JAPAN BY SEA
LAND OF THE RISING SUN
ABOARD THE
HERITAGE ADVENTURER
MAY 14–25, 2024
DEAR ALUMNI, PARENTS, AND FRIENDS OF TUFTS,

Join fellow alumni and friends of Tufts for two full days of sightseeing in Tokyo followed by an eight-night cruise through the Inland Sea and the Sea of Japan aboard the 140-passenger Heritage Adventurer. Venture beyond the major cosmopolitan cities to a fascinating variety of historic towns, artistic centers, and remote islands.

Discover a Japan that few visitors see—from the bustle of Tokyo to the tranquil historic quarters of Kanazawa and the island worlds of Miyajima and Sado. Excursions highlight modern art and architecture as well as the ancient traditions of Japan, with visits to sacred temples and shrines, celebrated gardens and castles, and cultural performances.

Engage with expert study leaders throughout this unique educational program and gain a better appreciation of Japan’s historical and cultural significance through onboard lectures and informal discussions. In addition, four local Japanese English-speaking guides will accompany the group throughout the journey, to lead tours and answer questions from travelers.

An optional pre-trip extension to Kamakura and the hot springs resort of Hakone, and an optional post-trip extension to Kyoto and the ancient city of Nara, are also available.

Reserve now by emailing our partner tour operator, Criterion Travel at res@criteriontravel.com.

Sincerely,

Mary Ann R. Hunt
Director of Lifelong Learning and Travel-Learn Program

Email: travel-learn@tufts.edu
Online: go.tufts.edu/travel_learn
Join the conversation: #tuftstravellearn
**STUDY LEADERS**

Elena Naumova is Professor and Chair of the Division of Data Sciences of the Friedman School of Nutrition Science and Policy at Tufts University. Dr. Naumova earned her doctorate from Novosibirsk State Technical University, Russia and completed her postdoctoral training in artificial intelligence systems at the Baumann State Technical University in Moscow. Dr. Naumova is studying the effects of climate change, extreme weather and disasters on vulnerable communities, and her international work and travels have taken her to several countries, including Ecuador, Japan, India, and Indonesia. On this trip, Elena plans on talking about the beauty of ikebana, the famous art of Japanese flower arrangement, and how its rules help to teach data analytics, guide research, and discover patterns in public health applications.

This trip is co-sponsored by five organizations, and Study Leaders from Harvard and Yale will also be giving lectures throughout the program.

- The Study Leader from Harvard is Erez Manela, Professor of History at Harvard University, where he teaches international history and the history of the United States in the world.
- Yale University’s Study Leader is TBD.
- Four local Japanese English-speaking guides will also accompany the group throughout the journey.

**HIGHLIGHTS**

- Customize your experience with excursion options in Tokyo.
- Try your hand at taiko drumming on the remote Sado Island, home of the world-famous Kodo drummers.
- Experience a traditional tea ceremony in Kanazawa and enjoy free time to explore the samurai quarter in Matsue.
- Visit scenic Naoshima, an island that has become a mecca for cutting-edge art and contemporary architecture, including the Chichu Art Museum, Benesse Museum, and Art House Projects.
- Take in the spectacular scenery of Japan’s Inland Sea.
- Learn about the Japanese art of woodblock printing at the Ukiyo-e Ota Museum.
- View modern and contemporary Japanese paintings at Adachi Museum of Art and admire its spectacular and immaculately maintained gardens.
GINZA DISTRICT

ITINERARY

TUESDAY-WEDNESDAY, MAY 14-15
HOME/TOKYO, JAPAN

Depart the U.S on an overnight flight to Tokyo, Japan. Upon arrival, transfer to the Hotel New Otani nestled within a 10-acre Japanese garden in the heart of the city. The remainder of the day is free to rest, recover, and explore independently.

HOTEL NEW OTANI

THURSDAY, MAY 16
TOKYO

Attend a welcome orientation and lecture followed by a choice of two excursions: Opt to visit the Meiji Shrine Complex, located in a 175-acre forest; the Ukiyo-e Ota Memorial Museum of Art; and the modern architecture of Tokyo's Aoyama district. Or stroll through the Hamarikyu Gardens, a public garden park with tidal ponds; cruise along the Sumida River; and visit Shunkaen Bonsai Gardens and Museum to learn about the ancient art of bonsai. Gather this evening for a festive welcome dinner featuring local entertainment.

HOTEL NEW OTANI (B,L,D)

FRIDAY, MAY 17
TOKYO/NIIGATA (EMBARK)

Choose between two morning excursions: Either visit the Tsukiji fish market and the Kappabashi culinary district, a street almost entirely populated by shops catering to the restaurant trade; or enjoy a guided tour through the Ginza district, Tokyo's most glamorous shopping district, including a visit to the iconic 12-story Ginza Mitsukoshi department store. This afternoon board the Shinkansen, Japan's high-speed bullet train, for Niigata and embark on Heritage Adventurer, our home for the next eight nights.

HERITAGE ADVENTURER (B,L,D)

SATURDAY, MAY 18
SADO ISLAND

Visit remote Sado Island, home base for the famous taiko drumming group, Kodo (meaning “heartbeat”). Experience a private performance by some of the resident drummers, along with an interactive lesson and lecture on this ancient art form. Explore historic Shukunegi, a picturesque fishing village of wooden houses, narrow alleys, and canals. Tour the renowned Hokusetsu Sake Brewery to learn how Japanese rice wine is made and sample different types. This evening attend the Captain's welcome reception and dinner aboard ship.

HERITAGE ADVENTURER (B,L,D)

MONDAY, MAY 20
MATSUE

Drive through lush countryside to the Adachi Museum of Art to explore its collection of modern Japanese works, set in exquisite, highly manicured gardens. Continue to charming Matsue and visit one of the few surviving castles in Japan, built in 1611. Enjoy free time to stroll through Matsue's historic samurai quarter.

HERITAGE ADVENTURER (B,L,D)

TUESDAY, MAY 21
ULSAN, SOUTH KOREA

From the South Korean port of Ulsan, drive inland to the city of Gyeongju, a UNESCO World Heritage site and the capital of the Shilla kingdom that ruled for 1,000 years. See the famous Flying Horse Tomb, one of the royal burial mounds, and enjoy a guided tour of the National Museum's highlights. After a traditional Korean lunch, explore Bulguksa Temple, another UNESCO World Heritage Site and one of Korea's most beautiful Buddhist temples, known for its intricate paintings and two original 6th-century pagodas.

HERITAGE ADVENTURER (B,L,D)

WEDNESDAY, MAY 22
MIYAJIMA

After a relaxing morning of cruising, anchor off the coast of Miyajima Island and Zodiac ashore. Visit the 6th-century Itsukushima Shinto Shrine, a national...
treasure and UNESCO World Heritage Site, with its iconic brilliant red torii, a grand wooden gateway that appears to float on the sea at high tide. Enjoy free time to visit tiny temples, stroll through the picturesque streets, and ride the gondola up Mount Meisen for spectacular 360-degree views of Japan's Inland Sea.

HERITAGE ADVENTURER (B,L,D)

THURSDAY, MAY 23
HIROSHIMA
This morning call at Hiroshima. Visit the Peace Memorial Park and Museum, a place of remembrance, reflection, and education. Begin with a walk through the museum, a poignant tribute to the devastating impact of the atomic bombing during World War II and the subsequent efforts toward peace and nuclear disarmament. See the Atomic Bomb Dome, the only building left standing after the explosion, and present paper cranes at the Children's Peace Monument. Later this afternoon, relax and admire the scenery as we cruise through Japan's Inland Sea, dotted with small islands.

HERITAGE ADVENTURER (B,L,D)

FRIDAY, MAY 24
NAOSHIMA
Visit captivating Naoshima Island, a mecca for innovative art and contemporary architecture, and tour its two world-class museums, Chichu Art Museum and Benesse House Museum, both designed by reknown Japanese architect Tadao Ando. Also visit a growing body of interactive, unique art installations and outdoor sculptures known as the Art House Project. Gather this evening for the captain's farewell dinner aboard ship.

HERITAGE ADVENTURER (B,L,R,D)

SATURDAY, MAY 25
OSAKA (DISEMBARK)/HOME
Dismembark Heritage Adventurer in Osaka and take a group transfer to Kansai International Airport (KIX) for flights home or begin the optional post-trip extension. (B)
**Heritage Adventurer**

Originally designed to accommodate 184 guests, *Heritage Adventurer* now welcomes just 140 passengers in her spacious and stylish interior. All cabins offer living and sleeping areas with a king or two single beds, flat screen entertainment system, ample storage, a writing desk, and a modern en-suite bathroom. Public spaces and open decks abound, including two separate bar and lounge areas featuring 180-degree views and the open-topped Observation Deck for 360-degree views. Delectable meals are served in the gourmet restaurant on Deck 4 and in the indoor/outdoor bistro on Deck 6, with both dining options offering plenty of seating and large picture windows. On Deck 7, enjoy the open-air saltwater pool that can be heated or chilled and is surrounded by sun loungers, a hot tub encased in glass and large picture windows. On Deck 7, enjoy the open-air saltwater pool that can be heated or chilled and is surrounded by sun loungers, a hot tub encased in glass and large picture windows. On Deck 7, enjoy the open-air saltwater pool that can be heated or chilled and is surrounded by sun loungers, a hot tub encased in glass and large picture windows. On Deck 7, enjoy the open-air saltwater pool that can be heated or chilled and is surrounded by sun loungers, a hot tub encased in glass and large picture windows.

**Program Rates**

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**PROGRAM RATES INCLUDE**

- All accommodations, meals, and excursions as specified in the itinerary, including two hotel nights and eight nights aboard *Heritage Adventurer*.
- Tokyo/Niigata bullet train.
- Comprehensive program of briefings, lectures and presentations.
- Group transfers for all participants on arrival and departure dates.
- Baggage handling.
- Gratuities to porters, waitstaff, guides and drivers.
- Gratuities to shipboard personnel.
- Port charges.
- House wine, beer, and soft drinks with welcome dinner and open bar (non-premium), including regional beer and wine, aboard *Heritage Adventurer*.
- Filtered water for water bottles on motorcoaches.
- Professional tour manager throughout the program.
- Wi-fi aboard *Heritage Adventurer*.

**AIR ARRANGEMENTS**

U.S. domestic and international airfare is not included in the program rates. Valerie Wilson Travel, Inc., can help with airline arrangements for this trip and can be reached at 877-376-1754. You are also welcome to book your own transportation through your local travel agent, an online travel site, or the airline of your choice. Further information about making flight arrangements will be sent to confirmed participants.

**WHAT TO EXPECT**

This is a moderately strenuous program that is, at times, physically demanding and busy. Daily excursions involve up to one mile of walking at a time, often on uneven terrain. In some instances, elevators are unavailable, and stairs may not have handrails. You will be required to remove your shoes while visiting temples, shrines, and a number of other sites. You will need to climb into and out of Zodiacs for an onshore excursion (there will be staff and crew members on hand to assist). Participants must be physically fit, active, and in good health. All participants will be required to follow safety/sanitization protocols set forth by Tufts Travel-Learn or Criterion Travel, our tour operator; local staff; and host country laws.

**GROUP SIZE**

This program can accommodate 125 participants including travelers from Harvard Alumni Travel, Yale Alumni Academy, Santa Barbara Museum of Art, Commonwealth Club of California, and Tufts Travel-Learn.
**PROGRAM RATES**

**DO NOT INCLUDE**

- U.S. domestic and international airfare
- Passport/visa expenses
- Medical expenses, immunizations, and Covid-19 testing if required at the time of travel
- Private airport transfers or airport transfers outside of group arrival and departure days
- Travel and trip cancellation insurance
- Excursions that deviate from the scheduled tour options
- Airline baggage charges
- Meals not specified in the itinerary; dishes and beverages not part of the included meals; liquor or soft drinks except as noted
- Laundry or dry cleaning
- Telephone and fax charges
- Room service
- Other items of a personal nature.

**TRAVEL INSURANCE**

Travel insurance for trip cancellation and interruption, medical problems, baggage loss and delay, etc., is highly recommended.

Trip cancellation policies that apply to this expedition are included in this brochure. Information about travel insurance will be sent to confirmed participants.

**A NOTE ABOUT RATES**

Tour rates are based upon current fuel prices, currency values, taxes, tariffs, and a minimum number of participants. While we will do everything possible to maintain the listed rates, they are subject to change. If there are significant changes, details and costs will be advised prior to departure.

**TERMS & CONDITIONS**

Complete Terms and Conditions including Statement of Responsibility will be made available to you at time of registration, or in advance upon request. A signed “Terms & Conditions, Release from Liability, Assumption of Risk and Binding Arbitration Clause” is required from each applicant prior to participation on the tour.

**RESERVATIONS & PAYMENTS**

To reserve space, please email Criterion Travel at res@criteriontravel.com or return the completed reservation form with your deposit of $1,000 per person payable to Criterion Travel, 4250 SW Hall Blvd., Beaverton, OR 97005, or fax to (650) 560-6400. Balance of payment is due January 15, 2024. After January 15, 2024, full payment is due upon registration. Final payment must be made by check or bank transfer.

**PAASSENGER CANCELLATIONS & REFUNDS**

Upon payment of a deposit, all reservations are subject to the cancellation provisions set forth below and by which the passenger agrees to be bound. Cancellations shall not be effective until they are received in writing and confirmed by Tufts Travel-Learn and Criterion Travel.

Deposits are refundable (less a $250 per person admin fee) if written notice of cancellation is received within 30 days of booking; after that, deposits are 100% nonrefundable. After January 15, 2024 final payment deadline: All payments regardless of booking date. For this reason, we strongly urge participants to purchase trip cancellation insurance. No refunds will be made for any part of this program on which you choose not to participate.

NOTE: Neither the Tufts Office of Alumni Engagement nor Criterion Travel, the tour operator, accepts liability for any airline cancellation penalty incurred by the purchase of a nonrefundable ticket in conjunction with this tour.

**RESPONSIBILITY**

By submitting your deposit, you are bound to the terms and conditions delineated throughout this brochure. Due to space limitations these are not Tufts Travel-Learn’s complete Terms & Conditions, which are available upon request, can be viewed online at go.tufts.edu/travel_learn, and will be sent to you along with a Release of Liability requiring your signature.

**HEALTH**

All participants should be in good health and capable of keeping up with an active group of travelers. By forwarding the deposit for passage, the passenger certifies that he/she does not have any physical or other condition or disability that would create a hazard for him/herself or other passengers.

**ITINERARY CHANGES**

The itinerary presented for this tour is subject to modification and change by Tufts Travel-Learn and Criterion Travel, the tour operator. Every reasonable effort will be made to operate the program as planned; however, should unforeseen world events and conditions require the itinerary to be altered, Tufts Travel-Learn and the tour operator reserve the right to do so for the safety and best interest of the group. Any extra expenses incurred in this situation are the responsibility of the participant.

California Seller of Travel Program CST #2088800-40

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**TUFTS UNIVERSITY**

**Travel-Learn**

**JAPAN BY SEA**

**LAND OF THE RISING SUN**

**ABOARD THE HERITAGE ADVENTURER**

**MAY 14-25, 2024**

**RESERVATION FORM**

For more information or to reserve by phone (preferred method), please call (888) 328-2089 or (650) 328-2089; or email res@criteriontravel.com. You may also complete and return this reservation form with your deposit of $1,000 per person, payable to Criterion Travel, to: Criterion Travel, 4250 SW Hall Blvd., Beaverton, OR 97005, or fax the completed form to (650) 560-6400.

**NAME #1 (AS IT APPEARS ON PASSPORT)**

**BIRTHDATE**

**MAILING ADDRESS**

**CITY / STATE / ZIP or POSTAL CODE**

**PHONE HOME**

**MOBILE PHONE**

**EMAIL 1**

**EMAIL 2**

**PAYMENT**

☐ Please charge the deposit to my credit card (circle one): VISA MasterCard American Express

**NAME ON CREDIT CARD**

**CREDIT #**

**EXP. DATE**

**SECURITY CODE**

**SIGNATURE AS IT APPEARS ON CREDIT CARD**

Enclosed is my check for $______($1,000 per person, payable to Criterion Travel to reserve ________ place(s) on Japan by Sea

**SINGLE TRAVELERS (choose one)**

☐ I prefer to have single accommodations. (limited availability)

☐ I plan to share accommodations with:

I’d like to know about roommates.

I understand that if a roommate cannot be found by the final payment deadline of June 15, 2024 I will pay the single rate.

**ACCOMMODATIONS (not guaranteed)**

Cabin category preference:

1st Choice

2nd Choice

Bed Preference (not guaranteed): ☐ One bed ☐ Two beds

I/We have read the tour information section of the brochure and agree to the Terms and Conditions stated herein.

**SIGNATURE**

**DATE**
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Tufts University
Travel-Learn
Office of Alumni Engagement
80 George Street, Suite 100-3
Medford, MA 02155

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