

Complimentary Hospitality Program for ICS 2016

Tokyo Metropolitan Government offers several complimentary programs specially tailored to provide overseas registered participants with various experiences of Tokyo and its vicinity: from nature and culture to other attractions.

Offered items:

1. Technical Visit
2. Tokyo City Tours
3. Japanese Cultural Programs

Booking for both tours and cultural programs available onsite only. Please come to “Tokyo City Information Desk” at the meeting venue after registration for the conference.
Desk Open Hour: 12:00 to 17:00 on Monday 12th and 8:00-17:00 on 13th to 16th.

1. Technical Visit - the incontinence care at a nursing home -

We will visit a nursing home named “MEGUMI”, where you will see the most integrated care of urinary incontinence using Ultrasound-assisted Prompted Voiding (UAPV).

Date: Friday 16th September 9:00-12:30

The bus will leave the Venue (Tokyo International Forum 1F Glass building entrance (Tokyo station side)) at 9:00 and return at 12:30.



Ultrasound-assisted Prompted Voiding (UAPV)



UAPV is a kind of continence care; the elderly undergo regular monitoring of intravesical urinary volume using an ultrasound device, and are prompted to void in a toilet when the monitored volume has almost reached the optimal volume. Recent studies indicate that UAPV reduced

absorbent cost in 50/80 elderly (63%) compared with the baseline at a geriatric hospital and in 40/77 (52%) at nursing homes (Ref: 1, 2).



Tour conductor

Dr. Motofumi Suzuki, Director of Urology Department, Tokyo Teishin Hospital, will guide to the facility and explain how UAPV is adopted.

References:

1. Iwatsubo E, Suzuki M, Igawa Y, and Homma Y: Individually tailored ultrasound-assisted prompted voiding for institutionalized older adults with urinary incontinence. *Int J Urol* (2014) 21, 1253–1257.
2. Suzuki M, Iguchi Y, Igawa Y, Yoshida M, Sanada H, Miyazaki H, Homma Y: Ultrasound-assisted prompted voiding for management of urinary incontinence of nursing home residents: Efficacy and feasibility. *Int J Urol* (2016), in press.

2. Tokyo City Tours

Complimentary bus tours with an English-speaking guide for participants to enjoy the most popular sightseeing areas in Tokyo. The duration of the following half-day tours is 3.5-4 hours. Each course is for up to 40 participants*.

All tours depart from and arrive at the conference venue – Tokyo International Forum.

Date	9:00-12:30	13:30-17:00
Tuesday 13th September	T-1:Meiji Jingu Shrine	T-2:River Cruise and Hamarikyu Gardens
Wednesday 14th September	T-3:Tokyo Tower and Zojoji Temple	T-1:Meiji Jingu Shrine
	Day Trip to Sake brewery (include. Lunch)	
Thursday 15th September	T-4:Edo-Tokyo Museum and Asakusa	T-5:Tokyo National Museum
	T-2:River Cruise and Hamarikyu Gardens	T-4:Edo-Tokyo Museum and Asakusa
Friday 16th September	T-5:Tokyo National Museum and Yanaka Ginza Shopping District	T-6:TOKYO SKYTREE
	Technical Visit to a local nursing home	T-1:Meiji Jingu Shrine

* Tour itinerary is subjects to change

<Tour Highlights>

◆ T-1 Meiji Jingu Shrine



The Meiji Jingu Shrine is a Shinto shrine, dedicated to Emperor Meiji and his wife Empress Shoken, was established in 1920. Over 100,000 trees were donated by people all over Japan at the time of the shrine's establishment, creating the expanse of forest and garden that can be seen today. On the first few days of every New Year more than three million

people visit Meiji Jingu, making it the most-visited shrine in Japan. Meiji Jingu Shrine is also the place where Japanese people honor life events, such as births, weddings and New Year's celebrations.

◆ T-2 River Cruise and Hama-rikyu Gardens

Half-hour boat cruise down the Sumida River travels under some 14 bridges spanning Tokyo's main river, showing the capital's famous landmarks along the way. The cruise arrives at its destination, the majestic Hama-rikyu Gardens along the Tokyo Waterfront in Shiodome, where the participants can walk around a beautifully preserved garden that the family of the ruling Tokugawa Shogun owned from 17th to mid-19th century and used to hunt with falcons.



◆ T-3 Tokyo Tower and Zojoji Temple



Built in 1958 Tokyo Tower remains a beloved icon of Japanese capital symbolizing Japan's post-war rebirth. The observatory offers an interesting view of the city, and there are some 'lookdown windows' in the floor to see Tokyo beneath your feet. Zojoji Temple, located next to Tokyo Tower, was built in 1393 and moved to its present location in 1598 by Tokugawa Ieyasu who selected it as his family temple.

◆ T-4 Edo-Tokyo Museum and Asakusa

Edo-Tokyo Museum introduces the history and culture of Edo (the ancient name for Tokyo). It also fascinates visitors with stories of the city's captivation past. You can take a look at a traditional playhouse (theatre), and scenes from everyday life that will transport you back in time to the Edo-period (1603-1868). This museum presents visitors with a unique opportunity to compare and contrast old Edo with modern Tokyo, so you can appreciate how Tokyo has transformed over the years.



Tokyo Metropolitan Government

Tokyo Convention and Visitors Bureau



Asakusa Temple is truly a historical haven in modern Tokyo, a gem of the old Edo (1603-1868). It is capital's most famous and oldest Buddhist temple founded in 628. The famed entrance gate Kaminari-mon (Thunder Gate) with huge red lantern is a symbol of Asakusa. 200m-long street of traditional stalls which leads from the Kaminari-mon to the temple, is always relished by the visitors.

◆ T-5 Tokyo National Museum and Yanaka Ginza Shopping

The largest museum in Japan, Tokyo National Museum, is packed with more than 110,000 items including national treasures and important pieces providing fascinating insights into Japanese culture and history. The visitors can enjoy the ancient pottery and clay figures from as early as the Jomon period, as well as Hokusai's celebrated ukiyo-e landscapes.



Yanaka Ginza Shopping District is prized for its atmosphere which brings the visitors back to the Edo Period (1603-1867). 175 meters long and 6 meters wide, this street is packed with 70 shops full with the traditional souvenirs and Japanese sweets including a cat-shaped taiyaki, the bean-paste filled pancakes that are usually in the shape of a fish.

◆ T-6 TOKYO SKYTREE®



The capital city's latest icon, and the world tallest broadcasting tower 634m high, is located in Sumida ward, where Edo (the ancient name for Tokyo) culture thrives to this day. The elevator moving at a top speed of 600m per minute will take participants to the glass-enclosed 360° observation deck at 350m above ground. The main structure consists of a steel skeleton reinforced by steel frames to double the standard strength. Many of the famous features of the Tokyo cityscape, including Rainbow Bridge in the bay area, and, on a clear day, Mt. Fuji in the distance, can be enjoyed from the observation deck.



◆ **Day trip to the Ghibli Museum & Sake brewery**



The tour will take the participants to the suburb of Tokyo, to visit Ghibli Museum and the popular Sake (rice wine) brewery. This museum exhibit the animation and art made by Hayao Miyazaki such as My Neighbor Totoro, Princess Mononoke, Spirited Away and more. Participants can enjoy also Japanese healthy lunch (tofu/soy bean-curd, mountain herbs, etc.) between these site visits.

3. Japanese Cultural Programs

◆ **Awaodori Dance performance at the welcome reception**



Live musical performance of 15 to 20 men and women, Awaodori Dance, will entertain the participants of the welcome reception with lively rhythm and dance moves. The groups of choreographed dancers and musicians move through the reception area, which allows all participants to see the dancers closely and get excited.

**Provided by ICS 2016 Local Organizing Committee*

◆ **Cultural program**

Complimentary Japanese cultural programs conducted in English provide an opportunity to experience Japanese traditions. Duration of each program is 1-2 hours, and the location of each program will be in the conference site.

Date	10:00-12:00	14:00-16:00
Wednesday 14th September	CP-1 Tea Ceremony	CP-1 Tea Ceremony
Thursday 15th September	CP-2 Dress in Kimono	CP-2 Dress in Kimono
Friday 16th September	CP-3 Origami - paper miracle	CP-3 Origami – paper miracle

CP-1 Tea Ceremony

The traditional tea ceremony known as *sado* expresses the Zen philosophy of living in the moment. An elaborate ritual performed in a peaceful setting, *sado* offers an exercise in contemplation and conversation as much as an opportunity for refreshment - exquisite utensils and bowls are employed to heighten the aesthetic experience, and sweets are served as accompaniments. You can participate in this program to experience a tea ceremony with an English-speaking host.



CP-2 Dress in Kimono, traditional Japanese clothing



The kimono is an internationally recognized symbol of Japan. This traditional dress is worn nowadays on formal occasions. Kimono are T-shaped, straight-lined robes with attached collars and long, wide sleeves, wrapped around the body and secured by a sash called an obi, which is tied in the back. In this program, you

will be trying on a real kimono. Not only female but also male participants are welcome to join us!

CP-3 Origami – Paper Miracle



Origami, literary means “folding paper”, is the traditional Japanese art. It is the art of transforming a flat square sheet of paper into a finished sculpture. You can create almost anything with origami from a simple airplane to flowers and animals. The most popular origami may be a Japanese crane, which you may have seen before.

Important Notice for the participants:

- Ticket will be issued for a person registered in advance for Tokyo city tours and/or Japanese cultural programs at the “TOKYO CITY INFORMATION” desk.
- Participants of the Complimentary Hospitality Program may be photographed/filmed by authorized photographer/cameraman for the purpose of records and future Tokyo promotion.
By registering for this Program, you agree that your image may be used in full/in part and distributed for the above-mentioned purposes.
- Children under 18 are not admitted to the Japanese Cultural Programs.