

YOKOHAMA and KOBE, JAPAN

Arrive Yokohama: 1100 Monday, 26 January

Onboard Time: 1800 Tuesday, 27 January

Arrive Kobe: 0800 Thursday, 29 January

Onboard Time: 1800 Saturday, 31 January

Brief Overview: The "Land of the Rising Sun" is a country where the past meets the future. Japanese culture stretches back millennia, yet has created some of the latest modern technology and trends. Japan is a study in contrasts and contradictions; in the middle of a modern skyscraper you might discover a sliding wooden door which leads to a traditional chamber with tatami mats, calligraphy, and tea ceremony. One thing is for certain: Japan's unique culture will not disappoint!

Serving as the first port in which the world was invited to explore Japan, Yokohama serves as a gateway to the bustling capital towering skyscrapers and millions of residents flood the streets of Japan's (and the world's) most populated metropolis. Just outside of this city stands many traditional temples in serene settings. Japan is famous for its gardens, known for its unique aesthetics both in landscape gardens and Zen rock/sand gardens. Rock and sand gardens can typically be found in temples, specifically those of Zen Buddhism. Buddhist and Shinto sites are among the most common religious sites. Japan has one of the world's best transport systems, which makes getting around convenient, especially by train. It should be noted, however, that travel in Japan is much more expensive when compared to other Asian countries.

From Yokohama: Nature lovers will bask in the splendor of Japan's iconic Mount Fuji and the Silver Frost Festival. Kamakura and Tokyo are also nearby and offer opportunities to explore Zen temples and be led in meditation by Zen monks. Voyagers may travel overland between Yokohama and Kobe to experience more of the country.

From Kobe: History buffs will be drawn to Hiroshima and Peace Memorial Park as a World Heritage site. Additionally, the town of Nara has been a favorite among students on previous voyages. From the city of Kobe, journey neighboring cities of Kyoto and Osaka for even more insight into Japanese life and culture.

See the [Student photo gallery from Spring 2013](#) and [Spring 2014](#) voyagers for inspiration.

Field program highlights by category:

Art & Architecture:

KOB 117-401 A Stroll in Kyoto

Cultural highlights:

YOK 203-102 Yokohama & Hakone Overnight

KOB 114-601 Relax at the Hot Springs

SAS Exclusives:

YOK 107-201 Zen Temple Experience w/ Monks

KOB 120-601 Kyoto Kimono Workshop

KOB 203-502 Mountaintop Temple Retreat



Special Opportunities:

YOK 115-102 Amazing Race Yokohama

YOK 106-201 Japan Home Visit

KOB 203-402 Mountaintop Temple Retreat

History:

YOK 109-102 Tokyo – Temple, Drums & Market

TERMS AND CONDITIONS: In selling tickets or making arrangements for field programs (including transportation, shore-side accommodations and meals), the Institute acts only as an agent for other entities who provide such services as independent contractors. Food and beverages provided to the Passenger by service providers and/or independent contractors, as well as any other food or beverage consumed on shore excursions, are not the responsibility of the Institute. It is the responsibility of the passenger to ensure personal compliance with their own specific dietary restrictions. All Participants accepting or using tickets or other arrangements for such services shall be deemed to agree and consent that the Institute shall not be liable or responsible in any way for any loss, death, injury or illness to person or loss, theft or damage to personal property arising from or in connection with such services. The Institute shall not be responsible for cancellation of programs for reasons beyond its control and in such event, at its option, may refund the purchase price.

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Day 1: Monday, 26 January – Yokohama

IMPORTANT: If you registered in one of the following courses, you have a field lab on this day.
Do not make any other travel plans as this is a designated class day in port for your course.

COURSE #	FACULTY	DAY 1 - Monday, 26 January
ENWR 1559 102	Professor Scott Miller	Mythical Encounters

YOK 109-102	Tokyo Temples, Drums and Market	Half-Day
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Head straight to Tokyo when you get off the ship to experience some of the best parts of this interesting city that has preserved much of its ancient culture. At the Taiko (taiko means drum in Japanese) Museum, hundreds of **Japanese drums** are displayed – and you can actually try playing most of them! Learn how different drums are used for traditional performing arts such as Kabuki, or for religious processions and festivals.

After your drum experience, spend approximately 2 hours in **Asakusa**, one of Tokyo’s most fascinating districts. Your guide will take you on a walk through Asakusa, including **Sensoji**, Tokyo’s oldest temple complex, and Nakamise, a shopping street that has been providing temple visitors with a variety of traditional, local snacks and crafts for centuries.

“I absolutely loved the drum museum! A 5+!” Ashley D., Spring '14

STANDARD PRICE		Early Booking
Adult	\$ 71	\$ 68
Child	\$ 36	\$ 34

TIME		
	Date	Time
Depart	January 26	1230
Return	January 26	1730

HIGHLIGHTS

- Try your hand at Taiko drumming
- Visit “old Tokyo” and its charming temple, Sensoji
- Asakusa’s Nakemise market: classic Japanese crafts and sample local snacks like senbei crackers

MINIMUM REGISTRATION: 20
MAXIMUM CAPACITY: 60

YOK 115-102	Amazing Race: Yokohama!	Half-Day
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Discover Yokohama in scavenger hunt style! Yes, this IS a competition. Divide into groups of up to 15 (with an English-speaking escort for each group—you’ll need it!), and set out on a photo adventure of the city. Each group will be given a camera, a list of destinations & activities (sample some typical local food), and a subway pass for each participant. The team to complete all the tasks in the shortest total time will be the winners! A photo of each group will be delivered in Kobe. Gather old friends and new and get in the game!

STANDARD PRICE		Early Booking
Adult	\$72	\$69
Child	\$36	\$35

TIME		
	Date	Time
Depart	January 26	1400
Return	January 26	1730

HIGHLIGHTS

- Discover Yokohama in a competition
- Try typical street food
- Travel via Minato Mirai subway line

MINIMUM REGISTRATION: 20
MAXIMUM CAPACITY: 60



Your first stop in the port city is Landmark Tower to ride the world's second fastest elevator! Enjoy a breathtaking view of the city. Next, a short walk will take you to the Cup Noodle Museum. Do you know how Cup Noodle was invented and how are they made? This fun museum will tell you all about this popular food and its creator, Momofuku Ando. You can design your own cup noodle, choosing the flavors you want and decorating the cup, to bring home!

The next stop is Yokohama's Motomachi district, an elegant, European-influenced area, and the biggest Chinatown in Japan. Then, travel to Hakone and spend the night in an authentic ryokan!

A ryokan is a Japanese-style hotel with futon beds laid on tatami floor, hot springs, and a delicious Japanese dinner. [See what to expect at a Ryokan.](#)

After a traditional Japanese breakfast, start the day with a ride on the world's second longest cable car up Mt. Owakudani, passing over sulfurous fumes from the hot springs which make Hakone famous. A majestic replica pirate ship will then sweep you across Lake Ashinoko, a lake formed by a volcanic eruption 3,000 years ago, with incredible views of the surrounding landscape.

The last stop of the day is the Hakone Open Air Museum, which successfully creates a harmonic balance of nature and art by exhibiting various sculptures on its spacious grounds in combination with beautiful views of the surrounding valley and mountains. Besides the sculptures, the Hakone Open Air Museum features various indoor galleries, including a sizable Picasso Collection, consisting of paintings, prints, sculptures and ceramic creations. You can also relax your tired feet in the hot spring foot bath!

Throughout the day you will have several chances for photo opportunities of Mt Fuji but please keep in mind that she is a notoriously shy mountain and it needs to be a clear day for best views.

"The Cup Noodle Museum was AWESOME! We all LOVED the hot springs and hotel – without a doubt, the best way to immerse yourself in Japanese culture the first night in Japan. Worth it!!" Laura F. Spring '14

Please note: Dinner (26th) and breakfast (27th) is included in cost of program; lunch is at your own expense. **For the hot springs, be WARNED: participants with tattoos may be denied access** because, in Japan, tattoos are traditionally linked to criminal groups. Also, it will be **COLD on the mountain** – it is **WINTER in Japan!**

Itinerary:

Day 1: (D)

- Visit Landmark Tower
- Make your own cup noodle at Cup Noodle Museum
- Motomachi and Chinatown
- Travel to Hakone
- Overnight in ryokan, Japanese style hotel

Day 2: (B)

- Mt. Owakudani cable car ride
- Cruise on Lake Ashi
- Free time for **Lunch at your own expense.**
- Hakone Open Air Museum
- Return to Yokohama and the ship

STANDARD PRICE		Early Booking
Adult	\$451	\$439
Child	\$230	\$220
TIME		
	Date	Time
Depart	January 26	1300
Return	January 27	1730
HIGHLIGHTS		
<ul style="list-style-type: none"> • Spend a night in a Ryokan with hot springs! • Views of Mt. Fuji and Hakone area • Authentic Japanese Kimono dinner • Design your own cup noodles at the Cup Noodle Museum • Bring money for LUNCH 		
REGISTRATION DEADLINE DEC 15		
MINIMUM REGISTRATION: 15		
MAXIMUM CAPACITY: 60		



Day 2: Tuesday, 27 January – Yokohama

IMPORTANT: If you registered in one of the following courses, you have a field lab on this day.
Do not make any other travel plans as this is a designated class day in port for your course.

COURSE #	FACULTY	FINAL DAY - Tuesday, 27 January
SOC 3595 102	Professor Michelle Camacho	Methods of Social Inquiry
RELG 1005 501	Professor Hugh Flick	World Religions (section 1)
ENWR 1559 501	Professor Colleen Kinder	Travel Writing (section 1)
SEMS 3500 103	Professor Phillip Kolbe	International Finance
SEMS 3500 105	Professor Jessica Roberts	Journalism and Globalization
EAST 3559 101	Professor John Shepherd/Professor Lili Dong	Sino-American Relations

YOK 112-201

Hakone and Mt. Fuji National Park

Full-Day



From the ship enjoy a 1.5-hour ride to Hakone, the gateway to Mt Fuji and the surrounding national park. Start the day with a ride on the world's second longest cable car up Mt Owakudani. Pass over sulfurous fumes from the hot springs. It is so HOT that it will boil an egg – you can't DIY, but you may purchase hard-boiled eggs for consumption! A majestic replica pirate ship will then sweep you across Lake Ashinoko, a lake formed by a volcanic eruption 3,000 years ago, with incredible views of the surrounding landscape. The last stop of the day is

Hakone Open Air Museum, which creates a harmonic balance of nature and art by exhibiting sculptures in combination with beautiful views of the surrounding valley and mountains. In addition to the sculptures, the Hakone Open Air Museum (way better than it sounds) features various indoor galleries, including a sizable Picasso Collection. You can also relax your tired feet with soak in the hot spring foot bath!

"It was great; I particularly enjoyed the overlook at the top of Hakone and the Open Air Museum." Brennan P., Spring '14

Please note: Mt. Fuji is a notoriously shy mountain and it needs to be a clear day for best views. Free time for lunch at your own expense. Bring YEN. **For the hot springs, be WARNED: participants with tattoos may be denied access** because, in Japan, tattoos are traditionally linked to criminal groups. Also, it will be **COLD on the mountain** – it is **WINTER** in Japan!

STANDARD PRICE		Early Booking
Adult	\$127	\$121
Child	\$64	\$61
TIME		
	Date	Time
Depart	January 27	0830
Return	January 27	1730
HIGHLIGHTS		
<ul style="list-style-type: none"> • See Mt. Fuji, a UNESCO Heritage site • Boat cruise on Lake Ashinoko • Ride Owakudani Ropeway 		
MINIMUM REGISTRATION: 20		
MAXIMUM CAPACITY: 80		

YOK 116-201

Garden and Fire Ceremony

Half-Day



Journey to the Eastern part of Tokyo, to the Fukagawa district where you will enjoy a stroll through the beautiful Edo-period Teien Garden before heading to Fukagawa Inari Temple. This large temple's main object of veneration is a statue of Fudomyo – a fierce-looking

CANCELLED!

representation of Buddha's determination. The temple itself is very solemn and interesting, but the highlight is the **spectacular goma-kito ceremony**, in which the Buddhist priest burns consecrated wooden sticks on a large fire to gain protection and grant the wishes of the person(s) who offered the sticks, as he chants sutras while other priests play the taiko drums. This field program will give you the rare opportunity of experiencing this ceremony up-close! After witnessing this special ceremony, eat like the locals do! You will enter a local restaurant to try a dish called "okonomiyaki". It is a tasty dish made from flour and vegetables batter with different toppings cooked right on the table on a hot plate and eaten with small iron spatulas.

STANDARD PRICE		Early Booking
Adult	\$68	\$65
Child	\$34	\$32
TIME		
	Date	Time
Depart	January 27	0900
Return	January 27	1330
HIGHLIGHTS		
<ul style="list-style-type: none"> Spectacular Goma-kito ceremony Local lunch of Okonomiyaki 		
MINIMUM REGISTRATION: 15		
MAXIMUM CAPACITY: 60		

other priests play the taiko drums. This field program will give you the rare opportunity of experiencing this ceremony up-close! After witnessing this special ceremony, eat like the locals do! You will enter a local restaurant to try a dish called "okonomiyaki". It is a tasty dish made from flour and vegetables batter with different toppings cooked right on the table on a hot plate and eaten with small iron spatulas.

YOK 401-201

Hakone and Hiroshima Overland

4 days/3 nights



This adventure in Japan is ideal for those who want to **cover a lot of ground** in a short amount of time! Begin the journey with a 1.5-hour ride to Hakone, the gateway to Mt Fuji and the surrounding national park. Enjoy a ride on the world's second longest cable car up Mt. Owakudani, passing over sulfurous

fumes which make Hakone famous. It is so HOT that it will boil an egg – you can't DIY, but you may purchase 5 hard-boiled eggs for 500 JPY. A majestic replica pirate ship will then sweep you across Lake Ashinoko, with incredible views of the surrounding landscape. You will have free time for lunch on your own.

The next stop is Hakone Open Air Museum, which creates a harmonic balance of nature and art by exhibiting various sculptures in combination with beautiful views of the surrounding valley and mountains. You are invited to relax your tired feet with soak in the hot spring foot bath!

Spend the evening at a Japanese style hotel ('ryokan'), with futon beds laid on tatami floor, hot springs, and enjoy a delicious Japanese cuisine dinner.

After a traditional Japanese breakfast head to Odawara station, where you will ride the world famous Shinkansen bullet train to **Hiroshima**. Travelling up to 360 kmph, the Shinkansen takes about 4 hours to reach Hiroshima with one change in Nagoya. Enjoy the wonderful Japan landscape from the train: sea, countryside, mountains, traditional Japanese houses, rice fields and more. Spend the rest of the afternoon at your leisure to explore and experience this beautiful city.

STANDARD PRICE		Early Booking
Adult	\$1,186	\$1,129
Child	\$593	\$565
TIME		
	Date	Time
Depart	Jan 27 (Yokohama)	0930
Return	Jan 30 (Kobe)	1200
HIGHLIGHTS		
<ul style="list-style-type: none"> Spend a night in a Ryokan w/ hot springs! Traditional dinner in kimono Mt. Fuji, Hiroshima, & Miyajima Hiroshima Peace Memorial Park Ride the Shinkansen, Japan's world-famous bullet train 		
REGISTRATION DEADLINE DEC 15		
MINIMUM REGISTRATION: 15		
MAXIMUM CAPACITY: 30		



Begin the third day with a visit to the **Peace Memorial Park**; the park now lies at ground zero for the Atomic Bomb on 6 August, 1945. Stroll through the park and discover the many memorials, monuments and statues before heading into the museum itself.

After free time for lunch, a short ferry ride will take you to Miyajima Island, a small sacred island that has been a holy place of Shintoism since the earliest times. Here you will find perhaps the most photographed site in Japan - **The Floating Torii Gate**. You will have time to explore the island and its many shrines and temples, sample local goodies like maple leaf shaped cakes before heading back to your hotel for the evening at your leisure.



On the last day catch the Shinkansen once again, this time to Shin Kobe.

"I had a lot of fun; the perfect balance between free time and scheduled tours. My favorite part was the Peace Museum in Hiroshima." Josh C., Spring '14 student

Please note: At the hot spring, guests with tattoos may be denied access. In Japan, tattoos are traditionally linked to criminal groups and as such, hot spring establishments refuse entrance to people who have tattoos. The baths are gender separated.

Itinerary

Day 1 (D)

- Mt. Owakudani cable car
- Cruise on Lake Ashi
- Lunch on your own
- Hakone Open Air Museum
- Japanese cuisine dinner

Day 2 (B)

- Breakfast at ryokan
- Train to Hiroshima
- Afternoon and dinner at leisure

Day 3 (B)

- Reflection at Peace Memorial Park
- Free time for lunch
- Floating Torii Gate on Miyajima Island

Day 4 (B)

Train to Kobe



The purpose of this home visit, sponsored by a Yokohama volunteer organization, is to give you an opportunity to experience daily life in Japan by spending a few hours with a Japanese family. You will have the chance to go with a small group (2-4 individuals) to engage in in-depth personal and intellectual exchanges with your hosts, who will meet you at the ship. Out-of-pocket expenses may range from ¥1,500 to ¥2,500 (approximately US \$20 to \$30) to cover expenses incurred during the day. Please remember to bring a small gift to your host family (possibly a box of sweets or a memento from your home city or school). One family will accept only female students for Kimono session.



STANDARD PRICE		Early Booking
Adult	\$33	\$29
Child	\$15	\$17
TIME		
	Date	Time
Depart	January 27	1000
Return	January 27	1700
HIGHLIGHTS		
<ul style="list-style-type: none"> • Personal experience with a Japanese family 		
MINIMUM REGISTRATION: 3		
MAXIMUM CAPACITY: 16		

Please note: Out of respect to the host families, **cancellations will not be acceptable.** Walking shoes and some spending money are suggested.

YOK 107-201

Zen Temple Experience with Monks on Kamakura

Half-Day



Meet your senior volunteer guides for a short, 15 minute lecture about the Zen form of meditation. Then, travel by train to Kamakura (about 1 hour) for this unique opportunity to participate in a Zen meditation led by Zen monks. Kamakura was the capital of Japan from 1185-1333. The rule of Japan had effectively passed from the imperial family and the nobles represented by the Fujiwaras to the samurai. When they moved the capital away from Kyoto, they also patronized new forms of Buddhism, particularly Zen and Pure Land. Afterwards, enjoy Japanese green tea and confectionary before returning to the ship (train tickets, tea and light snack included in cost of program but bring extra Yen if you wish to purchase lunch).



STANDARD PRICE		Early Booking
Adult	\$ 39	\$37
Child	\$39	\$37
TIME		
	Date	Time
Depart	January 27	1000
Return	January 27	1730
HIGHLIGHTS		
<ul style="list-style-type: none"> • Zen Temple experience with monks • Japanese tea and light snack 		
MINIMUM REGISTRATION: 15		
MAXIMUM CAPACITY: 50		

Please note: previous voyagers recommend to eat lunch BEFORE you go.

Day 4: Thursday, 29 January – Kobe

YOK 121-401

IMPACT: University Exchange in Kyoto

Full-Day



Meet Japanese students from Ritsumeikan University in Kyoto. They will serve as "local guides" as we visit the Golden Pavilion or Ryoan-ji Temple. After the temple, go back to the campus for a tour and dinner party with students.



STANDARD PRICE		Early Booking
Adult	\$ 45	\$ 45
Child	\$ 45	\$4 5
TIME		
	Date	Time
Depart	January 29	1115
Return	January 29	2200
HIGHLIGHTS		
<ul style="list-style-type: none"> • Meet Japanese university students • Visit important culture sites • Tour local university campus 		
MINIMUM REGISTRATION: 15		
MAXIMUM CAPACITY: 35		



Hiroshima.

Enjoy a visit to two of Japan's biggest and most beautiful cities: Hiroshima and Kyoto.

Begin your adventure with a ride on the world famous Shinkansen bullet train to Hiroshima. Capable of speeds of up to 360 kmph, the Shinkansen takes only a little over an hour to reach

After arrival, visit Peace Memorial Park which lies at ground zero for the Atomic Bomb on 6 August, 1945. The Memorial Park was created and dedicated to those who lost their lives in the attack. Stroll through the park and discover the many memorials, monuments and statues in the park before heading into the Museum itself.

After lunch on your own, a short ferry ride will take you to Miyajima Island, a small sacred island that has been a holy place of Shintoism since the earliest times. Here you will find perhaps the most photographed site in Japan - The Floating Torii Gate. Designated as one of Japan's '3 Most Beautiful Views,' the shrine it belongs to dates back to the 6th century with the present structure dating back to the 12th century. The harmoniously arranged buildings reveal great artistic and technical skill, and have been designated a UNESCO World Heritage Site. You will have time to explore the island and its many shrines and temples, sample local goodies like maple leaf shaped cakes before heading to your hotel for an evening at your leisure.

On the last day, visit Kyoto— Japan's ancient capital. Visit Kinkakuji Temple (Golden Pavilion), originally built as a retirement villa for the Shogun. After his death it became a Buddhist Temple at his request, and is now one of Kyoto's most famous temples. Nijo Castle is an ornamental castle built by the founder of the Edo Shogunate as his Kyoto residence and is surrounded by stunning gardens. The main building was completed in 1603, and is famous for its architecture, decorated sliding doors and 'chirping' nightingale floors. Then, it's time for Kiyomizu (Pure Water) Temple. From the 13 meter veranda jutting out from the Main Hall you can enjoy amazing views of Kyoto, while pondering the fact that both the Main Hall and Veranda were built without the use of nails or any kind of joiners.

"The itinerary was great." James F., SP14 voyage

"Exchange money before leaving and read up on the cities before you go." Jo, Spring '14 voyage

Itinerary

Day 1

- Bullet train to Hiroshima
- Time for reflection at Peace Memorial Park
- Lunch on your own
- Ferry ride to Miyajima Island
- Dinner and evening at leisure
- Overnight in Hiroshima

Day 2 (B)

- Bullet train to Kyoto
- Visit Kinkakuji Temple, Nijo Castle, and Kiyomizu Temple
- Free time for **lunch at your own expense**
- Transfer back to ship

STANDARD PRICE		Early Booking
Adult	\$555	\$529
Child	\$278	\$265
TIME		
	Date	Time
Depart	January 29	0900
Return	January 30	1730
HIGHLIGHTS		
<ul style="list-style-type: none"> • Hiroshima & Peace Memorial Park • Miyajima's Torii Gate • Kyoto's UNESCO sites • Ride the 360 kpmh Shinkansen! 		
REGISTRATION DEADLINE DEC 15		
MINIMUM REGISTRATION: 20		
MAXIMUM CAPACITY: 39		



A **must see** destination in Japan, Kyoto is the nation's former capital and the residence of the emperor from 794 until 1868. **UNESCO site #1: Kinkakuji Temple** (Golden Pavilion) – originally built as a retirement villa for the Shogun, it became a Buddhist Temple at his request after his death and is now one of Kyoto's most famous temples. **UNESCO site #2: Nijo Castle** – built by the founder of the Edo Shogunate in 1603 as his Kyoto residence and known for its architecture, decorated sliding doors, 'chirping' floors and stunning gardens. **UNESCO site #3: Kiyomizu (Pure Water) Temple** – from the 13m high veranda jutting out from the Main Hall you can enjoy amazing views of Kyoto, whilst pondering the fact that both the Main Hall and Veranda were built without the use of nails or any kind of joiners.

Round out your day with a look into Kyoto's everyday life with a visit to **Nishiki Market**. Known as "Kyoto's Kitchen", Nishiki is a narrow shopping street lined by more than 100 shops, selling fresh seafood and vegetables, pickles, Japanese sweets and sushi.

Check out the blog post from Spring 2014 [here](#). Please note, we have replaced the "sweet making workshop" with a visit to the Nishiki Market at the suggestion of a majority of students last year. We hope you enjoy it!

Please note: Free time will be provided for lunch at your own expense.

STANDARD PRICE		Early Booking
Adult	\$93	\$89
Child	\$47	\$45
TIME		
	Date	Time
Depart	January 29	0930
Return	January 29	1730
HIGHLIGHTS		
<ul style="list-style-type: none"> • 3 UNESCO World Heritage Sites! • Visit a local market & learn customs 		
MINIMUM REGISTRATION: 25		
MAXIMUM CAPACITY: 34		

Day 5: Friday, 30 January – Kobe

IMPORTANT: If you registered in one of the following courses, you have a field lab on this day.
Do not make any other travel plans as this is a designated class day in port for your course.

COURSE #	FACULTY	DAY 2 - Friday, 30 January
SEMS 3500 101	Professor June Cotte	Consumer Behavior

KOB 119-501

Nara Day Tour

Full-Day



For 74 years during the 8th century Nara was Japan's capital and many of the temples and shrines built at that time still remain. Visit **Todaiji temple, the world's largest wooden building** and home to Japan's largest Buddha. Next stop is Nara's most celebrated shrine, Kasuga Taisha, established in 768 AD and famous for its

hundreds of bronze and stone lanterns which have been donated by worshipers. After lunch, visit Kofukuji, a large Buddhist temple complex designated as National Treasure.

End the day with a wander through Nara Park, called Deer Park by locals due to the large population of more than 1,000 tame deer living there.

PLEASE NOTE: Please wear **WARM** clothes as you will be mostly **OUTSIDE!**

STANDARD PRICE		Early Booking
Adult	\$135	\$128
Child	\$67	\$64
TIME		
	Date	Time
Depart	January 30	0830
Return	January 30	1700
HIGHLIGHTS		
<ul style="list-style-type: none"> • Difference between shrines & temples • Feed the deer at Nara park • Bento box lunch 		
MINIMUM REGISTRATION: 20		
MAXIMUM CAPACITY: 60		

KOB 118-501

Osaka Day Tour

Full-Day



Travel by coach to Osaka with a local guide. First visit **Osaka Castle**, the largest castle in Japan when first built in 1583. This impressive castle is surrounded by impressive stone walls and moats, and sits in Osaka Castle Park, covering an area of two square kilometers.

Take a walking tour of the **Dontonbori**, a popular shopping and entertainment district and is also known as a food destination. At night it is lit by hundreds of neon lights and mechanized signs, including the famous Glico Running Man sign and Kani Doraku crab sign. Here you will sample some of Osaka's famous takoyaki (Octopus dumplings – at your own expense)

The **Umeda Sky Building** is a spectacular high rise building in the Kita district of Osaka, near Osaka and Umeda Stations. The 173 meter tall building consists of two main towers which are connected with each other by the "Floating Garden Observatory" on the 39th floor, and offers a great view of the city. Check out the view in the [Student Photo Gallery](#) from Spring 2013.

STANDARD PRICE		Early Booking
Adult	\$127	\$121
Child	\$63	\$60
TIME		
	Date	Time
Depart	January 30	0900
Return	January 30	1700
HIGHLIGHTS		
<ul style="list-style-type: none"> • Osaka Castle • Octopus dumplings (cost not included) • Umeda Sky building's 'Floating Garden' 		
MINIMUM REGISTRATION: 20		
MAXIMUM CAPACITY: 75		



Spend two days reflecting on your time in Japan with this truly unique experience! Mount Koya (Koya-san) is the center of Shingon Buddhism, an important sect introduced to Japan in 805 by Kobo Daishi (also known as Kukai), one of Japan's most significant religious figures. A small, secluded temple town has developed around the sect's headquarters on Koyasan's wooded mountaintop.

Kobo Daishi began construction on the original Garan temple complex in 826 after wandering the country for years. Since then, over one hundred temples have sprung up along the streets of Koyasan. The most important among them are Kongobuji, the head temple of Shingon Buddhism, and Okunoin, the site of Kobo Daishi's mausoleum. **Koya-san and the surrounding area is a UNESCO World Heritage Site.**

Travel by coach (3 hours) to Koyasan. Upon arrival, your English-speaking guide will walk you around the main sites to provide insight into Buddhism and its influence on Japan. Spend the evening at a shukubo, **Buddhist temple lodging** and enjoy a dinner of **shojin ryori**, traditional vegetarian Buddhist cuisine. You MAY also be able to participate in a zen meditation session with the monks (this is highly dependent on the schedule of the monks and cannot be guaranteed).

The next day, wake up early to watch the monks holding their daily prayers. You will then take a walking tour of Japan's largest cemetery and the mausoleum of the founder of Shingon Buddhism, **Kobo Daishi**. The 2km walk to the mausoleum takes you past 200,000 tombstones, belonging to feudal lords, prominent monks and well known Japanese companies.

"It was incredible. We got to see first-hand the role of Buddhism in the Japanese culture." Hayley, Spring '14

See the Blog Post from 2014's Casey Hudetz, ["Finding Peace on Top of a Mountain"](#)

PLEASE NOTE: Mt. Koya is a mountain area, please wear appropriate warm clothing. Please **wear very conservative clothes** appropriate to the TEMPLE. Toilet and bathroom facilities at the temple lodging will be shared.

Itinerary

Day 1 (D)

- Travel to Mt. Koya to visit main temples and sites
- Dinner and overnight at a temple lodge

Day 2 (B)

- Wake up **EARLY** to attend monk's daily prayers
- Okunoin walking tour
- Transfer back to ship

STANDARD PRICE		Early Booking
Adult	\$313	\$298
Child	\$156	\$149
TIME		
	Date	Time
Depart	January 30	1200
Return	January 31	1400
HIGHLIGHTS		
<ul style="list-style-type: none"> • Visit one of Japan's 'most mystic places' • Learn about Buddhism & monks' daily lives 		
REGISTRATION DEADLINE DEC 15		
MINIMUM REGISTRATION: 15		
MAXIMUM CAPACITY: 40		



Day 6: Saturday, 31 January – Kobe

IMPORTANT: If you registered in one of the following courses, you have a field lab on this day. Do not make any other travel plans as this is a designated class day in port for your course.

COURSE #	FACULTY	FINAL DAY- Saturday, 31 January
HIST 2559 101	Professor Jim Huffman	WWII in Asia & Africa
SEMS 2500 107	Professor Amber Johnson	Photojournalism
SEMS 2500 109	Professor Tesfay Teklu	Introduction to World Population Studies

KOB 114-601

Relax at the Hot Spring

Full-Day



Bathing in Onsen (hot springs) is more than just getting clean. It is a chance to relax, reflect and “wash off” one’s cares and worries. A 45 minute drive from the ship, Arima Onsen is one of the oldest and most popular hot springs resorts in Japan, with a history of over one thousand years. Its two different types of thermal water

(kinsen, “golden water”, and ginsen, “silver water”) are said to cure various ailments and muscle pains.

Today you will experience Japanese hot springs at the Arima Gyoen resort, a historic hot springs hotel. Enjoy a dip in one or the indoors or outdoors public hot springs baths, and have a classic “bento box” Japanese cuisine lunch (lunch and water included in program cost).

Please note: Do NOT apply for this field program if you have tattoos. In Japanese culture, tattoos are associated with criminal groups and as such, Onsen will deny access to people with tattoos. Also, the baths are public and gender separated. **You are expected to be NAKED. You may not enter with any kind of clothes, including swimsuits and towels.**

STANDARD PRICE		Early Booking
Adult	\$131	\$125
Child	\$66	\$62
TIME		
	Date	Time
Depart	January 31	1000
Return	January 31	1515
HIGHLIGHTS		
<ul style="list-style-type: none"> • Experience Japanese hot springs! • Savor a traditional Japanese lunch 		
MINIMUM REGISTRATION: 15		
MAXIMUM CAPACITY: 40		

KOB 120-601

SAS Exclusive: Kyoto Kimono Workshop

Full-Day



The BEST Field Lab on Spring '14 is now open to the entire shipboard community! Learn all about kimono in the ancient capital of Japan. The lesson will focus on the different types of kimono, the fabrics used for kimono, their history and social significance (differences in kimonos worn by people of different genders and class throughout the years, the switch to Western style clothes in modern era), and there will be examples of the various kimono that the lecturer will show to you. A **few volunteers** will also be able to **TRY ON junihitoe**, the ancient kimono formed by 12 layers!

After a boxed lunch, visit a kimono atelier in which you will be able to see the machinery still used to weave beautiful kimono.

STANDARD PRICE		Early Booking
Adult	\$144	\$137
Child	\$72	\$69
TIME		
	Date	Time
Depart	January 31	0830
Return	January 31	1730
HIGHLIGHTS		
<ul style="list-style-type: none"> • Learn the meaning behind kimonos • Traditional Japanese bento box lunch • See the workshop where kimono silk is woven 		
MINIMUM REGISTRATION: 30		
MAXIMUM CAPACITY: 50		

Check out the video blog from Spring '14, [From Caterpillar to Kimono](#).