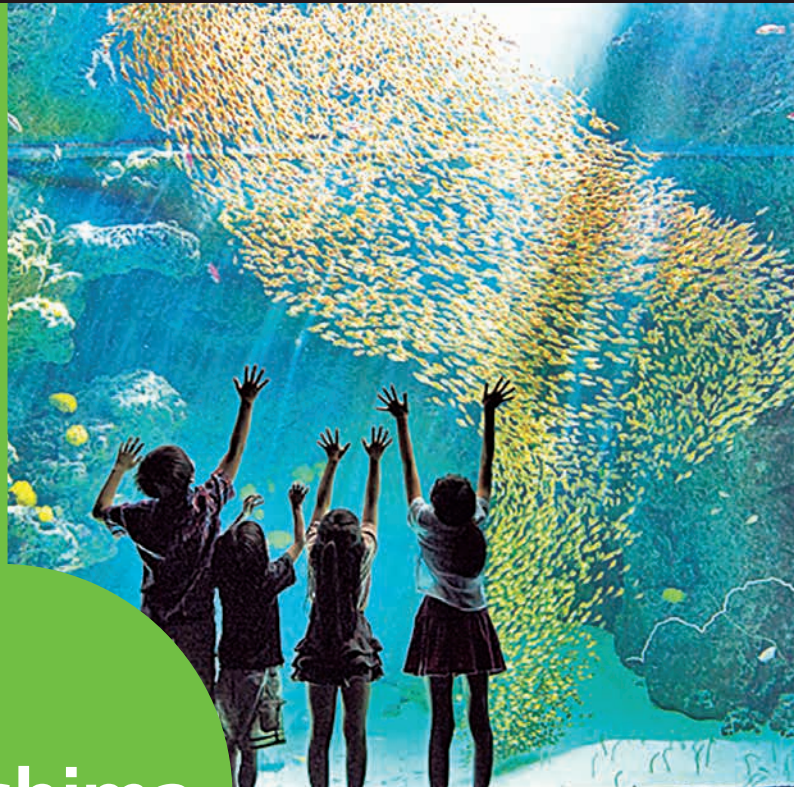
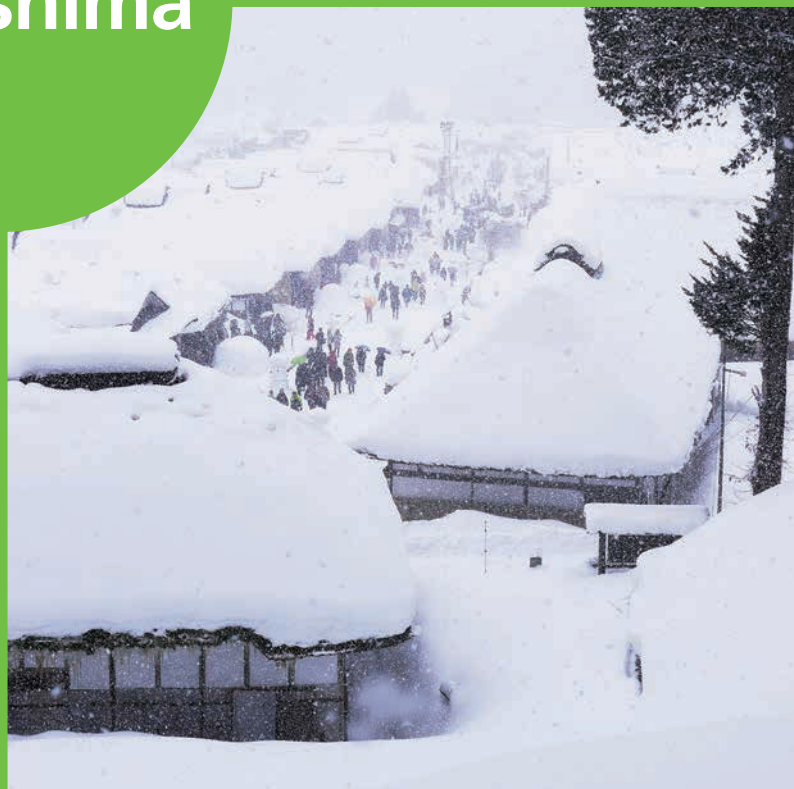
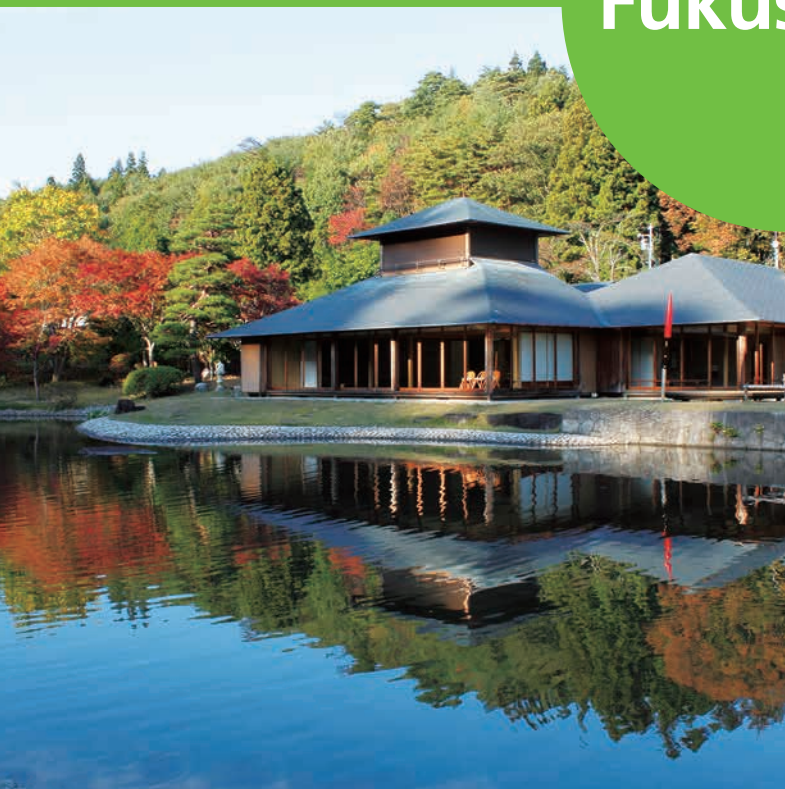


Short trip ideas for after meetings and events

# Beyond Tokyo



Fukushima



About Tokyo  
<https://abouttokyo.jp/>

Tokyo Tokyo Old meets New



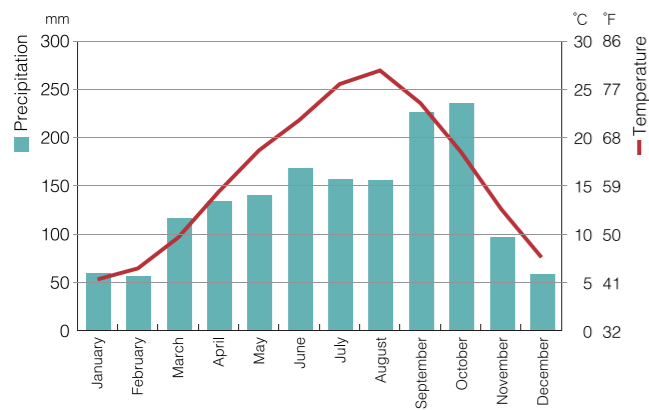
# Welcome to Tokyo!

Tokyo, one of the world's largest cities, offers a uniquely eclectic mix of traditional and contemporary attractions. Please enjoy Tokyo and beyond during your stay for a conference, meeting or business.

## Tokyo General Information

### 1. Facts

#### ■ Climate and clothing



Average Monthly Temperature and Precipitation

#### Spring (March-May)

There may be days in March when you need a heavy jacket, but the cold eases considerably in April and by May it can be warm enough for short sleeves during the day. Peak cherry blossom season runs from late March through early April.

#### Summer (June-August)

The rainy season lasts from late June through around mid-July, with frequent rain and high humidity. After the rains, July and August usher in a steady stream of midsummer heat with temperatures over 30°C, including especially hot and humid days when the temperature rises above 35°C.

#### Autumn (September-November)

The temperature can rise over 30°C even in September, but both temperature and humidity begin to fall gradually. The peak season for viewing fall foliage starts in mid-November. It is recommended to bring a heavy jacket when you come to Tokyo in November.

#### Winter (December-February)

Constant low temperatures make a jacket and coat indispensable, and it occasionally snows even in the city center.

Japan Meteorological Agency  
<http://www.jma.go.jp/en/yoho/319.html>

#### ■ Money, tipping

##### Currency

Japan uses yen (Japanese: 円, symbol: ¥, code: JPY). Coins come in 1, 5, 10, 50, 100, and 500-yen denominations while bills come in 1,000; 2,000; 5,000; and 10,000-yen denominations. As of July 2023, the exchange rate is approx. 135-140 yen to the US dollar and approx. 145-150 yen to the Euro.

##### Credit cards

International credit cards such as American Express, Visa, Diners Club, and MasterCard can be used at most banks, hotels, inns, and stores. Although not accepted at as many locations as these cards, China UnionPay can also be used. However, some stores do not accept any credit cards, so it is a good idea to have some cash on hand.

##### Cash advances (ATM)

Roughly 32,000 Japan Post Bank ATMs located throughout Japan, as well as over 26,000 Seven Bank ATMs installed in 7-Eleven convenience stores, offer cash advances for credit cards issued overseas. Most 7-Eleven convenience stores are open 24/7. Logos displayed on or near the ATMs indicate which credit cards can be used.

##### Tipping

It is not necessary to tip for service in Japan at places such as restaurants, bars, taxis, airports and hotels. However, hotels and some restaurants indicate an additional service charge on their bills or menus, respectively.

#### ■ Cashless payment

In accordance with government policy, cashless transactions are promoted in large stores, restaurants, and shopping malls and can be used in many independent stores.



#### ■ Free Wi-Fi

From cafés to train stations to airports, an increasing number of locations in Tokyo offer high-speed Internet connection via free Wi-Fi. Wi-Fi logos are displayed where services are available.

##### Japan Connected: Free Wi-Fi

Wi-Fi hotspot guide <http://www.ntt-bp.net/jcfw/use/index.html>

##### TOKYO FREE Wi-Fi

Free Wi-Fi Guide <http://www.wifi-tokyo.jp/>



#### ■ Electricity

Voltage in Japan is 100 V, while frequency varies by location: 50 Hz in eastern Japan including Tokyo and 60Hz in western Japan. A 2-flat-pin type socket is used.

#### ■ Smoking

In Tokyo, smoking is prohibited indoors at restaurants, drinking establishments, accommodations and other facilities used by many people, and only permitted in dedicated smoking rooms inside buildings (effective from April 2020). Smoking is also prohibited outdoors – on the streets and in parks in some areas of Tokyo. Please smoke in designated areas only.

#### ■ Language

Japanese is the official language of Japan and English is widely spoken in Tokyo. Information desks at various facilities are often staffed with people who can speak English.

#### ■ Visa

Japan has a visa waiver agreement with 69 countries and regions, under which delegates can enter the country for a short-term stay simply with their valid passport. (as of April 2nd, 2023)

For more information, please visit the website of the Ministry of Foreign Affairs of Japan:

[https://www.mofa.go.jp/j\\_info/visit/visa/short/novisa.html](https://www.mofa.go.jp/j_info/visit/visa/short/novisa.html)

## 2. Getting There & Exploring the City

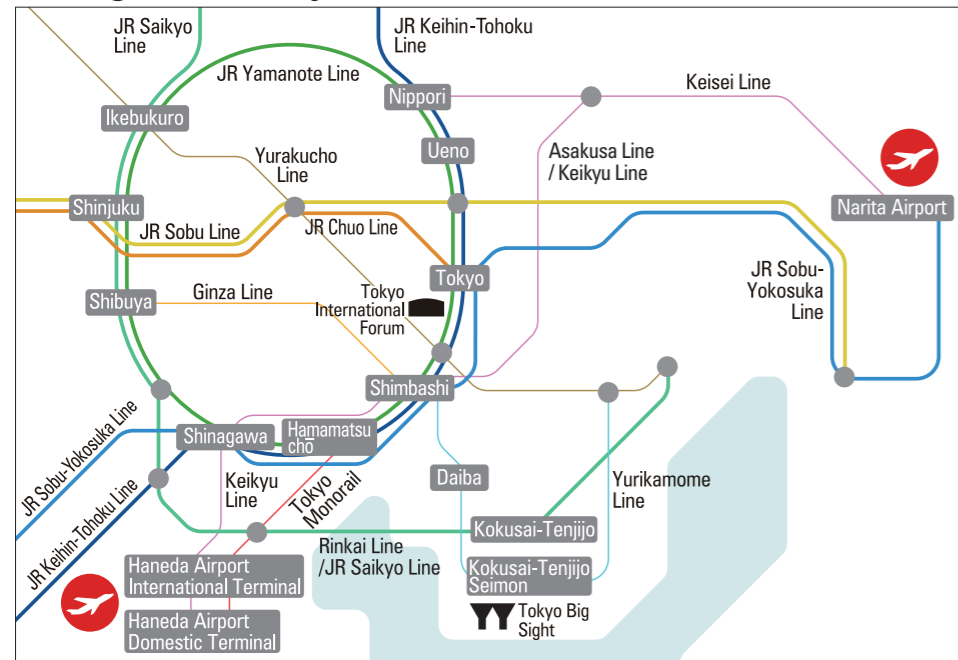
#### ■ Transportation / Airport

A well-developed transportation network allows easy and convenient movement in and around the city, so you can come and go almost anywhere just by trains, subways or buses.

##### Average Time to Key Destinations from Airports



## Getting around Tokyo



A network of train lines operated by JR East Japan and the subway lines of Tokyo Metro and Toei link stations around Tokyo. Symbols and signage at the stations are multilingual in English, Korean and Chinese. Train timetables are located on the platforms and are very reliable since trains in Tokyo run on time.



### ■ Suica and PASMO cards

Smart cards Suica and PASMO can be used on almost all rail and bus lines in the Tokyo metropolitan area, and are also accepted by a growing number of taxis. Suica IC cards are available for purchase at JR stations. Welcome Suica cards which require no deposit and expire in 28 days are also available. PASMO cards are available at subway, private railway stations or bus depots. You can also use these cards for shopping as electronic money at an increasing number of registered shops.

#### Suica

<https://www.jreast.co.jp/e/pass/suica.html>

#### PASMO

<https://www.pasmo.co.jp/visitors/en/normalpasmo>

### ■ Taxis

In addition to queuing for a taxi at a taxi stand, you can also flag down an unoccupied taxi on the street by raising your hand. The taxi's rear left-side door will open for you automatically, so there is no need to open it for yourself. Fares are paid at the conclusion of the ride, but some taxis cannot accept smart cards or credit cards, so be sure to check before you get in.

### ■ Taxi fares

In Tokyo's 23 wards, Musashino city and Mitaka city, taxi fares have been raised to reflect improvements in working conditions and an increase in fuel costs. The starting fare is now 500 yen for the first 1.052km, beyond which 100 yen is charged for each additional 255 meters.



## 3. Shopping & Eating

### ■ Shopping

There are countless opportunities for you to shop for beautiful and innovative products including exquisite green teas, traditional sweets, attractive lacquerware, textiles, fashion and state-of-the-art electronic products Japan is famous for.

### ■ Eating

Washoku, or authentic Japanese cuisine, including globally popular sushi and tempura, has been designated by UNESCO as an Intangible Cultural Heritage. There are plenty of restaurants in Tokyo and the most Michelin stars in the world. The exquisite quality and variety of dishes, from washoku to world cuisine, make for an unforgettable experience. You can even try an Izakaya (local pub) for Japanese beer and yakitori (grilled chicken on a skewer) just as the locals do.

## 4. Things to Do & See

### ■ City Tour: Asakusa

This location is home to one of the most popular tourist spots in Tokyo, Tokyo Skytree Town®, which has the world's tallest free-standing broadcast tower. The area around the tower is complete with shopping and entertainment facilities. In contrast to the cutting-edge tourist attractions, atmospheric Sumida and Oshiage are crowded with people enjoying the sights of *shitamachi* areas, the traditional commercial and working class neighborhoods of Tokyo. Just across the Sumida-gawa river is the district of Asakusa, where you will find the Kaminari-mon gate with its huge red lantern, and the Senso-ji Temple, both landmarks from the old days. Have a pleasurable experience shopping at the shopping streets including Nakamise, visiting sightseeing spots in a rickshaw, or enjoying the cherry blossoms during spring and fireworks in the summer.

### ■ City Tour: River Cruise

Tokyo offers a diversity of cruise types, from regular services convenient for sightseeing and traveling, to one-off services paired with seasonal events, and even yakatabune services featuring meals and shows. Select the ideal cruise to enjoy according to purpose or situation.

### ■ Cultural Program: Dress in Kimono/Yukata

Kimono, the beautiful national costume of Japan also called *wafuku*, literally meaning "Japanese-style clothing," has won popularity beyond its birthplace. The garment is made with various materials, such as cotton and silk, and in different styles for different purposes, from formal to casual. Few people dress in kimono on a daily basis today, but the gown remains essential to traditional Japanese culture and is worn on special occasions like weddings and New Year celebrations. Yukata is a variant of the kimono made with a lighter fabric. The stylish gown comes in diverse colors, patterns, and materials. And compared to the kimono, it's easier to put on.

Both kimono and yukata give the wearer a taste of Japan. Although it's possible to dress yourself, professional services are available, too. It's worth creating the opportunity to have a photograph taken or stroll the streets of Tokyo wearing a kimono or yukata.

### ■ A Different Flavor of Cultural Program: Sake Tasting

Tokyo also has an exceptional variety of local Japanese rice wine brands, better known as "sake." For a real taste of Tokyo enjoy a sake brewery tour with sake tasting in Ome or Higashimurayama, in the western part of Tokyo. The sake brewery Ozawa Shuzo in Ome offers spectacular views of the surrounding mountains and valleys from its beautiful location. Sawanoi, one of their signature brands, is popular for its clean, crisp flavor and refined aroma. Toshimaya Shuzo is another well-known sake brewery in Higashimurayama, established in 1596. Their signature sake Kinkon, which has won numerous awards, is dedicated to Meiji Jingu and Kanda Myojin Shrines as their sacred sake.



## 5. Useful Links

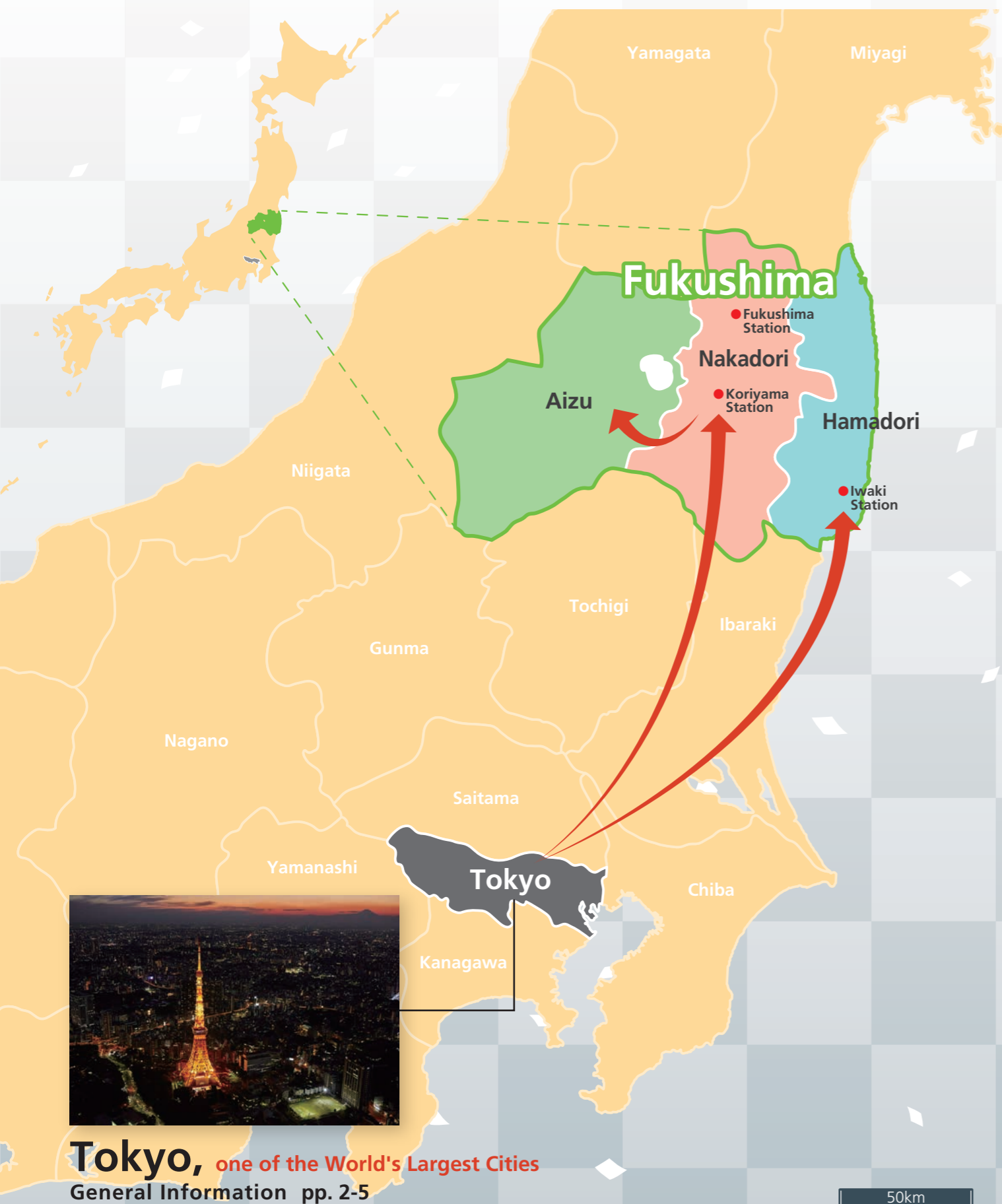
#### JAPAN: The Official Guide

Official website of the Japan National Tourism Organization <https://www.japan.travel/en/>

#### Official Tokyo Travel Guide: Go Tokyo

Official tourism website of the Tokyo Metropolitan Government <https://www.gotokyo.org/en/>

# Short Trip Ideas for after Meetings and Events: Fukushima



**Tokyo, one of the World's Largest Cities**  
General Information pp. 2-5

## About Fukushima

Fukushima is the third biggest prefecture in Japan. The prefecture is located in Tohoku, which is the northern region of Japan's main island. Mountain ranges separate Fukushima into 3 areas: **Aizu** (historic area to the west), **Nakadori** (central transport hub of the prefecture) and **Hamadori** (eastern area overlooking the ocean).

## Getting from Tokyo to Fukushima

- Tokyo Station ▶ Fukushima Station: **1 h 30 min** (via JR Tohoku Shinkansen)
- Tokyo Station ▶ Koriyama Station: **1 h 20 min** (via JR Tohoku Shinkansen)
- Tokyo Station ▶ Iwaki Station: **2 h 30 min** (via the JR Joban Line's Hitachi-Tokiwa Ltd. Express Service)

## Short Trip ideas



**Experience the Samurai Spirit**  
pp. 8-9



**Hope Tourism in Fukushima**  
pp. 10-11



**Food and Reconstruction**  
pp. 12-13

## Interviews with people in Fukushima



**Aizu's Samurai Spirit**  
p. 14

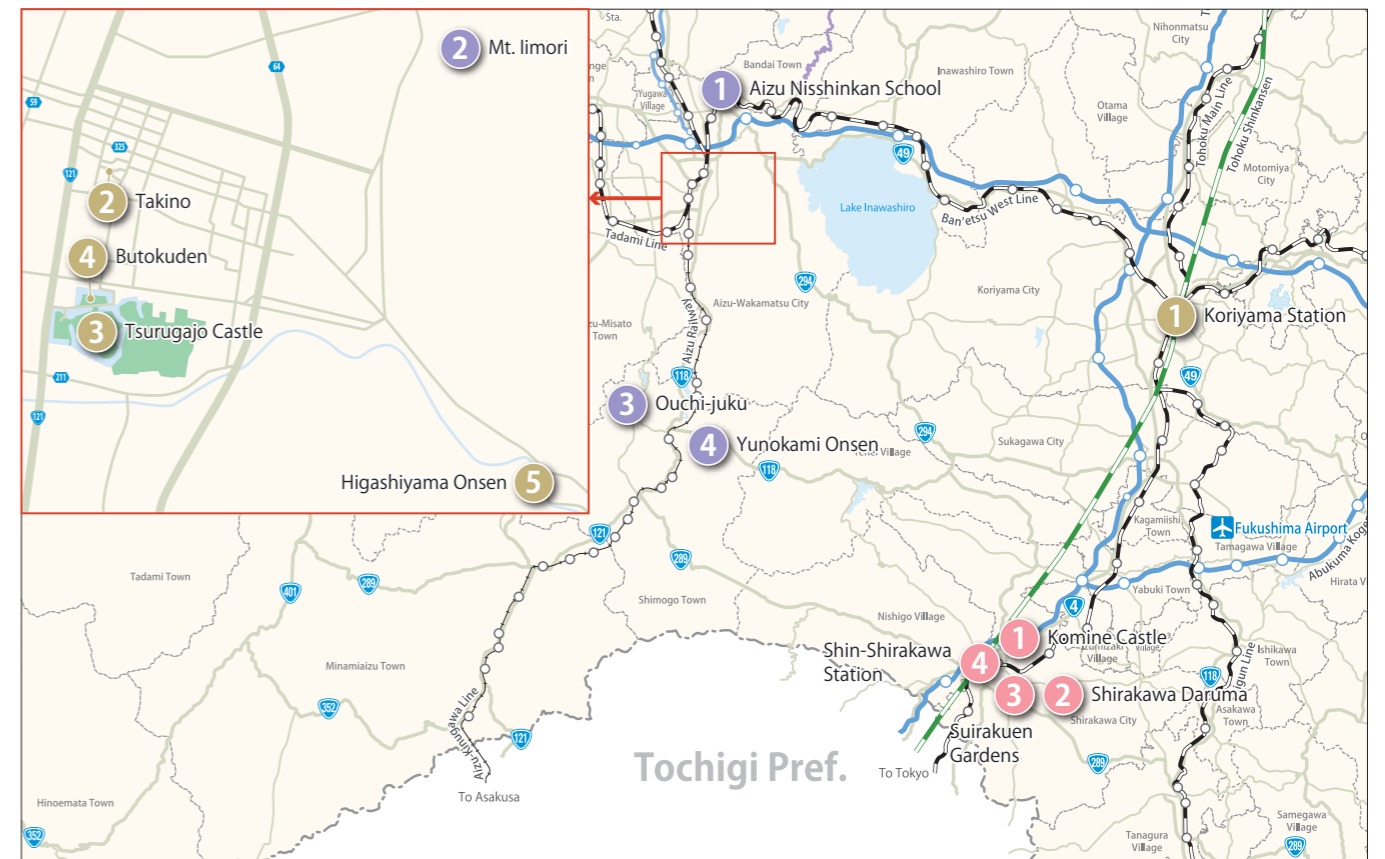


**Hope Tourism**  
p. 15

# Experience the Samurai Spirit

Did you know, the samurai defeat at the Battle of Aizu in Fukushima marked the end of the samurai era? Learn about Fukushima's history, try your hand at martial arts studied by samurai, and get a taste for life during the samurai era.

This itinerary is designed for groups traveling via charter bus. Those not traveling as part of a group should rent a car or use public transportation to follow this suggested itinerary. Renting a car in particular for the 3rd day of the tour is recommended.



## Suggested Itinerary

### DAY 1

**1 Koriyama Station** → **2 Takino (Restaurant)** (Lunch, 70 min bus) → **3 Tsurugajo Castle** (Sightseeing, 10 min bus) → **4 Butokuden (Martial Arts Training Hall)** (Activity, 5 min bus) → **5 Higashiyama Onsen (Hot Spring / Accommodations)** (Activity, 10 min bus)

### DAY 2

**Higashiyama Onsen** → **1 Aizu Nisshinkan School (Samurai School)** (Sightseeing, Activity, 25 min bus) → **2 Mt. Iimori** (Sightseeing, 10 min bus) → **3 Ouchi-juku (Edo Period Post Town)** (Sightseeing, Shopping, Lunch, 45 min bus) → **4 Yunokami Onsen (Hot Spring / Accommodations)** (20 min bus)

### DAY 3

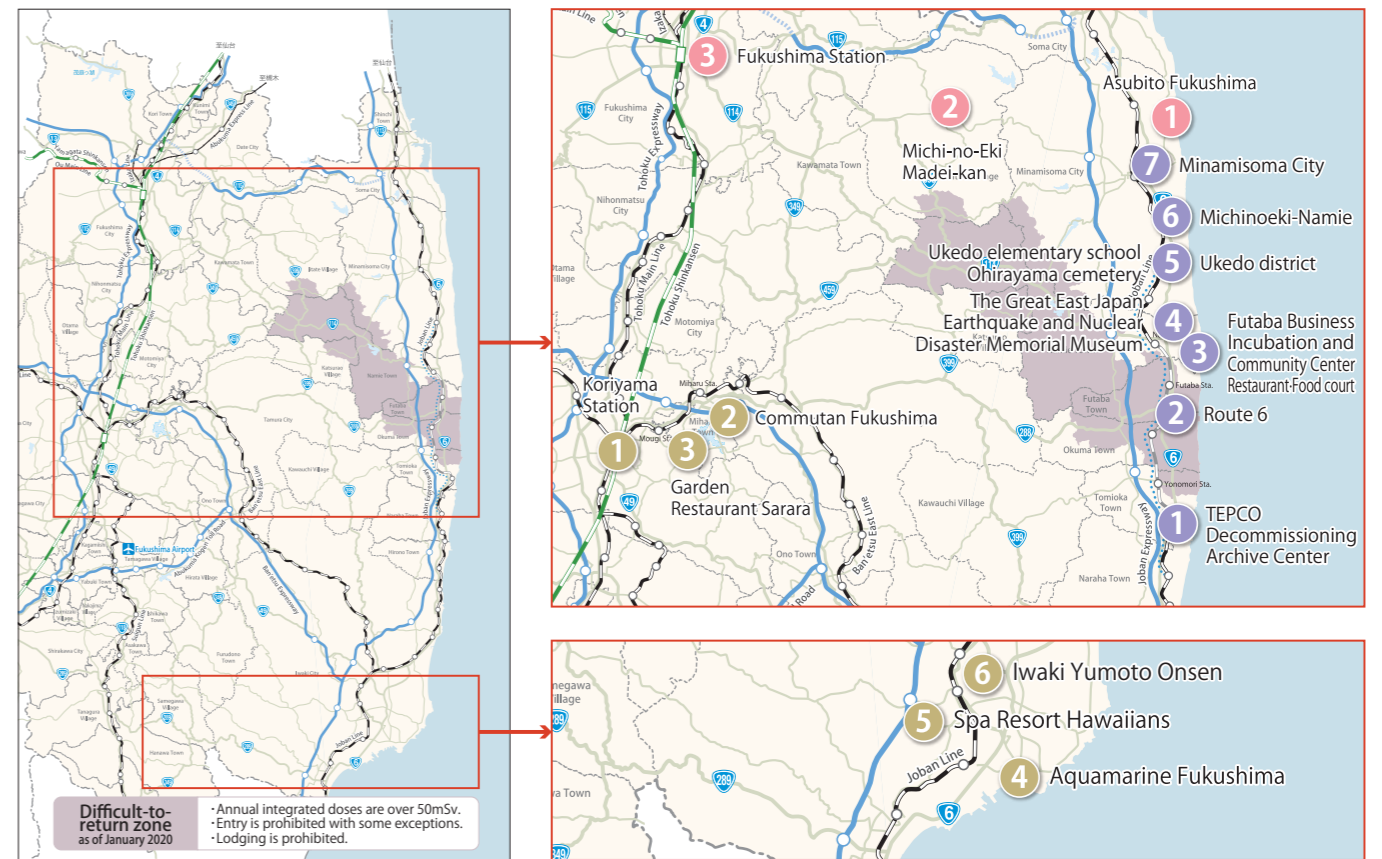
**Yunokami Onsen** → **1 Komine Castle** (Sightseeing, 60 min bus) → **2 Shirakawa Daruma (Shop)** (Sightseeing, Activity, Shopping, 5 min bus) → **3 Suirakuen Gardens (Japanese Gardens)** (Sightseeing, 5 min bus) → **4 Shin-Shirakawa Station** (15 min bus)



# Hope Tourism in Fukushima

An in-depth study tour of Fukushima Prefecture – the only place in the world to have experienced an earthquake, tsunami, nuclear disaster, and the consequent reputational damage all at once. Learn about the reconstruction efforts to date, and the challenges that are yet to come (interpreting guide needed).

This itinerary is designed for groups traveling via charter bus. Those not traveling as part of a group should rent a car or use public transportation to follow this suggested itinerary.



## ■ Suggested Itinerary

### DAY 1

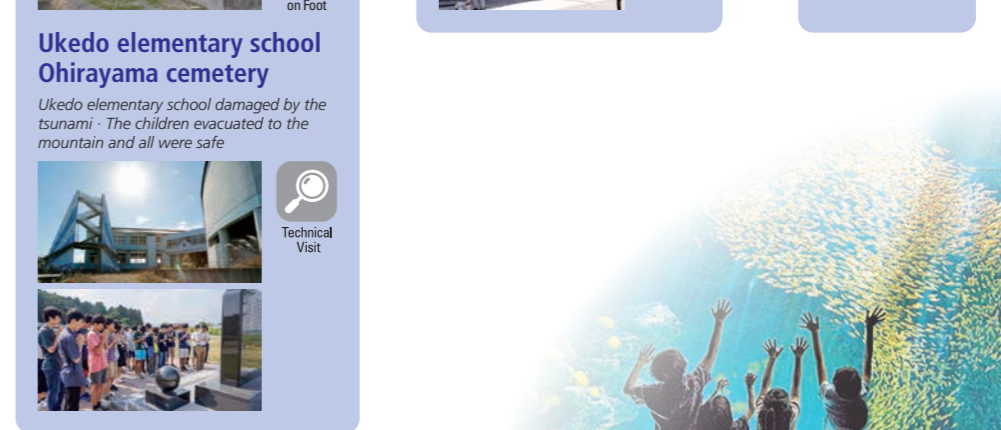
<b>1</b> <b>Koriyama Station</b> 30 min	<b>2</b> <b>Commutan Fukushima</b> <i>Learn basic information about the disaster through exhibitions and videos.</i> 	<b>3</b> <b>Garden Restaurant Sarara</b> <i>Enjoy a buffet spread made from local produce.</i> 	<b>4</b> <b>Aquamarine Fukushima</b> (Fukushima Ocean Science Museum) <i>Badly damaged in 2011 by the tsunami, this aquarium is now a symbol of recovery.</i> 	<b>5</b> <b>Spa Resort Hawaiians</b> <i>The hula show, popular now as ever, was able to bring joy to people after the disaster.</i> 	<b>6</b> <b>Iwaki Yumoto Onsen</b> (Hot Spring / Accommodations) 15 min
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### DAY 2

<b>Iwaki Yumoto Onsen</b> 60 min	<b>1</b> <b>TEPCO Decommissioning Archive Center</b> <i>Get an overview of the nuclear disaster and the decommissioning efforts that have followed.</i> 	<b>2</b> <b>Route 6</b> <i>Pass streets frozen in time, where barricades still block entrance to homes and shops</i> 	<b>3</b> <b>Futaba Business Incubation and Community Center Restaurant · Food court</b> 30 min	<b>4</b> <b>The Great East Japan Earthquake and Nuclear Disaster Memorial Museum</b> 10min	<b>5</b> <b>Ukedo District</b> <i>Area heavily damaged by both the tsunami and nuclear disaster.</i> 	<b>6</b> <b>Michinoeki-Namie</b> <i>Michinoeki Namie, which opened in August 2020, is a place where you can shop, eat, and take a break.</i> 	<b>7</b> <b>Minamisoma City</b> 30 min
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### DAY 3

<b>Minamisoma City</b> 10 min	<b>1</b> <b>Asubito Fukushima</b> <i>Organization fostering talented individuals to lead the way for future Fukushima reconstruction.</i> 	<b>2</b> <b>Michi-no-Eki Madei-kan</b> (Roadside Rest Area) <i>Roadside Rest Area opened as a base for regional revitalization.</i> 	<b>3</b> <b>Fukushima Station</b> 60 min
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# Food and Reconstruction

Learn about research and reconstruction efforts conducted by the departments of agriculture and fisheries, following the nuclear disaster of March 2011. You can also learn about the various food-related initiatives employed by Fukushima Prefecture to guarantee the safety of locally-produced food (interpreting guide needed).

This itinerary is designed for groups traveling via charter bus. Those not traveling as part of a group should rent a car to follow this suggested itinerary. Please note that Fukushima Prefectural Fisheries and Marine Science Research Centre and Fukushima Agricultural Technology Centre must be visited as part of a group tour.





## ■ Suggested Itinerary

### DAY 1

<p><b>1</b> Iwaki Station</p> <p>30 min</p>	<p><b>2</b> Fukushima Prefectural Fisheries and Marine Science Research Centre</p>  <p>Technical Visit</p> <p>5 min</p>	<p><b>3</b> Iwaki Lalamew (Fish Market)</p>  <p>Lunch</p> <p>Shopping</p> <p>40 min</p>	<p><b>4</b> Wonder Farm</p>  <p>Technical Visit</p> <p>Activity</p> <p>Shopping</p> <p>80 min</p>	<p><b>5</b> Bandai Atami Onsen (Hot Spring / Accommodations)</p> 
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### DAY 2

<p>Bandai Atami Onsen</p> <p>30 min</p>	<p><b>1</b> Fukushima Agricultural Technology Centre</p>  <p>Technical Visit</p> <p>20 min</p>	<p><b>2</b> Garden Restaurant Sarara <i>Enjoy a buffet spread made from local produce.</i></p>  <p>Lunch</p> <p>Explore on Foot</p> <p>Shopping</p> <p>20 min</p>	<p><b>3</b> Commutan Fukushima <i>Learn basic information about the disaster through exhibitions and videos.</i></p>  <p>Technical Visit</p> <p>45 min</p>	<p><b>4</b> Koriyama Station</p>
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# Interviews with people in Fukushima

## Aizu's Samurai Spirit

During the Edo Period, the Tokugawa shogunate ruled Japan from Edo, the former Tokyo. In Fukushima lived the Aizu Clan, who were trusted deeply by the Tokugawa rulers. During the Boshin Civil War 150 years ago, the Aizu samurai fought loyally for the Tokugawa Shogunate.

### ■ Aizu & the samurai code

Were they simply fighting out of obligation towards Tokugawa? Some say their resilience came from samurai spirit.

Takahiro Iwasawa from Nisshinkan School talks about Aizu's samurai spirit. For Iwasawa, the samurai spirit of the Aizu people during the Boshin War is rooted in the education received at schools like Nisshinkan.

"Nisshinkan was founded to enable the Aizu Clan to flourish, through raising future generations of samurai. A broad-ranging curriculum spanning literary and military study enabled Nisshinkan to produce countless talented individuals, leading to its reputation as the best clan school in Japan."

We often think of samurai solely as warriors, but, as Iwasawa explains, "Samurai did fight. But they also set examples for those around them about how to behave towards others." The Ju no Okite Code was integral to Aizu Clan education. It consists of 7 promises, and 1 proverb: "Naranu koto ha naranu mono desu" ("what is wrong, must not be done"). This proverb sheds light on the determination of samurai during the Boshin War. Aside from academic subjects, students studied combat-related activities, including horsemanship, gunmanship, and martial arts like kendo and kyudo (Japanese archery).

"Martial arts gave students a deep understanding of etiquette and courtesy, which is essential to samurai culture. Practice always begins and finishes with a bow, to show gratitude for the opportunity to practice."

### ■ Experience real samurai history

Iwasawa teaches visitors the basics of kyudo at Nisshinkan, and asks that visitors start and finish the experience with a bow.



"The kyudo experience isn't just shooting arrows; it's trying what samurai actually studied."

Nisshinkan visitors can be sure their Japanese culture experiences are authentic: "Whether it's kyudo, tea ceremony, or zazen meditation, visitors can have fun while being taught by experienced teachers."

While greatly respected, samurai education had a darker side. During the Boshin War, a group of teenage samurai belonging to a brigade called the Byakkotai tragically took their own lives on Mt. Iimori.

Iwasawa explains, "These 19 boys, who chose their fate upon seeing their castle in flames, were students at Nisshinkan."

This event, and the sense of honor that led to it, was tragic. However, Iwasawa believes we have much to learn from certain aspects of samurai spirit, even today.

### ■ Passing on the legacy

"Samurai spirit teaches us how to live lives full of consideration for others, that positively influence those around us."

In fact, a modified version of the Ju no Okite Code is taught to current-day Aizu students. As Iwasawa puts it, "The samurai spirit of thoughtfulness and integrity lives on in new generations."

Nisshinkan, faithfully reconstructed in the 1980s, is the only remaining complete clan school facility in Japan.

It continues to be an important symbol for the Aizu people, and should not be missed during your trip. Experience the Aizu samurai spirit yourself at this incredible place.



Takahiro Iwasawa,  
Nisshinkan School

## Hope Tourism

March 11 2011 was the day of the Great East Japan Earthquake. Fukushima Prefecture is the only place in the world to experience an earthquake, tsunami, nuclear disaster, and subsequent reputational damage, all at the same time. Despite this, Fukushima Prefecture is full of people looking forward, holding onto hope, and fighting for a bright future, regardless of the hardships they face.

### ■ What is Hope Tourism?

Hope Tourism is a project started in Fukushima Prefecture, which runs educational trips allowing participants to reflect on learning from the disaster and overcoming challenges in the face of adversity. This is achieved through its participants seeing the current state of Fukushima with their own eyes, and meeting people working tirelessly for a bright future.

William McMichael of Fukushima University, who is involved in the project and in training interpreting guides, spoke to us about Hope Tourism.

"The year after the disaster, I started inviting students from abroad to Fukushima University as part of a fieldwork program (Fukushima Ambassador Program). Students would visit various areas in the prefecture and interact with local people. Program participants always return home as Fukushima fans. This is true of Hope Tourism participants too. Ignorance breeds misunderstanding, but knowledge allows understanding and connection."

### ■ The 3 pillars of Hope Tourism

Hope Tourism has 3 main pillars: "Seeing," "Listening," and "Reflection."

"Scenes of broken buildings, streets abandoned during evacuation orders, and piles of huge, black bags leave deep impressions on visitors. But seeing these shocking aspects of Fukushima allows visitors to fully understand and reflect on the strength of its people when listening to their stories." The nuclear disaster has led to prolonged reconstruction work in Fukushima. Some areas have remained unchanged since March 11 2011, whereas confident steps towards reconstruction are being taken in many other areas.



Tour participants can see firsthand the real situation in Fukushima, something not always accurately conveyed on television or online.

"The most important thing is talking to local people; listening to their stories and learning about what motivates them. Just visiting these areas alone doesn't afford you the ability to uncover the stories that live here."

This act of connecting visitors with people involved in local reconstruction efforts is at the heart of Hope Tourism.

McMichael continues, "I think 'Expressing & Connecting' can be added as the 4th pillar of Hope Tourism – a pillar of hope."

Participants discover hope in the places they visit, and, in turn, local people feel hope through their interactions with participants.

### ■ Participating in a Hope Tourism tour

Hope Tourism has organized school trips, staff training tours, area observation tours, and more, to fit the needs of participants.

"Science and Engineering, Radiology, Psychology, Sociology... no matter your academic background, there is much to learn from the people of Fukushima Prefecture."

Lastly, McMichael smiles and says, "Fukushima Prefecture is home to the story of the Akabeko; a cow that brings good fortune in times of need. When tour participants come and see Fukushima with their own eyes, learn from local people, and share what they learn with those close to them, they will become a beacon of hope for the people of Fukushima, like the story of the Akabeko cow."



Prof. William McMichael,  
Fukushima University



\*Please note, it is necessary to book appointments with local guest speakers in advance.



Short trip ideas for after meetings and events

# **Beyond Tokyo**

All information in this booklet is as of July 2023 unless otherwise stated.

**Tokyo Convention & Visitors Bureau**