



2015

MIRAI Program Welcome to JAPAN

FINAL EDITION



Invitation Program for University Students

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Welcome to Japan

Congratulations on being selected as a MIRAI Program participant and welcome to Japan. AFS Japan, together with the Ministry of Foreign Affairs of Japan (MOFA), is looking forward to your arrival and to your intercultural experience which is about to begin.

“Welcome to Japan” is full of important information to help you get ready for your experience in Japan.

MIRAI Program 2015

Program Overview

MIRAI (meaning ‘Future’ in Japanese) Program is fully supported by the Japanese Government to (i) promote mutual-understandings, (ii) enhance intellectual discussions and (iii) build strong networks among future leaders of Japan and the world. It is a short-term youth exchange program to specially invite 150 graduate/undergraduate students from Europe, Russia, Central Asia and the Caucasus who study Politics, Economics, International Relations, Asian Studies, Japan Studies or other related field through EFIL/AFS. Thereby the program would foster the solid foundation of the relationship between Japan and countries in the regions in the future.

Mutual-understanding, Intellectual Relations and Academic exchange Initiative

Program Schedule

Duration: **December 15 / Tuesday 2015 (Arrival Day) ~**

22 / Tuesday 2015 (Departure Day)

(1) Highlights in Tokyo

A) Seminar and exchange with Japanese students at one of the most prestigious universities in Tokyo: Keio University (Day3: December 17)

Participants of this program will have one-day experience of lectures and discussions in one of the most prestigious universities in Japan together with Japanese students. 150 participants will be divided into three groups according to their interests; 1) politics, 2) economy and 3) culture and society. Each group will receive a special lecture from lecturers who actually have classes in several prestigious universities in Tokyo, as well as having discussion with Japanese students. Lunch and dinner time will be the best opportunities to frankly exchange thoughts and ideas with Japanese students, enjoying Japanese bento-box for lunch, and Japanese cuisine for dinner.

B) Visit a Japanese Mega Corporation (Day2 and Day7: December 16, 21)

In Japan, there is a large number of companies which win fame all over the world. It is worth visiting one of them and hearing from its employees about the methods of managements and their working styles in order to know their strength that spreads Japanese brand globally.

➤ **ITOCHU Corporation (One of the World Biggest Trading Company):**

The history of ITOCHU Corporation dates back to 1858 when the Company's founder Chubei Itoh commenced linen trading operations. Since then, ITOCHU has evolved and grown over 150 years.

With approximately 130 bases in 65 countries, ITOCHU, one of the leading sogo shosha, is engaging in domestic trading, import/export, and overseas trading of various products such as textile, machinery, metals, minerals, energy, chemicals, food, information and communications technology, realty, general products, insurance, logistics services, construction, and finance, as well as business investment in Japan and overseas.

(<http://www.itochu.co.jp/en/about/profile/>)

➤ **Rakuten, Inc. (IT-related E-commerce Company):**

Since our foundation in 1997, Rakuten Group has engaged in various businesses and services. With the mission of "empowering people and society" through the Internet, our goal is to become the No.1 Internet services company in the world. Here are some key milestones in the history of Rakuten Group so far.

(<http://global.rakuten.com/corp/about/history.html>)

**C) Mori Building Corporation (City Planning/Real Estate Development Company)
(Day2: December 16)**

Mori Building Corporation manages Roppongi Hills that is one of the best city examples in Tokyo. Opened in 2003 in the heart of Tokyo, the building complex features offices, apartments, stores, restaurants, a hotel, art museum, observation deck and more. The office floors are home to leading companies from IT and financial sectors, and Roppongi Hills has become a symbol of the Japanese IT industry. This Corporation offers a guided tour showing the structure of the highly developed city, Tokyo. For example, visitors will look at a 1/1000 scale model of the real Tokyo city and walk around the floor with a great panoramic view of Tokyo.

D) Tour Options (Day2: December 16)

➤ **Miraikan (National Museum of Emerging Science and Innovation):**

Miraikan (National Museum of Emerging Science and Innovation) is a place where visitors can understand things happening in our world today from a scientific point of view, and have discussions while considering the future that awaits us. In addition to permanent displays and exhibitions that provide visitors with a chance to enjoy hands-on contact with science and technology, Miraikan's colorful line-up of offerings includes experienced based classes, and talks. While exchanging opinions and ideas with Science Communicators, visitors can experience the technological progress of today, from simple day-to-day questions to the latest technologies the global environment and space exploration.

➤ **Edo-Tokyo Museum (History Museum: Old Tokyo in Feudal Era):**

The Metropolitan Edo-Tokyo Museum opened its doors in March 1993 as a space to reflect on the history and culture of Edo-Tokyo and envision the city and life of the future. Housed in a unique building modeled after an elevated-floor type warehouse, the museum has been a landmark and popular tourist attraction in Tokyo since its opening.

The permanent exhibition, showcasing original objects and replicas, offers visitors a journey through the 400-year history of Edo-Tokyo since Tokugawa Ieyasu entered Edo. In addition to the permanent exhibition, the museum holds special exhibitions at the first floor gallery five to six times a year and carries out various other events, including lectures and workshops on the history and culture of Edo-Tokyo.

We hope that the museum can be Tokyo's center for the creation of new culture and a place of respite for visitors.

[\(https://www.edo-tokyo-museum.or.jp/en/about/\)](https://www.edo-tokyo-museum.or.jp/en/about/)

➤ **JICA (Japan International Cooperation Agency) (Overseas Development Aid Organization):**

The Japan International Cooperation Agency (JICA) is advancing its activities around the pillars of a field-oriented approach, human security, and enhanced effectiveness, efficiency, and speed.

<http://www.jica.go.jp/english/about/index.html>

➤ **Haneda Chronogate (Major Logistics Company):**

Chronogate is a coined word from "Chronos," a Greek god of time, and "gateway" linking countries. Yamato Group starts a new era of logistics with Haneda Chronogate, offering new way of time and space utilization. Haneda Chronogate, born on a site location wherein all modes of shipping (sea, land and air: including that carried out via Haneda Airport) can be utilized, is a completely new logistics facility. As the result of the concentration of all functions of Yamato Group, it has a diversity of added-value functions that include those related to cleansing, printing, repairs, and maintenance, as well as the systems that allow shipments to arrive fast and with accuracy. By making use of the facility to its fullest, we will have logistics evolve into a "way to create (added) value." Value-Networking Design constitutes the name we have given to our plan to provide a "reinvention of logistics" for corporate clients of all industry sectors and scales of business, while of course providing the very same to individual clients as well. Through the exploration of actual equipment, displays, attractions and more on the Haneda Chronogate Visitor Tour, you can experience logistics mechanisms that include TA-Q-BIN, as well as our Value-Networking Design something which Yamato Group aims to make the future of logistics all about.

http://www.yamato-hd.co.jp/hnd-chronogate/YTC_haneda_kengaku-eng.pdf

➤ **Fuji Manufacturing (One of Japan's Traditional Small and Medium-sized Family-oriented Manufacturers):**

Fuji Manufacturing provides the blast system for user needs. We base ourselves on providing our clients with consultations emphasizing "technology" and propose systems that will be the appropriate solution to specific business needs. Not only providing the highest -level technology in spraying , sorting and collecting abrasive, but also in stably activating the equipment and detecting errors, and inspecting and maintain processing specifications. Moreover, our manufacturing and inspection department that embody those proposal have the largest scale and most advanced environment in Tokyo.

<http://www.fujimfg.co.jp/english/index.html>

E) Meiji Jingu (Shrine) (Religious Study – One and Only Japanese Shintoism) (Day7: December 21)

Shrines have been affecting Japanese custom rooting in the nation's culture. This visit offers a lecture of cultural and historical background of Japan, and a guided tour inside of the shrine. Meiji Jingu is a shrine dedicated to the deified spirits of Emperor Meiji and his consort, Empress Shoken. Meiji Jingu and the adjacent Yoyogi Park make up a large forested area within the densely built-up city. The spacious shrine grounds offer walking paths that are excellent for a relaxing stroll. The shrine was completed and dedicated to the Emperor Meiji and the Empress Shoken in 1920, eight years after the passing away of the emperor and six years after the passing away of the empress. The shrine was destroyed during the World War II but was rebuilt shortly thereafter.

(2) Experience of Local Life (Home-stay) (Day5-6: December 18-20)

After the Tokyo activities, students go on a trip to a distant provincial region for a weekend local home-stay program. Three students compose one group and spread across Japan. This visit to local areas offers a courtesy visit to the local government, guided tour of the local featured industry, traditional culture experience and exchange with local people. Students will experience authentic Japanese family life there and exchange their views with the host family and local residents.

	Date		Activities	Stay in
1	December 15 (Tue)	20:00 - 21:00	Arrive at Narita or Haneda Airport 1) Arrival Orientation	Tokyo
2	December 16 (Wed)	10:00 - 11:30 13:30 - 14:40 15:30 - 17:00 16:00 - 17:30 15:30 - 17:30 16:30 - 18:00 16:00 - 18:00 19:00 - 21:00	1) Intercultural Learning Experience★ (Lunch) 2) Mori Building Corporation's Roppongi Hills Tower 【p.3 (C)】 3) Tour Options (Select 1 out of 5) 【p. 3 (D)】 @Miraikan (National Museum of Emerging Science and Innovation) @Edo-Tokyo Museum @JICA (Japan International Cooperation Agency) @Haneda Chronogate @Fuji Manufacturing 4) Welcome Buffet	Tokyo
3	December 17 (Thu)	10:00 - 17:30 18:30 - 21:00	1) Academic Seminar, Exchange Event with Japanese Students, Lunch @ Keio University 2) Intercultural Exchange Dinner 【p. 2 (A)】	Tokyo
4	December 18 (Fri)	All day	Travel to Local Area / Regional Activities Courtesy visit to the local government	Region
5	December 19 (Sat)	All day	Guided tour of the local featured industry Traditional culture experience and exchange with local people	Region
6	December 20 (Sun)	20:00 - 21:30	Return to Tokyo 1) Intercultural Learning Experience★	Tokyo
7	December 21 (Mon)	09:30 - 13:00 13:30 - 15:30 13:45 - 15:10 16:30 - 18:30 19:30 - 21:30	1) Meiji Jingu (Shrine) 【p. 5 (E)】 (Lunch) 2) Visit a Japanese Mega Corporation's Tokyo Headquarter 【p.2(B)】 (Select 1 out of 2) @ITOCHU Corporation @Rakuten, Inc. 3) Closing Ceremony at Ministry of Foreign Affairs in Tokyo 4) Farewell Buffet	Tokyo
8	December 22 (Tue)		Departure from Narita or Haneda Airport	
Tokyo Hotel Information (12/15 - 18, 12/20 - 22)			Hotel East 21 Tokyo (ホテルイースト21東京) 6 Chome-6-3-3 Toyo, Koto, Tokyo 135-0016	

A little help to make the most of your experience

Please start by writing down your first name in Japanese characters in the box!

And here's a small "check list" for you. During the MIRAI program, I...:

- Greeted by bowing and saying: "....."
In my daily life, I am used to greet by saying and doing
- Slept on a futon
It felt... (circle the most fitting option describing the feeling): different/strange/fun/I liked it!
- Tried karaoke
I sang
And it sounded: awesome / terrible / I'll do it again!
- Helped prepare a Japanese dish
- Shared a present from my home country with my host family
- Ate something mysterious.
My favourite Japanese dish must be
- Talked to a stranger
The topic of our conversation was
- Found all the people who were in the GCC webinar with me. Their first names are:
.....
.....
- Learned more about "Honne & Tatemaе"

What is "Ganbatte" and why is it important to many Japanese? Write it down!
.....
.....
.....

What is Shoganai and why do they value this?
.....
.....
.....

Which values do I feel that I share with Japanese culture?
.....
.....
.....

Who of the MIRAI participants has travelled the longest from home to Tokyo?

**And here are some other challenges for you! Let's see how many you can make!
 Ready to create some good memories?**

Take a photo with 4 other participants and at least two MIRAI organisers and post it on the Facebook group

Take a photo of your local visit "trio" with something/ someone that was new to you during your local visit and post it on the FB group with explanation

Get together with at least two other participants who you haven't talked to yet and find out about their current studies and future plans

Walk left, take the next street to your left, turn right - where are you ? Describe what's special about this place:

.....

Ask a stranger about their favourite place in the city - try to go there. Where was it and how did you like it?

.....

Find a supermarket, buy something that you do not know and ask a Japanese person what it is.

Exchange smiles with at least 3 Japanese people

Get together with three other participants and come up with at least 2 creative interpretations for what the MIRAI abbreviation could stand for. Our interpretations are:

MIRAI:

MIRAI:

Now, while travelling, waiting for the bus, eating lunch - can you solve this bingo? In the square, write down the name of the person who:

Has a passion for Japanese language	Recycles all their waste	Has visited East-Asia before	Has a favorite Japanese author
Lives in a city with more than 5.000.000 inhabitants	Is a volunteer in their local community	Plays a musical instrument	Greets people by kissing on the cheek
Knows how to dance a traditional dance	Grew up in the same house as their grandparents	Speaks more than 4 languages	Is a tea drinker
Knows his/her national anthem	Has moved more than four times in their lives	Has more than two siblings	Likes to sing karaoke
Has heard of AFS before	Lives in a mountain area	Is shorter than 1.60 meters.	FREE SPACE - this person has:

Global Competence Certificate

- learning modules during your stay in Japan

In order to continue the learning process started by you in the GCC online modules and webinars, there will be two “live” sessions during your stay in Japan, focused on intercultural learning contents.

Please use the following 4 pages during these sessions!

GCC module: DESCRIBE, INTERPRET AND EVALUATE

Come up with different interpretations and evaluations of the examples given during the session.

See how many new interpretations and evaluations you can come up with, using the same description!

I saw / heard.....
• *and I thought*
and I felt
• *and I thought*
and I felt
• *and I thought*
and I felt

I saw / heard.....
• *and I thought*
and I felt
• *and I thought*
and I felt
• *and I thought*
and I felt

I saw / heard.....
• *and I thought*
and I felt
• *and I thought*
and I felt
• *and I thought*
and I felt

GCC module: “THEM” AS CULTURAL BEINGS

Prepare for interviews to conduct during your local stay

Here are some suggested questions:

- 1. I want to understand your culture a bit more, can you tell me about some experiences, or situations, that capture your culture at its best?*
- 2. What values or beliefs might be underlying these experiences? Why do you think your culture does this?*
- 3. Does everyone here do this? Or are there ‘groups’ that behave differently? Which would those groups be?*
- 4. What ‘groups’ do you belong to in terms of groups that have similar sets of values and behaviors?*
- 5. How have these groups shaped your personal values and beliefs?*

We encourage you to come up with a list of about six more questions to draw upon during your interviews.

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GCC: Wrap up of your intercultural experience

Write down some examples of observations or situations during your stay which caused confusion / awkwardness.

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Questions to discuss during the GCC session at the end of your stay:

- *How did you cope with these situations? What was the outcome? Did you manage to suspend judgment?*
- *What did you learn from it?*
- *What were the links of these situations with the content of the GCC modules?*

Please come up with at least **2-3 key conclusions / learning points** from these situations, write them down separately and hand them in to the facilitators of the session.

Keio University



MIRAI Program

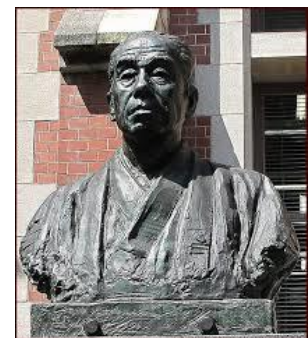
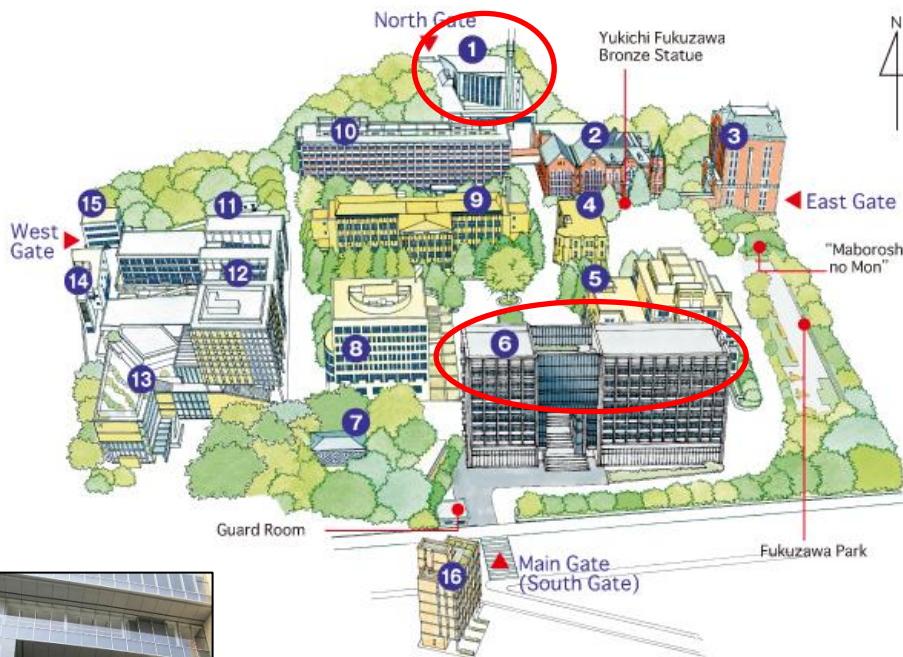


Day 3
17 December 2015 (Thursday)
Keio University (慶應義塾大学)

Schedule

- 10:00 Opening Remarks (@ Conference Hall, 1st floor, North Building (Bldg.#1))
- 10:30-12:00 Keynote Speech, “Japan in Asia”
by Prof. Akihiko Tanaka (The University of Tokyo)
- 12:00-14:00 Lunch & Break
- 14:00-15:30 Lectures at Breakout Sessions (@ 7th floor, South School Building (Bldg.#6))
 - 1. Politics Prof. Harukata Takenaka (GRIPS) – Room 475
 - 2. Economy Prof. Shumpei Takemori (Keio University) – Room 476
 - 3. Society & Culture Prof. Tomohiko Taniguchi (Keio University) – Room 477
- 15:30-15:45 Coffee Break
- 15:45-17:40 Discussions by Participating Students at Breakout Sessions
- 18:30- Intercultural Exchange Dinner

Campus Map (Keio University Mita Campus)



Profiles of Lecturers



Akihiko TANAKA (keynote speaker)

Professor, Institute for Advanced Studies on Asia, the University of Tokyo

Akihiko TANAKA is professor of international politics at the Institute for Advanced Studies on Asia (IASA), the University of Tokyo. He also served as President of the Japan International Cooperation Agency (JICA) from April 2012 to September 2015. Professor Tanaka's specialties include theories of international politics, contemporary international relations in East Asia, and Japan's foreign policy.

He obtained his B.A. in International Relations at the University of Tokyo's College of Arts and Sciences in 1977 and his Ph.D. in Political Science at Massachusetts Institute of Technology in 1981. After returning to Japan, he became a researcher at the Research Institute for Peace and Security. In 1983, he became Research Associate at the College of Arts and Sciences, the University of Tokyo, and was named Associate Professor in 1984. In 1990 he moved to the Institute of Oriental Culture (previous name of IASA) and was Associate Professor there until 1998 when he became Professor.

He was Director of the Institute of Oriental Culture in 2002-2006, Executive Vice President of the University of Tokyo in 2009-2011, and Vice President there in 2011-2012. He was also Visiting Professor at Ruhr University, Bochum, Germany, in 1986, and a Senior Associate Member at St Antony's College, Oxford, from 1994 to 1995.

Professor Tanaka received the medal of honor with purple ribbon (shiju hoshō) for his academic achievements in 2012. He has numerous books and articles in Japanese and English including *The New Middle Ages: The World System in the 21st Century* (Tokyo: The International House of Japan, 2002).



Harukata TAKENAKA (lecturer, politics)

Professor, National Graduate Institute for Policy Studies (GRIPS)

Harukata TAKENAKA is professor of political science at the National Graduate Institute for Policy Studies (GRIPS). He specializes in comparative politics and Japanese politics with a particular focus on contemporary Japanese politics. His research interests include leadership of prime minister, transformation of Japanese political system, and Japan's economic stagnation since the 1990s. He is currently working on transformation of Japanese political system from 1990s, democratisation in prewar Japan and analysis of macroeconomic policy taken in Japan in the late 1980s from political perspective.

He received a B.A. from the Faculty of Law of the University of Tokyo and an M.A. and Ph.D. in political science from Stanford University. He is the author of *Senzen Nihon ni okeru Minshuka no Zassetsu [Aborted Democratization in Prewar Japan]*, (Tokyo: Bokutakusha, 2002), *Sangiin to wa nani ka [What Is the House of Councillors?]* (Tokyo: Chuokoron-Shinsha, 2010) which was awarded the Osaragi Jiro Award for Commentary, *Failed Democratization in Prewar Japan: Breakdown of a Hybrid Regime* (Stanford: Stanford University Press 2014).



Shumpei TAKEMORI (lecturer, economy)

Professor, Faculty of Economics, Keio University

Shumpei TAKEMORI is professor of international economics in Keio University. He obtained a B.A. from the Faculty of Economics at Keio University in 1981 and a Ph.D. in economics from the University of Rochester in 1989.

Publications include: R.W. Jones and Shumpei Takemori, "Foreign Monopoly and

Optimal Tariffs for the Small Open Economy,” *European Economic Review*, 33 (1989); Takemori, Shumpei and Masatoshi Tsumagari, “Optimal Trade Taxes in the Presence of Foreign Ownership and Equity Exchanges,” *Journal of International Economics*, 36 (1994); Shumpei Takemori, *Keizai Ronsen wa Yomigaeru*, (Tokyo: Toyokeizai Shimposha Publishing, 2002).



Tomohiko TANIGUCHI (lecturer, society & culture)

Professor, Graduate School of System Design and Management, Keio University;
Special Adviser to the Cabinet of Prime Minister Shinzo Abe

Tomohiko TANIGUCHI is Professor, Keio University Graduate School of System Design and Management (SDM), reading international political economy and Japanese diplomacy. He is also Special Adviser to the Cabinet of Shinzo Abe. Between February 2013 and March 2014 he was Councillor, Prime Minister's Office. Then and now his responsibilities have included writing foreign-policy speeches for PM Abe.

After spending 20 years with *Nikkei Business*, a weekly magazine, he joined the Ministry of Foreign Affairs in 2005 as Deputy Press Secretary and Deputy Director General for Public Diplomacy. Until he left the ministry three years later he addressed the English speaking press and wrote speeches for Foreign Minister Taro Aso and other national leaders including then PM Shinzo Abe.

While with the magazine he spent a stint in London, 1997-2000, as the magazine's correspondent. In 1999 the Foreign Press Association in London elected him President, the first from Asia. He spent sabbaticals at Princeton University as a Fulbright Visiting Fellow, at the Shanghai Institute for International Studies, and at the Brookings Institution as a CNAPS Fellow.

For five years till 2013 he was Executive Adviser to the then Chairman of the Central Japan Railway Company, Yoshiyuki Kasai, while holding visiting professorships at Keio SDM and Meiji University School of Global Japanese Studies.

LL.B. from the University of Tokyo, he has authored or co-authored more than 10 books on international affairs. He has appeared live more than 250 times on BBC, Al-Jazeera English, CNN, etc.

Lunch (12:00~14:00)

Notice:

1. After the keynote speech ends at the noon, all of you will move from the Conference Hall, North Building, to the South School Building for lunch.
2. Please pick up one of the following lunch boxes with a tea pack and a bottle of water at the reception desk of the room of afternoon sessions of your choice at the South School Building. (Politics @ Room #475, Economy @ Room #476, Society & Culture @ Room #477).
3. We respect and accept requests from participants who have certain preference or eating habits based on your own religious belief or physical reasons (e.g. Muslim, vegetarian, allergy, etc.). We already have basic information about your background but please tell us if you have any certain request.
4. Please enjoy your meals together with your European & Japanese friends/participants inside the room of the afternoon session. You can stay relaxed and enjoy your own time with your friends after the meal, such as touring the campus in Keio. Please come back to the room by 14:00 for the afternoon session.



1. Chicken Teriyaki Lunch Box

Served with steamed rice, fried egg, simmered vegetable, chopped burdock root & carrot, and boiled fish paste.

[*Notice: meat included (chicken)]



2. Grilled Salmon Lunch Box

Served with steamed rice, fried egg, mashed potato, chopped burdock root & carrot, and fishcake.

[*Notice: no meat included]



3. Bagel Sandwich of Grilled Chickpea

Served with mashed & grilled chickpea, fresh tomato & lettuce for sandwich, separate organic salad with dressings of pasted tofu & corn, fried chickpea, and marinated carrot.

[*Notice: no meat included, appropriate for vegetarians]



4. Vegetable Lunch Box

Served with steamed brown rice, fried Japanese wheat gluten, organic salad of beans & lettuce, marinated carrot, and boiled konjac in spicy flavour.

[*Notice: no meat included, appropriate for vegetarians]



5. Typical Japanese Lunch Box

Served with steamed rice, grilled salmon, fried chicken, vegetable tempura, fried egg, boiled vegetable, and apple.

[*Notice: halal dishes, meat included (chicken)]



6. Roast Chicken Lunch Box

Served with roasted halal chicken with tomato sauce, steamed rice, mashed potato, boiled vegetable, and apple.

[*Notice: halal dishes, meat included (chicken)]

Dinner (18:30~)

Notice:

1. After the discussions end at 17:30, all of you will move from Keio University to each of the restaurants of your choice outside of the campus (20~40 minutes by bus). We will call when the bus is ready. Please follow directions of the staff and the student leaders (Keio students) and move quickly to the buses!
2. As we already have your own choice for dinner and allocated you to each restaurant, you cannot change your own choice for restaurant.
3. We respect and accept requests from participants who have certain preference or eating habits based on your own religious belief or physical reasons (e.g. Muslim, vegetarian, allergy, etc.). We already have basic information about your background but please tell us if you have any certain request.
4. No alcohol will be served. You could have only one soft drink at the dinner due to our budget limit.



1. Tomoegata (巴湯) - <http://www.tomoegata.com/>

Chanko, Japanese hot pot of fish, vegetable and noodle (particularly traditional dishes for Sumo wrestlers).

[*Notice: appropriate for vegetarians]

Address: 2-17-6, Ryogoku, Sumida-ku, Tokyo, 130-0026



2. Minami (皆美) - <http://www.minami-g.co.jp/nihonbashi/>

Traditional Japanese course of fish, pork and vegetable featuring *Tai Meshi*, special local cuisine of sea bream served with hot water.

[*Notice: meat included (pork) but can be switched to another meal]

Address: COREDO Nihonbashi, 1-4-1 Nihonbashi, Chuo-ku, Tokyo



3. Mimi (美々卯) - <http://www.mimiu.co.jp/>

Udonsuki, Japanese hot pot of vegetable and udon noodle, served with meat and raw fish in the course.

[*Notice: meat included]

Address: 3-6-4 Kyobashi, Chuo-ku, Tokyo



4. Sarashina-Honten (麻布永坂更科本店) - <http://www.sarashina-honten.com/>

Traditional Japanese course of fish, vegetable, tempura and soba noodle.

[*Notice: meat included (pork bacon) but can be switched to another meal]

Address: 1-2-7 Azabu Juban, Minato-ku, Tokyo



5. Grill Mantenboshi (Grill 満天星) - <http://www.manten-boshi.net/>

Mixed with European and Japanese cuisine, so called *Yoshoku*. This fashionable, cosmopolitan establishment is very popular among young people.

[*Notice: No pork and no fish are included]

Address: Marunouchi Bldg. 5F, 2-4-1 Marunouchi, Chiyoda-ku, Tokyo



6. Rengatei (煉瓦亭) - <http://tabelog.com/tokyo/A1301/A130101/13002430/>

Mixed with European and Japanese cuisine including omelette & fried rice and pork cutlet, etc.

Address: 3-5-16 Ginza, Chuo-ku, Tokyo



Free Page

(Please use for taking notes & exchanging messages, etc.)



