

DISCOVER TOKYO

An Unforgettable School Trip



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©Sensoji Temple

Experience Fascinating Japan in Tokyo, Where

Tokyo is a metropolis like no other. A sprawling city where ancient meets modern, Tokyo has served as the pulsating heart of Japan for over 400 years.

Tourists flock here from around the world to sample the city's one-of-a-kind atmosphere. While embracing legacy and tradition, the city is forever in flux.

Come to Tokyo and you are guaranteed an unforgettable experience.

5 Reasons to Choose Tokyo for School Trips

1



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 Indonesia and larger than that of the Netherlands. 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 is Tokyo makes for an unforgettable trip.



Old Meets New

Contents

5 Reasons to Choose Tokyo for School Trips	1
Tokyo—Blessed with the Beauty of the Four Seasons	2
School Exchange Programs	3
The Main Areas of Tokyo	9
Various Places of Interest (Map)	11
Sample Course	14
Various Places of Interest	22
Getting around Tokyo on Your Own	30
Basic Information about Tokyo	31

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

TOKYO SKYTREE TOWER

March, April, May

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

■ Spring Flowers

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

■ Cherry Blossom Viewing

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

■ Spring Festivals

The season of new growth also brings numerous festivals, such as the popular Sanja Matsuri. Held over three days in mid-May at Asakusa Jinja shrine, this festival boasts a history of 700 years.



Summer

June, July, August

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

■ Fireworks

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

■ Bon-odori

Bon-odori dances are another essential part of the Japanese summer experience. A great number of these dances are held both in and around Tokyo.

■ Tanabata Matsuri (Star Festival)

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



Autumn

September, October, November

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

■ Season for Hearty Appetites

Autumn, the harvest season, is known in Japan as "the season for hearty appetites". Friends and families gather to enjoy a wide variety of seasonal delicacies.

■ Torino-ichi

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

■ Autumn Foliage

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



Winter

December, January, February

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

■ New Year's Eve

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

■ Hatsumode

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

■ Setsubun Mame-maki

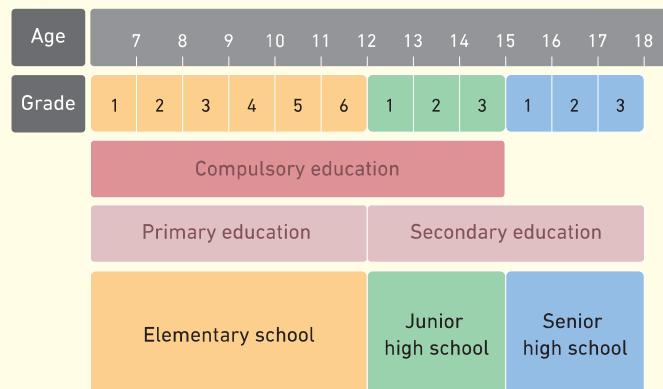
The ritual of *mame-maki* (throwing roasted soybeans) during the Setsubun festival is believed to drive away the previous year's evil spirits and clear the way for good fortune to arrive in the lunar New Year. It's customary to eat the same number of beans as one's age.

School Exchange Programs— Transcend Language and Culture to Learn and Grow with Tokyo Students

Japan's Education System

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

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



Events on the School Calendar (Example)

The school calendar is essentially uniform across Japan, but details differ depending on the school or region. Students attend classes and take part in events held each season as part of fulfilling school life.

4	5	6	7	8	9
April	May	June	July	August	September
Entrance ceremony, first-day-of-school ceremony	Sports day	Field trip (4th grade)	Ceremony for end of semester	Field trip (5th grade)	Ceremony for start of second semester
Entrance ceremony, first-day-of-school ceremony	School trip (3rd grade)	Sports day	Seaside school trip (1st grade)		Second periodic exams
Checkup	General assembly of the student council	General assembly of the student council			Track-and-field meet
Entrance ceremony, first-day-of-school ceremony	School excursion	Sports day	End-of-term exams		Field trip (1st and 2nd grades)
Checkup	Midterm exams		Ceremony for end of first semester		Ceremony for start of second semester, evacuation drills
General assembly of the student council					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

(1) 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
Field trip (6th grade)	Music day	Ceremony for end of semester	Ceremony for start of third semester <i>Kakizome</i> (writing calligraphy at the start of the year)		Graduation, end-of-year ceremony
Ceremony for end of first semester Ceremony for start of second semester Autumn break	Third periodic exams		Ski class (2nd grade)	Job experience (1st grade) Entrance exams	Graduation, end-of-year ceremony
Midterm exams	School trip (2nd grade)	End-of-term exams Ceremony for end of semester	Ceremony for start of third semester National university entrance exams ("Center Tests") End-of-year exams	Entrance exams	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.)

■ 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

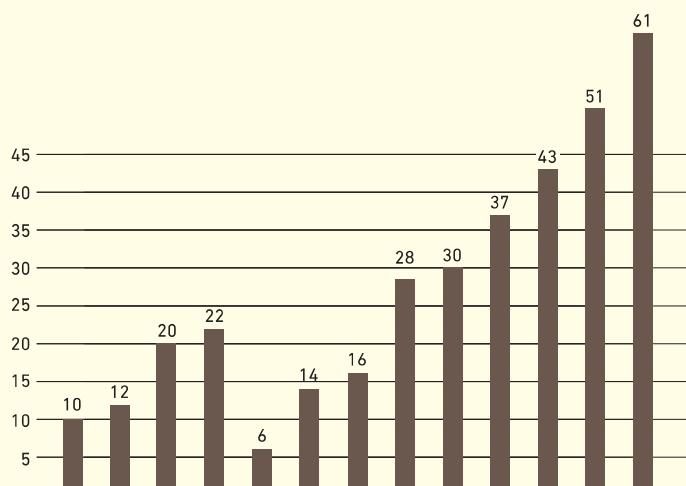
After visiting

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

■ 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



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."

Student and Teacher Feedback

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)

Teachers

"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."

Student and Teacher Feedback

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."

Student and Teacher Feedback

Students

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

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

Host School (Tokyo)

Teachers

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

Students

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

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

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

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

The Main Areas of Tokyo

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

1 | Kichijoji



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

2 | Shinjuku



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

3 | Harajuku and Omotesando



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

4 | Shibuya



The place to go for the latest kawaii items and trends. This hub of Japanese youth culture is also home to sights such as the Harajuku train (one of the most visited) and



5 | Roppongi



Roppongi is a popular area that boasts a cornucopia of restaurants and commercial complexes. Renowned for its art and cultural facilities, Roppongi is a melting pot of

6 | Daikanyama



Interspersed throughout Daikanyama are unique and stylish establishments, including boutiques, restaurants, and the distinctive Hillside Tower, a



7 | Ginza



Like New York's Fifth Avenue or London's Oxford Street, Ginza is packed with high-class boutiques and flagship stores. The area has also become a favorite of tourists.

8 | Nihonbashi



Since the Edo period, Nihonbashi has been a key commercial and financial center. Testifying to the area's rich cultural history are numerous historical buildings, some of which have survived through centuries.

9 | Ueno



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

10 | Asakusa, Sumida, Oshiage



A popular area where old meets new. Local landmarks include the world's tallest free-standing broadcasting tower, TOKYO SKYTREE®, and the iconic Kaminarimon, an imposing gate that supports a gigantic red lantern.

11 | Akihabara



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

12 | Marunouchi



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

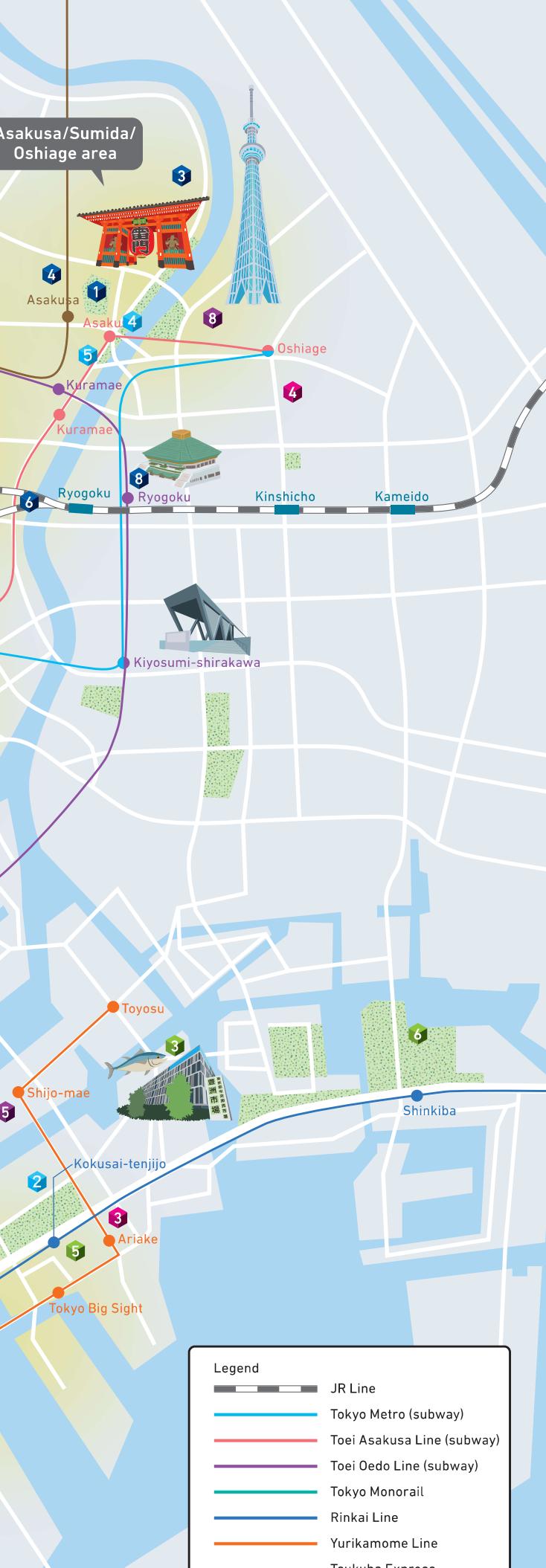
13 | Odaiba



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

Various Places of Interest





Tokyo as the Center of Japan

P14

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

Traditional Culture and History of Edo, Past and Present

P15

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

Inspiring Ideas about a Sustainable Future for the World

P16

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

Showing the Legacy of Tokyo to the World

P17

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

Protecting the Natural Environment of Tokyo's Islands

P18

- ① Izu Oshima Volcano Museum
- ② Furusato-taiken Hall
- ③ Odoriko no Sato Museum
- ④ Oshima Native History and Traditional Crafts Museum
- ⑤ Daikanbo-ji (Okinawa - Sanbu-ji Museum)

Focus on initiatives for diversity and the environment

P19

- ① WATERS takeshiba
- ② SMALL WORLDS
- ③ Kawasaki Robostage
- ④ Water Bus
- ⑤ JIDAIYA
- ⑥ Some-no-sato OCHIAI (Futaba-en)
- ⑦ RED° TOKYO TOWER

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

P21

- ① Tokyo Metropolitan Government Building Observatories
- ② Jindaiji Temple
- ③ Showa Kinen Park
- ④ Takao 599 Museum
- ⑤ Mt. Takao
- ⑥ Tama Forest Science Garden
- ⑦ Hama-rikyu Gardens

Learn ways to ensure safe, secure lives for all

P20

- ① NTT History Center of Technologies
- ② SUNSHINE60 OBSERVATORY TENBOU-PARK
- ③ Ikebukuro Life Safety Learning Center, Tokyo Fire Department (Ikebukuro Bosaikan)
- ④ Police Museum
- ⑤ Bank of Japan Head Office
- ⑥ Meteorological Science Museum
- ⑦ NHK Museum of Broadcasting

Showa Kinen Park



Mt. Takao

Tama Area



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

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.

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



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



Key person supporting our lives in Tokyo

Tokyo Metropolitan Wholesale Market Toyosu Market

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



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

Jun Saito

Traditional Culture and History of Edo, Past and Present



DAY1

① 11:30

Sensoji Temple

Tokyo's oldest 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

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.

DAY2

④ 10:00

TOKYO SKYTREE®

Broadcasting tower with a 360-degree view of Tokyo



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

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

Key person supporting our lives in Tokyo

Kiriko Cut Glass Studio Ojima

We consider it our mission to perpetuate the traditional crafts or 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

Central Breakwater 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



環境学習ホール

② 13:00

School group activities in Shibuya

Birthplace of cutting-edge culture



Accommodation

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.

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 Yumenoshima Tropical Greenhouse Dome

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



⑦ 14:00

Panasonic Center Tokyo

Witness initiatives for a better future and a better world



To the station/airport



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

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

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



Accommodation

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



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



DAY1

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

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.

DAY2

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



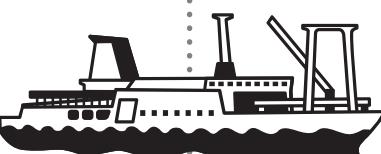
Accommodation

DAY3

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



Key person supporting our lives in Tokyo

Oshima

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



Chairperson,
Oshima Tourism General Incorporated Association

Sukehiro Koike

Focus on initiatives for diversity and the environment



DAY1

① 11:10

WATERS takeshiba

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



30 min by train

② 14:00

SMALL WORLDS

One of the largest "Edutainment" miniature parks in Asia



30 min by train

③ 16:30

Odaiba Marine Park

Beautiful sunsets at a park surrounding a cove



Accommodation

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.

DAY2

④ 10:30

Kawasaki Robostage

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



By water bus (60 min)



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

⑦ 11:00

Some-no-sato OCHIAI (Futaba-en)

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



30 min by train

⑧ 13:30

RED° TOKYO TOWER

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



30 min by train

17:00

Tokyo Station



To the station/airport



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

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 are reconsidered as we think about the work needed to ensure safe and secure lives for all.

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



Accommodation

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



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



DAY1

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

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

We not only see abundant nature, but also 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.

DAY2

④ 9:00

TAKAO 599 MUSEUM

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



Photo / Takuji Yamazaki

⑤ 10:10

Mt. Takao

A famous hiking spot close to the city center



Tama Area

⑥ 14:50

Tama Forest Science Garden

Learn about forests and the timber industry



Photo courtesy of Forestry and Forest Products Research Institute

Accommodation

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



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

Tokyo as the Center of Japan

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



Source: Kokyo Gaien National Gardens Office

1 Kokyo Gaien National Gardens

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

- 📍 1-1 Kokyogaien, Chiyoda-ku
- 🚇 Nijubashimae (Subway), Tokyo (JR, Subway)
- 🕒 Open 24/7 (office open 8:30–17:15; closed Sat./Sun./holidays) ⚡ Free 📄 Pamphlet in English, Chinese, and Korean 🌐 Not required
- 🌐 <https://www.env.go.jp/garden/kokyogaien/english/index.html>



2 National Diet Building

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

- 📍 1-7-1 Nagata-cho, Chiyoda-ku
- 🚇 Nagatacho (Subway), Kokkai-gijidomae (Subway)
- 🕒 Tour hours: 9:00–16:00 (weekdays)
- ⚡ Free 📄 Pamphlet in English, Chinese, Korean, Russian, French, and Spanish
- 📅 Reservations required: +81-3-5521-7445
- 🌐 <https://www.sangiin.go.jp/eng/info/dbt/index.htm>



Source: Bank of Japan Website

3 Bank of Japan Head Office

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

- 📍 2-1-1 Nihonbashi Hongoku-cho, Chuo-ku
- 🚇 Mitsukoshimae (Subway), Tokyo (JR, Subway), Kanda (JR, Subway) 🌐 weekdays (1)9:30, (2)11:00, (3)13:45, (4)15:15 *③only Tuesday ⚡ Free 📄 Inquire for English 🌐 Make a reservation on the website
- 🌐 <https://www.boj.or.jp/en/about/services/kengaku.htm>



4 Tokyo Tower

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

- 📍 4-2-8 Shiba-koen, Minato-ku 🏠 Akabanebashi (Subway), Kamiyacho (Subway), Onarimon (Subway)
- 🕒 9:00–22:30 (Hours subject to change. Check the website prior to coming) ⚡ Main Deck Tour (150 m) Adults: 1,200 yen; high school students: 1,000 yen; elementary and junior high school students: 700 yen; Toddlers age 4 & up: 500 yen Top Deck Tour (150 m & 250 m) Same-day rates Adults: 3,000 yen; high school students: 2,800 yen; elementary and junior high school students: 2,000 yen; Toddlers age 4 & up: 1,400 yen 🎙️ English-speaking staff available 🎫 Group and school group discounts available 🌐 +81-3-3433-5111 🌐 <https://www.tokyotower.co.jp/en/>



5 Tokyo Metropolitan Wholesale Market Toyosu Market

Toyosu Market comprises three blocks: block 7 with the seafood wholesaling building, block 6 with the seafood auctions building, and block 5 with the fruit and vegetable wholesaling building. The new market has been designed to ensure food safety, while implementing efficient logistics and first-rate environmental measures.

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



6 Waseda University

Waseda University is renowned for the high quality of its teaching and research. Campus tours are available in which Waseda student guides explain historical episodes and student life; tour participants also have the chance to visit sites that are usually not open to the public, such as the Okuma Auditorium clock tower, etc.

- 📍 1-104 Totsuka-cho, Shinjuku-ku 🏠 Waseda (Subway)
- 🕒 To check what time guided tours are held, please visit the website or call the phone number below ⚡ Free 📄 Please check with the University 🌐 Apply via website 🌐 +81-3-5286-1276
- 🌐 <https://www.waseda.jp/top/en/about/work/campus-tours>



Photo courtesy of National Museum of Nature and Science

7 National Museum of Nature and Science

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

- 📍 7-20 Ueno-koen, Taito-ku 🏠 Ueno (JR, Subway), Uguisudani (JR), Keisei-ueno (Keisei)
- 🕒 9:00–17:00 (admission ends 30 min. before closing)
- ⚡ General, university students: 630 yen; senior high school students (including college of technology students) and under, and persons aged 65 or over: free *Note: Varying fees apply for special exhibitions. See website for details.*
- 🌐 <https://www.nmns.go.jp/en/>
- 📄 Pamphlet in Japanese, English, Chinese, Korean, and Thai audio guides; information tablets 🌐 Reservations are not required for admission to the permanent exhibitions For 9 am–5 pm, for details



©TOKYO SKYTREETOWN

8 TOKYO SKYTREE®

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

- 📍 1-1-2 Oshiage, Sumida-ku 🏠 TOKYO SKYTREE (Tobu), (TOBU SKYTREE Line), Oshiage <SKYTREE> (Subway, Keisei)
- 🕒 10:00–21:00 (doors close 20:00) *Note: Open daily year-round. Schedule subject to change depending on the season.* ⚡ Observation Deck & Passageway [General] Adults: 3,100 yen & up; high school students (age 12–17): 2,350 yen & up; elementary school students (age 6–11): 1,450 yen & up; group rates available 📄 Pamphlet in Japanese, English, Chinese (traditional and simplified), and Korean. Inquire for guides in these languages 🌐 Group reservation is available 🌐 TOKYO SKYTREE Call Center: 0570-55-0634 Hours: 11:00–18:00 Please call 03-6700-4822 for some IP phones and international calls 🌐 <https://www.tokyo-skytree.jp/en/>



©The National Museum of Western Art

9 The National Museum of Western Art

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

- 📍 7-7 Ueno-koen, Taito-ku 🏠 Ueno (JR, Subway), Keisei-Ueno (Keisei) 🌐 9:30–17:30 (through 20:00 on Fri. and Sat.) *Note: Admission ends 30 minutes before closing* ⚡ General: 500 yen; university students: 250 yen *Note: High school age children and younger (under age 18), seniors 65 and up, people with mental or physical disabilities and one person accompanying them are admitted free of charge. (Bring your student or other ID to show your age, disability certificate, etc.)* [Special exhibitions] Depends on the exhibition 🎙️ English 🌐 Permanent exhibitions: Advance reservations required for groups; Special exhibitions: Group reservations are not accepted 🌐 050-5541-8600 (Hello Dial) 🌐 <https://www.nmwa.go.jp/en/>

Traditional Culture and History of Edo, Past and Present

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



©Sensoji Temple

① Sensoji Temple

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

- 📍 2-3-1 Asakusa, Taito-ku
- 🚇 Asakusa (Subway, Tobu, Tsukuba Express)
- 🕒 Halls: 6:00–17:00 (from 6:30 from Oct. to Mar.)
- ¥ Free 🚭 None 🌐 Not required
- 🔗 <https://www.senso-ji.jp/english/>



Source: Edo-Tokyo Open Air Architectural Museum

② Edo-Tokyo Open Air Architectural Museum

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

- 📍 3-7-1 Sakuracho, Koganei, Tokyo
- 🚇 Musashi-Koganei (JR), Hana-Koganei (Seibu)
- 🕒 April–September: 9:30–17:30, October–March: 9:30–16:30 (admission ends 30 min. before closing) ¥ General: 400 yen (320 yen); university students: 320 yen (250 yen); senior and junior high school students: 200 yen (160 yen) ages 65 and over: 200 yen (160 yen) Note: () are fees for groups of 20 people or more. Pamphlet in English, simplified and traditional Chinese, and Korean Reserve by phone for groups
- ☎ +81-42-388-3300 🌐 <https://www.tatemono-en.jp/english/>



③ Kiriko Cut Glass Studio Ojima

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

- 📍 4-49-7 Asakusa, Taito-ku
- 🚇 Asakusa (Subway, Tobu, Tsukuba Express)
- 🕒 9:00–17:00 ¥ Free workshops adults: 4,500yen; elementary, junior high and high school students: 2,700yen
- ⌚ English 🌐 Reservations required ☎ +81-3-4285-9664
- 🔗 <https://www.edokiriko.jp/>



④ Ganso Shokuhin Sample-ya Kappabashi Store

Ganso Shokuhin Sample-ya makes realistic-looking replica food items. This store sells fun and unique products created through the art of food replicas. Visitors can also try their hand at making traditional faux food out of wax.

- 📍 3-7-6 Nishi-asakusa, Taito-ku 🚇 Asakusa (Subway, Tobu, Tsukuba Express) ☎ 10:00–17:30
- ¥ Replica food crafting (tempura and lettuce): 2,500 yen
- ⌚ None 🌐 Call in advance (Japanese spoken only) Note: Experiential activities only in Japanese (visit must be accompanied by interpreter).
- ☎ +81-3-3841-0783 🌐 <https://www.ganso-sample.com/en/>



⑤ Meiji Jingu (Shinto Shrine)

The Meiji Jingu, built in 1920, honors the Emperor Meiji and his wife the Empress Shoken. The sacred forest surrounding 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) ☎ Sunrise to sunset (hours change every month)
- ¥ Imperial Gardens (Kiyomasa's Well) upkeep fee: 500 yen; Meiji Jingu Museum General: 1,000 yen; high school age children and younger: 900 yen Pamphlet in English, Chinese, and Korean
- ⌚ Not required 🌐 <https://www.meijijingu.or.jp/en/>



⑥ Yakata-bune (excursion boats)

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

- 🕒 10:00–18:00
 - ¥ From 11,000 yen per person
 - ⌚ Inquire for details
 - ☎ +81-3-5825-5526
 - ✉ english@yakatabune-kumiai.jp
- Tokyo Yakatabune Association: <https://yakatabune-kumiai.jp/>



⑦ Suginami Animation Museum, Tokyo Polytechnic University

The Suginami Animation Museum is the first facility where visitors can enjoy, learn, experience and understand Japanese animation in a structured way. With hands-on special effects and post-production activities to try, as well as special exhibitions etc., there are lots of things for visitors to do that will help them to learn about animation in an enjoyable way.

- 📍 3F, Tokyo Suginami Kaikan, 3-29-5 Kamiogi, Suginami-ku 🚇 Nishiogikubo (JR), Ogikubo (JR, Subway) ☎ 10:00–18:00 (admission ends at 17:30). Closed on Mondays (next weekday if it falls on a national holiday) ¥ Free 🌐 None
- ⌚ For use of the Printing Studio and Library, or For groups, you must make a reservation from the official website
- ✉ Fax: +81-3-3396-1530 🌐 https://sam.or.jp/english_home



⑧ Sumo Museum

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

- 📍 1F Ryogoku Kokugikan, 1-3-28 Yokoami, Sumida-ku
- 🚇 Ryogoku (JR, Subway)
- 🕒 12:30–16:00 (doors close at 15:30/only for Stadium visitors) closed on Saturdays, Sundays, national holidays (some days are open), end-of-year/New Year holiday, and temporarily for exhibition changes. (The museum is open every day during the Tokyo Grand Sumo Tournament.) Please be sure to check the Sumo Museum schedule.
- ¥ Free (Sumo tickets are required during the Tokyo Grand Sumo Tournament) 🌐 None 🌐 Not required
- ✉ <https://www.sumo.or.jp/EnSumoMuseum/>

©Nihon Sumo Kyokai

⑨ Some-no-sato OCHIAI (Futaba-en)

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

- 📍 2-3-6 Kamiochiai, Shinjuku-ku 🚇 Nakai (Subway, Seibu)
- 🕒 Tuesday–Sunday: 11:00–17:00 ¥ Observing is free of charge; lessons are subject to fees (see website for details)
- ⌚ Pamphlet and video in English 🌐 Reserve via website: <https://reserva.be/futabayoyaku28> ☎ +81-3-3368-8133
- ✉ <https://www.ochiai-san.com/>

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

Inspiring Ideas about a Sustainable Future for the World

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



① National Museum of Emerging Science and Innovation (Miraikan)

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

- ▣ 2-3-6 Aomi, Koto-ku □ Telecom Center (Yurikamome)
- ☒ 10:00~17:00 (sale of admission tickets ends 30 min. before closing) ¥ Adults: 630 yen; 18 years old and under: 210 yen *Note: Varying fees apply for special exhibitions.*
- ▣ Pamphlet in English, Chinese (simplified and traditional), and Korean □ Reservation required for groups
- ☒ +81-3-3570-9151/+81-3-3570-9188 (for group reservations) □ <https://www.miraikan.jst.go.jp/en/>



Image: Tokyo Metropolitan Government Bureau of Environment

② Central Breakwater Landfill Site

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

- ▣ 2-4-76 Umi-no-mori, Koto-ku
- ▣ Tokyo Teleport (Rinkai), Telecom Center (Yurikamome)
- ☒ 9:00~12:00, 13:00~16:30 (vehicle dispatch required)
- ▢ Free □ Pamphlet and DVD in English and Chinese; visit must be accompanied by interpreter
- ▢ Call in advance and send in application form
- ☒ +81-3-3570-2230
- ▣ <https://www.tokyokankyo.jp/kengaku/umetate.html>



③ The Hydrogen Information Center "Tokyo Hydrogen Museum"

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

- ▣ 1-3-2 Shioiri, Koto-ku □ Shioiri (JR), Tatsumi (Subway)
- ☒ 9:00~17:00 (admission ends 30 min. before closing)
- ▢ Free □ Foreign Language Help English text is included in 1F exhibits. Foreign languages available with 2D code (traditional and simplified Chinese, English, and Korean)
- ▢ Make Group reservations on the Website.
- ☒ +81-3-6666-6761
- ▣ <https://www.tokyo-suisomiru.jp/language/en/>



④ Daiichi Sankyo Kusuri Museum

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

- ▣ 3-5-1 Nihonbashi-honcho, Chuo-ku
- ▣ Mitsukoshimae (Subway), Shin-Nihonbashi (JR)
- ☒ 10:00~17:30 ¥ Free
- ▢ Audio guides in English and Chinese □ Groups of 11 or more must apply via website in advance ☒ +81-3-6225-1133
- ▣ <https://kusuri-museum.com/>

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



⑤ Panasonic Center Tokyo

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

- ▣ 3-5-1 Ariake, Koto-ku □ Kokusai-tenjijo (Rinkai), Ariake (Yurikamome) ☒ 10:00~18:00 (admission ends at 17:00 for AkererE) ¥ Admission free (AkererE charged, advance reservations required). AkererE general admission (elementary school age and up): 700 yen; Groups (15 people or more, advance reservations required): 300 yen □ None
- ▢ Apply via application form on website for groups
- ▣ holdings.panasonic.jp/corporate/center-tokyo/school/index03.html
- ▣ holdings.panasonic/global/corporate/center-tokyo.html



⑥ Tokyo Yumenoshima Tropical Greenhouse Dome

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

- ▣ 2-1-2 Yumenoshima, Koto-ku □ Shin-kiba (Subway, JR, Rinkai) ☒ 9:30~17:00 (admission ends at 16:00)
- ▢ General: 250 yen (200 yen); junior high school students: 100 yen (80 yen). *Note: () are fees for groups of 20 people or more.*
- ▢ Pamphlet in English, Chinese and Korean □ Not required
- ▣ <https://www.yumenoshima.jp/en/botanicalhall>



⑦ Printing Museum, Tokyo

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

- ▣ Toppan Koishikawa Head Office Bldg., 1-3-3 Suido, Bunkyo-ku
- ▣ Edogawabashi (Subway), Iidabashi (JR, Subway)
- ☒ 10:00~18:00 (admission ends 30 min. before closing)
- ▢ General: 400 yen (350 yen), university students: 200 yen (150 yen), high school students: 100 yen (50 yen). *Note: () are fees for groups of 20 people or more.* *Admission fees will change when special exhibitions are held. For details, please see the latest exhibition information.
- ▢ English, Chinese, Korean
- ▢ For use of the Printing Studio and Library, or for Groups, make a reservation from the website. ☒ +81-3-5840-2300
- ▣ <https://www.printing-museum.org/en/>



⑧ METoA Ginza

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

- ▣ Tokyu Plaza Ginza, 5-2-1 Ginza, Chuo-ku
- ▣ Ginza (Subway)
- ☒ 11:00~21:00 / 2F, 3F event space, 1F store: 11:00~19:00, "METoA Cafe & Kitchen": Mondays-Fridays 11:00~23:00 (L.O. 22:00) / Saturdays and Sundays 8:30~23:00 (L.O. 22:00) ¥ Free □ English (display panels and events guide) □ Maximum number of event participants varies. Please call and check in advance
- ☒ +81-3-5537-7411
- ▣ <https://metoa.jp/en/>



⑨ Haneda Chronogate

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

- ▣ 11-1 Haneda Asahi-cho, Ota-ku □ Anamori-inari (Keikyu), Tenkubashi (Keikyu), Tokyo Monorail
- ☒ Check the reservation site ¥ Free □ English and Chinese (subtitles only) □ Make advance reservations from the website
- ☒ +81-3-6756-7180 (for group reservations)
- ▣ <https://yamato-hd.co.jp/facilities/en/haneda-chronogate/>

Showing the Legacy of Tokyo to the World

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



Copyright: JAPAN SPORT COUNCIL

1 Japan National Stadium

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

- ▣ 10-1 Kasumigaoka-machi, Shinjuku-ku
- ▣ Gaienmae (Subway), Kokuritsu-kyogijo (Subway), Sendagaya (JR), Shinanomachi (JR)
- ☑ 10:00-17:00 Please check the website for the schedule and operating days as stadium tours are conducted irregularly.
- ¥ Adults: 1,800 yen; high school students and younger: 1,000 yen
- ☒ English text on exhibits, English voice guidance available
- ☒ Tickets may be purchased in advance on the ticket Website. If spaces are still available on a tour on the day of your visit, then same-day tickets may be purchased
- ☎ +0570-050800 (Navi-dial)
- ▣ Stadium Tour Site: <https://kokuritu-tours.jp/en/>



©JOC

2 Japan Olympic Museum

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

- ▣ 1-2F, JAPAN SPORT OLYMPIC SQUARE, 4-2 Kasumigaoka-machi, Shinjuku-ku
- ▣ Gaienmae (Subway), Kokuritsu-kyogijo (Subway), Sendagaya (JR), Shinanomachi (JR)
- ☑ 10:00-17:00 (admission ends 30 min. before closing)
- ¥ Adults: 500 yen; seniors (65 & up with ID): 400 yen; groups (20 or more, advance reservations required): 400 yen; high school students & younger (student ID required): Free
- ☒ All exhibits have both English and Japanese text
- ☒ For groups, advance reservations required from the Museum Website <https://japan-olympicmuseum.jp/en/reopen/>
- ☎ +81-3-6910-5561
- ▣ <https://japan-olympicmuseum.jp/en/>



3 Tokyo Rinkai Disaster Prevention Park Sona Area Tokyo

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

- ▣ 3-8-35 Ariake, Koto-ku
- ▣ Kokusai-tenjijo (Rinkai), Ariake Station (Yurikamome)
- ☑ Park: 6:00-20:00 (Sona Area Tokyo is open 9:30-17:00; admission ends 30 min. before closing)
- ¥ Free
- ☒ None
- ☒ Groups of 10 or more need to make reservations
- ☎ +81-3-3529-2180
- ▣ <https://www.tokyorinkai-koen.jp/en/>



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

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

- ▣ 4-6-6 Yokogawa, Sumida-ku
- ▣ Kinsicho (JR, Subway), Oshiage (Subway, Keisei, TOBU SKYTREE Line)
- ☑ 9:00-17:00
- ¥ Free
- ☒ English on pamphlet
- ☒ For those wishing to the experience tour, groups are required to make a reservation by phone or from the website (reservations are also recommended for individuals).
- ☎ +81-3-3621-0119
- ▣ <https://tokyo-bskan.jp/en-bskan/honjo/>



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

A tour of this facility gives visitors experience in dealing with disaster situations. Visitors go through an hour and 40 minutes of disaster preparedness training with an instructor. Every Friday evening, a special "Night Tour," assuming a scenario with a fire at night, is held.

- ▣ 4F Ikebukuro Fire Department, 2-37-8 Nishi-iikebukuro, Toshima-ku
- ▣ Ikebukuro (JR, Subway, Tobu, Seibu)
- ☑ 9:00-17:00 (9:00 - 21:00 on Fridays)
- ¥ Free
- ☒ Tour instruction in Japanese only; pamphlet in English, Chinese, and Korean
- ☒ The experience tour requires a reservation from the website or by phone.
- ☎ +81-3-3590-6565
- ▣ <https://tokyo-bskan.jp/en-bskan/ikebukuro/>

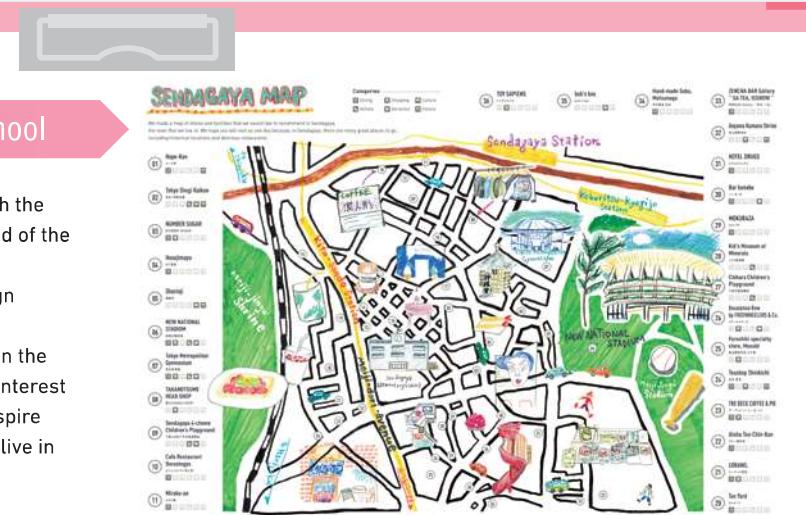
6 JICA Global Plaza

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

- ▣ 10-5 Ichigaya Honmuraicho, Shinjuku-ku (JICA Ichigaya Bldg.)
- ▣ Ichigaya (JR, Subway)
- ☑ The experience zone 10:00-18:00 Closed: 1st and 3rd Sundays end-of-year/New Year holiday (Dec. 29-Jan. 3)
- ¥ Free
- ☒ English guidance available
- ☒ Reservations required for group visits. Reservations not required for individuals
- ☎ +81-3-3269-9090
- ▣ <https://www.jica.go.jp/hiroba/english/index.html>

Initiatives by Sendagaya Elementary School

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



Protecting the Natural Environment of Tokyo's Islands

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



Izu Oshima Volcano Museum

① Izu Oshima Volcano Museum

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

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



Furusato-taiken Hall

② Furusato-taiken Hall

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

- ▣ 125-4 Aza Kitanoyama, Motomachi, Oshima-machi,
- ▣ By bus: 10–15 min. from Motomachi Port & Okada Port on the Oshima bus line. Get off the bus and walk for 1 min. from the Furusato Taikenkan Iriguchi bus stop. By car or motorcycle: 10 min. from Motomachi Port & Okada Port; 2 min. from Oshima Airfield by bicycle: 25 min. from Motomachi Port & Okada Port; 5 min. from Oshima Airport On foot: 45 min. from Motomachi Port & Okada Port; 10 min. from Oshima Airport
- ☑ 10:00–16:30 ¥ Free (workshop costs may apply)
- ⌚ None ☒ Reservation by telephone
- ☎ +81-4992-2-3991
- ▣ <https://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 ☒ None ☒ None
- ☎ +81-4992-2-1446 (Tourism Section, Oshima Town)
- ▣ www.town.oshma.tokyo.jp/soshiki/kankou/habu-harbor.html



④ Oshima Native History and Traditional Crafts Museum

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

- ▣ 30-5 Aza Jino-oka, Motomachi, Oshima-machi
- ▣ By bus: 3 min. walk from Kyodo Shiryokan Iriguchi bus stop ☒ 9:00–16:30
- ¥ [General] Adults: 200 yen; elementary school children: 100 yen [Groups] Adults: 140 yen; elementary school children: 70 yen Note: Groups of 15 people & up.
- ⌚ None ☒ None ☎ +81-4992-2-3870
- ▣ <https://izu-oshma.or.jp/work/look/siryou.html>



⑤ Palais La Mer (Oshima Seashell Museum)

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

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



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

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

- ▣ Address ☐ Access ☒ Hours ☒ Fees
- ☒ Foreign language assistance
- ▣ Reservations ☎ Telephone number ☐ Website

Initiatives at Tokyo Metropolitan Oshima High School

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



Commemorative photo with visitors

Regional collaborative project

Focus on initiatives for diversity and the environment

Learn about Tokyo's various efforts to promote tourism, from environmentalism to cutting-edge technology, traditional culture and more.



1 WATERS takeshiba

Located in the waterfront area nearby Hama-rikyū 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
- ¥ Free <https://waters-takeshiba.jp/en/>



4 Water Bus

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

- Varies depending on the route Varies depending on the route
- ▢ Audio guide (in English). *An extra fee is applied.
- ▢ Via web reservation form Tokyo Mizube Line: +81-3-5608-8869
- ▢ Tokyo Cruise Ship Co., Ltd: <https://www.suijobus.co.jp/en/>
- Tokyo Mizube Line: <https://www.tokyo-park.or.jp/waterbus/>



7 RED° TOKYO TOWER

Opened in Tokyo Tower Foot Town in 2022, this biggest e-sports park in Japan offers a wide variety of games, from sensory video game machines with cutting-edge technologies to easy games that younger children can enjoy.

- ▢ TOKYO TOWER Foot Town 1F, 3F-5F, 4-2-8 Shibakoen, Minato-ku
- ▢ Akabanebashi (Subway), Kamiyacho (Subway), Onarimon (Subway), Shibakoen (Subway), Daimon (Subway), Hamamatsucho (JR) 10:00-21:00 or 22:00, 11:00-18:00 during the year-end and New Year holidays (12/30-1/3) *Please check the business hours on the website for details. Please contact the facility
- (It is recommended that an applicant arrange a guide for foreign language assistance.)
- Fill in a special form for group visitors in Japanese: * Applications and inquiries are accepted from 10:00 to 19:00 on weekdays. The above application information is for group visitors (20 persons or more). For visitors in a small group with less than 20 persons and those who want to purchase a regular ticket, tickets can be purchased at the website below.
- <https://tokytower.red-brand.jp/>



2 small worlds

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

- ▢ Ariake Butsuryu Center, 1-3-33 Ariake, Koto-ku
- ▢ Ariake-tennis-no-mori (Yurikamome), Kokusai-terijio (Rinkai Line)
- 9:00-20:00 (Special hours for visitors in educational groups)
- ¥ 18 years old and older 2,700 yen, 12-17 years old 1,900 yen, 4-11 years old 1,500 yen, 4 years old and younger free (A discount is available for visitors in groups)
- (It is recommended that an applicant arrange a guide for foreign language assistance.)
- Group reservation forms are available on the website
- <https://smallworlds.jp/en/>

©SMALL WORLDS



3 Kawasaki Robostage

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. There is a hands-on program, where you can try programming to actually get an industrial robot moving. There is also a hands-on program for children to perform programming of an industrial robot to cause it move (Advance reservation is required. There are age limits for participants.)

- ▢ 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)
- ¥ Free By phone/Via contact form +81-3-6457-2800
- ▢ Staff members who speak English, Chinese, or Korean available

* Depending on the staff members on duty, the foreign language support available varies.

<https://kawasakirobotics.com/jp-sp/robostage/en/>



5 JIDAIYA

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 (The services could be available outside the business hours upon request.)
- ¥ 1,000 yen for one person, 5,500 yen per person for a group of 2 or more Individual request for quotation is required for a rickshaw career experience program (about 50,000 yen and up per group)
- A full-time English instructor is available.
- An application via telephone, mail, or a contact form is required in advance.
- ▢ +81-3-3843-089
- <https://jidaiya.biz/index-e.html>



6 Some-no-sato OCHIAI (Futaba-en)

Futaba-en is a dye studio that has been carrying on the tradition of the Edo katazome dyeing technique for over 90 years. The artisan skills on show here have been officially designated as a traditional craft.

One-day lessons and classes are available.

- ▢ 2-3-6 Kamiochiai, Shinjuku-ku Nakai (Subway, Seibu)
- Tuesday-Sunday: 11:00-17:00 Observing is free of charge; lessons are subject to fees (see website for details)
- Pamphlet and video in English
- Reserve via website: <https://reserva.be/futabayoyaku28>
- ▢ +81-3-3368-8133 <https://www.ochiai-san.com/>

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



SMALL WORLDS



JIDAIYA

Learn ways to ensure safe, secure lives for all

Tour facilities to explore the development of infrastructure that has supported life in Japan's capital, and gain knowledge about how society works.



① NTT History Center of Technologies

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 (Thur, Fri) no reservation required (except for group visitors)
- ¥ Free 📱 Tablet guides (in Japanese and English), Floor guides (in Japanese, English, Chinese, and Korean)
- ✉ Apply from the contact form on the website ☎ +81-422-59-3311
- 🌐 <https://hct.lab.gvm-jp.groupis-ex.ntt/english/index.html>



② SUNSHINE60 OBSERVATORY TENBOU-PARK

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 well-stocked space with seasonal plants and flowers on the floor covered with artificial turf.

- ☎ 60 F 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)
- ¥ High-school student and older 700-1,200 yen, Elementary school and Junior high school student 500-800 yen * Varies depending on the season.
(For fees for group visitors, please check at:
<https://sunshinecity.jp/observatory/ticket/group.html>)
- 🎧 Audio guide (Japanese, English, Simplified/Traditional Chinese, Korean)
- ✉ For group applications, call +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/>



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

A tour of this facility gives visitors experience in dealing with disaster situations. Visitors go through an hour and 40 minutes of disaster preparedness training with an instructor. Every Friday evening, a special "Night Tour," assuming a scenario with a fire at night, is held.

- ☎ 4F Ikebukuro Fire Department, 2-37-8 Nishi-ikebukuro, Toshima-ku
- 🚃 Ikebukuro (JR, Subway, Tobu, Seibu)
- ⌚ 9:00-17:00 (9:00-21:00 on Fridays) ¥ Free 📱 Tour instruction in Japanese only; pamphlet in English, Chinese, and Korean
- ✉ The experience tour requires a reservation from the website or by phone.
☎ +81-3-3590-6565 🌐 <https://tokyo-bskan.jp/en-bskan/ikebukuro/>



④ Police Museum

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 1chome (Subway), Takaracho (Subway), Tokyo (JR, Subway) ☒ 9:30-16:00 (admission until 15:30) ¥ Free
- 🕒 Exhibits (English), Leaflets (English, Chinese, Korean).
- ✉ For visitors in a group, prior notification to the museum is required.
- ☎ +81-3-3581-4321 (the main number of Tokyo Metropolitan Police Department)
- 🌐 www.keishicho.metro.tokyo.lg.jp/multilingual/english/about_us/Police_Museum.html



Source: Bank of Japan Website

⑤ Bank of Japan Head Office

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

- ☎ 2-1-1 Nihonbashi Hongoku-cho, Chuo-ku
- 🚃 Mitsukoshimae (Subway), Tokyo (JR, Subway), Kanda (JR, Subway)
- ⌚ weekdays (1)9:30, (2)11:00, (3)13:45, (4)15:15 *(3)only Tuesday
- ¥ Free 📱 Inquire for English
- ✉ Make a reservation on the website
- 🌐 <https://www.boj.or.jp/en/about/services/kengaku.htm>



⑦ NHK Museum of Broadcasting

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), Otemarunom (Subway)
- ⌚ 10:00-16:30 (admission until 16:00) ¥ Free
- 🕒 Pamphlet (English) 📞 By phone ☎ +81-3-5400-6900
- 🌐 <https://www.nhk.or.jp/museum/english/about.html>

NTT History Center of Technologies



Meteorological Science Museum

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

Experience the delicate harmony of Tokyo's urban and natural worlds



1 Tokyo Metropolitan Government Building Observatories

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 Tower and TOKYO SKYTREE, along with Mt. Fuji if it is clear enough. Tokyo Sky Guide is a special viewing guide 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 ⏪ Tochome (Subway)
- ⌚ South Observatory 9:30-22:00 (admission until 30 minutes before the closing time)* The North Observatory is currently closed.
- ¥ Free ☎ Volunteer guides (10:00-15:00), Pamphlet (English)
- ⓘ No reservation is required for visiting the observatory.
- ☎ +81-3-5320-7890 (observatory hotline)
- 🌐 <https://www.yoko.metro.tokyo.lg.jp/en/>



4 Takao 599 Museum

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 ⏪ Takaosanguchi (Keio)
- ⌚ Apr.-Nov. 8:00-17:00, Dec.-Mar. 8:00-16:00 *Admission until 30 minutes before the closing time ⓘ Free (some of the facilities apply fees)
- ⓘ A full-time English-speaking staff member is available. Pamphlet (English, Simplified/Traditional Chinese, Korean) ☎ By phone/fax ☎ +81-42-665-6688 🌐 <https://www.takao599museum.jp/?lang=en>



7 Hama-rikyu Gardens

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 Hamarikyu-teien, Chuo-ku ⏪ Tsukijiishijo (Subway), Shiodome (Subway) ☎ 9:00-17:00 (admission until 16:30)
- ⌚ Adult 300 yen, 65 years old and older 150 yen, Elementary school student and younger Free ☎ app; Pamphlet ☎ not required in principle; however, for a group with three sightseeing buses or more or a group of more than 50 people, please contact the garden service center in advance.



2 Jindaiji Temple

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 Jindaiji-Motomachi, Chofu City ⏪ Chofu (Keio), Tsutsujigaoka (Keio) ☎ 9:00-17:00
- ¥ Free ☎ +81-042-486-5511 🌐 <https://www.jindaiji.or.jp/en/>



5 Mt. Takao

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 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 yen, Elementary school student and younger 470 yen (*round-trip ride)
- ☎ +81-42-673-3461 (Takaosanguchi Tourist Office)
- 🌐 <https://www.takaotozan.co.jp/>



3 Showa Kinen Park

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 gingko 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 (or 9:30-16:30 for November to February; varies depending on season) ⓘ High school student and older 450 yen, Junior high school student and younger Free, 65 years old and older 210 yen
- ⓘ Pamphlet (English, Chinese, Korean) * Events and other activities are basically offered in Japanese only.
- ⓘ No reservation required. *Some experience-based learning sessions require a reservation (For details, please check the website).
- ☎ +81-42-528-1751 🌐 <https://www.showakinen-koen.jp/guide-english/>



6 Tama Forest Science Garden

Along with various types of samples including lumber samples displayed at the exhibition hall "Mori no Kagakukan," you can learn about forests and the lumber industry. A guided tour (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 Todori-machi, Hachioji City ⏪ Takao (JR, Keio)
- ⌚ 9:30-16:00 (admission until 15:30)
- ¥ Adult 200 yen, Child (including High school student) Free / For April only: Adult 300 yen, Child 100 yen ⓘ - (It is recommended that an applicant arrange a guide for foreign language assistance)
- ⌚ - ☎ +81-42-661-0200
- 🌐 <https://www.ffpri.affrc.go.jp/trmk/en/index.htm>



Mt. Takao



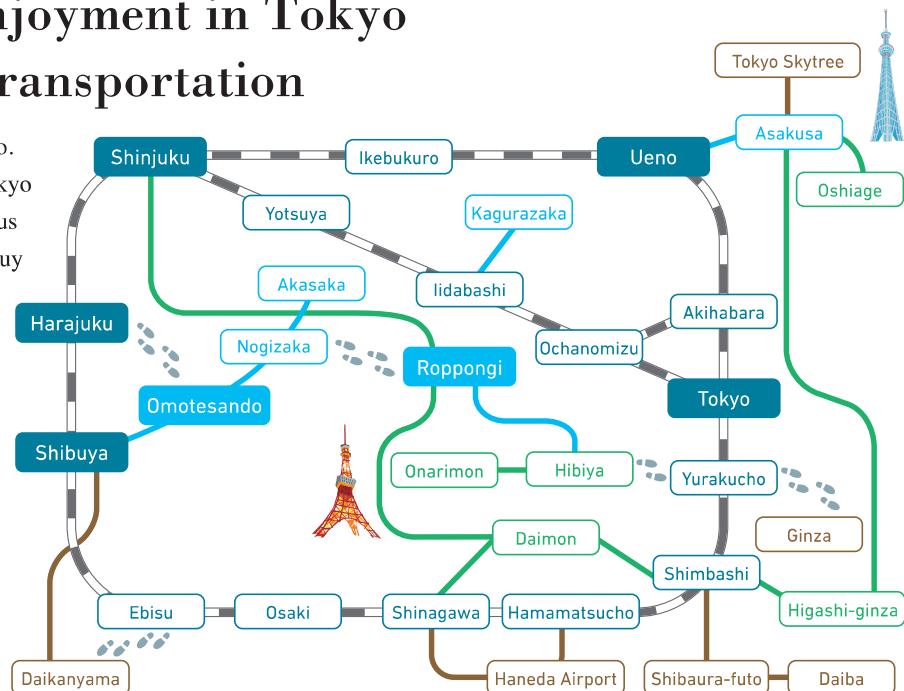
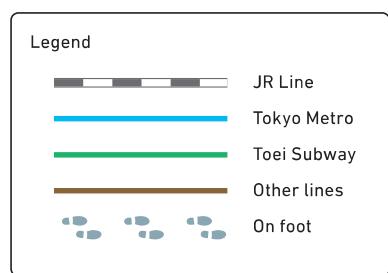
Showa Kinen Park



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.



Pasco



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.

Check these websites for specially priced train tickets.

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.

JR	https://www.jreast.co.jp/multi/en/index.html
Tokyo Metro	https://www.tokyometro.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.metro.tokyotobousaiapp&pli=1>
iOS <https://apps.apple.com/jp/app/id1290558619?l=ja>

■ 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
North America	Kuala Lumpur	7 hr
	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/>



GO TOKYO The Official Travel Guide

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



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

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



Tourist Information Centers

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



JAPAN Educational Travel - Japan National Tourism Organization

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



TokyoTokyo

<https://tokyotokyo.jp/>



TOKYO Brochures

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



Tokyo Sightseeing Accessibility Guide

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



Tokyo Tourist Information Center - Online Tourist Guide

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



Tokyo Medical Institution and Pharmacy Information Service

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



Official Tourism Guide for Japan Travel - Japan National Tourism Organization

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

