



10-DAY PROGRAM



JAPAN: BOYS LACROSSE TOUR

Experience Japan's dynamic blend of ancient tradition and modern energy as you compete, explore, and connect through immersive cultural and athletic adventures.



OVERVIEW

From the vibrant streets of Tokyo to the serene temples of Kyoto and the historic mountain town of Nikko, this journey captures Japan's perfect balance of past and present. Scrimmage in friendly games, connect with local athletes, and take part in hands-on cultural experiences, from ramen-making and samurai lessons to exploring ancient shrines and cutting-edge digital art. Along the way, you'll gain a deeper appreciation for Japan's traditions, innovation, and the spirit of teamwork that defines its culture.



HIGHLIGHTS

- Scrimmage against local Japanese teams and host a youth lacrosse clinic to help grow the sport abroad.
- Visit cultural icons like Meiji Shrine, Senso-ji Temple, and Fushimi Inari's famous red gates.
- Observe a sumo training session and take part in an unforgettable samurai experience in Kyoto.
- Take a scenic day trip to Nikko, home to stunning shrines, waterfalls, and mountain views.



ITINERARY

The actual schedule of activities may vary. The information provided here reflects the typical experiences planned; however, activities and excursions are subject to change due to factors such as weather conditions, community partner availability, and other unforeseen circumstances. Adjustments may also be made to best meet the needs and interests of the student group.

DAY 1	<ul style="list-style-type: none"> • Arrive in Tokyo (HND) and settle in. • Team practice to prepare for exhibition games. • Welcome dinner at a traditional izakaya.
DAY 2	<ul style="list-style-type: none"> • Visit Meiji Shrine and Yoyogi Park. • Lunch at Tsukiji Market, explore Harajuku. • Team practice and leadership workshop.
DAY 3	<ul style="list-style-type: none"> • Visit Shibuya Crossing and a sumo wrestling training session. • Evening exhibition game vs. a local team.
DAY 4	<ul style="list-style-type: none"> • Morning leadership session with coaches. • Explore Senso-ji Temple and Nakamise Street. • Free time, then your second exhibition game.
DAY 5	<ul style="list-style-type: none"> • Full-day trip to Nikko, visiting Toshogu Shrine, Rinnoji Temple, and Kegon Waterfall. • Return to Tokyo for the night.

DAY 6	<ul style="list-style-type: none"> • Explore teamLab Borderless, Tokyo's immersive digital art museum. • Play your final exhibition game, then host a lacrosse clinic for local youth.
DAY 7	<ul style="list-style-type: none"> • Travel to Kyoto by shinkansen (bullet train). • Visit Arashiyama Bamboo Forest and enjoy a ramen-making class.
DAY 8	<ul style="list-style-type: none"> • Final practice and leadership wrap-up. • Visit Kinkaku-ji (Golden Pavilion), Gion District, and Nishiki Market.
DAY 9	<ul style="list-style-type: none"> • Experience samurai training and visit Fushimi Inari Shrine. • Farewell dinner with teammates and coaches.
DAY 10	<ul style="list-style-type: none"> • Early transfer back to Tokyo. • Depart from Haneda Airport (HND) for your flight home.



TEPA HOME BASE

You'll stay in comfortable hotels that provide a balance of convenience and local charm. Rooms feature ensuite bathrooms, offering privacy and comfort after busy days of exploration.

FOOD

Meals in Japan typically feature rice, noodles, vegetables, and fresh seafood, with flavors that balance savory umami and delicate seasonings. You'll enjoy a variety of traditional dishes alongside familiar options to keep everyone comfortable.

CLIMATE

Japan experiences four distinct seasons, with mild to warm temperatures in spring and autumn, hot and humid summers, and cold winters. Rainfall is moderate year-round, with occasional typhoons in late summer, so it's best to be prepared for changing weather no matter when you visit.

ABOUT TERRA EDUCATION PROGRAMS ABROAD

Terra Education Programs Abroad (TEPA) partners with schools and private groups to offer pre-designed and fully custom international experiences that align with academic goals while fostering global citizenship. Building on over 20 years of youth development expertise from its parent organization, Terra Education, TEPA delivers transformative experiences for young leaders worldwide.

GET IN TOUCH!

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TERRA EDUCATION'S PORTFOLIO OF TRAVEL PROGRAMS

