



# World Bound Young Adult: **JAPAN**

## *2024 Itinerary and Trip Plan*

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# WELCOME | ITASSHAI

Get ready for an epic 21-day journey through Japan, a land where tradition meets innovation. In the bustling metropolis of Tokyo, you'll explore the vibrant city life and cutting-edge technology. Follow the Samurai Road, then stand on the top of Mount Fuji's summit for a breathtaking view that mirrors the importance of preserving our planet. In Osaka, savor local delicacies and embrace the energy of the lively streets, witness Kyoto's timeless beauty, and reflect on Hiroshima's resilience. Get ready to ignite change, inspire action, and lead the way towards a greener future

This experience is driven by our [World Bound Climate Change Curriculum](#), which emphasizes preparing young people for the challenges of climate change through progressive, holistic, leadership training and outdoor experiential education. At World Bound Japan, our adventurers will have a transformational experience, combining peace-making and conflict resolution workshops with our specialized climate leadership training to support each young person in developing stronger and more robust life, social, and leadership skills.

## Trip Overview

**Date:** June 30–July 20, 2024 and July 23–August 12, 2024

**Trip type:** Young Adult Climate Leadership Training and Teen Adventure Travel

**Air Travel and JR Pass:**

You are responsible for your own airfare. Each participant is also required to purchase a [3-week Japan Rail Pass](#), which **needs to be completed before their departure**. [Contact us](#) if you have any questions as we have our own travel agent and can help you out!

**Locations:** [Tokyo](#), [Osaka](#), [Mount Fuji](#), [Nara](#), [Kyoto](#), [Hiroshima](#), [Kobuchizawa](#), [Yamanishi](#)

**Accommodation:** Hostels, dorms, tents (provided)

## World Bound Modules and Awards

World Bound courses take a step beyond our typical outdoor adventure programs to incorporate climate change education modules and adventure travel. These modules contain place-based, experiential, goal-oriented content that aligns with most mainstream curriculum learning standards and core competencies. Last but not least, our modules are based on the World Bound Five Pillars of Learning:

- ❖ **Integrating** Climate Change Principles and Perspectives
- ❖ **Exploring** Real-world Environments
- ❖ **Volunteering and Connecting** in Communities
- ❖ **Practicing** Life, Social, and Leadership Skills
- ❖ **Sustaining** Climate Action through Solution-focussed Approaches

All our modules reflect the unique themes of the locations, environments and communities they take place in). During our modules, learners demonstrate their understanding through activities like personalized projects, expressive arts, reflection through written self evaluation, group discussion, and/or community volunteering. If you're curious, read our full [World Bound Climate Change Curriculum](#).

At the end of the course, adventurers will participate in a ceremony where they will receive the World Bound Climate Leadership Certificate.

## Peace-making and Climate Change

The signature feature of World Bound Young Adult: Japan is an emphasis on conflict and peace-making. An unfortunate reality is that, as climate change worsens, resources will become more scarce and the risk of conflict will increase. Due to this, it is imperative that young people gain an understanding of conflict and what it takes to create and maintain peace. This will include watching movies about Japanese experiences during World War 2 and creating questions for, and meeting with, Japanese survivors of both the Tokyo firebombing and the dropping of the nuclear bomb on Hiroshima. These talks will be paired with dedicated workshops on peace-making and climate justice.

## Get the Duke of Edinburgh's Award During this Trip (optional)

Fireside Adventures is a proud Trained Activity Provider for the Award, and all our expeditions are eligible for **Bronze, Silver, or Gold Adventurous Journeys (ages 14-24)**.

### Questions? What is the Duke of Edinburgh's Award?

[Check out our webpage](#) for more information, or [contact us](#) with any questions you have.

## Itinerary

### Day 1: Welcome to Japan

**Accommodation:** [National Olympics Memorial Youth Center](#)

Today our group will meet their instructors, who will be holding Fireside Adventures signs, at the airport. Air Canada flights to Tokyo typically arrive at [Narita International Airport](#) but sometimes this changes during the busy season. Please let us know if your flight is arriving at a different airport and we'll arrange a pick-up. Keep in mind, people will be coming from many different places, who are all departing on **day one**, so some will lose or gain a day in travel. A Fireside instructor will depart from Vancouver, Canada on the first day. If you would like to be on the same plane you must arrange in advance.

After leaving the airport, we'll head into Tokyo, taking public transportation to our first accommodation, the [National Olympics Memorial Youth Center](#). There will be time to settle in, meet one another, and go over the World Bound Climate Change Curriculum and the adventure ahead.

### Days 2–3: Tokyo, The City of Awesomeness

**Accommodation:** [National Olympics Memorial Youth Center](#)

Upon arrival in one of the world's most dynamic cities with a lot to see, eat and do. Over three days, we'll visit some of Tokyo's most famous sites, eat traditional Japanese food, enjoy a short urban bike ride, and prepare for what's ahead. Our accommodation at the [National Olympics Memorial Youth Center](#) is the perfect home-base, giving easy access to an incredible array of activities including:

- ❖ Visit Tokyo's most identifiable landmark: the bustling, iconic [Shibuya Crossing](#)
- ❖ Exploring the [Akihabara](#) district, Tokyo's commercial hub for anime, manga, and electronics
- ❖ Learn parkour skills at Tokyo's [parkour gym](#)
- ❖ Navigating the famous Tokyo Transit System, including the busiest train station in the world: [Shinjuku Station](#)
- ❖ Taking in the view at the [Tokyo SkyTree](#), Japan's tallest tower and the third tallest structure in the world

- ❖ Finding some peaceful moments beneath the cherry blossom trees of [Yoyogi Park](#)
- ❖ Learning about the history of Imperial Japan at the [Meiji Shrine](#)

We will also spend an evening with Mitsuko, who is a living survivor of the terrible WW2 Tokyo Bombing. This meeting will be our first teaching about the “climate of peace making”, which will involve learning about Zen Buddhism and the art of being, as well as visiting temples where people have been practicing their spirituality for centuries.

Notably, we will not be adventuring in the midday heat but rather taking refuge in buildings with air conditioning or shaded areas. During this time we will participate in group bonding activities and a series of workshops on climate change education, navigating Tokyo’s transit system, and Japanese language and customs.

## Day 4: Our First Challenge – Following the Samurai Road/Nakasendo Trail

**Accommodation:** We will be staying at either a local campground or youth hostel.  
→ **Hike Samurai Trail to Namazu (4 hours)**

Away from the hustle and bustle of Tokyo, we’ll undertake our first physical challenge: a day hike along the [Samurai Road](#), the ancient route that the samurai used to travel between Tokyo and Kyoto. We will be hiking along a section of this 500km trail called Hakone (箱根), which is part of the [Fuji-Hakone-Izu National Park](#). Highlights along this section of the trip include:

- ❖ Relaxing in the [Hakone hot springs](#)
- ❖ Admiring the stunning view of [Mount Fuji](#) across from [Lake Ashinoko](#)
- ❖ Visit [Odawara Castle](#) to learning about the different historical eras that define modern day Japan
- ❖ Learn more about [sarashikubi](#) where the samurai dealt with criminals according to the justice system of their time.
- ❖ Workshops on climate change and leadership through historical and cultural lenses.

After a full day, we will stay the night in accommodations near the town of Numazu, and enjoy the region’s excellent seafood.

## Days 5–8: Our Second Challenge – Ascending Mount Fuji

**Accommodation:** Numazu hostel (first and last night) and mountain huts

There are few places more associated with Japan than [Mount Fuji](#). A UNESCO World Heritage Site, this mountain is a staple of Japanese art, especially during the Edo period. Most visitors fast-track to the top of Mount Fuji by taking a bus or private car. However, as part of our physical and emotional training to become a climate warrior, we will be spending these days preparing for, and undertaking, challenging ourselves by hiking the top half of Mt. Fuji. Our activities during this time involve:

- ❖ Our first day will be for rest and education, during which we will learn the basics of mountaineering and preparing for our hike (**participants should ensure they bring warm winter clothing as Mount Fuji can be very cold**)
  - Visiting the Mount Fuji Museum to learn about its history, cultural significance, and the Shinto god believed to sit at the top.
  - A Japanese language workshop
  - Picnic on Lake Kawaguchiko
- ❖ Hike the [Yoshida Trail](#), a classic introductory trail for first-timers. This will be a challenging hike that we will take slowly to avoid issues with altitude sickness. There will be numerous mountain huts with first aid facilities along the way, so safety will not be an issue.
  - As we hike, we will learn about the effects of climate change on the mountain's [tree line](#) and [snow cover](#).
- ❖ An early morning hike to reach Mount Fuji's peak in time to witness the sun rise over Japan and gain a deeper understanding about this globally significant place. After, we will begin our descent, showering and resting in our hostel. After this, it's off to Kyoto!
- ❖ When we leave the region of Mount Fuji, we will have two options for travel:
  - If we are very tired, or it is hot out, we can stay another night to rest before taking the train to Kyoto.
  - If we are up for another challenge, we can leave early and take the Samurai Trail, entering Kyoto on foot. Along the way, we can tour Shiga prefecture to learn about traditional Japanese methods for keeping water clean.

## Days 9–14: Kyoto, Osaka, Nara, Hiroshima

**Accommodation:** [Kyoto Utano Youth Hostel](#)

During these days, we'll be exploring some of the most famous cities in Japan, representing both the country's ancient history and its spectacular modern architecture. We will stay in ancient Kyoto, taking day-trips to the other cities..

**Kyoto:** From Mount Fuji, we will take a train to visit the ancient city of [Kyoto](#), which was the capital city of Japan for 1000 years. This stop will mark an important moment for gaining insight into the ancient culture and history of Japan. We'll learn about a number of local traditions, cultural celebrations and continue to look through our leadership training through a Japanese lens. Some of the things we'll do are:

- ❖ Visit the [Kiyomizu-dera Temple](#) and check out Kiyomizu Zaka while wearing traditional kimono dresses
- ❖ Enjoy an incredible food experience. Our visit to Kyoto would not be complete without us trying the tea ceremony, enjoying delicious Kyotan pastries, and sampling from the many street food stalls
- ❖ Venture into the stunning [Arashiyama Bamboo Forest](#) in search of ancient shrines
- ❖ Enter the world of ancient Japan at the [Samurai and Ninja Museum](#)

**Osaka:** Our location in Kyoto, 15 minutes away by bullet train, gives us a prime opportunity to enjoy taking in the wildness of Osaka. Osaka's busy streets are a place to eat incredible food and experience the city's endless streets of colourful lights, beautiful music, and inviting energy. Experiences we will enjoy while visiting Osaka are:

- ❖ Exploring the famous [Dotonbori River District](#), the centerpiece of the elegant Minami district.
- ❖ Take in a dusk view of neon-lit buildings along the Dotonbori River from the bridge connecting Shinsaibashi-suji and Ebisubashi-suji is best visited from dusk to see the neon-lit buildings along the river.
- ❖ Explore Osaka's famous retro-futurist landscapes, including the Dotonbori Glico sign which was immortalized in Ridley Scott's 1980s Hollywood thriller, "Black Rain."
- ❖ Learn the history of Osaka at landmarks like [Hozenji Yokocho](#), which offers a peaceful respite from Osaka's chaos.

**Nara:** Our final day on this whirlwind city experience is to visit Japan's very first capital, [Nara](#), located less than one hour from Kyoto and Osaka. Due to its historical importance, the city is renowned for its cultural treasures, including some of Japan's oldest and largest [Buddhist temples](#).

**Hiroshima:** As climate change begins to take a further toll on vulnerable communities and cause global tensions over resources, it is critically important for generations to learn more about how to make peace, and how to hold on to it dearly. [Hiroshima](#) is the perfect city for us to understand the importance of peace-making through the devastating impact of the atomic bomb, which killed over 60,000 Japanese civilians in seconds. The [Hiroshima Peace Memorial Museum](#) and [Park](#) are a signature part of the World Bound Japan's summer course. We will also have the invaluable opportunity to meet a survivor – born during the aftermath of the bombing – who will provide an in-depth talk about what happened to his family and community. After this, we will return to Kyoto to discuss and reflect on what we have learned.

## Days 14–15: Meditation and Nature Solo Experience

**Accommodation:** Kobuchizawa (tent camping)

After our time in the cities, we will make our way to the idyllic Japanese village of [Kobuchizawa](#), a small community in the Japanese Alps called. Here, we will undertake the classic World Bound solo experience, where we will spend an extended period of silent, meditative reflection that is much needed after the hustle and bustle of our last two weeks. For this solo experience, we will also learn some Buddhist practices for calming the mind and focussing on the inner self. Here, we will also continue to practice speaking basic Japanese and learn more about the ideas of Buddhism. This is the camping portion of the trip, where we will spend our nights in tents while learning the basics of camp set-up and maintenance.

## Days 16–18: Volunteer Experience – Giving Back to Community Experience

**Accommodation:** Kobuchizawa (tent camping)

After our solo experience, we will participate in a full day of volunteerism where we will work on a traditional organic farm. We will also meet with community members to learn more about their way of life, views on community, practice Japanese, and enjoy being invited guests. During this time, there will also be workshops that provide opportunities for learning and reflection about the importance of community and collaboration in the fight against climate change. During our downtime, we will take a tour of the world famous [Nakumara Keith Haring Museum](#) to learn about Haring's art and social activism.



At night, we will enjoy the cooler mountain weather while sleeping under the stars in our tents.

## Day 19–20: JAXA and Last Night in Tokyo

**Accommodation:** [National Olympics Memorial Youth Center](#)

Today, we leave the mountains behind and return to Tokyo early in the morning. We plan to visit the [Japanese Aerospace Exploration Agency \(JAXA\)](#) to meet with a Japanese Astronaut Trainer who will share his story and put us through a one-hour astronaut training session. We'll also learn more about how space exploration and technology relates to climate change. After this, we'll head out into the city to take in the last moments of Japan, get in some last minute shopping for gifts, and – most importantly – celebrate graduating the course with a night of all-you-can-eat Japanese food and a karaoke challenge.

## Day 21: Homeward Bound

It's time to say goodbye to our fellow adventurers! We will all return home with newfound skills, knowledge, and self-confidence, as well as a wealth of fantastic experiences and life-long friends.

See you next time!

## Travel & Safety Info

### Duke of Edinburgh's Award

Youths between the ages of 14 and 24 can participate in [the Duke of Edinburgh's Award](#) with help from our guides. [Contact us](#) for more information!

### Medications and Medical Conditions

If you are bringing personal medication, please ensure that it is stored safely (waterproof) and an extra dose is given to our staff upon arrival for safe keeping. You'll keep one dose of your medication and we will keep another just in case your medication is lost or damaged.

For life-threatening allergies, please connect with our office ([office@firesideadventures.ca](mailto:office@firesideadventures.ca)) to go over a plan of care. Please be sure to include any issues you could experience while on trip (i.e., side effects of medication, susceptibility to heat stroke, sensitivity to mosquito bites, problems with anxiety, etc).

### Communication

Participants will not have access to their phones as part of our digital detox. However, our staff carry In-Reach and are always in communication with our head office. Staff will take videos and photos and share during and after the expedition.

### Accommodation

We will be spending our nights in hostels, dorms, and occasionally in tents, which will be provided.

### Airport Travel Independently

Please connect with your instructor and our office staff to ensure we have all your flight details and to coordinate one of our staff at the airport to greet participants. Please arrange flights close to our Fireside Adventures flight times. If you are flying from Vancouver and wish to be on the same flight as a Fireside instructor, please arrange with us as early as possible.

### Travel Insurance and Documents

It is advised that all travellers purchase emergency medical travel insurance through a reputable insurance provider. Please provide a copy of your travel insurance. If travelling with a passport, it is highly recommended that youths photocopy their passports, bringing one copy with them and leaving one at home.

## Contact

For more information, contact us:

### Email:

[office@firesideadventures.ca](mailto:office@firesideadventures.ca)

### Phone:

Fireside office: 604-241-9169

### World Bound Japan Young Adult Webpage:

<https://www.firesideadventures.ca/world-bound-young-adult-japan-course>

