

Japanese Culture Experience

Weekly Regular Programs 2024

Discover Japan's Nature, Beauty & Spirit








	Mon	Tue	Wed	Thu	Fri	Sat	Sun
7	Breakfast at Tsukiji Market Tour (Mon, Tue, Thu, Fri, Sat) 7:15-9:45 		Market closed	Breakfast at Tsukiji Market Tour (Mon, Tue, Thu, Fri, Sat) 7:15-9:45 			Market closed
8			Breakfast and Tea Ceremony 8:30-9:45 (Mon, Tue, Wed, Thu, Fri)				Market closed
9		Tsukiji walk & Sushi Basic 8:45-12:00	Market closed	Tsukiji walk & Sushi Basic 8:45-12:00 (Tue, Thu, Fri, Sat)			
10	Lunch at Tsukiji Market Tour (Mon, Tue, Thu, Fri, Sat) 10:15-13:00 	Cooking 10:00-12:00 Basic 10:30-12:00	Morning Tea Ceremony 10:00-10:45	Cooking 10:00-12:00 Sushi Basic 10:30-12:00 	Morning Tea Ceremony 10:00-10:45	Cooking 10:00-12:00 Sushi Basic 10:30-12:00 	Cooking 10:00-12:00 Sushi Basic 10:30-12:00
11		Lunch at Tsukiji Tour 10:15-13:00 		Cooking 10:00-12:00 Sushi Basic 10:30-12:00 	Lunch at Tsukiji Market Tour 10:15-13:00 	Lunch at Tsukiji Market Tour 10:15-13:00 	
12							
13		Cooking (Tue-Sat) 12:45-14:45 Sushi Basic (Tue-Sat) 12:45-14:15					
14		< Custom-made Programs > The following experiences are available by request. Calligraphy / Origami / Furoshiki / Flower Arrangement Japanese Tea Tasting / Japanese Sweets Making/Koto / Shamisen /Wadaiko / and so on					
15	Ninja Experience 15:00-16:00 (Mon, Tue, Thu, Fri) 			Ninja Experience 15:00-16:00 (Mon, Tue, Thu, Fri) 			
16	Samurai Experience 16:30-17:30 (Mon, Tue, Thu, Fri) 			Samurai Experience 16:30-17:30 (Mon, Tue, Thu, Fri) 			
17							
18		Cooking (Tue-Fri) 18:00~20:00 Sushi Making Basic (Tue-Fri) 18:00~19:30 7 Kinds of Sake Tasting (Tue-Fri) 18:00~19:15					
19		Please apply from True Japan Tour's Web site. nbs-truejapan.jp					

Tours & Experiences in Tokyo



(Minimum number of participants : 2 people)
(Fee per Person)

Please apply from True Japan Tour's Web site. nbs-truejapan.jp

Programs	What You Can Expect	Fee, Day, Activity Time
<p>C036 -From Jan.2024- Japanese Traditional Breakfast and Tea Ceremony</p> 	<ul style="list-style-type: none"> - The formal tea gathering begins early in the morning, with the steps of drawing water, boiling water, arranging flowers, and setting up the tea room to welcome guests. After that, the meals we serve to our customers are based on simple but hearty “one soup and one side dishes”. - During the tea ceremony experience, which combines a short period of meditation and the world of Zen, you will see the beautiful process of preparing a bowl of tea, and enjoy the finest matcha and cute sweets. 	<p>8,500yen+tax</p> <p>Mon, Tue, Wed, Thu, Fri</p> <p>8:30-9:45</p>
<p>C037 -From Jan.2024- Morning Tea Ceremony</p> 	<ul style="list-style-type: none"> - Try traditional Japanese sweets that have been specifically paired with matcha tea - Go through the steps of the Japanese tea ceremony with a nationally accredited tea master - Learn in depth about the spirit of Zen expressed in Japanese art and architecture - Make tea through the traditional tea ceremony process yourself 	<p>5,000yen+tax</p> <p>Tue, Thu, Fri</p> <p>10:00-10:45</p>
<p>C038 -From Jan.2024- Ninja Experience</p> 	<p>Ninjas assisted samurai from the warring years of the 15th century to the 19th century. In modern day terms, they would be called intelligence officers. Gathering information was important to shinobi. Thus, they had to know how to conceal their presence and blend in among ordinary citizens. Also, as spies, they possessed highly specialized skills such as sneaking into castles. For this reason, the spirit of ninja was valued in training.</p>	<p>9,500yen+tax</p> <p>Mon, Tue, Thu, Fri</p> <p>15:00-16:00</p>
<p>C039 -From Jan.2024- Samurai Experience</p> 	<p>During the Edo period, which lasted for 260 years from 1600, the people of Japan were roughly divided into four classes: samurai, farmers, artisans, and merchants. The highest rank was the samurai, the ruling class. Samurai had high ethical standards and their greatest mission was to be loyal to their superior, the daimyo.</p> <p>However, at the end of the Edo period in the 1860s, some samurai left their positions as subjects of daimyo (feudal lords), and fought for their nation, regardless of life or death. These samurai created modern Japan through the revolution known as the Meiji Restoration. They were the true samurai.</p>	<p>9,500yen+tax</p> <p>Mon, Tue, Thu, Fri</p> <p>16:30-17:30</p>
<p>T001 <Hotel pick-up> Sumo Morning Training Experience (in Tokyo)</p> 	<p>Sumo is very popular among foreigners who want to know about true Japanese culture. You can observe a training session in an authentic sumo stable.</p> <p>A nationally certified English-speaking interpreter-guide will accompany and guide the tour. The tour guide will pick participants up at the hotel and explain rules and regulations for visiting a sumo stable.</p> <p>◆Main operation periods in 2024 (Sometimes, it may be impossible to have the experience, even during the following dates.) Jan. 4 - 12 / Feb. 5 - 16 / Apr. 1 - Apr. 29 May 1 - May 10 / Jun. 3 - Jun. 21 Aug. 5 - Aug. 25 / Aug. 27 - Sep. 6 Sep. 30 - Oct. 19 / Dec. 2 - Dec. 6 / Dec. 8 - Dec. 31</p>	<p>22,000yen+tax</p> <p>8:30-10:30 (+Hotel Pick-up time)</p> <p>※ We will pick you up at your hotel. Pick-up time will be about 40~60minutes before the activity time.</p>

Programs		What You Can Expect	Fee, Day, Activity Time
Cooking	C001D Sushi-Making Deluxe Course	You will make the following three types of sushi with higher quality ingredients than Basic course. (1) Nigiri Zushi (2) Hosomaki Zushi: (3) Gunkan Zushi:	16,000yen+tax Tue, Wed, Thu, Fri, Sat
	C025 Character Bento Cooking	Make bento boxes for different characters. Pikachu, monstars, cute rabbits, etc., while listening to the customer's wishes, You will make a bento or plate. With consideration for this, you will make your own dishes.	10:00-12:00, 12:45-14:45 18:00-20:00 (except Sat)
	C003 Zen Vegetarian Cooking (Shojin Cuisine)	Learn the ancient cooking practices of Zen Buddhist monks · Make delicious vegetarian food representative of the season · Practice under the guidance of a licensed Instructor	
C001B Sushi-Making Basic Course		Create a new signature dish in this sushi-making experience with a nationally accredited instructor. Experience hands-on training and learn . Nigiri Zushi: Classical style sushi: rice topped with ingredients such as tuna, , white fish, etc.	12,000yen+tax Tue, Wed, Thu, Fri, Sat 10:30-12:00, 12:45-14:15 18:00-19:30
T002 Breakfast at Tsukiji Market Tour		<Meet at Tsukiji Honganji Temple> Tsukiji Market, home to fresh seafood, Japanese beef, chicken, and more, is a popular spot among foreigners. A nationally certified guide will take you and enjoy a variety of distinctive and delicious gourmet food.	11,000yen+tax Tue, Thu, Fri, Sat 7:15-9:45
T003 Lunch at Tsukiji Market Tour		<Meet at Tsukiji Honganji Temple> Tsukiji Market, home to fresh seafood, Japanese beef, chicken, and more, is a popular spot among foreigners. Come enjoy lunch by walking around, viewing the market scenes, and trying various tastes.	16,000yen+tax Mon, Tue, Wed, Thu, Fri 10:15-13:00
T002D Tsukiji Market Tour and Sushi Making Deluxe Course		<Hotel pick-up> After exploring the popular Tsukiji Outer Market, move on to the kitchen venue in Shiba Park to try your hand at making 3 kinds of sushi with higher quality ingredients than the Basic course.	22,000yen+tax Tue, Thu, Fri, Sat 8:15-12:00
T002B Tsukiji Market Tour and Sushi Making Basic Course		<Meet at Tsukiji Honganji Temple> After exploring the popular Tsukiji Outer Market, move on to the kitchen venue in Shiba Park to try your hand at making 2 kinds of sushi. (1) Gunkan Zushi (2) Nigiri Zushi	20,000yen+tax Tue, Thu, Fri, Sat 8:45-12:00
C005 7 Kinds of Sake & Complementary Foods		Enjoy seven kinds of sake from seven different regions paired with seven delicious complementary dishes specially curated by our sake and culinary experts. Discover what types of foods go well with each type of sake.	13,000yen+tax Mon, Tue, Wed, Thu, Fri 18:00-19:15



