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, art, and performances that are appreciated around the world.

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 tea (the Japanese tea ceremony), enjoying kabuki theatre and practising bushi (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.

JAPANESE CULTURAL HERITAGE

JAPANESE FOOD

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

JAPANESE BEACHES

HOSPITALITY

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

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

Japanese people are kind and welcoming, and although they follow 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 in public, and politeness. It is not surprising that Japanese people are strong, hardworking, and resilient.

NATIONAL CHARACTERISTICS

Emergency Situations

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

- Theft/Crime

Japan’s legal system is designed to ensure the safety of visitors. If you become a victim of crime, you should contact 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 embassy immediately to get a certificate of theft or loss. Then apply for a new passport from the relevant embassy.

- Australian Embassy Tokyo

- New Zealand Foreign Affairs & Trade

Health and Illness

Travelers don’t need to worry about malaria, as it’s not a problem in Japan. However, be aware that some medication cannot be brought into Japan. Always check your passport before departure to ensure that any items you are carrying are legal.

- Emergency Contacts

For police assistance with traffic accidents or any incidents resulting in injury:

- Dial 110

For fire or ambulance assistance:

- Dial 119
OSAKA
The distinct cuisine, culture and history of Osaka are charming, and the city also exudes a great aura of power.

Nambe

Osaoka 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, and enjoy attractions and entertainment shows for all ages, ranging from gentle to thrilling experiences.

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

Miyaajima
This island of Hiroshima is rich with culture and beauty. It is a UNESCO World Heritage Site and the finest example of Japanese castle architecture from the early 12th century. famous for its boom and Itsukushima Shrine.

HIROSHIMA Peace Memorial Museum
This memorial to the atomic bombing of 1945 commemorates the tragic conditions of victims and showcases artifacts they left behind. It communicates strong messages calling for everlasting peace and the abolition of nuclear weapons.

Senkoji Temple
Visitors are charmed by the vermilion-colored main temple and bell tower here. The temple has a beautiful park and the view from the bell tower offers a delightful view of the city.

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 the god of rice and sake. The shrine has thousands of vermilion torii gates, which creates an illusion of covered walkways within the grounds.

Kiyomizu-dera Temple
This temple opened its gates to the public in 1718. The Otozawa World Heritage Site is recognized for its ancient Japanese style. Visitors can view the beautiful temple from all angles, and it is a must-see destination for anyone traveling to Kyoto.

Arashiyama
The Arashiyama Bamboo Grove is a beautiful natural landscape. The area is popular due to its beautiful scenery and the sound of flowing streams, making it a great spot for relaxation.

Nara
Nara is regarded as the birthplace of Japan and is the historical city of Japan from 710 to 794 AD. It is renowned for its Todaiji Temple and Great Buddha.

Hyogo
This region offers a mix of retired Castles, parks, and beautiful views of the Sea of Japan.

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

Dazaifu Tenmangu Shrine
This shrine is dedicated to the scholar and politician Sugawara Michizane and features beautiful architecture in all seasons. It honours the daily life of academic success.

Mojiko (Mojiko Retro Town)
This port was opened in 1890 as the entry to Kyushu and has played a vital role in the international trade. Its historical buildings, including the Moji Port Hall, are a unique attraction 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 responsibilities 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.

Fukuoka
Our exchange program with Umeda Shiga High School in Matsumoto was very enjoyable and well organized. The students from both schools connected well and the activities were interesting. We aimed to give our students the best insight into Japanese culture and tradition and to let them use the language skills they had developed. The exchanges like communing, using traditional tools, and cooking Japanese food helped them to experience Japan in a very personal way. By being immersed in the language, culture, and lives of Japanese families, the students gained an understanding of something they could not obtain in a classroom.

In addition to these experiences, the students enjoyed visiting sights to make notebooks 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, the students at the top of the Kita-Yatsugatake mountain were able to see the beautiful views of the Castle. We would like to return to this area in winter. The Nagano Dog 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 wasabi 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 wasabi fans, and the activities we planned. Our students benefited from all of our excursions and experiences, and these are the ones I recommend most highly.

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 school and to definitely improve my knowledge and understanding of Japanese language and culture.

Aloha 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 had firsthand was also lots of fun.

Matsumoto Tourism and Convention Association
Tony “TEDDY” Yamashita
In Matsumoto, we provide a variety of enriching experiences to students.

Matsumoto city works with Australian school tour operators in developing opportunities to Japan. Matsumoto welcomed St Eugene College students as part of their exchange. Everyone is welcome in Matsumoto.
KANTO | TOKYO

Otsuka Sushi-Sne Flagship Store

For 65 years, this popular shop and restaurant has been passing down the heritage of Otsuka, 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 revolving matches, traditional sumo ceremonies based on Shinto mythology are widely watched as part of this tradition.

KANTO | TOKYO

Hamarikyu Gardens

This beautiful park in urban Tokyo has a long history and is perfect for spending a relaxing day. Exuding the essence of traditional Japanese gardens, the layout is based on principles for many generations and was designed by renowned gardeners. It is renowned for its beautiful flowers and offer a tranquil escape from the hustle and bustle of the city.

KANTO | TOKYO

Edo-Tokyo Museum

Learn about the life of people in Tokyo, previously called Edo, from about 400 years ago and the present day. View approximately 500 large-scale reconstructions and 300 models including dioramas, pictures, and models in traditional dress.

KANTO | TOCHIGI

Edo Wonderland Nikko Edomura

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

ALL ACROSS JAPAN

Onsen and Ryokan Experience

These hot springs provide an authentic experience of traditional Japan. Guests wear yukata, or cotton kimonos, and soak in hot pools of warm water that flow down from the original hot springs.Visitors can enjoy the natural beauty of the Japanese countryside and soak in relaxing hot spring baths.

KANTO | Gunma

Tomioka Silk Mill

Established in 1872, this was the first silk mill in Japan to use modern western machinery. The kimonos where silk threads are extracted from silk worms are one of the most unique products. Visitors can observe the process of making silk and see how they are processed.

KANTO | Chiba

Naritasan Shinshoji Temple

One of Japan's foremost temples, Naritasan Shinshoji was founded in 940. It is known for its beautifully designed three-story pagoda and its massive bell. The temple is also known for its beautiful architecture and gardens.

KANSAI | ME

Ninja Museum of Iga junge

Here visitors learn about and try their hand at仅为生存而奋斗的日本忍者文化。They engage in a variety of activities, including ninja training, ninja games, and ninja role-playing experiences.

KANSAI | KYOTO

Nishijin Textile Center

This world-class center offers a unique experience into the world of traditional Japanese textiles. Visitors can learn about the history and production of Japanese textiles, as well as participate in traditional weaving and dyeing workshops.

TOHOKU | IWATE

Chuson-ji Temple

This temple was founded in 850, but its magnificent Kinchaku Hall was built in 1224. This hall is dedicated to the Buddha of Infinite Light, and is known as a UNESCO World Heritage site and is covered by a network of wooden beams.

KYUSHU & OKINAWA | OKINAWA

Shurijo Castle Park

This impressive castle of the Ryukyu Kingdom was completed in 1429 and is one of the most important cultural assets in Japan. The castle is listed as a UNESCO World Heritage site and displays a fusion of Japanese and Chinese castle cultures unique to Okinawa.

KANSAI | KYOTO

Grinpia Makinohara

Visit the tea fields and processing buildings of the Makinohara tea plantation, where 30 per cent of Japan's tea is grown. Tour the tea factory and learn the traditional methods for making green tea. In season, visitors help pick tea leaves.

KANSAI | KYOTO

Toyota Commemorative Museum of Industry and Technology

Explore a museum dedicated to industrial triumphs and innovations. View models and displays of Toyota's history, from its early roots to modern times.

KANTO | KANAGAWA

CUP NOODLES MUSEUM

In 1958, nearly 100 billion servings of instant noodles were consumed worldwide. At this museum, visitors learn about the history and evolution of instant noodles and can create their own version of CUP NOODLES with custom ingredients to take home and enjoy.

KANSASHI | 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 cataloging and sharing manga as well as teaching the art.

KANTO | KANAGAWA

Daio Wasabi Farm

Wasabi is a root vegetable that provides one of Japan's unique seasonings and condiments. It is known for its spicy flavor, which is used to enhance the taste of various dishes. Visitors can learn about the history of wasabi and see the process of making wasabi from the fields to the plate.

KANTO | KANAGAWA

Mitsubishi Minatomirai Industrial Museum

This experience-based museum encourages participation and visitors enjoy a hands-on guide to the history of transportation, such as steamships, trams, and trains. It showcases the evolution of technology from the past to the present.

KANTO | KANAGAWA

SCMAGLEV and Railway Park

Japan has long been known for its fantastic trains and how you can ride them. This train is one of the fastest in the world, capable of reaching speeds of over 200 miles per hour. Visitors can enjoy the speed and comfort of this modern transportation mode.