

Website/Contact Information

URL Mail Tel.No.

HOKKAIDO

<http://en.visit-hokkaido.jp>
<http://hokkaido-syuryo.com> [Japanese]
 Hokkaido Government
kanko.web@pref.hokkaido.lg.jp
 +81-11-204-5305

TOHOKU

AOMORI

www.en-aomori.com
www.apinet.jp/shuryo/ [Japanese]
 Aomori Prefectural Government
shinkanko@pref.aomori.lg.jp
 +81-17-734-9218

IWATE

www.japan-iwate.info
www.iwatetabi.jp/edu_travel/ [Japanese]
 Iwate Prefectural Government
AE0006@pref.iwate.jp
 +81-19-629-5574

MIYAGI

www.pref.miyagi.jp/kankou/en/
www.pref.miyagi.jp/kankou/kyoiku/html/ [Japanese]
 Miyagi Prefectural Government
kankouy@pref.miyagi.jp
 +81-22-211-2824

AKITA

www.akitafan.com/en/
www.akitafan.com/pages/book/ [Japanese]
 Akita Prefectural Government
kanko@pref.akita.lg.jp
 +81-18-860-2265

YAMAGATA

<http://yamagatakanko.com>
 Yamagata Tourist Association
info@yamagatakanko.com
 +81-23-647-2333

FUKUSHIMA

www.tif.ne.jp/lang/en/
www.tif.ne.jp/kyoiku/ [Japanese]
 Fukushima Prefectural Government
tourism@pref.fukushima.lg.jp
 +81-24-521-7287

KANTO

IBARAKI

<http://english.ibarakiguide.jp>
<http://greenful.jp/page/dir000468.html> [Japanese]
 Ibaraki Prefectural Government
kokusaikanko@pref.ibaraki.lg.jp
 +81-29-301-3616

TOCHIGI

<http://travel.tochigiji.or.jp/en/>
 Tochigi Prefectural Government
kanko@pref.tochigi.lg.jp
 +81-28-623-3309

GUNMA

www.visitgunma.jp/en/
www.visitgunma.jp/en/sightseeing/experience.php
 Gunma Prefectural Government
kankouka@pref.gunma.lg.jp
 +81-27-226-3384

SAITAMA

<http://sainokuni-kanko.jp/eng/>
 Saitama Prefectural Government
a3950-03@pref.saitama.lg.jp
 +81-48-830-3953

CHIBA

<http://japan-chiba-guide.com/en/>
<http://maruchiba.jp/houjin/umiwowatatte2014.html> [Japanese]
 Chiba Prefectural Government
tourism@mz.pref.chiba.lg.jp
 +81-43-223-2418

TOKYO

www.gotokyo.org/en/
www.gotokyo.org/education/
 Tokyo Convention & Visitors Bureau
schooltrip@tcvb.or.jp
 +81-3-5579-2683

KANAGAWA

www.kanagawa-kankou.or.jp [Japanese]
 Kanagawa Prefectural Government
[\[Contact Form\] https://cgi.pref.kanagawa.jp/questions/questionnaire.php?openid=2000001992](https://cgi.pref.kanagawa.jp/questions/questionnaire.php?openid=2000001992)
 +81-45-210-4046

CHUBU

NIIGATA

<http://enjoyniigata.com/en/>
www.green2rhythm.jp/education/ [Japanese]
 Niigata Prefectural Government
ngt150020@pref.niigata.lg.jp
 +81-25-280-5968

TOYAMA

<http://foreign.info-toyama.com/en/>
www.info-toyama.com/kyoiku/ [Japanese]
 Toyama Prefectural Government
akanko@pref.toyama.lg.jp
 +81-76-444-8752

ISHIKAWA

www.hot-ishikawa.jp/english/

www.hot-ishikawa.jp/kyoiku/shugaku/ [Japanese]

Ishikawa Prefectural Government
k-kankou@pref.ishikawa.lg.jp
 +81-76-225-1128

FUKUI

www.fuku-e.com/lang/english/
www.fuku-e.com/900_others/corporation.php [Japanese]
 Fukui Prefectural Government
k-yuukyaku@pref.fukui.lg.jp
 +81-776-20-0699

YAMANASHI

www.yamanashi-kankou.jp/english/
www.yamanashi-kankou.jp/kyoiku/ [Japanese]
 Yamanashi Prefectural Government
kokusai@pref.yamanashi.lg.jp
 +81-55-223-1620

NAGANO

www.go-nagano.net
www.naganoken-gakushuryoko.net [Japanese]
 Nagano Prefectural Government
kankoshin@pref.nagano.lg.jp
 +81-26-235-7253

GIFU

<http://travel.kankou-gifu.jp/en/>
www.kankou-gifu.jp/kyoiku/ [Japanese]
 Gifu Prefectural Government
c11335@pref.gifu.lg.jp
 +81-58-272-8360

SHIZUOKA

www.shizuoka-guide.com/english/
www.shizuoka-shimizu.info [Japanese]
 Shizuoka Prefectural Government
bunkakankou-kikaku@pref.shizuoka.lg.jp
 +81-54-221-3637

AICHI

www.aichi-now.jp/en/
www.aichi-now.jp/educations/ [Japanese]
 Aichi Prefectural Government
kanko@pref.aichi.lg.jp +81-52-954-6378

KANSAI

MIE

www.travel.pref.mie.lg.jp
www.iseshima-kanko.jp/gakuyu/ [Japanese]
 Mie Prefectural Government
inbound@pref.mie.jp
 +81-59-224-2847

SHIGA

<http://en.biwako-visitors.jp>
www.biwako-visitors.jp/corp/education/ [Japanese]
 Biwako Visitors Bureau
mail@biwako-visitors.jp
 +81-77-511-1530

KYOTO

www.kyoto-kankou.or.jp/english/
<http://kyotoshugakuryoko.jp> [Japanese]
 Kyoto Prefectural Government
koikikanko@pref.kyoto.lg.jp
 +81-75-414-4838

OSAKA

www.osaka-info.jp/en/
www.osaka-info.jp/shugakuryoko/ [Japanese]
 Osaka Convention & Tourism Bureau
info@octb.jp
 +81-6-6282-5900

HYOGO

www.hyogo-tourism.jp/english/
www.hyogo-ip.or.jp/Edutrip/
 Hyogo Tourism Association
info@hyogo-tourism.jp +81-78-361-7661

NARA

<http://yamatoji.nara-kankou.or.jp>
www.mahoroba-kan.jp/useful.html [Japanese]
 Nara Prefectural Government
kankou-pref-nara@kmf.biglobe.ne.jp
 +81-742-27-8553

WAKAYAMA

<https://en.visitwakayama.jp>
www.wakayama-kankou.or.jp/taiken/syugaku/ [Japanese]
 Wakayama Prefectural Government
e0625001@pref.wakayama.lg.jp
 +81-73-441-2789

CHUGOKU & SHIKOKU

TOTTORI

www.tottori-tour.jp/en/
www.tottori-guide.jp/824/8157.html [Japanese]
 Tottori Prefectural Government
kankou@pref.tottori.jp
 +81-857-26-7221

SHIMANE

www.kankou-shimane.com/en/
www.kankou-shimane.com/travel/880.html [Japanese]
 Shimane Prefectural Government
kanko-inbound@pref.shimane.lg.jp
 +81-852-22-5579

OKAYAMA

www.okayama-japan.jp/en/
www.okayama-kankou.jp/kyoiku/ [Japanese]
 Okayama Prefectural Government
kanko@pref.okayama.lg.jp
 +81-86-226-7383

HIROSHIMA

<http://visithiroshima.net>
www.kankou.pref.hiroshima.jp/school/ [Japanese]
 Hiroshima Prefectural Government
syokankou@pref.hiroshima.lg.jp
 +81-82-513-3390

YAMAGUCHI

www.visit-iy.com/english/
http://yamaguchi-slow.jp/taiken_ryokou/ [Japanese]
 Yamaguchi Prefectural Government
a16200@pref.yamaguchi.lg.jp
 +81-83-933-3160

TOKUSHIMA

www.topia.ne.jp/english/tourism/
www.awanavi.jp/company/ [Japanese]
 Tokushima Prefectural Government
kokusaikikakuka@pref.tokushima.jp
 +81-88-621-2337

KAGAWA

www.my-kagawa.jp/eg/
www.my-kagawa.jp/reserve/#sectionProgram [Japanese]
 Kagawa Prefectural Government
kanko@pref.kagawa.lg.jp +81-87-832-3363

EHIME

<http://iyokanet.jp/english/index.htm>
<http://iyokanet.jp/corporate/> [Japanese]
 Ehime Prefectural Government
kokusai@pref.ehime.jp +81-89-912-2311

KOCHI

www.visitkochijapan.com
 Kochi Visitors & Convention Association
info@visitkochijapan.com
 +81-88-823-1434

KYUSHU & OKINAWA

FUKUOKA

www.crossroadfukuoka.jp/en/
 Fukuoka Prefectural Government
kanshin@pref.fukuoka.lg.jp
 +81-92-643-3456

SAGA

www.saga-tripgenius.com
 Saga Prefectural Tourism Federation
sakanren@lime.ocn.ne.jp
 +81-952-26-6754

NAGASAKI

<http://visit-nagasaki.com>
www.nagasaki-tabinet.com/houjin/excursion/ [Japanese]
 Nagasaki Prefectural Government
s36530@pref.nagasaki.lg.jp
 +81-95-822-9690

KUMAMOTO

<http://kumanago.jp/en/>
<http://kumanago.jp/shugaku/> [Japanese]
 Kumamoto Prefectural Government
kankou@pref.kumamoto.lg.jp
 +81-96-333-2334

OITA

<http://en.visit-oita.jp>
www.pref.oita.jp/soshiki/10820/hounitkyoukuryokou.html [Japanese]
 (Public Interest Incorporated Association) Tourism Oita
tourism@we-love-oita.or.jp
 +81-977-26-6250

MIYAZAKI

www.kanko-miyazaki.jp/english/
www.kanko-miyazaki.jp/study/ [Japanese]
 Miyazaki Prefectural Government
kanko-suishin@pref.miyazaki.lg.jp
 +81-985-26-7103

KAGOSHIMA

www.kagoshima-kankou.com/for/
www.kagoshima-kankou.com/houjin/school/ [Japanese]
 Kagoshima Prefectural Government
kanko@pref.kagoshima.lg.jp
 +81-99-286-2994

OKINAWA

<http://en.okinawastory.jp>
<http://excursion.okinawastory.jp> [Japanese]
 Okinawa Convention & Visitors Bureau
shuryo@ocvb.or.jp
 +81-98-859-6125

Australian Embassy Tokyo

<http://japan.embassy.gov.au/kyo/home.html>
[\[Contact Page\] https://japan.embassy.gov.au/kyo/contact-us.html](https://japan.embassy.gov.au/kyo/contact-us.html)
 +81-3-5232-4111

New Zealand Foreign Affairs & Trade

www.mfat.govt.nz/en/
[\[Contact Page\] https://www.mfat.govt.nz/en/embassies/](https://www.mfat.govt.nz/en/embassies/)
 +81-3-3467-2271

Emergency contact (within Japan)

110 Phone number for police in case of emergent accidents and incidents
 119 Emergency number to call for fire and ambulance

Japan National Tourism Organization (JNTO)

<https://www.jnto.org.au>

Japan Educational Travel

<http://education.jnto.go.jp/eng/>

JNTO Tourist Information Center

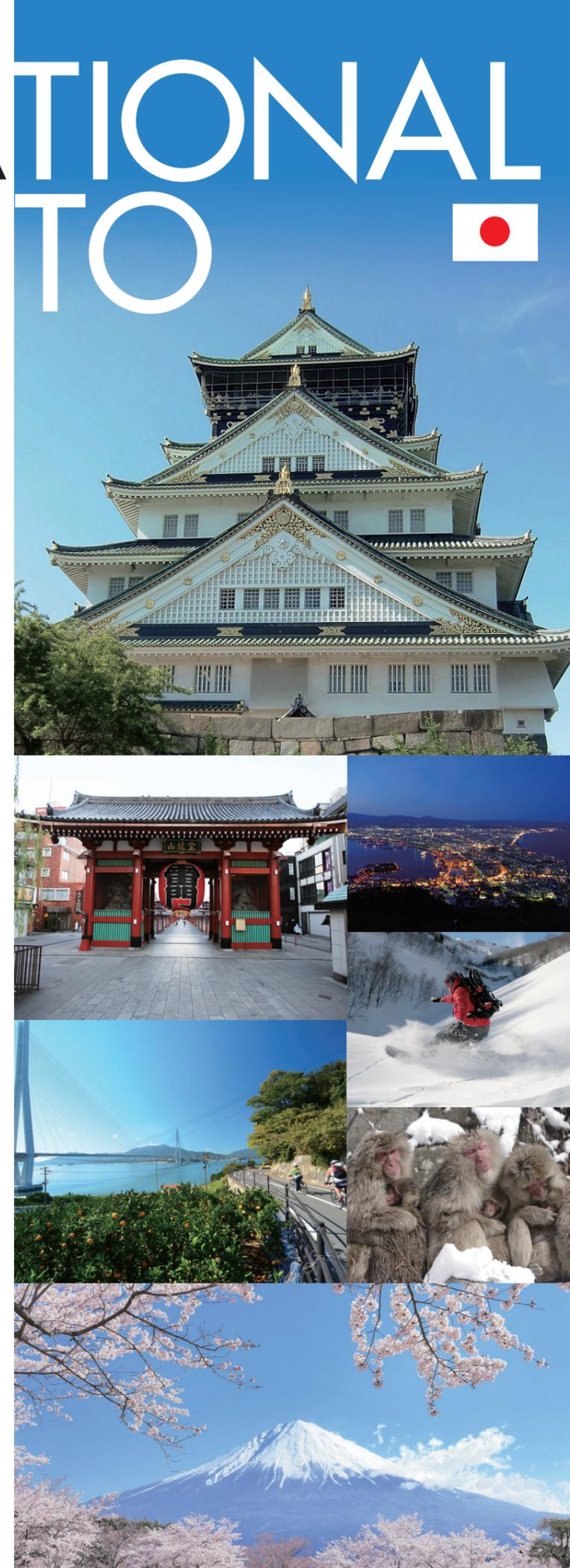
www.jnto.go.jp/eng/arrange/travel/guide/tic.html

EDUCATIONAL TOURS TO JAPAN



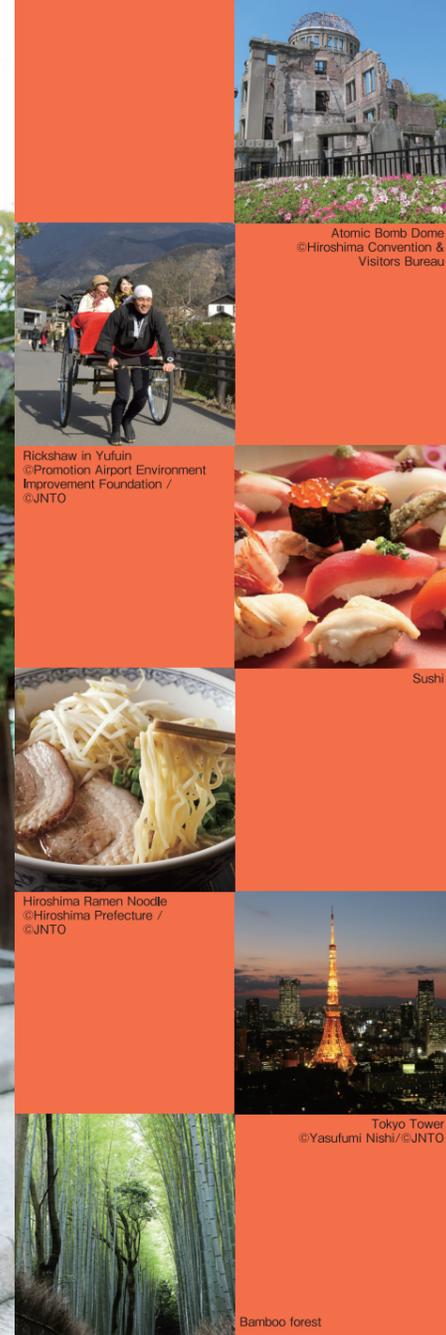
Traditional Culture
 History
 Industry
 Innovation and Technology
 Outdoor Adventures
 School Exchange
 Homestay

 **Japan National Tourism Organization**
 Japan. Endless Discovery.
www.jnto.org.au



Japan is a world-leader with advanced technology, a fascinating history, and an intricate culture. Discover the excitement of Japan while learning about and experiencing its beauty.

Through the ages, Japan has succeeded in developing leading technologies while cherishing traditions and the natural environment. Even today, the Japanese value their unique culture and surrounds, while embracing innovations and concepts from overseas. Japanese pop culture is distinctively local, with international influences. In Japan, blending the exotic with the traditional gives rise to unique food, artefacts, classical performances and merchandise that is appreciated around the world.



Basic Information

Flag	
Population	127,110,047 people Density of population 340.8 people/km ²
Area	377,972 km ²
Capital	Tokyo Population 13,513,734 people
Dominant ethnic group	Japanese 97.5%
Main religions	Shinto or Buddhism 94.3%
Main language	Japanese

Reference: Census preliminary summary 2015 by the Bureau of Statistics of the Ministry of Internal Affairs and Communications, Statistics on Religions 2016 by the Agency for Cultural Affairs

Japanese currency

The Japanese currency unit is the yen and is depicted by the symbol ¥ or 円. The currency consists of coins and notes, and the notes in circulation are the 1,000 yen, the 5,000 yen and the 10,000 yen notes. The coins in circulation are the 1, 5, 10, 50, 100 and 500 yen coins.



Emergency Situations

Japan is one of the safest countries in the world, but when travelling, always be prepared for trouble or conflict.

● Theft • Loss • Accidents

Visit the nearest police station as soon as possible and file a report. This is required for insurance claims.

● Missing Passports

Report a missing passport to the police immediately to get a certificate of theft or loss. Then apply for a new passport from the relevant embassy.

▼ Australian Embassy Tokyo

URL <http://japan.embassy.gov.au/tkyo/home.html>

▼ New Zealand Foreign Affairs & Trade

URL www.mfat.govt.nz/en/

● Health and Illness

Travelling can be tiring, so travellers commonly fall sick. Medication is readily available from pharmacies and hospitals in Japan, but bring basic remedies and medical items you are familiar with to save time and hassle. Be aware that some medication cannot be brought into Japan without a special medical import certificate.

● Emergency Contacts

Dial 110 For police assistance with traffic accidents or any incidents resulting in injury.

Dial 119 For fire or ambulance assistance.

CULTURE

Japan's traditional culture and its pop culture are both internationally renowned.

Japan's living traditions include wearing *kimono*, creating delicate *ikebana* (floral arrangements), conducting *sado* (Japanese tea ceremony), enjoying kabuki theatre and practicing *budo* (martial arts). Modern culture in Japan has international appeal, with manga, anime and cosplay (short for 'costume play', dressing up as your favourite characters), popular among locals and visitors.



FUJIKO F FUJIO MUSEUM
URL <http://fujiko-museum.com/english/>

©Fujiko-Pro

JAPANESE FOOD



Japanese food culture, or Washoku, has been recognised as important Intangible Cultural Heritage of Humanity by UNESCO.

Japanese food is renowned for its delicate flavours, precise methods and aesthetic presentation, but washoku is much more than cooking. Washoku includes cultivation, the farmer or gatherer's relationship with nature, harvesting, seasoning, service and how it is eaten. Sushi has international appeal, but to be truly Japanese it has to be made in the true spirit of washoku.

HOSPITALITY



At its heart, Japanese Omotenashi is hospitality offered with great consideration, thoughtfulness and understanding.

The Japanese custom of omotenashi literally means to take care of guests wholeheartedly. Omotenashi blends into day-to-day interactions like dining, taking public transport and shopping, and this means these experiences are delivered precisely and with thoughtfulness.

NATIONAL CHARACTERISTICS



Japanese national characteristics are politeness, punctuality to the minute, and adhering to every rule.

Japanese people are kind and welcoming, and although they live by strict traditions, they appreciate that visitors are unfamiliar with these. In Japan, harmony is highly valued. This is demonstrated through characteristics including punctuality; abiding by the rules; a deep respect for other people, nature, and objects; politeness; and gentleness. Japanese people are strong, hardworking and resilient.

Introducing the areas of Japan

Japan is a mountainous country, stretching from north to south and surrounded by ocean. Different regions have distinct landscapes and climates, but throughout Japan you can enjoy marked changes to the natural environment as it transitions from season to season.

KYUSHU & OKINAWA

Mariner history is rich in Kyushu with the Dutch building a trading post here in the early 1600s. The Beppu hot springs area gushes with hot and occasionally colourful waters, and bathing in the volcanic sands has health benefits. The small islands of Okinawa are a tropical paradise where indigenous Ryukyuan culture thrives.



Manzamo / Okinawa © OCVB

KANSAI

Osaka and Kyoto are both in the Kansai region, and their rich histories interlace in modern metropolises. Osaka Castle transports visitors back in time, but as it was destroyed and rebuilt twice, the interior features modern conveniences like a lift for improved access. Kyoto, which was the capital of Japan for more than 1000 years, is unrivalled for temples and shrines.



Yakushiji / Nara © Yakushiji Temple



CHUGOKU & SHIKOKU

The Chugoku region is diverse, with the sand dunes of Tottori, floating gates of Itsukushima Shrine, and the sombre atomic bomb site of Hiroshima. The island of Shikoku attracts pilgrims visiting the 88 temples of Kobo Daishi, a Buddhist monk. The Shimanto River in Shikoku runs pure, without dams or alterations.



Naruto Strait and Ohnaruto Bridge / Tokushima



Shiretoko Goto Lakes in summer / Hokkaido

HOKKAIDO

Wilderness, beauty and rugged mountainscapes are some of Hokkaido's best features. The indigenous Ainu people still inhabit Hokkaido, with their culture also preserved through place names, events, and museums. In winter, Hokkaido receives 20 metres of snow and in summer, farmers grow melons, lavender, and other prized crops.

TOHOKU

History is rich in the many castles of Tohoku, and it has beautiful nature, like the volcanic caldera of Lake Towada. Each winter, the snow monsters of Zao form when ice encrusts the trees. This region bore the brunt of the 2011 earthquake and tsunami, and the resilience of its people shows in their hospitality and demeanour.



Oirase Gorge / Aomori

KANTO

Greater Tokyo in the Kanto region is the most populous city in Japan and indeed the world. Traditional kimono dress is often seen alongside outlandish modern fashion in Tokyo, highlighting the contrasts and vibrancy of the city and its people. The Kanto region offers much more, including national parks, castle towns, remote islands and onsen.



Tokyo Skytree / Tokyo © TCVB

CHUBU

Mount Fuji looms impressively over the Chubu region. This active volcano is Japan's most sacred, and also its highest, mountain. Skiers and adventurers enjoy the Alpine Route in Chubu, as do cyclists exploring its Noto Peninsula. Architecture and tradition are preserved in old towns like Hida-Takayama. In Yamanouchi, snow monkeys bathe in natural onsen.



Shirakawa-go / Gifu © Shirakawa Village office

HOKKAIDO

Hokkaido is northernmost of the four main islands of Japan. At any time of year, the natural landscape is magnificent.

Sapporo



This is the largest city of Hokkaido and a place where modern, urban functions exist in harmony with abundant nature. In summer, enjoy bright flowers and greenery, while in winter marvel at vast expanses of snow.

Otaru



This is a port city flanked by mountains and the sea. Otaru Canal weaves through quaint streets featuring glass studios and historic buildings. Mount Tengu is renowned for its great night view over the city.

Hakodate



The night view of Hakodate is considered one of the top three in Japan. It is also renowned for Goryokaku, a citadel with a star-shaped moat. Shinkansen bullet trains now travel between Hakodate and Tokyo.

TOKYO & SURROUNDS

The capital of Japan is an internationally renowned metropolis where state-of-the-art technology merges with ancient traditions.

Senso-ji



Tokyo's oldest temple is where Edo culture developed and is still evident today. The red gate and lantern of Kaminarimon are symbols of Tokyo's Asakusa area, a site where many traditional events are held.

Tokyo Disney Resort



© Disney © Disney/Pixar

At Tokyo Disney Resort, you'll find two theme parks, unique dining, a variety of shops and accommodation including the Disney Hotels. Come and experience a multitude of fun and excitement in this place where dreams come true.

Akihabara



Known as the Electric Town, this area is lined with gaming, computer, and duty-free shops. Fans from every nation gather in this renowned pop-culture hub to celebrate their favourite pop idols, anime and more.

NAGANO

The Nagano region offers a bounty of nature and enjoyment, with hot springs, world-class skiing, and fascinating historical buildings

Jigokudani Yaen-koen



Explore the natural habitat of Japanese macaques, which are known worldwide as snow monkeys. This is the only place you can watch them up close as they enjoy the waters of natural hot springs in winter.

Matsumoto Castle



This five-storey castle has been declared a national treasure; one of just five in Japan. It was built between 1593 and 1594 with a black and white facade that is both beautiful and dignified.

Hakuba



This ski resort area has fine powder snow across a series of 3000 metre high mountains. There are magnificent views of the Northern Japanese Alps, and in summer, visitors enjoy hiking, rafting and other outdoor activities.

GIFU

Mountain scenery, vast plains, traditional architecture and abundant hot springs characterise Gifu, which is located in the very centre of Japan.

Takayama



Walking through San-machi, or Old Town, in Takayama gives visitors a glimpse into Japan's past. This ancient mountain town celebrates its history with museums, recommended viewing areas, and an educational folk village called Hida-no-sato.

ISHIKAWA

Traditional handcrafts and a strong food culture feature heavily here. Castle towns and historical landscapes still bustle with life today.

Kenroku-en



This 11-hectare garden with an impressive pond is considered one of the three most beautiful gardens in Japan. It was built next to Kanazawa Castle in the mid-17th century by the Kaga Clan's feudal lord.

Higashi Chaya District



Ancient teahouses, called *ochaya*, were relocated from central Kanazawa in 1820, and today these places of entertainment are preserved as a cultural precinct. These buildings feature intricate wood-carved lattices called *kimusuko*.

Seasons and approximate school holidays in Japan

Month	March	April	May	June	July	August	September	October	November	December	January	February
Season	Spring			Summer			Autumn			Winter		
Long school holidays and their timing	Spring Holidays (late Mar.-early Apr.)			Summer Holidays (late July-the end of Aug.)						Winter Holidays (late Dec.-early Jan.)		
Recommended clothing (Tokyo)	March brings early spring conditions and you still need a coat and jacket. The weather warms towards the end of the month, but still carry a jacket and cardigan through April and May.			It becomes hot in June, but this is the rainy season and a thin jacket helps on colder days. Summer clothing is fine in July and August.			Hot days may continue in September, so layering is recommended. A jacket or cardigan will help on cold days in October. You will need a coat in November.			Winter clothing is needed, such as coats, down jackets, warm footwear and warm scarves. We recommend carrying gloves.		
Sapporo	Max temperature 4.0 Min temperature -2.9 Rainfall 77.8	Max temperature 11.5 Min temperature 3.2 Rainfall 56.8	Max temperature 17.3 Min temperature 8.3 Rainfall 53.1	Max temperature 21.5 Min temperature 12.9 Rainfall 46.8	Max temperature 24.9 Min temperature 17.3 Rainfall 81.0	Max temperature 26.4 Min temperature 19.1 Rainfall 123.8	Max temperature 22.4 Min temperature 14.2 Rainfall 135.2	Max temperature 16.2 Min temperature 7.5 Rainfall 108.7	Max temperature 8.5 Min temperature 1.3 Rainfall 104.1	Max temperature 2.1 Min temperature -4.1 Rainfall 111.7	Max temperature -0.6 Min temperature -7.0 Rainfall 113.6	Max temperature 0.1 Min temperature -6.6 Rainfall 94.0
Tokyo	Max temperature 13.6 Min temperature 4.4 Rainfall 117.5	Max temperature 19.0 Min temperature 9.4 Rainfall 124.5	Max temperature 22.9 Min temperature 14.0 Rainfall 137.8	Max temperature 25.5 Min temperature 18.0 Rainfall 167.7	Max temperature 29.2 Min temperature 21.8 Rainfall 153.5	Max temperature 30.8 Min temperature 23.0 Rainfall 168.2	Max temperature 26.9 Min temperature 19.7 Rainfall 209.9	Max temperature 21.5 Min temperature 14.2 Rainfall 197.8	Max temperature 16.3 Min temperature 8.3 Rainfall 92.5	Max temperature 11.9 Min temperature 3.5 Rainfall 51.0	Max temperature 9.6 Min temperature 0.9 Rainfall 52.3	Max temperature 10.4 Min temperature 1.7 Rainfall 56.1
Osaka	Max temperature 13.7 Min temperature 5.6 Rainfall 104.2	Max temperature 19.9 Min temperature 10.7 Rainfall 103.8	Max temperature 24.5 Min temperature 15.6 Rainfall 145.5	Max temperature 27.8 Min temperature 20.0 Rainfall 184.5	Max temperature 31.6 Min temperature 24.3 Rainfall 157.0	Max temperature 33.4 Min temperature 25.4 Rainfall 90.9	Max temperature 29.3 Min temperature 21.7 Rainfall 160.7	Max temperature 23.3 Min temperature 15.5 Rainfall 112.3	Max temperature 17.8 Min temperature 10.2 Rainfall 69.3	Max temperature 12.3 Min temperature 5.1 Rainfall 43.8	Max temperature 9.5 Min temperature 2.8 Rainfall 45.4	Max temperature 10.2 Min temperature 2.9 Rainfall 61.7
Fukuoka	Max temperature 14.4 Min temperature 6.7 Rainfall 112.5	Max temperature 19.5 Min temperature 11.2 Rainfall 116.6	Max temperature 23.7 Min temperature 15.6 Rainfall 142.5	Max temperature 26.9 Min temperature 19.9 Rainfall 254.8	Max temperature 30.9 Min temperature 24.3 Rainfall 277.9	Max temperature 32.1 Min temperature 25.0 Rainfall 172.0	Max temperature 28.3 Min temperature 21.3 Rainfall 178.4	Max temperature 23.4 Min temperature 15.4 Rainfall 73.7	Max temperature 17.8 Min temperature 10.2 Rainfall 84.8	Max temperature 12.6 Min temperature 5.6 Rainfall 59.8	Max temperature 9.9 Min temperature 3.5 Rainfall 68.0	Max temperature 11.1 Min temperature 4.1 Rainfall 71.5

* The temperatures (°C) and rainfall (mm) are average figures. Reference: the website of the Meteorological Agency

OSAKA

The distinct cuisine, culture and history of Osaka are charming, and the city also exudes a great aura of power.

Namba



Neon signs line this downtown area, giving it a vibrant atmosphere and making it popular for photography. It is a great spot to indulge in Osaka's cuisine and shopping, and explore a thriving theatre district.

Osaka Castle



This castle is now a history museum and a popular icon of Osaka for Japanese people and foreign visitors alike. Explore the cultural exhibits and take in the city view from the tower.

UNIVERSAL STUDIOS JAPAN



Enjoy this theme park with world-class entertainment from movies and characters loved around the world, such as Harry Potter. There are rides, attractions and entertainment shows for all ages, ranging from gentle Minions to exciting Jurassic Park.

Photograph Provider: Universal Studios Japan
™ & © Warner Bros. Entertainment Inc. Harry Potter Publishing Rights © JKR. (s16)

HIROSHIMA

Hiroshima faces the Inland Sea of Japan. It is a scenic place to reflect and offer prayers for peace.

Miyajima



This island off Hiroshima is rich with culture and beauty, like the UNESCO World Heritage listed Itsukushima Shrine, with its huge torii gate 'floating' during high tide. Take a ropeway ride up Mt Misen to view the majestic Seto Inland Sea.

Hiroshima Peace Memorial Museum



This memorial to the atomic bombing of 1945 commemorates the tragic conditions of victims and showcases articles they left behind. It communicates strong messages calling for everlasting world peace and the destruction of nuclear weapons.

Senkoji Temple



Visitors are charmed by the vermilion-lacquered main temple and bell-towers here. The temple has a beautiful park and the view from the grounds features the delightful town of Onomichi and surrounds.

KYOTO, NARA & HYOGO

These three areas of the Kansai region allow you to experience Japan's beautiful, sophisticated landscapes.

Fushimi Inari Taisha



This ancient Shinto shrine is the most important among thousands dedicated to Inari, the god of rice and sake. The shrine has thousands of aligned vermilion torii gates, which creates an illusion of covered walkways within the grounds.

Kiyomizu-dera Temple



The temple opened its gates to the public in 778. The Otowa Waterfall is incorporated into this ancient Buddhist temple dedicated to pure water. It is a UNESCO World Heritage Site where visitors can drink water with beneficial properties and admire the four seasons from a viewing platform.

Arashiyama



The long and graceful Togetsukyo Bridge and the serene path through the Bamboo Grove are two beautiful attractions in Arashiyama. The area is popular due to its many picturesque views of shrines, temples and nature.

Nara



Nara is regarded as the birthplace of Japan and is sister city to Canberra, Australia. About 1200 deer stroll in Nara Park, and there are numerous World Heritage attractions such as Todaiji Temple, famous for its Great Buddha.

Hyogo



This region offers Himeji Castle, a UNESCO World Heritage Site and the finest example of Japanese castle architecture from the early 17th century; Kinosaki Hot Springs; and an abundance of food like Kobe beef and Matsuba crab.

FUKUOKA

Located on Kyushu, the southernmost of Japan's main islands, Fukuoka has long been an important harbour. The area has a strong food culture, influenced by Chinese and Korean cuisine.

Dazaifu Tenmangu Shrine



This large shrine is dedicated to the scholar and politician Sugawara Michizane and features beautiful nature in all seasons. It honours the deity of academic success.

Mojiko (Mojiko Retro Town)



This port was opened in 1889 as the entry to Kyushu and flourished with strong international trade. Historical buildings give the Moji Port Retro Area an atmosphere similar to western ports built in this era.

Raise motivation while on a journey of learning in Japan

Visit Japan, see unique landscapes and buildings, and experience tradition and culture while interacting with Japanese people. These experiences encourage and stimulate students, and help them meet their responsibility for the future.

Case study: Educational trip to Japan

A teacher's perspective

We brought students aged 15-17 to Japan for an exchange so they could experience culture and tradition in a way that cannot be taught in the classroom.

Our exchange program with Uedanishi High School in Matsumoto was very enjoyable and well organised. The students from both schools connected well and the activities were interesting. Homestays gave our students the best insights into Japanese traditions and culture and let them use the Japanese language skills they had developed. Experiences like communicating, using traditional baths, and cooking Japanese food helped them to build confidence in themselves. By being immersed in the language, culture and lives of Japanese people, our students gained something they could never obtain in a classroom.

In addition to these experiences, our students enjoyed pounding soba to make noodles and for many, it was their first cooking experience from scratch. Visiting Matsumoto castle was extremely interesting and our guides were very knowledgeable. Despite the foggy weather, hiking at the top of the Kita-Yatsugatake ropeway was beautiful and we would like to return to this area in winter. The Nagato Dairy Farm was an interesting excursion, as was the wasabi farm tour – both had delicious ice cream. One of our favourite of these

experiences was making washi paper fans. We enjoyed learning about this ancient tradition and making fans of our own.

The St Eugene College students on this exchange to Japan had an enriching and educational experience. After this exchange, I would particularly recommend educators plan an exchange that includes homestays with families in a partner school, visiting Matsumoto Castle, which is listed as a National Treasure, making traditional washi fans, and doing soba pounding. Our students benefited from all of our excursions and experiences, but these are the ones I recommend most highly.



Standing in front of Matsumoto Castle, built about 400 years ago.



Interviewee
St Eugene College
Peter Orton

St Eugene College is a Catholic school near Brisbane, Australia, with a strong tradition of welcoming international exchange groups and going on exchanges overseas.



Schedule from September 21-24, 2016

Date	Details
9/21	Express bus from Shinjuku to Matsumoto Soba pounding and lunch Matsumoto Castle tour
9/22	Stroll to the summit at Kita Yatsugatake Ropeway Nagato dairy farm tour Uchiwa Japanese paper fan making at Tateiwa Washi-no-Sato Homestay accommodation
9/23	Exchanges with Uedanishi High School students Homestay accommodation
9/24	Saying farewell to homestay families Daio Wasabi Farm tour Making traditional Matsumoto Tanabata dolls Travel to Kyoto

A student's perspective

Bryce Devlin

One really cool thing was exploring Matsumoto Castle and learning about its long history. But for me, the most enjoyable experience in my exchange to Japan was my homestay with a Japanese family. It was amazing to use the skills I have learned in senior school and it definitely improved my knowledge and understanding of Japanese language and culture.

Alisha Fagg

I embraced Japanese culture and expanded my vocabulary during my homestay in Japan. It was daunting at first, but staying with a family improved my listening and speaking skills and was both eye-opening and enjoyable. I would definitely come back to Japan again and I recommend this experience to others. Visiting our host school and seeing the students' school life first-hand was also lots of fun.



Matsumoto Tourism and Convention Association
Toru "TEDDY" Yamaishi

In Matsumoto, we provide a variety of enriching experiences to students.



Matsumoto city works with Australian school tour operators in planning educational trips to Japan. Matsumoto welcomed St Eugene College students as part of their exchange. Everyone is welcome in Matsumoto.

Traditional Culture

Experience and learn about traditional culture and today's Japan, which are interlaced closely through a rich inheritance of customs, art, beliefs, cuisine, and much more.

KANTO | TOKYO

Otsuka Sushitsune Flagship Store



For 65 years, this popular shop and restaurant has been passing down the heritage of Washoku, or traditional Japanese cuisine. You can experience what it is like to make authentic hand-rolled sushi here and watch chefs make the very freshest dishes.

KANTO | TOKYO

Sumo Watching: Ryogoku Kokugikan



Sumo is the national sport of Japan and key matches are held in the Ryogoku Kokugikan stadium. In addition to the powerful wrestling matches, traditional Sumo ceremonies based on Shinto religion are widely watched as part of this tradition.

KANTO | TOKYO

Hama-rikyu Gardens



This beautiful park in urban Tokyo has a tidal pond drawing seawater from Tokyo Bay. Part of its gardens are nearly 360 years old, and feature ancient trees as old as 300. Historically, buildings were built on reclaimed land.

KANTO | TOCHIGI

Edo Wonderland Nikko Edomura



This theme park provides a replica Edo landscape and community, re-enacting life in this period of ancient Japan. Visitors interact with Edo characters, walk in their environment, evade ninjas on rooftops and have the opportunity to dress up in period costumes.

KANSAI | MIE

Ninja Museum of Igaryu



Widely held as the best ninja museum and exhibition in Japan, these grounds incorporate a traditional ninja house with trap doors and mysterious passageways. Ninja weaponry, clothing and other items are exhibited and visitors watch compelling performances demonstrating ninja skills.

KANSAI | KYOTO

Nishijin Textile Center



Here visitors learn about and try their hand at weaving in a tradition about 1200 years old. The Kimono Show displays fascinating and beautiful silks and visitors are invited to dress in a Kimono and go for a stroll.

CHUGOKU & SHIKOKU | KAGAWA

Ritsurin Garden



This garden was started in the early 1600s and is perfect for strolling and appreciating beauty of traditional Japanese gardens. Local feudal lords for many generations developed the garden over 100 years, and today it has a three-star Michelin rating as a must-visit tourist attraction.

ALL ACROSS JAPAN

Onsen and Ryokan Experience



These inns provide an authentic experience of traditional Japan. Guests wear yukata, or cotton kimono, and sleep on futon laid on woven tatami mat flooring. Dine on locally-sourced Japanese cuisine and soak in relaxing hot spring baths.

History

Learn about the architecture and heritage of significant historical buildings, and the conservation efforts underway to preserve these important places.

TOHOKU | IWATE

Chuson-ji Temple



This temple was founded in 850, but its magnificent Konjikido Hall was built in 1124. This hall is dedicated to the Buddha of Infinite Light. It is listed as a UNESCO World Cultural Heritage site and it is covered nearly entirely in gold leaf.

KANTO | TOKYO

Edo-Tokyo Museum



Learn about the life of people in Tokyo, previously called Edo, from about 400 years ago until the present day. View approximately 50 large-scale reconstructions and 2000 artefacts including *ukiyo-e* paintings, picture scrolls and life-sized models in traditional dress.

KANTO | GUNMA

Tomioka Silk Mill



Established in 1892, this was the first silk mill in Japan to use modern western machinery. The filature where silken threads are extracted from silkworm cocoons remains today, and together with the original warehouse, they have become a UNESCO World Cultural Heritage site.

KANTO | CHIBA

Naritasan Shinshoji Temple



One of Japan's foremost temples, Naritasan Shinshoji was founded in 940. It has large and beautiful grounds, and five historic halls that have been designated as important cultural assets. Visitors appreciate the Buddhist scripture and Zen meditation practiced here.

KYUSHU & OKINAWA | OKINAWA

Shuri-jo Castle Park



This impressive castle of the Ryukyu Kingdom was completed in 1429 and then rebuilt after WWII. It is listed as a UNESCO World Cultural Heritage site and displays a fusion of Japanese and Chinese castle cultures unique to Okinawa.

Industry

Acquaint yourself with Japan's industrial base, which plays a large role in the world economy. See first-hand its strength, innovation and diversity.

KANTO | KANAGAWA

CUP NOODLES MUSEUM



In 2015, nearly 100 billion servings of instant noodles were consumed worldwide. At this museum, visitors learn about the history and societal role of instant noodles and can create their own unique version of CUP NOODLES with custom ingredients to take home and enjoy.

CHUBU | SHIZUOKA

Gripia Makinohara



Visit the tea fields and processing buildings of the Makinohara Tea Plantation, where 20 per cent of Japan's tea is grown. Tour the tea factory and learn the traditional methods for making tea. In season, visitors help pick tea leaves.

CHUBU | AICHI

Toyota Commemorative Museum of Industry and Technology



Explore a museum dedicated to world-class engineers Toyota Motor Corp. Learn about the engineering and production of Model AA cars by the Toyoda family. The museum holds workshops every weekend to promote interest and creativity in the industry.

CHUBU | NAGANO

Daio Wasabi Farm



Wasabi is a root vegetable that provides one of Japan's unique seasonings and condiments, with a flavour that conveys the essence of Japan. This is the world's largest wasabi farm and you are invited to make wasabi pickles, walk the fields and try products like wasabi chocolate.

KANSAI | KYOTO

Kyoto International Manga Museum



Manga is now also considered a modern art form in Japan that entertains, educates and captures the times for future historians. This museum is a comprehensive cultural resource dedicated to cataloguing and sharing manga as well as teaching the art.

Innovation and Technology

Learn about emerging technologies, disaster management, modern transport and environmental management. See how Japan is increasing future prosperity through innovation and technological advancement.

KANTO | KANAGAWA

Mitsubishi Minatomirai Industrial Museum



This experience-based museum encourages participation so visitors enjoy learning about aerospace, the oceans, transportation, daily life, the environment and energy production, and new technologies. The main aim of this museum is to enthrall young people about advances in research.

CHUBU | AICHI

SCMAGLEV and Railway Park



Japan has long been known for its fantastic trains and here you will see 39 models up close. These date from the first locomotives in Japan through to modern bullet trains, more specifically called Superconducting Magnetically Levitated Vehicles, or SCMAGLEV.

Disaster Reduction and Human Renovation Institution



In 1995, the deadly Hanshin-Awaji Earthquake devastated Kobe. This museum exhibits materials and videos from the disaster to recreate the experience and share the lessons learned. Visitors learn how to reduce such risks to human life by being properly prepared.

KYUSHU & OKINAWA | FUKUOKA

Uminonakamichi Nata Sea Water Desalination Plant



The biggest in Japan, this desalination plant produces 50,000 cubic metres of water from seawater daily. It serves the Fukuoka area, which has experienced reduced amounts of rainfall and an increase in urbanisation. The plant's intake is beneath the ocean floor, which minimises environmental impact.

Information Websites

P5

HOKKAIDO

Sapporo www.welcome.city.sapporo.jp
Otaru http://otaru.gr.jp/welcome_en/
Hakodate www.hakodate.travel/en/

TOKYO & AROUND

Senso-ji [Taito-ku, Tokyo] www.senso-ji.jp/about/index_e.html
Tokyo Disney Resort [Urayasu-shi, Chiba] www.tokyodisneyresort.jp/en/
Akihabara [Chiyoda-ku, Tokyo] <http://akiba.or.jp/english/>

NAGANO

Jigokudani Yaen-koen [Yamanouchi-machi, Nagano] <http://en.jigokudani-yaenkoen.co.jp>
Matsumoto Castle [Matsumoto-shi, Nagano] www.matsumoto-castle.jp/lang/eng/info
Hakuba [Hakuba-mura, Nagano] www.hakubavalley.com

GIFU

Takayama [Takayama-shi, Gifu] www.hida.jp/english/

ISHIKAWA

Kenroku-en [Kanazawa-shi, Ishikawa] www.pref.ishikawa.jp/siro-niwa/kenrokuen/e/
Higashi Chaya District [Kanazawa-shi, Ishikawa] www.kanazawa-tourism.com/

P6

OSAKA

Namba [Osaka-shi, Osaka] www.osaka-info.jp/en/areas/minami.html
Osaka Castle [Osaka-shi, Osaka] www.osakacastle.net/english/
UNIVERSAL STUDIOS JAPAN [Osaka-shi, Osaka] www.usj.co.jp/e/

HIROSHIMA

Miyajima [Hatsukaichi-shi, Hiroshima] <http://visit-miyajima-japan.com/en/>

Outdoor Adventures

Getting outdoors and appreciating nature is important to Japanese people. Make great memories and enjoy time with your friends in some exquisite Japanese environments.

TOHOKU | IWATE

Appi Kogen



Appidake, a mountain over 1300 metres at its summit, is in the centre of this vast plateau, which can be explored in any season. Enjoy skiing and snowshoeing in winter, and in summer, trek through the beech forests and visit working farms.

Hakone Kyukaido (Old Tokaido Highway)



This hiking course was part of the historical route linking Tokyo and Kyoto. Walk about 12 kilometres from Hakone Yumoto to Hakone Sekisho, enjoying stunning views of Mt Fuji and Ashinoko Lake. The stone path is lined with towering cedars.

CHUGOKU & SHIKOKU | HIROSHIMA - EHIME

Shimanami Kaido Cycling



Recreational riders and serious cyclists alike will appreciate the riding in this district which takes in bridges, parks and attractions. There is a dedicated cycling road along the Seto Inland Sea from Onomichi to Imabari for those ready to ride 70 kilometres.

School Exchange

Sharing experiences with Japanese students of a similar age creates bonds and lasting friendships. It provides an important early step towards international awareness and cross-cultural sensitivity.

International exchange case study

Seventeen students from St Eugene College in Australia visited Uedanishi High School in Nagano on September 23, 2016. They were accompanied by three teachers.

Uedanishi High School Teacher, Ms Yamaguchi

We could understand each other despite cross-cultural differences. I think exchanges give students the chance to consider their future.

I think, through communicating in English, our students were able to widen their views and deepen their international understanding. The events of the exchange were decided by discussions with students, like student council members, and clubs, like the English club, judo club and tea ceremony club.

I myself communicated about mutual international exchange and its educational values with teachers from our partner school, and gained even more motivation.

For the students of both schools, it became an occasion to increase their awareness of cultures other than their own. The exchange was brief, but it was a memorable and amazing experience.

From a student's point of view

Narika Shirai

The students who were paired with us seemed nervous at first, so I talked to them positively. It was a very enjoyable time. They showed their family photos and talked about going to their favorite artist's concerts. I want them to bring their family and friends next time.

Haruna Kobayashi

I had many occasions to act as moderator for the group and lead us, but I had not prepared my English language skills well enough to communicate fully. When I talked to my pair student in simple Japanese, she answered happily in English, so I was happy.

Homestay

Immerse yourself in Japanese daily life by staying with a Japanese family, so together you can deepen your understanding of each other's culture.

Even students who are hesitant when they first arrive at their homestay soon become accustomed to their new environment and speak openly. Although the way each family spends their day is different, you will experience the Japanese way of life while shopping and cooking together and enjoying the day-to-day traditions in Japanese culture.



Event details

September 23, 2016.

9:50am Arrive at Uedanishi High School.

9:50am Welcome Ceremony

- Welcome from the Principal of Uedanishi High School
- Greeting from St Eugene College Staff Representative
- Message from the Nagano Prefectural Governor
- Exchange of gifts
- Greeting from a Uedanishi Student Representative, followed by a traditional taiko drumming performance.
- Greeting from St Eugene College Student Representative and a performance.
- Discussion about the day's events

11:00am Lunch (Cafeteria)



Enjoying tendon (tempura rice bowl) for lunch together.

11:45am Group Photo



Say Cheeeeeese!

12:00pm Presentation by Uedanishi High School Introduction to local Japanese traditional culture then making origami together.

1:00pm Fun experiences in Japanese culture



Judo



Japanese calligraphy



Sado (Japanese tea ceremony)



Kendo



Ikebana (flower arranging)

4:00pm Farewell ceremony

4:50pm Conclusion of school visit Time to say, 'See you!'

5:00pm St Eugene College students depart



Students of both schools form pairs and go to the gymnasium



Greeting from St Eugene College.



Uedanishi High School Student Council's Taiko performance.