Meetings & Incentive Travel, TOKYO

Design a Successful Trip for Your Team
TOKYO

Where success is measured by quality.

It’s quality that puts Tokyo head and shoulders above the rest as an incentive destination. The quality of its advanced infrastructure, world-leading transportation networks and public safety. Its dining, with more Michelin-starred restaurants than any other city, thanks to an outstanding culinary history and a world-respected tradition of hospitality. And a cultural legacy that makes this a world center for art, both contemporary and traditional.

As a meeting planner, you look for destinations that reliably offer the widest range of unique experiences. Tokyo is that destination. As well as four examples of possible itineraries, this booklet presents an extensive menu of suggested activities to help you create your own custom plans for a successful trip to Tokyo.

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### DAY 1

**Arrival**
A warm welcome awaits you at the airport.

**Tokyo Bay Night Cruise**
Break the ice and get to know everyone as you party on a futuristic cruise ship, sailing through islands of towering high-rises with the brilliantly lit Tokyo skyline behind.

*Option - Introduction to the world of sake by a sake sommelier (in English).*

### DAY 2

**Time for Business**
Training sessions, seminars, meetings, etc.

**Savor the Finest Wagyu Beef**
Your group will sit together around a counter enjoying the chef’s performance as he flamboyantly grills each piece of authentic wagyu beef, the premium steak unique to Japan.

**Taiko Drumming!**
Group drumming is a traditional Japanese way to build team spirit. And it’s great fun too! Nothing binds a team together like pounding drums in unison, working toward that point where everyone is in perfect synch.

### DAY 3

**Start the Day with a Run**
So many places for your team to run: under trees by the Imperial Palace moat or Hibiya Park, along the riverside, down to Tokyo Tower, or through the office skyscrapers around historical Tokyo Station.

**Time for Business**
Training sessions, seminars, meetings, etc.

**Learn the Art of Japanese Dance**
Traditional dance embodies the essence of the Japanese spirit. Professional instructors will gently guide your team to dance as a group, for an unforgettable, hands-on insight into Japan’s historic culture.

**Enjoy Tokyo’s Gourmet Delights**
The Japanese love eating out in groups, and this city of gourmets offers many unique ways to dine together, from traditional multi-course kaiseki meals to the casual fun of an izakaya pub where you catch your own fish.

**Thrill to a Giant Robot Show**
“What did I just see?” is the standard reaction to this heart-stopping show. You saw wildly costumed dancers and drummers, neon lights and lasers, an epic monster parade and a surreal battle between huge robots. And more.
**Day 4**

**Hike in the Mountains**
An hour or so by train takes you to Tokyo’s very own mountain, Mt Takao. Climbing gentle trails up through magnificent forests, you’ll pass many reminders of this mountain’s sacred history.

**Afternoon**

**Lunch in a Temple**
Experience what it’s like to dine like a Buddhist monk. Mt Takao’s Yakuo-in Temple is known for its vegetarian cuisine called *shojin-ryori*, featuring seasonal wild mountain plants.

**Time Out to Shop**
On the way back from Mt Takao, you’ll visit two shopping districts. Between them, they contain so many unique specialist stores everyone is guaranteed to find the gift they want.

**Morning**

**Party among the Fishes**
Tokyo has an amazing number of innovative aquariums available for private parties. A perfect end to the trip, as your group winds down among gently glowing tanks of aquatic life.

**Day 5**

**Departure**
A comfortable coach will carry you to the airport.
Dining_P18
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Day 1

Morning
Arrival
A warm welcome awaits you at the airport.

Day 2

Morning
Clear Your Mind with Zen
Many of Japan’s business leaders rely on zen to focus and put themselves in the zone. A taste of meditation will banish stress, opening the mind for fresh experiences.

Day 3

Morning
Time for Business
Training sessions, seminars, meetings, etc.

Evening
A Meal to Make You Think
In a renowned, Michelin-starred restaurant, a chef-philosopher will astound your palate and your mind with meals that are both distinctly Japanese and unlike anything else on the planet.

Evening
Welcome Party – Art Performance
Tokyo artists are doing fresh and exciting things with old traditions like calligraphy and flower arranging. Start your trip with a glimpse of the vibrant culture of modern Japan.

Day 4

Morning
Drink Sake Under the Tracks
This long row of lively bars and restaurants below the rail lines is a favorite salaryman after-work hangout. You’ll be on first names with the locals in no time.

Afternoon
Try Your Hand at Wagashi Sweets
Learn the art of making these sweets, famous for their subtle taste and delicate beauty, and then enjoy your handiwork during a traditional tea ceremony.

Evening
Evening
Arrival
A warm welcome awaits you at the airport.

Time for Business
Training sessions, seminars, meetings, etc.
Option 1

Craft a Unique Souvenir

Make a miniature folding screen in a traditional design that cunningly refolds on itself, presenting a different picture each time.

04 60 min.

Option 2

Make Your Own Cut Glass

Edo Kiriko cut glass art is famed for its vibrantly colored traditional Japanese patterns. Expert artisans guide you through the process of cutting your own glass souvenir.

05 120 min.

Farewell Party – Unique Memories

Option 1

Dine outdoors in a centuries-old garden, among rustic tea houses and placid ponds, a tranquil oasis set in the heart of the giant city.

05

Option 2

Sophisticated kaiseki dining in the serene surroundings of a traditionally-designed Japanese room, lit by the warm glow of a candle art installation.

06

Departure

A comfortable coach will carry you to the airport.
See the Real Tokyo – by Bicycle

Tokyo is a great city for cycling, and this is the best way to see how Tokyoites actually live. Your group will go on a fascinating tour from residential back lanes to magnificent public spaces.

Walk the Kimono Way

There’s no better way to get a feel for the traditional Japanese lifestyle than to stroll the old part of town, dressed to perfection in a colorful kimono.

Welcome Party - High above the City

Break the ice and make new friends with colleagues from around the world as you sip a cocktail and gaze down on Tokyo’s majestic cityscape.

Thrill to the Ninja Dining Challenge

A restaurant designed like a ninja hideout, complete with secret passages. It’s great dining, and an adventure with every course.

Take an Island Trip

Tokyo has several subtropical islands inside the city limits, and Oshima is the largest. Discover its unique cuisine and handicrafts, and trek through the natural paradise of a volcanic crater.

A warm welcome awaits you at the airport.
Visit Tokyo's Folk Craft Museum

This gem of a museum, housed in a splendid old mansion, displays magnificently crafted examples of objects from Japanese daily life through the ages.

Afternoon

Stroll the Fashion Districts

Take a short walk from Harajuku, home of Tokyo street fashion, to the zelkova-tree-lined avenue of Omotesando and its top-end international brands.

A New Take on Japan's Highest Cuisine

Traditional kaiseki is now a gourmet world trend. You'll meet a master chef taking this sophisticated dining tradition in fresh and exciting directions. After a detailed introduction, he'll serve a beautifully presented, multi-course meal.

Departure

A comfortable coach will carry you to the airport.
**DAY 1**

**Arrival**

A warm welcome awaits you at the airport.

**Welcome Party – Fun in the Monster Cafe**

You've heard of “kawaii?” Start your trip with a glorious overload of cute at this joyously monster-themed cafe. The entire space can be reserved for your party to enjoy.

**DAY 2**

**Afternoon**

**A History of Creation – Japanese Advertising**

Japanese illustration is breathtakingly good, and in this one-of-a-kind museum you'll see how those skills have been used for centuries to push the limits of advertising design.

**Take Part in a Creative Workshop**

A fresh generation is transforming manufacturing design in Tokyo. You'll meet some of the young creators now exploring radical new concepts and directions.

**Discover how Dining can be Art**

Enjoy extravagantly edible works of art, created by one man’s imagination to delight and astonish. Ingredients and courses are customizable to match your corporate colors or themes.

**DAY 3**

**Urban Evolution 1**

Meet with a group specializing in small scale urban projects and see how they strengthened community ties through a neighborhood rooftop beehive scheme.

**Learn Japan’s Culinary Secrets**

A choice of two restaurants illustrating unique aspects of Japanese cuisine. Receive personal dietary counseling (no charge) from a nutritionist as you enjoy a simple, Japanese family style meal, healthy and low in calories. Or, discover how subtle and sophisticated rice cuisine can be at a unique specialist restaurant.

**DAY 4**

**Departure**

A comfortable coach will carry you to the airport.

**Open-Air Farewell Party – Japanese Style**

End the trip by chilling out like the Japanese – in one of Tokyo's many open-air dining options. Enjoy a barbecue and a drink on a high terrace or in the cool of a shady beer garden.
LIST OF ACTIVITIES

Cultural Experience

01 Learn the Art of Japanese Dance
Try your hand at a traditional dance form
90min.  ➔  ACTIVE PLAN P5

02 Clear Your Mind with Zen
Learn a little meditation at a zen temple
60min.  ➔  CULTURAL DISCOVERY P8

03 Try Your Hand at Wagashi Sweets
Make sweets to eat with matcha green tea
120min.  ➔  CULTURAL DISCOVERY P9

04 Craft a Unique Souvenir
Construct a miniature folding screen
60min.  ➔  CULTURAL DISCOVERY P10

05 Make Your Own Cut Glass
Edo Kiriko glass in traditional patterns
120min.  ➔  CULTURAL DISCOVERY P10

06 Walk the Kimono Way
Stroll through the city in a kimono
30 - 60 min.  ➔  TOKYO TASTE P12

07 A New Take on Japan’s Highest Cuisine
A groundbreaking master chef reinvents the kaiseki tradition
180min.  ➔  TOkyo TASTE P14

Dining

01 Savor the Finest Wagyu Beef
Dine at the counter to enjoy the performance
ACTIVE PLAN P4

02 Enjoy Tokyo’s Gourmet Delights
From formal kaiseki to relaxed izakaya pub meals
ACTIVE PLAN P5

03 Lunch in a Temple
Dine like a monk on Buddhist vegetarian cuisine
ACTIVE PLAN P6

04 A Meal to Make You Think
Unique dining in a Michelin-starred restaurant
ACTIVE PLAN P9

05 Drink Sake Under the Tracks
See the pubs the locals prefer, under the rail lines
CULTURAL DISCOVERY P9

06 Thrill to the Ninja Dining Challenge
Where every course is an adventure
CULTURAL DISCOVERY P13

07 Learn Japan’s Culinary Secrets
Some cooking styles you’ve probably not seen
ACTIVE PLAN P17

08 Welcome Party - High above the City
With stunning views over Tokyo at night
TOkyo TASTE P12

09 Welcome Party – Fun in the Monster Cafe
Book an entire cafe filled with cute monsters
ACTIVE PLAN P16

10 Open-Air Farewell Party – Japanese Style
Outdoor barbecue in a beer garden or high terrace
ACTIVE PLAN P17

Events & Parties

01 Tokyo Bay Night Cruise
Party on the water, enjoying the lights of Tokyo
120min.  ➔  ACTIVE PLAN P4

02 Thrill to a Giant Robot Show
Lasers, neon, drums and an epic monster parade
60min.  ➔  ACTIVE PLAN P5

03 Party among the Fishes
In the unique surroundings of an aquarium
ACTIVE PLAN P6

04 Welcome Party – Art Performance
Calligraphy and flower arrangement like you’ve never seen before
ACTIVE PLAN P8

05 Farewell Party – Unique Memories Option 1
Dine outdoors in a centuries-old garden
ACTIVE PLAN P10

06 Farewell Party – Unique Memories Option 2
Candle-lit kaiseki dining in a traditional atmosphere
ACTIVE PLAN P10

07 Welcome Party - High above the City
With stunning views over Tokyo at night
TOkyo TASTE P12

08 Welcome Party – Fun in the Monster Cafe
Book an entire cafe filled with cute monsters
ACTIVE PLAN P16

09 Discover how Dining can be Art
Each delicious dish is a unique work of art
ACTIVE PLAN P16

10 Open-Air Farewell Party – Japanese Style
Outdoor barbecue in a beer garden or high terrace
ACTIVE PLAN P17

Facility Tour

01 Visit Tokyo’s Folk Craft Museum
An old mansion full of magnificent craft works
60min.  ➔  TOkyo TASTE P14

02 A History of Creation – Japanese Advertising
A unique museum of Japanese adverts through the ages
30min. or 60min.  ➔  CREATIVE TOKYO P16

03 Urban Evolution 1
Community project creators introduce a rooftop beehive scheme
60min.  ➔  CREATIVE TOKYO P17

04 Urban Evolution 2
Groundbreaking new approaches to greening the city
30 or 60 min.  ➔  CREATIVE TOKYO P17

Team Building

01 Taiko Drumming!
A traditional Japanese way to build team spirit
60min.  ➔  ACTIVE PLAN P4

02 Start the Day with a Run
An endless selection of courses to enjoy
180min.  ➔  ACTIVE PLAN P5

03 Hike in the Mountains
A day out among the forests of Mount Takao
60 min.  ➔  ACTIVE PLAN P6

04 See the Real Tokyo – by Bicycle
An entertaining way to get to know the city
TOkyo TASTE P12

05 Take an Island Trip
Tokyo even includes several easy-to-reach subtropical islands
TOkyo TASTE P13

Shopping

01 Time Out to Shop
Drop by shopping districts featuring dozens of unique specialist stores
ACTIVE PLAN P6

02 Stroll the Fashion Districts
From street fashion to haute couture
TOkyo TASTE P14

03 Take Part in a Creative Workshop
Meet the young creators transforming manufacturing design
ACTIVE PLAN P16
About Tokyo
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.

Tokyo Event Calendar

<table>
<thead>
<tr>
<th>Month</th>
<th>Event</th>
<th>Location</th>
</tr>
</thead>
<tbody>
<tr>
<td>FEBRUARY</td>
<td>Setsubun “Daruma-Kuyo”*</td>
<td>Nishi-Asa Daishi Temple</td>
</tr>
<tr>
<td></td>
<td>Tokyo Marathon</td>
<td>Tokyo Metropolitan Government - Tokyo Big Sight</td>
</tr>
<tr>
<td>MARCH</td>
<td>Cherry Blossom Festival</td>
<td>Ueno Park and the city</td>
</tr>
<tr>
<td>APRIL</td>
<td>Anime Japan</td>
<td>Tokyo Big Sight</td>
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<tr>
<td>MAY</td>
<td>Kanda-Matsuri Festival</td>
<td>Kanda Myojin</td>
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<td></td>
<td>Sanja Matsuri Sengi-Sama</td>
<td>Asakusa Jinja Shrine</td>
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<tr>
<td>JUNE</td>
<td>Sanno Festival</td>
<td>Hie Jinja Shrine</td>
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<tr>
<td>JULY</td>
<td>Sumida River Fireworks Festival</td>
<td>Sumida River</td>
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<tr>
<td>OCTOBER</td>
<td>Irya Asagao Matsuri Moming Glory Festival</td>
<td>Around Irya Kihimojin</td>
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<tr>
<td>AUGUST</td>
<td>Fukagawa Hachiman Festival</td>
<td>Tomioka-Hachimangu Shrine</td>
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<tr>
<td></td>
<td>Koenji Awa-Odori Dance Parade</td>
<td>On shopping streets north and south of JR Koenji Station</td>
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<tr>
<td></td>
<td>Asakusa Samba Carnival</td>
<td>Asakusa</td>
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<tr>
<td>NOVEMBER</td>
<td>Tokyo International Film Festival</td>
<td>Roppongi Hills</td>
</tr>
<tr>
<td>DECEMBER</td>
<td>Roosters Fair “Tori-No-Ichi”*</td>
<td>Chokoku-ri Temple, Otori Shrine and a few other sites</td>
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<tr>
<td></td>
<td>Battledore Market “Hagoita-Ichi”</td>
<td>Sensoji Temple</td>
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<tr>
<td></td>
<td>Tokyo Motor Show (every two years)</td>
<td>Tokyo Big Sight</td>
</tr>
</tbody>
</table>

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 1,450 international flights a week to 106 cities around the world, and recently added a dedicated low-cost carrier terminal to further enhance its service. Haneda, now with 24-hour operations, provides over 600 international flights weekly to 27 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 Nagano on the Japan Sea and Nagano in the Central Highlands.
SERVICES AND PROGRAMS

Special Offers for Tokyo Corporate Events

The Business Events Team at the Tokyo Convention & Visitors Bureau offers special services and support for meeting planners. Check our website for full details, eligibility and how to apply.

Note: A visitor night is defined as one person staying for one night in Tokyo. (Example: 500 attendees x 2 nights = 1,000 visitor nights) All offers and criteria are subject to change without prior notice. All offers are provided within a set budget per event.

1. Site Visit Support
For planners responsible for at least 1,000 visitor nights in Tokyo.
- Airfare: Round trip to Narita or Haneda International Airport
- Accommodation and ground transportation within Tokyo

2. Special Programs
For planners selecting destinations for groups with at least 100 visitor nights in Tokyo.

Support
100 or more visitor nights in Tokyo
- Giveaway item for each participant

400 or more visitor nights in Tokyo
- Giveaway item for each participant & special souvenir for VIPs
- Choice of party entertainment options
- Airport welcome

This programs may be subject to change.

Other Services
Site Inspections / Online RFP / Help Finding Partners in Tokyo / Event Planning

Contact us at:
Business Events Team
Tokyo Convention & Visitors Bureau (TCVB)
Nishin Bldg. 6F, 346-6 Yamabukicho, Shinjuku-ku, Tokyo 162-0801 Japan
Tel: +81-3-5579-2684 Fax: +81-3-5579-2685
Email: businessevents@tcvb.or.jp URL: www.businesseventstokyo.org

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