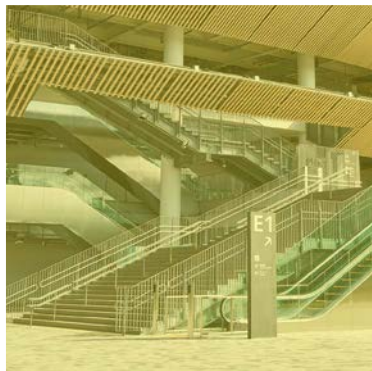
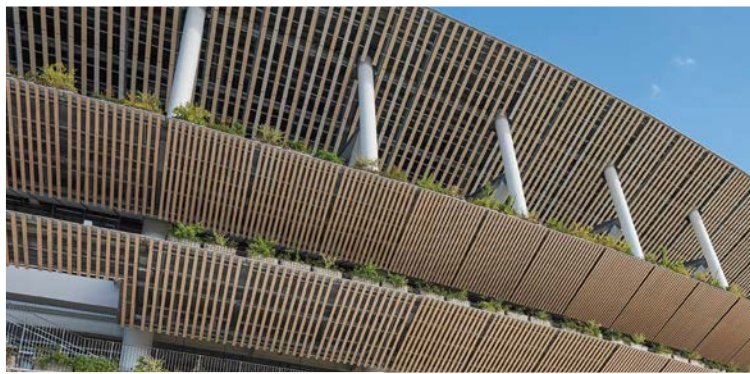


Tokyo School Trip Guide



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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.



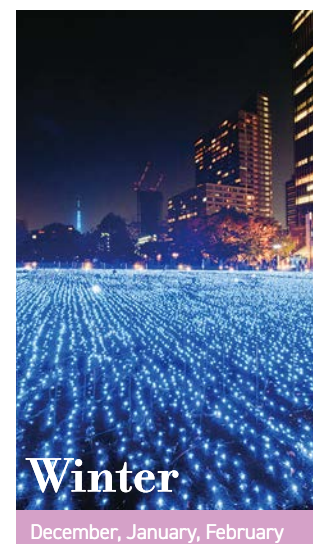
Spring is a season of endings and beginnings, a time of school graduations and new starts in life. Picturesque blossoms signal the arrival of spring, as people enjoy *hanami* (cherry blossom viewing) parties and spring festivals.



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.



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



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.

Experience Fascinating Japan in Tokyo, Where Old Meets New

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



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.

2



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.

3



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 just behind the Netherlands and larger than that of Turkey. 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.

4



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.

5



Packed with Tourist Attractions

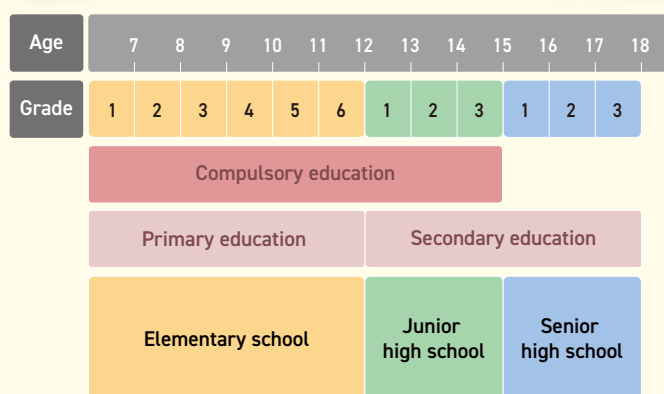
Tokyo is packed with a wealth of tourist attractions, from the cutting-edge to the traditional. Here, you will discover amazing pop culture, fashion, shopping, cuisine, entertainment, and more. The exciting fusion that Tokyo makes for an unforgettable trip.

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

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 Exchanges

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.

By 8:20	8:30-9:20	9:30-10:20	10:30-11:20	11:30-12:20	12:20-13:10	13:10-14:00	14:10-15:00	15:00-17:00
Arrive at school	1st period	2nd period	3rd period	4th period	Lunch, exercise, etc.	5th period	6th period	Club activities, chatting with friends, etc. Leave school
Morning classes				Lunch break		Afternoon classes		After 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
<ul style="list-style-type: none"> Field trip (6th grade) 	<ul style="list-style-type: none"> Music day 	<ul style="list-style-type: none"> Ceremony for end of semester 	<ul style="list-style-type: none"> Ceremony for start of third semester Kakizome (writing calligraphy at the start of the year) 		<ul style="list-style-type: none"> Graduation, end-of-year ceremony
<ul style="list-style-type: none"> Ceremony for end of first semester Ceremony for start of second semester 	<ul style="list-style-type: none"> Third periodic exams 		<ul style="list-style-type: none"> Ski class (2nd grade) 	<ul style="list-style-type: none"> Job experience (1st grade) Entrance exams 	<ul style="list-style-type: none"> Graduation, end-of-year ceremony
<ul style="list-style-type: none"> Midterm exams 	<ul style="list-style-type: none"> School trip (2nd grade) 	<ul style="list-style-type: none"> End-of-term exams Ceremony for end of semester 	<ul style="list-style-type: none"> Ceremony for start of third semester National university entrance exams End-of-year exams (3rd grade) 	<ul style="list-style-type: none"> Entrance exams 	<ul style="list-style-type: none"> End-of-year exams Graduation Ball game tournament End-of-year ceremony

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

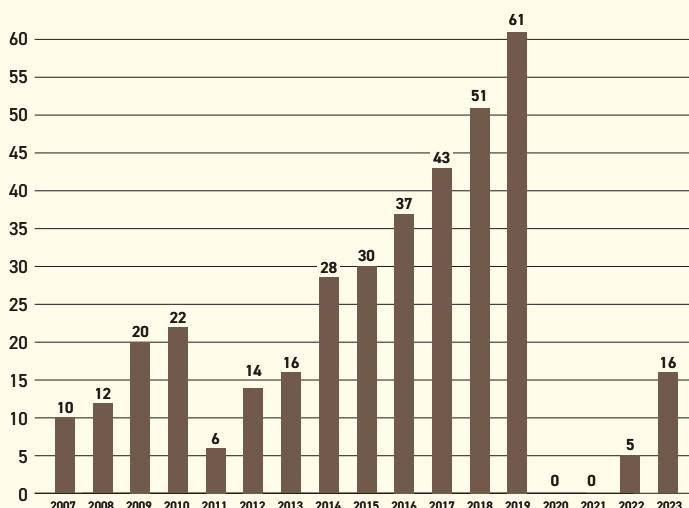
What TCVB Offers

- 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



*The decrease in school exchange programs since 2020 is due to the impact of COVID-19.

Flow of Proceedings

3 months prior to the departure date of your trip to Japan

- 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, etc.)
- If necessary, TCVB arranges for 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

Senior High School

International Understanding through Cultural Exchange

Exchange program/schedule

15:10 Visiting school arrives at host school

15:30 Greetings from both schools; group activities

15:50
16:20 School tour16:20
17:20 Cultural exchange event
(Kendama, calligraphy, karuta, etc.)Closing (farewell, souvenir exchange,
commemorative photo shoot)

■ Visiting School (Australia)

Teacher

"staff + students were excellent and very helpful."

Students

"It was also interesting getting to try out different activities they do frequently, both culturally important ones and more modern ones."

"The differences in school such as calligraphy, sport and afternoon games on the tatami mats were really interesting to see. I loved this experience!"

■ Host School (Tokyo)

Teacher

"It really impressed me to see the students having so much fun."

Students

"I usually sit at my desk and study, but to get the chance to use English like this was really great."

"I was happy I could talk with people from overseas! There were times when I couldn't follow the English conversation, but when I did understand, I was moved."

Case Study

2

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)

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."

Case Study

3

Junior High School

Cross-Cultural Communication through Music

Exchange program/schedule

12:00 Visiting school arrives at host school;
lunch

12:30 Visiting students move to gymnasium;
warm up

13:30 Teachers from both schools
exchange greetings and souvenirs

13:40 Visiting school performs

14:00 Host school performs

14:20 Students from both schools
tidy up the venue

15:00 Exchange gifts



■ 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."

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

Student and Teacher Feedback

■ Host School (Tokyo)

Teachers

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

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

Students

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

"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."

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 Tama



This suburban area is blessed with abundant natural beauty, featuring numerous spots where visitors can easily enjoy mountains, lakes, and hot springs. The area is also home to historic temples, shrines, and museums, which are located throughout.

2 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.

4 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.

7 Daikanyama



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

3 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.

5 Shibuya



This constantly evolving hub of trends is undergoing redevelopment and always growing. It offers a wide range of experiences, including shopping, dining, art, and entertainment.

8 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 Yokocho (Ameyoko) market overflow with commercial energy.

6 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.

9 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.

Saitama

Sho

T

10 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.

11 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.

12 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.



13 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.

14 Odaiba



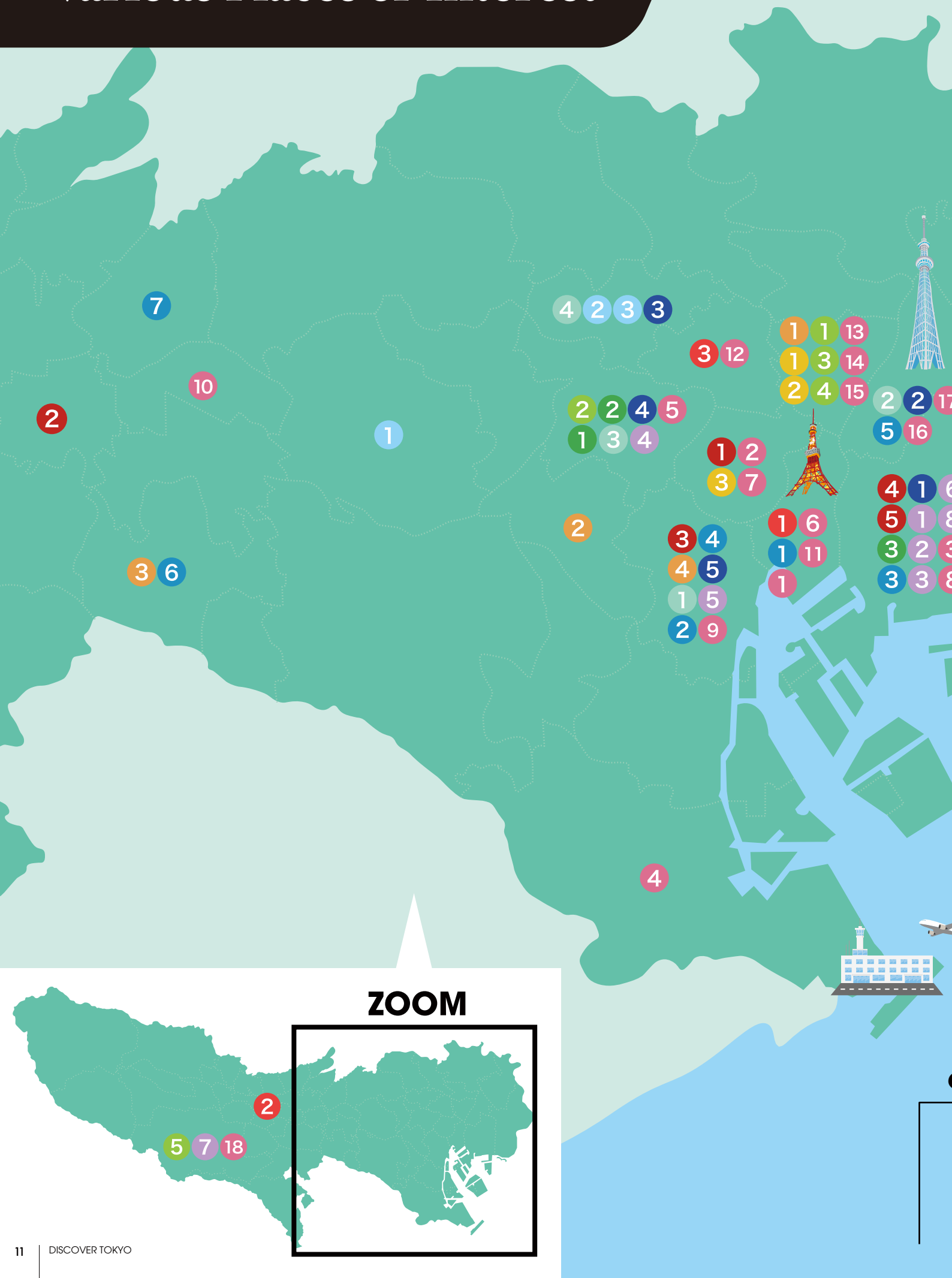
This waterfront area is home to a collection of shopping malls and leisure facilities. Visitors can enjoy strolls in parks and along the beach, as well as take in the stunning night views.

15 Oshima

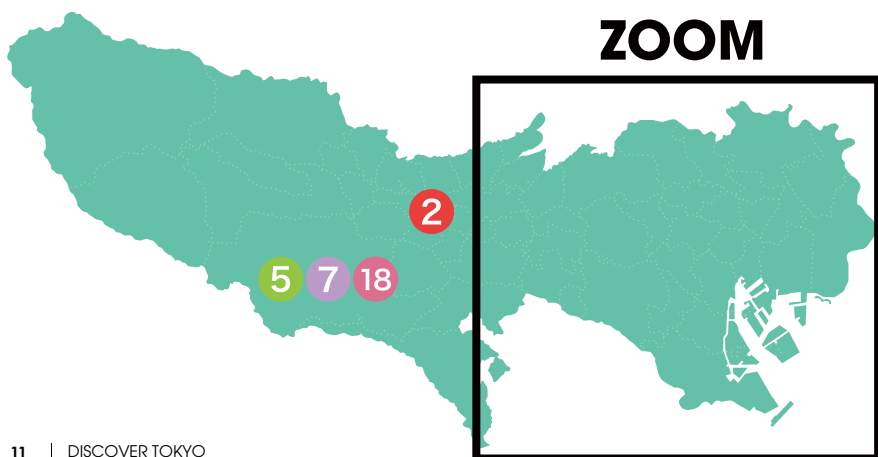


Oshima is the largest island in the Izu Islands. On the eastern side of Mt. Mihara, an active volcano at the center of the island, lies the "Ura-Sabaku Desert," Japan's only desert formed by accumulated volcanic ash and debris.

Various Places of Interest



ZOOM



History

P21

- 1 Kokyo Gaien National Gardens
- 2 Edo-Tokyo Open Air Architectural Museum
- 3 The State Guest House Akasaka Palace
- 4 The Center of the Tokyo Raids and War Damage
- 5 Fukagawa Edo Museum

Garden

P21

- 1 Hama-rikyu Gardens
- 2 Showa Kinen Park
- 3 Rikugien Gardens

Shrine/Temple

P22

- 1 Sensoji Temple
- 2 Meiji Jingu (Shinto Shrine)
- 3 Jindaiji Temple
- 4 Zojoji Temple

Transportation tourism

P22

- 1 Yakata-bune (excursion boats)
- 2 Water Bus
- 3 SKY BUS TOKYO

Experience

P23

- 1 Ganso Shokuhin Sample-ya Kappabashi Store
- 2 Some-no-sato OCHIAI (Futaba-en)
- 3 JIDAIYA
- 4 Kiriko Cut Glass Studio Ojima
- 5 Mt. Takao

Sports

P23

- 1 Japan National Stadium
- 2 Japan Olympic Museum
- 3 Ariake Urban Sports Park

Viewing spot

P24

- 1 Tokyo Tower
- 2 TOKYO SKYTREE®
- 3 Tokyo Metropolitan Government Building Observatories
- 4 SUNSHINE60 OBSERVATORY TENBOU-PARK

Anime

P24

- 1 Suginami Animation Museum, Tokyo Polytechnic University
- 2 Toshima City Tokiwaso Manga Museum
- 3 Anime Tokyo Station

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

Technology

P25

- 1 METoA Ginza
- 2 RED° TOKYO TOWER
- 3 National Museum of Emerging Science and Innovation (Miraikan)
- 4 Kawasaki Robostage
- 5 Orbitalium
- 6 Chofu Aerospace Center
- 7 Tamarokuto Science Center

Disaster prevention

P26

- 1 Tokyo Rinkai Disaster Prevention Park Sona Area Tokyo
- 2 Honjo Life Safety Learning Center, Tokyo Fire Department (Honjo Bosaikan)
- 3 Ikebukuro Life Safety Learning Center, Tokyo Fire Department (Ikebukuro Bosaikan)
- 4 Fire Museum
- 5 Meteorological Science Museum

SDGs

P27

- 1 The Hydrogen Information Center "Tokyo Hydrogen Museum"
- 2 Tokyo Yumenoshima Tropical Greenhouse Dome
- 3 Tokyo Metropolitan Government Waste Landfill Site
- 4 JICA Global Plaza
- 5 WATERS takeshiba
- 6 SMALL WORLDS
- 7 Tama Forest Science Garden
- 8 Tokyo Sewerage Museum "Rainbow"

Island

P28

- 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)

Field trip/Museum

P29 P30

- 1 Bank of Japan Head Office
- 2 National Diet Building
- 3 Tokyo Metropolitan Wholesale Market Toyosu Market
- 4 Haneda Chronogate
- 5 Waseda University
- 6 Daiichi Sankyo Kusuri Museum
- 7 Intermediatheque
- 8 teamLab Planets TOKYO
- 9 NHK Museum of Broadcasting
- 10 NTT History Center of Technologies
- 11 Police Museum
- 12 Printing Museum, Tokyo
- 13 The National Museum of Western Art
- 14 National Museum of Nature and Science
- 15 Tokyo National Museum
- 16 The Japanese Sword Museum
- 17 Sumo Museum
- 18 Takao 599 Museum

Oshima

Tokyo as the Center of Japan

DAY1

① 11:30

Kokyo Gaien National Gardens

A well-known spot for cherry blossom viewing



Source: Kokyo Gaien National Gardens Office

② 12:30

National Diet Building

Seat of the Japanese government



③ 14:00

Watch a sumo match or visit the Sumo Museum

The raw power of this national sport



© Nihon Sumo Kyokai

Accommodation

DAY2

④ 9:30

Tokyo Metropolitan Wholesale Market Toyosu Market

Wholesale market for Japanese food



⑤ 12:00

School group activities in Shibuya

Birthplace of cutting-edge culture



⑥ 17:00

Tokyo Tower

See Tokyo from the symbol of the city



Accommodation

DAY3

⑦ 9:00

Waseda University

A historic university founded in 1882



Source: Waseda University

⑧ 11:00

National Museum of Nature and Science

Japan's only national comprehensive science museum



Photo courtesy of National Museum of Nature and Science

⑨ 12:30

Ameya-Yokocho market

One of Japan's leading shopping streets



To the station/airport

Inquiry learning

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 much as possible. I hope you can see how Toyosu Market supports your "Food".



General Manager,
Sales Division,
Tohto Suisan Co., Ltd.

Jun Saito

Traditional Culture and History of Edo, Past and Present

DAY1

① 11:30 Sensoji Temple

Tokyo's oldest temple



© Sensoji Temple

② 14:00 Edo-kiriko cut glass workshop

Experiencing the precision and meticulousness of Japanese technologies



③ 16:00 Edo-Tokyo Open Air Architectural Museum

A number of historically significant buildings with cultural value



Source: Edo-Tokyo Open Air Architectural Museum

Accommodation

DAY2

④ 10:00 TOKYO SKYTREE®

Broadcasting tower with a 360-degree view of Tokyo



© TOKYO SKYTREETOWN

⑤ 12:00 Tsukiji

Get a sense of the appeal of Tokyo by eating



⑥ 17:00 Yakata-bune (excursion boats)

Experience the traditional Japanese culture



Accommodation

DAY3

⑦ 10:00 Meiji Jingu (Shinto Shrine)

A shrine surrounded by abundant greenery in the heart of the city



⑧ 11:00 School group activities in Harajuku and Omotesando

The birthplace of youth culture and center of sophisticated fashion



To the station/airport

Inquiry learning

☑ 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

Inspiring Ideas about a Sustainable Future for the World



DAY1

① 11:00 Tokyo Metropolitan Government Waste Landfill Site

Learning about the flow of garbage processing in Tokyo, making resources from garbage and environmental protection initiatives



Image:
Tokyo Metropolitan Government
Bureau of Environment



② 13:00 School group activities in Shibuya

Birthplace of cutting-edge culture



Accommodation

DAY2

③ 10:00 National Museum of Emerging Science and Innovation (Miraikan)

A treasure-trove of knowledge



④ 12:00 School group activities in Odaiba

A variety of shopping, dining and leisure spots at the waterfront



⑤ 15:00 The Hydrogen Information Center "Tokyo Hydrogen Museum"

Learn about the future of Tokyo from the perspective of an invisible substance: hydrogen



Accommodation

DAY3

⑥ 10:00 Tokyo Sewerage Museum "Rainbow"

Let's learn about the role of Tokyo's sewer system and the importance of the water environment.



⑦ 14:00 Tokyo Yumenoshima Tropical Greenhouse Dome

Cultivating over 1,000 varieties of tropical plants
Take in the magnificent nature in the metropolis



To the station/airport

Inquiry learning

☑ 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

Showing the Legacy of Tokyo to the World

DAY1

① 12:30

Japan National Stadium

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



©JAPAN SPORT COUNCIL

② 14:30

Take a walk around the Japan National Stadium



③ 15:00

Japan Olympic Museum

Learn about the historic event from various perspectives



©JOC

Accommodation

DAY2

④ 10:00

JICA Global Plaza

Learn about global issues and experience connections with developing countries



⑤ 15:10

Sensoji Temple

Tokyo's oldest temple



©Sensoji Temple

⑥ 16:30

TOKYO SKYTREE®

Broadcasting tower with a 360-degree view of Tokyo



©TOKYO-SKYTREETOWN

Accommodation

DAY3

⑦ 10:00

Tokyo Rinkai Disaster Prevention Park Sona Area Tokyo

Learning about how to survive well after an earthquake



*Disaster Prevention Experience Zone



To the station/airport

Inquiry learning

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

Protecting the Natural Environment of Tokyo's Islands

DAY 1

- ① 14:15
Takeshiba Passenger Ship Terminal



- ② 16:00
Oshima Great section of tephra layers

Distinct for its striped pattern formed by hundreds of eruptions



- ③ 17:00
Twilight at Sunset Palm Line

Oshima's best sunset spot



Accommodation

DAY 2

- ④ 9:00
Mt. Mihara trekking

The mountain is a symbol of Oshima



- ⑤ 13:00
School Exchange



- ⑥ 15:00
Cycling on the island, Oshima camellia flower petal dyeing

Learn all about camellia blossoms, the symbol of Oshima

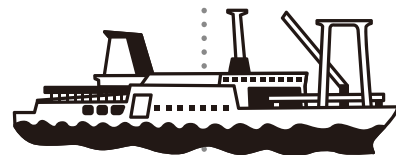


Accommodation

DAY 3

- ⑦ 10:00
Izu Oshima Volcano Museum

A rare museum—even on a world scale—dedicated to volcanoes



- ⑧ 17:15
Takeshiba Passenger Ship Terminal



To the station/airport

Inquiry learning

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.



Oshima Tourism Association

Sukehiro Koike

Focus on initiatives for diversity and the environment



DAY 1

① 11:10 WATERS takeshiba

Tokyo's new waterfront. Study efforts to revive the Takeshiba Tidelands ecology



② 14:00 SMALL WORLDS

One of the largest "Edutainment" miniature parks in Asia



③ 16:30 Odaiba Marine Park

Beautiful sunset at a park surrounding a cove



Accommodation

DAY 2

④ 10:30 Kawasaki Robostage

Contemplate the coexistence of humans with robots at this cutting-edge robot showroom



TOKYO CRUISE SHIP CO., LTD

⑤ 13:30 JIDAIYA

Get to know "furoshiki," often called "the ultimate eco bag"



⑥ 15:00 School group activities in Asakusa

Tokyo's cultural hub where tradition and vitality merge



Accommodation

DAY 3

⑦ 11:00 Some-no-sato OCHIAI (Futaba-en)

Try dyeing techniques from craftsmen at this centuries-old institution in Ochiai, Shinjuku



⑧ 13:30 RED° TOKYO TOWER

Japan's largest e-sports park equipped with state-of-the-art technology



17:00 Tokyo Station



To the station/airport

Inquiry learning

☑ Before your visit

What are SDGs and what kinds of initiatives are being taken to achieve them in Japan and around the world? Find out here.

☑ On-site

Visit places to learn about long-existing traditional techniques as well as cutting-edge technologies of today, and think about how these relate to support for SDGs.

☑ Post-visit

Using what we learned in the preliminary and on-site activities, we think about and discuss how all of us can contribute to SDGs initiatives.



Key person supporting our lives in Tokyo

JIDAIYA

Traditional Japanese values that are rooted in reverence for nature, restoration, and reuse are celebrated at Jidaiya in many ways, from workshops with the symbol of "reuse," furoshiki, to the ultimate eco-friendly mobility, rickshaws. By raising awareness of Japanese culture, we hope to help promote SDGs (Sustainable Development Goals).



Japan Culture Expert,
Jidaiya Inc.

Aozora Seto

Learn ways to ensure safe, secure lives for all



DAY1

① 12:30 NTT History Center of Technologies

Learn about the history and technology of telecommunications, necessities of modern life



② 15:30 SUNSHINE60 OBSERVATORY TENBOU-PARK

A panoramic view of Tokyo from the 60th floor observation deck



③ 16:00 School group activities in Ikebukuro

Treasure house of subculture and fine arts



Accommodation

DAY2

④ 9:30 Ikebukuro Life Safety Learning Center

Learn about disaster prevention on this tour



⑤ 13:00 Police Museum

Learn about the activities and history of the Metropolitan Police Department, protecting people's lives every day



⑥ 15:00 Bank of Japan Head Office

Learn about the role and operations of Japan's central bank



Source: Bank of Japan Website

Accommodation

DAY3

⑦ 10:00 Meteorological Science Museum

Learn about weather, earthquakes, and disaster prevention



⑧ 11:45 NHK Museum of Broadcasting

Learn about the history and development of broadcasting



15:00 Tokyo Station



To the station/airport

Inquiry learning

☑ Before your visit

Let's think about what it takes to protect people's lives and allow everyone to lead fulfilling lifestyles.

☑ On-site

Study natural disasters including earthquakes, and learn the best ways to act and think during such crises. Also, learn the history of telecommunications and other essential infrastructure.

☑ Post-visit

Parts of our daily lives we often take for granted should be reconsidered as we think about the work needed to ensure safe and secure lives for all.



Key person supporting our lives in Tokyo

Meteorological Science Museum

At the Meteorological Science Museum, learn how climate and earthquakes are observed, and gain insights on disaster prevention. Learn a lot in a fun way by also asking questions to guides who are certified meteorologists!



Director,
Meteorological
Science Museum

Harerun

Enjoy the contrast between the lushly green Tama area and the city center

DAY 1

① 11:00 Tokyo Metropolitan Government Building Observatories

Panoramic views of Tokyo from the observation deck of the Tokyo Metropolitan Government Building, a Tokyo landmark



② 14:00 Jindaiji Temple

An old temple of the Tendai sect of Buddhism founded in 733



③ 15:30 SHOWA KINEN PARK

Enjoy seasonal flowers and events



Accommodation

DAY 2

④ 9:00 TAKAO 599 MUSEUM

Learn about the flora, fauna and history of Mt. Takao



⑤ 10:10 Mt. Takao

A famous hiking spot close to the city center



⑥ 14:50 Tama Forest Science Garden

Learn about forests and the timber industry



Photo courtesy of Forestry and Forest Products Research Institute

Accommodation

DAY 3

⑦ 10:00 School group activities in Harajuku & Omotesando

Let's look for spots full of greenery even in the city center



⑧ 14:00 Hama-rikyu Gardens

An enchanting contrast of an Edo era nobleman's garden against a backdrop of skyscrapers



Photo courtesy of Tokyo Metropolitan Park Association

15:30 Tokyo Station



To the station/airport

Inquiry learning

☑ Before your visit

Where is the Tama area located in Tokyo? What are its special features? Let's find out together.

☑ On-site

In addition to seeing abundant nature, visit facilities to study natural and environmental sciences and differences between the city and the natural environment.

☑ Post-visit

Japan has many places of rich natural beauty, so let's consider and discuss what efforts are needed to continue to protect this wealth of natural wonders.



Key person supporting our lives in Tokyo

TAKAO 599 MUSEUM

Unique videos and exhibits show features of Mt. Takao rarely found anywhere in the world, from its diverse ecosystem, to history and culture. I hope everyone enjoys this chance to discover new and surprising things.



TAKAO 599 MUSEUM
Curator,
Deputy Director
Komota Shinya

Various Places of Interest

Learn about Japanese culture,
Japan's state-of-the-art science and technology.

History

*Information is as of Sep. 2024. Check beforehand as situations may change.



Source: Kokyo Gaien National Gardens Office

1 Kokyo Gaien National Gardens

Model course 1

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
Nijubashimae-Marunouchi- (Subway), Tokyo (JR, Subway)
Open 365 days Free
Brochures (English, Chinese, Korean)
<https://www.env.go.jp/garden/kokyogaien/english/>

The Imperial Palace tour is held twice daily, once in the morning and once in the afternoon, except on closed days. (200 people per session by advance reservation, and 300 people per session by same-day registration)



Source: Edo-Tokyo Open Air Architectural Museum

2 Edo-Tokyo Open Air Architectural Museum

Model course 2

This is an open-air museum where buildings of high cultural and historical value are relocated, restored, preserved, and exhibited. It features 30 structures, including farmhouses, inns, and public bathhouses that once stood in Tokyo, creating a townscape. Inside the buildings, visitors can see exhibits of household tools and goods from that period.

3-7-1, Sakuracho, Koganei City Musashi-Koganei (JR), Hana-Koganei (Seibu)
9:30-17:30 (-16:30 Oct to Mar-) *Admission until 30 min. before closing Mon (on the following day when it falls on a national/substitute holiday), New Year holidays
Adult ¥400 (¥320), College student ¥320 (¥250), High school and junior high school students ¥200 (¥160) * () indicates group rates for 20 or more people Brochures (English, Traditional/Simplified Chinese, Korean) For groups of 20 or more, contact the facility by phone +81-42-388-3300 <https://www.tatemonoen.jp/english/>



Source: Cabinet Office the State Guest House website

3 The State Guest House Akasaka Palace

Built in 1909 as the Crown Prince's Palace, this is Japan's only Western-style palace in the Neo-Baroque style. After World War II, it became a state guest house, welcoming distinguished guests from abroad, including members of royal families and heads of state from around the globe. Visitors can immerse themselves in Japanese history and its diplomatic stage.

2-1-1, Motoakasaka, Minato-ku Yotsuya (JR, Subway) 10:00-17:00
Wed, temporary closures due to reception of state guests and other operational reasons Main Hall/Garden: Adult ¥1,500, High school and junior high school students ¥500, Elementary school student and younger: free Audio guides available *some charged (English, French, Spanish, Chinese, Korean) Visits to the Japanese-style annex and visits to the main building for groups of 20 or more require a reservation
+81-3-5728-7788 (Inquiries about visits)
<https://www.geihinkan.go.jp/en/akasaka/>



4 The Center of the Tokyo Raids and War Damage

This museum tells the reality of the air raids that Tokyo endured during World War II, including the Great Tokyo Air Raid of March 10, 1945. Exhibits feature photographs and artifacts from that era, as well as models of incendiary bombs, air-raid shelters, and light control systems. The museum also showcases records and testimonies from individuals who experienced the wartime devastation. Visitors have the opportunity to listen to firsthand accounts from those who lived through the war.

1-5-4, Kitasuna, Koto-ku Sumiyoshi (Subway), Nishi-ojima (Subway)
10:30-16:00 Mon (or the following day when it falls on a national/substitute holiday) Adult ¥300, High school and junior high school students ¥200, Elementary school student ¥100 English (advance contact required) For groups of 10 or more, contact the facility
<https://www.tokyo-sensai.net/english>



5 Fukagawa Edo Museum

This life-sized recreation of the streets of Edo-Fukagawa from the late Edo period (around 1840) uses sound and lighting to depict the changing scenes of a typical day. Visitors can enter traditional houses and interact with historical household tools, offering a hands-on experience of life from that time.

1-3-28, Shirakawa, Koto-ku Kiyosumi-shirakawa (Subway) 9:30-17:00
(Admission until 16:30) 2nd and 4th Mon (If Monday is a national holiday, the museum will open), New Year holidays (Dec. 29-Jan. 3), temporary closures (maintenance, exhibition renewal, etc.) Adult ¥400 (¥300), High school, junior high school, and elementary school students ¥50 (¥30) * () indicates group rates for 20 or more people
Volunteer guides in the exhibition rooms (English) *Irregular days, Brochures (English) Reservations required for groups of 20 or more +81-3-3630-8625
<https://www.kcf.or.jp/fukagawa/>



Edo-Tokyo Open Air Architectural Museum

Garden



Photo courtesy of Tokyo Metropolitan Park Association

1 Hama-rikyu Gardens

Model course 8

This garden, which used to belong to the Tokugawa Shogun family, the most powerful family in the Edo period, has a Shioiri Pond and abundant nature. A shioiri pond is a tidal pond that draws in sea water, creating changes in the pond associated with the tide. It is now the only tidal pond in the Edo gardens of Tokyo.

1-1 Hama-rikyu-teien, Chuo-ku Tsukijishijo (Subway), Shiodome (Subway), Shimbashi (JR, Subway) 9:00-17:00 (Admission until 16:30) New Year holidays (Dec. 29-Jan. 1) Adult ¥300, 65 years old and older ¥150, Elementary school student and younger: free Brochures (English, Traditional/Simplified Chinese, French, Spanish) +81-3-3541-0200 <https://www.tokyo-park.or.jp/park/hama-rikyu/>



2 Showa Kinen Park

Model course 8

With a total area of 180 ha, this national park offers a place where visitors can enjoy seasonal nature and flowers throughout the year, including tulips in spring, and yellow ginkgo leaves in autumn. There are lots to see in this park, including Open Field, Japanese Garden, and Hanamidori Cultural Center, making it a place where you can spend whole day and never get bored.

3173 Midori-cho, Tachikawa City Nishi-Tachikawa (JR) 9:30-17:00 (-16:30 Nov to Feb.) *varies by season New Year holidays (Dec. 31-Jan. 1) and from the 3rd Mon to Fri in Jan. Adult ¥450, Junior high school student and younger: free, Senior citizen ¥210 Brochures (English, Chinese, Korean) Some experience-based learning sessions require reservations *Please refer to the official website
+81-42-528-1751 <https://www.showakinen-koen.jp/guide-english/>



3 Rikugien Gardens

This garden, landscaped from the late 17th century to the early 18th century, represents in miniature scenes depicted in "waka" (classical Japanese poetry) and "kanshi" (Chinese poetry). It features a variety of picturesque elements, including a central pond filled with abundant water and artificially constructed "mountains," offering visitors a rich visual experience.

6-16-3, Honkomagome, Bunkyo-ku Komagome (JR, Subway), Sengoku (Subway) 9:00-17:00 (Admission until 16:30) New Year holidays (Dec. 29-Jan. 1) Adult ¥300 (¥240), 65 years and older ¥150 (¥120) * () indicates group rates for 20 or more people Brochures (English, Traditional/Simplified Chinese, Korean, French, Spanish), Garden guide in English (1st and 3rd Sun: 11:00 and 14:00) +81-3-3941-2222
<https://www.tokyo-park.or.jp/park/rikugien/index.html>



1 Sensoji Temple

Model course 2 Model course 4

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 Asakusa (Subway, Tobu, Tsukuba Express)
6:00-17:00 (6:30-Oct. to Mar.) Open 365 days
<https://www.sensoji-jp/english/>



4 Zojoji Temple

This temple has a 600-year history and houses the graves of the Tokugawa shogunate from the Edo period (1603-1868). Known as the "Temple of Victory," it enshrines the "Kurohonzon" Buddha statue, which survived the Warring States period (15th-16th century). Behind the "Daiden" main hall, where ceremonies and memorial services are held, stands a striking scene with Tokyo Tower and skyscrapers, symbolizing both old and new Tokyo.

4-7-35, Shibakoen, Minato-ku Hamamatsuchō (JR), Onarimon (Subway), Shibakoen (Subway), Daimon (Subway), Akabanebashi (Subway), Kamiyacho (Subway)
9:00-17:00 Brochures (English, Chinese, Korean), Guide arrangement recommended by the applicant Reservation required for group visits (charged)
+81-3-3432-1431 <https://www.zojoji.or.jp/en/>



2 Meiji Jingu (Shinto Shrine)

Model course 2

The Meiji Jingu, built in 1920, honors the Emperor Meiji and his wife the Empress Shoken. The sacred forest surrounding 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 Kamizono-cho, Shibuya-ku Harajuku (JR), Meiji-jingumae <Harajuku> (Subway), Yoyogi (JR), Sangubashi (Odakyu) From sunrise to sunset (Varies by season) Open 365 days Imperial Gardens (Kiyomasa's Well) upkeep fee ¥500; Meiji Jingu Museum: Adult ¥1,000, High school student and younger ¥900 Brochures (English, Chinese, Korean) +81-3-3399-5511
<https://www.meijijingu.or.jp/en/>



Meiji Jingu (Shinto Shrine)



3 Jindaiji Temple

Model course 8

This old temple of the Tendai Sect of Buddhism was founded in 733. On the temple grounds, you can find historic cultural assets here and there, including the Sanmon Gate with a thatched roof, the gorgeous Hondo main hall, and the statue of a seated Shaka Buddha, which is the oldest National Treasure in eastern Japan. Jindaiji Daruma Ichi Fair, which is held in March every year, is considered one of the three biggest Daruma Ichi fairs in Japan.

5-15-1 Jinda i-Motomachi, Chofu City Chofu (Keio), Tsutsujigaoka (Keio)
9:00-17:00
+81-42-486-5511
<https://www.jindaiji.or.jp/en/>

Nakamise Shopping Street



Transportation tourism



1 Yakata-bune (excursion boats)

Model course 2

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 Manyōshū—Japan's oldest collection of poems—and enjoy not only the night view but the most delicious tempura as well.

¥11,000- Inquire for details
Reservations required via official website (Tokyo Yakatabune Association) or by phone.
+81-3-5825-5526
<https://www.yakatabune-kumiai.jp/en/>



2 Water Bus

Model course 6

You can get on a water bus and visit several sightseeing areas along the Sumida River, including Asakusa and Ryogoku, while enjoying a waterfront view. Some routes have a water bus with a unique near-futuristic design.

Varies depending on the route Tokyo Mizube Line: Mon and Tue (except from Jul. 20 to Aug. 25), Tokyo Cruise Ship: Generally open year-round Varies depending on the route English audio guide *An extra fee is applied Reservations required via the official website Tokyo Mizube Line: +81-3-5608-8869
TOKYO CRUISE SHIP <https://www.suijibus.co.jp/en/>
Tokyo Mizube Cruising Line <https://www.tokyo-park.or.jp/water/waterbus/>



3 SKY BUS TOKYO

The open-top double-decker bus "SKY BUS" allows passengers to enjoy Tokyo from the open-air seats. Guided tours are available on routes that visit famous spots such as Tokyo Tower, Rainbow Bridge, Ginza, and the Imperial Palace.

Mitsubishi Bldg., 2-5-2, Marunouchi, Chiyoda-ku
Tokyo (JR, Subway), Nijubashimae-Marunouchi- (Subway) 9:00-the departure time of the last operation of the day Jan. 1 (operating days varies according to the route) Varies according to the route *Please refer to the official website GPS audio guidance (English, Chinese, Korean) Sky Bus official website, phone (inquiries required for groups) +81-3-3215-0008 (Inquiry)
<https://www.skybus.jp/course/?ca=1>



① 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 📍 Asakusa (Subway, Tobu, Tsukuba Express)
 🕒 10:00-17:30 📅 New Year holidays 📌 Replica food crafting (tempura and lettuce)
 ¥3,000 📄 Guide arrangement recommended by the applicant 📞 Inquiries via the
 official website 📞 0120-17-1839 🌐 <https://www.ganso-sample.com/en/>



④ Kiriko Cut Glass Studio Ojima

Model course 2

Traditional Edo kiriko cut glass is produced here at this studio. Workshops are held for the public. In particular the studio has 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 📍 Asakusa (Subway, Tobu, Tsukuba Express)
 🕒 9:00-17:00 📅 No fixed holiday 📌 Workshops: Adult ¥4,500, High school, junior high
 school, and elementary school students ¥2,700 📄 English 📞 Reservations required by
 phone 📞 +81-3-4285-9664 🌐 <https://www.edokiriko.jp/>



② Some-no-sato OCHIAI (Futaba-en)

Model course 6

Some-no-sato OCHIAI is a dye studio that has been carrying on the tradition of the Edo katagome dyeing technique for over 100 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 Kamiuchi, Shinjuku-ku 📍 Nakai (Subway, Seibu) 🕒 11:00-17:00 📅 Mon
 📌 Observation is free of charge; lessons are subject to fees *Please refer to the official
 website 📄 Brochures and video in English 📞 Reservations required via the official
 website 📞 +81-3-3368-8133 🌐 <https://www.ochiai-san.com/>
 Group reservations are available from 9:00; details upon consultation.



⑤ Mt. Takao

Model course 8

With an altitude of 599 meters, this mountain offers various hiking routes with different distances and difficulties, as well as cable cars and lifts, using which you can get to the summit on foot in about 40 minutes. There is also Takao-san Yakuoin Temple with a history of over 1,000 years and Trick Art Museum. It is one of the most popular destinations for excursions of schools in Tokyo.

📍 Takao-machi, Hachioji City 📍 Takaosanguchi (Keio) 📌 Cable car/Lift ride: Junior
 high school student and older ¥950, Elementary school student and younger ¥470
 *round-trip ride 📞 +81-42-673-3461 (Takaosanguchi Tourist Office)
 🌐 <https://www.hkc.or.jp/en/>



③ JIDAIYA

Model course 6

JIDAIYA offers various cultural experience programs, such as rickshaw and kimono experience, in Asakusa. In the "SDGs with Furoshiki" program, you can learn how to use furoshiki (Japan's traditional wrapping cloth) for wrapping and other purposes, which allows you to practice the SDGs without any hassles while being exposed to traditional Japanese culture. You can also learn about the history of rickshaw, the ultimate ecological vehicle in alignment with the SDGs, and get a chance to actually drive a rickshaw as an occupational experience.

📍 2-3-5 Kaminarimon, Taito-ku 📍 Asakusa (Subway, Tobu, Tsukuba Express)
 🕒 10:00-17:00 (Services may be available by request outside business hours)
 📌 Fees apply *Please refer to the official website for pricing 📄 A full-time English
 instructor is available 📞 Reservations required via phone, email, or the official website
 📞 +81-3-3843-0890
 🌐 <https://jidaiya.biz/index-e.html>



JIDAIYA

Sports



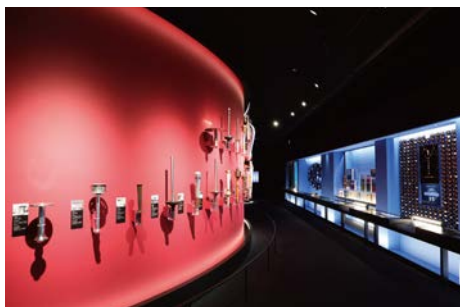
Copyright : JAPAN SPORT COUNCIL

① Japan National Stadium

Model course 4

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
 📍 Gaienmae (Subway), Kokuritsu-kyogijo (Subway), Sendagaya (JR), Shinanomachi (JR)
 🕒 10:00-17:00 *Please refer to the official website for the schedule and operating days as
 stadium tours are conducted irregularly 📌 Adult ¥1,800, High school student and
 younger ¥1,000 📄 English text on exhibits, English voice guidance 📞 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
 🌐 <https://kokuritu-tours.jp/en/>



©JOC

② Japan Olympic Museum

Model course 4

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
 📍 Gaienmae (Subway), Kokuritsu-kyogijo (Subway), Sendagaya (JR), Shinanomachi (JR)
 🕒 10:00-17:00 (Admission until 16:30) 📅 Mon (or the following weekday when it falls on
 a national/substitute holiday), New Year holidays, exhibition renewal period
 📌 Adult ¥500, 65 years and older ¥400, group (20 or more) ¥400, High school student
 and younger: free 📄 English text on exhibits 📞 Reservations required for groups via
 the official website 📞 +81-3-6910-5561 🌐 <https://www.japan-olympicmuseum.jp/en/>



③ Ariake Urban Sports Park

A state-of-the-art sports facility built for the Tokyo 2020 Olympic Games and inheriting the legacy of urban sports adopted for Olympic competitions. It includes exercise facilities such as a running stadium and rope athletics, as well as dining facilities like cafes and food courts.

📍 1-13-13, Ariake, Koto-ku 📍 Kokusai-tenjijo (Rinkai Line), Ariake-tennis-no-mori
 (Yurikamome) 🕒 13:00-21:00 (weekday), 10:00-21:00 (Sat, Sun, holidays)
 📅 3rd Mon (or the following weekday when it falls on a national/substitute holiday)
 📌 Varies according to the facility 📄 Guide arrangement recommended by the applicant
 📞 Reservations can be made via the website or phone 🌐 <https://ariake-usp.com/>
 Operating hours and days off vary by location; please refer to the facility's website or
 inquire individually.



1 Tokyo Tower

Model course 1

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 (Akabanebashi (Subway), Kamiyacho (Subway), Onarimon (Subway)) Please refer to the official website Open 365 days (Top Deck may be closed due to inclement weather or other reasons) Main Deck Tour: Adult ¥1,500, High school student ¥1,200, Junior high and elementary school students ¥900, Preschoolers (4+) ¥600, Top Deck Tour: Adult ¥3,500, High school student ¥3,300, Junior high and elementary school students ¥2,300, Preschoolers (4+) ¥1,700 *Group discounts available English-speaking staff Reservations required via phone or the official website +81-3-3433-5121 <https://en.tokytower.co.jp/>



4 SUNSHINE60 OBSERVATORY TENBOU-PARK

Model course 7

Located on the 60th floor of Ikebukuro's Sunshine 60 building, this observatory re-opened in 2023 after its major renovation. You can get a panoramic view of the city from 251 meters above sea level. It features a space with lush greenery reminiscent of a park with seasonal plants and flowers on the floor covered with artificial turf. You can even get a chance to see Mt. Fuji in distance, depending on the weather.

60F Sunshine 60, Sunshine City, 3-1 Higashi-Ikebukuro, Toshima-ku Higashi-ikebukuro (Subway), Ikebukuro (JR, Subway, Seibu, Tobu) 11:00-21:00 (Admission until 20:00) *Varies by season High school student and older ¥700-1,200, Junior high and elementary school students ¥500-800 *Varies depending on the season, group rates available Audio guide (English, Traditional/Simplified Chinese, Korean) *Download the audio guide app on your smartphone For groups, reservations by phone are required: +81-3-3989-3455 (9:30-17:00. Closed on Saturdays, Sundays, holidays, the Golden Week Holidays, and New Year holidays) +81-3-3989-3457 <https://sunshinecity.jp/en/observatory/>



2 TOKYO SKYTREE®

Model course 2 Model course 4

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

1-1-2 Oshiage, Sumida-ku TOKYO SKYTREE (TOBU SKYTREE Line), Oshiage -SKYTREE- (Subway, Keisei) 10:00-22:00 (Admission until 21:00) Open 365 days (varies according to the time of the year) Observation Deck & Passageway: Adult: from ¥3,500, Junior and high school students: from ¥2,350, Elementary school student (ages 6-11): from ¥1,450. *Group rates available for advance reservations of 10 or more people Brochures (Japanese, English, Traditional/Simplified Chinese, Korean, French, and Spanish) *Inquire for guides in these languages Reservations required by phone 0570-55-0634 (Hours: 10:00-18:00). For some IP phones and international calls: +81-3-6700-4822 <https://www.tokyo-skytree.jp/en/>



Tokyo Tower



3 Tokyo Metropolitan Government Building Observatories

Model course 8

Tokyo Metropolitan Government Buildings are one of the most prominent landmarks in Tokyo. From the observatory on the 45th floor at a height of 202 meters, you can get a panoramic view of Tokyo, including TOKYO SKYTREE®, along with Mt. Fuji if it is clear enough. Tokyo Sky Guide is a special viewing guide app for the observatory, offering information on a total of 32 spots you can see from the observatory in 15 languages.

2-8-1 Nishi-Shinjuku, Shinjuku-ku Shinjuku (JR), Tochohama (Subway) The South Observatory: 9:30-22:00, The North Observatory: 9:30-17:30 (If The South Observatory is closed, The North Observatory will be open from 9:30-22:00) *Admission until 30 min. before closing The South Observatory: 1st and 3rd Tue (or the following day when it falls on a national holiday), The North Observatory: 2nd and 4th Mon (or the following day when it falls on a national holiday) *Both observatories close for New Year holidays (except Jan. 1) and building inspections. Free Volunteer guides (English, Chinese, Korean) *10:00-15:00, brochures (English) No reservation is required for visiting the observatory +81-3-5320-7890 (Observatories Hotline, Hours: 10:00-17:00) <https://www.yokoso.metro.tokyo.lg.jp/en/tenbou/>



TOKYO SKYTREE®

Anime



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 sections to experience special effects of animation and voice recording, as well as special exhibitions that incorporate information about animation 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 Nishiogikubo (JR), Ogikubo (JR, Subway) 10:00-18:00 (Admission until 17:30) Mon (or the following weekday when it falls on a national/substitute holiday) Free Some exhibits (English, Traditional/Simplified Chinese), Audio guide (English, Traditional/Simplified Chinese, Korean, French) Reservations required for groups via the official website +81-3-3396-1510 https://www.sam.or.jp/english_home



2 Toshima City Tokiwaso Manga Museum

This museum recreates "Tokiwaso," the apartment where TEZUKA Osamu, renowned for manga works such as "Astro Boy," and many other masters of the Japanese manga world spent their younger days. It showcases recreated rooms where these artists lived, offering insights into their daily lives and the creative processes behind manga production.

Minami Nagasaki Hanasaki Park, 3-9-22, Minami-Nagasaki, Toshima-ku Ochiai-minami-nagasaki (Subway), Higashi-Nagasaki (Seibu), Shinamachi (Seibu) 10:00-18:00 (Admission until 17:30) Mon (or the following weekday when it falls on a national/substitute holiday), New Year holidays, exhibition renewal period Admission fee required during special exhibition period Brochures (English, Chinese, Korean) Priority given to advance reservations +81-3-6912-7706 <https://www.tokiwasomm.jp/en/>



3 Anime Tokyo Station

Opened in 2023 as a hub for Japan's anime industry and culture, this facility features monuments themed around classic masterpieces to the latest works. It also showcases the anime production process, allowing visitors to immerse themselves in the world of Japanese anime. The facility hosts numerous workshops and events as well.

Kyoku Bldg. East No.5 B1F-2F, 2-25-5, Minami-Ikebukuro, Toshima-ku Ikebukuro (JR, Subway, Seibu) 11:00-19:00 (Admission until 18:45 / Special exhibition until 18:30) Mon (or the following day when it falls on a national/substitute holiday), New Year holidays, temporary closures Free Guide arrangement by the applicant recommended Contact the facility via the official website for inquiries <https://www.animetokyo.jp/en/>



1 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.

📍 Tokyu Plaza Ginza, 5-2-1 Ginza, Chuo-ku 🚶 Ginza (Subway) 🕒 2F, 3F event space, 1F store: 11:00-19:00, "METoA Cafe & Kitchen": Mon-Fri 10:00-23:00 (L.O. 22:00) / Sat and Sun 8:30-23:00 (L.O. 22:00) 🗳 Jan. 1, temporary closures 🆓 Free
📖 Exhibit and Event Guide (English) 📞 For inquiries, please consult via phone
☎ +81-3-5537-7411 🌐 <https://www.metoa.jp/en/>



2 RED TOKYO TOWER

📖 Model course 6

As a main platform for the "RED" brand, a next-generation entertainment theme park, one of the largest of its kind in Japan, opened in April 2022 inside the iconic Tokyo Tower. This space offers an "entertainment experience at another dimension" packed with fun, allowing visitors to play the latest game titles and enjoy competitions and events in a stadium equipped with cutting-edge technology. From Tokyo Tower, RED* shares its unique worldview with all of Japan and the world.

📍 TOKYO TOWER Foot Town 1F, 3F-5F, 4-2-8 Shibakoen, Minato-ku 🚶 Akabanebashi (Subway), Kamiyacho (Subway), Onarimon (Subway), Shibakoen (Subway), Daimon (Subway), Hamamatsuchō (JR) 🕒 10:00-21:00 or 22:00, 11:00-18:00 during the New Year holidays (12/30-1/3) *Please refer to the official website 📖 Please contact the facility 📖 Guide arrangement recommended by the applicant 📞 Fill out the dedicated group form: <https://x.gd/p2WST> *Group service hours: Monday to Friday, 10:00 to 19:00 🌐 <https://tokyotower.red-brand.jp/>



3 National Museum of Emerging Science and Innovation (Miraikan)

📖 Model course 3

This national science museum offers visitors the opportunity to experience cutting-edge scientific technologies. In addition to permanent exhibits themed around robots, artificial intelligence, life sciences, Earth environment, and space, the museum features various special exhibitions and events that allow visitors to enjoy the scientific technologies shaping our future.

📍 2-3-6 Aomi, Koto-ku 🚶 Telecom Center (Yurikamome) 🕒 10:00-17:00 *Admission tickets can be purchased until 30 min. before closing 🗳 Please refer to the official website 🎫 Adult ¥630, 18 years old and under ¥210 *Varying fees apply for special exhibitions 📖 Floor Guide (English, Traditional/Simplified Chinese, Korean) 📞 Reservation required for groups ☎ +81-3-3570-9151 (Inquiries), +81-3-3570-9188 (Group reservations) 🌐 <https://www.miraikan.jst.go.jp/en/>



4 Kawasaki Robostage

📖 Model course 6

This is a showroom of the latest robots produced by Kawasaki Heavy Industries, Ltd., where you can see how high the level of their technologies is and think about co-existence of humans with robots. Visitors can actually watch and learn about various kinds of robots, including the industrial robots and a humanoid robot.

📍 1F Tradepia Odaiba, 2-3-1 Daiba, Minato-ku 🚶 Odaiba-kaihinkoen (Yurikamome), Tokyo Teleport (Rinkai Line) 🕒 13:00-18:00 (weekday), 10:00-18:00 (Sat, Sun, holidays) 🗳 Tue (open if it's a national holiday), New Year holidays *Hours may vary due to exhibition updates or maintenance 🆓 Free 📞 Staff members who speak English, Chinese, or Korean available *Depending on the staff members on duty, the foreign language support available varies. 📞 Reservations required via phone and the official website ☎ +81-3-6457-2800 🌐 <https://kawasakirobotics.com/jp-sp/robostage/en/>



5 Orbitorium

Opened in 2023, this facility allows visitors to learn about the issues of space debris and space sustainability. Visitors can explore the relationship between the earth and space, orbits, and artificial satellites. There is also an area where visitors can observe the development process in a clean room where satellite manufacturing and parts testing are conducted.

📍 Huli Kinshicho Collabo Tree 2F, 4-17-1, Kinshi, Sumida-ku 🚶 Kinshicho (JR, Subway) 🕒 11:00-12:00 (Wed), 15:00-16:00 (Groups: Mon-Fri, Inquiry required) 🎫 From ¥800, Child under elementary school age: free 📖 Guide arrangement by the applicant recommended 📞 Reservation required, for groups of 15 or more, contact the facility through inquiries on the website 🌐 <https://www.orbitorium-astroscale.com/en/>



6 Chofu Aerospace Center

Engaged in advanced research and technological development in the fields of aviation and aerospace, this facility showcases experimental aircraft and experimental facilities that artificially create airflow. It provides a space where research activities in aviation and aerospace are presented in an easy-to-understand way. Visitors can also experience simulated piloting of future spacecraft.

📍 7-44-1, Jindaiji-Higashimachi, Chofu City 🚶 Mitaka (JR), Kichijoji (JR, Keio), Chofu (Keio) From each of these stations, take a bus to Mitaka City Hall (5 min walk) or Kokenmae (2 min walk) 🕒 10:00-17:00 🗳 Sun, Mon, national holidays, Dec. 29-Jan. 3, temporary closures 🆓 Free 📞 Group tours available in English 📞 Reservation required for groups 🌐 <https://fanfun.jaxa.jp/visit/chofu/>



7 Tamarokuto Science Center

A hands-on museum where visitors can observe the starry sky in one of the world's largest planetarium domes, capable of projecting 140 million stars, and enjoy experiments and crafts.

📍 5-10-64, Shibakubo-cho, Nishitokyo City 🚶 Hana-Koganei (Seibu) 🕒 9:30-17:00 (Admission until 16:00) 🗳 Mon (or the following day when it falls on a national/substitute holiday), the day after a holiday, New Year holidays, temporary closures 🎫 Adult ¥520, 4 years old to High school student ¥210 *Extra charge for the planetarium and dome theater 📖 Worksheets available in exhibition rooms (English, Chinese, Korean). Large screen videos (English) *May not be available for some works 📞 For educational use by schools, etc., contact the facility in advance ☎ +81-42-469-6100 🌐 <https://www.tamarokuto.or.jp/english/>



Kawasaki Robostage



① Tokyo Rinkai Disaster Prevention Park Sona Area Tokyo
Model course 4

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 Kokusai-tenji (Rinkai Line), Ariake (Yurikamome)
9:30-17:00 (Admission until 16:30) ③ Please refer to the official website ④ Free
⑤ Guide arrangement recommended by the applicant ⑥ For groups of 10 or more, reservation is required via the official website ⑦ +81-3-3529-2180
⑧ <https://www.tokyorinkai-koen.jp/en/>



② 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 ② Kinshicho (JR, Subway), Oshiage -SKYTREE- (Subway, Keisei, TOBU SKYTREE Line)
9:00-17:00 ③ Wed, the 3rd Thu, New Year holidays ④ Free
⑤ Brochures (English) ⑥ To experience the activity, reservations are required via phone or the official website ⑦ +81-3-3621-0119
⑧ <https://tokyo-bskan.jp/en/bskan/honjo/>



③ Ikebukuro Life Safety Learning Center, Tokyo Fire Department (Ikebukuro Bosaikan)

Model course 7

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 ② Ikebukuro (JR, Subway, Tobu, Seibu) ③ 9:00-17:00 (until 21:00 on Fri) ④ Please refer to the official website ⑤ Free ⑥ Brochures (English, Chinese, Korean) ⑦ The experience tour requires a reservation from the website or by phone. ⑧ +81-3-3590-6565
⑨ <https://tokyo-bskan.jp/en/bskan/ikebukuro/>



④ Fire Museum

Learn about fire and disaster prevention through the history of firefighting at this museum. The wide range of exhibits include exquisite woodblock prints and historical documents related to the early firefighting practices, firefighting tools, as well as water pumps, protective gear and other equipment from the past centuries to the present.

3-10 Yotsuya, Shinjuku-ku ② Yotsuya-sanchome (Subway), Akebonobashi (Subway), Shinano-machi (JR), Yotsuya (JR) ③ 9:30-17:00 (Admission until 16:30) ④ Mon (or the following weekday when it falls on a national/substitute holiday), Dec. 29-Jan. 3, Facility maintenance day ⑤ Free ⑥ Brochures (English), Exhibits (English), Guide App (English, Traditional/Simplified Chinese, Korean, French, German, Spanish, Portuguese, Italian, Russian, Thai) ⑦ For groups, reservations are required via phone ⑧ +81-3-3353-9119
⑨ <https://www.tfd.metro.tokyo.lg.jp/taiken/hikkan/>



⑤ Meteorological Science Museum

Model course 7

This museum displays observation instruments for weather and earthquakes, systems where you can learn about the information on disaster prevention, and theaters where you learn about/feel the natural environment of Japan. Some of the exhibits and activities are available with English subtitles. There is a full-time commentator who is a certified weather forecaster, so you can ask any questions about weather and earthquakes.

2F Meteorological Agency Building, 3-6-9 Toranomon, Minato-ku ② Toranomon Hills (Subway), Kamiyacho (Subway), Toranomon (Subway), Roppongi-itchome (Subway)
9:00-20:00 ③ 2nd Mon and Tue (Tue and Wed if Mon is a national holiday), New Year holidays (Dec. 29-Jan. 3), temporary closures *Please refer to the official website
④ Free ⑤ Some exhibits have English explanations
⑥ +81-3-6758-3900 ⑦ <https://www.jma.go.jp/jma/kishou/intro/kagakukan.html>



Fire Museum

① Address ② Access ③ Hours ④ Closed ⑤ Fees ⑥ Foreign language assistance ⑦ Reservations ⑧ Telephone number ⑨ Website

Disaster Prevention Day

In Japan, September 1 is designated as "Disaster Prevention Day" each year. This day was established in response to the Great Kanto Earthquake, which struck Tokyo and surrounding areas on this date in 1923, causing extensive damage and resulting in over 105,000 deaths and missing persons. From this experience, it was felt essential for every citizen to understand the importance of disaster preparedness, leading to the creation of Disaster Prevention Day. Japan experiences not only earthquakes but also other natural disasters such as typhoons and torrential rains, making this a day to reflect on various disasters and to strengthen both awareness and readiness for emergencies.





1 The Hydrogen Information Center "Tokyo Hydrogen Museum"

Model course 3

Here, 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 Shin-kei (JR) 9:00-17:00 (Admission until 16:30)
 Please refer to the official website
 Free Exhibition Rooms with English Descriptions For groups, reservations are required via the official website +81-3-6666-6761
<https://www.tokyo-suisomiru.jp/>



2 Tokyo Yumenoshima Tropical Greenhouse Dome

Model course 3

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

2-1-2 Yumenoshima, Koto-ku Shin-kei (Subway, JR, Rinkai Line)
 9:30-17:00 (Admission until 16:00) Mon (or the following weekday when it falls on a national/substitute holiday), New Year holidays (Dec. 29-Jan. 3)
 Adult ¥250 (¥200), Junior high school student ¥100 (¥80) (*) indicates group rates for 20 or more people Brochures (English, Chinese, Korean)
 Reservation required for groups +81-3-3522-0281
<https://www.yumenoshima.jp/en/botanicalhall>

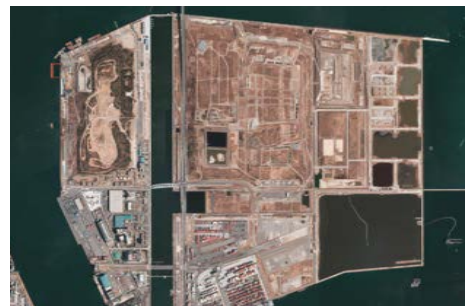


Image: Tokyo Metropolitan Government Bureau of Environment

3 Tokyo Metropolitan Government Waste Landfill Site

Model course 3

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.

2-4-76 Umi-no-mori, Koto-ku Tokyo Teleport (Rinkai Line), Telecom Center (Yurikamome) 9:00-10:00, 13:10-14:10 *Start times for visits Please refer to the official website Free Brochures (English, Chinese) *Interpreter Required
 Contact via phone and submit the application form +81-3-3570-2230
<https://www.tokyokankyo.jp/learn/chubo-tour/>



4 JICA Global Plaza

Model course 4

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 Honmuracho, Shinjuku-ku (inside JICA Ichigaya Bldg.)
 Ichigaya (JR, Subway) 10:00-18:00 (Experience Zone)
 1st and 3rd Sun, New Year holidays (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/english/index.html>



5 WATERS tateshiba

Model course 6

Located in the waterfront area nearby Hama-rikyu Gardens, this complex facility has various tenants, including Shiki Theatre, a special theatre for Shiki Theatre Company, a hotel, and a commercial facility, as well as a dock for the Water Bus. There is an artificial tidal flat, where efforts are currently being made for environmental regeneration of Tokyo Bay, which used to be called "Edomae," making it a great place to learn about the environment.

1-10-30 Kaigan, Minato-ku
 Hamamatsucho (JR, Tokyo Monorail), Daimon (Subway), Takeshiba (Yurikamome)
 Varies depending on the store No fixed holiday
<https://www.waters-takeshiba.jp/en/>



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6 SMALL WORLDS

Model course 6

One of the biggest indoor miniature parks in Asia. There are various kinds of inquiry learning programs under the themes of SDGs, career education, STEAM education, international understanding, and cutting-edge technologies, offering a place for voluntary learning through experiences.

Ariake Butsuryo Center, 1-3-33 Ariake, Koto-ku
 Ariake-tenji (Yurikamome), Kokusai-tenji (Rinkai Line)
 9:00-20:00 (Special hours for visitors in educational groups)
 Please refer to the official website 18 years old and older ¥2,500, 12-17 years old ¥1,700, 4-11 years old ¥1,500, 4 years old and younger: free (As of October 2024)
 English (some programs unavailable; guide arrangement recommended by the applicant) Reservation required via the official website
<https://www.smallworlds.jp/en/>



Photo courtesy of Forestry and Forest Products Research Institute

7 Tama Forest Science Garden

Model course 8

Along with various types of samples including lumber samples and cherry trees displayed at the exhibition hall "Mori no Kagakukan," you can learn about forests and the lumber industry. A guided tour (Tuesday to Friday at 10:00) is offered in the garden, which teaches you how to distinguish different kinds of trees and what to see during each season.

1833-81 Todoroki-machi, Hachioji City Takao (JR, Keio)
 9:30-16:00 (Admission until 15:30) Mon (or the following day when it falls on a national/substitute holiday), New Year holidays (Dec. 26-Jan. 6)
 Adult ¥300, Child ¥50 / For April only: Adult ¥400, Child ¥150
 Guide arrangement recommended by the applicant
 +81-42-661-0200
<https://www.ffpri.affrc.go.jp/tmk/en/index.html>



8 Tokyo Sewerage Museum "Rainbow"

Model course 3

This hands-on facility allows visitors to learn about the role of Tokyo's sewerage system and the importance of water environments. Using full-scale sewerage pipes and pumps, visitors can experience the work involved in sewerage, such as cleaning and repairing equipment and operating machinery. On Saturdays, Sundays, and holidays, guided tours are available to observe the sewerage treatment process.

Ariake Water Reclamation Center 5F, 2-3-5, Ariake, Koto-ku Odaiba-kaihinkoen (Yurikamome), Kokusai-tenji (Rinkai Line) 9:30-16:30 (Admission until 16:00)
 Mon (or the following day when it falls on a national/substitute holiday), New Year holidays *Open every day during the summer vacation, open on Sep. 10 and Oct. 1
 Free Brochures (English, Chinese, Korean) Reservation required for groups
 +81-3-5664-2458
<https://www.nijnogesuidoan.jp/en/>



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Izu Oshima Volcano Museum

1 Izu Oshima Volcano Museum

Model course 5

*Currently under renovation.

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 until 16:30)
 📄 Please refer to the official website 📞 Guide arrangement recommended by the applicant
 📞 For groups, contact is required ☎️ +81-4992-2-1446
 🌐 <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 🚌 Get off at Furusato Taikenkan Iriguchi bus stop 🕒 10:00-16:30
 📄 No fixed holiday 🆓 Free *Workshop costs may apply
 📄 Guide arrangement recommended by the applicant
 📞 Reservation required by phone (all experiences are by reservation only)
 ☎️ +81-4992-2-3911 🌐 <https://www.island-net.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
 📄 Guide arrangement recommended by the applicant
 ☎️ +81-4992-2-1446 (Tourism Section, Oshima Town)
 🌐 <https://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 🚌 Get off at Kyodo Shiryokan Iriguchi bus stop 🕒 9:30-16:30
 📄 Adult ¥200 (¥140), Elementary school student ¥100 (¥70) * () indicates group rates for 15 or more people *Prices may vary
 📄 Guide arrangement recommended by the applicant ☎️ +81-4992-2-3870
 🌐 <https://www.town.oshima.tokyo.jp/soshiki/kyouiku/kyodo-shiryo.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 beautiful shells in 4,000 different varieties from Japan and countries around the world, of which 10,000 shells from 2,400 species are on display. It also showcases 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 📄 Wed
 📄 Adult ¥400, Junior high school and elementary school student ¥200 *Discounts for groups of 20 or more; prices may vary
 📄 Guide arrangement recommended by the applicant
 ☎️ +81-4992-4-0501 🌐 <https://www.town.oshima.tokyo.jp/~palais/>



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

www.tokyo-islands.com/corp/

📍 Address 🚌 Access 🕒 Hours 📄 Closed 📄 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



Source: Bank of Japan Website

① Bank of Japan Head Office

Model course 7

The Bank of Japan Head Office, erected in 1896, was the first modern national architecture (National Important Cultural Property) 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
- 🚶 Mitsukoshimae (Subway), Tokyo (JR, Subway), Kanda (JR, Subway)
- 🕒 9:30-11:00, 13:45 (only Tue), 15:15-16:00 (Sat, Sun, national holidays, New Year holidays) (Dec. 29-Jan. 4) *Temporary closures
- 🆓 Free 📄 Brochures (English, Chinese, Korean, Russian, French, Spanish)
- 📞 Reservation required via the official website
- ☎ +81-3-3277-2815 (Hours: Mon to Fri 9:30-16:30)
- 🌐 <https://www.boj.or.jp/en/about/services/kengaku.htm>



② National Diet Building

Model course 1

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
- 🚶 Nagatacho (Subway), Kokkai-gijidomae (Subway)
- 🕒 9:00-16:00 (Visiting Hours) (Sat, Sun, national holidays, New Year holidays)
- 🆓 Free 📄 Brochures (English, Chinese, Korean, Russian, French, Spanish)
- 📞 Reservation required by phone
- ☎ +81-3-5521-7445
- 🌐 <https://www.sangiin.go.jp/eng/info/dbt/>



③ Tokyo Metropolitan Wholesale Market Toyosu Market

Model course 1

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 (Yurikamome) Toyosu Market PR Corner 8:30-14:30 (until 11:30 on Sat), Visitor Walkway 5:00-17:00, Rooftop Green Plaza 5:00-23:00
- 🆓 Free 📄 Brochures (English, Chinese, Korean)
- 📞 Please refer to the official website
- 📞 Group visits by elementary and junior high schools require phone reservations (in other cases, visits are free and do not require a reservation)
- ☎ +81-3-3520-8205
- 🌐 <https://www.shijou.metro.tokyo.lg.jp/english/>



④ Haneda Chronogate

Haneda Chronogate is one of the largest logistics terminals in Yamato Group, located close to Haneda Airport. This terminal integrates a speedy transportation network of land, sea, and air and value-added services.

- 📍 11-1, Haneda Asahicho, Ohta-ku
- 🚶 Anamori-inari (Keikyu), Tenkubashi (Keikyu, Tokyo Monorail)
- 🕒 10:00-11:30, 14:00-15:30 *Please refer to the official website
- 🆓 Free 📄 Subtitled videos (English, Chinese), Self-guided booklets (English, Chinese)
- 📞 Reservation required; the maximum number of people per group is 10
- ☎ +81-3-6756-7180
- 🌐 <https://www.yamato-hd.co.jp/facilities/en/haneda-chronogate/>



⑤ Waseda University

Model course 1

Waseda University is one of the leading educational institutions in Japan, 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
- 🚶 Waseda (Subway)
- 🕒 To check what time guided tours are held, please refer to the website or call the phone number below
- 🆓 Free
- 📄 English
- 📞 Reservations required via the official website
- ☎ +81-3-5286-1276
- 🌐 <https://www.waseda.jp/top/en/about/work/campus-tours>



⑥ 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 can 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
- 🚶 Mitsukoshimae (Subway), Shin-Nihombashi (JR)
- 🕒 10:00-17:30
- 🆓 Free 📄 Audio support (English, Chinese)
- 📞 For groups of 11 or more, contact is required
- ☎ +81-3-6225-1133
- 🌐 <https://www.kusuri-museum.com/>
- Currently open by reservation only. Please refer to the official website for updates before your visit.



©Intermediatheque

⑦ Intermediatheque

Located in the "KITTE," a commercial complex adjacent to Tokyo Station, which partially preserves and redevelops the old Tokyo Central Post Office building, this museum exhibits academic samples from the University of Tokyo. The museum exhibits samples and materials in a variety of fields, including archaeology, geology, and contemporary art. The space is characterized by its rich design, which stimulates intellectual curiosity.

- 📍 KITTE 2F-3F, 2-7-2 Marunouchi, Chiyoda-ku
- 🚶 Tokyo (JR, Subway), Nijubashimae-Marunouchi (Subway)
- 🕒 11:00-18:00, (until 20:00 on Fri-Sat)
- 🆓 Free 📄 Guide arrangement by the applicant recommended
- 📞 For groups of 11 or more, contact is required
- ☎ +81-47-316-2772
- 🌐 <https://www.intermediatheque.jp/en>



teamLab, Floating Flower Garden: Flowers and I are of the Same Root, the Garden and I are One © teamLab

⑧ teamLab Planets TOKYO

From the art collective "teamLab" comes an immersive digital art museum developed with cutting-edge visual tech. Feel art with your whole body as you step barefoot through a wealth of wondrous works weaving water and flowers into a fantastical space renowned throughout Japan and the world.

- 📍 teamLab Planets TOKYO, 6-1-16 Toyosu, Koto-ku
- 🚶 Shintoyosu (Yurikamome)
- 🕒 9:00-22:00
- 🆓 No fixed holiday
- 🎫 Adult ¥4,200, High school and junior high school students ¥2,800, Children (ages 4-12) ¥1,500, Free for children under 3, Individuals with a disability certificate ¥2,100
- 📄 English, Traditional/Simplified Chinese, Korean, Thai
- 📞 Tickets can be purchased from the official ticket site
- 🌐 <https://teamlabplanets.dmm.com/en>



⑨ NHK Museum of Broadcasting

Model course 7

Opened in 1956 as the first broadcasting museum in the world, this museum has been serving as a place to learn about the history of broadcasting for its advances and developments over about 100 years. It features experiences as an announcer or weather forecaster in a studio as well as exhibitions under different themes, including dramas, music programs, and children's programs.

- 📍 2-1-1 Atago, Minato-ku
- 🚶 Kamiyacho (Subway), Toranomon Hills (Subway), Toranomon (Subway), Onarimon (Subway)
- 🕒 9:30-16:30
- 🆓 Free 📄 Brochures (English)
- 📞 Reservation required by phone
- ☎ +81-3-5400-6900
- 🌐 <https://www.nhk.or.jp/museum/english/about.html>



① NTT History Center of Technologies

Model course 7

Owned by the NTT group, one of Japan's biggest telecommunications company groups, this museum exhibits a huge number of historical assets of the group. With the display of rare old telephone machines and the history of portable phones across four floors, you can learn how the telecommunication technologies have advanced.

📍 NTT Musashino R&D Center, 3-9-11 Midori-cho, Musashino City
 🚶 Mitaka (JR), Higashi-Fushimi (Seibu) ⌚ 10:00-17:00 (Mon-Fri) for reservation only (only visitors in a group are accepted), 13:00-17:00 (Thu, Fri) no reservation required (except for group visitors) ❌ National holiday *Please refer to the official website
 💰 Free 📖 Tablet guides (English), Floor guides (English, Chinese, Korean)
 📞 Reservations required via phone or the official website ☎ +81-422-59-3311
 🌐 <https://hct.lab.gvm-jp.groupis-ex.ntt/english/index.html>

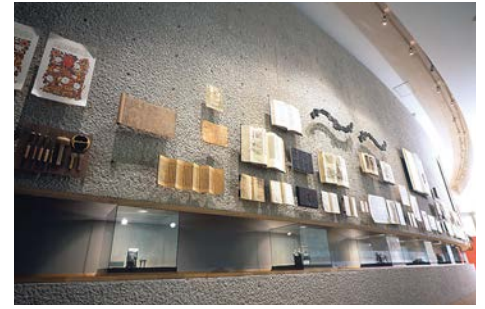


② Police Museum

Model course 7

This facility is a place where you can learn about the history of the Japanese police force from its beginning to today, as well as the current activities of Tokyo Metropolitan Police Department. Fun activities are also offered, such as anime movies, police-work simulators, and a police motorcycle riding experience. Main exhibitions are accompanied by descriptions in English.

📍 3-5-1 Kyobashi, Chuo-ku 🚶 Kyobashi (Subway), Ginza itchome (Subway), Takaracho (Subway), Tokyo (JR, Subway) ⌚ 9:30-16:00 (Admission until 15:30)
 ❌ Mon (or the following day when it falls on a national holiday), New Year holidays (Dec. 28-Jan. 4) 💰 Free 📖 Exhibits (English), Leaflets (English, Chinese, Korean)
 📞 Reservation required for groups ☎ +81-3-3581-4321
 🌐 <https://x.gd/CjwzN>



③ Printing Museum, Tokyo

This museum showcases the history of printing—from its origins through the present day—all over the world. It also illustrates the value of print media 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 🚶 Edogawabashi (Subway), Iidabashi (JR, Subway) ⌚ 10:00-18:00 (Admission until 17:30) ❌ Mon (or the following day when it falls on a national/substitute holiday), New Year holidays, during the exhibition change period *Please refer to the official website 💰 Adult ¥400 (¥350), College student ¥200 (¥150), High school student ¥100 (¥50) * () indicates group rates for 20 or more people *Admission fees may change during special exhibitions; please refer to the official website 📖 English, Chinese, Korean 📞 Reservations required via the official website for using the Printing Studio and Library, or for groups ☎ +81-3-5840-2300 🌐 <https://www.printing-museum.org/en/>



©The National Museum of Western Art

④ 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. Visitors can enjoy the history and beauty of Western art.

📍 7-7 Ueno-koen, Taito-ku 🚶 Ueno (JR, Subway), Keisei-Ueno (Keisei)
 ⌚ 9:30-17:30 (until 20:00 on Fri and Sat) *Admission until 30 min. before closing
 ❌ Mon (or the following day when it falls on a national/substitute holiday), New Year holidays
 💰 Permanent Exhibition: Adult ¥500, College student ¥250 *Free for high school students and younger, under 18, seniors (65+), individuals with disabilities, and one accompanying person (ID required), Special Exhibitions: Fees vary 📖 English
 📞 Permanent Exhibitions: For groups, reservations are required via the official website ☎ 050-5541-8600 🌐 <https://www.nmwa.go.jp/en/>



Source: National Museum of Nature and Science

⑤ National Museum of Nature and Science

Model course 1

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 🚶 Ueno (JR, Subway), Uguisudani (JR), Keisei-ueno (Keisei) ⌚ 9:00-17:00 (Admission until 16:30) ❌ Mon (or the following day when it falls on a national/substitute holiday), New Year holidays (Dec. 28-Jan. 1) *Please refer to the official website 💰 Adult ¥630 (¥100 discount), High school student, technical college student and younger, 65 years and older: free *Except for special exhibitions
 📖 Brochures (English, Chinese, Korean, Thai), Audio guide (English, Chinese, Korean)
 📞 For groups, reservations required via the official website ☎ 050-5541-8600 🌐 <https://www.kahaku.go.jp/english/>



⑥ Tokyo National Museum

Founded in 1872, this is the oldest museum in Japan, with six exhibition halls displaying antiques and archaeological artifacts from Japan and other Asian countries. The museum boasts an extensive collection of approximately 120,000 items, including around 90 National Treasures and 650 Important Cultural Properties. Nearly every week, one of the exhibition rooms undergoes a display change.

📍 13-9 Uenokoen, Taito-ku 🚶 Ueno (JR, Subway), Uguisudani (JR) ⌚ 9:30-17:00 (until 19:00 on Fri and Sat) *Admission until 30 min. before closing ❌ Mon (or the following day when it falls on a national/substitute holiday), New Year holidays, temporary closures and openings 💰 Adult ¥1,000, College student ¥500, High school student and younger: free *Extra charge for special exhibitions 📖 Brochures (English, Chinese, Korean, French, German, Spanish), App (English, Chinese, Korean) 📞 Reservation required for school programs (conducted in Japanese only) ☎ 050-5541-8600 🌐 <https://www.tnm.jp/?lang=en>



⑦ The Japanese Sword Museum

This museum preserves and displays Japanese swords from various periods and schools. It includes swords designated as National Treasures and Important Cultural Properties, allowing visitors to appreciate them not only as weapons but also as works of art. The museum also has a collection of equipment and armor related to swords.

📍 1-12-9 Yokoami, Sumida-ku 🚶 Ryogoku (JR, Subway) ⌚ 9:30-17:00 (Admission until 16:30) ❌ Mon (or the following day when it falls on a national holiday), New Year holidays, exhibition renewal period 💰 Regular exhibitions: Adult ¥1,000 (¥700), College student/High school student/Technical college student ¥500, Junior high school student and younger: free * () indicates group rates for 20 or more people
 📖 Brochures (English), some exhibits have English explanations
 📞 For school groups, etc., contact the facility ☎ +81-3-6284-1000
 🌐 <https://www.touken.or.jp/english/>



©Nihon Sumo Kyokai

⑧ Sumo Museum

Model course 1

This museum collects, preserves, and exhibits (3 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 🚶 Ryogoku (JR, Subway)
 ⌚ 10:30-16:00 (Admission until 15:45) ❌ Sat, Sun, national holidays (open on certain days), temporary closures *Please refer to the official website
 💰 Free *Sumo tickets are required during the Tokyo Grand Sumo Tournament
 📖 Guide arrangement recommended by the applicant ☎ +81-3-3622-0366
 🌐 <https://www.sumo.or.jp/en/SumoMuseum/>



Photo / Tiaji Yamazaki

⑨ Takao 599 Museum

Model course 8

This is a museum where you can learn about the animals, plants, and the history of Mt. Takao as well as manners for mountain climbing. Various special exhibitions and experience-based events are offered on an irregular basis. The huge lawn space has a place where kids can play with water, offering a place of rest and relaxation for visitors.

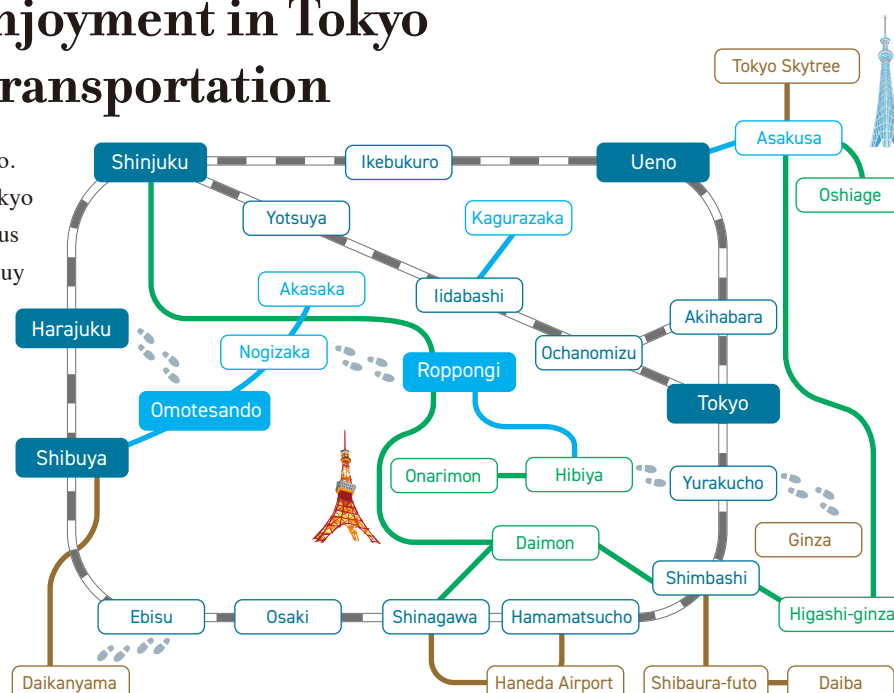
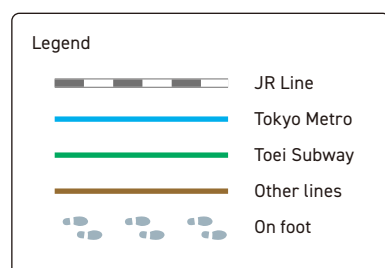
📍 2435-3 Takao-machi, Hachioji City 🚶 Takaoanguchi (Keio)
 ⌚ Apr.-Nov. 8:00-17:00, Dec.-Mar. 8:00-16:00 *Admission until 30 min. before closing
 ❌ Open 365 days *May be closed for maintenance 💰 Free *Some of the facilities apply fees
 📖 A full-time English-speaking staff member is available. Brochures (English, Simplified/Traditional Chinese, Korean) 📞 Reservation required by phone ☎ +81-42-665-6688 🌐 <https://x.gd/vBFG0>



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. 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	https://www.jreast.co.jp/multi/en/index.html
Tokyo Metro	https://www.tokyo-metro.jp/en/ticket/
Toei Subway	https://www.kotsu.metro.tokyo.jp/eng/tickets/value.html

Basic Information about Tokyo

As Japan experiences earthquakes, typhoons and other natural disasters from time to time, the Tokyo Metropolitan Government strives to share various kinds of information not only in times of crisis, but also in ordinary times so that people can prepare for such situations on a daily basis and be ready to respond appropriately in emergencies. All the latest disaster prevention information is available in 14 languages on the Tokyo Metropolitan Disaster Prevention website. Also, the official Tokyo disaster prevention app (in Japanese, English, Traditional Chinese, Simplified Chinese, and Korean) is a fun way to access a wealth of helpful information for emergencies and basic knowledge about disaster prevention.

■ Tokyo Metropolitan Disaster Prevention website
<https://www.bousai.metro.tokyo.lg.jp/>

■ Tokyo Metropolitan Disaster Prevention app:
 Android <https://play.google.com/store/apps/details?id=jp.tokyo.metro.tokyotobousaiapp&pli=1>
 iOS <https://apps.apple.com/jp/app/id1290558619?l=jp>

■ 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
	New York	12 hr 30 min
	San Francisco	9 hr
	Vancouver	8 hr 30 min
Europe	London	12 hr 30 min
	Paris	12 hr 30 min
Oceania	Sydney	10 hr
	Auckland	11 hr

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://x.gd/HtdOH>



Tokyo Tourist Information Center - Online Tourist Guide

<https://x.gd/rpZob>



Tokyo Sightseeing Accessibility Guide

<https://x.gd/PKAM9>



Tokyo Metropolitan Government Disaster Prevention Information

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



Tokyo Medical Institution and Pharmacy Information Service

<https://x.gd/aRbtj>



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

<https://www.tcvb.or.jp/jp/schooltrip@tcvb.or.jp>

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Note that it may be subject to change without notice.