

# Your itinerary overview

The following itinerary is a working document and is subject to change

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May 26	Departure				
Friday	> Students will depart on flights booked individually to Japan.				
Meals Included: Per airline					
May 27	Arrival & Acclimation in Tokyo				
Saturday  Meals Included: Per airline  Tokyo Accommodations: Hotel Edoya (1 of 13)  Transportation: Private coach	<ul> <li>Welcome to Tokyo! The neon-emblazoned skyline of the uber-modern Japanese capital lights a city that's pulsing with energy. From edgy architecture to kitschy anime, and from sidewalk sushi to shogun zen, the culture of this city bursts from its crowded seams.</li> <li>Transportation from the Narita airport to Hotel Edoya will be arranged based on the most common arrival time of all students.</li> <li>For students arriving during the most common arrival time: Meet Tokyo Guide and board your private coach at the airport.</li> <li>Check in to hotel.</li> <li>Grab a bite to eat and enjoy your first evening in Tokyo.</li> </ul>				
Walking May 28	Tokyo: Asakusa Tour   Edo-Tokyo Museum				
Sunday  Tokyo Accommodations:	Meet Tokyo Guide for the Health & Safety Orientation at the Hotel Edoya rooftop patio or local café if necessary due to weather; receive SUICA pass with JPY 22,000 pre-loaded credit.				

Tokyo Accommodations: Hotel Edoya (2 of 13)

<u>Transportation:</u> SUICA Transportation Pass

Transfer to cultural activities by public transportation

### Asakusa Area Tour with Tokyo Guide

Explore the area of Tokyo known as Shitamachi (low town) featuring an older and historic atmosphere of the Edo period. Sensoji, which is a Buddhist temple located in Asakusa, is said that in the year 628 two brothers fished a statue of Kannon, the goddess of mercy out of the Sumida River and even though they put the statue back into the river it always returned to them. Consequently, Sensoji was built there for the goddess of Kannon. The temple was completed in 645, making it Tokyo's oldest temple. Free of charge.

- Lunch on own in Asakusa.
- > Transfer via public transportation to the Shitamachi Museum

### Shitamachi Museum (self-guided; entrance included)

'Sitamachi' originated from a region in Edo, where ordinary people lived. Until around the Meiji and Taisho eras, there were remnants of Edo. However, due to the Great Kanto Earthquake in 1923 and the war damage in 1945, it almost lost all traces of its history. It was around the 40s of the Showa era (1965-1965) that voices of concern were voiced over the disappearance of the good old downtown culture and the city created the museum in order to pass down the culture and tradition of Tokyo 'Shitamachi' to next generations.

> Enjoy a free evening at your leisure with dinner at your own expense.



#### Monday

Tokyo Accommodations: Hotel Edoya (3 of 13)

<u>Transportation:</u> SUICA Transportation Pass

- Morning meeting with faculty leader and students at Edoya rooftop patio (free of charge).
  \*Up to 4 meetings could be held at near-by café if necessary (included).
- Meet your Tokyo Guide and transfer by public transportation.

#### Modern Tokyo Tour: Shibuya to Harajuku (with Tokyo Guide)

Enjoy a walking tour from Shibuya to Harajuku starting at the famous crossing known as the Shibuya Scramble and rumored to be the busiest intersection in the world. Before crossing the intersection we will stop by the famous Hachiko dog statue and learn about his story. From Shibuya we will walk through Yoyogi Park making a stop at the Meiji Shrine, dedicated to the deified spirits of Emperor Meiji and Empress Shoken. Emperor Meiji was the first emperor of modern Japan, born in 1852 and ascending to the throne in 1868 at the peak of the Meiji Restoration when the power was switched from the feudal Tokugawa government to the emperor. Harajuku area is next door to Meiji Jingu and Takeshita Dori, known as the birthplace of kawaii fashion culture and many other fashion trends now celebrated worldwide. Outside only.

- > Lunch at own expense.
- > Enjoy a free evening at your leisure with dinner at your own expense.

### **May 30**

Tuesday

Tokyo Accommodations: Hotel Edoya (4 of 13)

<u>Transportation:</u> SUICA Transportation Pass

### Tokyo: Tea Ceremony | Tokyo Tower

- Morning meeting with faculty leader and students at Edoya rooftop patio (free of charge).
   \*Up to 4 meetings could be held at near-by café if necessary (included).
- Meet your Tokyo Guide and transfer by public transportation.

#### Tea Ceremony (fee included)

The Japanese tea ceremony, which is also called "Sadou", is one of the traditional Japanese cultural activities and has greatly influenced Japanese life and arts including architecture, gardening, drawing, cuisine, flower arrangement, calligraphy and pottery. The custom of drinking tea in Japan is said to have been spread after Zen monk Eisai brought tea back from China in the late 12th century. However, it was Sen-no-rikyu who in the late 15th century established and popularized the tea ceremony with a unique philosophy and procedures involved that people know and practice today.

Lunch at own expense.

#### Visit to Tokyo Tower (entrance included)

Tokyo's famous red and white tower. Entry up to the observatory on the lower level (150m) included.

> Enjoy a free evening at your leisure with dinner at your own expense.

### **May 31**

Wednesday

Tokyo Accommodations: Hotel Edoya (5 of 13)

<u>Transportation:</u> SUICA Transportation Pass

### Tokyo: Musashi University Visit

- Morning meeting with faculty leader and students at Edoya rooftop patio (free of charge). \*Up to 4 meetings could be held at near-by café if necessary (included).
- Meet your Tokyo Guide and transfer by public transportation.

Guest Lecture and Interaction with local students at Musashi University Sourced by WorldStrides Custom Programs

- Lunch at own expense with local students during university visit.
- > Enjoy a free evening at your leisure with dinner at your own expense.

### June 1

#### Tokvo: Farm Activity

Thursday

Morning meeting with faculty leader and students at Edoya rooftop patio (free of



### Tokyo Accommodations: Hotel Edoya (6 of 13)

## Transportation: Private Coach

charge). \*Up to 4 meetings could be held at near-by café if necessary (included).

- Students purchase bentos for lunch in the park.
- Meet Tokyo Guide and transfer by private coach.

#### **Farming Activity (fee included)**

Agriculture is one of the primary sectors of industry of the Japanese economy together with the mining and fishing industry, but together they account for only 1.3% of gross national product. Only 20% of Japan's land is suitable for cultivation, and the agricultural economy is highly subsidized. The farming activity is arranged based on the season and can include planting or harvesting plants, vegetables, or rice. Experiencing this activity will make anyone to appreciate the work that goes into growing the food that we eat every day.

- > Enjoy the bento that you brought for lunch at the park
- Return to apartment by private coach and enjoy a free evening at your leisure with dinner at your own expense.

### June 2

#### Friday

Tokyo Accommodations: Hotel Edoya (7of 13)

<u>Transportation:</u>
SUICA Transportation Pass (money can be added for personal use)

### **Tokyo: Free Day**

- Spend the day at your leisure to explore the city!
- > Experience the tastes of the culture on your own or with your friends for lunch & dinner.

### June 3

### Saturday

Tokyo Accommodations: Hotel Edoya (8 of 13)

Transportation: Train

### **Tokyo: Hakone Day Trip**

- Morning meeting with faculty leader and students at Edoya rooftop patio (free of charge).
   \*Up to 4 meetings could be held at near-by café if necessary (included).
- Meet Tokyo Guide and depart via train

#### Hakone

Depart from Shinjuku to take the Romance Car train to Hakone a mountainous hot spring town west of Tokyo. Once in Hakone, the mountain train and cable cars can take you around the town with views of Mt. Fuji in the background. The excursion includes visits to the Owakudani Area, Old Tokaido Road, the Hakone Shrine, Checkpoint & Imperial Villa, as well as a Lake Ashi Cruise.

Return to Tokyo and enjoy a free evening at your leisure with dinner at your own expense.

June 4

**Tokyo: Kabuki Performance** 



#### Sunday

Tokyo Accommodations: <u>Hotel Edoya</u> (9 of 13)

<u>Transportation:</u> SUICA Transportation Pass

- Morning meeting with faculty leader and students at Edoya rooftop patio (free of charge). \*Up to 4 meetings could be held at near-by café if necessary (included).
- Meet Tokyo Guide and transfer by public transportation to stores and theater.

#### **Explore underground department stores**

Take time to browse through these stores enroute to performance.

#### Kabuki Performance (tickets and audio guide included)

Kabuki is a traditional Japanese form of theater that dates back to the Edo Period. It is recognized as one of Japan's three major classical theaters along with Noh and Bunraku, and has been named as a UNESCO Intangible Cultural Heritage. Kabuki involves elaborately designed costumes, hair and make-up, performed today by all male actors playing both male and female roles. (English audio-guide included)

- > Lunch at own expense.
- Transfer on own back to accomodations via public transportation and enjoy a free evening at your leisure with dinner at your own expense.

### June 5

#### Monday

Tokyo Accommodations: Hotel Edoya (10 of 13)

<u>Transportation:</u> SUICA Transportation Pass

### Tokyo: Ueno Park | Akihabara

- Morning meeting with faculty leader and students at Edoya rooftop patio (free of charge). \*Up to 4 meetings could be held at near-by café if necessary (included).
- Meet Tokyo Guide and transfer by public transportation

### **Ueno Park Tour led by Tokyo Guide (free of charge)**

Enjoy walking through this spacious public park in the Ueno district of Taitō, Tokyo, Japan. The park was established in 1873 on lands formerly belonging to the temple of Kan'ei-ii.

Lunch at own expense.

#### Visit Akihabara (no entry fees)

Explore this buzzing shopping hub famed for its electronics retailers, ranging from tiny stalls to vast department stores. There are venues specializing in manga, anime, and video games and Radio Kaikan with 10 floors of toys, trading cards, and collectibles.

Enjoy a free evening at your leisure with dinner at your own expense.

### June 6

#### Tuesday

Tokyo Accommodations: Hotel Edoya (11 of 13)

<u>Transportation:</u> SUICA Transportation Pass

### Tokyo: Imperial Palace | Yasukuni Shrine

- Morning meeting with faculty leader and students at Edoya rooftop patio (free of charge). \*Up to 4 meetings could be held at near-by café if necessary (included).
- Meet Tokyo Guide and transfer by public transportation

### Tour at the Imperial Palace led by Tokyo Guide (free of charge)

WorldStrides led walking tour of outside walls, moat and bridge.

Lunch at own expense.

#### Visit to Yasukuni Shrine (no entry fees)

This shrine is dedicated to those who died in service in Japan.

Enjoy a free evening at your leisure with dinner at your own expense.

June 7

Tokyo: Day Trip to Mt. Takao



#### Wednesday

Tokyo Accommodations: Hotel Edoya (12 of 13)

Transportation: Train

- Morning meeting with faculty leader and students at Edoya rooftop patio (free of charge).
  \*Up to 4 meetings could be held at near-by café if necessary (included).
- Meet Tokyo Guide and take public transportation to Sinjuku train station.
- Travel by train to Mt. Takao.

### Mt. Takao (self-guided; roundtrip cable car included)

Mount Takao, is one of the closest natural recreation areas to central Tokyo, offering beautiful scenery, an interesting temple and attractive hiking opportunities. Start by visiting the Takao 599 Museum at the foot of Mt. Takao, which is dedicated to showcasing the diverse animal and plant life of Takaosan.

A network of six well-maintained hiking courses starting from the foot of Takaosan and leading up to the 599-meter-high mountain top, each with a different theme, offer informative signs to learn about the nature on mountain. Considered a sacred mountain, Takaosan has been a center of mountain worship for more than 1000 years. A striking feature of the mountain is the diversity of the animal and plant life in its forests, with more than 1,500 species of plants and a wide variety of native animals and insects, including wild boars and monkeys.

Halfway up the mountain, explore the Yakuoin Temple, which was founded in the eighth century and over the years has became associated with both Buddhism and Shugendo—a type of mountain asceticism.

You can choose to hike and/or town or take the cable car either or both ways.

- > Lunch at own expense during day trip.
- > Return to Tokyo for dinner on own.

### June 8

### Thursday

Tokyo Accommodations: Hotel Edoya (13 of 13)

<u>Transportation:</u>
SUICA Transportation Pass (money can be added for person use)

### **Tokyo: Free Day**

- > Spend the last day in Tokyo at leisure before moving to Kyoto.
- > Enjoy a free evening at your leisure with dinner at your own expense.

### June 9

### Friday

Kyoto Accommodations: Matsubaya Ryokan (1 of 13)

Transportation:
SUICA Transportation Pass to
Tokyo Station
Shinkansen to Kyoto
Taxi to Machiya in Kyoto

### Travel to Kyoto | Check-in

- Meet Tokyo Guide and check out of your hotel. Guide will get the group to the train station but will not travel with the group.
- Depart by train to Tokyo Station.
- We recommend everyone to purchase a bento box (at own expense) to eat on the train.
- > Train to Kyoto (Shinkansen) Approximately 2 ½ hours

Welcome to Kyoto! After a millennium as Japan's imperial capital, it's comes as no surprise that present-day Kyoto is home to a rich history – thousands of ancient palaces, shrines, and gardens offer a respite to the otherwise bustling city. Centuries old craftsmanship is a source of pride here. Explore the tea shops, washi stores, locally-made tofu and specialty food markets nestled between centuries-old temples and sleek modern architecture.

- Upon arrival in Kyoto, meet Kyoto Guide and take taxis to the Matsubaya Ryokan.
- Check in and have a neighborhood walking tour with Kyoto Guide to get familiarized with the area.
- > Enjoy a free evening with dinner on own.



### June 10

### Saturday

Kyoto Accommodations: Matsubaya Ryokan (2 of 13)

Transportation: Kyoto Bus Pass

### Kyoto: Kinkakuji | Daitokuji

- Morning meeting with faculty leader and students in Matsubaya Lounge (free of charge).
- Meet Kyoto Guide and receive 7 one-day Kyoto bus passes; transfer via public transportation.

#### Kinkakuji with Kyoto Guide (entrance included)

Kinkakuji known as the Golden Pavilion due to the main structure's top two floors being completely covered in gold leaf. The temple was the retirement villa of the shogun Ashikaga Yoshimitsu, and according to his will it became a Zen temple of the Rinzai sect after his death in 1408. Kinkakuji's golden pavilion overlooks a large pond, and is the only building left of Yoshimitsu's former retirement complex. It has burned down numerous times throughout its history and the present structure was rebuilt in 1955.

- Transfer via public bus.
- > Lunch on own in Daitokuji.

#### Daitokuji - Daisen-en & Koto-in with Kyoto Guide (entrance included)

Daitokuji is a large walled Zen temple complex in northern Kyoto founded in 1319. The complex consists of nearly two dozen sub-temples and is one of the best places in Japan to see a wide variety of Zen gardens and to experience Zen culture and architecture. The temple grew into a center of the tea ceremony and became associated with tea master Sen no Rikyu, who is now buried there.

> Enjoy a free evening at your leisure with dinner at your own expense.

### **June 11**

#### Sunday

Kyoto Accommodations: Matsubaya Ryokan (3 of 13)

Transportation:
JR Train using SUICA
Transportation Pass

### Kyoto: Himeji-jo

- Morning meeting with faculty leader and students in Matsubaya Lounge (free of charge).
- Meet Kyoto Guide and take JR train to Himeji-jo (approximately 45 minutes).
- Upon arrival to Himeji walk to the castle and gardens.

#### Himeji Castle and Kokoen Gardens (entrance included; self-quided)

Located on the hilltop, Himeji Castle is regarded the finest surviving example of Japanese castle architecture. It has 83 buildings and complex defensive systems dating from the feudal period. The castle is known for its beautiful white exterior. You will also be able to explore the surrounding gardens.

- Lunch on own in Himeji-jo.
- Return to Kyoto via JR train.
- > Enjoy a free evening at your leisure with dinner at your own expense.

### **June 12**

### Monday

Kyoto Accommodations: Matsubaya Ryokan (4 of 13)

Transportation: Kyoto Bus Pass

### Kyoto: Kiyomizudera | Sannen-zaka & Ninen-zaka | Gion

- > Morning meeting with faculty leader and students in Matsubaya Lounge (free of charge).
- Meet Kyoto Guide and travel by public transportation.

#### **Kiyomizudera** (self-guided; entrance included)

Kiyomizu Temple, known as the Pure Water Temple, which is one of the most celebrated temples of Japan. Founded in 780, it stands in the wooded hills of eastern Kyoto and offers visitors fantastic views over the city from its famous wooden terrace.

Transfer via public bus.

Sannen-zaka & Ninen-zaka Streets with Kyoto Guide (free of charge)



A stroll down the narrow road leading to and from the Kiyomizudera temple will lead to Sannenzaka and Ninenzaka. These famous streets in Kyoto, lined with old wooden houses, traditional shops and restaurants in Japanese style buildings.

- > Transfer via public bus.
- > Lunch at own expense.

#### Gion Area Tour led by Kyoto Guide (free of charge)

The Gion area is known for its streets filled with rows of merchant houses and also its history of Geisha traditional entertainers skilled in the Japanese Arts. It is quite easy to spot Geisha still roaming the area these days.

- > Transfer back to accommodations via public bus.
- > Enjoy a free evening at your leisure with dinner at your own expense.

### June 13

#### Tuesday

Kyoto Accommodations: Matsubaya Ryokan (5 of 13)

<u>Transportation:</u>
No public transportation
pass included for personal use

### **Kyoto: Free Day**

- Spend the day at your leisure to explore this new city!
- Experience the tastes of the culture on your own or with your friends for lunch & dinner.

### **June 14**

#### Wednesday

Kyoto Accommodations: Matsubaya Ryokan (6 of 13)

Transportation: Kyoto Bus Pass

### **Kyoto: Fushimi-Inari Shrine**

- Morning meeting with faculty leader and students in Matsubaya Lounge (free of charge).
- Meet Kyoto Guide and travel by public transportation using included bus pass.

### Fushimi-Inari Shrine (self-guided; free)

Fushimi Inari Shrine is an important Shinto shrine with ancient origins predating the capital's move to Kyoto in 794. It is famous for its thousands of vermilion torii gates that lead into the wooded forest of the sacred Mount Inari, which stands at 233 meters. Fushimi Inari is the most important of several thousands of shrines dedicated to Inari, the Shinto god of rice. Foxes are thought to be Inari's messengers, resulting in many fox statues across the shrine grounds.

> Experience the tastes of the culture on your own or with your friends for lunch & dinner.

### **June 15**

### Thursday

Kyoto Accommodations: Matsubaya Ryokan (7 of 13)

Transportation: Kyoto Bus Pass

### Kyoto: Imperial Palace | Kyoto National Museum

- Morning meeting with faculty leader and students in Matsubaya Lounge (free of charge).
- Meet Kyoto Guide and travel by bus using included pass to the palace.

#### **Kyoto Imperial Palace (self-guided; free)**

The Kyoto Imperial Palace is the former ruling palace of the Emperor of Japan. After the Meiji Restoration in 1869, the Emperors have since resided at the Tokyo Imperial Palace and the preservation of the Kyoto Imperial Palace was ordered in 1877.

- Transfer via public bus.
- Lunch at own expense.

### Visit to Kyoto National Museum (entrance included; self guided)

This is one of Japan's oldest and most distinguished museums. Exhibits include archaeological relics, sculptures, ceramics, calligraphy, costumes and paintings.

Enjoy a free evening at your leisure with dinner at your own expense.

### June 16

### **Kyoto: Arashiyama Bamboo Forest**



#### Friday

Kyoto Accommodations: Matsubaya Ryokan (8 of 13)

Transportation: Kyoto Bus Pass

- > Morning meeting with faculty leader and students in Matsubaya Lounge (free of charge).
- > Meet Kyoto Guide and travel by public transportation using included bus pass.

#### Arashiyama Bamboo Forest (free of charge; led by Kyoto Guide)

Arashiyama is a district on the western outskirts of Kyoto, Japan. It is popular for its natural setting formed by mountains in the backdrop and the Oi River that flows through the area. The Bamboo Forest is like a world of its own, the paths that cut through the bamboo groves make for a nice walk especially in the right light and wind when the tall bamboo stalks sway gently back and forth.

Walk to Iwatayama Monkey Park.

### Iwatayama Monkey Park (entrance included; self-guided)

This is a commercial park located on Mt. Arashiyama, It is inhabited by a troop of over 120 Japanese macaque monkeys. The animals are wild but can be fed food purchased at the site.

Lunch and dinner at own expense.

### **June 17**

### Saturday

Kyoto Accommodations: Matsubaya Ryokan (9 of 13)

### Transportation:

No public transportation pass included for personal use

### **Kyoto: Free Day**

- Spend the day further exploring the city.
- > Experience the tastes of the culture on your own or with your friends for lunch & dinner.

### **June 18**

### Sunday

Kyoto Accommodations: Matsubaya Ryokan (10 of 13)

Transportation: Kyoto Bus Pass

### **Kyoto: International Manga Museum**

- Morning meeting with faculty leader and students in Matsubaya Lounge (free of charge).
- Meet Kyoto Guide and travel by public transportation using included bus pass.

### **International Manga Museum (self-guided)**

Explore the museum, which serves as a library and museum to collect, preserve, exhibit and conduct research into manga culture. (entrance fee included). \*Conference that was included in the past, will not take place in person until 2023.

Lunch and dinner at own expense.

### **June 19**

#### Monday

Kyoto Accommodations: Matsubaya Ryokan (11 of 13)

### **Transportation:**

**SUICA Transportation Pass** 

### **Kyoto: Nara Day Trip**

- > Morning meeting with faculty leader and students in Matsubaya Lounge (free of charge).
- Meet Kyoto Guide and transfer by train to Nara.

#### Nara

Nara, Japan's ancient capital is about an hour train ride from Kyoto. The city is home to some of Japan's most notable national treasures, including the tallest bronze Buddha statue in Japan located in Todaiji Temple. On the way to Todaiji you will pass by many friendly deer who are sacred and protected animals of Nara.

Walk to visits within Nara.

### Todaiji (entrance included for Daibutsuden Hall and Museum; self-guided)

Todaiji, or Great Eastern Temple, is one of Japan's most famous and historically significant temples.



Until recently the Daibutsuden (Big Buddha Hall) held the record as the world's largest wooden building, despite the fact that the present reconstruction of 1692 is only two thirds of the original temple hall's size. The massive building houses one of Japan's largest bronze statues of Buddha (Daibutsu). The 15 meters tall, seated Buddha represents Vairocana and is flanked by two Bodhisattvas.

Within the museum, you'll be able to explore rotating exhibitions from the temple's large collection of religious art and cultural treasures.

### Visit to Horyuji (entrance included; self-guided)

Hōryū-ji is a Buddhist temple that was once one of the powerful Seven Great Temples. Its full name is Hōryū Gakumonji, or Learning Temple of the Flourishing Law, the complex serving as both a seminary and monastery.

- > Lunch at your own expense at train station.
- Transfer via train back to Kyoto.
- > Enjoy a free evening at your leisure with dinner at your own expense.

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#### Tuesday

Kyoto Accommodations: Matsubaya Ryokan (12 of 13)

### Transportation:

**SUICA Transportation Pass** 

### **Kyoto: Day trip to Osaka**

- Morning meeting with faculty leader and students in Matsubaya Lounge (free of charge).
- Meet Kyoto Guide and transfer by train to Osaka (approximately 45 minutes).
- Upon arrival to Osaka train station, depart on foot for tour.

## Walking Tour of Modern Osaka (led by Kyoto Guide; no entrances included, from outside only)

Spend the day getting to know this city known as Japan's street food capital.

- > Lunch at your own expense in Osaka.
- Transfer via train back to Kyoto.
- Enjoy a free evening at your leisure with dinner at your own expense.

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### Wednesday

### Meals Included:

Dinner

Kyoto Accommodations: Matsubaya Ryokan (13 of 13)

Transportation: Kyoto Bus Pass

### **Kyoto: Free Day | Farewell Dinner**

- Spend your last day in Japan taking in all the sites you've been wanting to see.
- In the evening, meet Kyoto Guide at the Matsubaya Ryokan to travel to the restaurant via public transportation using included bus pass.

#### **Farewell Dinner**

Reflect on your experiences with an authentic Farewell Dinner as a group.

### **June 22**

#### Thursday

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#### Meals Included: Per Airline

<u>Transportation:</u>
Private coach to airport

### **Return Home**

- > Check out of accommodations.
- Morning transportation from the Matsubaya Ryokan to the Kansai International Airport in Osaka will be arranged at the most common departure time for all students by private coach
- > For students departing during the most common departure time: Meet Kyoto Guide to load luggage and transfer by coach to the airport for your return flight home.
- > Students will depart on flights home, booked individually.

**Program Ends**