First Information

March 18-25, 2019
Saitama Super Arena
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 : 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
6,800㎡
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 dinning 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
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.

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.
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

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

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

Check in : 14:00
Check out: 12:00

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
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
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 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.

**<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.
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.
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.

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

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.

**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.

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

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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

STARBUCKKS 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

KESEIRA SENARA
Korean BBQ
11:00-22:30

Serafina NEW YORK
Italian
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)
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
550 yen

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.
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<tr>
<th>Date</th>
<th>Time</th>
<th>Event</th>
<th>Place</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Monday, March 18</strong></td>
<td>All Day</td>
<td>Official Practice</td>
<td>Saitama Super Arena</td>
</tr>
<tr>
<td></td>
<td>10:00</td>
<td>Team Leaders Meeting 1</td>
<td>Saitama Super Arena</td>
</tr>
<tr>
<td></td>
<td>12:00</td>
<td>Medical Meeting</td>
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<tr>
<td></td>
<td>15:00</td>
<td>Technical Panel Meeting  PAIRS</td>
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<td></td>
<td>19:30</td>
<td>Technical Panel Meeting  LADIES</td>
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<tr>
<td><strong>Tuesday, March 19</strong></td>
<td>All Day</td>
<td>Official Practice</td>
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<tr>
<td></td>
<td>07:30</td>
<td>Referee &amp; Technical Controllers Meeting</td>
<td>Keio Plaza Hotel</td>
</tr>
<tr>
<td></td>
<td>08:30</td>
<td>Initial Judges Meeting   PAIRS</td>
<td>Keio Plaza Hotel</td>
</tr>
<tr>
<td></td>
<td>10:30</td>
<td>Technical Panel Meeting  ICE DANCE</td>
<td>Saitama Super Arena</td>
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<tr>
<td></td>
<td>12:30</td>
<td>Initial Judges Meeting   LADIES</td>
<td>Keio Plaza Hotel</td>
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<tr>
<td></td>
<td>15:00</td>
<td>Technical Panel Meeting  MEN</td>
<td>Saitama Super Arena</td>
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<td>20:30</td>
<td>ISU and Judges Dinner</td>
<td>Keio Plaza Hotel</td>
</tr>
<tr>
<td><strong>Wednesday, March 20</strong></td>
<td>09:00</td>
<td>Initial Judges Meeting   MEN</td>
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<td>PAIRS Short Program</td>
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<td>Opening Ceremony</td>
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<td>14:55</td>
<td>LADIES Short Program</td>
<td>Saitama Super Arena</td>
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<tr>
<td>Date</td>
<td>Time</td>
<td>Event</td>
<td>Place</td>
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<td><strong>Thursday, March 21</strong></td>
<td>08:00</td>
<td>Team Leaders Meeting 2</td>
<td>Saitama Super Arena</td>
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<td>09:00</td>
<td>Initial Judges Meeting ICE DANCE</td>
<td>Keio Plaza Hotel</td>
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<td></td>
<td>10:00</td>
<td>PAIRS Free Skating</td>
<td>Saitama Super Arena</td>
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<td></td>
<td>Victory Ceremony PAIRS</td>
<td>Saitama Super Arena</td>
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<tr>
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<td>14:55</td>
<td>MEN Short Program</td>
<td>Saitama Super Arena</td>
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<td></td>
<td>15:00</td>
<td>Technical Panel Review Meeting PAIRS</td>
<td>Saitama Super Arena</td>
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<tr>
<td><strong>Friday, March 22</strong></td>
<td>09:00</td>
<td>Round Table Discussion PAIRS</td>
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<td></td>
<td>10:45</td>
<td>ICE DANCE Rhythm Dance</td>
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<td></td>
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<td>Victory Ceremony LADIES</td>
<td>Saitama Super Arena</td>
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<tr>
<td><strong>Saturday, March 23</strong></td>
<td>07:00</td>
<td>Technical Panel Review Meeting LADIES</td>
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<td>Round Table Discussion LADIES</td>
<td>Keio Plaza Hotel</td>
</tr>
<tr>
<td></td>
<td>12:30</td>
<td>ICE DANCE Free Dance</td>
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<td>17:30</td>
<td>MEN Free Skating</td>
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<td>17:30</td>
<td>Technical Panel Review Meeting ICE DANCE</td>
<td>Saitama Super Arena</td>
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Event Schedule (as of September 1, 2018) – subject to change

<table>
<thead>
<tr>
<th>Date</th>
<th>Time</th>
<th>Event</th>
<th>Place</th>
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<tbody>
<tr>
<td><strong>Sunday, March 24</strong></td>
<td>08:00</td>
<td>Technical Panel Review Meeting MEN</td>
<td>Keio Plaza Hotel</td>
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<td>08:00</td>
<td>Round Table Discussion ICE DANCE</td>
<td>Keio Plaza Hotel</td>
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<tr>
<td></td>
<td>10:15</td>
<td>Round Table Discussion MEN</td>
<td>Keio Plaza Hotel</td>
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<tr>
<td></td>
<td>15:00</td>
<td>EXHIBITION</td>
<td>Saitama Super Arena</td>
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<tr>
<td></td>
<td>20:00</td>
<td>Closing Banquet</td>
<td>Keio Plaza Hotel</td>
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# Summary of Deadlines

<table>
<thead>
<tr>
<th>Form</th>
<th>Deadline Day</th>
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<tbody>
<tr>
<td>ORS Preliminary Entry Form</td>
<td>October 01, 2018</td>
</tr>
<tr>
<td>ORS Hotel Request for Team Leaders, Competitors, Judges</td>
<td>October 01, 2018</td>
</tr>
<tr>
<td>ORS Hotel Request for Team Officials, Coaches, Others</td>
<td>October 01, 2018</td>
</tr>
<tr>
<td>ORS Entry by Name for Competitors</td>
<td>February 25, 2019</td>
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<tr>
<td>ORS Entry by Name for Judges</td>
<td>February 25, 2019</td>
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<tr>
<td>ORS Entry by Name for Delegation Members</td>
<td>February 25, 2019</td>
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<tr>
<td>ORS Hotel Reservation</td>
<td>February 25, 2019</td>
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<td>ORS Travel Details</td>
<td>February 25, 2019</td>
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<td>ORS Bank Transfer</td>
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### Summary of Deadlines

<table>
<thead>
<tr>
<th>Form</th>
<th>Deadline Day</th>
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</thead>
<tbody>
<tr>
<td>Press Information</td>
<td>February 25, 2019</td>
</tr>
<tr>
<td>Competition Music Information</td>
<td>February 25, 2019</td>
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<tr>
<td>Ice Dance Music Information</td>
<td>February 25, 2019</td>
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<tr>
<td>Exhibition Music Information</td>
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<tr>
<td>Planned Program Content</td>
<td>February 25, 2019</td>
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<tr>
<td>Skater Health Care Form</td>
<td>February 25, 2019</td>
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<tr>
<td>Visa Application Request</td>
<td>a.s.a.p.</td>
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</tbody>
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