


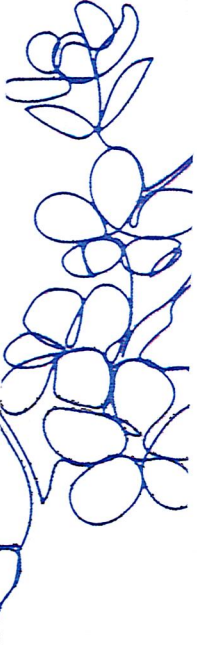


TRAVEL GUIDE
JAPAN

A guide detailing what to pack, phrases to learn, where we are going and what we are doing.

MARCH, 2024





Bottoms: Shorts (especially Chino) and skirts are staples in the spring, but when in doubt err on the side of modesty. It is not uncommon to see Japanese women dressed in ankle length skirts, but thigh/knee length will not be out of place either. Dresses are also a suitable option, but see below about shoulder coverage. Jeans are more common amongst younger people, but still less common in the country overall. If you decide to bring jeans, make sure they are free of rips. Japanese people tend to frown on ripped/dirty appearing clothing. Another big no-no is athletic wear; tights/leggings are only worn under a skirt, never as "pants".

Tops: In rural Japan and sacred sites (temples, shrines, etc.) it is viewed as disrespectful to show your shoulders. If you plan on sporting tank tops, bring a sweater to layer over, as even some stores/restaurants will turn you away if dressed "inappropriately". To avoid this altogether, t-shirts and blouses are a safe bet. For guys, collared shirts are more common (think polo and button-ups), but t-shirts are acceptable. For layering, a crew neck sweater is perfect when the weather turns chilly.

Jackets: We will likely see rain during our trip so be sure to pack a lightweight raincoat. If you don't fancy packing around a jacket, an umbrella is a good alternative and good quality ones can be bought for cheap at most stores/convenience stores in Japan.

ITINERARY

Day 1: *Flight*

Day 2: *Arrive in Tokyo, check into our hotel*

Day 3:

Rikugi-en Garden Visit

Completed in 1702 at the request of the Shogun. These gardens depict 88 scenes from six classical Chinese poems.

Fukiage Chaya Tea House

Located in Rikugi-en Garden, this traditional tea house offers great views of the pond and serves high quality jo-namagashi and matcha green tea.

Akihabara Electric Town

Also known as Akiba after a former local shrine, this district is home to electronics stores, anime & manga. You'll also find many stores dedicated to retro gaming!



Day 5 Continued:

Harajuku District

The center of Japan's most extreme teenage cultures & fashion styles, the focal point being Takeshita Street, lined with trendy shops, boutiques, and crepe stands.



Day 6:

Hakone: Lake Ashi Cruise

A small town in Fuji-Hakone-Izu National Park. Lake Ashi was formed in the caldera of Mt. Hakone after its last eruption 3,000 years ago. During clear days the lake offers views of Mt. Fuji.

Mount Komagatake

A lava dome formed during a Mt. Hakone explosion 40,000 years ago. About 2,400 years

ago a shrine was built at the top and in more recent years, a resort.



Day 9:

Nara Park

Established in 1880 Nara Park has over 1,000 deer, considered "Messengers of the Gods". You can buy deer crackers to feed them, but take care not to tease them, if they think you are withholding food they can become aggressive.

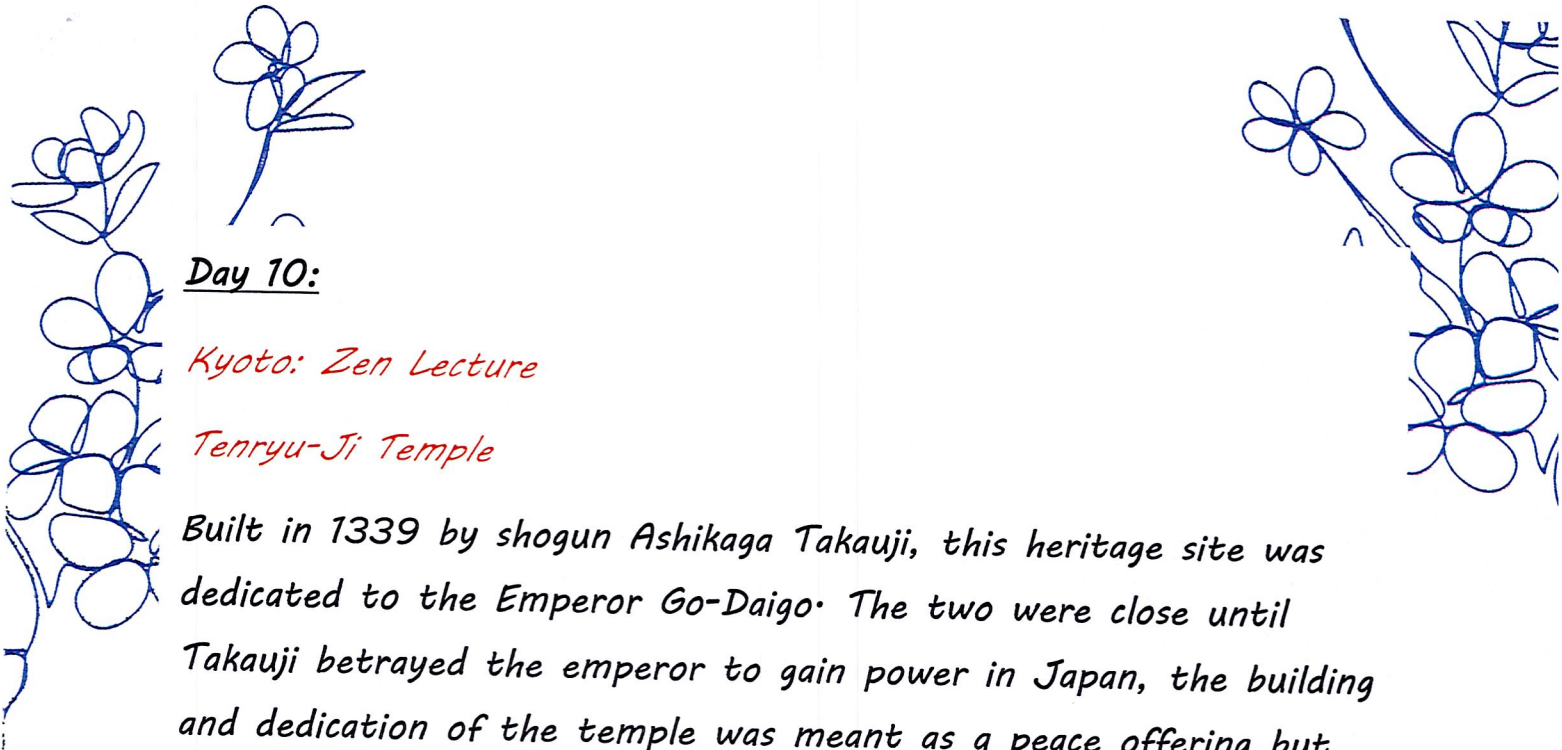
Todai-ji Temple

Japan's most historically significant temple, it was constructed in 752. As the head Buddhist temple, it boasts a 15m tall golden Buddha inside. The capital of Japan was moved away from Nara partly to disrupt the influence of this temple on government affairs.

Kasuga Grand Shrine

Nara's most celebrated shrine and responsible for protecting the city, Kasuga is the tutelary shrine of the Fujiwara family, the most powerful family during the Nara and Heian periods. It is most famous for the hundreds of bronze lanterns donated by worshippers.





Day 10:

Kyoto: Zen Lecture

Tenryu-Ji Temple

Built in 1339 by shogun Ashikaga Takauji, this heritage site was dedicated to the Emperor Go-Daigo. The two were close until Takauji betrayed the emperor to gain power in Japan, the building and dedication of the temple was meant as a peace offering but the Emperor died before its completion. It acts as the head temple of the Tenryu-ji Zen Buddhists.

Arashiyama Bamboo Grove

Found in the Arashiyama district just west of Kyoto, this area was enjoyed by nobles throughout history for its natural beauty. The bamboo groves are a winding path through a tall bamboo forest. The bamboo has been used locally to produce baskets, mats and boxes for centuries.



USEFUL PHRASES TO KNOW

Phrases

こんにちは

Konnichiwa
Hello

さようなら

Sayonara
Goodbye

ちょっと

Chotto
No

はい

Hai
Yes

ください

Kudasai
Please

すみません

Sumimasen
Excuse me

...をください

... okudasai
I'd like...

いくらでか

ikura des ka
How much is this?

ありがとう

Arigato
Thank you

どうぞ

Dozo
Here you go

どうも

Domo
Thank you
(When receiving something)

いただきます

Itadakimas
Enjoy the meal

ごちそうさま

Gochisoosama
Thanks for the meal

これは。。。ですか

Kore wa ... des ka
Does this have ... in it?

英語ははなせますか

Eigo wa hanasemas ka
Do you speak English?

にく

Niku
Meat

さかな

Sakana
Fish

ナッツ

Nattsu
Nuts

貝

Kai
Shellfish

分かりません

Wakarimasen
I don't understand

トイレはどこですか

Toire wa doko des ka
Where is the bathroom?