoda Line 🕒 Tour hours: 9:00–16:00 (weekdays)
- 🆓 Free 📄 Pamphlet in English, Chinese, Korean, Russian, French, and Spanish
- 📞 Reservations required: +81-3-5521-7445
- 🌐 [www.sangiin.go.jp/eng/info/dbt/index.htm](http://www.sangiin.go.jp/eng/info/dbt/index.htm)



## 5 Tokyo Metropolitan Wholesale Market Toyosu Market

Toyosu Market comprises three blocks: block 7 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.

- 📍 6-chome, Toyosu, Koto-ku (address varies depending on the block) 📍 Shijo-mae Station on the Yurikamome Line 🕒 Closed on days when the markets are not operating 🆓 Free 📄 Pamphlet in English, Chinese, and Korean 📄 Not required 📞 +81-3-3520-8205 🌐 [www.shijou.metro.tokyo.lg.jp/english/](http://www.shijou.metro.tokyo.lg.jp/english/)



©TOKYO-SKYTREETOWN

## 8 TOKYO SKYTREE®

TOKYO SKYTREE® is the world's tallest stand-alone communication tower. From the two observation decks at 350 m and 450 m, visitors can take in a spectacular view of the Tokyo night sky, and experience the illusion that they are walking through the air. The nearby Soramachi® shopping area (300 shops) and the Aquarium are popular spots.

- 📍 1-1-2 Oshiage, Sumida-ku 🕒 Direct connection to TOKYO SKYTREE Station or Oshiage Station 🕒 10:00–21:00 (doors close 20:00) *Note: Open daily year-round. Schedule subject to change depending on the season.* 🎫 Observation Deck & Passageway [General] Adults: 3,100 yen & up; high school students (age 12–17): 2,350 yen & up; elementary school students (age 6–11): 1,450 yen & up; group rates available 📄 Pamphlet in Japanese, English, Chinese (traditional and simplified), and Korean. Inquire for guides in these languages 📄 Group reservation is available.
- 📞 TOKYO SKYTREE Call Center: 0570-55-0634 Hours: 11:00–19:00 🌐 [www.tokyo-skytree.jp/en/](http://www.tokyo-skytree.jp/en/)

📍 Address 🕒 Access 🕒 Hours 🎫 Fees 🗣️ Foreign language assistance 📄 Reservations 📞 Telephone number 🌐 Website



Source: Bank of Japan Website

## 3 Bank of Japan Head Office

The Bank of Japan Head Office, erected in 1896, was the first modern national government (national important cultural asset) to be built by a Japanese architect. As part of a one-hour guided tour, visitors can also view the underground vault, which was used until 2004.

- 📍 2-1-1 Nihonbashi Hongoku-cho, Chuo-ku
- 🕒 1–2 min. walk from Mitsukoshimae Station / 8 min. walk from JR Tokyo Station / 8 min. walk from JR Kanda Station South Exit *Note: No parking available* 🕒 (1) 9:30–, (2) 11:00–, (3) 13:45–, (4) 15:15– 🆓 Free 🗣️ Inquire for English 📄 Make a reservation on the website 🌐 [www.boj.or.jp/en/about/services/kengaku.htm/](http://www.boj.or.jp/en/about/services/kengaku.htm/)



## 6 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 📞 +81-3-5286-1276 🌐 [www.waseda.jp/top/en/about/work/campus-tours](http://www.waseda.jp/top/en/about/work/campus-tours)



©The National Museum of Western Art

## 9 The National Museum of Western Art

This is Japan's only national museum showcasing the art of the Western world. The Main Building, designed by architect Le Corbusier, was registered as a World Cultural Heritage Site in 2016.

- 📍 7-7 Ueno-koen, Taito-ku 🕒 1 min. walk from JR Ueno Station (Park Exit) / 7 min. walk from Keisei Ueno Station on Keisei Line / 8 min. walk from Ueno Station on Tokyo Metro Ginza Line or Hibiya Line 🕒 9:30–17:30 (through 20:00 on Fri. and Sat.) *Note: Admission ends 30 minutes before closing* 🎫 [Permanent exhibitions] General: 500 yen; university students: 250 yen *Note: High school age children and younger (under age 18), seniors 65 and up, people with mental or physical disabilities and one person accompanying them are admitted free of charge. (Bring your student or other ID to show your age, disability certificate, etc.)* [Special exhibitions] Depends on the exhibition 🗣️ English 📄 Permanent exhibitions: Advance reservations required for groups; Special exhibitions: Depends on the exhibit 📞 050-5541-8600 (Hello Dial) 🌐 [www.nmwa.go.jp/en/](http://www.nmwa.go.jp/en/)

# Traditional Culture and History of Edo, Past and Present

Experience the history and unique technologies of Tokyo from the Edo Period through the Reiwa Period.



©Sensoji Temple

## 1 Sensoji Temple

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

- 📍 2-3-1 Asakusa, Taito-ku 🕒 5 min. walk from Asakusa Station on Tobu Isesaki Line, Tokyo Metro Ginza Line, Toei Asakusa Line (Exit A4), or Tsukuba Express Line (Exit A4)
- 🕒 Halls: 6:00–17:00 (from 6:30 from Oct. to March)
- 🆓 Free 🗣️ None 📄 Not required 🌐 [www.senso-ji.jp/english/](http://www.senso-ji.jp/english/)



## 4 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 Nishi-asakusa, Taito-ku 🕒 5 min. walk from Asakusa Station (Exit A2) on Tsukuba Express Line / 12 min. walk from Tawaramachi Station (Exit 3) on Tokyo Metro Ginza Line
- 🕒 10:00–17:30 🗂️ Replica food crafting (tempura and lettuce): 2,500 yen (tax included) 🗣️ None
- 📞 Call in advance (Japanese spoken only) *Note: Experiential activities only in Japanese (visit must be accompanied by interpreter).*
- 📞 +81-3-3841-0783 🌐 [www.ganso-sample.com/en/](http://www.ganso-sample.com/en/)



## 7 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 Kamiogi, Suginami-ku
- 🕒 16 min. walk from Nishiogikubo Station (North) on the JR Chuo Line, or take the bus from bus stops 0 and 1 at 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) 🆓 Free 🗣️ None 📄 For groups, you must make a reservation from the official website
- 📞 Fax: +81-3-3396-1530 🌐 [sam.or.jp/english\\_home](http://sam.or.jp/english_home)



Source: Edo-Tokyo Open Air Architectural Museum

## 2 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.

- 📍 3-7-1 Sakuracho, Koganei, Tokyo 🚗 Take the bus from Musashi Koganei Station (North Exit) on JR Chuo Line, get off at Koganei-koen Nishi-guchi bus stop, and walk 5 min. / Take the bus from Hana-koganei Station on Seibu Shinjuku Line, get off at Koganei-koen Nishi-guchi bus stop, and walk 5 min.
- 🕒 April–September: 9:30–17:30, October–March: 9:30–16:30 (admission ends 30 min. before closing) 🗂️ General: 400 yen (320 yen); university students: 320 yen (250 yen); senior and junior high school students: 200 yen (160 yen) *Note: ( ) are fees for groups of 20 people or more.* 🗣️ Pamphlet in English, simplified and traditional Chinese, and Korean 📞 Reserve by phone for groups 📞 +81-42-388-3300
- 🌐 [www.tatemonoen.jp/english/](http://www.tatemonoen.jp/english/)



## 5 Meiji Jingu (Shinto Shrine)

The Meiji Jingu, built in 1920, honors the Emperor Meiji and his wife the Empress Shoken. The sacred forest surrounding of the shrine is comprised of some 100,000 trees donated from around the nation. The stately atmosphere of this place is truly an oasis-in-the-city for the visitor.

- 📍 1-1 Yoyogi Kamazono-cho, Shibuya-ku 🕒 1 min. walk from Harajuku Station (Omotesando Exit) or 5 min. walk from Yoyogi Station (North Exit) on JR Yamanote Line / 1 min. walk from Meiji-jingumae (Harajuku) Station (Omotesando Exit) on Tokyo Metro Chiyoda Line or Fukutoshin Line / 5 min. walk from Sangubashi Station (West Exit) on Odakyu Line
- 🕒 Sunrise to sunset (hours change every month) 🗂️ Imperial Gardens (Kiyomasa's Well) upkeep fee: 500 yen; Meiji Jingu Museum General: 1,000 yen; high school age children and younger: 900 yen 🗣️ Pamphlet in English, Chinese, and Korean 📄 Not required 🌐 [www.meijijingu.or.jp/en/](http://www.meijijingu.or.jp/en/)



©Nihon Sumo Kyokai

## 8 Sumo Museum

This museum collects, preserves, and exhibits (6 times/year) materials related to sumo, from woodblock prints and banzuke sumo wrestler rankings to ceremonial aprons.

- 📍 1F Ryogoku Kokugikan, 1-3-28 Yokoami, Sumida-ku
- 🕒 2 min. walk from Ryogoku Station (West Exit) on JR Sobu Line / 5 min. walk from Ryogoku Station on Toei Oedo Line
- 🕒 10:00–16:30 (doors close at 16:00/only for Stadium visitors) Closed: Saturdays, Sundays, holidays, end-of-year/New Year holiday; as of October 2022, closed during the off season (depending on conditions posed by the COVID-19 pandemic).
- 🗂️ Free 🗣️ None 📄 Not required
- 🌐 <https://www.sumo.or.jp/EnSumoMuseum/>



## 3 Kiriko Cut Glass Studio Ojima

Traditional Edo kiriko cut glass is produced here at this studio. Workshops are held for the public. In particular we have the appropriate tools for elementary school and junior high school students. A pen is used to create a draft on a small transparent glass, which is then placed on a disk for etching. The finished piece is put in a box for the visitor to take home with them. This is a very safe endeavor, so it's well worth giving it a try!

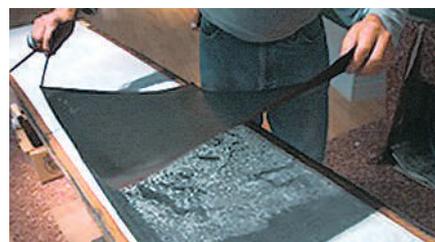
- 📍 4-49-7 Asakusa, Taito-ku
- 🕒 12 min. walk from Asakusa Station on Tobu Line, Tokyo Metro Ginza Line, and Tsukuba Express
- 🕒 9:00–17:00 🆓 Free 🗣️ English 📄 Reservations required 📞 +81-3-4285-9664 🌐 [www.edokiriko.jp](http://www.edokiriko.jp)



## 6 Yakata-bune (excursion boats)

The yakata-bune excursion boat has been a tradition since the time of the samurai. Take a boat ride down the Sumida River, mentioned in the Manyoshu—Japan's oldest collection of poems—and enjoy not only the night view but the most delicious tempura as well.

- 📍 3F, Shinozuka Bldg., 1-5-11 Yanagibashi, Taito-ku
- 🕒 2 min. walk from Asakusabashi Station
- 🕒 10:00–18:00
- 🗂️ From 10,000 yen per person
- 🗣️ Inquire for details
- 🌐 [english@yakatabune-kumiai.jp](mailto:english@yakatabune-kumiai.jp)
- 🌐 Tokyo Yakatabune Association ([yakatabune-kumiai.jp](http://yakatabune-kumiai.jp))



## 9 Some-no-sato Futaba-en

Futaba-en is a dye studio that has been carrying on the tradition of the Edo *katayome* dyeing technique for over 90 years. The artisan skills on show here have been officially designated as a traditional craft. One-day lessons and classes are available.

- 📍 2-3-6 Kamiochiai, Shinjuku-ku 🕒 4 min. walk from Nakai Station on Toei Oedo Line or Seibu Shinjuku Line
- 🕒 Tuesday–Sunday: 11:00–17:00 🗂️ Observing is free of charge; lessons are subject to fees (see website for details)
- 🗣️ Pamphlet and video in English 📄 Reserve via website: [reserva.be/futabayoyaku28](http://reserva.be/futabayoyaku28) 📞 +81-3-3368-8133
- 🌐 [www.ochiai-san.com/](http://www.ochiai-san.com/)

We offer an educational experience in the dyeing process for elementary school students, junior high school students, high school students, and more (1,000 yen to 6,000 yen). Inquire for details.

# Inspiring Ideas about a Sustainable Future for the World

Get a real experience of recycling system in the Tokyo Metropolitan, home to 14 million.



## 1 National Museum of Emerging Science and Innovation (Miraikan)

Through exhibits and lectures, the Science Museum offers the visitor an opportunity to think, discuss, and experience cutting-edge technologies that shape the future—everything from familiar science to cutting-edge technology.

📍 2-3-6 Aomi, Koto-ku 🕒 4 min. walk from Telecom Center Station on Yurikamome Line / 15 min. walk from Tokyo Teletop Station (Exit A) on Rinkai Line 🕒 10:00–17:00 (sale of admission tickets ends 30 min. before closing) 🎫 Adults: 630 yen; 18 years old and under: 210 yen *Note: Varying fees apply for special exhibitions.*

📄 Pamphlet in English, Chinese (simplified and traditional), and Korean 📅 Reservation required for groups 📞 +81-3-3570-9151/+81-3-3570-9188 (for group reservations) 🌐 [www.miraikan.jst.go.jp/en/](http://www.miraikan.jst.go.jp/en/)



## 4 Daiichi Sankyo Kusuri Museum

Here you can have fun learning about medicine through CG images and interactive games. As well as studying how medicines work and how they are developed, visitors discover the history of Nihombashi, an area that has been synonymous with the medicine business since the Edo period.

📍 3-5-1 Nihonbashi-honcho, Chuo-ku 🕒 2 min. walk from Mitsukoshimae Station (Exit A10) on the Tokyo Metro Ginza and Hanzomon Line / 1 min. walk from Shin-Nihombashi Station (Exit 5) on the JR Sobu Rapid Line 🕒 10:00–17:30 🎫 Free  
📄 Audio guides in English and Chinese 📅 Groups of 11 or more must apply via website in advance 📞 +81-3-6225-1133  
🌐 [www.kusuri-museum.com/](http://www.kusuri-museum.com/)

Reservations are required at the museum as part of strategies to prevent the spread of the coronavirus. Check the latest information on the website before arriving.



## 7 Printing Museum, Tokyo

This museum showcases the history of printing—from its origins through the present day—all over the world. It also illustrates its value as a communications media, the value of print media, and all of its possibilities.

📍 Toppan Koishikawa Head Office Bldg., 1-3-3 Suido, Bunkyo-ku 🕒 13 min. walk from Iidabashi Station on JR Sobu Line, Tokyo Metro Yurakucho, Tozai, or Namboku Lines, or Toei Oedo Line 🕒 10:00–18:00 (admission ends 30 min. before closing) 🎫 General: 400 yen (250 yen), university students: 200 yen (150 yen), high school students: 100 yen (50 yen) *Note: ( ) are fees for groups of 20 people or more.* 📄 English, Chinese, Korean 📅 For Groups, make a reservation from the website 📞 +81-3-5840-2300 🌐 [www.printing-museum.org/en/](http://www.printing-museum.org/en/)

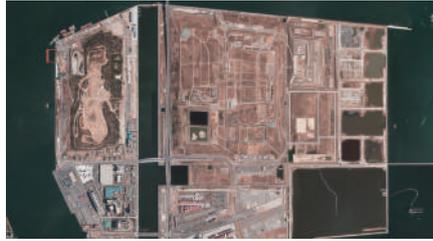


Image: Tokyo Metropolitan Government Bureau of Environment

## 2 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.

📍 2-chome Umi-no-mori, Koto-ku 📅 Take the Toei Bus (for Chuo Bohatei) from Tokyo Teletop Station (Exit A) on Rinkai Line and get off at Kankyokuyoku Chubo-godochohamae bus stop 🕒 9:00–12:00, 13:00–16:30 (vehicle dispatch required) 🎫 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/kengaku/umetate.html](http://www.tokyokankyo.jp/kengaku/umetate.html)



## 5 Panasonic Center Tokyo

At this showroom, visitors have the opportunity to experience Panasonic's latest initiatives, technologies, and more. Don't forget the AkeruE, a museum where ideas are transformed into something concrete. Events and workshops are also held on the weekend.

📍 3-5-1 Ariake, Koto-ku 🕒 2 min. walk from Kokusai-tenjijo Station on Rinkai Line / 3 min. walk from Ariake Station (West Exit) on Yurikamome Line 🕒 10:00–18:00 (admission ends at 17:00 for AkeruE) 🎫 AkeruE general admission (elementary school age and up): 700 yen; Groups (15 people or more, advance reservations required): 300 yen 📄 None 📅 Apply via application form on website for groups [holdings.panasonic.jp/corporate/center-tokyo/school/index03.html](http://holdings.panasonic.jp/corporate/center-tokyo/school/index03.html)  
🌐 [holdings.panasonic/global/corporate/center-tokyo.html](http://holdings.panasonic/global/corporate/center-tokyo.html)



## 8 METoA Ginza

METoA Ginza, Mitsubishi Electric event area, showcases the latest technologies of the Mitsubishi Electric Group with a view to a more sustainable society, at a fun hands-on exhibit hall featuring visuals, AR, etc.

📍 Tokyo Plaza Ginza, 5-2-1 Ginza, Chuo-ku 🕒 1 min. walk from Ginza Station (Exit C2, C3) on the Tokyo Metro Ginza Line, Marunouchi Line and Hibiya Line 🕒 11:00–21:00 / The METoA Cafe & Kitchen on the 1F is open 11:00–23:00 (Last orders at 22:00), the same hours as Tokyo Plaza Ginza 🎫 Free 📄 English (display panels and events guide) 📅 Maximum number of event participants varies. Please call and check in advance 📞 +81-3-5537-7411 🌐 [metoa.jp/en/](http://metoa.jp/en/)



## 3 The Hydrogen Information Center "Tokyo Hydrogen Museum"

At the Tokyo Suiso-miru, visitors learn about the future of hydrogen—an invisible substance—as well as how hydrogen will be utilized in our society—by both touch and direct experience. At this unique comprehensive learning center, everyone gets the opportunity to understand hydrogen.

📍 1-3-2 Shiomi, Koto-ku 🕒 8 min. walk from JR Shiomi Station / 20 min. walk from Tatsumi Station on Tokyo Metro / 1 min. walk from Shiomi Itchome bus stop on the Toei Bus (Kinshicho-Fukagawashako) *Note: Only two spaces are available for passenger cars.* 🕒 9:00–17:00 (admission ends 30 min. before closing) 🎫 Free 📄 Foreign Language Help English text is included in 1F exhibits. Foreign languages available with 2D code (traditional and simplified Chinese, English, and Korean) 📅 Make Group reservations on the Website. 📞 +81-3-6666-6761 🌐 [www.tokyo-suisomiru.jp/language/en/](http://www.tokyo-suisomiru.jp/language/en/)



## 6 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-kiba 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/](http://www.yumenoshima.jp/)



## 9 Haneda Chronogate

Haneda Chronogate, one of the Yamato Group's latest distribution centers, is located next to Haneda Airport. It is an integrated logistics terminal combining an efficient transport network between land, sea, and air, together with high value-added features.

📍 11-1 Haneda Asahi-cho, Ota-ku 🕒 5 min. walk from Anamori-inari Station on Keiyo Line / 10 min. walk from Tenkubashi Station on Keiyo Line or Tokyo Monorail 📅 Check the reservation site 🎫 Free 📄 English and Chinese (subtitles only) 📅 Make advance reservations from the website 📞 +81-3-6756-7180 (for group reservations) 🌐 [yamato-hd.co.jp/facilities/en/haneda-chronogate/](http://yamato-hd.co.jp/facilities/en/haneda-chronogate/)

# Showing the Legacy of Tokyo to the World

Learn about the legacy of the city's international conventions—which have drawn the attention of the world—and what should be perpetuated by the younger generations.



Copyright: JAPAN SPORT COUNCIL

## 1 Japan National Stadium

Launched as of April 2022, the stadium tour is a chance for visitors to experience the amazing legacy of the Olympic and Paralympic Games Tokyo 2020. Check details from the Stadium tour Website.

- 📍 10-1 Kasumigaoka-machi, Shinjuku-ku
- 🚶 5 min. walk from Sendagaya Station and Shinanomachi Station on Sobu Line / 1 min. walk from Kokuritsu-kyogijo Station on Toei Oedo Line (Exit A2) / 9 min. walk from Gaienmae Station on Tokyo Metro Ginza Line (Exit 3)
- 📅 April–September 11:00–18:00, October–March 10:00–17:00 *Note: Check the website on the day of the event.*
- 💰 Adults: 1,400 yen (tax included); high school students and younger: 800 yen (tax included) 🗣️ English text on exhibits, English voice guidance available 🎫 Tickets may be purchased in advance on the ticket Website. If spaces are still available on a tour on the day of your visit, then same-day tickets may be purchased ☎️ 0570-050800 (Navi-dial)
- 🌐 Stadium Tour Site: <https://kokuritu-tours.jp/>



©JOC

## 2 Japan Olympic Museum

This museum, established by the JOC, is a center of information for Japan's Olympic movement. It houses various exhibits and visuals, showcasing the value of the Olympics.

- 📍 1-2F, JAPAN SPORT OLYMPIC SQUARE, 4-2 Kasumigaoka-machi, Shinjuku-ku
- 🚶 5 min. walk from Gaienmae Station on Tokyo Metro Ginza Line (Exit 3) / 10 min. walk from Kokuritsu-kyogijo Station on Toei Oedo Line (Exit A2) / 12 min. walk from Sendagaya Station and Shinanomachi Station on JR Chuo Sobu Line (local)
- 🕒 10:00–17:00 (admission ends 30 min. before closing)
- 💰 Adults: 500 yen; seniors (65 & up with ID): 400 yen; groups (20 or more, advance reservations required): 400 yen; high school students & younger (student ID required): Free
- 🗣️ All exhibits have both English and Japanese text 📅 Advance reservations required from the Museum Website <https://japan-olympicmuseum.jp/en/reopen/>
- ☎️ +81-3-6910-5561 🌐 <https://japan-olympicmuseum.jp/en/>



## 3 Tokyo Rinkai Disaster Prevention Park Sona Area Tokyo

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.

- 📍 3-8-35 Ariake, Koto-ku 🚶 2 min. walk from Ariake Station on Yurikamome Line / 4 min. walk from Kokusai-tenjijo 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
- 🗣️ None 📅 Groups of 10 or more need to make reservations ☎️ +81-3-3529-2180
- 🌐 <https://www.tokyorinkai-koen.jp/en/>



## 4 Honjo Life Safety Learning Center, Tokyo Fire Department (Honjo Bosaikan)

At this disaster prevention facility, visitors gain knowledge and know-how in a fun way. Take unique tours of simulations including earthquakes, fires, and wind/rain, led by instructions. There are also areas where visitors can tour on their own.

- 📍 4-6-6 Yokogawa, Sumida-ku 🚶 10 min. walk from Kinshicho Station (North Exit) on JR Sobu Line / 10 min. walk from Kinshicho Station (Exit 4) on Tokyo Metro Hanzomon Line / 10 min. walk from Oshiage Station on Tokyo Metro Hanzomon Line, Toei Asakusa Line, Tobu Skytree Line, or Keisei Oshiage Line (Exit B1) 🕒 9:00–17:00 🆓 Free
- 🗣️ English on pamphlet 📅 Make a reservation online or by telephone ☎️ +81-3-3621-0119 🌐 [tokyo-bskan.jp/en/](http://tokyo-bskan.jp/en/)



## 5 Ikebukuro Life Safety Learning Center, Tokyo Fire Department (Ikebukuro Bosaikan)

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 Nishi-ikebukuro, 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
- 📅 Make a reservation online or by telephone ☎️ +81-3-3590-6565 🌐 [www.tokyo-bousai.or.jp/](http://www.tokyo-bousai.or.jp/)



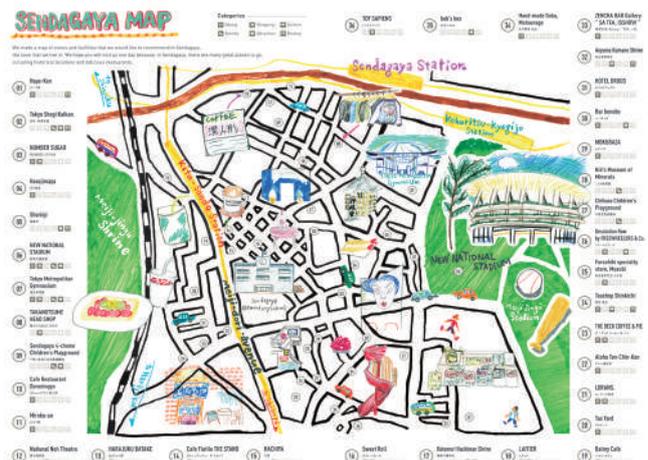
## 6 JICA Global Plaza

The Plaza offers programs featuring interactive exhibits that teach visitors about the current living environment in developing countries, global issues, and international collaboration; as well as workshops and lectures by people who have worked on projects in developing countries.

- 📍 10-5 Ichigaya Honmurocho, Shinjuku-ku (JICA Ichigaya Bldg.) 🚶 10 min. walk from Ichigaya Station on the JR Chuo Sobu Line / 10 min. walk from Ichigaya Station (Exit A1, 4) on the Tokyo Metro Yurakucho Line or Toei Shinjuku Line / 8 min. walk from Ichigaya Station (Exit 6) on the Tokyo Metro Yurakucho or Namboku Lines 🕒 10:00–18:00 Closed: 1st and 3rd Sundays, end-of-year/New Year holiday (Dec. 29–Jan. 3)
- 🆓 Free 🗣️ English guidance available 📅 Reservations required for group visits. Reservations not required for individuals ☎️ +81-3-3269-9090
- 🌐 <https://www.jica.go.jp/hiroba/english/index.html>

## Initiatives by Sendagaya Elementary School

In 2019, Sendagaya Elementary School collaborated with the Shibuya Tourism Association and NAVITIME JAPAN ahead of the Olympic and Paralympic Games Tokyo 2020 to create a sightseeing map of the area around the school for foreign tourists. The finished product showcases the appeal of Sendagaya from the viewpoint of kids who actually live in the area, while the process of making it served to spark an interest in tourism amongst these kids. We believe it will also inspire children from other places to think about the place they live in terms of sightseeing.



# Protecting the Natural Environment of Tokyo's Islands

Discover more amazing things about Tokyo at the city's geoparks, where daily life and a magnificent natural setting overlap.



Izu Oshima Volcano Museum

## 1 Izu Oshima Volcano Museum

Featuring a variety of exhibits and simulation capsules pertaining to the volcanoes of the world including Mt. Mihara, this is a fun place to learn. Also on view in the Visuals Hall is a powerful series of visuals depicting the gorgeous natural environment of Oshima and the lives of the people here.

- 📍 617 Aza Kandayashiki, Motomachi, Oshima-machi
- 🚗 Get off at Kazan-hakubutsukan-mae bus stop
- 🕒 9:00–17:00 (admission ends 30 min. before closing)
- 💰 Refer to the rates on the Oshima Town website
- 🎫 None 📞 None (for groups, contact us)
- ☎️ +81-4992-2-4103
- 🌐 <https://www.town.oshima.tokyo.jp/soshiki/kankou/kazan-hakubutsukan.html>



Furusato-taiken Hall

## 2 Furusato-taiken Hall

This facility is a unique place where visitors can relax in a pastoral setting, primarily experiencing the natural environment and culture of Oshima. Specific workshops include squeezing camellia oil, vegetable dyeing, and local performing arts (groups only).

- 📍 125-4 Aza Kitanoyama, Motomachi, Oshima-machi,
- 🚗 By bus: 10–15 min. from Motomachi Port & Okada Port on the Oshima bus line. Get off the bus and walk for 1 min. from the Furusato Taikenkan Iriguchi bus stop By car or motorcycle: 10 min. from Motomachi Port & Okada Port; 2 min. from Oshima Airport By bicycle: 25 min. from Motomachi Port & Okada Port; 5 min. from Oshima Airport On foot: 45 min. from Motomachi Port & Okada Port; 10 min. from Oshima Airport
- 🕒 10:00–16:30 🆓 Free (workshop costs may apply)
- 🎫 None 📞 Reservation by telephone
- ☎️ +81-4992-2-3991
- 🌐 <http://www.island-net.or.jp/~taikenkan/>



Odoriko no Sato Museum

## 3 Odoriko no Sato Museum

The Odoriko no Sato Museum has two sections: the Former Minatoya Ryokan and the Former Jinnomaru Residence, both of which were built during the Meiji Period. Go through them slowly and deliberately as you take in the atmosphere of times past.

- 📍 Former Minatoya Ryokan: 1 Habuminato, Oshima-machi Former Jinnomaru Residence: 7 Habuminato, Oshima-machi
- 🚗 Get off at Habuminato bus stop
- 🕒 Former Minatoya Ryokan: 9:00–16:00 Former Jinnomaru Residence: 9:00–16:00
- 💰 Free 🎫 None 📞 None
- ☎️ +81-4992-2-1446 (Tourism Section, Oshima Town)
- 🌐 [www.town.oshima.tokyo.jp/soshiki/kankou/habu-harbor.html](http://www.town.oshima.tokyo.jp/soshiki/kankou/habu-harbor.html)



## 4 Oshima Native History and Traditional Crafts Museum

At this local museum, visitors learn about the formation, history, and people of Oshima. The museum houses some 600 pieces of folk materials including descriptions of the volcanoes of Oshima, "Oshima and the Sea," "Pottery and Stone Tools of the Jomon Period," "Women's Customs," and "Festivals of Oshima."

- 📍 30-5 Aza Jino-oka, Motomachi, Oshima-machi
- 🚗 By bus: 3 min. walk from Kyodo Shiryokan Iriguchi bus stop
- 🕒 9:00–16:30
- 💰 [General] Adults: 200 yen; elementary school children: 100 yen [Groups] Adults: 140 yen; elementary school children: 70 yen *Note: Groups of 15 people & up.*
- 🎫 None 📞 None ☎️ +81-4992-2-3870
- 🌐 [www.izu-oshima.or.jp/work/look/siryou.html](http://www.izu-oshima.or.jp/work/look/siryou.html)



Palais La Mer (Oshima Seashell Museum)

## 5 Palais La Mer (Oshima Seashell Museum)

This is an unusual museum in Japan. It houses not only shells from Izu and the Ogasawara Islands but also 50,000 shells in 4,000 different varieties from Japan and countries around the world. Also on display are many shell fossils, folk crafts incorporating shells, etc.

- 📍 Aza Kuddachi, Sashikiji, Oshima-machi (inside Oshima-machi Labor Welfare Hall)
- 🚗 Get off at Kinrofukushi Kaikan-mae bus stop
- 🕒 9:00–17:00
- 💰 Adults: 400 yen; elementary and junior high school students: 200 yen (group rates apply for groups of 20 people or more) *Note: Rates are subject to change. Check rates ahead of time.* 🎫 None 📞 None ☎️ +81-4992-4-0501
- 🌐 <http://town.oshima.tokyo.jp/~palais>



**Tokyo Islands Tourism Promotion Council :**  
Examples of group lodging  
for educational travel and sports events

<https://www.tokyo-islands.com/corp/>

- 📍 Address 🚗 Access 🕒 Hours 💰 Fees
- 🗣️ Foreign language assistance
- 📅 Reservations ☎️ Telephone number 🌐 Website

## Initiatives at Tokyo Metropolitan Oshima High School

Approximately 1,000 camellia trees in some 380 different varieties are managed and operated by high school students of Oshima High School. This is truly a garden of camellias, the likes of which are simply not seen anywhere else in the world. In addition to the garden's use in education, including cultivation management practices and gardening classes, the students themselves guide visitors around the gardens. In collaborative initiatives with companies on the island, the oil extracted from the camellias on the school grounds is developed into products. Also, working together with Izu Oshima Geopark, environmental conservation efforts are made to return the camellias cultivated on the school grounds to the natural environment. These are some examples of the school's proactive approach to working with the local community.



Regional collaborative project



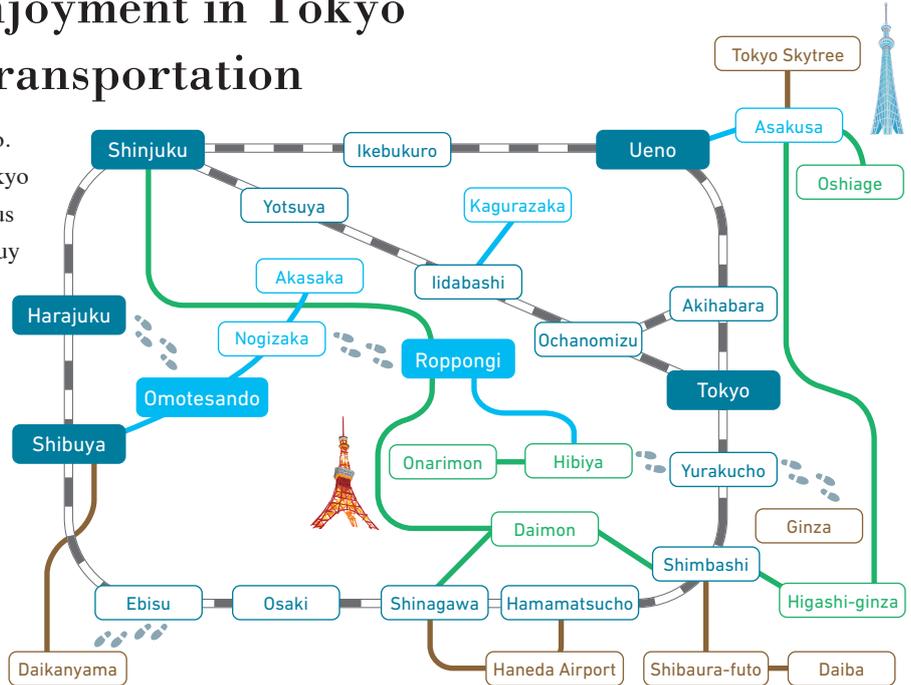
Commemorative photo with visitors

# 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.



**Legend**

- JR Line
- Tokyo Metro
- Toei Subway
- Other lines
- On foot

### Types of Tickets

#### Smart Cards (Pasmo and Suica)

These smart cards are valid on almost all trains and buses in Tokyo. These 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.



Pasmo



Suica

#### 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.

### Taking the Train

#### 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.

JR	<a href="https://www.jreast.co.jp/multi/en/index.html">https://www.jreast.co.jp/multi/en/index.html</a>
Tokyo Metro	<a href="https://www.tokyoMetro.jp/en/ticket/">https://www.tokyoMetro.jp/en/ticket/</a>
Toei Subway	<a href="https://www.kotsu.metro.tokyo.jp/eng/tickets/value.html">https://www.kotsu.metro.tokyo.jp/eng/tickets/value.html</a>

## Basic Information about Tokyo

■ Population  
: 14 million



### ■ Average Temperature and Precipitation

	Celsius (°C)	Fahrenheit (°F)	Precipitation (mm)
January	6.1	43	52.3
February	6.5	43.7	56.1
March	9.4	48.9	117.5
April	14.6	58.3	124.5
May	18.9	66	137.8
June	22.1	71.8	167.7
July	25.8	78.4	153.5
August	27.4	81.3	168.2
September	23.8	74.8	209.9
October	18.5	65.3	197.8
November	13.3	55.9	92.5
December	8.7	47.7	51.0

### ■ Travel Times to Tokyo

	City	Flight time
Asia	Taipei	3 hr 30 min
	Singapore	7 hr
	Seoul	2 hr 30 min
	Hong Kong	4 hr 30 min
	Beijing	4 hr
	Bangkok	6 hr 30 min
	Kuala Lumpur	7 hr
North America	Chicago	11 hr 30 min
	Los Angeles	10 hr
	New York	12 hr 30 min
	San Francisco	9 hr
	Vancouver	8 hr 30 min
Europe	Amsterdam	12 hr
	London	12 hr 30 min
	Paris	12 hr 30 min

Note: Approximate time it takes from airport to airport

## 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.

### Japan Visitor Hotline

The Japan National Tourism Organization (JNTO) operates a visitor hotline 24 hours a day, 365 days a year. Call for tourist information or assistance in the event of an accident and emergency. Support is available in English, Chinese, Korean and Japanese.

Phone Number **050-3816-2787**

From Overseas **+81-50-3816-2787**

### Emergency Numbers

Police: Dial 110

Ambulance: Dial 119







# Related Websites

## Tokyo School Trips

<https://tokyoschooltrips.com/en/>



## JAPAN Educational Travel - Japan National Tourism Organization

<https://education.jnto.go.jp/en/>



## GO TOKYO The Official Travel Guide

<https://www.gotokyo.org/en/index.html>



## TokyoTokyo

<https://tokyotokyo.jp/>



## TAMASHIMA.tokyo Tourist information site for the Tama area and islands of Tokyo

<https://tamashima.tokyo/en/>



## TOKYO Brochures

<https://www.gotokyo.org/book/en/>



## Tourist Information Centers

<https://www.gotokyo.org/en/plan/tourist-info-center/index.html>



## Tokyo Tourist Information Center - Online Tourist Guide

<https://www.gotokyo.org/en/plan/online-tourist-guide/index.html>



## Tokyo Sightseeing Accessibility Guide

<https://www.sangyo-rodo.metro.tokyo.lg.jp/tourism/accessible/en/>



## Tokyo Metropolitan Government Disaster Prevention Information

<https://www.bousai.metro.tokyo.lg.jp/>



## Tokyo Medical Institution and Pharmacy Information Service

<https://www.himawari.metro.tokyo.jp/qq13/qqport/tomintop/other/fks240.php>



## Official Tourism Guide for Japan Travel - Japan National Tourism Organization

<https://www.japan.travel/en/>



**TCVB** 公益財団法人 東京観光財団  
Tokyo Convention & Visitors Bureau

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Tel: +81-3-5579-2683 Fax: +81-3-5579-2645

<https://www.tcvb.or.jp/en/>  
[schooltrip@tcvb.or.jp](mailto:schooltrip@tcvb.or.jp)

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Note that it may be subject to change without notice.