



lonely Planet

JAPAN



Program

**Background
information**

Willems

Food Guide

lonely KOers

JAPAN



KOers International Study Trip 2018 - JAPAN

GENERAL

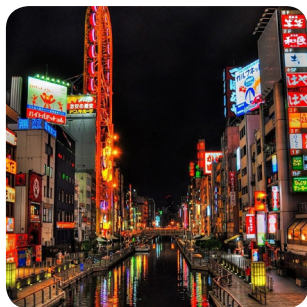
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Fire Brigade 119

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Introduction

KOnnichiwa KOers Members,

Welcome to the land of the rising sun, Japan! In this Lonely KOers guide you will find vital information about the International Study Trip 2018.

You can read all about the cities we will visit, the buildings we will

see, the locations we will discover, the results of the case studies made by yourself and your fellow participants, and detailed information about Japanese culture and food.

We wish you a pleasant trip!

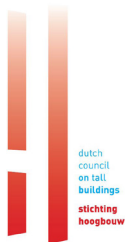
The IST committee

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This Study Trip is made possible with help from our partners:

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CONTINU 
Detachering en Werving & Selectie

HOSTEL INFORMATION

Below the information of the hostels we will be staying in is provided.

OSAKA

Hatago Ao
553-0003 Osaka
Fukushima-ku Fukushima
2-8-15



NAGOYA

Nagoya Travellers hostel
460-0008 Nagoya Naka
Ward Naka-ku Sakae
4-8-10



TOKYO

Imano Tokyo Ginza hotel
104-0041 Tokyo Chuo
Ward Chuo-ki Shintomi
1-5-10





Program

Friday

July 13th

- 07:00 Gathering at Schiphol Airport
- 10:25 Flight LO 266
- 15:10 Flight LO 079

Saturday

July 14th

- 08:40 Arrival Narita Airport
- 09:10 Collecting luggage & customs
- 11:15 Travel to Tokyo
- 12:30 Lunch at Tokyo Station
- 13:30 Travel to Osaka
- 16:45 Check-In
- 18:00 Dotonbori River

Sunday

July 15th

- 09:00 Departure to Kyoto
- 09:30 Kyoto Station Area
- 11:30 Inari-shrines
- 16:45 Gion district

Monday
July 16th

08:40 Departure to Kobe

09:30 Akashi Kaikyo bridge



12:00 Lunch

12:55 Rokko Mountain

18:00 Meriken Park

20:30 Departure to Osaka

Tuesday
July 17th

07:30 Departure to Nara

09:00 Nara Park & Tada-ji Temple



11:40 Departure To Osaka

13:00 Takenaka

13:00 Lecture

14:00 Abeno Harukas

16:00 Umeda Sky Building

17:30 End of tour

17:15 Food

18:30 National Art Museum



20:00 Namba Parks

This program is subjected to change

Wednesday**July 18th**

- 07:45 Check-Out
 08:10 Departure to Nagoya
 Luggage drop at hostel
 11:15 Nagoya Station Area
 14:00 Takenaka
 14:00 Lecture
 15:00 Nagoya City Science Museum
 16:30 End of tour
 17:15 Check-In


18:30 Nagoya TV Tower & Oasis 21 

Thursday**July 19th**

- 07:45 Check-Out
 08:00 Departure to Tokyo
 Luggage drop at hostel
Check-In will be done by committee later this day
 13:00 Arup
 Lecture on Aearthquake design
 15:20 Mode Gakuen Tower
 16:45 Yoyogi Park
 18:30 Shibuya Crossing

Friday**July 20th**

- 09:30 Departure hostel
 10:30 Tokyo Dome
 11:15 Koishikawa Korakuen Garden
 13:15 Senso-ji Temple

17:00 Tokyo Skytree 

Saturday**July 21th**

- 09:30 Departure hostel
- 09:45 Tokyo International Forum
- 10:30 Imperial Palace & Park
- 13:00 Departure to Tokyo University
- 15:00 Tokyo University
 - 15:00 *Lecture research and projects*
 - 15:45 *Presentation by Japanese students*
 - 16:05 *Presentation by Dutch students*
 - 16:30 *Campus tour*
 - 17:30 *End of tour*

Sunday**July 22th**

- 09:30 Departure hostel
- 10:30 Toranomon Hills
- 11:30 Tokyo Tower
- 13:00 Odaiba Island

Monday**July 23th**

- 05:45 Check-Out
- 06:00 Transfer to Narita Airport
- 10:25 Flight LO 080
- 16:45 Flight LO 267
- 19:00 Arrival Schiphol
- 19:30 Collecting Luggage & customs
- 20:00 Last goodbyes
- 20:15 End of Studytrip

This program is subjected to change

Welcome to Japan

Since the 11th of March 2011, one cannot talk about or consider visiting Japan without thinking of the devastating earthquake and tsunami that struck northeast Japan. Yet, rather than focus on the immediate horrors and lingering fears of the tragedy, one should focus on the beauty and accessibility of Japan today. One should note how the Japanese people, resilient and steadfast, behaved after the waters receded: they gathered calmly in evacuation shelters, set off bravely on rescue missions and began the task of rebuilding.

Every image from those first weeks reflects some of the culture's highest virtues: the ability to

gambaru (do their best) and gaman (bear suffering without complaint). They also capture the famous Japanese thoroughness and civility. This spirit will allow the Japanese people to rebuild northern Japan faster than anyone expects. And it is this very same spirit that makes travelling to Japan such a joy.

Do not avoid Japan because of fear of natural disasters. The March 2011 disaster was of once-in-a-lifetime proportions, and even at the peak of the crisis most of Japan was perfectly safe for travel.

Japan is wide open for travel, the perfect time to go - and to celebrate Japan and its people - is now!



Top 10

Castles

10 Japan's castles are relics from its feudal past, filled with sword-wielding samurai, whisper footed ninja and all-powerful shoguns. The curved roofs of the castle's keeps, often stacked multiple storeys, are characteristic of traditional Japanese architecture. The castles are made of wood, but may sit atop foundations of enormous stones.

Heijo Palace, Nara



Daibutsu, Nara

9 The great buddha of Nara, or Daibutsu, is a 15 meter-tall bronze Buddha statue which was firstcast in the 8th century, at the dawn of the Japanese empire. The statue is among the largest gilt-bronze effigies in the world and the temple that houses it, Tōdai-ji, is among the world's largest wooden structures.

It is difficult to describe the statue without using superlatives: it is simply awesome!

Japanese cuisine, -

8 One of the joys of visiting Japan is experiencing the true breadth of the countries cuisine. Sushi (raw fish on vinegar seasoned rice) may be synonymous with Japan, but travelling into the Japanese mountains, and you will find a hearty cuisine that draws from the land. You can have a superlative meal on any budget: even a humble bowl of noodles can be sublime.



Takenaka, Osaka & Nagoya

7 Being one of the largest construction companies of Japan, and active all around the world, a visit to the Takenaka offices in Japan had to be planned. With Takenaka we will visit the Osaka office together with the Umeda Sky and Habeno Harukas . With the Nagoya office we will visit the Nagoya City Science Museum.

Umeda Sky, Osaka, p.34



Shibuya crossing, Tokyo

6 Rumored to be the busiest intersection in the world (and definitely in Japan), Shibuya Crossing is like a giant beating heart, sending people in all directions with every pulsing light change.

Perhaps nowhere else says “Welcome to Tokyo” better than this. At peaktimes more than 1,000 people cross the streets at a time, coming from all directions at once, yet still managing to dodge each other with a practised, nonchalant agility.





5 Nara Kōen, Nara

5 At the base of mount Wakakusa lies Nara Kōen, or Nara park. Established in 1300, it is one of the oldest parks of Japan. Opened in 1880 to the public, the park has an area of 500 hectares. If you include the historic buildings such as the Todai-ji temple, the total area is about 600 hectares. The park is home to more than 1,200 wild sika deer, roaming freely through the park.

Shinkansen

4 Also known as the bullet train, the Shinkansen is a high-speed rail network initially built to connect distant regions with the country's

capitol. The first part of the network, the Tōkaidō Shinkansen was built in 1964 and was 615 km long.

Currently the network is 2,764 km long, where trains travel at speeds up to 320 km/h.



Inari, Kyoto

3 Possibly the most famous shrines of Kyoto. More than a thousand gates lined along a single path, photographed by millions of visitors every year.



Dotonbori, Osaka

2 One of the principal tourist destinations in Osaka, running along the Dōtonbori canal. Now a popular nightlife and entertainment area characterized by its large illuminated signboards.



Skytree, Tokyo

1 The Tokyo Skytree is the tallest structure in Japan, the tallest tower in the world and the third tallest structure in the world after the Burj Khalifa. The tower stands at a magnificent height of 634 meters. The Skytree will be the literal top of the trip.



Skytree

The Skytree was designed by architecture firm Nikken Sekkei, however in the end more than 100 architects, engineers and planners have participated in the project design. They held in mind three concepts while designing the Skytree; fusion of neofuturistic design and the traditional beauty of Japan, it was meant to be a catalyst for revitalization of the city and it had to help in disaster prevention.

To follow the design criteria, the Tokyo Skytree resembles the form of a 5-story pagoda. The base of the tower is a structure similar to a tripod, flowing into a circle at about 350 meters height. The tower then follows its circular form to about 450 meter high and is capped with an antenna

The main structure of the tower consists of steel beams. It was built as a giant tree with deep roots in the ground. Steel structures with pipe trusses are adopted to decrease weight and

not to put too much pressure on surrounding residential buildings. The middle column which is made of concrete is structurally separated from the steel structures, to help with earthquake resistance. This is similar to the pagodas. The column is attached to the first 125 meters of the steel structure and for the remaining 375 meters it is attached to the tower with oil dampers, which act as cushions during an earthquake. The acceleration response during an earthquake is reduced by 50% with the use of this system.

To do, or not to do...

Just like all countries Japan has some strange laws and customs. Below you will find some guidelines on things that you can and cannot do; and some weird laws. Keep in mind that most of these things not to do will not result in real penalties, but they are much appreciated when taken into account.

Chopsticks 101

Never put your chopsticks in your rice, this is only done for funeral ceremonies

No shoes

When you go inside a building, take of your shoes, you will see when you will have to.

Chopsticks 102

Do not roll new chopsticks in your hand, this is considered to be rude to the owner of the restaurant.

Do not eat or drink while walking

Eat and drink when standing still, it is a lot safer for yourself and everyone around you.

Ssshht!

Be quiet in the train, do not talk loudly and never answer your phone.

Do not blow your nose in public

Just keep sniffing or go to the toilet.

Study the cards

If someone gives you his business card, receive it with two hands and study it before putting it in your card holder. Do not put it directly in your pocket!

Do not make physical contact in public

Japanese people do not shake hands but bow to each other.

Do not express your opinion too directly

This should be a good one for everyone in the world.

No littering

Again, a good one for everywhere in the world: do not throw any rubbish on the streets. Keep holding on to it until you find a trash bin, it might take a while though.

Wait until it is green

Do not cross a red light, not even if there is no traffic around.

Tipping

Never tip someone, just don't.

Explosive mistake

You can be fined for not reporting an explosive to the police. When this law was written the fine was ¥100, but has now been increased to ¥10,000.

Keep your cash

It is forbidden to damage or throw away money, if you do, you could be fined up to ¥200,000 or spend a year in prison.

I do...

This one is probably related to former arranged marriages: a marriage will be invalidated if you married the wrong person.

Please try this at home

If a man asks a woman to go on a date she can not refuse him.

Nara

Nara is a city south of the Japanese island Honshu and the capitol of the prefecture Nara. The city was founded by Emperor Genmei with the name Heijō. It was the capitol of Japan between 710 and 784, a time known as the Nara period; the name Nara however was given to the city much later.

Because Nara was one of the first capitols of Japan it houses many historic treasures, amongst them the oldest and largests temples of Japan.

Nara is a destination for tourists who visit the many buddhist temples and shinto-shrines. Nara has some sites on the UNESCO World Heritage List. On this list are multiple buddhist temples, such as the Tōdai-ji, Nigatsu-dō, Kōfuku-ji, Gangō-ji, Yakushi-ji and

the Tōshōdai-ji temple; Shinto-shrines, like the Kasuga-shrine and palace Heijō; and the ancient forest of Kasugayama.

Nara is also known for the tamed Sika deer that are roaming wild. These are found in the sub-urbs and in Narapark. The animals are considered sacred and are therefore spoiled by tourists, who can buy *Shika Sembei*, or Deer Bisquits, to feed the animals.



Kobe

Kobe is the capitol of the Hygo province and is an important harbor in the Kansai region. Kobe has approximately 1.5 million inhabitants.

Kyoto is a international city: there are about 45,000 international inhabitants, originating from more than 100 countries. The city has 9 districts and is situated between the coast and Rokko Maintain.

The history of Kobe starts with the origin of the harbor in the 8th century. In 1180, the end of the Hejan period, the city became the capitol of Japan. The harbour of Kobe was one of the first to be trading with the west.

Until the Kobe-earthquake the harbor of Kobe was the largest of Japan. After the Quake Yokohama became

the largest harbour. Now that the harbor has been rebuilt it is the second largest of Japan. The four categories of export are small appliances, food, transport and communication; which total hold more than 50% of all exported goods.

Meriken Park

Meriken Park is a waterfront park in Kobe's port area. Built on an outcropping of reclaimed land, the park is covered in grassy lawn and open courtyards dotted with a collection of modern art installations and fountains. It is home to some of the city's more iconic contemporary architecture such as the

red Kobe Port Tower and the Kobe Maritime Museum.

The park was devastated by the 1995 Great Hanshin Earthquake, but has now become a popular spot for locals and tourists again. A short section of damaged waterfront has been left unrepaired as a reminder of the earthquake's tremendous destructive power.

At the center of the park the Kobe Maritime Museum is located in a building topped by a white steel structure meant to

look like sails. To the west of the Maritime Museum stands the Kobe Port Tower, a red-painted steel structure that has become a symbol of the port and the city. Built in 1963, the tower stands 108 meters tall and visitors may go up to its five top floors. Two of the floors house a restaurant and a rotating cafe, while the other three house observation decks that provide 360-degree views of the city from approximately one hundred meters above ground.



Akashi Kaikyo Bridge

General Information

Name:	明石海峡大橋 (Akashi-Kaikyō Ōhashi or Akashi Straits Bridge)	
Construction	May 1988 – April 1998	
Engineer	Honshu-Shikoku Bridge Authority	
Structure type	Suspension bridge 3-span and 2-hinged stiffened truss type (960m – 1991m – 960m)	
Function	Motorway / freeway	
Material	Steel	
Cost:	\$4.3 billion	
Dimensions	Total length	3911 m
	Pylon height	282.8 m
	Cable diameter	1120 mm

The Akashi Kaikyo Bridge (AKB) is a three-span, two-hinged stiffening girder system suspension bridge that spans the Akashi Strait, connecting the Japanese mainland at Maiko, Taruni-ward in Kobe with Matsuho on Awaji Island. It is part of the ongoing Honshu-Shikoku Bridge Authority (HSBA) project to link the islands of Honshu, Awaji and Shikoku.

The construction of a suspension bridge involves the use of two main cables stretching between two towers, standing on two large circular foundations. The roadway beneath these is suspended by more cables. To stop the towers, roadway and cables collapsing, they are held at either end by large anchor blocks.

Rokko Observatory

In 2008 a design competition was held for a new observation point built at an altitude of 900 meters. The observatory would be positioned on a peak of the Rokko Mountains in Kobe and was not only meant to be a place for visitors to pause and enjoy the spectacular view, but also needs to be a destination in itself.

The competition was won by architect Hiroshi Sambuichi and engineers ARUP and Partners Japan. By creating a meshed dome with a diameter of 16 meter, they created a partial shelter against the weather. The dome of branch-like elements and a skin that controls but does not completely block sunlight, rain, snow and wind is shaped to passively induce air movement for natural ventilation.

The dome is a reciprocal frame structure, which in a simpler form is native to traditional Japanese shrine and temple constructions. After creating a multi-faceted

cylinder with elements that are not interwoven yet and that could be manipulated parametrically, the team investigated the needed density of the elements in terms of structural needs and visual impact. They reached the decision of a main structural frame made with 50mm diameter steel tubes of 1-2 meters long and a finer mesh of 15-20mm diameter wood bars.



Nagoya

Nagoya is the fourth largest city of Japan, with almost 2.7 million inhabitants. The city is the capitol of the prefecture Aichi.

In 2005 the World Expo was hosted again by Japan, this time in the prefecture Aichi, the theme of the Expo was “Nature’s Wisdom”.

Main topics included Ecological collaboration, Environment-friendly technology and the wonders of nature.

In 2006, Nagoya was the largest harbor of Japan (when measured in cargo), and the 8th largest of the world. In 2013 about 208 million tonnes of cargo was transferred at Nagoya Harbor. The harbor of Tokyo handles less cargo, but the value of that cargo is higher.

In Nagoya the main cargo transferred is vehicles and spare parts for airplanes, mainly used by Toyota. The main office of the car-giant is located in Toyota, a city less than 60 minutes from the center of Nagoya. Next to the main office the Toyota Kaikan Museum is located, a must-see for car enthusiasts!

Nagoya Castle

The most famous sight of Nagoya is Nagoya Castle; an ancient structure from the Edo period, where it was the heart of the city.



Nagoya Station Area

Midland Square is Nagoya's tallest building, located just opposite Nagoya Station. The skyscraper is 247 meters tall and opened in 2007, adding to the increasing number of skyscrapers around Nagoya's city center. The first four stories and the basement of the building house many shops, chic boutiques, restaurants and cafes. There is also a cinema on the fifth level.

Of interest to tourists is the Sky Promenade, located on the top three floors of the 46 story

building. This is an open-air observation deck with panoramic views over Nagoya. Key landmarks that can be seen from the Sky Promenade include the JR Central Towers, Nagoya Castle and Nagoya Port.

Nagoya TV Tower

The Nagoya TV Tower is the first radio tower built in Japan, constructed in 1954. The tower is 180 meters high, and has two observation decks at 90m (indoor) and 100m (outdoor). The tower was renovated and reopened in 2012.

Osaka

Osaka is both a city as a prefecture of Japan. The city counts 24 districts and is the third largest city of Japan with approximately 2.7 million inhabitants. During the daytime the number of people in the city rises to about 3.7 million, due to the large supply of schools, shops and businesses. Together with nearby cities Kyoto and Nara the city of Osaka belongs to the cradle of Japanese culture.

The World-Expo of 1970 was held in Osaka. The theme of this Expo was “Progress and harmony for humanity”.

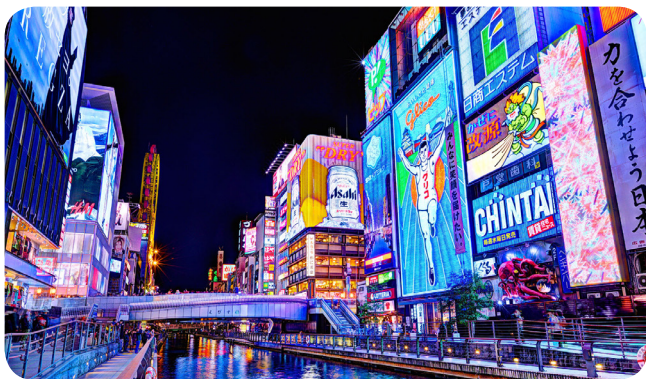
Most structures have been destroyed after the exposition, but a remembrance park has been made where some of the original structures can still be found.

Bunraku is the name for the traditional Japanese puppet theater from the Meiji-period. Its origin however lies in the Edo-period under the name **Ningyō jōrui** or **Ayatsuri**

Jōruri shibai which literally means a talking doll drama. The puppet theater of Osaka was ‘invented’ around 1684.

Osaka is known for its specific sushi: **Oshi**. The shape of oshi is rectangular, while the rice is shaped oval.

Universal Studios has four theme parks around the world, one of them is located in Osaka. The park was opened in 2001 and occupies 39 hectares. The park is the second most visited of Japan.



Dōtonbori

Dōtonbori or Dōtombori (道頓堀) is one of the principal tourist destinations in Osaka, running along the Dōtonbori canal from Dōtonboribashi Bridge to Nipponbashi Bridge in the Namba district of the city's Chuo ward.

Historically a theater district, it is now a popular nightlife and entertainment area characterized by its large illuminated signboards and eccentric atmosphere.

Namba Parks

*Shops are open 11:00-21:00.
Restaurants vary but most are open 11:00-23:00.*

Built to resemble a natural canyon, Namba Parks is designed to be a break of nature amidst the sprawling urban landscape. It features a 120 tenant shopping mall including a cinema, amphitheater, and a rooftop garden. The 6th floor is made up of numerous restaurants including some Korean, Italian, and Vietnamese places.

Umeda Sky

The building was originally conceived in 1988 as the “City of Air” project, which planned to create four interconnected towers in northern Osaka. Eventually, the Japan economic bubble of the 1980s burst and brought the number of towers down to two.

The 173m building was designed by Hiroshi Hara, constructed by Takenaka Corporation and was completed in 1993.

The building features a rooftop observatory, The Floating Garden Observatory, as well as an underground market that attempts to recreate the atmosphere of Osaka in the early 20th century. At the base of the towers is an urban garden with walking trails and water features.

Abeno Harukas

Abenobashi Terminal Building is a multi-purpose commercial facility in Abenosujiltchome, Abenoku, Osaka, Japan. It consists of the New Annex, Eastern Annex, and a 300 m tall skyscraper Abeno Harukas, which is the tallest skyscraper in Japan. The name of the skyscraper “Abeno Harukas” comes from the old Japanese word 晴るかす (harukasu), which means “to brighten, to clear up”

The (re)construction began in January 2010, and the complex opened on March 7, 2014.



Kyoto

Kyoto used to be the Imperial capitol of Japan, nowadays it is only the capitol of the prefecture Kyoto. The city has 11 districts and about 1.5 million inhabitants.

From the 7th century the area around Kyoto is populated. The new city was then called Hejankyo, which became the seat of the Imperial Court from the year 795. Later the name of the city was changed to Kyoto. It remained the capitol until the end of the Edo-period in 1868. The city Edo was then renamed Tokyo; which literally translates to Eastern Capitol; and became the new capitol; Kyoto was then briefly known as Saikyo; which means Western Capitol.

Kyoto is situated in the center of the island Honshu, surrounded

by mountains and split by the river Kamo. The city is known for its windless heat during the summertime. Kyoto is also known for its food and drinks; the soil around the city makes a good land for crops and fish is found in the waters around Kyoto.

Kyoto is considered the cultural center of Japan. Despite the bombings in the rest of Japan during the Second World War, Kyoto was spared due to its rich cultural heritage which contains 1600 buddhist temples, 400 Shinto-shrines, palaces, gardens and architecture.

Gion District

Gion (祇園) is Kyoto's most famous geisha district, located around Shijo Avenue between Yasaka Shrine in the east and the Kamo River in the west. Gion is filled with shops, restaurants and *ochaya* (teahouses), where *geiko* (Kyoto dialect for geisha) and *maiko* (geiko apprentices) entertain.

Gion attracts tourists with its high concentration of traditional wooden *machiya* merchant houses. Due to the fact that property taxes were formerly based upon street frontage, the houses were built with narrow facades only five to six meters wide, but extend up to twenty meters in from the street.

The most popular area of Gion is Hanami-koji Street from Shijo Avenue to Kenninji Temple. The street and its side alleys are lined with preserved *machiya* houses, many of which now function

as restaurants. This is a nice (and expensive) place to dine, serving Kyoto style *kaiseki ryori* (Japanese haute cuisine) and other types of local and international meals.

Another scenic part of Gion is the Shirakawa Area which runs along the Shirakawa Canal parallel to Shijo Avenue. The canal is lined by willow trees, high class restaurants and *ochaya*, many of which have rooms overlooking the canal. As it is a little off the beaten path, the Shirakawa Area is typically somewhat quieter than Hanami-koji Street.



Shirakawa Area



Kyoto Tower

Kyoyo Tower

Standing 131 meters tall just across from Kyoto Station, Kyoto Tower (京都タワー) is Kyoto's tallest structure and a rare modern iconic landmark in the city famous for its ancient temples and shrines. The tower was completed in 1964, the same year as the opening of the Shinkansen and the Tokyo Olympics.



World famous Inari-shrines

A viewing platform is located 100 meters above ground and rewards a 360 degree view of Kyoto and as far as Osaka on clear days. Kyoto Tower stands on top of a typical commercial building, which contains souvenir shops, restaurants and a hotel, as well as a public bath in the basement.

Tokyo

Tokyo, the capitol of Japan, was originally called Edo. Tokyo is known as a hyper-modern illuminating city that never sleeps. It provides a mix of new and ancient Japanese culture and customs.

The Greater Tokyo Area is with 39.8 million inhabitants the second largest metropole of the world (the largest being Guagzhou, China, estimated at 48.6 million). The metropole consists of the Kanto region with its seven prefectures and the prefecture of Yokohama.

The prefecture of Tokyo, also known as Tokyo Metropolis, consists of 23 districts, all of which are autonomous communities with their

own government and city rights. In other words: each district is a different city, yet together they form one urban entity.

Tokyo belongs to the three main financial hubs; the other two being New York and London. Tourism is an important source of income for the city. Tourists visit the city to experience extremes: from ancient structures like the Senso-ji temple to modern towers like the Skytree.

Tokyo Station

Tokyo Station is the main railway station of Tokyo. It was opened in 1914 and was designed by architect Tatsuno Kingo to commemorate the winning of the Russian-Japanese war. Some say the design was based on Amsterdam Central Station.

Served by Shinkansen high-speed rail lines, Tokyo Station is the main intercity rail terminal in Tokyo. It is the busiest station in Japan in terms of number of trains per day (over 3,000), and the fifth-busiest in Eastern Japan in terms of passenger throughput. It is also served by many regional commuter lines of Japan Railways, as well as the Tokyo Metro network.

Koishikawa garden

The Koishikawa garden, formally called Koishikawa-kōraku-en (小石川後樂園), is a small garden in Tokyo. Well preserved

from the Edo period, it is one of the oldest gardens in Tokyo. The garden features scenes that represent famous Japanese and Chinese landscapes.

As typical for strolling gardens, there is a pond in the middle of the garden, and a path that leads around it. The garden master designed the garden that the visitor sees a different scenery, a different view every few steps. The pond of the garden is fed by the water of the nearby Koishikawa river.

Tokyo Dome

Tokyo Dome, holding 55,000, is the home stadium of the Yomiuri Giants, a professional baseball team. Concerts, festivals and other events are held in the stadium when there are no games. The structure was completed in 1988 and replaced the former Korakuen Stadium.

Tokyo Dome's original nickname was "The Big Egg", with some calling it the "Tokyo Big Egg". Its dome-shaped roof is an air-supported structure, a flexible membrane supported by slightly pressurizing the inside of the stadium.

Shibuya

Shibuya (渋谷) is one of the twenty-three city wards of Tokyo, but often refers to just the popular shopping and entertainment area found around Shibuya Station. In this regard, Shibuya is one of Tokyo's most colorful

and busy districts, packed with shopping, dining and nightclubs serving swarms of visitors that come to the district every day.

A prominent landmark of Shibuya is the large intersection in front of the station's Hachiko Exit. The intersection is heavily decorated by neon advertisements and giant video screens and gets flooded by pedestrians each time the crossing light turns green, making it a popular photo and movie filming spot.



Yoyogi National Gymnasium

Yoyogi Park

Yoyogi Park (代々木公園, Yoyogi Kōen) is one of Tokyo's largest city parks, featuring wide lawns, ponds and forested areas.

In 1964, the area was used for the Tokyo Olympics housing the main athletes village and the Yoyogi National Gymnasium. The distinctive building, which was designed by Kenzo Tange, hosted the swimming and diving, with an annex for the basketball. In 1967 most of the area north of the gymnasium complex and south of Meiji Shrine was turned into Yoyogi Park.

The Gymnasium is famous for its suspension roof design, which inspired Frei Otto's arena designs for the Olympic Stadium in Munich. The Yoyogi Gymnasium will be used again during the Tokyo 2020 Summer Olympics, when it will serve as venue for the handball competitions.

Tokyo Tower

Standing 333 meters high in the center of Tokyo, Tokyo Tower (東京タワー) is the world's tallest, self-supported steel tower and 13 meters taller than its model, the Eiffel Tower. A symbol of Japan's post-war rebirth as a major economic power, Tokyo Tower was the country's tallest structure from its completion in 1958 until 2012 when it was surpassed by the Tokyo Skytree. In addition to being a popular tourist spot, Tokyo Tower serves as a broadcast antenna.



Tokyo Tower

Cocoon Tower

The Mode Gakuen Cocoon Tower is a 204-meter, 50 story educational facility located in the Nishi-Shinjuku district. The building is home to three educational institutions: Tokyo Mode Gakuen (fashion school), HAL Tokyo (special technology and design college), and Shuto Ikō (medical college).

Before selecting a design for its new Tokyo location, Mode Gakuen held a competition asking architects to submit design proposals for the building. The only condition was that the building could not be rectangular. More than 150 proposals by approximately 50 architects were submitted. The winning proposal was a cocoon-like structure designed by Tange Associates. According to Tange Associates the building's cocoon shape symbolizes a building that nurtures the students

inside. White aluminum and dark blue glass exterior form the structure's curved shell, which is criss-crossed by a web of white diagonal lines earning it the name "Cocoon Tower".

Toranomon Hills

Toranomon Hills is a skyscraper complex built by Mori Building, in the Toranomon District of Minato. The tower was designed by Nihon Sekkei and is the tallest building in Tokyo, with an architectural height of 255.5 meters, surpassing the Midtown Tower (248m).

The main tower is called the Mori Building; it houses the Andaz Tokyo Toranomon Hills Hotel (164 rooms and a spa facility), private residences, offices, conference spaces and room for retailers.

Imperial Palace

The current Imperial Palace (皇居, Kōkyo) is located on the former site of Edo Castle, a large park area surrounded by moats and massive stone walls in the center of Tokyo, a short walk from Tokyo Station. It is the residence of Japan's Imperial Family.

Edo Castle used to be the seat of the Tokugawa shogun who ruled Japan from 1603 until 1867. In 1868, the shogunate was overthrown, and the country's capital and Imperial Residence were moved from Kyoto



Imperial Palace

to Tokyo. In 1888 the construction of a new Imperial Palace was completed. The palace was destroyed once during World War II, and rebuilt in the same style, afterwards.

The inner grounds of the palace are generally not open to the public. Only on January 2 (New Year's Greeting) and December 23 (Emperor's Birthday), visitors are able to enter the inner palace grounds and see the members of the Imperial Family, who make several public appearances on a balcony. Adjacent to the inner grounds of the palace are the Imperial Palace East Gardens which are open to the public throughout the year.

The East Gardens (皇居東御苑, Kōkyo Higashi Gyoen) are the former site of Edo Castle's innermost circles of defense, the *honmaru* ("main circle") and *ninomaru* ("secondary circle"). None of the

main buildings remain today, but the moats, walls, entrance gates and several guardhouses still exist.

A wide lawn and the remaining foundation of the former castle tower can be found on top of the hill, where the castle's innermost buildings once stood. The castle tower was completed in 1638 as the tallest castle tower in Japan's history. But only a few years later in 1657, it was destroyed by citywide fires and has not been rebuilt since.

In place of the former buildings in the secondary circle of defense (ninomaru) at the foot of the hill, a nice Japanese style garden has been created.

Odaiba Island

Odaiba (お台場) is a popular shopping and entertainment district on a manmade island in Tokyo Bay. It originated as a set of small man

made fort islands (daiba literally means "fort"), which were built towards the end of the Edo Period (1603-1868) to protect Tokyo against possible attacks from the sea.

More than a century later, the small islands were joined into larger islands by massive landfills, and Tokyo began a spectacular development project aimed to turn the islands into a futuristic residential and business district during the extravagant 1980s. But development was critically slowed after the burst of the "bubble economy" in the early 1990s, leaving Odaiba nearly vacant.

Fuji TV Building

Hours: 10:00 to 18:00

Closed: Mondays (or Tuesday if Monday is a national holiday).

Admission: Free (observation deck: 550 yen)

The headquarters of Fuji Television, one of Japan's private, nationwide

TV stations. You can see some exhibits on popular programs, buy Fuji TV goods at a shop and access the futuristic looking building's observatory deck housed in the sphere shaped part of the building.

Palette Town

Palette Town is a large shopping and entertainment complex consisting of the Venus Fort shopping mall, Toyota Mega Web, a Ferris Wheel, the Zepp Tokyo music venue and Tokyo Leisureland.

Venus Fort

Hours: 11:00 to 21:00

Restaurants: 11:00 to 23:00

Admission: Free

Venus Fort is a shopping mall in the style of a 18th century South European town. The mall features over a hundred shops, fashion boutiques, cafes and restaurants on three floors including a few outlets shops on the upper floor.

Ferris Wheel

Hours: 10:00 to 22:00 (until 23:00 on most Fridays, Saturdays)

Admission: 920 yen (entire cabin: 3080 yen)

The 115 meter tall ferris wheel is one of the world's largest and offers nice views of Tokyo Bay and Odaiba below. Each cabin seats six (or four in the all-glass cabins), and the complete revolution takes about 15 minutes.

Tokyo Big Sight

Also known as Tokyo International Exhibition Center, Tokyo Big Sight is Japan's largest exhibition and convention center and one of the bay islands' boldest architectural creations. A wide array of events are held at the Big Sight throughout the year including the Tokyo International Anime Fair, the Comiket comic fair and the Tokyo Motor Show.

Japanese Temples

Religion and tradition are two important aspects of the Japanese lifestyle. The craftsmanship of the Japanese carpenters make sure that shrines and temples are able to withstand the many challenges nature has, surviving earthquakes for centuries.

The major religions are Shintoism and Buddhism, the first originates in Japan but the latter is imported from the Chinese regions. Both however have distinct aspects which shrines and temples can be identified with for its purpose. The temples are built considering the Chinese 5 elements of thought, depending on which thought it is supposed to serve the appearance changes. That the religions have a major part in the Japanese culture can be seen by the way society is influenced, Japan's economy has had its rough times when too much had flown into

the religion. Besides that multiple normal or traditional Japanese habits originate in the religions, even though not all Japanese are followers of the religion.

Fushimi Inari Shrine, located in in Fushimi Ward in Kyoto is one of the oldest and most famous Shinto shrines. Shintoism is the traditional religion of Japan. The word Shinto is composed out of the two Chinese characters 神 (meaning god) and 道 (meaning road), translated as 'road of gods'. The religion itself is hard to define, it is part animistic but because it has evolved over time,



the gods (kami) have been humanized. The fact that Shinto is commonly practiced but not believed in adds to the complexity. The average Japanese will carry out certain rituals, but only because they are part of daily life or the Japanese culture. The kami, neither singular nor plural, are also to be understood as a singular divinity or a sacred essence. Yet they are not transcendent deities as perceived in the western world, they reside in the same world as the humans do. At the location of

such a presence/essence a shrine may be built to house it and to have a designated location for worship.

An important aspect for Shintoism is the idea of impurity and purification. Impurity comes into being with bad actions (kegare) but is not considered wrong. Rather it is for someone's own peace of mind and good fortune to be pure (kiyome). This is why Purification rites (harae) are a vital part of Shinto and are done on a regular basis.

The kami worshipped at the Fushimi Inari Shrine is Inari, the god of rice, harvest and patron of business. The statues of foxes (kitsune), regarded as the messengers of the gods are found all over the shrine grounds therefore have as attribute a key for the rice granary in their mouth.

The empire became the patron of the shrine as early as 965 but the earliest structures were built in 711 on the Inariyama hill in southwestern Kyoto. After in 816 they relocated the shrine to its present location. The main shrine structure (go-honden) was built in 1499 at the bottom of the hill. It is reached by going through the main gate (romon) at the bottom of the hill. Behind the main shrine a path, lined by thousands of gates (torii), leads to the inner shrine (okumiya). The inner shrine displays its treasure, a mirror, openly,

which is uncommon for Shinto shrines. The torii lining the path to the inner shrine are all given by Japanese persons, families or businesses since it is believed that it helps getting a wish to become true or to thank for a wish coming true. This custom has its origins in the Edo period (1603-1868). Beyond the main buildings (jinja) going up to the top of the mountain, are tens of thousands of mounds (tsuka) for private worship.

Todai-ji Temple (Nara) and the **Senso-ji Temple** (Tokyo) are both Buddhist temples.

Buddhism was officially introduced to Japan in 552, but originated in China. At first the practice only took place in Nara and Asuka, the ancient capital cities, hence the age of the Todai-ji Temple. In 743 the construction was ordered by the Emperor and the temple was finished 10

years later in 752. Millions of Japan's inhabitants contributed with work or goods to fund the project that would help protect the country. In the end it nearly bankrupted Japan's economy. Especially because it houses the world's largest bronze statue of the Buddha named Vairocana, known as the Daibutsu in Japan. The statue is 15 meters high and 500 tonnes heavy, after casting hardly any bronze was left in Japan. The golden halo behind the statue and the 48 lacquered cinnabar pillars, 1.5 m in diameter and 30 m long also did not come cheap.

During the ages buildings of the complex have been set on fire multiple times. The renovations resulted in the eclectic building style it has today. Originally the Daibutsuden (main building) was flanked by two pagodas of 100 meters high, in 1180 they were burnt and never got rebuilt. The Daibutsuden also had to be renovated several times, and due to economic reasons its size was diminished to a width of 88 meters, depth 51.5 and a height of 48.5 meter. Despite all renovations it still is the second largest wooden building in the world.



There are many different schools in Buddhism, and each has a slightly different take on the same religion. The Todai-ji serves as the Japanese headquarters of the Kegon school of Buddhism. The Kegon school believes that nothing stands on itself apart from the whole, and that every existence reflects all other existences: The universe is self-creating and at the center of it all stands Vairocana.

The **Senso-ji Temple**, is the oldest and most significant temple in Tokyo. It was founded in 645 and associated with the Tendai sect of Mahayana Buddhism. Legend has it that in 628 a statue of the Kannon, the Bodhisattva (a being striving to attain Buddhahood) Kannon, was found in a river by two fishermen whose village chief recognized its divine aura and turned his own house into a temple in order that the

villagers could worship Kannon.

The original structures were destroyed in a bombing in the Second World War after which the temple was rebuilt and also became independent. To reach the temple one has to pass the Thunder Gate, Kaminarimon, the shopping street, Nakamise-dori, and the Treasure House Gate, Hōzōmon. Within the courtyard of the temple a quiet Japanese garden is kept. One of the trees in this garden was hit by a bombshell but branch grew out of its remains. The young tree symbolizes the rebirth of the temple itself.



The temple shares its precincts with a pagoda (devoted to Kannon), a Shinto shrine and an Asakusa shrine. This acceptance of other religions is in line with the Mahayana Buddhism, since this kind of Buddhism teaches that the capability to attain enlightenment, is intrinsic in all things, for the nature of things stays the same, it is the human perception that differs.

Buddhist architecture in Japan is not native, but was imported from China and other Asian cultures over the centuries. The general structure is almost always the same: columns and lintels support a large and gently curved roof, while the walls are paper-thin, often movable and in any case non-carrying. These structures were usually made out

of timber, but without the use of any nails or screws, because this wouldn't allow the wood to last as long as it does now. This could be done due to the extraordinary craftsmanship of Japanese carpenters. Earthquakes are also common in Japan, therefore the movement in the joints of the timber structures allow the structures to be ductile enough to withstand the earthquakes for many centuries without any significant damage.

The temples were (at least in the beginning) mostly designed by the Chinese five elements school of thought. They believed that many natural phenomena naturally fell under five categories. Six groups of five categories were established as a rule to the building of edifices.

Table 1 - Rules for building edifices

Five elements	Wood	Fire	Earth	Metal	Water
Position	East	South	Middle	West	North
Weather	Windy	Hot	Humid	Dry	Cold
Colour	Green	Red	Yellow	White	Black
Evolution of living Things	Birth	Growth	Change	Weak-ening	Hiding
Symbolic	Pros- perity	Riches and honor	Power	Desola- tion	Death

For example, a palace for a new prince would be placed east to symbolize birth, and yellow tiles would be used for the imperial palace to symbolize power. Pretty much all the temples can be categorized in this way.

Willem's Food Guide

Below you can find typical Japanese cuisine, selected by Willem for you to try.

1 Udon

饅頭 or うどん

A type of thick wheat flour noodle, used frequently in Japanese cuisine. Udon is often served hot as a noodle soup in its simplest form, as kake udon, in a mildly flavoured broth called kakejiru, which is made of dashi, soy sauce, and mirin. It is usually topped with thinly chopped scallions.

Other common toppings include tempura, often prawn or kakiage (a type of mixed tempura fritter), or aburaage, a type of deep-fried tofu pockets seasoned with sugar, mirin, and soy sauce. A thin slice of kamaboko, a halfmoon-shaped fish cake, is often added. Shichimi can be added to taste.



2 Sashimi 刺身

This Japanese delicacy consists of very fresh raw meat or fish sliced into thin pieces.



3 Unagi ウナギ

Unagi is the Japanese word for freshwater eel, especially the Japanese eel, *Anguilla japonica* (nihon unagi 日本鰻). Unagi is a common ingredient in Japanese cooking, often as kabayaki. It is not to be confused with saltwater eel, which is known as anago in Japanese.



4 Teppanyaki 鉄板焼

A style of Japanese cuisine that uses an iron griddle to cook food. The word teppanyaki is derived from teppan (鉄板), which means iron plate, and yaki (焼き), which means grilled, broiled, or pan-fried. In Japan, teppanyaki refers to dishes cooked using an iron plate, including steak, shrimp, yakisoba, and monjayaki.



5 Tempura

天ぷら or 天麩羅

A Japanese dish usually consisting of seafood or vegetables that have been battered and deep fried. The dish was influenced by fritter-cooking techniques introduced by Portuguese residing in Nagasaki in the 16th century, and the name “tempura” relates to that origin.



6 Yakitori

焼き鳥

A Japanese type of skewered chicken. Its preparation involves skewering the meat with kushi (串), a type of skewer typically made of steel, bamboo, or similar materials. Afterwards, they are grilled over a charcoal fire. During or after cooking, the meat is typically seasoned with tare sauce or salt.



6 Yakiton

Yakiton is practically the same as Yakitori, only in this case pork meat is used for the skewers.



7 Sukiyaki 鋤焼 or すき焼き

A Japanese dish that is prepared and served in the nabemono (Japanese hot pot) style. It consists of meat (usually thinly sliced beef) which is slowly cooked or simmered at the table, alongside vegetables and other ingredients, in a shallow iron pot in a mixture of soy sauce, sugar, and mirin. The ingredients are usually dipped in a small bowl of raw, beaten eggs after being cooked in the pot, and then eaten. Generally sukiyaki is a winter dish and it is commonly found at *bōnenkai*, Japanese year-end parties.

8 Okonomiyaki お好み焼き

A Japanese savory pancake containing a variety of ingredients. The name is derived from the word *okonomi*, meaning “how you like” or “what you like”, and *yaki* meaning “grill”. *Okonomiyaki* is mainly associated with the

Kansai or Hiroshima areas of Japan, but is widely available throughout the country. Toppings and batters tend to vary according to region. In Tokyo, there is a semi-liquid *okonomiyaki* called ‘*monjayaki*.’

9 Omurice (Kyoto) オムライス [Omu- raisu]

An example of *yōshoku* (a Western-influenced style of Japanese cuisine) consisting of an omelette made with fried rice and usually topped with ketchup. With *omu* and *raisu* being contractions of the words omelette and rice, the name is an example of *Gairaigo*. It is a popular dish both commonly cooked at home and often found at western style diners in Japan.



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10 Ramen

拉麵 or ラーメン

Consists of Chinese-style wheat noodles served in a meat or (occasionally) fish-based broth, often flavored with soy sauce or miso, and uses toppings such as sliced pork (叉焼 chāshū), dried seaweed (海苔 nori), menma (麵麻), and green onions (葱 negi). Nearly every region in Japan has its own variation of ramen, from the tonkotsu (pork bone broth) ramen of Kyushu to the miso ramen of Hokkaido.



11

11 Takoyaki (Osaka)

たこ焼き or 蛸焼

A ball-shaped Japanese snack made of a wheat flour-based batter and cooked in a special molded pan. It is typically filled with minced or diced octopus (tako), tempura scraps (tenkasu), pickled ginger, and green onion. Takoyaki are brushed with takoyaki sauce (similar to Worcestershire sauce) and mayonnaise, and then sprinkled with



12



13

green laver (aonori) and shavings of dried bonito. There are many variations to the takoyaki recipe, for example, ponzu (soy sauce with dashi and citrus vinegar), gomadare (sesame-and-vinegar sauce) or vinegared dashi.

12 Sushi

すし, 寿司, 鮓

A Japanese dish of specially prepared vinegared rice (鮓飯 sushi-meshi), usually with some sugar and salt, combined with a variety of ingredients (ネタ neta), such as seafood, vegetables, and occasionally tropical fruits. Styles of sushi and its presentation vary widely, but the key ingredient is “sushi rice”, also referred to as shari (しゃり), or sumeshi (酢飯). The term sushi is no longer used in its original context and literally means “sour-tasting.”

13 Gyōza

ギョーザ, ギョウザ

The Japanese word for gyōza was derived from the reading of 餃子 in the Jilu Mandarin (giǎoze) and is written using the same Chinese characters. The selection of characters indicates that the word is of non-Japanese origin. Following the Second World War, Japanese soldiers who returned from Manchuria brought home gyōza recipes. The most popular preparation method is the pan-fried style called yakigyōza (焼き餃子), in which the dumpling is first fried on one flat side, creating a crispy skin. Then, water is added and the pan sealed with a lid, until the upper part of the dumpling is steamed. Other popular methods include boiled suigyōza (水餃子) and deep fried agegyōza (揚げ餃子).



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