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| 1 | **Content name** | **Localise** | Arts and Culture in Tokyo: From Temples to Late-night Jazz Clubs | 東京的文化與藝術：由寺院參觀，到爵士樂之夜 |
| 2 | **POS** | **Don't change** | HCOM\_HK | HCOM\_HK |
| 3 | **Locale** | **Don't change** | zh\_HK | zh\_HK |
| 4 | **URL friendly part** | **Don't change** | Arts-and-Culture-in-Tokyo-From-Temples-to-Late-night-Jazz-Clubs | Arts-and-Culture-in-Tokyo-From-Temples-to-Late-night-Jazz-Clubs |
| 5 | **Channels** | **Don't change** | WEB\_DESKTOP, WEB\_DESKTOP\_ON\_PHONE, WEB\_DESKTOP\_ON\_TABLET, WEB\_PHONE, WEB\_FEATURE\_PHONE, WEB\_TABLET, APP\_PHONE, APP\_TABLET, IPHONE, IPAD, BLACKBERRY, ANDROID, ANDROID\_TABLET, NOKIA, APP\_OTHER, APP\_OTHER\_FACEBOOK, APP\_TABLET\_IPAD, APP\_TABLET\_ANDROID, APP\_TABLET\_WIN, APP\_PHONE\_IPHONE, APP\_PHONE\_ANDROID, APP\_PHONE\_NOKIA, APP\_PHONE\_WIN, APP\_PHONE\_WIN8, APP\_PHONE\_BLACKBERRY, WEB\_PHONE\_IPHONE, WEB\_PHONE\_ANDROID, WEB\_TABLET\_IPAD, WEB\_TABLET\_ANDROID | WEB\_DESKTOP, WEB\_DESKTOP\_ON\_PHONE, WEB\_DESKTOP\_ON\_TABLET, WEB\_PHONE, WEB\_FEATURE\_PHONE, WEB\_TABLET, APP\_PHONE, APP\_TABLET, IPHONE, IPAD, BLACKBERRY, ANDROID, ANDROID\_TABLET, NOKIA, APP\_OTHER, APP\_OTHER\_FACEBOOK, APP\_TABLET\_IPAD, APP\_TABLET\_ANDROID, APP\_TABLET\_WIN, APP\_PHONE\_IPHONE, APP\_PHONE\_ANDROID, APP\_PHONE\_NOKIA, APP\_PHONE\_WIN, APP\_PHONE\_WIN8, APP\_PHONE\_BLACKBERRY, WEB\_PHONE\_IPHONE, WEB\_PHONE\_ANDROID, WEB\_TABLET\_IPAD, WEB\_TABLET\_ANDROID |
| 6 | **Go live date** | **Don't change** | 42253 | 42253 |
| 7 | **Tags** | **Don't change** | Arts and Culture | Arts and Culture |
| 8 | **Destination** | **Don't change** | Tokyo Japan (726784) | Tokyo Japan (726784) |
| 9 | **Article title** | **Don't change** | Arts and Culture in Tokyo: From Temples to Late-night Jazz Clubs | Arts and Culture in Tokyo: From Temples to Late-night Jazz Clubs |
| 10 | **Main image** | **Don't change** |  |  |
| 11 | **Introduction** | **Localise** | The Japanese capital is both a hub for traditional native art forms and an international center for creative culture. You can absorb centuries of Eastern and Western art at the cluster of museums around Ueno Park, and take in ultramodern exhibitions amid the high-rise surroundings of Roppongi Art Triangle. | 東京既是傳統藝術集中地，亦是創意文化的國際中心。上野公園附近的眾多博物館，和六本木藝術三角高樓大廈的超現代風格展覽，都是接觸不同年代中、西藝術文化的好去處。 |
| 12 | **Body** | **Localise** | <h3>  Japanese performance art  </h3>  <p>  </p>  Japan's 3 main theater traditions - kabuki, noh, and bunraku - have been entertaining Tokyoites for centuries. Kabuki is the most popular. Performances are lively, telling surprisingly fun tales of romance and revenge with richly detailed costumes and settings (you can rent headsets to hear English narration). Noh dramas are more aristocratic and austere, with slow, spellbinding movements. And you'll be amazed how much emotion a handmade puppet can convey at a bunraku show.  <p>  </p>  <em>  Kabuki-Za  </em>  <p>  </p>  Japan's national theater for kabuki performance moved to this new home in 2013, but the design still evokes the look and feel of the Edo Period with fantastic painted backdrops.  <p>  </p>  4-12-15 Ginza, Ch??-ku, Tokyo 104-0061. Tel: +81 3-3545-6800  <p>  </p>  <a href="http://www.kabuki-za.co.jp/" target="\_blank">  Kabuki-Za website  </a>  <p>  </p>  <em>  National Noh Theater  </em>  <p>  </p>  The most prestigious space for Noh drama in Tokyo, hosting up to 5 performances every month. It's a good idea to book ahead.  <p>  </p>  4-18-1 Sendagaya, Shibuya, Tokyo 151-0051. Tel: +81 3-3423-1331  <p>  </p>  <a href="http://www.ntj.jac.go.jp/nou.html/"target="\_blank">  National Noh Theater website  </a> | <h3>  日本表演藝術  </h3>  <p>  </p>  日本三大劇場傳統：歌舞伎、能劇和文樂，數世紀以來為東京人帶來豐富娛樂，當中以歌舞伎最受歡迎，表演生動、戲碼主題眾多，由愛情到復仇，故事趣味令人意想不到，服飾場景細節豐富精緻。觀眾可租用耳機，聽英語描述以了解劇情。能劇則比較內斂、樸素，緩緩舞步令人着迷。在文樂表演，可見識到表演者如何以手製人偶，表達豐富逼真的情感。  <p>  </p>  <em>  歌舞伎座  </em>  <p>  </p>  日本國立的歌舞伎劇場。在2013年遷至此新址，設計保留江戶時代的面貌和氣氛，有精彩絕倫的油繪佈景。  <p>  </p>  東京都中央區銀座4-12-15，〒104-0061；電話：+81 3-3545-6800  <p>  </p>  <a href="http://www.kabuki-za.co.jp/" target="\_blank">  歌舞伎座網站  </a>  <p>  </p>  <em>  國立能樂堂  </em>  <p>  </p>  東京地位最高的能劇場地，每月舉行達五場演出，宜提早訂票。  <p>  </p>  東京都澀谷區千駄谷4-18-1，〒151-0051；電話：+81 3-3423-1331  <p>  </p>  <a href="http://www.ntj.jac.go.jp/nou.html/"target="\_blank">  國立能樂堂網站  </a> |
| 13 | **Body 2** | **Localise** | <em>  National Theater of Japan  </em>  <p>  </p>  While the National Bunraku Theater is formally based in Osaka, the troupe and their lovingly crafted puppets visit this prime Tokyo venue for 4 or more seasonal performances every year.  <p>  </p>  4-1 Hayabusacho, Chiyoda, Tokyo 102-8656. Tel: +81 3-3265-7411  <p>  </p>  <a href="http://www.ntj.jac.go.jp/kokuritsu.html/"target="\_blank">  National Theater of Japan website  </a>  <p>  </p>  <h3>  Live music  </h3>  <p>  </p>  Tokyo has world-class symphony and philharmonic orchestras and a thriving jazz scene. Western rock and pop bands often come to play for their devoted Japanese fan bases, and concerts in this city are always joyous affairs. But for a musical experience you won't find anywhere else, try the famously extravagant Takarazuka Revue.  <p>  </p>  <em>  Tokyo Takarazuka Gekijo  </em>  <p>  </p>  The Tokyo home of Takarazuka, where all-female song and dance troupes perform lavishly costumed musical numbers with a full orchestra.  <p>  </p>  1-1-3 Yurakucho, Chiyoda, Tokyo 100-0006. Tel: +81 3-5251-2001  <p>  </p>  <a href="http://kageki.hankyu.co.jp/theater/tt.html/"target="\_blank">  Tokyo Takarazuka Gekijo website  </a>  <p>  </p>  <h3>  The Tokyo of old  </h3>  <p>  </p>  Wars and natural disasters have erased much of the old wooden Tokyo. But amid the concrete and neon of the modern megacity, there are plenty of quiet corners where the past remains a part of urban life. In well-maintained parks and gardens, and well-preserved shrines and temples, it is still possible to visit the bygone Tokyo of the Meiji and Edo periods.  <p>  </p>  <em>  Imperial Palace and East Gardens  </em>  <p>  </p>  On the site of the former Edo Castle lies the Imperial Palace (visits by appointment) and its manicured East Gardens, which are free to enter. You can picnic on the lawn and stroll around old moats and guardhouses.  <p>  </p>  1-1 Chiyoda, Tokyo 100-8111. Tel: +81 3-3213-1111  <p>  </p>  <p>  </p>  <em>  Meiji Shrine  </em>  <p>  </p>  After admiring the daily pageant of rockabilly dancers and flamboyantly costumed kids at Yoyogi Park, you can walk the forested footpath to this monumental Shinto shrine.  <p>  </p>  1-1 Yoyogikamizonocho, Shibuya, Tokyo 151-8557. Tel: +81 3-3379-5511  <p>  </p>  <p>  </p>  <em>  Sensō-ji Temple  </em>  <p>  </p>  Founded in 645 AD, Tokyo's oldest Buddhist temple is an elaborate mini-city. Passing under the dramatic Thunder Gate you enter a dreamlike grid of layered pagodas and lacquered chambers.  <p>  </p>  2 Chome-3-1, Asakusa, Taito, Tokyo 111-0032. Tel: +81 3-3842-0181  <p>  </p> | <em>  國立劇場  </em>  <p>  </p>  雖然國立文樂劇場位於大阪，東京的這個優秀場地，每年舉行四場或以上的文樂季度演出。  <p>  </p>  東京都千代田區隼町4-1，〒102-8656；電話：+81 3-3265-7411  <p>  </p>  <a href="http://www.ntj.jac.go.jp/kokuritsu.html/"target="\_blank">  國立劇場網站  </a>  <p>  </p>  <h3>  現場音樂  </h3>  <p>  </p>  東京有世界一流的交響樂團和愛樂樂團，爵士樂發展亦很活躍。西方搖滾和流行樂隊，經常到日本為擁躉表演，音樂會無不是充滿歡樂的盛事。但如果想找只此一家的音樂體驗，就不能錯過以華麗著名的寶塚歌劇團的公演。  <p>  </p>  <em>  東京寶塚劇場  </em>  <p>  </p>  這兒是寶塚劇場的東京大本營，配備管弦樂團，全女班歌舞團，以極盡華美的打扮，載歌載舞。  <p>  </p>  東京都千代田區有樂町1-1-3，〒100-0006；電話：+81 3-5251-2001  <p>  </p>  <a href="http://kageki.hankyu.co.jp/theater/tt.html/"target="\_blank">  東京寶塚劇場網站  </a>  <p>  </p>  <h3>  舊日東京  </h3>  <p>  </p>  戰爭和天災，破壞了大部份以木建築為主的舊東京。然而在這現代大都會的混凝土和霓虹燈當中，仍然有很多寧靜角落，保留舊日風光，作為都會生活的一部份。在打理妥善的公園和花園，和保存完好的神宮寺院，大家仍可一看在明治和江戶時代的東京舊貌。  <p>  </p>  <em>  皇居和東御苑  </em>  <p>  </p>  皇居（預約參觀）位於原江戶城所在，內裏精心修葺打理的東御苑免費對外開放，可以在草地野餐或環繞護城河和警衛房漫步。  <p>  </p>  東京都千代田區1-1，〒100-8111；電話：+81 3-3213-1111  <p>  </p>  <p>  </p>  <em>  明治神宮  </em>  <p>  </p>  在代代木公園見識過鄉村搖滾舞者和打扮誇張的青少年後，可以在這座巨大神社的森林小徑散步。  <p>  </p>  東京都澀谷區代代木神園町1-1，〒151-8557；電話：+81 3-3379-5511  <p>  </p>  <p>  </p>  <em>  淺草寺  </em>  <p>  </p>  建於公元645年，是東京最古老的佛寺，自成一國。經過壯觀的雷門，眼前就是夢幻般的風景，有高高的寶塔和塗漆神堂。  <p>  </p>  東京都台東區淺草二丁目3-1，〒111-0032；電話：+81 3-3842-0181  <p>  </p> |
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| 17 | **Meta keywords** | **Localise** | Arts and Culture, Tokyo, Tokyo hotels, Japan | 文化與藝術、東京、東京酒店、日本 |
| 18 | **Author name** |  |  |  |
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