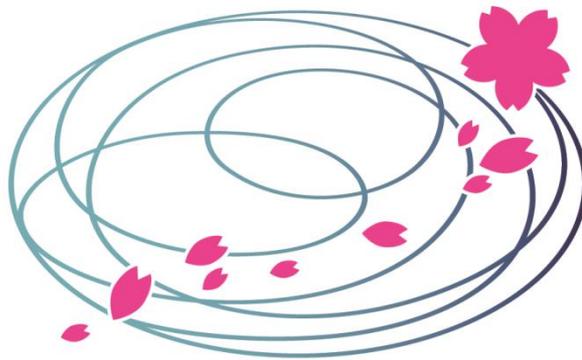


First Information



 WORLD
**FIGURE
SKATING**
CHAMPIONSHIPS[®]
SAITAMA
JAPAN2019

March 18-25, 2019
Saitama Super Arena

City Overview : Saitama

Introduction



Saitama is a major city within half an hour by train north of Tokyo. The city was newly formed in 2001 with the merger of Urawa, Omiya and other municipalities.

Saitama is primarily a residential city and a big proportion of its population of over a million commutes to Tokyo for work. This contributes largely to Omiya Station being a major train hub in the area. The station serves the Tohoku Shinkansen, Joetsu Shinkansen and many suburban train lines, making it one of the busiest in the Kanto Region.

Although not known in particular as a tourist destination, the city does have some places of interest such as **The Railway Museum** and **the Omiya Bonsai Village**, a leading district in Japan for the promotion and production of bonsai (potted miniature plants). There is also much to see and do here for day **travelers** from the capital, including fascinating and historic temples and shrines in **Kawagoe**, challenging mountains in **Chichibu**, quirky museums, tranquil tea fields in **Sayama** and picturesque hiking courses.

City Overview

Introduction

The Venue

Hotel Information

ISU/Judge/Team/OC Hotel
Chaperon/Media Hotel

Travel Information

Ground Transportation
Event Shuttle

Accreditation

Schedule of Accreditation
Reissuing Accreditation
Visa Application

Useful Information

General Information
Tourism and Culture-Things to Do in Saitama
Tourism and Culture-Things to Do in Tokyo
Tourism and Culture- Side trips from Tokyo
Food culture in Japan

Event Schedule

Summary of Deadlines

City Overview : Saitama

Introduction

Directions

From Shinjuku, Tokyo:

approx. 35 min. to Omiya Station by JR Line.

approx. 30 min. to Saitama-Shintoshin Station (closest station to Saitama Super Arena) by JR Line.

From Tokyo Station:

approx. 45 min. to Omiya Station by JR Line.

approx. 30 min. to Saitama-Shintoshin Station (closest station to Saitama Super Arena) by JR Line.

THE LOCATION

Saitama is an inland prefecture in the center of the Kanto region to the north of Tokyo. It is located 35.91 latitude and 139.66 longitude and it is situated at elevation 16 meters above sea level.

Saitama has a population of 1,193,350 making it the biggest city in Saitama.

THE TIME ZONE

Current time zone for Saitama, Japan is JST, whose offset is GMT+9. It currently does not observe Daylight Savings Time.

THE CLIMATE (March in Saitama and Tokyo area)

Day time Average 13.0°C (55.40 F)

Night time average 3.0°C (37.40 F)

High temperature 18.0°C (64.40 F)

Low temperature -2.0°C (28.40 F)



The Venue

SAITAMA SUPER ARENA

8 Shintoshin, Chuo-ku, Saitama,

Saitama Prefecture

330-9111, Japan

<https://www.saitama-arena.co.jp/e>

Japan Skating Federation will host the ISU World Figure Skating Championships 2019 at the “**The Saitama Super Arena**”.

The main and practice rink will be hosted in the same building.

The Saitama Super Arena provides that ideal format. The variety of layouts and seating arrangements made possible by movable architectural block system means that the ideal venue for any event can be created here. Also, the Saitama Super Arena has been selected as the venue of the basketball games for Tokyo 2020, Olympic Games.

Facility outline

Arena area

6,800m²

Approx. number of seat

18,000 seats



Hotel Information <Keio Plaza Hotel Tokyo>

OFFICIAL HOTEL for ISU/Judges/Teams/OC

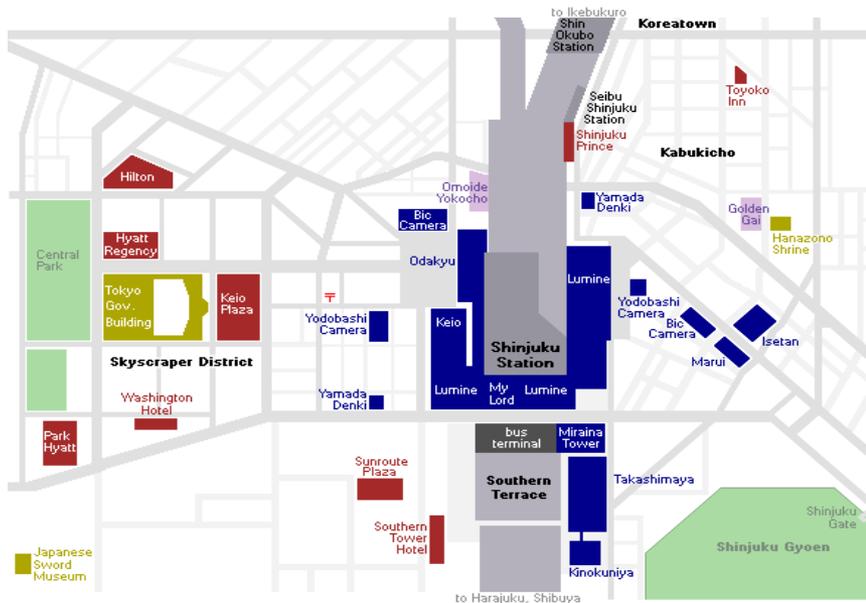
2-2-1 Nishi-Shinjuku, Shinjuku-ku, Tokyo

160-8330 Japan

Tel: +81-3-3344-0111

Fax: +81-3-3345-8269

URL: <http://www.keioplaza.com/index.html>



The Keio Plaza Hotel is the ideal location to explore the delights of the city of Tokyo. Only minutes away from the most popular shopping and entertainment spots, This luxury hotel provides stunning views over central Tokyo.

Located in Shinjuku, in the very heart of the Tokyo metropolis, the Keio Plaza Hotel Tokyo extends top rated services and facilities, features that guests come to expect of a world class hotel.

Access

Just stone's throw away from Tokyo's most accessible transport hub, Shinjuku Station.

To Keio Plaza Hotel

Shinjuku station - 3 minutes walk

Subway station (Tocho-mae) - 2 minutes walk

Hotel Information

<Keio Plaza Hotel Tokyo>

The Keio Plaza Hotel offers a wide variety of home-away-from-home hospitality, with 1,436 guest rooms to choose from to accommodate your every need.

Room Equipment

Refrigerator / Digital TV / Hair Dryer / Kettle / Soap / Shampoo / Conditioner / Body soap / Shower cap / Toothbrush / Hair Brush / Bath Towel / Face Towel / Shaver / Slippers / Telephone

Telephone

Room to room: 8+ Room No.

International call: 0+010+Country code + Number

Internet: Complimentary Wi-Fi in all guest rooms is available

Accommodation

The accommodation and meal expense for ISU Event Officials, Judges, Competitors and one (1) Team Leader per team will be covered by the Organizing Committee in accordance with the ISU Rule 137 and the specifics outlined in the announcement for the Championships, paragraph 5.

Any other team members and chaperones have to pay for their accommodation at the information desk located at the hotel lobby or by making a bank transfer before arriving to Tokyo.



Room Rates

Standard room

Single occupancy: 31,030 JPY / per night

*Breakfast and VAT are included in the price

Double occupancy: 35,100 JPY / per night

*Breakfast and VAT are included in the price

Meals

OC will offer meals at the designated dining room for accredited Competitors, Team Leaders, ISU Event Officials and Judges in accordance with ISU Rule 137 and the specifics outlined in the announcement for the Championships paragraph 5.

All other accredited persons may purchase meal vouchers.

Lunch: 5,000 JPY

Dinner: 7,000 JPY

Hotel Information

<Keio Plaza Hotel Tokyo>

Business Center (Main Tower Lobby)

Business Hours: Mon-Fri: 8:00 to 22:00

Sunday & Sat. Sun. Holidays: 9:00 to 17:00

Services: PC with Microsoft Office, Internet access, Printers,
Photo copies, Faxes

Admission Fee for Our Staying Guests: JPY 2,000



Convenience store(South Tower 2F)

Quality Store SEIKATSU SAIKA

Open from 5:00 to 2:30



Fitness room(Main Tower 7F)

Open from 5:00 to 22:00

(Available free of charge
for staying guests)

- PRECOR Treadmill
- PRECOR Bike
- PRECOR Cross Trainer
- PRECOR Leg Extension
- Panasonic JOBA



*Please note that we do not offer rental shoes or other wear.

**Children 12 and under are prohibited from using this facility.

Laundry Service

Dry-cleaning and laundry services are available seven days a week. Laundry bags and price list are located in the guest room closet.

Picked up by 10:00 and done until 18:00 on the same day.

Picked up from 10:00 to 15:00 and done on the next day at the noon. The hotel also provide 3-hours service between 10:00 and 15:00 upon your request.

Safety box

Available at the hotel reception

Massage Bed

If you would like to have an extra room for massage in the hotel, Please contact entries@skatingjapan.or.jp.

Also a massage bed can be prepared on request at your expense. Requests should be made in advance.

Hotel Information <Shinjuku Washington Hotel>

OFFICIAL HOTEL for Chaperones/Media/(Coaches)

3-2-9 Nishi-Shinjuku,
Shinjuku-ku, Tokyo,
160-8336 Japan
Tel: +81 3 3343-3111
Fax: +81 3 3342-2575

URL: <http://shinjuku.washington-hotels.jp>

Shinjuku Washington Hotel is the nearest hotel (3 minutes on foot) from the Keio Plaza Hotel(Official Hotel). You can take a complimentary shuttle bus from the Keio Plaza Hotel (Official Hotel) to the venue.

Access

Narita and Haneda airports are accessible by the Airport Limousine bus that stops at the hotel's entrance.

<Narita International Airport>

About 120 minutes by Airport Limousine Bus (JPY3,100)

<Tokyo International Airport/Haneda>

About 60 minutes by Airport Limousine Bus (JPY1,230)

SHINJUKU WASHINGTON HOTEL is also directly connected to Shinjuku Station by an underground passageway (serviced by JR, Tokyo Metro, Odakyu, Keio and other railway lines) between 06:00 and 22:45 for comfortable access even during bad weather.

8 minutes walk from Shinjuku Station.

Oedo subway Line, Tocho-mae Station (Tokyo Metropolitan Government).

5 minutes walk from Tocho-mae Station.



Room Rates

Standard room

Single occupancy: 14,800 JPY / per night

*Breakfast and VAT are included in the price

Room Equipment

Refrigerator / Digital TV / Hair Dryer / Kettle / Soap / Shampoo / Conditioner / Body Soap / Shower cap / Toothbrush / Hair Brush / Bath Towel / Face Towel / Shaver / Room slippers / Telephone / Free Wi-Fi

Hotel Services

Dry-cleaning: 7 days a week

Coin operated laundry: Annex tower 2F (Relaxation room)

Currency Exchange machine: Main tower lobby
(7 currencies available including USD, CNY, EURO, KRW.)

Safety box: The hotel reception

Information Service: Main tower lobby and Annex tower 2F

Mobile chargers: Main tower lobby and Annex tower 2F
(Relaxation room)

Coin lockers: Main tower lobby

Hotel Information

SUB HOTELS for-Media

<APA HOTEL SAITAMA SHINTOSHIN EKI-KITA >



2-72 , Kishiki-cho, Omiya-ku, Saitama-shi, Saitama
330-0843 Japan
Tel: +81 48 650 1111
Fax: +81 48 650 1146
URL
https://www.apahotel.com/ja_en/hotels/detail.php?id=90

Location

12 min. walk from the Rink
8 min. walk from Saitama-Shintoshin Station (East Exit)

Check in : 15:00

Check out: 11:00

Room Rate

Single room : 13,900 JPY / per night

*Breakfast and VAT are included in the price

Internet

Free high-speed internet available in all guest rooms

<PALACE HOTEL OMIYA>



1-7-5, Sakuragi-cho, Omiya-ku, Saitama-shi, Saitama
330-0854, Japan
Tel: +81 48 647 3300
Fax: +81 48 647 0430
URL
<https://www.palace-omiya.co.jp/english/>

Location

10 min. by train and walk from the Rink
3 min. walk from Omiya Station (West exit)

Check in : 14:00

Check out: 12:00

Room Rate

Single room : 15,000 JPY / per night

*Breakfast and VAT are included in the price

Internet

Free high-speed internet available in all guest rooms

Hotel Information

SUB HOTELS for Media

<RAFRE SAITAMA HOTEL>



3-2 Shintoshin, Chuo-ku, Saitama-shi, Saitama

330-0081 Japan

Tel: +81 48 601 1111

Fax: +81 48 600 5501

URL(Japanese only)

<http://www.rafre.co.jp/index.html>

Location

11 min. walk from the Rink

From Saitama-Shintoshin Station (West Exit), it is 8 minute walk

Check in : 15:00

Check out: 10:00

Room Rate

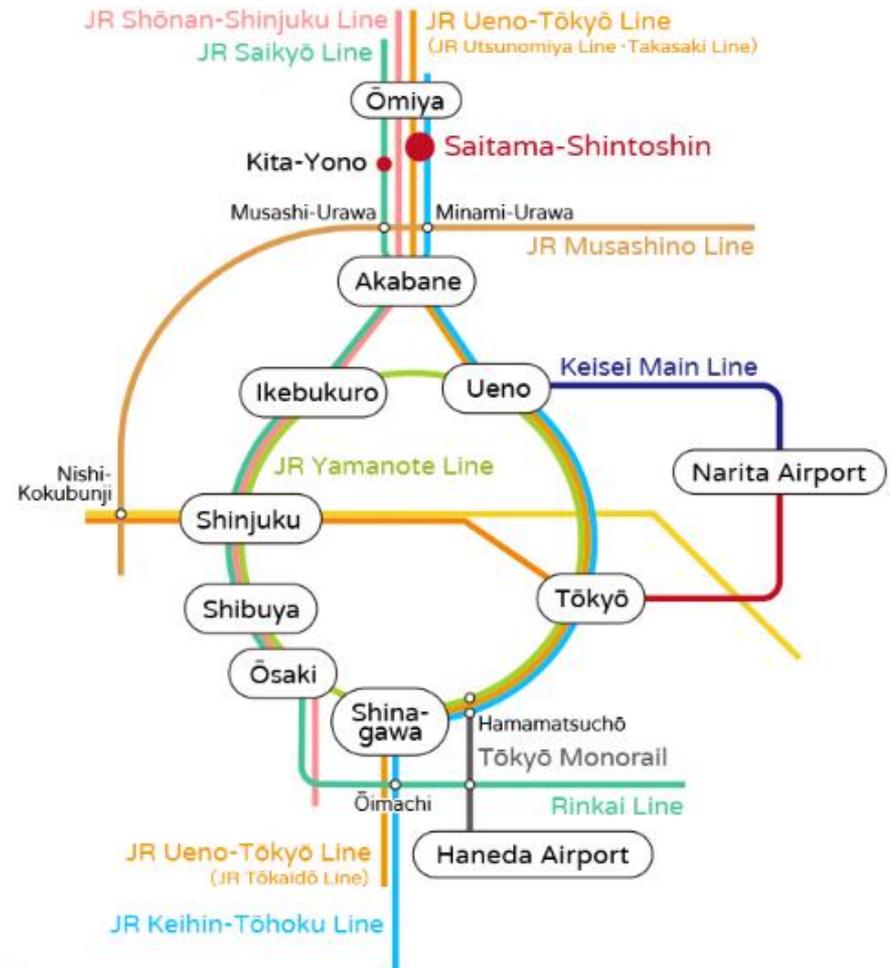
Single room : 14,000 JPY / per night

Twin room : 20,000 JPY / per night

*Breakfast and VAT are included in the price

Internet

Free high-speed internet available in all guest rooms





Hotel Information

Deposit for Official Hotel

In order to avoid last-minute no-show and cancellations, the OC asks all participating Members to pay a deposit for the hotel reservations.

Please follow the timeline below.

Oct. 01, 2018

Deadline for Members to submit their entries by number and the preliminary hotel room request.

Nov 11, 2018

Invoice for the deposit (50% of the total amount) will be sent by the OC to all Members.

Nov. 15, 2018

The deposit to be transferred to OC account.

*All bank transfer fees and credit card costs are born by the member.

* If the payment is not received by the given deadline, the reservation will be cancelled.

Cancellation Policy for Official Hotel

Changes and cancellations shall be made in writing and directly to the OC.

If cancellations are made the following policy will be in force:

Refund of 100% hotel deposit for cancellation

Up to Jan. 15, 2019

Refund of 50% hotel deposit for cancellation

From Jan. 16 until Feb. 27, 2019

No refund for cancellation

after Feb. 27, 2019

Please note:

*If cancellations after the entry deadline by name for rooms paid by the OC occur, any cancellation fee the OC has to pay to the hotel will be invoiced to the respective Member.

Member Federations have to pay the balance of hotel payment latest at registration.

For more information, please contact to the official travel agency as below.

Contact person: Shizuko MINAMI

E-mail address : wfsc2019-travel@jtb.com

Travel Information

GROUND TRANSPORTATION

All ISU officials, judges and team members are picked up at the two official airports in accordance with the submitted arrival schedule and necessary ground transportation will be organized to the official hotel, KEIO PLAZA HOTEL. In case, Coaches, Team Medical Staff, Member Press Officer and Chaperones arrive at the same time as their teams, they will be allowed to join the same ground transportation for free. However, individually travelling team members and chaperones or any other persons not officially included in the team delegation must pay the ground transportation at their own expense.

Narita International Airport and **Tokyo International Airport (Haneda)** are the official airports for the event. Transport facilities and access time from each airport to the Keio Plaza Hotel are as following:

<Narita International Airport>

Bus: Approximate 120 minutes. by Airport Limousine Bus which bound for Keio Plaza Hotel (JPY 3,100)

Train: Approximate 80 min. to Shinjuku Station by Narita Express(NEX) (JPY 3,190)
The Keio Plaza Hotel is about 3 minutes walking distance from the west exit of Shinjuku Station.

For more details : <http://www.narita-airport.jp/en/access/index.html>

<Tokyo International Airport (Haneda)>

Bus: Approximate 70 minutes. by Airport Limousine Bus which bound for Keio Plaza Hotel (JPY 1,230)

Train: Take the Keikyu Line to Shinagawa Station and change trains to the JR Yamanote Line that goes in the direction of Shibuya.

Get off at Shinjuku Station.

The Keio Plaza Hotel is about 3 minutes walking distance from the west exit of Shinjuku Station.

For more details : <http://www.haneda-airport.jp/inter/en/access>



Airport Limousine Bus



Narita Express Train



Keikyu Line



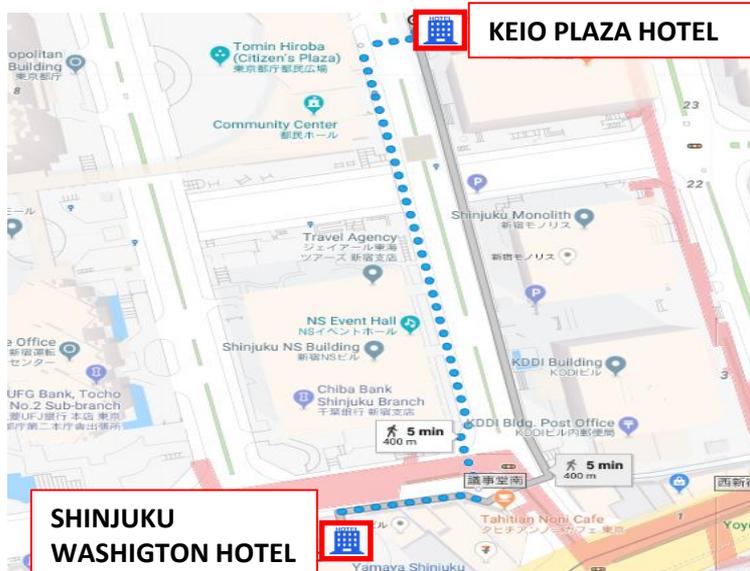
JR Yamanote Line

Travel Information

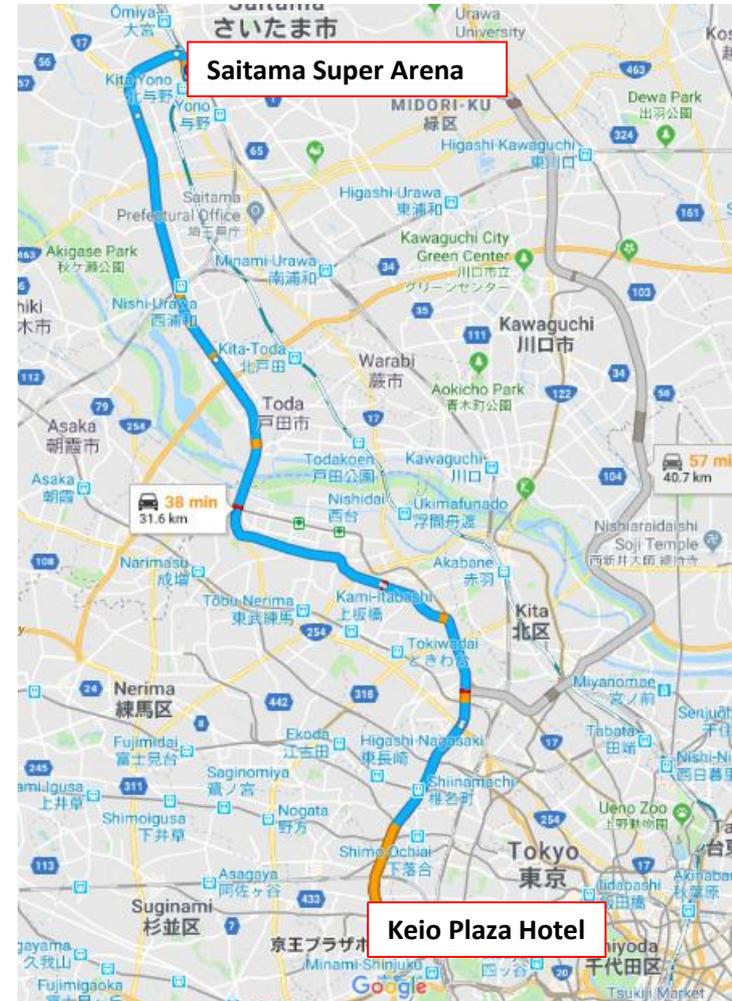
Event Shuttle

There will be an event shuttle connecting the **Keio Plaza Hotel** with the **Saitama Super Arena** during all official practice and competition days. The interval of the service will be 30 minutes. The estimated travel time is 45 minutes. However, please be aware that during traffic peak hours you need to calculate a travel time between the hotel and the venue of 60 minutes.

Between KEIO PLAZA HOTEL and SAITAMA SUPER ARENA
approx. 45 - 60 min. by the event shuttle bus



Between KEIO PLAZA HOTEL and SHINJUKU WASHINGTON HOTEL
approx. 5 min. on foot



Accreditation/Visa Application

Schedule of Accreditation

The accreditation for all ISU Event Officials, ISU Office Holders, ISU Guests, Judges and Teams will be issued at the “Keio Plaza Hotel”.

The registration will be in operation at the Keio Plaza Hotel, room Nishiki (2F) from Saturday, March 16 (starting at 14:00 hours).

The exact operating hours will be communicated onsite.

Reissuing Accreditation

All accredited persons are requested to present their accreditation card when entering the competition venue and the shuttle bus.

In case the accreditation card is lost, you need to report to the OC Headquarter in the competition venue or at the hotel as soon as possible.

The OC together with the ISU will evaluate the situation and decide in accordance with given security measures if the ID card will be reissued.

The OC will charge you 10,000 Yen for reissuing an ID-card.

Visa Application

Check the following URL to find out if you need to obtain a visa to enter Japan.

http://www.mofa.go.jp/j_info/visit/visa/short/novisa.html

The procedure is shown in the following page to apply for a visa.

http://www.mofa.go.jp/j_info/visit/visa/index.html

After submitting your entry forms via the ORS and having sent the respective “Visa Request Form”, JTB will contact you directly and ask you for some application questions e.g. name on passport, passport number, passport validity date, applying city, and they will send you the necessary package “official invitation letter” to your mentioned address by DHL as soon as possible.

After receiving the package, applicants need to submit the passport with the necessary forms to the Consulate with the jurisdiction at a Japanese Embassy or Consulate General which is mentioned in your paper. It will take at least one week for the visa to be processed and issued, so it is highly recommended to consider the timing for the application.



Useful Information

General Information

CURRENCY

The name of the Japanese currency is YEN. Coins are available in denominations of 1, 5, 10, 50, 100 and 500 yen and bank notes in denominations of 1,000, 2,000, 5,000 and 10,000 yen. The 5 yen coin and 50 yen coin are rare worldwide in that they have holes in the middle of them. Please note that the values of all coins and bills excluding the 5 yen coin are written in Arabic numerals. Only the 5 yen coin has no Arabic numerals on it.

The 1,000 yen bill and 100 yen coin are used often. In addition to being accepted by many vending machines, the 1,000 yen bill makes your shopping go smoothly at the cash register. In addition, the 100 yen coin is the most widely used coin in areas with automated installments such as coin-operated lockers and washing machines.

FINANCIAL SERVICES AND BANKING HOURS

Regular banking hours are Monday to Friday from 9:00 to 15:00. All banks are closed on Saturday, Sunday and national holidays .

Also you may withdraw money with major credit cards or international cash cards in Japan Post Bank ATMs or ATMs at major convenience stores. ATM marked with a Plus symbol  will accept automated banking cards from outside Japan.

Note: For each individual transaction, a service charge and handling fees will be charged.

PASMO

“PASMO” cards  and other IC cards cannot only be used for smooth travelling on local trains, subways and public busses but also can be used increasingly for purchases (max 20,000 yen) at shops and restaurants in large cities, especially in and around train stations.

You easily can purchase a PASMO card at ticket machines at major stations throughout the city.

Useful Information

TAXES

GST(8 %) is collected in the entire country for all services and products.

The stores used to be required to show the after-tax prices; however, since the increase of GST in 2014, some shops are now also displaying pre-tax prices.

Tax free shopping is available to international guests only at Licensed stores when making purchases of over 5,000 yen at a given store or mall. A passport is required when shopping tax free. Note that at many shops and malls, it is necessary to first pay the full price(including GST) at the cashier and then obtain a refund at a customer service desk.



Japan. Tax-free Shop

<http://tax-freeshop.jnto.go.jp/eng/index.php>

With regard details of shopping district, please visit following URL

<http://www.japan-guide.com/e/e3053.html>

GRATUITY

Tipping in restaurants is not necessary. Hotel restaurants or cafe automatically add a service charge to the bill.

LIQUOR LAWS

The minimum legal drinking age in Japan is 20 years. At liquor stores, bars, you may be asked to show your identification.

ELECTRICITY

100V plug type A



Useful Information

Tourism and Culture-Things to Do in Saitama

Next to Tokyo, Saitama is ideal for a day trip or more

Less than a 20 minute train ride from Tokyo, you'll find a region steeped in local history, rich in traditional Japanese culture and packed full of exciting outdoor activities.

KAWAGOE



KAWAGOE's 'Little Edo', though pretty little, is a picturesque example of traditional Japanese architecture where photogenic alleyways are lined with artisan stores selling sweets made from Kawagoe's specialty product. Kawagoe is a town with a long history. Many traditional candy shops and sweets shops can be found throughout the city in other locations-besides the nostalgic candy shops found in Kashiya Yokocho (Candy Shop Alley), which was founded in the early Meiji Period.

The sweets vary from traditional sweets made using the same process as in the old days to sweets using sweet potatoes which are a Kawagoe specialty. Each shop has a unique method of producing these sweets so they all have a different taste and appearance. At shops that allow you to observe the process, you can also taste the flavor of freshly made sweets.

NAGATORO



Blue mountain peaks soar above spectacular seasonal flowers in a place that's so scenic you'll want to break out your watercolors, though there are plenty of outdoor activities available that don't involve ill-equipped attempts at painting. Activities center around the Arakawa River along which you can cruise in a traditional wooden river boat or hurtle down in a dinghy if you want to try white water rafting. There's also a ropeway, a steam locomotive and plenty of traditional craft and cooking workshops to keep up the education value.

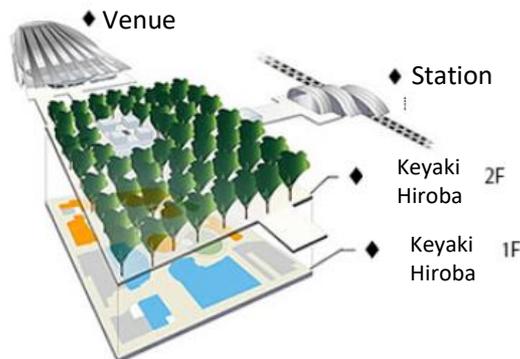
Useful Information

Tourism and Culture-Shopping and Dining in Saitama

Saitama Shintoshin area

Keyaki Hiroba is centered in the middle of Saitama-Shintoshin and is a place of excitement. It adjoins Saitama Super Arena, and Saitama prefecture's zelkova trees lined on its 2nd floor deck connecting to the Saitama Shintoshin station. Around 20 restaurants and shops are available on the 1st and 3rd floor . It is an area perfect for relaxation, before and after events.

Keyaki Hiroba



TSUTAYA

DVD, CD shop
10:00-24:00



oeuf de wa TAMACO

Cafe
10:00-21:00



LAWSON

Convenience store
24 hours



Welcia

Drug store
07:00-23:00



STARBUCKS COFFEE

Cafe
07:00-22:30



Sei Ren

Chinese food
11:00-22:00



SOJIBO

Soba noodles
11:00-22:00



OTANKO

Sushi Train
11:00-22:00



LOTTERIA

Hamburger
08:00-21:00



SPC Diner

Café & Bar
11:00-22:00



KESERA SENARA

Korean BBQ
11:00-22:30



Serafina NEW YORK

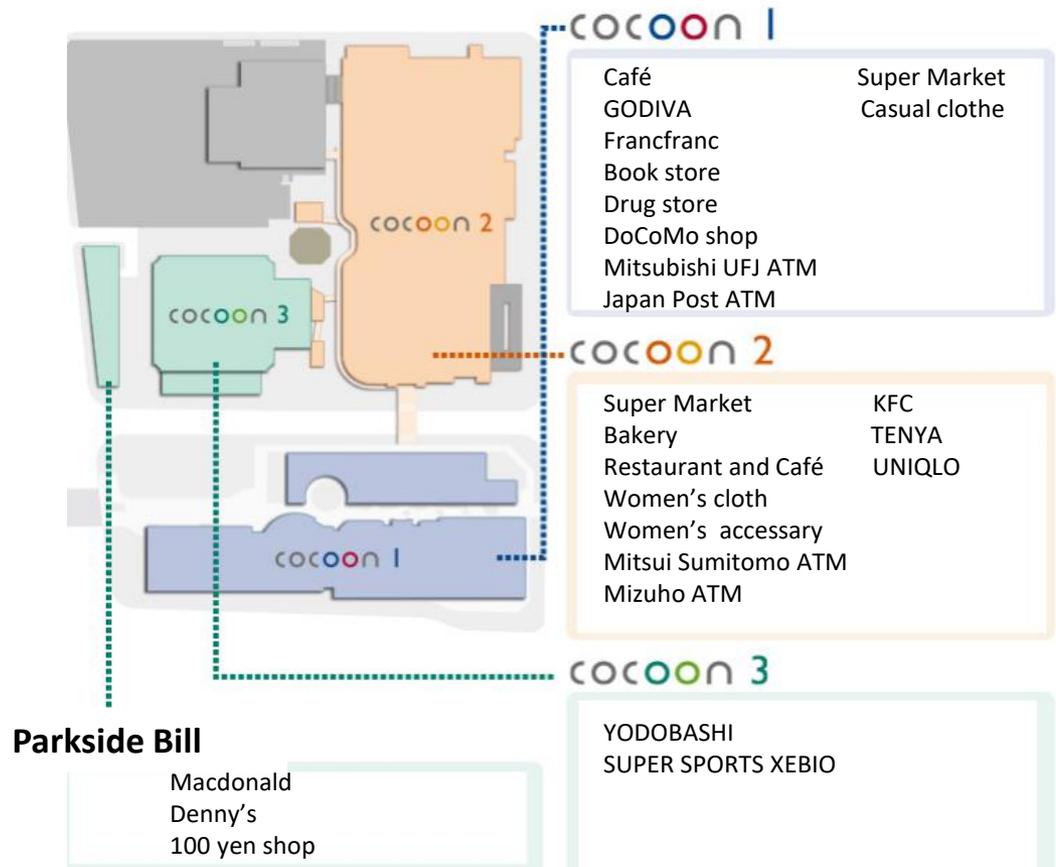
Italilan
11:00-22:00

Useful Information

Tourism and Culture-Shopping and Dining in Saitama

Saitama Shintoshin area

COCCON CITY (Large Shopping mall approx. 10 min. walk from Saitama Super Arena)



Useful Information

Tourism and Culture-Things to Do in Tokyo

Tokyo is Japan's capital and the best city for traveling and experiencing Japanese culture activities. Today, Tokyo offers a seemingly unlimited choice of landmarks also.

Tokyo Sky Tree



Tokyo Sky Tree opened in May 2012 as the world's tallest 'free-standing tower' at 634m. Its silvery exterior of steel mesh morphs from a triangle at the base to a circle at 300m. There are two observation decks, at 350m and 450m. You can see more of the city during daylight hours – at peak visibility you can see up to 100km away, all the way to Mt Fuji – but it is at night that Tokyo appears truly beautiful.

Hours

8:00 to 22:00 (entry until 21:00)

Admission

First observatory: 2060 yen

Second observatory: additional 1030 yen

(an additional 40-740 yen is charged for time-specific advance reservations)

For foreign tourists only:

Fast Skytree Single Ticket (first observatory): 3000 yen

Fast Skytree Combo Ticket (first and second observatories): 4000 yen

Below are the various ways for individual travelers to visit the tower:

By Skytree Fast Ticket

Skytree Fast Tickets are a special type of ticket available only to foreign tourists (and Japanese people accompanying foreign tourists). They are more expensive than regular tickets, but allow holders to skip the line and ascend the tower without waiting time. The tickets are sold at a separate ticket counter on the 4th floor. A passport is required at the time of purchase.

Useful Information

Tourism and Culture-Things to Do in Tokyo

Ghibli Museum



Master animator Miyazaki Hayao, whose Studio Ghibli produced Princess Mononoke and Spirited Away, designed this museum. Fans will enjoy the original sketches; kids, even if they're not familiar with the movies, will fall in love with the fairy-tale atmosphere (and the big cat bus). Don't miss the original 20-minute animated short playing on the 1st floor.

Tickets can be purchased up to four months in advance from overseas travel agents or up to one month in advance through the convenience store Lawson's online ticket portal. Both options are explained in detail on the website.



Hours

10:00 to 18:00 (closed Tue.)

Admission

Ages 19 and over: JPY1,000

Ages 13 to 18: JPY700

Ages 7 to 12: JPY400

Ages 4 to 6: JPY100

* Children under 4 are admitted free of charge.

*The above fees also entitle visitors to watch a short film.

*The Museum does not offer discounts.

*The above fees include consumption tax.

URL:<http://www.ghibli-museum.jp/en/>

Useful Information

Shopping

Tokyo's varied sightseeing districts double as shopping districts, many of them with their own character and specialties. The following is a general rundown of what to expect on the shopping scene of each district so you can familiarize and prepare yourself for a shopping spree in the big city.

Shinjuku - One of Tokyo's largest shopping and entertainment districts

Centered around Shinjuku Station, a major transportation hub and the busiest train station in the world, this district is home to half a dozen major department stores, including several companies' flagship stores; as well as outlets of Japan's largest electronics retailers combined with a host of other shops and boutiques along its streets and underground shopping arcades.



Shibuya - Center of youth fashion

Around Shibuya Station is another large shopping district that is the birthplace of many of Japan's youth fashion trends. It is home to some well known, trend setting clothing stores such as Shibuya 109, as well as dozens of small fashion stores along its streets. Small boutiques, including high fashion and designer brands, continue to be found through to Aoyama and Daikanyama where the atmosphere is more subdued compared to the electric brightness of Shibuya.



Harajuku - High fashion vs youth trends and counter culture

Harajuku has a split personality with two parallel shopping streets that cater to very different shoppers. Omotesando, known as Tokyo's Champs-Elysees, is a tree lined avenue with upscale boutiques, cafes and several leading designer brand shops. Takeshita Dori, on the other hand, is a center of youth fashion and counter culture found along a narrow street crammed with shops and cafes targeting the younger, teenage crowd.



Useful Information

Shopping

Ginza - Tokyo's premier upmarket shopping district

The Ginza features high end department stores, boutiques, art galleries and designer brand stores. Nearly every leading Japanese and international brand name fashion and cosmetics company has a presence here, as well as major electronics brands such as Sony and Apple. The shopping extends into the nearby Yurakucho area with more department stores, boutiques and electronic retailers.



Nihonbashi - historic merchant district featuring traditional goods and local foods

The Nihonbashi district served the capital as one of the leading centers of trade and commerce during the Edo Period. It is the site of the flagship branch of Mitsukoshi, Japan's first department store and many smaller shops with centuries-long histories. Thanks to tasteful, recent redevelopment that built on the district's history, Nihonbashi will delight shoppers with an interest in traditional products and regional foods.



Akihabara - Electronics mecca and center of Otaku culture

Akihabara is home to many electronics retailers such as Yodobashi Camera, Yamada Denki, Laox and Sofmap as well as hundreds of small discount electronics shops that are jammed along the district's streets and back alleys. Akihabara is also the center of Japan's burgeoning otaku culture with dozens of shops devoted to anime, manga, collectibles and games.



Useful Information

Tourism and Culture

KAMAKURA-Side Trips from Tokyo

Kamakura is a coastal town in Kanagawa Prefecture, less than an hour south of Tokyo.

Kamakura became the political center of Japan, when Minamoto Yoritomo chose the city as the seat for his new military government in 1192. The Kamakura government continued to rule Japan for over a century, first under the Minamoto shogun and then under the Hojo regents.

Today, Kamakura is a small city and a very popular tourist destination. Sometimes called the Kyoto of Eastern Japan, Kamakura offers numerous temples, shrines and other historical monuments. In addition, Kamakura's sand beaches attract large crowds during the summer months.

GREAT BUDDHA of KAMAKURA



Admission Fee

200 yen

Access

5-10 minute walk from Hase Station,
the third station from Kamakura along the Enoden railway line.

TSURUGAOKA HACHIMANGU



Admission Fee

Free

Access

the walk from Kamakura Station to the shrine takes about
10-15 minutes..

Useful Information

Tourism and Culture

NIKKO-Side Trips from Tokyo

Nikko is a town at the entrance to Nikko National Park, most famous for Toshogu, Japan's most lavishly decorated shrine and the mausoleum of Tokugawa Ieyasu, the founder of the Tokugawa Shogunate.

NIKKO TOSHOGU



Admission Fee

1300 yen (shrine)
1000 yen (museum),
2100 yen (shrine and museum)

Access

30-40 minute walk or 10 minute bus ride
(310 yen one way, 500 yen day pass, covered by the free passes)
from Tobu and JR Nikko Stations.

NIKKO IEMITSU MAUSOLEUM (TAIYUINBYO)



Admission Fee

550yen

Access

About 200 meters west of Toshogu, a 30-40 minute walk or 10 minute bus ride (310 yen one way)

Useful Information

Food culture in Japan

Japanese cuisine (Washoku) offers an abundance of gastronomical delights with a boundless variety of regional and seasonal dishes as well as international cuisine. Restaurants range from mobile food stands to centuries old Ryotei, atmospheric drinking places, seasonally erected terraces over rivers, cheap chain shops and unique theme restaurants about ninja and robots. Many restaurants are specialized in a single type of dish, while others offer a variety of dishes.

Popular Dishes

“YAKITORI”

Yakitori is grilled chicken skewers made from bite sized pieces of meat from all different parts of the chicken, such as the breasts, thighs, skin, liver and other innards. Usually made to order and cooked over charcoal, yakitori is a popular, inexpensive dish commonly enjoyed together with a glass of beer. The best yakitori is served at specialty restaurants, known as yakitori-ya, but it can also be found at many other types of restaurants across Japan, such as Izakaya, and at festival food stands.



“TONKATSU”

Tonkatsu ("pork cutlet") are thick slices of pork that are breaded and deep fried in a manner similar to German schnitzel. They are typically made from two cuts of pork: the lean and tender hire (tenderloin or filet) and the fattier rosu (loin). While tonkatsu is by far the most popular katsu dish, there are other variations made of chicken (chikinkatsu), beef (gyukatsu), ham (hamukatsu) and ground meat (menchikatsu).



Useful Information

Food culture in Japan

Popular Dishes

“OKONOMIYAKI”

Okonomiyaki is a popular pan fried food that consists of batter and cabbage. Selected toppings and ingredients are added which can vary greatly (anything from meat and seafood to wasabi and cheese). This variability is reflected in the dish's name; "okonomi" literally means "to one's liking". The dish is available all over Japan, but is most popular in the west, particularly the cities of Hiroshima and Osaka.



“RAMEN”

Ramen is a noodle soup dish that was originally imported from China and has become one of the most popular dishes in Japan in recent decades. Ramen are inexpensive and widely available, two factors that also make them an ideal option for budget travelers. Ramen restaurants, or ramen-ya, can be found in virtually every corner of the country and produce countless regional variations of this common noodle dish.



Event Schedule(as of September 1, 2018) – subject to change

Date	Time	Event	Place
Monday, March 18	All Day	Official Practice	Saitama Super Arena
	10:00	Team Leaders Meeting 1	Saitama Super Arena
	12:00	Medical Meeting	Saitama Super Arena
	15:00	Technical Panel Meeting PAIRS	Saitama Super Arena
	19:30	Technical Panel Meeting LADIES	Saitama Super Arena
Tuesday, March 19	All Day	Official Practice	Saitama Super Arena
	07:30	Referee & Technical Controllers Meeting	Keio Plaza Hotel
	08:30	Initial Judges Meeting PAIRS	Keio Plaza Hotel
	10:30	Technical Panel Meeting ICE DANCE	Saitama Super Arena
	12:30	Initial Judges Meeting LADIES	Keio Plaza Hotel
	15:00	Technical Panel Meeting MEN	Saitama Super Arena
	20:30	ISU and Judges Dinner	Keio Plaza Hotel
Wednesday, March 20	09:00	Initial Judges Meeting MEN	Keio Plaza Hotel
	09:00	PAIRS Short Program	Saitama Super Arena
	14:10	Opening Ceremony	Saitama Super Arena
	14:55	LADIES Short Program	Saitama Super Arena

Event Schedule(as of September 1, 2018) – subject to change

Date	Time	:Event	Place
Thursday, March 21	08:00	Team Leaders Meeting 2	Saitama Super Arena
	09:00	Initial Judges Meeting ICE DANCE	Keio Plaza Hotel
	10:00	PAIRS Free Skating	Saitama Super Arena
		Victory Ceremony PAIRS	Saitama Super Arena
	14:55	MEN Short Program	Saitama Super Arena
	15:00	Technical Panel Review Meeting PAIRS	Saitama Super Arena
Friday, March 22	09:00	Round Table Discussion PAIRS	Keio Plaza Hotel
	10:45	ICE DANCE Rhythm Dance	Saitama Super Arena
	17:30	LADIES Free Skating	Saitama Super Arena
		Victory Ceremony LADIES	Saitama Super Arena
Saturday, March 23	07:00	Technical Panel Review Meeting LADIES	Keio Plaza Hotel
	08:30	Round Table Discussion LADIES	Keio Plaza Hotel
	12:30	ICE DANCE Free Dance	Saitama Super Arena
		Victory Ceremony ICE DANCE	Saitama Super Arena
	17:30	MEN Free Skating	Saitama Super Arena
	17:30	Technical Panel Review Meeting ICE DANCE	Saitama Super Arena
		Victory Ceremony MEN	Saitama Super Arena



Event Schedule(as of September 1, 2018) – subject to change

Date	Time	:Event	Place
Sunday, March 24	08:00	Technical Panel Review Meeting MEN	Keio Plaza Hotel
	08:00	Round Table Discussion ICE DANCE	Keio Plaza Hotel
	10:15	Round Table Discussion MEN	Keio Plaza Hotel
	15:00	EXHIBITION	Saitama Super Arena
	20:00	Closing Banquet	Keio Plaza Hotel

Summary of Deadlines

Form		Deadline Day
ORS	Preliminary Entry Form	October 01, 2018
ORS	Hotel Request for Team Leaders, Competitors, Judges	October 01, 2018
ORS	Hotel Request for Team Officials, Coaches, Others	October 01, 2018
ORS	Entry by Name for Competitors	February 25, 2019
ORS	Entry by Name for Judges	February 25, 2019
ORS	Entry by Name for Delegation Members	February 25, 2019
ORS	Hotel Reservation	February 25, 2019
ORS	Travel Details	February 25, 2019
ORS	Bank Transfer	February 25, 2019



Summary of Deadlines

Form		Deadline Day
	Press Information	February 25, 2019
	Competition Music Information	February 25, 2019
	Ice Dance Music Information	February 25, 2019
	Exhibition Music Information	February 25, 2019
	Planned Program Content	February 25, 2019
	Skater Health Care Form	February 25, 2019
	Visa Application Request	a.s.a.p.