



Japan

Best of Tokyo

8 days

Join us on a journey through the Land of the Rising Sun. We learn about the unique Japanese culture, as we travel through the vibrant city of Tokyo. Visiting shrines, sampling traditional cuisine, riding the world-famous Bullet Train and did we mention Mickey Mouse?



[Learn more about our Carbon Labels](#)

Your Recommended Expedition Itinerary

Days 1 - 2	Depart UK, Arrive Tokyo Upon arrival in Tokyo, we will be met by our experienced Japanese tour guide, before heading to our hotel to check in and rest after the long flight.	D
Day 3	Tokyo A day focused on discovering some of Tokyo's most well-known districts and cultural landmarks. Possible visits may include a traditional Shinto shrine, followed by time exploring lively shopping streets and youth culture areas. The day may also include a visit to one of Tokyo's famous pedestrian crossings for iconic photos and time for souvenir shopping.	BLD
Day 4	Tokyo Disneyland! Today we will visit Tokyo Disneyland, offering us the opportunity to experience one of the world's most famous theme parks in a distinctly Japanese setting.	BLD
Day 5	Tokyo – Japanese Culture and Heritage After breakfast at the hotel, we set out for a day learning about Japanese culture and heritage. With the help of our leader, we will gain a deeper understanding of traditions, customs and everyday life in Japan.	BLD
Day 6	Hakone Ropeway and Shrine No trip to Japan would be complete without a ride on the world-famous bullet train! This will offer us an insight into the country's advanced transport systems. On arrival in Hakone, we will enjoy the surrounding natural scenery, with opportunities for scenic journeys and elevated viewpoints. The visit will also include time at a historic shrine, known for its woodland setting and distinctive lakeside features.	BLD
Days 7 - 8	Pokemon Centre and Departure On our final day in Japan we stop at the Tokyo Metropolitan Government Building, where we will go up to the rooftop and enjoy the impressive panoramic views of Tokyo. We also visit the Pokemon Centre to buy some all-important souvenirs. We then transfer back to Tokyo airport for our international flight to the UK.	BL



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 information sessions
- 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 on request

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
- 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 as 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

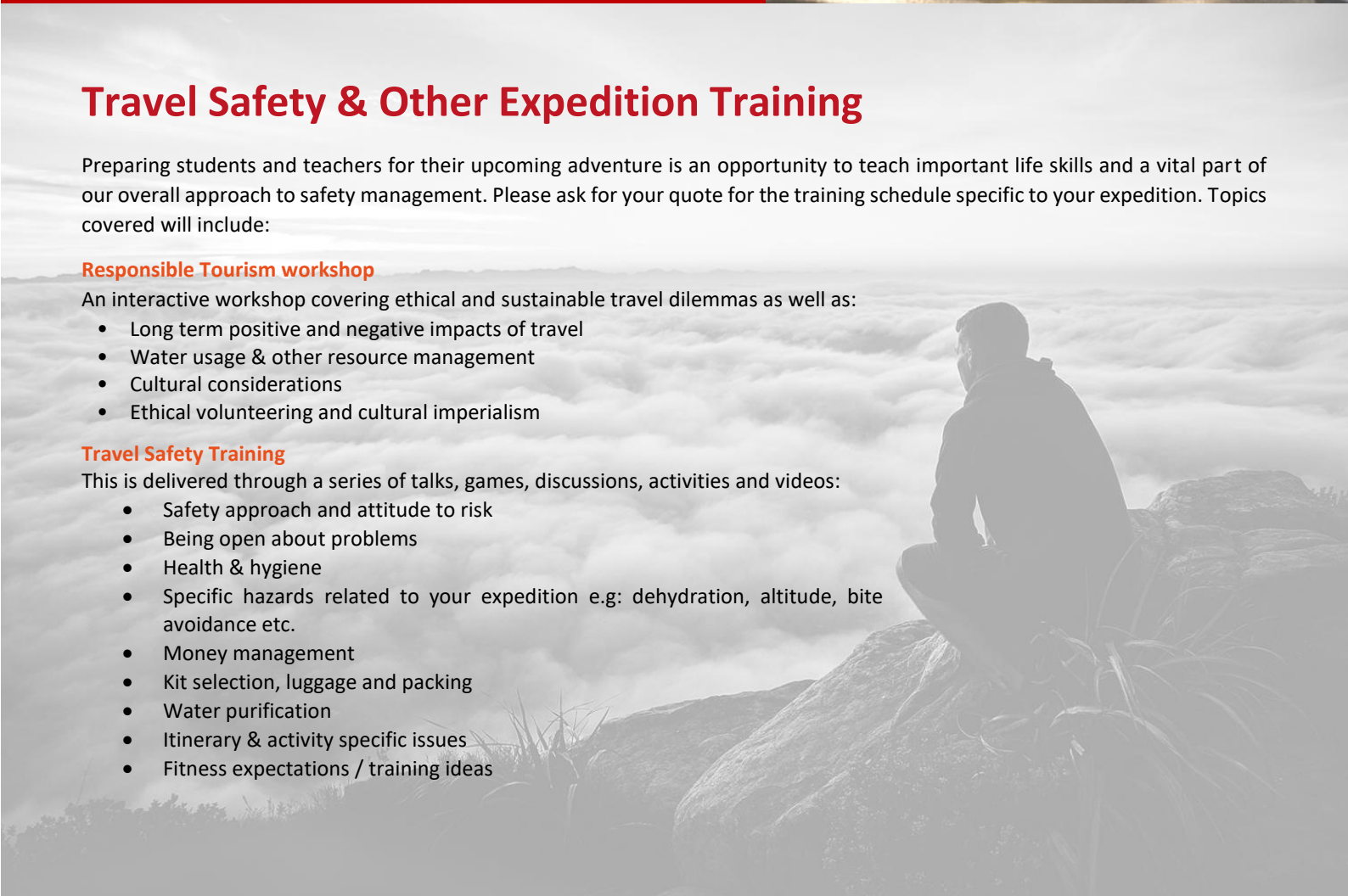
An interactive workshop covering ethical and sustainable travel dilemmas as well as:

- 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-changing 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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