

TOKYO

More Ideas for Meetings & Incentives

Explore Tokyo's Unique Possibilities

TOKYO

Exceptional Quality Expanding Possibilities

Enormous in scale, Tokyo offers countless rare and exciting learning experiences.

No city is better for building a team's spirit and expanding its abilities.

Why? Throughout its long history, the culture of this densely populated island nation has centered on building social harmony, interpersonal relationships, and communal spirit. No one knows more about cooperation and teamwork.

And Tokyo's unique culture, both modern and traditional, creates learning opportunities and growth experiences not found in other great world cities.

Are you searching for the most rewarding destination for effective and inspiring team building?

We've selected some possibilities to stimulate you.

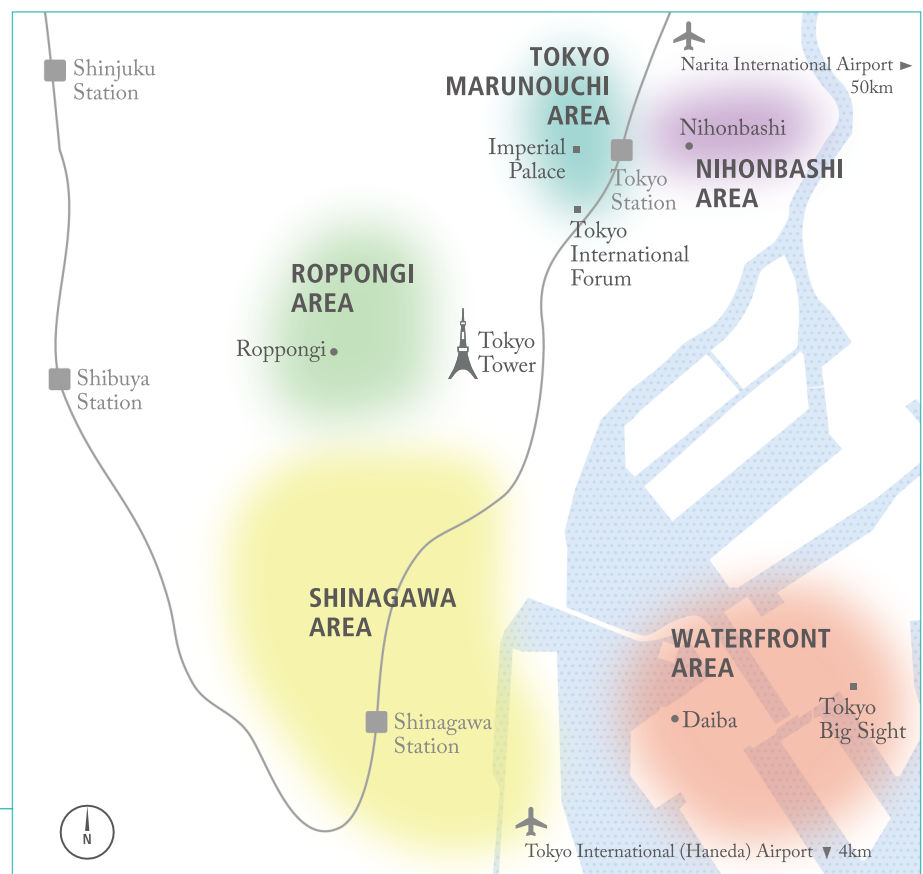
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Leading Areas for Business Events

There are a number of areas in Tokyo that feature dense concentrations of meeting spaces, exhibition halls and accommodations. These areas are working together to attract business events to Tokyo, with the advice and support of TCVB.

HACHIOJI AREA







1. Community traditions

Local festivals where omikoshi portable shrines are paraded shoulder high around the neighborhood are a centuries old Tokyo custom. You're welcome to join the fun of these joyful and energetic festivals, where you'll make new friends and contribute to the preservation of a living tradition.

Time: half day



2. Meet the future

An NPO project takes foreign embassy staff to Tokyo schools to broaden the minds of the next generation. Your group can become cultural ambassadors too, contributing their skills and life experiences, and discovering how to communicate and exchange ideas with eager young minds.

Time: 95 min.



3. Make a splash!

Tokyo's old neighborhoods traditionally sprinkled their streets with water to cool the city in the midsummer heat, and a nationwide program now encourages millions to use recycled household water. Visit on the right dates in July/August, and your group can join this fun event.

Time: 60 min. Area: Tokyo Marunouchi





4. Urban ecology

Guided tours introduce the groundbreaking urban development that's transforming Tokyo's central business districts of Otemachi, Marunouchi and Yurakucho. With unbeatable access and every amenity needed by global enterprises, this fashionable area of tree-lined streets is also an experiment in sustainable urban community.

Time: 120 min. Area: Tokyo Marunouchi



5. Keeping it natural

Natural eco-systems exist even in this giant metropolis, and the city has many programs to preserve endangered species, clean river banks and plant trees and vegetation. Your contribution is welcome to help protect Tokyo's nature. You'll also learn some uniquely Japanese approaches to conservation.

Time: 150-180 min. / half day

© NPO Arakawa Clean-aid Forum



Savor a Unique Culture





1. Worlds within worlds

The art of creating exquisite miniature worlds, bonsai is also a hands-on study into the essential principles of nature and beauty. Under expert guidance, your group will craft tiny landscapes, gaining practical insights into how balance and harmony can enhance life and work.

Time: 60 min.



2. Tokyo's historical heart

Nihonbashi bridge is the old center point of Tokyo, and this neighborhood is still a hive of traditional crafts. Hold a party for your group, with everyone wearing kimono, at a unique tree-filled venue designed to evoke the character of this historic area.

Time: 30-60 min. Area: Nihonbashi





3. A taste of harmony

Traditional restaurant designs encourage group dining, to savor friendship as well as cuisine. Looking out over tranquil gardens and the forested mountains of western Tokyo, enjoy a meal where everything is in perfect balance, the ideal of harmony at the heart of Japanese hospitality.

Area: Hachioji



4. Eat and drink, Tokyo style

People the world over enjoy relaxing after work with colleagues, but it's especially important in Japan, where work relationships are very highly valued. The Tokyo version of the pub, called izakaya, is perfect for this, offering cheerful food and drink in a uniquely friendly atmosphere.

Area: Waterfront



5. Bond over beef

If Japanese hosts ask you to share a meal of yakiniku, it means they want to cement your friendship around the barbecue table. And if you're getting VIP treatment, your team might be invited to try authentic wagyu beef, rarely available outside Japan.





6. Something for everyone

Eating together builds team spirit. But what if some members have strict dietary beliefs? Tokyo has you covered, with many great restaurants offering choices from vegan to halal, all of them with that unique touch this city of gourmets adds to any cuisine.





7. Tokyo wine

Coming late to beer and whiskey, today Japan produces some of the world's best. Now, it's the turn of wine, and amazingly, even Tokyo has its own local wineries. These are a great outing, where you can taste unique wines and sample distinctively Japanese finger food.



8. Farming in the city

Visit an organic farm in west Tokyo to sample its delicious products and observe its unique approach to growing natural food in the urban environment. Supplying quality organic vegetables and honey to upscale Tokyo restaurants, it's part of a local community regeneration program.

Area: Hachioji



Team up in Tokyo





1. Temple yoga

Yoga trains body and mind, and can also be a great team building exercise. Tokyo, of course, adds something different: not only will your team learn unique Japanese yoga variations, they'll do it in the spiritual atmosphere of a traditional Buddhist temple.

Time: 60 min.

© Terakoya Buddha Association



2. Ancient court music

Seated in a tranquil shrine, experience the healing effect of Japan's ancient court music, and try your hand at playing these unique and rarely seen instruments. Expert instructors will guide your group to produce the timelessly magical, ethereal sounds of a gagaku orchestra.

Area: Roppongi



3. Tsukiji cooking challenge

You've heard of Tokyo's Tsukiji fish market, but did you know you can learn cooking there too? Your team will design menus, buy ingredients from the market and prepare meals, acquiring the skills to throw authentic Japanese-style parties back home.

Time: 120-180 min.





4. Team up to make TV

A team-building activity for those who want a real challenge. In a studio at one of Japan's biggest broadcast stations, teams produce an entire TV program, with members acting as everything from anchor to director and cameraman, operating real TV equipment.

Area: Waterfront



5. Program a robot PA

This compact, highly-intelligent robot personal assistant is also a phone, camera and projector, and even a friend who will sing and dance for you. Your team must brainstorm a presentation and program their robot to demonstrate its range of capabilities.



6. Sing away the stress

People everywhere love karaoke to blow off steam with co-workers. Karaoke contests are great for building team spirit, and no one cares if your singing isn't great. It's a Japanese invention, so Tokyo boasts cutting-edge facilities and devices you'll find nowhere else.

Area: Shinagawa







1. The latest in logistics

Japan's distribution networks are constantly evolving as society changes, and nowhere changes faster than Tokyo. Tour one of Japan's largest logistics hubs to discover how it is adding value to distribution, and how it makes people's lives more convenient.

Time: 90 min.



2. Survival is a team skill

Japan has a long history of coping with natural calamities, and Tokyo pioneered modern disaster planning. In this state-of-the-art facility, designed to prepare citizens for emergencies, you'll experience earthquake and evacuation simulations, and learn the importance of teamwork for survival.

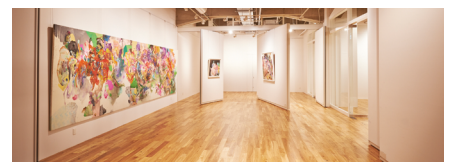
Time: 60-90 min. Area: Waterfront



3. Waterfront renaissance

Tokyo's Tennozu waterfront is a hot area for young startups. On a visit to one of the companies behind this creative transformation, your team will see warehouses converted into everything from wine cellars to media spaces. They also make unique venues for exhibitions and artistic events.

Area: Shinagawa





4. Experience the market

Learn about Japan's latest business trends at Tokyo Stock Exchange. After a tour on the unique history of finance in Japan, take part in a stock trading simulation game to get a hands-on experience of Japan's corporate world and one of the world's leading stock markets.

Time: 60-90 min. Area: Nihonbashi



5. Tokyo business manners

Mastering local rules of etiquette is vital for success in Japan. An intensive seminar guiding you through the intricacies of bowing, business cards and navigating cultural differences will be a fun learning experience and a head start for doing business in Tokyo.

Time: 60 min.



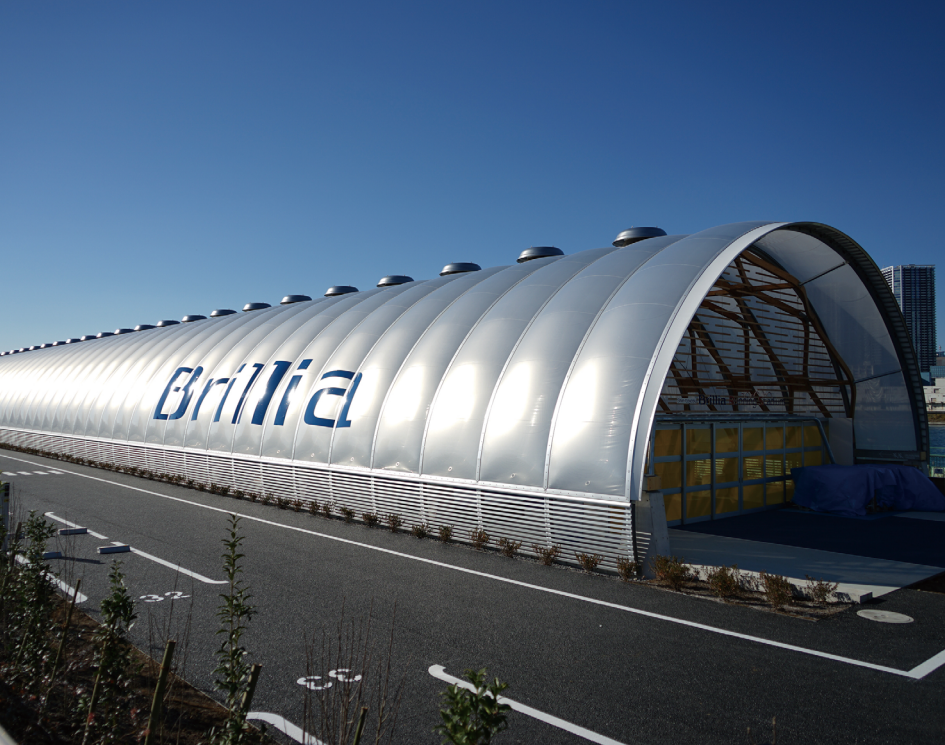
6. Urban design up close

Roppongi is a center of art, shopping and entertainment that also features some of Tokyo's most cutting edge architecture. Guided by smart devices, your group will explore the latest developments in urban art and design, then visit facilities relevant to their fields of interest.

Area: Roppongi







1. The future of running

To see what the future holds for the city runner, try this international 60m indoor track in Tokyo Bay. The new stadium's innovative architecture, latest athletic technology, and barrier-free design attracts runners from beginners to professionals.
Area: Waterfront



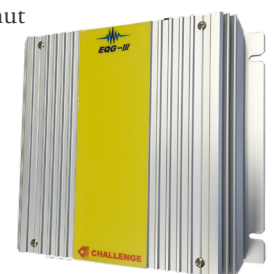
2. Team table tennis

Visit one of the world's leading table tennis equipment manufacturers, a long-term supplier to many professional events. Discover how technology is advancing the game, and if you're lucky, a former international player might be on hand to arrange a tournament for your team.
Time: 30-40 min.



3. Life-saving technology

As an earthquake prone nation that's technologically advanced, Japan leads the world in seismic safety equipment. Visit a small Tokyo company that produces state-of-the-art sensor alarm systems that not only signal approaching quakes, but automatically shut down elevators, gas and machinery.
Time: 60 min.





4. Tokyo fashion secrets

When it comes to street fashion Tokyo has long led the world, thanks to the city's energetic and ever-changing subcultures. A workshop with one of the professionals behind these trends is guaranteed to sharpen up your team's creative and marketing capabilities.

Time: 60 min.



5. An animating experience

If your team includes anime fans, they will be fascinated by this museum dedicated to its history and techniques. But even newcomers to this uniquely Japanese art will enjoy having their creativity stimulated by these interactive displays and digital editing workshops.

Time: 40 min.



6. Eco-friendly tableware

Plastics transformed our world, but damage the environment. Visit a Tokyo company whose CSR project resulted in new materials as versatile as conventional plastics but safe to incinerate. They produce eco-friendly tableware from waste paper and recycled plastics, using paper powder technology.



5-Day Incentive Trip

DAY 1

Welcome Party
Tokyo Bay night cruise

19:00



DAY 2

Team Building
Temple yoga

P. 13

10:00



13:00

Enterprise
Waterfront renaissance

P. 16



DAY 3

Team Building
Tsukiji cooking challenge

P. 13

10:00



12:00



14:30

Culture
Bonsai

P. 8



16:30

Technology
Company Tour

P. 19



DAY 4

9:00

CSR
River ecosystem project

P. 6



13:30

Enterprise
Urban architecture

P. 17



19:00

Culture
Traditional Japanese dining

P. 9



DAY 5

Departure

About Tokyo



General Information

Japan's capital, modern and cosmopolitan, also boasts a rich cultural heritage. In the center, towering skyscrapers contrast with the venerable Tokyo Station building and the densely wooded gardens of the Imperial Palace with its surrounding moat. From the fashionable upscale shopping district of Ginza it's just a short walk to the historic theater where traditional kabuki plays are still performed. The scale of the metropolitan area is enormous: Tokyo's train network serves around 39 million daily commuters, and even the city's taxis carry one million people every day. River buses and cruisers ply the rivers and Tokyo Bay, and a popular excursion is to dine aboard an old-style yakatabune boat, singing karaoke while enjoying the sights of the waterfront. This is truly a city with something for everyone.

Best Times of the Year to Visit Tokyo

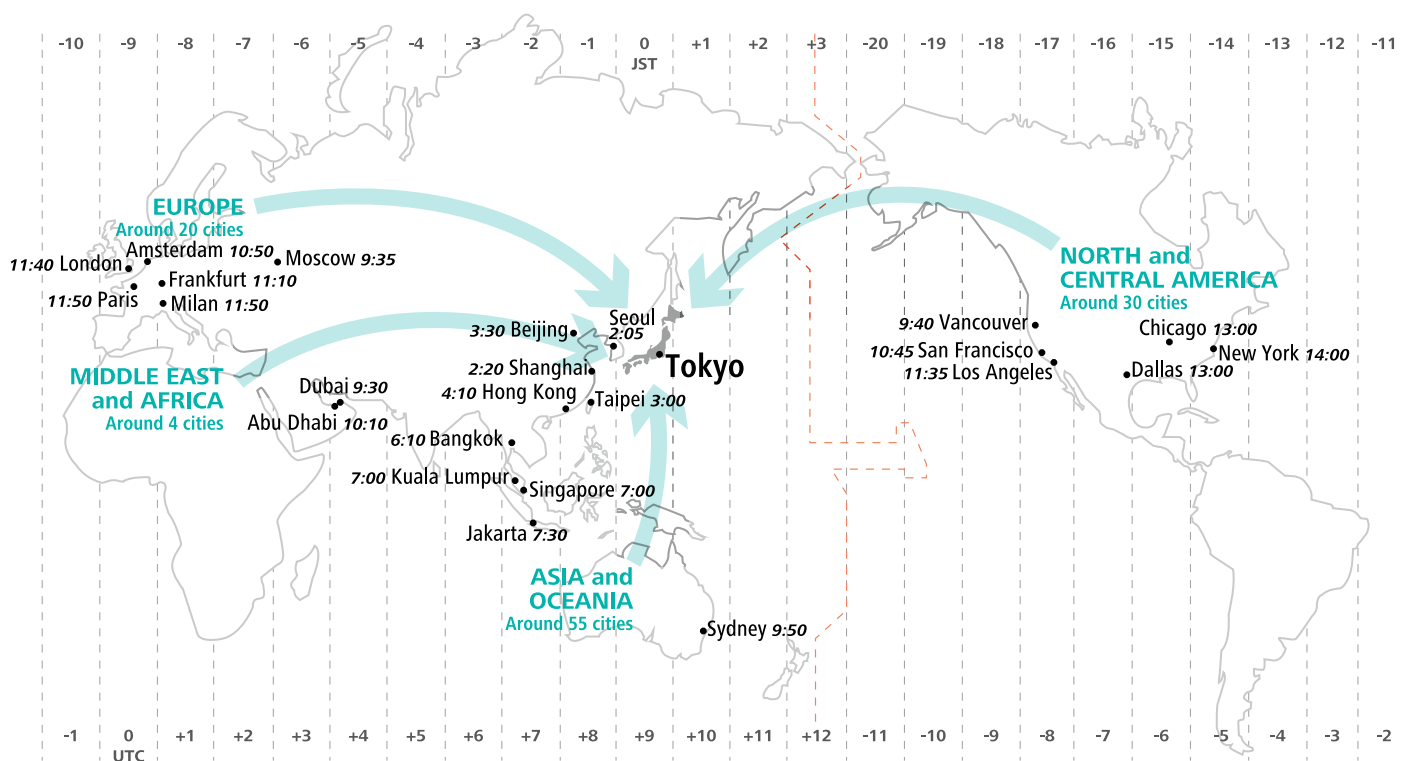
The most popular seasons to visit Tokyo are spring (March to May) and autumn (September to November). The cherry blossoms bloom from late March to early April, and you can enjoy the autumn leaves from mid to late November. Tokyo has a rainy season, which lasts from early June to mid July.

Event Calendar

MONTH	EVENT	LOCATION
January	New Year	
February	Setsubun, Daruma Kuyo Festival	Nishi-Arai Daishi Temple
	Tokyo Marathon	Tokyo Metropolitan Government - Tokyo Station
March	Hanami <i>Cherry Blossom Festival</i>	Ueno Park and around the city
	AnimeJapan <i>Expo</i>	Tokyo Big Sight
April	Yabusame <i>Horseback Archery</i>	Sumida Park
May	Kanda Matsuri Festival	Kanda Myojin Shrine
	Sanja Matsuri Festival	Asakusa Jinja Shrine
June	Sanno Matsuri Festival	Hie-Jinja Shrine
July	Sumida River Fireworks Festival	Sumida River
	Iriya Asagao Matsuri <i>Morning Glory Festival</i>	Around Iriya Kishimojin
August	Fukagawa Hachiman Matsuri Festival	Tomioka-Hachimangu Shrine
	Koenji Awa-Odori <i>Dance Festival</i>	JR Koenji Station Area
	Asakusa Samba Carnival	Asakusa
September	Sanma Matsuri <i>Pacific Saury Festival</i>	Meguro
October	Tokyo International Film Festival	Roppongi Hills
November	Tori-No-Ichi <i>Roosters Fair</i>	Chokoku-Ji Temple, Otori Shrine and a few other sites
	Tokyo Motor Show (every two years)	Tokyo Big Sight
December	Hagoita-Ichi <i>Battledore Market</i>	Sensoji Temple



Typical Flight Times



Access



Air Access

Tokyo's two international airports (Narita and Haneda) handle all major carriers, providing convenient access for visitors from around the globe and serving as a hub for the whole Asian region. Narita has 1,610 international flights a week to 103 cities around the world, and recently added a dedicated low-cost carrier terminal to further enhance its service. Haneda, now with 24-hour operation, provides over 760 international flights weekly to 31 destinations.

Transportation in and around Tokyo

Rail – Tokyo's extensive, and famously punctual, train and subway network is the most convenient way to get around. There are stations close to your hotel, convention venue and all sites of interest.

Taxis – Taxis are plentiful in central Tokyo. There are taxi ranks at hotels, stations and many other sites, or you can simply hail one on the street.

Shinkansen – All six super-express inter-city lines depart from Tokyo Station, with some trains also stopping at Shinagawa and Ueno Stations. This world-class high-speed rail network serves every part of Japan from Hokkaido, Aomori, Akita, and Yamagata in the north, to Kyoto in the west (approx. 140 trains a day), south to Hakata and other cities on Kyushu, and across to Niigata on the Japan Sea and Nagano in the Central Highlands.

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