



Japan

Culture and Religion

9 days

Join us on a spiritual journey through the Land of the Rising Sun as we travel from Tokyo to Nikko and on to Kyoto. Learn about the ancient rituals of Shinto and how the teachings of Buddha have been interwoven into traditional beliefs. We travel through vibrant cities, iconic temples and stay overnight in a monastery where we join in a shojin meal with our hosts. Along the way we spend time in Nikko with its dramatic backdrop of towering mountains, a great opportunity to commune with nature before heading to Kyoto.



[Learn more about our Carbon Labels](#)

Your Recommended Expedition Itinerary

Days 1 - 2

Depart UK & Arrive Tokyo

After a long flight we arrive in Japan and meet our leader who will be with us for the next week. The rest of the day's plans will depend on the arrival time of our flight. No doubt we will want the first taste of Japanese food—get ready for everything from sizzling yakitori to traditional ryokan dishes!

D

Day 3

Tokyo City

After breakfast at the hotel, we'll dive into Tokyo's mix of old and new. Strolling through Senso-ji, soaking in the peaceful Meiji Shrine in Yoyogi Park, exploring the quirky Harajuku, and the world-famous Shibuya Crossing—watching the crowds ebb and flow is unforgettable!

BLD

Day 4

Kamakura

This morning we'll take a day trip to Kamakura and visit the towering Hase-Kannon Temple. We'll try our luck at Zeniarai Benzaiten and explore the Tsurugaoka Hachimangu Shrine.

BLD

Day 5

Nikko

After a good night's rest, we meet at the hotel reception and head north to Nikko. Here we admire the spectacular Nikko Toshogu and either stroll the gardens or relax in a traditional onsen.

BLD

Days 6 - 7

Kyoto

No trip to Japan would be complete without a ride on the bullet train. We'll zoom to Kyoto and begin exploring the city with the help of our leader over the next couple of days. Kyoto offers a rich blend of tradition and beauty, from wandering the historic streets of Gion, to exploring the iconic vermilion gates of Fushimi Inari Taisha.

BLD

Day 8

Nara

On our penultimate day in Japan, we'll make a short trip to Nara to see the giant Buddha at Todai-ji. We can also feed the friendly deer and stroll through Isuien Garden before returning to Kyoto for our farewell dinner.

BLD

Day 9

Osaka & flight to UK

After an amazing adventure, we say, "Sayonara," to Japan. Depending on flight schedules, there may be time to buy some last-minute souvenirs, before catching our return flight to the UK.

B



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

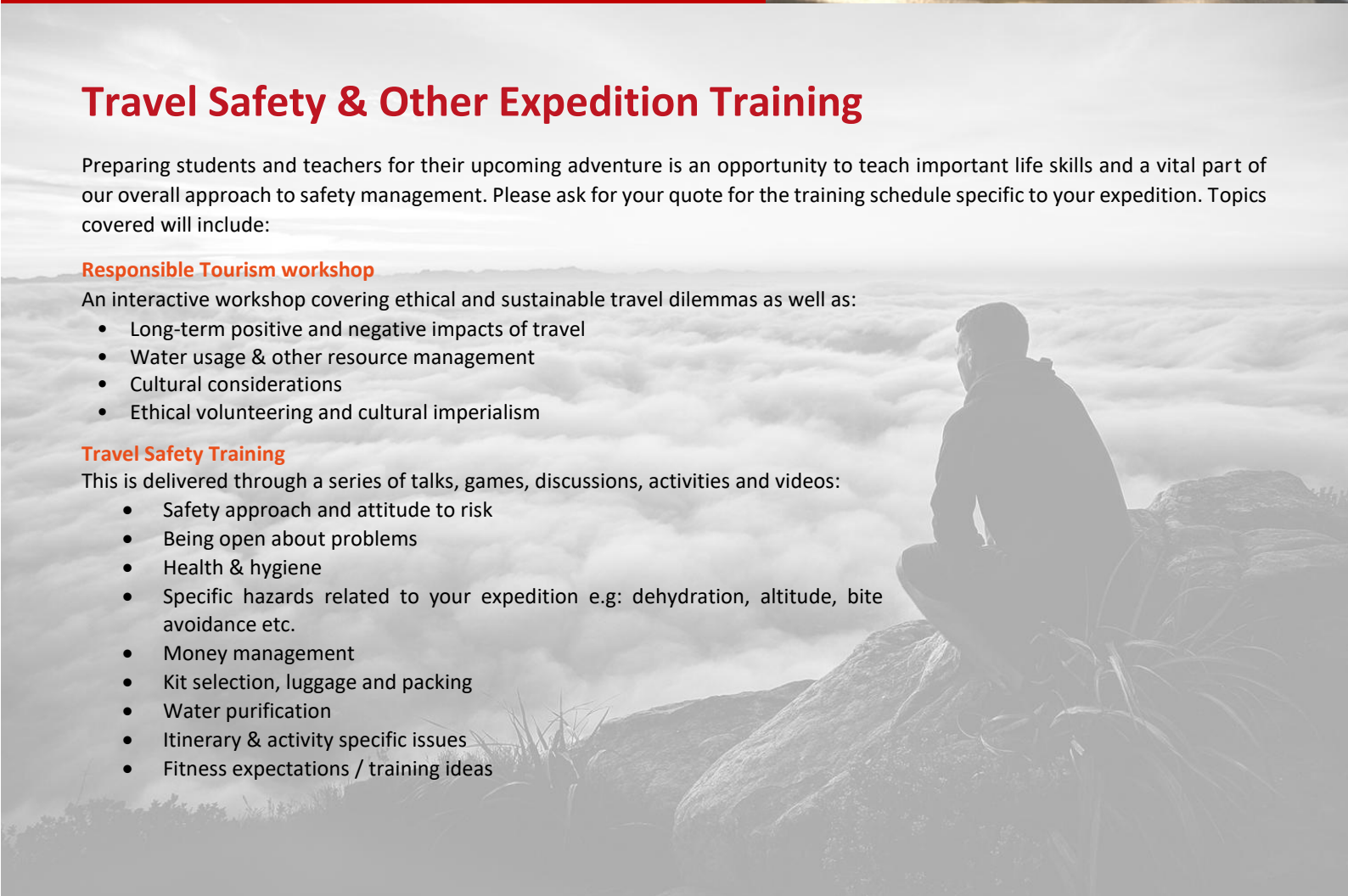
An interactive workshop covering ethical and sustainable travel dilemmas as well as:

- 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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Trees for Life

