



AFFORDABLE JAPAN

- a wonderful time for less than you imagine -

€0.74

¥108

£0.60

SEK 7.20



...it all adds up to affordable fun.



Kaiten-Sushi (conveyor-belt sushi restaurant)

These popular sushi restaurants are an inexpensive way to enjoy an authentic Japanese delicacy. Chefs place various sushi dishes on a carousel conveyor belt that moves past every seat. Customers simply take what they want as it passes in front of them and stack up the empty plates to the side. Keeping track of the cost is easy. Just calculate by counting the number of empty plates, but remember plates of different colours and shapes have different prices – somewhere between ¥100 and ¥500.

Gyudon (beef bowl)

Everyone loves Gyudon. This delicious and affordable dish consists of soy marinated beef slices on a bed of rice. It's the perfect choice if you're in a hurry or on a budget.

Izakaya (casual Japanese-style pub)

"Izakaya" pubs are relaxing places to get a drink and something to eat. Guests usually sit on the floor and dine at low tables. Portions are usually small enough that you can sample a variety of tasty items from the menu at reasonable prices.



Economy Ryokan

Guests can experience the real Japanese lifestyle from sleeping on a futon in a traditional tatami-mat room to soaking in a Japanese-style bath. Typically run by a family, "minshuku" inns are a Japanese-style "bed and breakfast", offering a rare chance to sample delicious Japanese home cooking.

Online reservation sites:

www.jnto.go.jp/eng/arrange/accomodations/links.html

One-day underground pass (Tokyo Metro)

If you plan to use the subway system extensively while in Tokyo, check out the One-Day Open Ticket. It is good for unlimited use of the Tokyo Metro lines for one day. There is also a 1,000 yen pass available that allows unlimited usage for Tokyo Metro and Toei-line.

www.tokymetro.jp/en/index.html



Price list (average price)

JP ¥

Foreign exchange rates are calculated from Japanese yen

EU € GB £ SEK

FOOD & DRINK

Mineral water (500ml)	120	0.83	0.67	8
McDonald's hamburger	100	0.69	0.56	6.67
Cup of coffee	200	1.38	1.11	13.33

RESTAURANTS

Conveyor-belt sushi restaurant (one dish)	108	0.74	0.60	7.20
Gyudon (beef bowl)	380	2.62	2.11	25.33
Family restaurant (lunch)	738	5.09	4.10	49.20
Izakaya (casual Japanese-style pub) dinner	2000	13.80	11.11	133.33

ACCOMMODATION

Youth Hostel (per person)	3450	23.80	19.17	230
Economy Hotel (single room)	6500	44.83	36.11	433.33
Economy Ryokan ex: Japanese Inn Group (per person)	5000	34.48	27.78	333.33

TRANSPORT & TOURS

Japan Rail Pass (7-day)	29110	200.76	161.72	1940.67
Underground fare (single ride on Tokyo Metro)	170	1.17	0.94	11.33
One-day underground pass (Tokyo Metro)	710	4.90	3.94	47.33
Guided tour (half-day Tokyo sight-seeing tour)	5000	34.48	27.78	333.33
Highway bus fare (Tokyo to Kyoto)	5600	38.62	31.11	373.33
Domestic Air Fare (per sector)	10800	74.48	60	720

AMUSEMENT/ENTERTAINMENT

Sumo (2nd floor, Section C)	3800	26.21	21.11	253.33
Karaoke (1 hour, per person, 18:00~)	600	4.14	3.33	40
Kabuki theatre ticket (3rd tier-B)	4000	27.59	22.22	266.67

SHOPPING

¥100 Shop	108	0.74	0.60	7.20
T-shirt	1080	7.45	6	72
Yukata	4320	29.79	24	288
Digital camera (12 megapixel)	30300	208.97	168.33	2020
English newspaper	180	1.24	1	12

There is **No Tipping**, and the consumption tax is only 8%.
Prices are tax-included.

Prices will fluctuate in relation to the exchange rate

1EUR = 145JPY, 1GBP = 180JPY 1SEK= 15JPY



Japan Rail Pass

If you are planning on travelling extensively throughout Japan for a period of one to three weeks, you should check out the Japan Rail Pass. Valid on all JR Group Railways including the famous "Shinkansen" bullet trains as well as JR bus lines, the savings can be extraordinary! However, remember they are only for tourists and **must be purchased before you come to Japan.**

www.japanrailpass.net



Domestic Air Fare

With a JAL "Yokoso Japan" or ANA "Star Alliance™ Japan" Airpass, you can choose from over 40 destinations in Japan. So, if you want an inexpensive way to see more of Japan than the average tourist, this is the ideal way to do it. **Passengers have to be resident overseas and must purchase the Airpass prior to departure for Japan.**

www.jal.co.jp/yokosojapan

www.ana.co.jp/www/us/e/www_common/fare/special/airpass.html



Sumo

Watching the pageantry and spectacle of professional sumo wrestling live is an unforgettable experience. Same-day arena seating at reasonable prices is usually available, so be sure to check the sumo tournament schedule when planning your visit!

www.sumo.or.jp/en/index

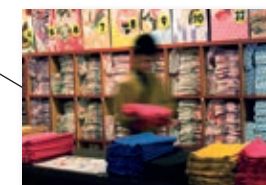


Karaoke

Popular around the world, karaoke is the singing of song lyrics to an instrumental backing. Modern karaoke have private rooms called karaoke boxes, each equipped with a karaoke player, screens, and microphones. They vary in size from rooms for two persons to large party rooms, and customers can order food and drinks.

¥100 Shops

Stocking everything from clothing and stationery to housewares and food, these popular stores are everywhere! They are a great place to pick up a load of souvenirs and gifts for friends at home at the great bargain of only 100 yen per item.



Yukata

Cool and comfortable in the summer, the traditional yukata casual kimono is a wonderful souvenir to take home and wear around the house. In addition to the traditional retailers, attractive yukatas can be found at the discount clothing chain. (available in summer only)

Shopping

Vending Machines

People are on the run at all hours in Japan, and the ubiquitous vending machine is on every street corner ready to meet their needs with not only standard fare like soft drinks, coffee, tea, vitamin drinks and snacks, but also unusual goods like beer, batteries, cup noodles, disposable cameras, ice cream and even bags of rice.

Discount Drugstores

A recent phenomenon in Japan is the explosion of discount drugstores. Located near major stations, they offer a broad variety of goods at much lower prices than the traditional neighbourhood drugstores. Women will enjoy checking out the extensive selection of cosmetics.

Convenience Stores

Clean, fast, always at hand, and open 24 hours, convenience stores in Japan offer a very broad lineup of Japanese and Western food items as well as various everyday items. Also there is a ready-to-eat section with sandwiches, box lunches and even entrees that can be warmed up right at the store.

Casual Clothing Stores

Following the global trend, Japan also has a growing number of casual low-priced clothing stores featuring trend-setting items that offer excellent value! UNIQLO is the best known of the chains.

Discount Electronics

Known around the world, the Akihabara Electric Town district in Tokyo has more than 250 stores specialising in electrical appliances and electronics and offering them at great prices. Many have duty-free departments, and multilingual staff ready to assist the overseas visitor. Whether looking for a specific item or just browsing the cutting-edge of Japanese electronics, it is quite an experience! Even if you cannot make it to Akihabara, you can enjoy good value and a taste of the Electric Town experience at the large discount electronics and home appliance chain stores such as Yodobashi Camera and Bic Camera conveniently located near major stations.

Food

Coffee Shops

Doutor and other major coffee shop chains can be found throughout the city. They provide a comfortable place to take a break and enjoy a cup of coffee or a light meal for a low price before you continue your exploration of the city.

Family Restaurants

Try a "family restaurant" when you are looking for a place where everyone in the family can order what they want. Commonly called "famiresu" in Japan, Denny's, Royal Host, Jonathan's and other chain restaurants offer a broad menu (with pictures) that includes Western, Chinese and Japanese dishes.



Japan National Tourism Organization (JNTO)

WWW.JNTO.GO.JP



Japan.
Endless
Discovery.

Accommodation

Economy Hotels (ex: Business Hotels)

Offering simple Western-style rooms at relatively low rates, this class of hotel is especially popular among budget-conscious business travellers, but is also an economical and convenient alternative for the tourist. Though a little small, the rooms usually include basic amenities and a private bath and toilet.

Youth Hostels

www.jyh.or.jp

Accommodation in Japan

www.jnto.go.jp/eng/arrange/accomodations/links.html

Free attractions

Corporate Showrooms

The world's largest and coolest companies including Panasonic and Toyota are headquartered in Japan, and many showcase their latest technology and creations in beautiful showrooms in Tokyo.

They are open free to the public, and offer a great chance to see the products of tomorrow today!

"Tocho" Observation Deck

The view from the towering Tokyo Metropolitan Government office building called "Tocho" is not only spectacular, it is free! On a clear day, you can see Mt. Fuji. It is just minutes from the mega Shinjuku Station, and there is one observation deck in each of the two towers.

Parks and Gardens in Tokyo

From the Chidorigafuchi Park renowned for its cherry blossoms in spring to Ueno Park, which is home to several museums, a zoo and a major shrine, there are lots of spots to enjoy nature in the city. For a bit of history, visit the Imperial Palace East Gardens - the location of the former Edo Castle and part of the current Imperial Palace.

Festivals/Fireworks

Summer is an especially great time to catch festivals in Japan including the Gion Matsuri in Kyoto, Sanja Matsuri and Kanda Matsuri in Tokyo. Also during summer, fireworks displays light up the night skies in many parts of Japan. When you are planning your trip, be sure to check the festival and firework schedule to get the most out of your visit.

Useful information in Japan

Tourist Information Center (TIC)

1st Fl, Shin-Tokyo Bldg., 3-3-1,
Marunouchi, Chiyoda-ku, Tokyo

*Located on Marunouchi-Naka Dori Street side of Shin-Tokyo Bldg.

TEL: +81-3-3201-3331

Daily from 9:00 to 17:00

(closed on Jan.1)

EMERGENCY TELEPHONE NUMBERS

Police: 110

Fire, medical emergency: 119