



Japan

Culture: A Taste of Everything

9 days

Join us on a journey through the Land of the Rising Sun as we travel from Tokyo to Hakone and onto Kyoto. Learn about the unique challenges living on the ring of fire as well as the amazing cultural geography. We travel through vibrant cities, iconic temples and take a ride on the world famous Bullet Train. Did we mention Mickey Mouse?



[Learn more about our Carbon Labels](#)

Your Recommended Expedition Itinerary

Days 1 - 2

Depart London Arrive Tokyo

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Upon arrival in Tokyo, we will be met by our experienced Japanese tour guide before transferring to our hotel via train. After we have settled into our rooms and had the chance to freshen up, we will have a briefing before heading out for our first taste of Japanese cuisine. Known for fresh, high-quality produce, mealtimes are a real highlight of the Japanese experience, as we try new foods to tantalise our taste buds, from sizzling yakitori to traditional ryokan.

Day 3

Tokyo

BLD

Today promises to be a jam-packed adventure! We will kick off our day with a visit to Tokyo Rinkai Disaster Prevention Park in Odaiba. In the event of an earthquake in the Tokyo area, this centre will act as the headquarters of the disaster strategy response. However, day to day, the general public can visit to experience the recreation of a natural emergency.

Next, we'll visit the Earthquake Museum in Ikebukuro. Building on what we learnt earlier on in the morning, we will learn essential emergency skills covering everything from evacuating buildings engulfed in smoke to mastering the use of fire extinguishers. However, the most terrifying exercise of all is the earthquake simulator. Crafted to resemble a typical dining area, one of the museum's rooms has been built over a machine that will create tremors and shakes. The instructor is able to choose different earthquakes from Japan's history, so some are longer than others, some have ferocious shaking and others have deeper, longer shocks.

After this eye-opening experience, our journey continues with a visit to Harajuku, a widely renowned district celebrated for its vibrant fashion scene. Here, lively colors and diverse styles converge to create a dynamic atmosphere. However, adjacent to Harajuku stands the tranquil Meiji Shrine, offering a striking contrast between the energetic world of fashion and the serene cultural backdrop. We will finish this busy day at Shibuya Crossing, the famous pedestrian crossing where wave upon wave of commuters make their daily journey home – a sea of humanity, in one of the world's commercial hubs.

Day 4

Disneyland Tokyo!

BLD

Today we will be going to... Tokyo Disneyland! Tucked away in Urayasu, Chiba Prefecture, just a stone's throw from Tokyo, this expansive 115-acre theme park is a true marvel. Opening its gates on April 15, 1983, Tokyo Disneyland was the first Disney Park constructed outside of the United States. Tokyo Disneyland promises an extraordinary experience in a setting that is both unique and distinctive. Whilst we'll have the chance to revisit beloved classics like Space Mountain, it's a Small World, Peter Pan's Flight, and Thunder Mountain, Tokyo Disneyland boasts a collection of unique attractions that promise to add an extra layer of excitement to our visit. Today marks a once-in-a-lifetime opportunity to revel in the magic of one of the world's most renowned theme parks, all within a completely unique and different setting.

Day 5

Odawara

BLD

This morning, our journey takes us on a scenic train ride to Hakone, a renowned mountain resort situated approximately 2.5 hours away from Tokyo. If we are lucky, we may catch a glimpse of Mt. Fuji, providing an amazing backdrop to our adventure. Upon arrival, we'll hop onto a boat for a short cruise on Lake Ashinoko, offering breathtaking views, followed by the ropeway ascent to Owakudani. Here we will see (and definitely smell), the many sulfuric hot springs that adorn the valley. At the end of the day, we'll take a train back down the mountain to Odawara by the sea.

Day 6

Kyoto

BLD

No trip to Japan is complete without a trip on a world-renowned bullet train! This morning, we will make the two-hour journey to Kyoto, Japan's cultural capital, at speeds of up to 320kph; an amazing part of the adventure itself. Upon our arrival, we'll dive into the heart of Kyoto's culture, exploring the old town in the eastern part of the city. Our next destination is the iconic Kiyomizu Temple, where breathtaking views of the city await from above. As the day unfolds, we'll conclude with a stroll through the historic Gion neighborhood, renowned for its association with Geishas.

Day 7

Nara

BLD

Today we will make our way to Nara, one of the ancient capital cities of Japan. But first, we'll make a stop at Fushimi Inari Shrine, famous for its many Torii gates. A visit to this incredible shrine sets the stage for a day of spirituality. In Nara, we'll visit the awe-inspiring Todaiji Temple, known for its colossal Buddha statue that stands testament to centuries of history. Adjacent to the temple lies Nara Park, a serene landscape where deer freely roam, adding a touch of natural charm to the city. At the end of the day, we will make our way back to Kyoto for the final evening.

Day 8

Kyoto and Departure

BLD

In the morning, we will pay a visit to Arashiyama in the western part of the city, celebrated for its Bamboo Grove. Following this, we will take a short hike up a hill where we will have the chance to see wild monkeys! We'll also take a short hike up a hill where you can see wild monkeys.

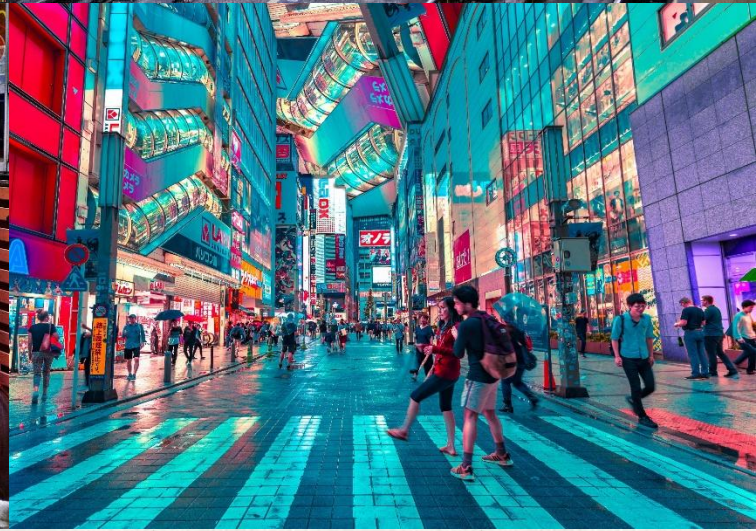
Afterwards, we'll then head to the lively Nishiki Food Market, which specialises in all things' food. From produce to cookware, this 400-year-old market is must-see in Kyoto. Following our visit to the market, we will head back to our hotel to grab our luggage and hop on the train to KIX airport.

Day 9

Arrive London

BLD

After an overnight flight, we will arrive back in the UK, after an incredible and unique trip.



Look what's included:

- International flights
- All accommodation, transportation and activities
- All food as described above
- Local, bi-lingual, first-aid qualified STC leader
- Parent and student trip launch presentation
- Pre-travel training programme
- ATOL financial protection
- Group first aid kit and prescription meds pack
- BS8848 safety management and risk assessments
- Detailed pre-departure information and kit lists
- Comprehensive teacher travel packs
- Permanent operations team in your destination
- 24-hour UK operational support whilst overseas
- Donations to two carbon & conservation charities
- Free Fairtrade t-shirt for every participant and teacher
- Free travel guide book to your destination

What's not included:

- Transport to airport in UK
- Drinks (advice will be given on purification of water)
- Visas or tourist cards if required
- Any required inoculations or Covid tests
- Emergency Medical & Repatriation Insurance
- Personal spending money
- Tips for guides, drivers and porters (ask for guidance)
- Airport departure taxes paid locally
- Personal effects and cancellation insurance



A word about Responsible Tourism

On our expeditions and educational journeys, we strive to connect teachers and students with the people they meet, nurture the cultures they experience and protect the beautiful environments they are lucky enough to explore.

Many companies talk the talk, few truly walk the walk. We are far from perfect, but we are leading the way in sustainability in the school travel sector. In 2018 we were the first UK travel company to become **Travelife Certified** – a verified sustainability certificate formally recognised by the Global Sustainable Tourism Council.

This is our passion, and we'd love to tell you more about it in due course. In the meantime, for more information on some of the steps we take as a company to make our operations more sustainable, please visit:

<https://www.thestc.co.uk/travel/what-do-we-do/>

Trees for Life

Physical Rating for this trip: Grade 2



Some low level physical activities included in your trip, including walking on uneven terrain, maybe a morning/afternoon trek of two to four hours. That said, no physical preparation is required to make the most of the tour. High humidity and temperatures can occur at certain times of the year.

Cultural Rating for this trip: Grade 4



Students joining trips at this level will find the comforts of home are more of a rarity – or viewed another way, a welcome luxury. English is unlikely to be widely spoken and the food will be quite different to home, perhaps for extended sections of the trip. You should observe local customs so not to cause offence. You'll be exposed to signs of poverty and accommodation in some locations is likely to be basic. Whilst a challenge, destinations and trips at cultural level 4 are also a fantastic opportunity to see a very different part of the world.



Travel Safety & Other Expedition Training

Preparing students and teachers for their upcoming adventure is an opportunity to teach important life skills and a vital part of our overall approach to safety management. Please ask for your quote for the training schedule specific to your expedition. Topics covered will include:

Responsible Tourism workshop

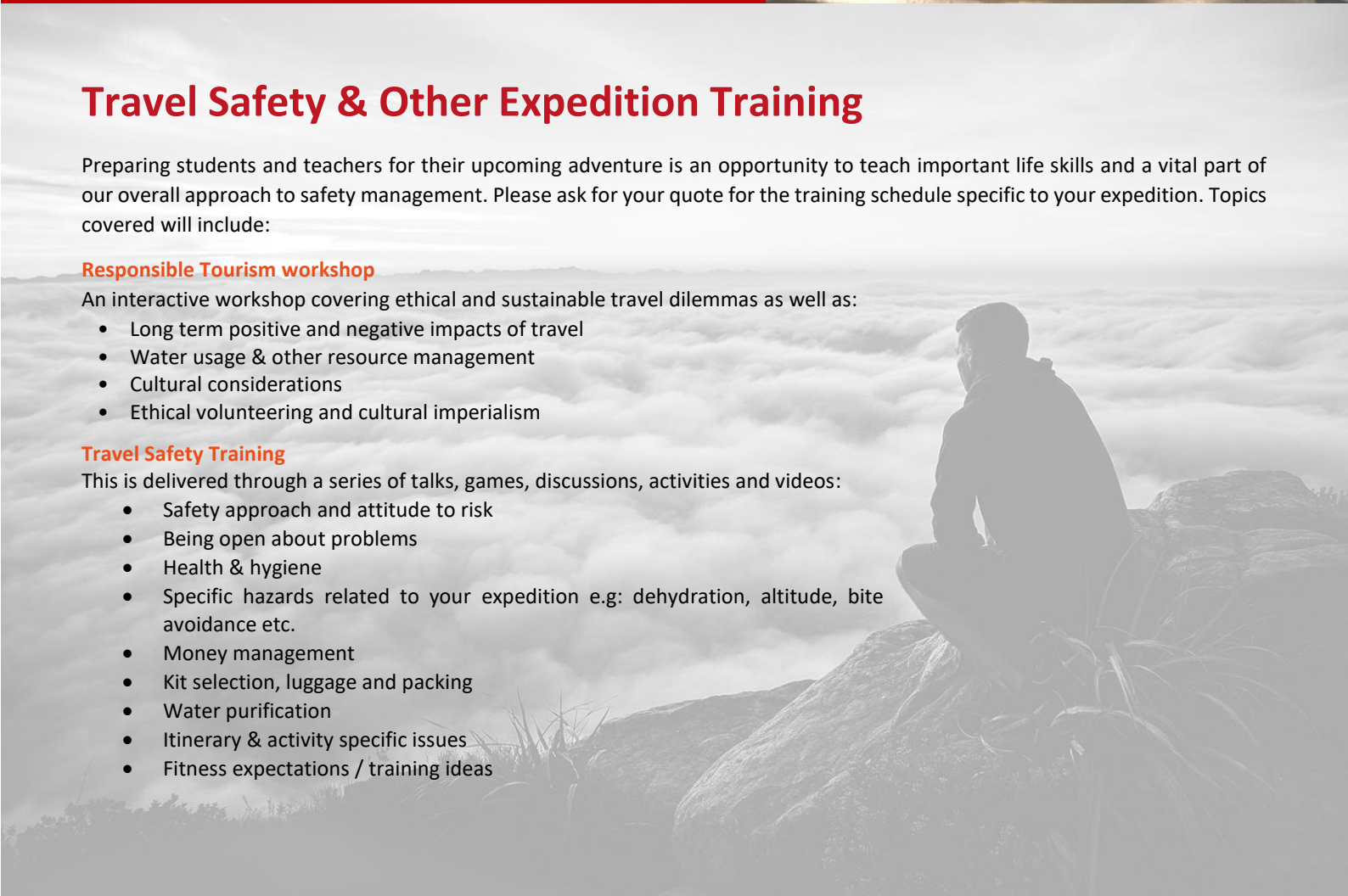
An interactive workshop covering ethical and sustainable travel dilemmas as well as:

- Long term positive and negative impacts of travel
- Water usage & other resource management
- Cultural considerations
- Ethical volunteering and cultural imperialism

Travel Safety Training

This is delivered through a series of talks, games, discussions, activities and videos:

- Safety approach and attitude to risk
- Being open about problems
- Health & hygiene
- Specific hazards related to your expedition e.g: dehydration, altitude, bite avoidance etc.
- Money management
- Kit selection, luggage and packing
- Water purification
- Itinerary & activity specific issues
- Fitness expectations / training ideas





A journey of 1,000 miles...

Starts with a single step... Contact us now to start your expedition journey

1 Ask for your personalised quote & further information

If this itinerary doesn't quite scratch your expedition itch then let us tailor-make one for you. Our wealth of experience and expert in-country contacts means we can design an adventure that's just right for you and your students. Contact us for more information and a detailed quote.

2 Ask for risk assessments and marketing materials

We can provide initial risk and threat assessments to help you with your expedition approval process. Ask for posters and your Pre-Booking Information Pack too.

3 Arrange an expedition launch evening

This is a chance for students and parents to hear more about the expedition with a comprehensive information evening covering the itinerary, safety management, the build-up to the trip and lots more. There is also plenty of opportunity for questions.



The home of the modern, innovative school expedition, where a sustainable, ethical approach guarantees unique experiences and a life enhancing adventure.



"I am being completely serious when I say that I won't ever run a school trip without you guys. I trust you and your team completely - and the in-country staff that you carefully cultivate and train are a cut above the rest."

Teacher feedback, King's High Warwick

Contact Us:

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Trees for Life



Scottish
Fair Trade
Forum
Member

