



Education First

## ***Educational Tours***

# **JAPAN: ANCIENT AND MODERN**

*9 days | Japan*





# Educational Tours

## JAPAN: ANCIENT AND MODERN

### INCLUDED ON TOUR



Round-trip flights on major carriers; Full-time Tour Director; Air-conditioned motorcoaches and internal transportation; Superior tourist-class hotels with private bathrooms; Breakfast and dinner daily; Connect to your travel experiences with weShare, our project-based online educational tool.

**Sightseeing:** Tokyo; Sumo Stable; Kyoto

**Entrances:** Harajuku Shopping District; Meiji Shinto Shrine; Imperial Palace Plaza; Sumida River Cruise to Asakusa; Asakusa Kannon Temple (Senso-ji); Miraikan Science Museum; Kabuki Performance, Tokyo; Sumo Stable Visit; Great Buddha of Kamakura; Nijo Castle; Heian Shrine; Gold Pavilion; Kimono Show, Kyoto; Toei Kyoto Studio Park; Peace Osaka Museum

### Overnight stays:

Tokyo (4)  
Kyoto (2)  
Osaka (1)

### NOT INCLUDED ON TOUR

Optional excursions; Beverages and lunches; Transportation to free-time activities; Portage; Adult supplement (if applicable); Weekend supplement; Any applicable baggage-handing fee imposed by the airlines (see [eftours.com/baggage](http://eftours.com/baggage) for details); Expenses caused by airline rescheduling, cancellations or delays caused by the airlines, bad weather or events beyond EF's control; Passports, visa and reciprocity fees



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## YOUR ITINERARY

### Day 1: Tuesday, June 16, 2015

Board your overnight flight to Tokyo.

### Day 2: Wednesday, June 17, 2015

**Arrive in Tokyo:** Fly into Narita airport and transfer to the metropolis of Tokyo. Truly a modern marvel, Tokyo was almost completely destroyed by air raids in World War II, only to rebuild itself into one of the world's most prominent economic centers, with a population over 8 million in the city center itself.

#### Overnight in Tokyo

### Day 3: Thursday, June 18, 2015

**Guided sightseeing of Tokyo:** The sights, sounds and smells of the largest city in Japan come at you from all directions, but your licensed local guide will put it all in perspective. Begin with a visit to the Meiji Shinto Shrine and its elaborate wooded Inner Garden. Pass through Harajuku, the trendy district popular among the younger Tokyoites, and continue through the Shopping District. Then visit the Imperial Palace, residence of the Imperial family, with its gigantic stone walls, a spacious plaza and a large garden open to the public. Afterwards, finish your tour with a cruise on the Sumida River to Asakusa, Tokyo's amusement center. The 7th-century Asakusa Kannon Temple, dedicated to the Goddess of Mercy, is a five-story pagoda surrounded by shops, restaurants, theaters and cinemas.

**Tempura dinner:** Tempura, one of the better-known Japanese culinary delights, consists of fresh seafood and vegetables dipped in batter and cooked in vegetable and sesame oil. Tonight, you will enjoy this regional delicacy at an included tempura dinner. Try many different kinds—tempura can be anything from shrimp or squid to eggplant or sweet potato—and don't be afraid to experiment. Tempura connoisseurs have one more piece of advice: Get it while it's hot!

#### Overnight in Tokyo

### Day 4: Friday, June 19, 2015

**Visit the Miraikan Science Museum:** The National Museum of Emerging Science and Innovation (Miraikan) explore various realms of science, including the latest technology and robotics, the Earth's environment, and the emerging frontiers of space. Make sure to visit the Robot World exhibit, which includes demonstration examples of Japan's leading humanoid robots.

**Kabuki performance:** A truly Japanese experience, the Kabuki has been performed for centuries and continues to delight audiences to this very day. Known for the specific stylization of its drama, as well as the eccentric make-up worn by its performers, Kabuki theatre is a tradition unlike any other.

**Sushi Dinner:** Dine tonight on the most popular of Japanese specialties—sushi.

#### Overnight in Tokyo

### Day 5: Saturday, June 20, 2015

**Sumo Stable Visit:** Leave your hotel early this morning with a licensed local guide who will escort you to a Sumo stable. You will attend a morning practice session to get a firsthand look at this Japanese style of wrestling. Only in person can you get an idea of how big these wrestlers really are, and how much force is involved. Observe the many traditions that have been practiced

for over 1,000 years. (Please note: This visit is not available immediately before, during or after sumo tournaments. If the stable visit is not available, attendance at a sumo match will be substituted.)

**Excursion to Kamakura:** Journey this afternoon to the ancient city of Kamakura, which served as Japan's capital from 1185 until 1333. Kamakura is home to 19 Shinto shrines and 65 Buddhist temples. Visit Kamakura's main attraction, the Daibutsu. This 11.4 meter bronze statue of Buddha weighs over 850 tons. Once housed in an enormous hall, the statue now sits in the open due to a tsunami tidal wave which destroyed the temple, but not the statue, in 1495.

**Capsule hotel:** Enjoy a truly unique experience as you spend one night in a capsule hotel, where your "room" is a space age-style capsule containing just a bed. (Pending availability)

#### Overnight in Tokyo

### Day 6: Sunday, June 21, 2015

**Bullet train to Kyoto:** Travel on one of Japan's super-efficient, super-fast shinkansen bullet trains to Kyoto, home to imperial power in Japan for over 1,000 years. The city boasts over 2,000 temples and shrines, three palaces, 17 Unesco World Heritage Sites, 24 museums, and 37 universities and colleges, making Kyoto the cultural, educational and religious center of the country.

**Soba-ya dinner:** Enjoy traditional Japanese soba noodles for this evening's dinner.

#### Overnight in Kyoto

### Day 7: Monday, June 22, 2015

**Guided Sightseeing of Kyoto:** Begin your guided sightseeing of Kyoto at Nijo Castle. Built in 1603, this was the residence of the Tokugawara shogunate. The castle was built in an ostentatious style to demonstrate the shogun's power over the emperor. Next visit Kinkaku-ji, the famous gold-gilded temple, which was constructed in 1397. It is perhaps the most photographed attraction in Japan, with its guided walls reflecting in the pond that surrounds it. The last stop on your tour will be the Heian shrine. Built to commemorate the 1100th birthday of Kyoto, it is a two-thirds scale replica of the Kyoto Imperial Palace of the Heian period. Time permitting, you'll also visit the Kyoto Handicraft Center, where you can learn about local arts such as woodblock prints and lacquerware and even see a kimono show.

#### Overnight in Kyoto

### Day 8: Tuesday, June 23, 2015

#### Take a samurai sword lesson at TOEI Kyoto Studio Park

Visit TOEI Kyoto Studio Park, a popular theme park (and film set) in Japan, and see samurai sword fighting up close. Volunteers will be chosen from the audience to learn some samurai moves. The park is set as a street in the Edo period, and is a great place to enjoy the atmosphere of ancient Japan.

**Transfer to Osaka:** The third largest city in the country, modernized Osaka is the industrial and commercial center of western Japan. A continuous parade of skyscrapers dot the landscape, none more distinctive than the Umeda Sky Building, whose all-glass composition reflects the bustle of the modern city all around. As with all the progressive Japanese cities, Osaka is

certainly not without ties to the past—it is the birthplace of bunraku, the traditional form of puppet drama, and is still considered the best place in the world to take in a performance.

**Visit the Peace Osaka Museum:** Peace Osaka, also known as the Osaka International Peace Center, is a museum that documents the horrors of World War II. Both sides of the conflict are shown, including Japan's aggressions in China, Korea and South East Asia, as well as the U.S. invasion of Okinawa and the atomic bombings of Hiroshima and Nagasaki. The second floor is dedicated to the air raids that damaged Osaka itself toward the end of World War II. Time permitting, enjoy an evening walking tour of the city before or after dinner.

**Okonomiyaki dinner:** Enjoy okonomiyaki, a regional specialty that resembles a savory pancake. The name is derived from okonomi, meaning "what you like," and yaki, meaning "grilled" or "cooked."

### **Overnight in Osaka**

#### **Day 9: Wednesday, June 24, 2015**

**Transfer to the airport for your return flight:** Your Tour Director assists with your transfer to the airport, where you'll check in for your return flight home.

— The easiest ways to —

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*“As a parent I am very grateful that I was able to give this opportunity to my child. It was worth every penny to see her smiling face in the pictures on the trip. Encourage your child to embrace the moment; be open to new cultures, foods, and just a new way of life and looking at things.”*

— KATHLEEN, DAUGHTER TRAVELED APRIL 2013

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