

# 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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**Itinerary 1**

**ACTIVE  
PLAN**

*Designed to bring  
your team together*

DAY

1

Afternoon

## Arrival

A warm welcome awaits you at the airport.



Evening

## 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).

E 01 ⌚ 120 min.



DAY

2

Morning

## Time for Business

Training sessions, seminars, meetings, etc.



Afternoon

## 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.

T 01 ⌚ 60 min.



Evening

## 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.

D 01



Photo: Ginza Ukaitei

DAY

3

Morning

## 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.

T 02 ⌚ 180 min.



Morning

## Time for Business

Training sessions, seminars, meetings, etc.



Afternoon

## 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.

C 01 ⌚ 90 min.

## 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.

D 02

Evening



Night

## 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.

E 02 ⌚ 60 min.



DAY

4

Morning

## 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.

T 03 ⌚ 60 min.



Afternoon

## 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.

S 01



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.

D 03



Evening

## 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.

E 03



DAY

5

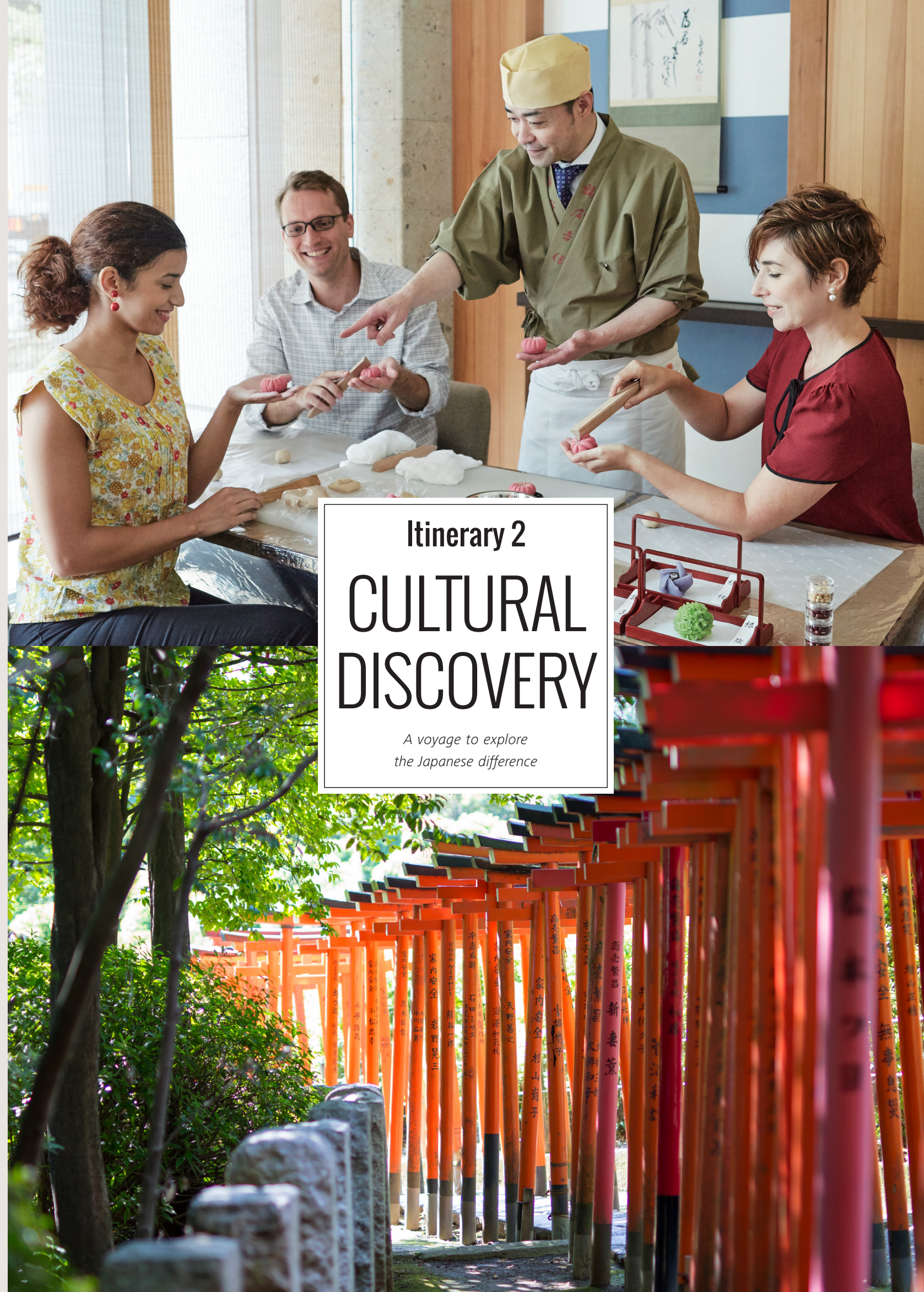
Morning

## Departure

A comfortable coach will carry you to the airport.

# Itinerary 2 CULTURAL DISCOVERY

A voyage to explore  
the Japanese difference



DAY

1

Afternoon

## Arrival

A warm welcome awaits you at the airport.



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.

E 04



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.

D 04



Photo: Narisawa

DAY

3

Morning

## Time for Business

Training sessions, seminars, meetings, etc.



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.

C 03 ⌚ 120 min.

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.

C 02 ⌚ 60 min.



Evening

## 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.

D 05



DAY

4

Morning

## Time for Business

Training sessions, seminars, meetings, etc.



Afternoon

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.

C 04 ⌚ 60 min.



Option 2

Afternoon

## 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.

C 05 ⌚ 120 min.



Edo Kiriko Cooperative Association

Evening

## Farewell Party – Unique Memories

Option 1

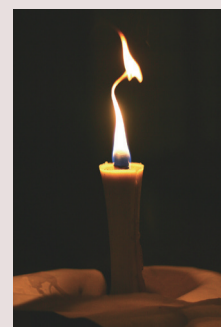
Dine outdoors in a centuries-old garden, among rustic tea houses and placid ponds, a tranquil oasis set in the heart of the giant city.

E 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.

E 06



DAY

5

Morning

## Departure

A comfortable coach will carry you to the airport.



## Itinerary 3 TOKYO TASTE

A whirlwind tour of the city's best experiences

DAY

1

Afternoon

## Arrival

A warm welcome awaits you at the airport.



Evening

## 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.

E 07



DAY

2

Morning

## 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.

T 04



Afternoon

## 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.

C 06 ⌚ 30 - 60 min.



Evening

## Thrill to the Ninja Dining Challenge

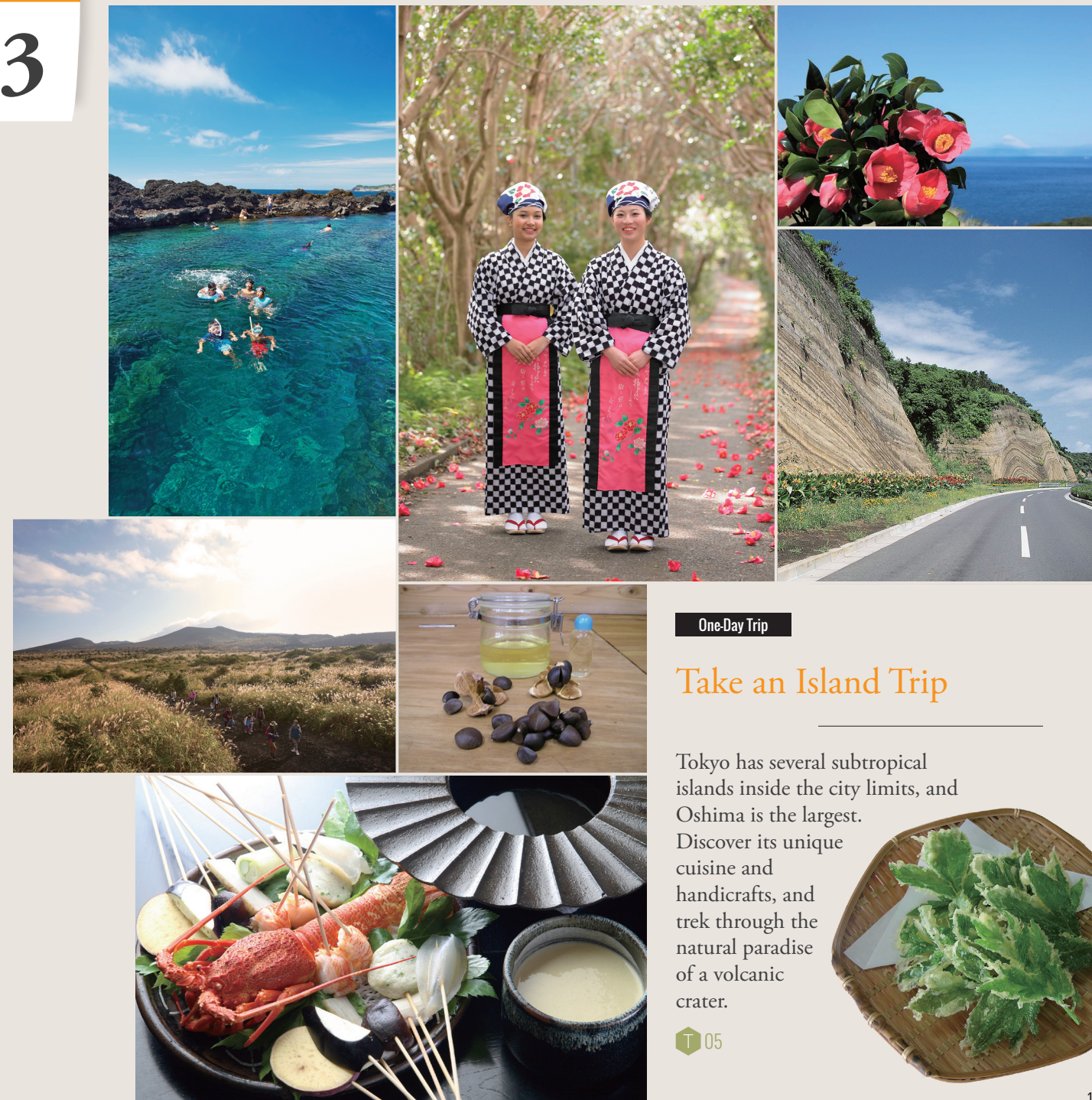
A restaurant designed like a ninja hideout, complete with secret passages. It's great dining, and an adventure with every course.

D 06



DAY

3



One-Day Trip

## 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.

T 05



DAY

4

Morning

## 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.

F 01 ⌚ 60 min.



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.

S 02



Afternoon

Evening

## 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.

C 07 ⌚ 180 min.



DAY

5

Morning

## Departure

A comfortable coach will carry you to the airport.



## Itinerary 4 CREATIVE TOKYO

The excitement of a city  
bubbling over with innovation



Jaume Plensa Roots 2014

DAY

1

Afternoon

## Arrival

A warm welcome awaits you at the airport.



Afternoon

## 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.

E 08



DAY

3

Morning

## 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.

F 03 ⌚ 60 min.



Afternoon

## 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.

D 07



DAY

2

Morning

## 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.

F 02 ⌚ 30 or 60 min.



## 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.

S 03



Evening

## 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.

E 09

## Urban Evolution 2

After a talk on fresh corporate initiatives toward office design, you'll visit groundbreaking facilities employing these new approaches to greening the city.

Option - Learn some of the skills of flower arrangement.

F 04 ⌚ 30 or 60 min.

Afternoon



Evening

## 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.

E 10



DAY

4

Morning

## Departure

A comfortable coach will carry you to the airport.

# 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  
→ CREATIVE TOKYO 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  
→ CULTURAL DISCOVERY P8
- 05 **Farewell Party – Unique Memories Option 1**  
Dine outdoors in a centuries-old garden  
→ CULTURAL DISCOVERY P10
- 06 **Farewell Party – Unique Memories Option 2**  
Candle-lit *kaiseki* dining in a traditional atmosphere  
→ CULTURAL DISCOVERY 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  
→ CREATIVE TOKYO P16
- 09 **Discover how Dining can be Art**  
Each delicious dish is a unique work of art  
→ CREATIVE TOKYO P16
- 10 **Open-Air Farewell Party – Japanese Style**  
Outdoor barbecue in a beer garden or high terrace  
→ CREATIVE TOKYO 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

## 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  
→ CREATIVE TOKYO P16

## 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

# GENERAL INFORMATION



## About Tokyo

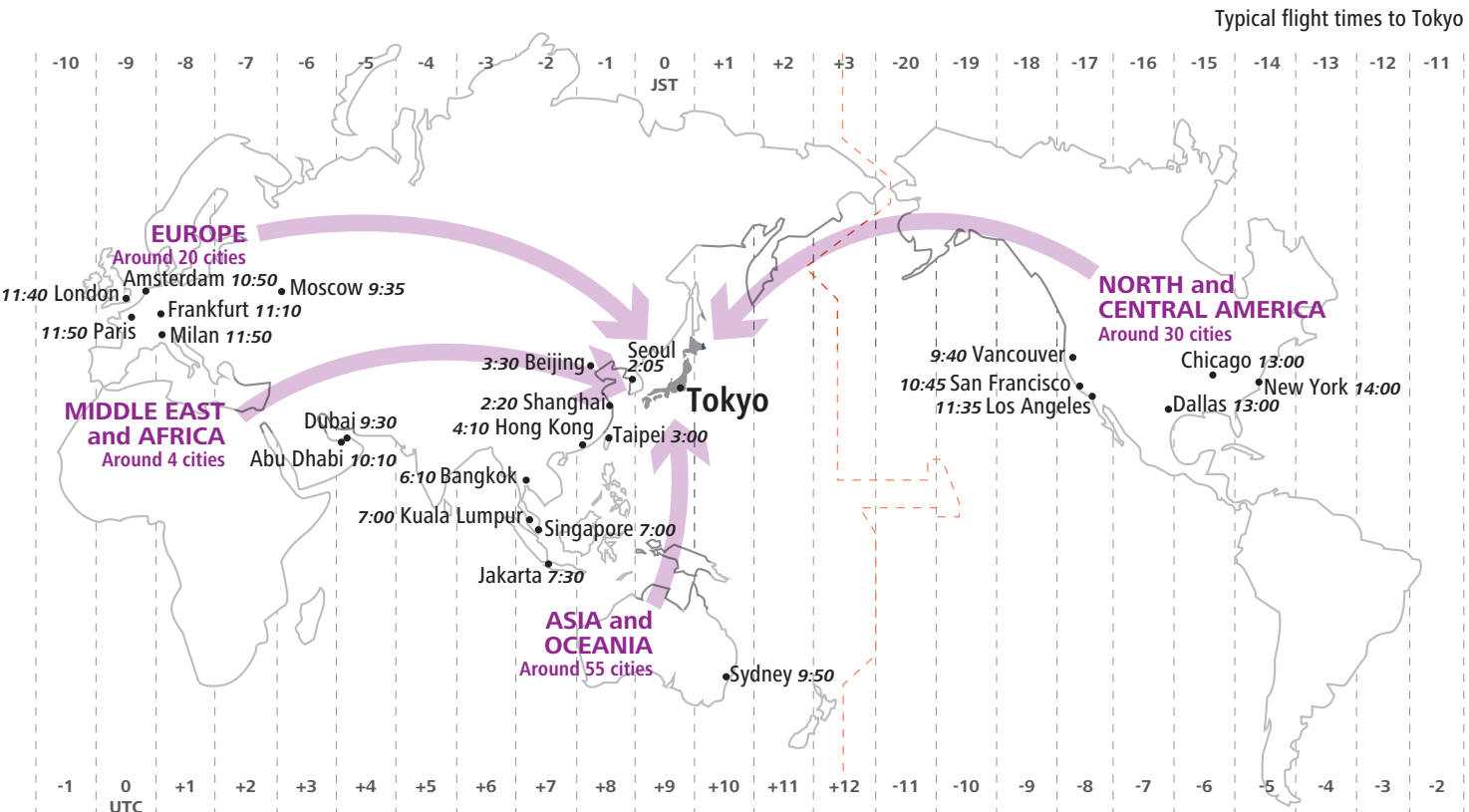
Japan’s capital, modern and cosmopolitan, also boasts a rich cultural heritage. In the center, towering skyscrapers contrast with the venerable Tokyo Station building and the densely wooded gardens of the Imperial Palace with its surrounding moat. From the fashionable upscale shopping district of Ginza 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

Month	Event	Location
FEBRUARY	Setsubun "Daruma Kuyo"	Nishi-Arai Daishi Temple
	Tokyo Marathon	Tokyo Metropolitan Government - Tokyo Big Sight
MARCH	Cherry Blossom Festival	Ueno Park and around the city
	Anime Japan	Tokyo Big Sight
APRIL	Yabusame <i>Horseback Archery</i>	Sumida Park
MAY	Kanda-Matsuri Festival	Kanda Myojin
	Sanja Matsuri <i>Sanja-Sama</i>	Asakusa Jinja Shrine
JUNE	Sanno 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 Festival	Tomioka-Hachimangu Shrine
	Koenji Awa-Odori Dance Parade	On shopping streets north and south of JR Koenji Station
	Asakusa Samba Carnival	Asakusa
OCTOBER	Tokyo International Film Festival	Roppongi Hills
NOVEMBER	Roosters Fair "Tori-No-Ichi"	Chokoku-Ji Temple, Otori Shrine and a few other sites
DECEMBER	Battledore Market "Hagoita-Ichi"	Sensoji Temple
	Tokyo Motor Show (every two years)	Tokyo Big Sight



## 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 operation, 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 Niigata 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)**

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**Tel:** +81-3-5579-2684 **Fax:** +81-3-5579-2685  
**Email:** [businessevents@tcvb.or.jp](mailto:businessevents@tcvb.or.jp) **URL:** [www.businesseventstokyo.org](http://www.businesseventstokyo.org)



TOKYO METROPOLITAN GOVERNMENT / TOKYO CONVENTION & VISITORS BUREAU

<http://businesseventstokyo.org/>