



### Tokyo District Guide

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## 01 - Chiba District [Higashi-Kanto region]

### Introduction

Adjacent to Metropolitan Tokyo, with three sides of its prefecture facing the sea and blessed with a favourable climate and abundant nature, Chiba Prefecture is home to a population which exceeds 6 million. The Shane School District of Chiba is made up of 26 of the friendliest teachers and the area is noted for its accessibility to excellent surf beaches, its nature and scenery. All this and yet only a stone's throw away from buzzing central Tokyo. What more could you want?

### Living Areas

Home stations	Line	Travel time to larger cities (all times by train)
Inage	Sobu Line (rapid and local trains)	Tokyo Station – 45 min Shinjuku – 1hr Ginza – 1 hr Yokohama – 1 hr 25min Chiba City – 10 min Narita Airport – 1 hr 20min  Mt Fuji – 3 hr 30min Nikko – 3 hr 15min  Osaka – 4 hr Kyoto – 5 hr
ShinKemigawa	Sobu Line (local train only)	
MakuhariHongo	Sobu Line (local train only)	
Makuhari	Sobu Line (local train only)	
Soga	Sobu Line (rapid and local trains)	
Nishi-Chiba	Sobu Line (local train only)	

### Head Office/ District Head School

Tsudanuma Head Office

Yasuda Building, 10F  
2-14-2 Maebaranishi  
Funabahi-Shi  
Chiba 274-0825

Tel. 047 493 4696  
Fax. 047 493 4731  
email. [higashi.kanto@shane.co.jp](mailto:higashi.kanto@shane.co.jp)

Nearest station:

Tsudanuma (on the Sobu Line, rapid and local trains)  
6 min on the rapid train from Inage Station



### Places to visit and day trips

- Tokyo Disneyland (20 min away)
- Temples: Nakayama, Hokekyoji, Tokaidera, Hondoji, Narita
- Museums: Art, Science, Natural History, Bird, Arts and Crafts, Japanese History.
- Parks: Chiba Zoological Park, Nature Park, Japanese Garden, Botanical Garden, Herb Garden
- 59 Hot Springs (onsen)
- Tokyo Bay Area

### Things to do

- Surfing (Kujuku Surf Beach), Swimming (Onjuku Beach)
- Marine Stadium
- Local baseball and soccer teams
- Martial Arts – Karate, Judo

### Shopping

- Makuhari Messe – Garden Walk shopping centre in Makuhari
- ‘Carrefour’ international supermarket in Makuhari Messe, Makuhari
- ‘Maruzen’ – bookshop with foreign books and magazines in Tsudanuma

### Going out

- Makuhari Messe (stages live performances such as Red Hot Chili Peppers, Pearl Jam, Eminem)
- ‘Sala’ in Tsudanuma – bar which opens onto the street, very popular watering point for foreigners and Japanese interested in meeting foreign people
- ‘Big Horn’ in Tsudanuma – bar which also plays live football matches
- Countless karaoke bars and ‘izakaya’ – Japanese-style pub/bar/restaurants
- Bowling Alleys



## 02 - Joban District [Higashi-Kanto region]

### Introduction

Joban District is located in northern Chiba, on the northeast edge of Tokyo. Well-populated and bustling in itself, it is near to both central Tokyo and quieter countryside. The district has a close-knit community of teachers and all major amenities can be found in the vicinity.

### Living Areas

Home stations	Line	Travel time to larger cities
Kita Kogane	Joban	12 min to Kashiwa; 55 min to Tokyo; 10 min to Matsudo
Minami Kashiwa	Joban	10 min to Kashiwa; 60 min to Tokyo; 15 min to Matsudo
Kashiwa	Joban/ Tobu Noda	45 min to Tokyo; 20 min to Matsudo
Minoridai	Shin Keisei	12 min to Matsudo; 60 min to Tokyo

### Head Office/ District Head School

<p>Tsudanuma Office Yasuda Building 10 Floor 2-14-2, Maebara-nishi Funabashi City, Chiba Tel: 047-493-4696 Fax: 047-493-4731</p>	<p>Kashiwa Head School Kashiwa Sato Building 5F 1-1-2, Asahi-cho Kashiwa-shi, Chiba Tel: 047-145-8200 Fax: 047-145-8200</p>
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### Places to visit and day trips

Nanakodai park is renowned for its glorious cherry-blossom viewing and Toride has some fine temples. Ryogoku is the location of the Tokyo Edo museum, and also holds sumo tournaments three times a year. Tokyo Disneyland and Disneysea are easily accessible. Hiking is also a popular pastime, and there are horse-riding stables in Shin-Funabashi.

### Things to do

Several teachers enjoying surfing on the Chiba coast, and in winter the Japanese Alps are easily accessible for ski and snowboard enthusiasts. Traditional Japanese martial arts can be practiced in the area, with at least one teacher having started Kendo and gained his black belt during his time with us in Japan. Another teacher has become involved in traditional Japanese *nagauta* music. Joban District also boasts its own 5-a-side football team.

### Shopping

Although located close enough to Tokyo for grand shopping sprees, Kashiwa, the big local city, has Western music and book shops, as well as major department stores. All the local towns have both Western and Japanese fast food outlets. There is an English language library in Shin Yahashira. Matsudo and Kashiwa are both well stocked with shops selling everything from clothes to electronics.



### Going out

Japanese drinking restaurants, *izakayas*, abound in the area, and *karaoke* is a popular follow on from there. For Western-style bars there is the foreigner friendly “Annabelle’s” bar, and for a British pub complete with fish-and-chips, the Hub in Ueno is not far on the train. Minami Kashiwa has a large bowling alley, with bring your own booze. Live football can be found with the local J-League team, Kashiwa Reysol. There are cinemas in Kashiwa which show major Hollywood films in English as well as Japanese films, including *anime*.



### 03 - Higashi Tokyo District (Higashi Kanto region)

#### Introduction

Higashi Tokyo District is located mainly along the Tozai (East/West) subway line, running from Chiba area into Tokyo. This is a busy area – in both residential and business terms – with easy access to central Tokyo and the quieter Chiba District. Teachers tend to live near to each other, and most of the schools are easy to reach. Both these factors promote a strong social bond and a great “team spirit”!

#### Living Areas

Home stations	Line	Travel time to larger cities
Myoden Gyotoku Minami Gyotoku	Tozai Line	Ginza – 30 min Shinjuku – 40 min Ueno – 40 min

#### Head Office/ District Head School

Higashi Tokyo Head office  
Dai 2 Yoshida Bldg 4F  
5-1-2 Higashi Kasai  
Edogawa ku  
Tokyo 134-0084  
Tel: 03 3687 8421

#### Places to visit and day trips

Kasai Rinkai Koen – a huge park with Big Wheel and aquarium.  
Tokyo Disneyland and Disney Sea – about 30 min away.  
Sensou Temple in Asakusa – 45 min to one of Tokyo’s most famous temples.  
Ueno Zoo (see above)

#### Things to do

Warner Cinemas in Myoden.  
Baseball at the Tokyo Dome in Suidobashi – around 50 min.  
Cycling routes – many of which take you around Tokyo Bay.

#### Shopping

Lalaport, Minami Funabashi – an enormous shopping mall, including cinemas and restaurants.  
Carrefour Supermarket, Kaihin Makuhari – 30 min away.  
Ginza – lots of brand shopping and cafes. World famous!

#### Going out

Gyotoku has good Italian, Indian and Thai restaurants, as well as Japanese fare, of course.  
Shinjuku (see above) has a myriad bars, clubs and izakayas.  
Nishi Kasai has many nice bars and eateries.



## 04 - Koshigaya District (Kita Kanto region)

### Introduction

Koshigaya district extends northwards from the Yamanote line straddling Tokyo and Saitama. Most schools are on The Keihin Tohoku line or the Tobu Isezaki line.

Koshigaya itself, where many teachers in the district live is a suburb in Saitama prefecture.

Akabane is a major train hub, well connected to central Tokyo.

### Living Areas

Home stations	Line	Travel time to larger cities
Kita Koshigaya, Koshigaya, Minami Koshigaya	Toubu Isezaki Line and (Minami Koshigaya) Musashino line	Ueno –35 min Tokyo station – 40-45 min Omiya – 35 min
Akabane	Saikyo, Keihin Tohoku and Utsunomiya lines	Shinjuku – 15 min Ueno – 15 min Omiya – 15 min

### Head Office/ District Head School

Daihachi Daiso Building 2<sup>nd</sup> Floor  
2-24-19 Minami Urawa  
Minami-ku Saitama-shi  
Saitama-ken 366-0017

Telephone (0)48-881-6103

The head office is 2 min walk from Minami Urawa station. From Akabane it is 15 min by train and from Minami Koshigaya it is 12 min.

### Places to visit and day trips

For days off, all of central Tokyo is easily accessible from both Koshigaya and Akabane. Nikko is a good day trip, lots of old temples and mountain scenery. In Koshigaya there's the very tranquil Hanata-en Japanese Garden. A day trip to Tokyo Disneyland or Disney Sea is popular, they're about one hour away in Chiba. From Akabane there is a pleasant park for Sunday walks two stops away in Uji and if you take the subway you can get to the Tokyo Dome baseball stadium and Korakuen amusement park in about 18 min.

### Things to do

**Koshigaya area.** There is a world cup stadium at Urawa-Misono where England played. Now occupied by Urawa Reds, who probably have the most vocal supporters in the Japanese league. There's a gym in Koshigaya which also does martial arts training. Cycle tracks are ubiquitous. Try your hand at baseball in the baseball batting cage.

### Shopping

Minami Koshigaya and Akabane both have all the major department stores and outlets for clothes, electrical goods and all the essentials.



Video rental is available and Akabane especially has an impressive video store. English films are subtitled in Japanese.

### **Going out**

#### **Koshigaya**

Although not a short ride to places like Shibuya and Roppongi teachers do visit central Tokyo night spots at the weekend, but there are also some convenient watering holes in Koshigaya itself.

Ace Bar – Jazz/Blues bar.

Gyukaku – chargrilled steak and chicken restaurant.

Ku Bar – Jaimaican themed restaurant/bar.

Wara Wara – Izakaya (cheap food and drink).

Matsuya – cheap curry and rice joint.

#### **Akabane**

Lot's of bars with local colour, hidden down backstreets, where you will find hospitality but may find it difficult to become a regular. Akabane is also famous for it's international hostesses, of all genders and their permutations, at least one street corner is best avoided if you want to be unmolested by the Filipino lady boys as you walk home. Central Tokyo locations like Shinjuku are easily reachable so going out in Akabane is not always the first choice for teachers there.



## 05 - Omiya District (Kita Kanto region)

### Introduction

Omiya has the largest station in Saitama and is a large interchange for many travellers. It is convenient for travelling north and also for Tokyo. Omiya is the largest city in Saitama and has many restaurants, entertainment places and a large shopping district. The district covers the Takasaki and Utsunomiya lines.

### Living Areas

Home stations	Line	Travel time to larger cities
Omiya	Main interchange for:	
	Saikyo line	Shinjuku Station (Central Tokyo) – 45 min Ikebukuro Station (Central Tokyo) – 40 min
	Keihin Touhoku line	Tokyo Station/Ginza (Central Tokyo) – 50 min
	Takasaki line	Ueno Station (Central Tokyo) – 35 min

### Head Office/ District Head School

Minami-Urawa Office.  
Daihachi Daiso Bldg. 2F,  
2-4-19 Minami Urawa, Minami-ku,  
Saitama-shi, Saitama-ken  
336-0017 Japan  
Tel. (048) 881-6103  
Fax (048) 881-6215

### Places to visit and day trips

Hikawa Shrine, Omiya (Omiya Station)  
John Lennon Museum, Yono (Saitama Shintoshin Station)  
Omiya Park, Omiya (Omiya Station)

### Things to do

Karate, kendo  
Swimming Pool, Omiya  
Swimming Pool, Ageo (Ageo Station)  
Saitama Art Theatre, Yono (Yonohonmachi Station)  
Saitama Modern Art Museum, Urawa, (Kitaurawa Station)

### Shopping

Omiya Loft – books, stationery, CDs  
Omiya Station Bldg – department stores, international foods  
Sogo – large department store  
Daiei – cheaper department store

### Going out

Saitama Stadium – live football (home of the Urawa Reds)  
Bowling, Hata Bowl (Omiya)  
There are many Izakayas (pub, restaurant), karaoke bars, and cinemas



### 06c - Nishi – Tokyo Central

#### Introduction

Nishi-Tokyo Central, as its name partly suggests, is the commercial centre of Tokyo, based along the western arc of the Yamanote line. It contains heaving idylls of youth culture in Shibuya & Harajuku; uptown sophistication so rarefied the air is thin in Aoyama & Daikanyama; and blazing neon canyons of dazzle and sleaze in Shinjuku and Roppongi.

#### Living Areas

Home stations	Line	Travel time to larger cities
Because of the high rent most NTD Central teachers don't live inside the district but somewhere within easy reach of either Shinjuku or Ikebukuro to the west or north of the city centre.		
Akabane	Saikyo Line Keihin Tohoku	Shinjuku 13 min Tokyo 24 min Yokohama 56 min Ikebukuro 8 min
Nogata	Seibu Shinjuku Chuo Line (walk to Koenji)	Shinjuku 16 min Tokyo 45 min Yokohama 1 hour 11 min Ikebukuro 25 min
Musashi-Sakai	Chuo Line	Shinjuku 25 min Tokyo 35 min Yokohama 1 hour 14 min Ikebukuro 36 min
Hibarigaoka	Seibu Ikebukuro	Ikebukuro (Central Tokyo) – 30 min Shinjuku (Central Tokyo) – 40 min

#### Head Office/ District Head School

Kichijoji Head Office  
Barole Kichijoji 2-Goukan 2F  
2-3-14 Kichijoji Minamimachi  
Musashino-shi  
Tokyo  
180-0003 Japan

Nishi-Tokyo Central does not have a head school. Kichijoji office is shared with Nishi-Tokyo west district. It is 16 min west of Shinjuku on a rapid Chuo Line train.



### **Places to visit and day trips**

Tokyo Tower – Godzilla's favourite snack and phoenix-like symbol of post-war Tokyo.

Meiji-jingu shrine, Yoyogi Park and Shinjuku Park – 3 isles of tranquillity to be becalmed upon should you ever have your fill of concrete and steel.

The Gotham-Bubble skyscrapers of Nishi-Shinjuku best seen from the skydecks of the Metropolitan Government Building & the NS Tower.

And less than an hour away: the ancient capital of Kamakura; the well preserved old town of Kawagoe; and the Tokugawan cemetery of Yanaka and the beautiful old neighbourhoods of Nippori.

### **Things to do**

Watch the latest outré whims of street fashion parading each Sunday in Harajuku.

Float along the people movers to the pink granite and glass of Ebisu Garden Place.

Visit the Opera City Building in Hattodai – for hi-tech galleries of international art, ambitious concert series, theatre, ballet and opera.

See the latest photo exhibits in The Museum Of Photography in Ebisu and epSITE in Shinjuku.

Use the Olympic facilities at the National Stadium.

Visit the newly opened Roppongi Hills – a city within a city, where you can also watch Japanese films and anime with English subtitles.

Immerse yourself in the video gaming cathedrals of Shibuya and Shinjuku.

### **Shopping**

Laforet, left field Japanese fashion, Harajuku

The Prada Building , Comme des Garçons and Yohji Yamamoto shops, Aoyama

Kinokuniya international supermarket, Omotesando

Kinokuniya bookshop with a floor of English language books and magazines, Shinjuku

Tower Records, Disk Union, HMV, Virgin Megastore, Shinjuku & Shibuya

### **Going out**

Watch the Yakult Swallows baseball team at Jingu stadium

Dozens of cinemas in Kabukicho and Shibuya; from mammoth multiplexes to bijou arthouses and poky fleapits.

Concert halls and live houses galore – for everything from avant-garde noise to MOR muzak.

More restaurants, cafes, bars and clubs than you can shake a breadstick at.

Watch international football at the National Stadium and international rugby at Chichibunomiya Stadium



## 06w - Nishi Tokyo West [Nishi Tokyo]

### Introduction

Nishi Tokyo is based on the western fringe of central Tokyo. The district has been split into 2 halves. Nishi Tokyo West is based along 3 train lines all leading westwards out of Shinjuku.

### Living Areas

Home stations	Line	Travel time to larger cities
Musashi Sakai	JR Chuo Line	Shinjuku 25 min Tokyo 35 min Yokohama 1 hour 15 min Kawagoe 1 hour 20 min
Toritsu Kasai & Arai Yakashi Mae	Seibu Shinjuku Line	Shinjuku 25 min Tokyo 40 min Yokohama 1 hour 15 min Kawagoe 1 hour

### Head Office/ District Head School

Kichijoji Head Office  
Barole Kichijoji 2 Goukan 2f  
2-3-14 Kichijoji Minamimachi  
Musashino-Shi  
Tokyo  
180-0003 Japan

Nishi Tokyo has no Head Schools.

### Places to visit and day trips

- Inokashira Park, Kichijoji.
- Mount Takao, hiking.
- Japanese Anime Museum, Mitaka,
- Tachikawa Showa Kinen Park. Where you can swim in the open air pools and rent a barbeque in the summer.
- Kawagoe, a small historic town which is said to be how Tokyo was 100 years ago.

### Things to do

- Across the district there are many places to do the Japanese martial art of Aikido.
- There are many gyms, one right behind Kichijoji head Office
- Inokashira Park is full of Buskers and entertainers at the weekend.
- The Tama River is nearby available for fishing.
- FC Tokyo and Tokyo Verde play at Aginomoto Stadium Tobitaku station
- Fuchu Horse racing



### **Shopping**

Being quite close to the western fringe of central Tokyo, it is easy for a teacher to pop in to get to the best shopping in Tokyo. Shinjuku and Shibuya are 25 min for most teachers. Kichijoji - where head office is - has excellent shopping with big department stores and small boutiques and a handful of second-hand and artisan shops.

### **Going out**

- Dogberry Bar in Koenji (walking distance from Toritsu Kasai station); and the Koenji Café, where the owner speaks English and is a font of local knowledge.
- Dubliners' Irish bar and many Japanese Yakitori and Izakayas in Kichijoji.
- Pool and billiards bar in Musashi Sakai.
- For the big night out you can go into central Tokyo; Shibuya, Shinjuku and Roppongi.



## 07 - Tamagawa District (Minami Kanto region)

### Introduction

Great location. Easy access to beaches and famous sightseeing spots (south of Kanto) and also just as easy to reach central Tokyo to experience what the city has to offer. Living in Tamagawa District means you are always able to escape the city life if it all gets too much but if you are up for it, it is only a short train ride away.

### Living Areas

Home stations	Line	Travel time to larger cities
Machida (mostly) or Sagami Ono	Odakyu	35 min express to Shinjuku 20-25 min approx to Yokohama

### Head Office/ District Head School

Shane Corporation Minamikanto Ltd.  
Hiramoto Fujisawa Bldg. 5F  
1-1-5 Kugenuma Tachibana  
Fujisawa-shi, Kanagawa  
251-0024 Japan  
Tel. 0466-26-9666

Sagami Ono District Head Office is one stop from Machida where most teachers live.

### Places to visit and day trips

Day trips to Mt. Takao, Kamakura, Hakone, Enoshima, Nikko, central Tokyo.

### Things to do

Hiking, martial arts, pottery /ceramics, visit temples, hot springs, watersports, visit the beach, temples, cultural things such as tea ceremony, Kabuki/ Noh, shopping, sightseeing, museums, art galleries, concerts, cinema etc. and all the entertainment you usually find in any major city.

### Shopping

International Supermarkets in Machida, Shimokitazawa, central Tokyo.  
Foreign bookstores: Shinjuku- Kinokuniya, Yokohama - Yurindo

### Going out

See things to do section above.



## 08 - Yokohama District (Minami Kanto region)

### Introduction

Yokohama District lies in the Kanagawa prefecture in the southern region of Kanto. Within the district is the main harbour city of Yokohama, the historic town of Kamakura and includes the seaside towns of Enoshima and Yokosuka.

### Living Areas

Home stations	Line	Travel time to larger cities
Ofuna	Tokaido	Central Tokyo – 45 min Yokohama – 14 min
Fujisawa	Tokaido, Odakyu	Central Tokyo - 50 min Yokohama - 20 min
Tsujido	Tokaido	Central Tokyo - 1 hour 10 min Yokohama - 25 min

### Head Office

Shane Corporation Minamikanto Ltd.  
Hiramoto Fujisawa Bldg. 5F  
1-1-5 Kugenuma Tachibana  
Fujisawa-shi, Kanagawa  
251-0024 Japan  
Tel. 0466-26-9666

### Places to visit and day trips

Yokohama area has a plethora of fascinating places and spaces to visit. From the ancient capital of Kamakura where the famous “Big Buddha” resides to the bustling beach side party havens of Enoshima Island and Chigasaki, Yokohama district has the places to suit your mood and your budget. Within Yokohama city lies the culinary treasure of China town, and the best of international shopping can be found in Minato Mirai 21.

### Things to do

Yokohama area locals can enjoy and indulge in surfing, windsurfing, jet skiing, fishing, karate, hiking, football, para gliding, carting and sunbathing.

### Shopping

Crafts, gifts and Ukiyoe (Woodblock paintings) at Kamakura.

Designer wear and all your shopping needs are catered for at Minato Mirai 21, Sakuragicho. It even boasts the largest shopping centre in the universe!

### Going out

A fine selection of café-bars and restaurants can be found in Kamakura and along the coast line.

China Town in Kannai offers exceptional Oriental cuisine.

If you would prefer the taste of home, there are numerous Western style pubs and clubs in Yokohama.



## 09 - Sagami District (Minami Kanto)

### Introduction

Sagami District is part of the Minami Kanto region which lies South and West of the Tokyo conurbation. It is an area of beaches and mountains, a popular summer destination for Japanese holiday makers. It is famous for the hiking and onsen area of Hakone and the beaches of Sagami bay.

### Living Areas

Home stations	Line	Travel time to larger cities
Fujisawa	Tokaido, Odakyu	Central Tokyo – 60 min Yokohama – 20 min
Kamonomiya	Tokaido	Central Yokohama 50 min
Tsujido	Tokaido	Fujisawa, 4 min
Ofuna	Tokaido, Yokosuka	Yokohama, 15 min

### Head Office

Shane Corporation Minamikanto Ltd.  
Hiramoto Fujisawa Bldg. 5F  
1-1-5 Kugenuma Tachibana  
Fujisawa-shi, Kanagawa  
251-0024 Japan  
Tel. 0466-26-9666

### Head School

Odawara School, Sakae Bldg. 3F  
2-4-26 Sake-cho, Odawara-shi, Kanagawa  
250-0011 Japan  
Tel. 0465-23-7540

The Head School is about 30 min from the Head Office on the Tokaido line.

### Places to visit and day trips

#### Odawara Castle

A fantastic old Samurai Castle with very pleasant grounds to stroll around.

Pola Art Museum, Gora, near Hakone

Modernist architecture in the middle of the primeval forest housing a substantial Western and Japanese modern art collection.

Enoshima Island

A collection of delights, ancient caves filled with strange statues, shrines and temples, bizarre souvenir shops and even an Aquarium to tickle the fancy.



### **Things to do**

#### Go to the Beach

The area has numerous excellent beaches, ranging from the touristy to unspoilt and secret. It gets very busy in summer but they can be enjoyed all year round. Best beaches: Chigasaki, Oiso long beach, Atami, Shimoda in Izu.

#### Go Hiking

The Tanzawa Mountain range offers excellent hiking opportunities, with a wide variety of flora and fauna on view from season to season. The area is close to schools in Isehara, Hadano and Hon-Atsugi.

#### Go Diving

Oshima Island can be reached by catamaran from Atami in 90 min. This is a volcanic island with great scuba diving and snorkelling.

### **Shopping**

#### International supermarkets

The best place to go is Yokohama's Minato Mirai area, a huge shopping town with Japan's tallest building and a huge variety of foreign goods available (although not cheap by any means).

#### Foreign bookshops

Yurindo is situated in Landmark Plaza in Minato Mirai. It has a fantastic selection of all kinds of books, magazines and maps etc.

#### Clothes

Fujisawa has Gap and Uniqlo shops, and two interesting department stores, OPA and Marui filled with a bewildering variety of stuff

### **Going out**

#### Shonan Bellmare

J-league football/soccer at the second division level at Nakata's old club. A great day out for all the family at Hiratuska, much cheaper than watching the Yokohama F-Marinos and the girls still dispense beer from backpacks with hoses!

#### Century Break

A lively bar in Fujisawa with large TV screens for watching sport, a real dartboard and a selection of European lagers and ales to please even hardened drinkers.

#### Maharani Indian Restaurant

Top curries, naan and a mean sag aloo panir one minute from Fujisawa station.



## SES Japan Districts

