

東京の紹介
Introducing Tokyo

自然・寺院
Nature & temples

料理
Introducing Tokyo



ネオン東京
Neon Tokyo

近代建築
Modern architecture

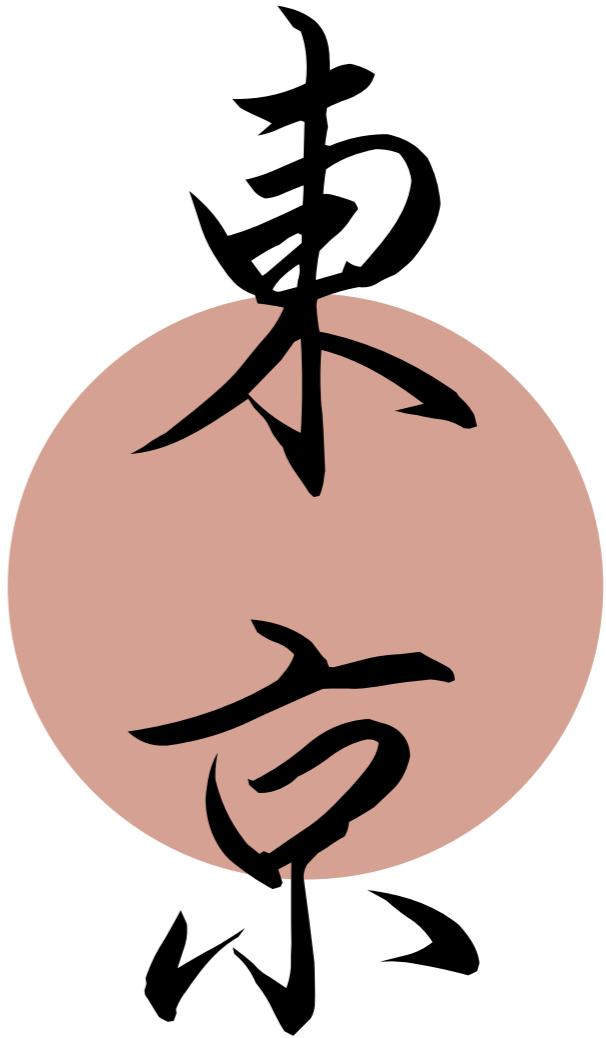
文化・事実
Culture & facts

2023年5月12日

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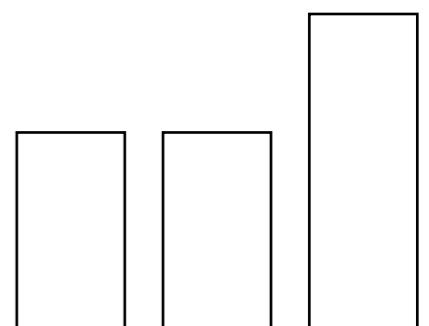
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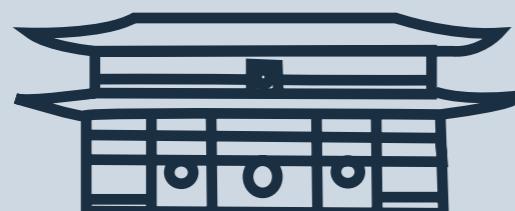
東京の紹介

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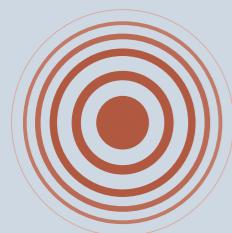
48.5% Shinto

46.3% Buddhism

1.0% Christianity



Tokyo has the most Michelin-starred restaurants of any city in the world.



Tokyo is one of the most **earthquake-prone cities** in the world, and buildings in the city are designed to withstand earthquakes.

The **Shibuya Crossing** is one of the busiest pedestrian crossings in the world, with up to 2,500 people crossing at a time.

Tokyo is home to the world's busiest train station, **Shinjuku Station**, with 3.5 million passengers per day.

Fuji is the most visited mountain in the world



Mount Kumotori is the highest point in Tokyo with an elevation of 2,017 meters

**POPULATION OF JAPAN:**

125,700,000

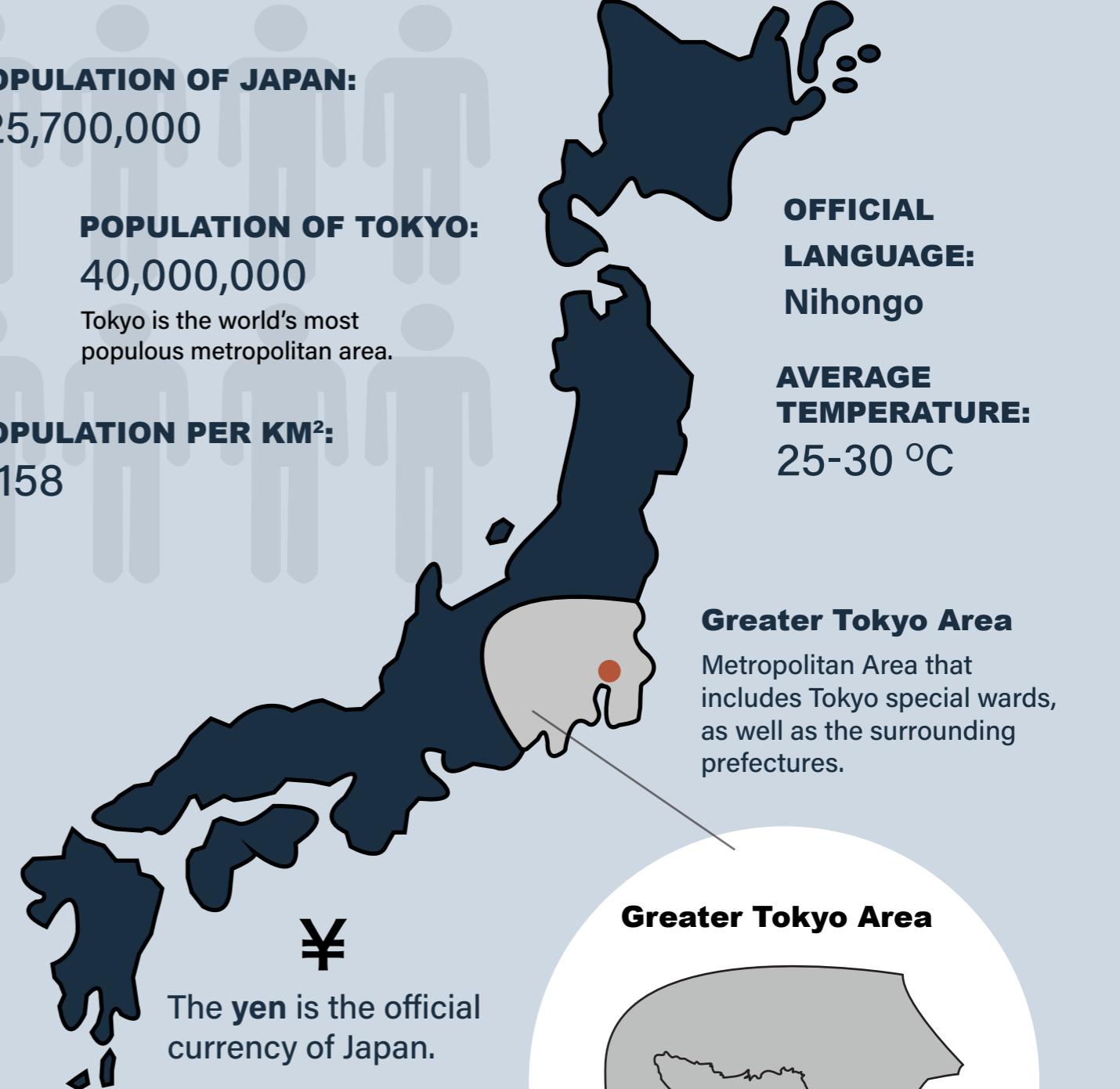
POPULATION OF TOKYO:

40,000,000

Tokyo is the world's most populous metropolitan area.

POPULATION PER KM²:

6,158



OFFICIAL LANGUAGE:
Nihongo

AVERAGE TEMPERATURE:
25-30 °C

Greater Tokyo Area

Metropolitan Area that includes Tokyo special wards, as well as the surrounding prefectures.

Greater Tokyo Area**Tokyo Prefecture****Tokyo Districts**

Tokyo's most populated area with 23 Special Wards, where multiple downtown areas can be found.

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自然・寺院

SAKURA

桜前線

First thing that comes to mind when thinking about Japan is **sakura**. Sakura, also known as **cherry blossoms**, is one of the most iconic symbols of Japan, which gathered the attention of the whole world by its unique beauty. These delicate pink flowers bloom across the country in the spring, transforming parks and streets into a sea of pink and white.

In Tokyo, the blooming of cherry blossoms is a highly anticipated event. During this time, many parks and gardens throughout the city become popular spots for '**hanami**', or **cherry blossom viewing** picnics.



春は万物の再生の時

PARKS FOR 'HANAMI'

Sumida park, with about 600 cherry blossoms located on both sides of the Sumida river, is a popular destination for 'hanami'. It is famous for the stunning views of the Tokyo Skytree, which rises above the blossoms. Visitors can also enjoy boat rides along the river, which offer unique and beautiful views of the cherry blossoms. During the sakura season, the park is illuminated at night, creating a magical atmosphere that draws crowds of visitors.

Chidori Ga Fuchi park is located near the Imperial Palace and features a moat that is lined with over 260 cherry trees. Visitors can rent a rowboat and paddle through the canal, admiring the delicate pink blossoms from the water. At night, the park is illuminated, creating a dreamy ambiance that adds to the magical experience.

Yasukuni Shrine is also a popular destination for cherry blossom viewing in Tokyo. This place is also known for its traditional Japanese architecture and rich history. The combination of historical area and cherry blossoms make this place a unique spot everyone should visit.



FUJI

Mount Fuji, also known as **Fujisan**, is a majestic volcanic mountain located on Honshu island, about 100 kilometers southwest of Tokyo. It is the **highest peak in Japan**, standing at 3,776 meters (12,388 feet) tall, and is considered one of the country's most iconic landmarks.

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Mount Fuji is an **active stratovolcano** that last erupted in 1707-1708. Despite its volcanic activity, it remains a popular destination for tourists and hikers who come to appreciate its stunning beauty and cultural significance. The mountain's symmetrical shape and snow-capped peak have inspired many artists and poets throughout history, and it is considered a symbol of Japan's natural beauty and resilience.

Every year, thousands of visitors climb Mount Fuji to witness the breathtaking views from its summit and to experience the spiritual journey that the mountain represents.

GARDENS

大自然

Despite being a bustling metropolis, Tokyo is also home to some of the most beautiful parks and gardens in the world, from **traditional Japanese gardens** to sprawling **urban parks**.

自然の中で癒やされる



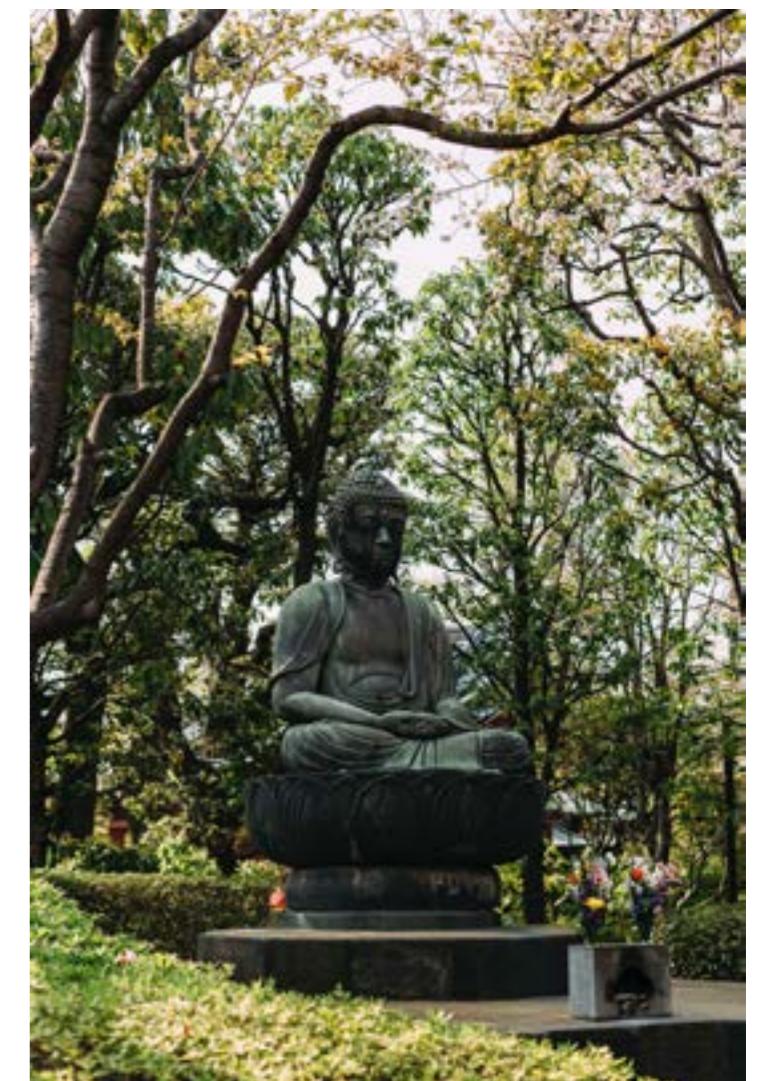
There are a lot more **gardens in Tokyo** that are worth mentioning: Koishikawa Korakuen Garden, Hamarikyu gardens, Shinjuku Gyoen National Garden, Imperial Palace East Gardens, Tonogayato Gardens, Kyu-Furukawa Gardens and many more.



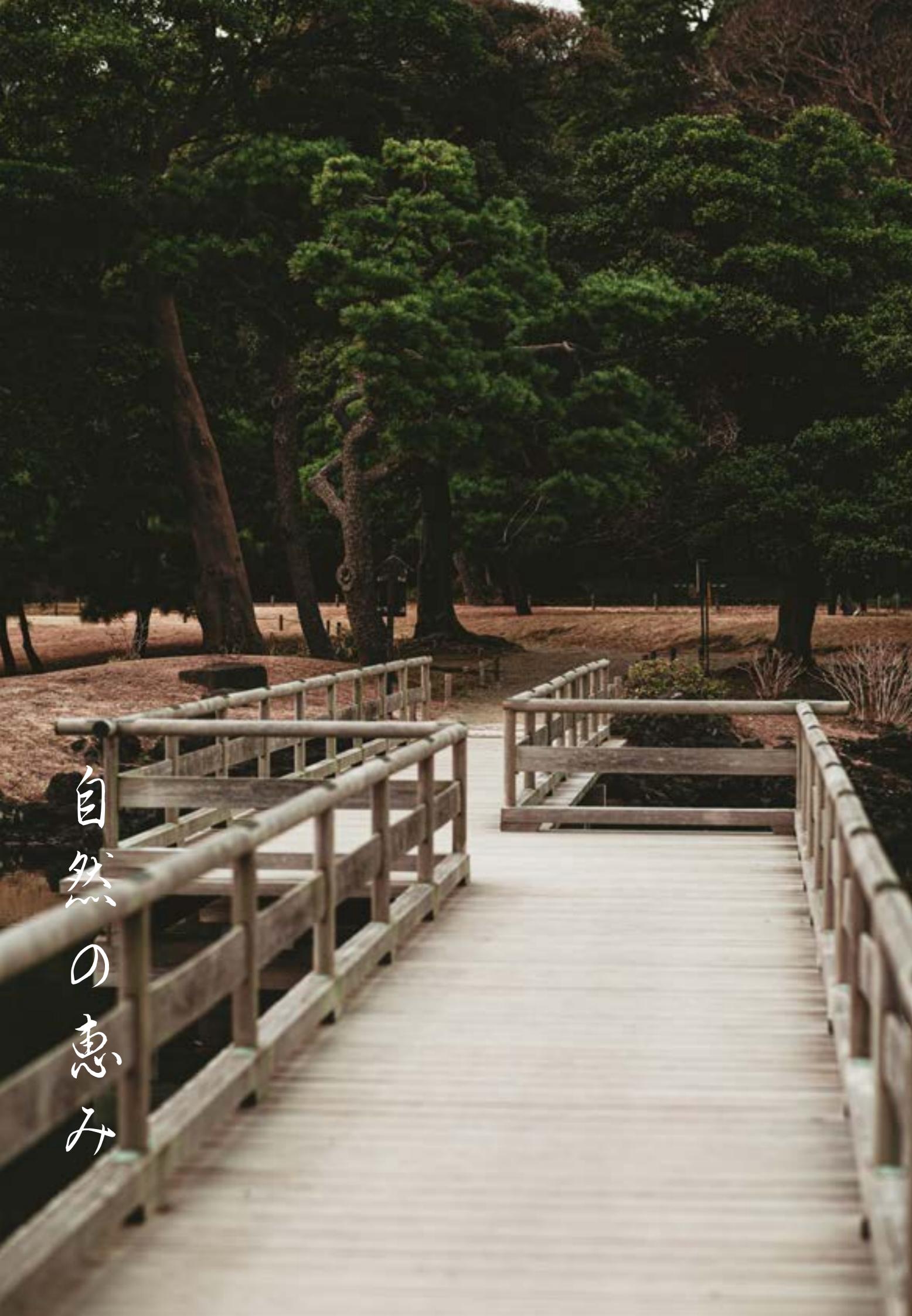
The **Meiji Shrine Gate**, also known as the **Meiji Jingu Torii**, marks the entrance to the Meiji Shrine, which is dedicated to the spirits of Emperor Meiji and Empress Shoken.

One of the best examples of a traditional Japanese garden in Tokyo is **Kiyosumi Teien Garden**. This incredible garden features a large central pond, which is home to several species of koi fish and turtles, and is surrounded by a variety of flowering plants, including iris and lotus.

One of the **unique features** of Kiyosumi Teien Garden is its collection of small teahouses, which offer visitors the opportunity to experience traditional Japanese tea ceremonies. Another distinctive feature of Kiyosumi Teien Garden is its use of rocks and stones, which are selected for their natural beauty and are arranged in various formations throughout the garden to create a sense of balance and harmony.



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自然の恵み

Kyu-Shiba-rikyu Garden also features a central pond with koi fish, several walking paths, and a variety of trees and plants. One of the unique features of Kyu-Shiba-rikyu Garden is its use of water, which is carefully managed and distributed throughout the garden, which also has several small islands. There are multiple waterfalls and streams, as well as a large fountain in the center of the pond. Another distinctive feature of the garden is its use of traditional Japanese architecture. There are several small teahouses located throughout the garden, as well as a large wooden pavilion that overlooks the pond.

Rikugien gardens are known for its "Tsukiyama" hills, which are artificial hills created to resemble natural landscapes. These hills provide beautiful viewpoints for visitors to take in the natural beauty of the garden. The garden is designed in the traditional style of a strolling garden, with paths that wind through various scenic spots such as a large pond, a teahouse, and a waterfall. The garden's name, "Rikugien," means "six poems garden" and refers to the six themes found throughout the garden that are inspired by famous Japanese poems.

PARKS

Parks in Tokyo are typically larger than gardens and more diverse in terms of their offerings. They often feature large open spaces for activities like picnicking and sports, as well as walking paths, playgrounds, and other amenities. Many Tokyo parks also have seasonal events, such as cherry blossom festivals or fireworks displays.



Shinjuku Gyoen National Park is a large park in Tokyo that features a mix of Japanese, French, and English-style gardens, making it a unique and diverse destination. There are also large open lawns, forests, and walking paths throughout the park. The park also includes several teahouses that are located in the traditional Japanese garden section of the park. One of the unique features of Shinjuku Gyoen National Garden is its collection of over 1000 cherry blossom trees, which becomes the main attraction during the blooming season.

Another distinctive feature of the park is its greenhouse, which houses a variety of tropical and subtropical plants from around the world. The greenhouse includes several different climate zones, including a rainforest zone and a desert zone.



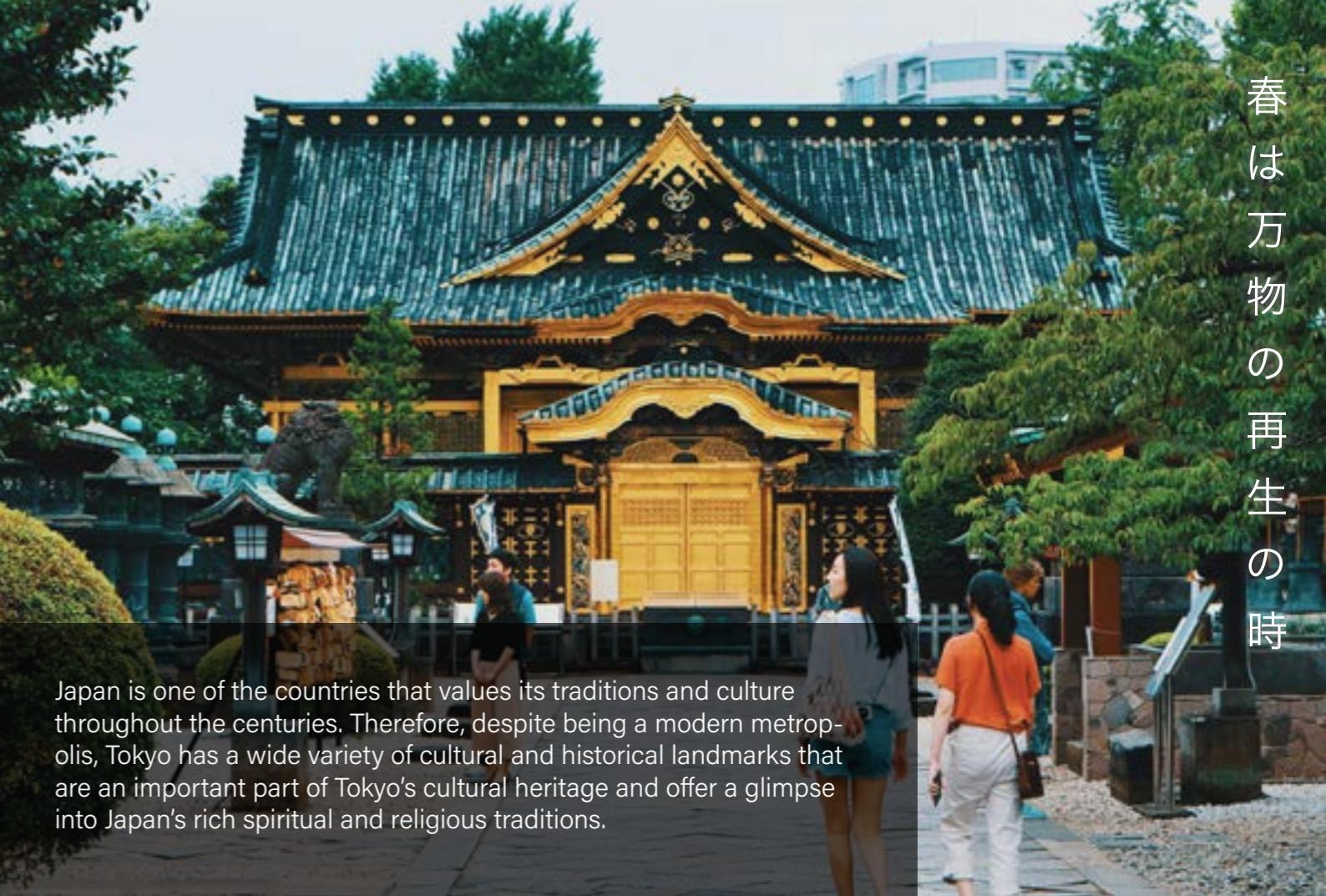
都會のオアシス

Yoyogi Park is a large public park known for its expansive lawns, walking paths, and weekend festivals. It is a popular destination for those looking to enjoy outdoor activities, such as picnics, jogging, and cycling. One of the most interesting features of Yoyogi Park is the Meiji Shrine - one of the most important shrines in Tokyo. Visitors can participate in traditional rituals at the shrine and take in the serene atmosphere of the forested grounds. Yoyogi Park is also known for its weekend festivals, which range from food and craft markets to music and dance performances. The most popular festival is the Harajuku Omotesando Genki Matsuri Super Yosakoi, which takes place in August and features hundreds of dancers performing traditional Japanese yosakoi dance.

Ueno Park is one of the most popular tourist attractions in Tokyo and is known for its museums, such as Tokyo National Museum, National Museum of Nature and Science, National Museum of Western Art, and the Shitamachi Museum, which explores the history and culture of Tokyo's old town. In addition to the museums, Ueno Park is also home to several historic temples and shrines, including the famous Ueno Toshogu Shrine. Ueno Park is also a popular spot for cherry blossom viewing during the spring, and often hosts festivals and events throughout the year.

SHRINES

There are many temples and shrines in Tokyo, and each of them offers a unique experience for visitors.



Japan is one of the countries that values its traditions and culture throughout the centuries. Therefore, despite being a modern metropolis, Tokyo has a wide variety of cultural and historical landmarks that are an important part of Tokyo's cultural heritage and offer a glimpse into Japan's rich spiritual and religious traditions.

神聖な場所

One of the most significant shrines in Tokyo is **Meiji Shrine**, built in 1920. The shrine is surrounded by a large forested area with walking paths, known as Meiji Jingu Forest. At the entrance visitors can see a giant torii gate, and the impressive main hall, which is made entirely of Japanese cypress and copper. The shrine is especially busy during the first few days of the new year, when people come to pray for good fortune and success in the coming year, and is also a popular spot for traditional Japanese weddings.

The Meiji Shrine is not only an important religious site, but also a symbol of Japan's modernization and its transition from a feudal society to a modern, industrialized nation.

Zojoji Temple is a Buddhist temple founded in 1393. The main hall of Zojoji Temple is an impressive structure that stands out among the skyscrapers of the surrounding area. Visitors can also see the temple's iconic Sangedatsu-mon Gate, which is the largest wooden gate in Japan, and the impressive mausoleums of the Tokugawa Shoguns, which are located on the temple grounds. Visitors to Zojoji Temple can participate in traditional Buddhist practices such as sutra copying and prayer, and can also purchase charms and amulets for good luck and protection. The temple also hosts various cultural events throughout the year, such as the annual Bon Odori festival in the summer, which features traditional Japanese dancing and music.

IMPERIAL PALACE

The Imperial Palace is the primary residence of the Emperor of Japan and his family. Located in the center of Tokyo, the palace is a large park-like area surrounded by moats and walls, and contains several impressive buildings and gardens. Visitors to the Imperial Palace can take guided tours of the palace's East Gardens, which feature a variety of cherry blossoms, traditional Japanese bridges, and other beautiful scenery. The palace's main building, the Kyuden, is also open to the public on special occasions such as the Emperor's birthday and New Year's Day.

The garden is open to the public year-round, and visitors can enjoy a variety of natural and cultural attractions. The garden's main feature is the large central lawn, which is surrounded by a moat and stone walls, as well as several historic buildings, such as the Fujimi-yagura watchtower and the Sakurada-mon gate.

皇居の庭園は、四季折々の自然が美しい



皇居

皇居は、歴史と現代が共存する場所だ

CHAPTER

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Taste of Tokyo

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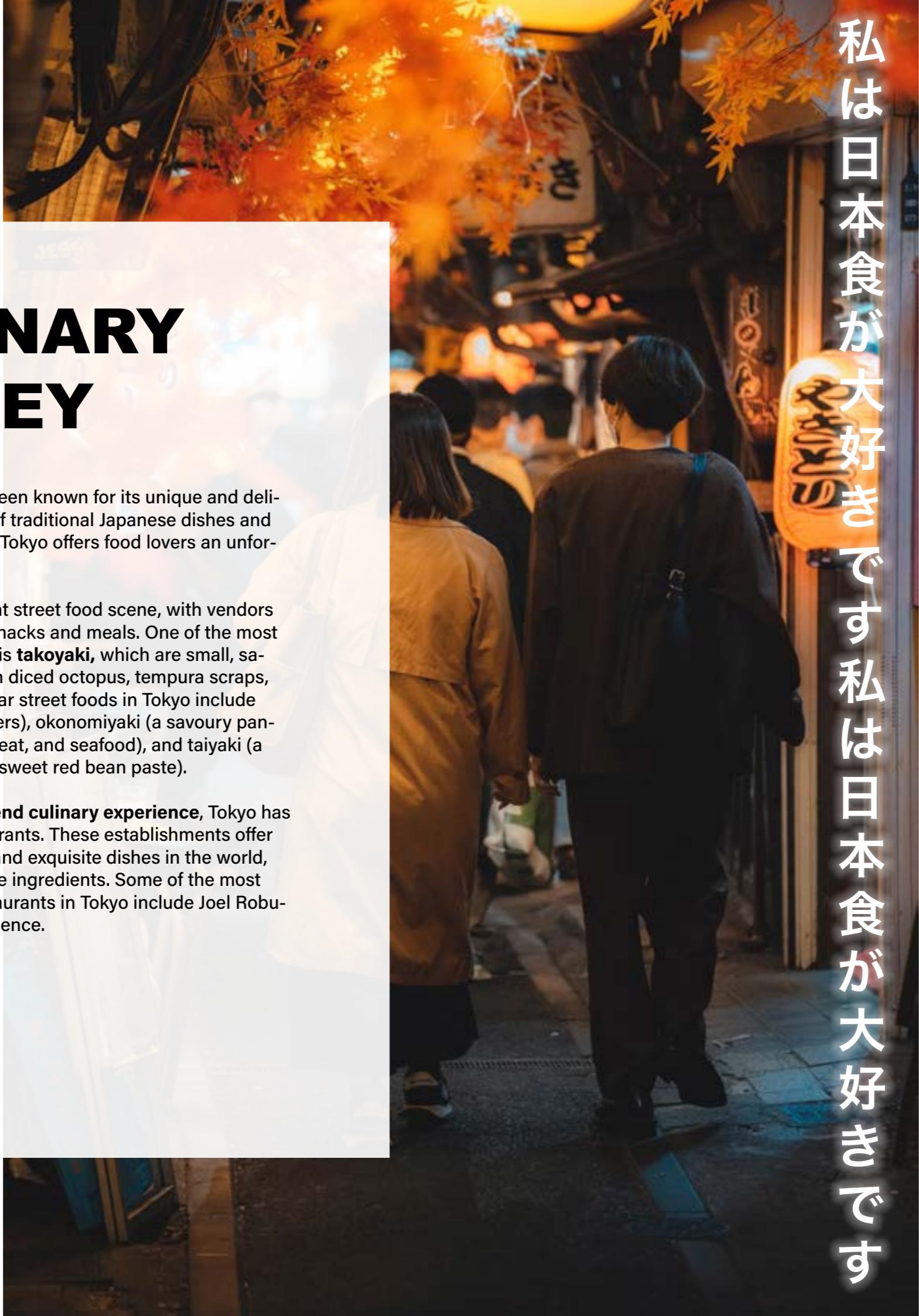
料理

A CULINARY JOURNEY

Tokyo is a city that has long been known for its unique and delicious cuisine. With its blend of traditional Japanese dishes and innovative culinary creations, Tokyo offers food lovers an unforgettable experience.

Tokyo is also home to a vibrant street food scene, with vendors selling a variety of delicious snacks and meals. One of the most popular street foods in Tokyo is **takoyaki**, which are small, savoury balls of batter filled with diced octopus, tempura scraps, and green onion. Other popular street foods in Tokyo include **yakitori** (grilled chicken skewers), **okonomiyaki** (a savoury pancake filled with vegetables, meat, and seafood), and **taiyaki** (a fish-shaped pastry filled with sweet red bean paste).

For those looking for a **high-end culinary experience**, Tokyo has many Michelin-starred restaurants. These establishments offer some of the most innovative and exquisite dishes in the world, often using rare and expensive ingredients. Some of the most famous Michelin-starred restaurants in Tokyo include **Joel Robuchon**, **Narisawa**, and **Quintessence**.

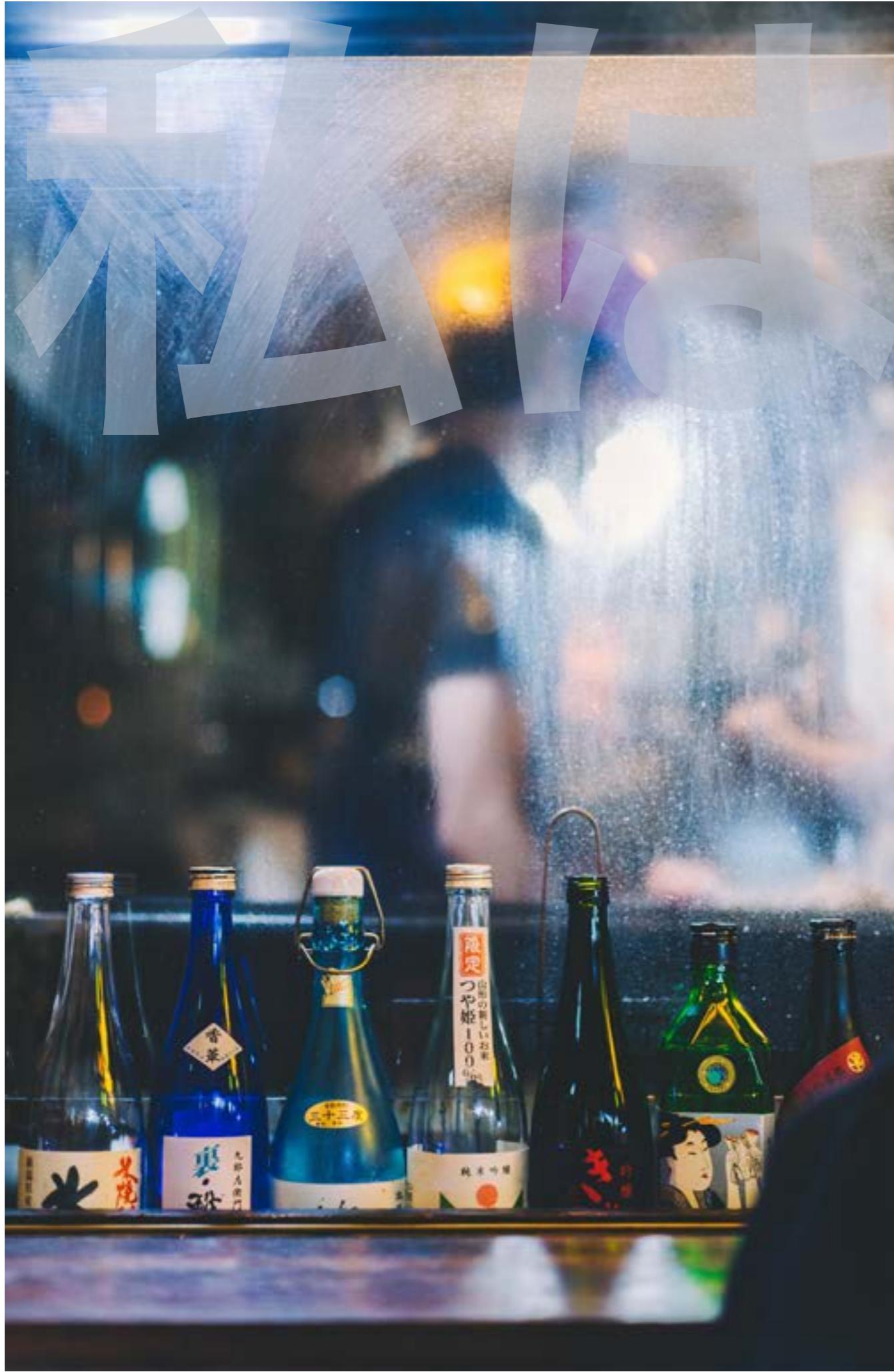


One of the most popular and well-known dishes in Tokyo is **sushi**. Made with the freshest and highest quality ingredients, Tokyo's sushi is considered some of the best in the world. From high-end sushi restaurants to casual street vendors, there are many options to choose from. Some of the most popular sushi restaurants in Tokyo include Sushi Saito, Jiro Ono's Sukiyabashi Jiro, and Kyubey.

Another beloved dish in Tokyo is **ramen**. This hearty noodle soup is made with a rich and flavourful broth and a variety of toppings, including pork, egg, and vegetables. Tokyo has many excellent ramen shops, each with its own unique take on the dish. Some of the most popular ramen shops in Tokyo include Ichiran, Afuri, and Menya Musashi.

For those who want to try a variety of Japanese dishes in one place, there are many **izakayas**, or Japanese-style pubs, in Tokyo. These casual eateries offer a range of small plates, including grilled meats, seafood, and vegetables. Some of the most popular izakayas in Tokyo include Torikizoku, Torigin, and Shirokiya.

私は日本食が大好きで、日本が大好きです



私は日本食が大好きで、日本が大好きです

TOKYO'S ALCOHOL SCENE

東京は最高

Sake is Japan's national drink, and no trip to Tokyo is complete without sampling some of the best sake the city has to offer. One of the best places to start is the Gekkeikan Okura Sake Museum, which offers visitors the chance to learn about the history and production of sake before sampling a range of different varieties.

While Japan might not be the first place you think of when it comes to **whisky**, the country has been producing high-quality whiskies for decades. One of the most popular ways to enjoy Japanese whisky is in a highball, which is made by mixing whisky with sparkling water and ice. The best place to try a highball in Tokyo is at the Highball Hall, a bar that specializes in this refreshing drink and offers a range of different whiskies to choose from.

SWEETS AND DESSERTS



Mochi is a type of sticky rice cake that is a popular sweet treat in Japan. One of the best places to try mochi in Tokyo is at the historic Kagetsudo Honten, a mochi shop that has been serving customers for over 100 years. Their signature dish is a grilled mochi filled with sweet red bean paste, which is a must-try for anyone visiting Tokyo.

Taiyaki is a fish-shaped pastry that is filled with sweet red bean paste or custard cream. While you can find taiyaki all over Tokyo, one of the best places to try it is at Kurikoan, a shop that has been specializing in this traditional sweet since 1945. Their taiyaki is made using a secret recipe that has been passed down through generations, and it's so popular that there is often a line out the door.

Wagashi is a traditional Japanese sweet that is often served with tea or as a dessert after meals. It is typically made with natural ingredients such as sweet bean paste, rice flour, and fruit, and has a delicate and refined taste that reflects Japanese culture's emphasis on aesthetics.

私は日本食が大好きです





STREET FOOD

Tokyo's vibrant street food scene is one of the city's biggest draws for foodies from around the world. From traditional Japanese dishes to international favorites, Tokyo's street food vendors offer a wide range of delicious options that are sure to satisfy any craving.

Takeshita Street is a pedestrian-only street in the Harajuku district that is famous for its colorful fashion and trendy cafes. But it's also home to some of Tokyo's best street food vendors, selling everything from savory crepes to sweet cotton candy.

Ameyoko is a bustling shopping street that runs through the Ueno district and is known for its vibrant atmosphere and great deals on everything from clothing to electronics. But it's also a great place to sample some of Tokyo's best street food, with vendors selling everything from grilled seafood to takoyaki.

Nakamise Shopping Street is a historic street that leads up to the famous Senso-ji Temple in Asakusa. The street is lined with traditional shops selling souvenirs and snacks, including some of the best street food in Tokyo.

Shibuya is a bustling district of Tokyo that is known for its fashion and nightlife. The area is also home to a variety of street food vendors, offering visitors a chance to sample some of the city's best food on the go. Visitors can try a variety of dishes, including ramen, gyoza, tempura, and more.

Tokyo is home to numerous Japanese **vending machines** that offer a range of drinks, including hot and cold options such as coffee and tea, and snacks like chips and candies. Some of these vending machines also offer sake, making it a unique experience to purchase a bottle of sake from a vending machine.

私は日本食が大好きです

東京は最高

BEYOND SAKE AND WHISKEY

Tokyo, as the capital of Japan, has a variety of traditional drinks that are enjoyed both hot and cold. Whether you're a fan of tea, coffee, or soda, there is sure to be a Japanese drink that suits your taste buds.

Green tea or "matcha", is a staple of Japanese culture and is consumed daily by many Japanese people. It is made from finely ground tea leaves and is known for its vibrant green color and earthy taste. In addition to being enjoyed on its own, green tea is often used in Japanese sweets and desserts, as well as in savory dishes like noodles and rice dishes.

Amazake is a sweet, non-alcoholic drink made from fermented rice. It is often served hot during the winter months and is known for its rich, creamy texture and sweet taste. Amazake is sometimes mixed with other ingredients like ginger or matcha to create a variety of flavors.

Matcha latte is a popular Japanese twist on a traditional latte. It is made by mixing matcha powder with steamed milk. Matcha is often enjoyed as a healthier alternative to traditional coffee beverages.



Ramune is a popular Japanese soda that is known for its distinctive bottle, which is sealed with a glass marble. To open the bottle, a small device is used to push the marble down into the drink, creating a unique popping sound. Ramune comes in a variety of flavors, including original, strawberry, melon, and more. It is a fun and refreshing drink that is enjoyed by both children and adults alike.



CHAPTER

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NEON TOKYO

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ネオン東京

POPCULTURE

ANIME, MANGA, GAMES AND MORE...

Akihabara(秋葉原) is a bustling district situated in the heart of Tokyo, which is paradise for tech enthusiasts, Japanese popculture fans, and gamers. The streets of Akihabara are full of flashing neon lights, crowded sidewalks, and numerous unique shops, cafes, and arcades. This is what makes it easy to fall in love with this place and spend many hours exploring what it has to offer.

SHOPPING AT AKIHABARA

Manga stores in Akihabara offer an incredible selection of manga titles, ranging from popular series like One Piece and Naruto to rare titles. These stores also offer a variety of manga merchandise, among others posters, figurines, and other collectibles. One of the most famous manga stores in Akihabara is Mandarake, which features various sections filled with such a goods.

A lot of stores are dedicated to sister of manga - **anime**. They offer a wide range of anime-related merchandise, including DVDs, Blu-rays and variety of gadgets. Many anime stores also feature cosplay costumes and accessories, making them a popular destination for cosplayers. Examples of the most popular anime stores in Akihabara are **Animate** and **Gamers**.

Akihabara is also known for its numerous **tech stores**. These stores offer a variety of electronics, ranging from high-end cameras and audio equipment to the latest gaming consoles and computers. Many tech stores in Akihabara also offer a variety of computer components and accessories. If you are tech-enthusiastis you should visit **Yodobashi Camera**. This massive store features multiple floors dedicated to electronics, including cameras, audio equipment, gaming consoles, and more.



Shinjuku(新宿区) is one of Tokyo's most famous and busiest districts which offers much entertainment both day and night.

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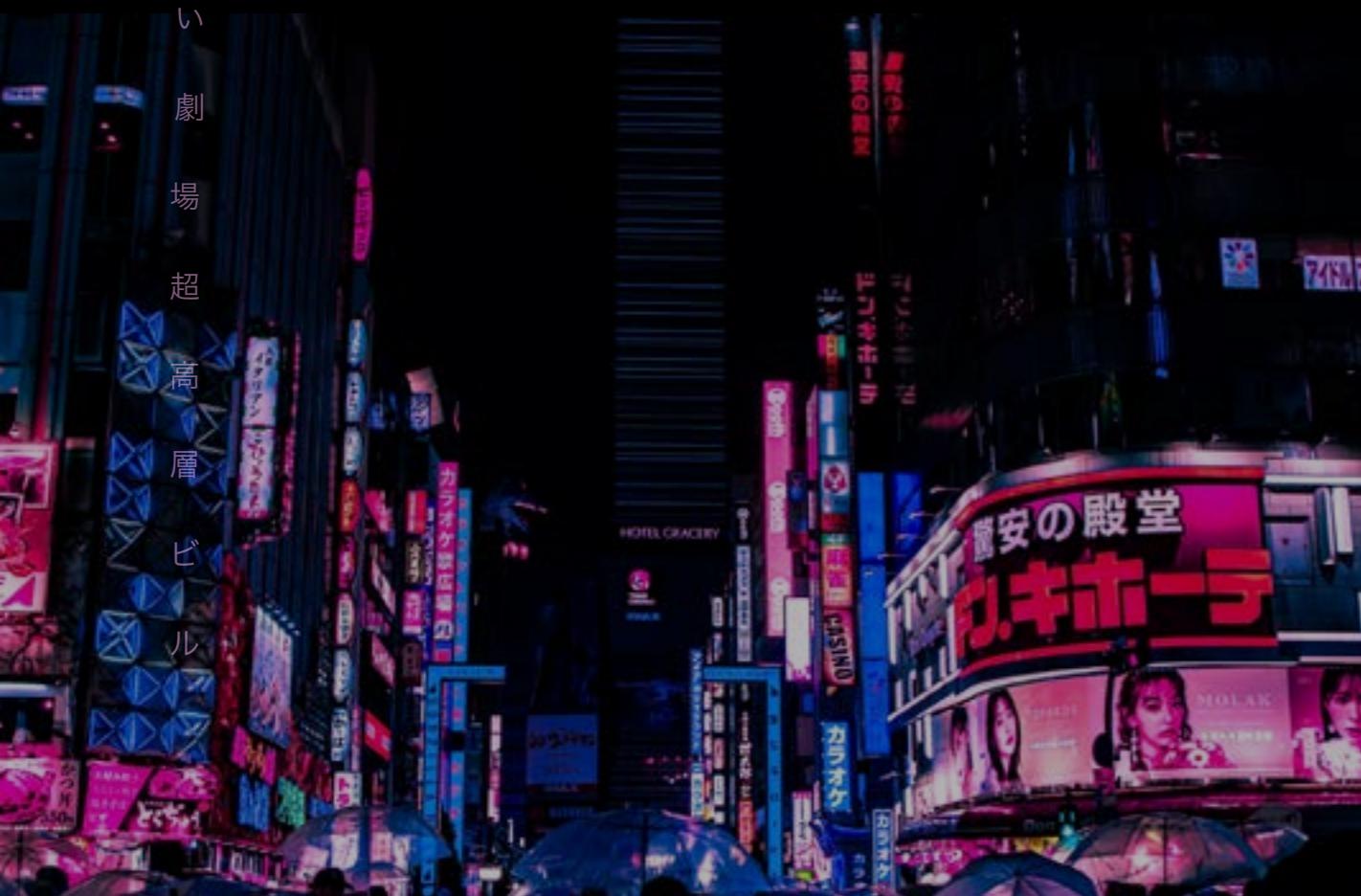
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Let's start with **Ni-Chome** - this neighborhood is not only an average place, but a symbol. It has been identified with the **LGBTQ+** culture because of hosting many events that contributed to the advancement the rights of non heteronormative in Japan. Nowadays we can find here a lot of gay hotels, gay saunas as well as queer bars and clubs.

In **Shinjuku Cultural Center** visitors can experience Japanese culture and art. The venue offers a variety of performances, including traditional Japanese dance, music, and theater.



Those who are looking for **authentic** Japanese taste should visit **Omoide Yokocho**. In literal translation the word "Omoide" means "memory" while "Yokocho" means "alley". It's a maze of narrow alleys with old buildings with **tiny** restaurants from which comes the smell of delicious Japanese barbecue.

Shinjuku is also home to many stunning skyscrapers. The tallest building is the **Tokyo Metropolitan Government Building**, which is 243 meters high. It is worth visiting because from it you can watch the panorama of Tokyo for free.

NIGHTLIFE

AMONG THE RED LIGHTS

Kabuchiko (歌舞伎町), a red light district of Shinjuku, it's a place where visitors can experience the wild and crazy atmosphere of Tokyo's infamous nightlife scene, with its neon-lit streets and banners.



HOST AND HOSTESS CLUBS

Another name for Kabuchiko is "Red-light district". This title did not come from nowhere. Prostitution is illegal in Japan, but Kabukicho offers something different "attractions". For example, you will find here a lot of clubs with hosts and hostesses. In these clubs, customers can enjoy a night out with attractive person, who provides drinks, conversation, and often even karaoke or dancing. They are typically skilled at creating a welcoming and entertaining atmosphere, and many have loyal clients. While the clubs can be expensive, they offer a unique and memorable experience.

LOVE HOTELS

Another interesting phenomenon in Tokyo are love hotels. There are typically featured themed rooms with amenities such as mood lighting, mirrors, and jacuzzi tubs. They are designed to offer a romantic and intimate atmosphere, with a focus on privacy and discretion. Love hotels are available for short stays, usually a few hours, or overnight. They are popular with couples who are looking for a private space to spend time together, as well as with individuals seeking a quick and affordable alternative to traditional hotels. While love hotels have a reputation for being seedy, many of them are clean, comfortable, and even luxurious, with top-notch amenities and services.

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GOLDEN GAI

Golden Gai is Kabuchiko's neighbor. The area is a maze of narrow alleyways lined with over 200 tiny bars, pubs, and izakayas, each with its distinct character and charm. Despite its small size, Golden Gai has become a popular destination for tourists and locals who want to experience an authentic and intimate atmosphere of Tokyo's nightlife scene.

From jazz bars to traditional Japanese izakayas, there is something for everyone in this lively and eclectic place. So if you are looking for a one-of-a-kind night out in Tokyo, be sure to check out Golden Gai!



歌舞伎町



Shibuya(渋谷) is one of the most popular districts in Tokyo. As a lively place, ideal for entertainment, shopping, fashion, and restaurants, it attracts a lot of locals and tourists. Thanks to the many activities it offers, it's not possible to be bored visiting this amazing place.



SHIBUYA BY NIGHT

One of the most popular forms of entertainment in Shibuya is **live music**. The area is home to many music venues and concert halls that host local and international artists throughout the year. Places like Shibuya O-East, Shibuya WWW, and Club Quattro offer a variety of genres, from rock and pop to hip-hop and electronic dance music.

Shibuya is also known for its wide selection of **nightclubs**. One of the most well-known clubs is **WOMB**. This multi-level club is known for its top-notch sound system. DJs from around the world are regularly perform here.

Japanese theater is an unforgettable experience. Go to **Cerulean Tower Noh Theatre** and the **Setagaya Public Theatre** regularly and see performances of traditional Japanese theater, including Noh, Kabuki, and Bunraku. These shows offer a unique glimpse into Japanese culture and history and are a must-see for anyone interested in the arts.



In Shibuya, you can walk through one of the most crowded crossroads in the world. It is worth seeing especially at night when is surrounded by lights and neons.

Shibuya is a great place for **shopping**. The most popular department stores are located. For example Shibuya 109 - 10-floor fashion shopping mall. Whether you are looking for high-end luxury brands or small unique shops, you will find it all in Shibuya. If you are a fan of fairytales you should go to Disney Store. Music lovers will find here Tower Records - Japan's largest music retail store.

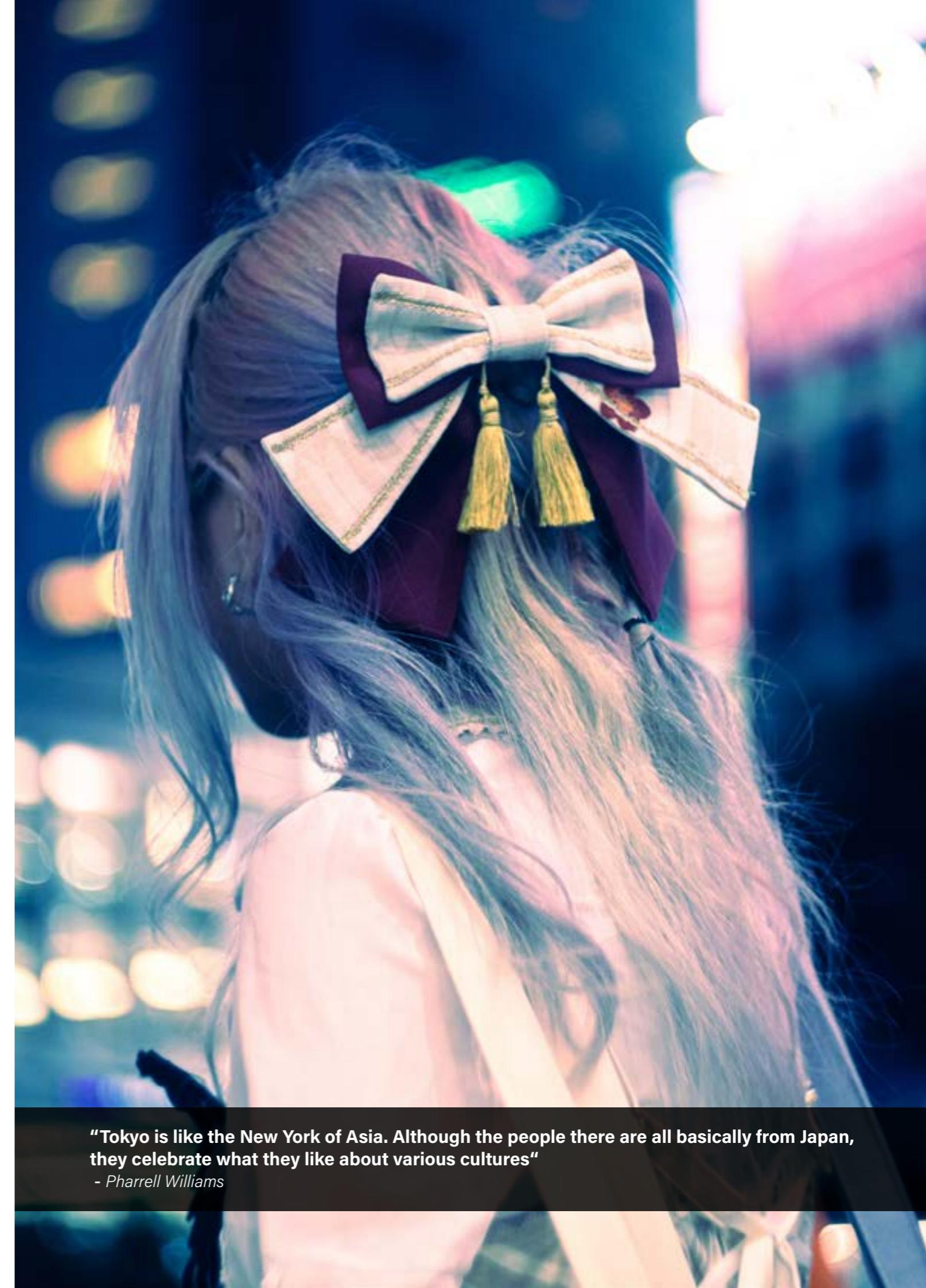


FASHION

Shibuya is a great place for fashion lovers. Here is located Tokyo's fashion capital - **Harajuku**. The area is known for its unique street styles, amazing shops, and cafes. So that is why it is popular not only among the Japanese but also around the world. It was mentioned in some songs, tv series, and anime. The most vibrant part of Harajuku is **Takeshita Street**, a narrow pedestrianized shopping alley lined with independent boutiques and stores selling the latest fashion trends. **Especially on weekends**, you will encounter a lot of people in original outfits and cosplayers. Harajuku is home to shops offering unique clothes, accessories, handicrafts, and numerous second-hand stores. Among others,

there is a shop inspired by "Alice in Wonderland" - **Alice on Wednesday**, so 4 floors full of various things inspired by this universe. Regardless of whether you are goth, a handicraft fan, or you are not particularly interested in fashion, in Harajuku everyone will find something for themselves. Harajuku is also an ideal place for fans of the **kawaii** subculture, so everything tiny, charming, and lovely. You will find here plenty of cafes with cute desserts and interiors (even a cafe with the owls). That's why you will find here huge candy store - **Totti Candy Factory**. Small locals with sweet products such as crêpes (French very thin pancakes), colorful cotton candy, or ice creams in crazy flavors are also very popular.

衣服



"Tokyo is like the New York of Asia. Although the people there are all basically from Japan, they celebrate what they like about various cultures"

- Pharrell Williams

Many subcultures and street styles have been created in Tokyo. People show by clothes not only a unique style statement but also individual values.



The Lolita style is a fascinating fashion subculture inspired by [Victorian-era](#) and [Rococo](#) clothing, with typical outfits featuring wide dresses, lace elements, and a mass of cute accessories such as ribbons, small handbags, and wristbands in subtle pastel colors.

The Decora kei style is characterized by a charming, [colorful](#) look with a massive amount of various accessories and gadgets like hair clips, bracelets, necklaces, and even plush toys. This amazing combination makes the representatives of this subculture appear as if they stepped out of a [fairytales](#).

The Gyaru is style inspired by Western fashion and was [opposed](#) to the traditional Japanese standards. They love feminine elements like short skirts, heavy makeup, bleached hair, and tanned skin. While this style may seem kitschy to many, it has a unique charm.

Visual Kei is a musical and fashion movement known for its flamboyant and theatrical vibe, which often incorporates androgynous or gender-bending elements, [expressive](#) makeup, and crazy hairstyles. The outfits inspired by [gothic](#), [victorian](#) and [punk](#) looks are dominated by black and dark colors.



CHAPTER

4

Modern Architecture

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 - 62** Japanese architecture style
 - 64** Minimalism & nature
 - 70** Architectural gems

現代建築



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"Tokyo's skyscrapers are not just buildings, but symbols of the city's resilience and determination to rise above any challenge."



能ある鷹は爪を隠す



日本語 (Japanese)

"If you examine this, I think that you will find that it's the mechanics of Japanese architecture that have been thought of as the direct influence upon our architecture."

-Minoru Yamasaki

日本語

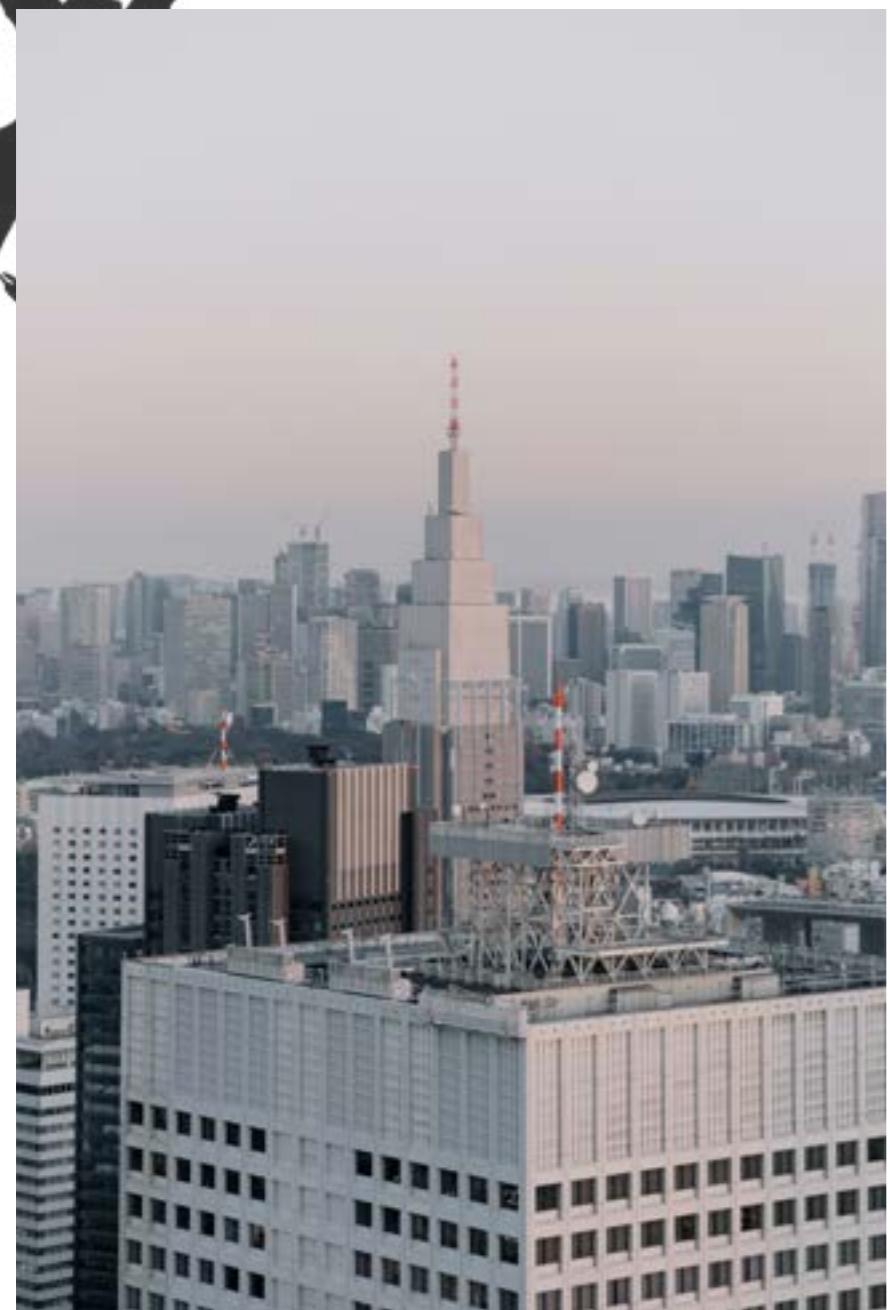
Japanese modern architecture is a unique blend of traditional Japanese design principles and contemporary building techniques. This style of architecture has gained popularity in recent years due to its minimalist, clean aesthetic, and environmentally-friendly features. The use of natural materials, such as wood and stone, is prevalent in Japanese modern architecture, giving buildings a warm and inviting feel. The use of natural materials and **sustainable design** features creates a warm,

inviting atmosphere that is both visually stunning and **environmentally friendly**. Buildings seen in Tokyo can be characterized by a unique blend of traditional Japanese design principles and contemporary building techniques. The style emphasizes simplicity, minimalism, and the use of natural materials. It is also known for its focus on environmental sustainability, with architects incorporating eco-friendly design features to reduce energy consumption and minimize the building's carbon footprint.



"After World War II great strides were made in modern Japanese architecture, not only in advanced technology, allowing earthquake resistant tall buildings, but expressing and infusing characteristics of traditional Japanese architecture in modern buildings."

-Harry Seidler



One of the most prominent features of Japanese modern architecture is its emphasis on simplicity, with clean lines and minimal ornamentation.

Japanese architects often draw inspiration from traditional Japanese design elements, such as the use of wood and paper screens, and incorporate them into modern building designs.

猿も木から落ちる

Exploring Tokyo's Modern Architecture: What Sets Them Apart From The Rest?

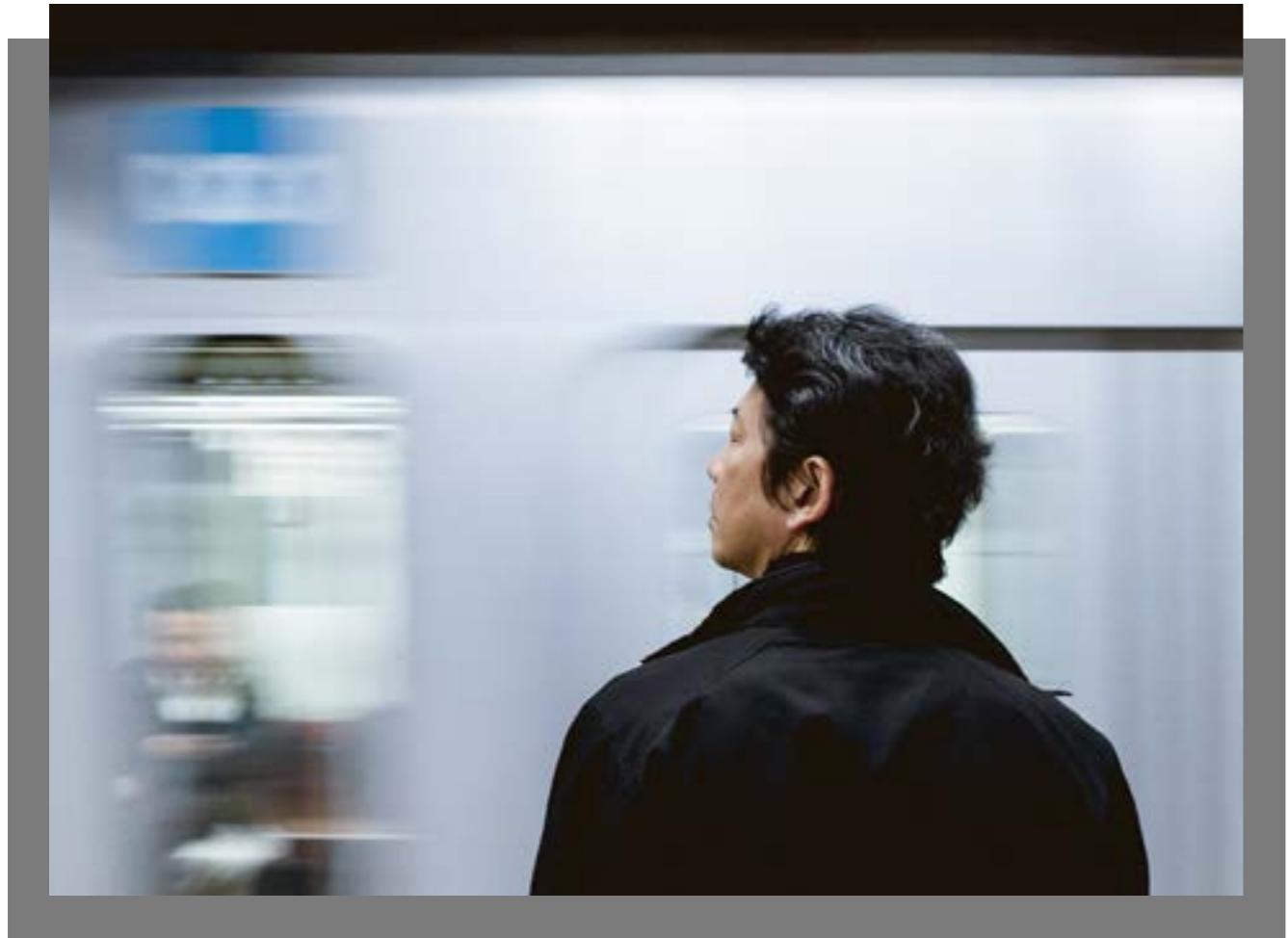
The impressive contemporary buildings of Tokyo. Discover unique features of current Japanese architectural style through its harmony, simplicity and sustainability.

Modern Japanese architecture is often characterized by a sense of harmony and balance. Buildings are designed to fit seamlessly into their surroundings, with architects paying careful attention to the building's relationship with the natural environment. This creates a sense of harmony between the building and its surroundings, and contributes to a feeling of serenity and tranquility.

One of the most prominent features of urban Japanese architecture is its emphasis on simplicity. Buildings are often designed with clean lines and minimal ornamentation, giving them a sleek and streamlined appearance. This simplicity is achieved through the use of natural materials such as wood and stone, which are left exposed and untreated to create a rustic, natural feel. Japanese architecture emphasizes natural light and space. Buildings are often designed to maximize the use of natural light, with large windows and skylights that allow sunlight to flood into the space. This creates a sense of openness and spaciousness, which is further enhanced by the use of open-

plan layouts and minimal barriers between different areas of the building. In addition to its emphasis on simplicity and natural materials, modern Japanese architecture is also known for its focus on environmental sustainability. Architects incorporate eco-friendly features such as green roofs, solar panels, and rainwater harvesting systems to reduce the building's environmental impact. This focus on sustainability is driven by Japan's commitment to reducing carbon emissions and preserving the environment.

Overall, nowadays architecture presented on the streets of Japan's large cities is a unique and fascinating style that combines traditional Japanese design principles with contemporary building techniques. Its emphasis on simplicity, natural materials, and environmental sustainability has made it a popular choice among architects and designers around the world. Its focus on harmony and balance also creates a sense of calm and tranquility, making modern Japanese architecture an ideal choice for a wide range of building types and applications.



Japanese modern architecture is characterized by its **innovative design**, minimalist approach, and unique attention to detail. Japan has always been at the forefront of modern design and this is reflected in the country's modern architecture. Architects in Japan have embraced new technologies and materials and they have combined them with traditional Japanese design elements to create some of the most stunning buildings in the world.

Japanese architects often use natural materials in their designs, such as wood, stone,

and bamboo. These materials are not only aesthetically pleasing but also sustainable and durable. One example of this is the Teshima Art Museum in Kagawa Prefecture, which is made entirely of concrete and features a curved roof that mimics the shape of a drop of water. The interior of the museum is a single undivided space that is flooded with natural light, making it a beautiful and serene space.

Up-to-date Japanese Building Techniques is known for its minimalistic approach, with an emphasis on clean lines, simple shapes, and



Minimalism & nature

open spaces. The Toda House in Hiroshima is an excellent example of this, with its simple rectangular shape and a stark white exterior. The interior of the house is also minimalist, with a single room that serves as the living area, dining area, and bedroom. The house's simplicity makes it a calm and peaceful space that is perfect for relaxation.

In Japan, architectural designers often incorporate nature into their designs, creating buildings that are in **harmony** with the surrounding environment. The Akashi Kaikyo Bridge in Kobe is an excellent example of this, with its elegant design that blends seamlessly into the surrounding landscape. The bridge spans over 3.9 kilometers and is the longest suspension bridge in the world. The bridge's design allows it to withstand earthquakes and typhoons, making it a testament to Japanese engineering and design.

Using light and shadow to create a sense of depth and texture in designs is very common among Japanese architectural creators. The Louvre-Lens Museum in France, designed by the Japanese archi-

tect Sanaa, is an excellent example of this. The museum features a simple rectangular design, but the use of natural light and shadow creates a stunning effect that makes the building seem to glow. The museum's interior is also minimalist, with white walls and a smooth concrete floor that creates a stark contrast with the exhibits.

Attention to detail and architects paying close attention to every aspect of a building's design, makes Contemporary Japanese Architecture stand out in a

pile of all constructions created in other architectural orientations. The Suntory Museum of Art in Tokyo is a prime example of this, with its stunning design that features **intricate details** such as bronze-clad walls and a glass ceiling that filters natural light. The museum's interior is also exquisitely detailed, with carefully curated exhibits that showcase Japanese art and culture.



"The panorama of Tokyo is like an explosion of energy and creativity. The cityscape is a mixture of old and new, traditional and modern, coexisting in perfect harmony."

- Unknown

The Beauty of Simplicity: A Sustainable Perspective on Japanese Modern Architecture

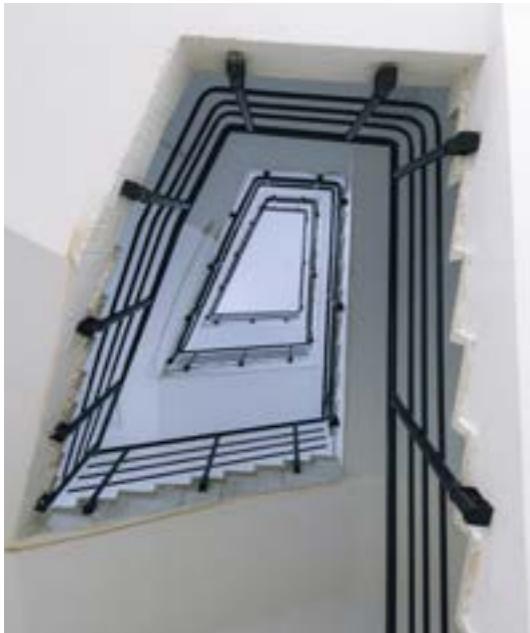
Innovative Japanese Architectural Approach has gained global recognition for its unique design, combining the essence of minimalism and the beauty of sustainability. The concept of "less is more" has been a fundamental principle in Japanese aesthetics, emphasizing the use of energy-efficient design.

Japanese modern architecture is characterized by its simplicity and sustainability. The use of natural materials, energy-efficient design, and sustainable construction methods create buildings that are both beautiful and environmentally friendly. The cultural values of the Japanese people, along with their commitment to preserving the environment, have helped to shape this unique style of architecture. As we face the challenges of climate change and environmental degradation, the lessons of Japanese modern architecture

are more relevant than ever. One of the primary reasons for the simplicity of Japanese modern architecture is the cultural values of the Japanese people. The concept of "less is more" has always been an important part of Japanese aesthetics, and this is evident in their architecture. Instead of using elaborate designs and intricate details, Japanese architects focus on clean lines and minimal ornamentation. This simplicity creates a sense of calm and tranquility, and it allows the natural beauty of the building materials to shine through.



"From the heights of Tokyo, the city looks like a sea of light. A vibrant, pulsing organism that never sleeps."
- Michael Pronko



of Japanese modern architecture. Japan is a country that is vulnerable to natural disasters such as earthquakes and tsunamis, and architects have had to design buildings that can withstand these events. The use of sustainable materials and construction methods is essential in creating buildings that can stand up to these challenges. For example, many Japanese buildings incorporate **earthquake-resistant** features such as reinforced concrete and steel frames.

卷世界
著者



人生には勝ち負けがある

"Minimalism as a way of life" - Japanese modern architecture is often associated with the minimalist lifestyle and the concept of living with less.

Sustainable architecture in Japan also extends to the community level. Architects work to create buildings that blend seamlessly into their surroundings, preserving the natural landscape and promoting a sense of harmony between

the built environment and nature. This approach to architecture reflects the traditional Japanese concept of "**satoyama**", which refers to the sustainable coexistence of human settlements and natural ecosystems.

Discovering Tokyo's Unique Architectural Gems: Golden Gai, Edo Tokyo Museum, Nakagin Capsule Tower, National Museum of Western Art, and Fuji Television Building

Tokyo is a city that is renowned for its modern architecture, blending contemporary designs with traditional Japanese aesthetics. In this article, we explore some of Tokyo's most fascinating architectural landmarks, ranging from the quirky and charming Golden Gai district to the stunning National Museum of Western Art.

"I believe that architecture is a language. It has its own grammar, syntax, and vocabulary that are capable of expressing and transmitting profound meanings." - Fumihiko Maki

Golden Gai is a unique and charming district located in the heart of Tokyo's bustling Shinjuku neighborhood. This small area is a maze of narrow alleyways, each lined with tiny bars and restaurants, many of which can only accommodate a handful of customers at a time. Despite its small size, Golden Gai has become an iconic part of Tokyo's nightlife and a popular destination for locals and tourists alike.

The **Edo Tokyo Museum**, located in the Ryogoku area of Tokyo, offers visitors a glimpse into the rich history and culture of the city. The exhibits in the museum showcase the daily life, culture, and traditions of Edo and Tokyo through various artifacts, models, and multimedia presentations. Visitors can explore a reconstructed street from the Edo period, complete with shops, houses, and even a theater. The museum also features interactive exhibits, including a replica of a kabuki theater where visitors can dress up in traditional costumes and take photos.

The **Nakagin Capsule Tower** is a unique architectural landmark that was designed by architect Kisho Kurokawa and located in the bustling city of Tokyo, Japan. The tower was built as a solution to the housing shortage in Tokyo during the 1970s, and it was intended to be a model for efficient and affordable urban living. However, over the years, the Nakagin Capsule Tower has faced several challenges, including maintenance and preservation issues.

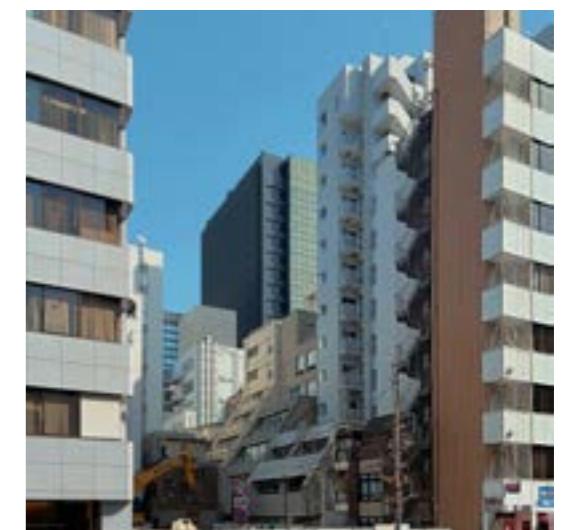


The **National Museum of Western Art** is a museum located in the Ueno Park district of Tokyo, Japan. It was established in 1959 to house the personal collection of Japanese businessman Kojiro Matsukata. The museum building itself is also an architectural masterpiece. Designed by Swiss-French architect Le Corbusier, it is a prime example of his modernist style. The building features a series of concrete pillars and slabs that create a dramatic sense of space and light. Inside, the galleries are arranged around a central courtyard, which provides a calm and peaceful atmosphere for visitors to enjoy the artworks.

The **Fuji Television Building**, also known as the "Hachitama" (eight-sided ball), is a unique and iconic building located in the Odaiba area of Tokyo, Japan. Designed by the renowned Japanese architect Kenzo Tange, the building is a modern masterpiece that embodies the cutting-edge spirit of Japanese architecture. The building's most distinctive feature is its enormous sphere, which is eight stories tall and serves as the main studio for Fuji Television. One of the key design elements of the Fuji Television Building is its use of glass. The building's facade is made entirely of glass panels, which reflect the surrounding scenery and give the building a sense of lightness and transparency. The use of glass also allows natural light to flood into the buildings' structure.

"Architecture is an instrument of change, capable of transforming the way people live, work, and think."

- Hiroshi Naito



CHAPTER

5

Culture & Facts

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文化・事実

日本の文化は多様で豊かです



日本の風習や習慣には独特な要素があります

CULTURE

It is often said, that Japan is "**a different world**". It is not only a romanticized phrase, since for thousand years, Japan went through cultural evolutions in an island, isolated from the rest of the world. As the connections with other countries grew, it started to develop a modern side next to its traditional features. As a result the unique culture of Japan has born with a two faced "personality" of modernity and tradition.

The list of the interesting facts of Japan's culture is endless, so in this chapter, some of the most well known one will be introduced.

漢字



CEREMONY

Nowadays, tea ceremony is practiced as a hobby. There are also organizations which offer the experience for tourists at traditional gardens and culture centers.

Back in the **history**, tea ceremony was a very meaningful, well organized process. It was more than just serving and receiving tea. One of the main purpose of it was for the host to provide a peaceful environment, where the guest can enjoy their **hospitality** distinct from the busy everyday life. Tea drinking parties were present in Japan since the 8th century, when tea was introduced in the country. The full, formal tea ceremony lasted **more hours**, starting with a meal. The event is surrounded by a whole **protocol**, where even the hand movements, positions and a modest dress code is defined avoiding jewellery and strong perfumes.

The tea house is surrounded by a **garden** to calm down the spirit before entering the **tearoom**. It is typically a **tatami** room with decorative elements, where the guest have to **bow** while entering, symbolizing humility.

It prepares the tea of the guest. Every **ent** has its specific including the whisk, tea er for the powdered ea, tea scoop, tea bowl, plate, the kettle and the

These sweet is served with tea. The tea bowl is picked up with right hand and placed into the left after turning it 90 degrees clockwise with the right hand. It should be drunked in a single sips and placed back onto the table in front of you. Bow and express your gratitude. If the host does not want another cup of tea, the host washes the utensils, place them where they were and the ceremony is over.



JAPANESE THEATRE

Japanese theatre encompasses three prominent forms: Noh, Kabuki, and Bunraku. Noh, the oldest, dates back to the 14th century and emphasizes minimalism, spirituality, and poetic storytelling. Kabuki, originating in the 17th century, offers vibrant performances with elaborate costumes, dynamic movements, and exaggerated makeup. It covers a wide range of themes and engages the audience through its spectacle. Bunraku, also from the 17th century, is a puppet theatre featuring life-sized puppets, accompanied by live music and narrators. Its emotionally charged narratives delve into love, tragedy, and heroism.

These theatrical traditions hold immense cultural significance, reflecting Japan's history, values, and aesthetics. Noh embodies spiritual contemplation and introspection, Kabuki celebrates the dramatic and entertaining aspects of

Japanese culture, and Bunraku showcases the artistry of puppetry and storytelling. Together, they provide a diverse and captivating experience for audiences.

Japanese theatre continues to inspire and enchant people worldwide. Its performances, costumes, music, and storytelling transport viewers to different eras and evoke a sense of connection to Japan's cultural heritage. Whether it is the ethereal beauty of Noh, the lively energy of Kabuki, or the intricate craftsmanship of Bunraku, Japanese theatre offers a window into a rich artistic tradition that has endured for centuries.

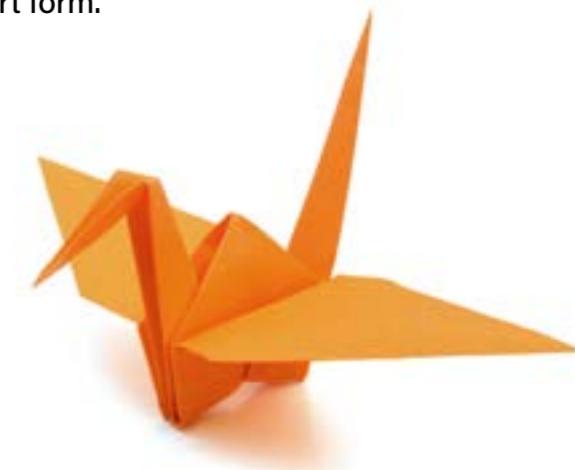


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ORIGAMI

Origami is the Japanese art of paper folding. The traditional origami consists of folding a single sheet of a square shaped paper, which is sculptured without cutting, gluing, taping or marking. Paper is present in Japan since the 6th century. At this time, paper folding was part of a Shinto ritual. By today, it became a leisurely activity and art form.



SUMO

Japanese sumo is a revered and ancient form of competitive wrestling that embodies strength, discipline, and tradition. Rikishi, or sumo wrestlers, engage in intense matches within a circular ring called a dohyo, striving to force their opponent out or make them touch the ground. Sumo is deeply rooted in Japanese culture, with wrestlers following strict training regimens and adhering to elaborate rituals and ceremonies. The sport attracts passionate fans who appreciate its unique blend of athleticism and tradition. Sumo serves as a symbol of Japanese

identity, reflecting the country's rich sporting heritage and traditional values of respect, discipline, and honor. It continues to captivate audiences both in Japan and around the world with its distinctive blend of physicality, cultural significance, and timeless allure. Sumo tournaments, such as the prestigious Grand Sumo Tournament held throughout the year, showcase the dedication and skill of the rikishi, providing an immersive experience that celebrates the artistry and power of this iconic Japanese sport.

マンガは日本の文化で、多様なジャンルや魅力的なストーリーがあります。字



MANGA

The term **Manga** refers to every comic book and graphic novel produced and published in Japan. It is usually printed in black and white and is read right-to-left. Most of the manga series are long-running and released in a monthly or weekly chapter-by-chapter basis and can span multiple volumes. If a manga becomes popular enough, they are typically adapted into animated television series, animes.

The target group nearly covers everyone, since there are multiple genres for multiple genders and age groups. There are five primary demographics of magna.

Shonen is targeted at teen boys. They usually contain elements of action, adventure and friendship. The most famous examples are Naruto and Dragon Ball.

IKEBANA

Ikebana is the **Japanese** art of flower arrangement. It is considered in Japan as an art with the same sense as sculpturing or painting. There are different styles and techniques of creating ikebana. It used to serve as temple offering. Nowadays it has become a popular and innovative art.



Shojo is created for teen girls. The focus here is more on drama, emotions, and often idealized romance. Sailor Moon is the most famous example for it.

Seinen targets adult men, for example Monster and Akira. Like shonen, it contains action and violence but in a darker tone, expanded with an adult content of sexual situations, graphic violence and foul language.

Josei, like Loveless and Karneval is created for adult women. It is typically about romantic and personal relationships in more depth, including sexual scenes as well.

Kodomomuke is targeted at young children. These series have a fun tone with cute and moralistic elements. The most famous example, Pokemon is well-known all over the world.

ANIME

Probably, the most common area where non-Japanese meet the Japanese culture is through animes, which are highly popular all around the world. It has various topics for various target groups, so we could easily say, that every person in the world would be able to mention at least one title.

Anime is an animation type, produced or influenced by Japan. The term in Japanese means all kinds of cartoons. However, in English, it refers to only the animations that come from Japan. Animes are often based on stories from Japanese comics, Mangas, which you can read more about in the previous subchapter.

Their **production** dates back to 1907. Nowadays, the number of production studios has increased 400. One of the biggest ones are Studio Ghibli, Toei Animation and Kyoto Animation. The animators create animes either by hand or computer. Many of them do not even make a living out of this job, they just do it for pleasure and for serving the common good. One of the best animators worth to highlight are Hayao Miyazaki and Isao Takahata.

Anime is **complex** even in more areas. The target audience is complex, as there are shows for different age groups, genders, and people with different interests. Typically, the storylines are complicated and emotional and they can develop through dozens of episodes. The characters themselves are often complex too, having various personality traits, even going through deep character developments through the episodes.



As for as the **appearance** of the characters, they have proportional body parts. However, their hair, head and eyes are typically exaggerated. The size of the eyes can even take up nearly half of the head. With this, the creators aim to express their emotions in a more intense way alongside with exaggerated facial expressions. For coloring, animators use solid color shading and diagonal pen strokes.



HOW ANIME REFLECTS THE JAPANESE CULTURE

Anime is created by entertainment goals in the first place and it successfully reaches its aim since it is beloved by many people all over the world. However, beyond that, it can also give you an **insight into** many aspects of the real **Japanese culture** itself.

Religion

A lot of animes take Japanese **myths, legends** or **religious elements** as the base of their plots. This way, you can learn a lot about what Japanese believe in or used to believe in historical times.

For example, many fantasy series revolve around yokai?, which are spirits that can appear in different shapes as good or as evils. A commonly appeared form of it, is "kitsune", the fox spirit. This is a supernatural creature, whose wisdom and power is represented in the number of tails they have. The nine-taled ones are the most powerful. It also appears in one of the most famous animes, Naruto as "Kurama" alongside more mythological elements.

Core Values

The core values each anime reveals around, also represents what the Japanese keep important. For example, in many series, we can see the main character training hard before fighting their enemies. At the background of it is the belief, that you can only achieve success through **hard work** and developing your skills. In the sakai? genre, the main character is an everyday person from our modern world and gets into a fantasy world, where they often even get superpowers.



The popularity behind this can be, that people want to escape from dull reality, where they work a lot until burnout.

The sakura celebration of cherry blossoms are world famous. It also appears in many animes as well, which show how Japanese have **respect towards nature**.

In many everyday-life scenes, households are shown, which are represented as **minimalistic, clean and practical**, just like the personality of Japanese.



Everyday Life

Besides the fantasy, there are also some genres, from which you can get a perfect insight into the casual, everyday life of the Japanese. For example in the **school life** series, you can see how girls wear skirts as school uniform.



Food

If you are aware of the small details during watching anime, you might notice how dishes are carefully drawn **in details**. If characters are sitting at a dinner table, it can also serve you as a **representation** of the traditional Japanese meals and drinks written in more detail in our previous Food chapter. The reason behind this awareness of the food drawing is the **respect** Japanese have for food. For them, beyond taste, its traditions, national customs, and the way how it is eaten have also a crucial importance.