



JAPAN: BOYS LACROSSE TOUR

Tokyo, Kyoto

10-DAY PROGRAM



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.



PROGRAM 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 unique balance of past and present. Along the way, you'll connect with local athletes, compete in friendly games, and experience the energy of Japanese sports culture.

Immerse yourself in hands-on experiences, from ramen-making and samurai lessons to exploring ancient shrines and cutting-edge digital art. Through these adventures, you'll gain a deeper appreciation for Japan's traditions, innovation, and spirit of teamwork.





PROGRAM ITINERARY

Activities and the daily schedule may vary based on weather, local events, and group needs.

DAY 1: WELCOME TO JAPAN!

Arrive in Tokyo (HND) and settle into the accommodations, allowing time to adjust to the new surroundings and time zone. The team will then hold a practice session to prepare for the upcoming exhibition games, focusing on conditioning, strategy, and team chemistry. In the evening, everyone will come together for a welcome dinner at a traditional izakaya, offering an opportunity to experience authentic Japanese cuisine and enjoy some time together as a team.

DAY 2: MEIJI SHRINE, HARAJUKU, & LEADERSHIP WORKSHOP

Visit Meiji Shrine and enjoy some time exploring the peaceful surroundings of Yoyogi Park. Afterward, have lunch at Tsukiji Market, where you can experience a variety of fresh and traditional Japanese foods, before spending the afternoon exploring the vibrant streets and unique shops of Harajuku. The day will conclude with team practice and a leadership workshop focused on teamwork, communication, and developing leadership skills.

DAY 3: SHIBUYA CROSSING, SUMO, & GAME

Visit the iconic Shibuya Crossing and experience the energy of one of Tokyo's most famous landmarks. Later, attend a sumo wrestling training session to learn more about Japan's traditional sport, its athletes, and the discipline behind their training. In the evening, the team will compete in an exhibition game against a local team, providing an opportunity to put their skills into practice while building team chemistry and gaining experience playing in a new environment.

DAY 4: LEADERSHIP SESSION, EXPLORATION, & GAME

Begin the day with a leadership session led by the coaches, focusing on communication, teamwork, accountability, and continued personal development. After the session, explore Senso-ji Temple, one of Tokyo's most historic and culturally significant sites, and walk along Nakamise Street to experience its traditional shops, local treats, and lively atmosphere. Enjoy some free time afterward to relax, explore the area, or spend time with teammates before preparing for the second exhibition game of the trip. The evening will provide another opportunity to compete against a local team, build team chemistry, and apply the skills and lessons developed throughout the trip.



DAY 5: NIKKO DAY TRIP

Take a full-day trip to Nikko, a beautiful destination known for its historic temples, shrines, and natural scenery. Visit Toshogu Shrine, one of Japan's most impressive cultural landmarks, and explore the peaceful grounds of Rinnoji Temple. Continue the day with a visit to Kegon Waterfall, taking in the surrounding mountain views and scenic landscape. After a full day of sightseeing and experiencing the history and beauty of the region, return to Tokyo in the evening for a relaxing night and time to recharge for the next day.



DAY 6: DIGITAL ART MUSEUM & GAME

Explore teamLab Borderless, Tokyo's immersive digital art museum, where interactive installations, colorful projections, and technology create a unique experience for the team. After enjoying the exhibits, prepare for the final exhibition game of the trip and compete against a local team, putting the skills, teamwork, and leadership developed throughout the week into action. Following the game, host a lacrosse clinic for local youth, giving the team an opportunity to share their knowledge, connect with the local community, and introduce young athletes to the sport. The clinic will provide a meaningful way to finish the competitive portion of the trip while celebrating sportsmanship, teamwork, and cultural exchange.



DAY 7: BULLET TRAIN TO KYOTO & RAMEN-MAKING CLASS

Travel to Kyoto by shinkansen (bullet train), enjoying the scenic journey and efficient Japanese rail experience along the way. Once in Kyoto, visit the beautiful Arashiyama Bamboo Forest and take in its peaceful atmosphere and towering bamboo paths. Later, enjoy a fun and hands-on ramen-making class, where you can learn how to prepare this popular Japanese dish and experience a taste of local food culture.

DAY 8: FINAL PRACTICE & KYOTO HIGHLIGHTS

Begin the day with a final practice session and a leadership wrap-up, providing an opportunity to reflect on the experiences of the trip, strengthen teamwork, and celebrate the group's progress. Afterwards, explore some of Kyoto's most iconic sights, including Kinkaku-ji (Golden Pavilion), known for its stunning golden exterior and peaceful surroundings. Continue to the historic Gion District, where you can experience Kyoto's traditional atmosphere, and finish the day at Nishiki Market, exploring its lively stalls and sampling a variety of local foods and specialties.





DAY 9: SAMURAI TRAINING & FAREWELL DINNER

Experience an exciting samurai training session, where participants can learn about the traditions, discipline, and techniques associated with Japan's legendary warriors. Afterward, visit Fushimi Inari Shrine, one of Kyoto's most famous landmarks, and walk through its iconic rows of vibrant red torii gates while taking in the peaceful surroundings. End the day with a special farewell dinner alongside teammates and coaches, providing an opportunity to reflect on the trip, share favorite memories, and celebrate the friendships and experiences created along the way.

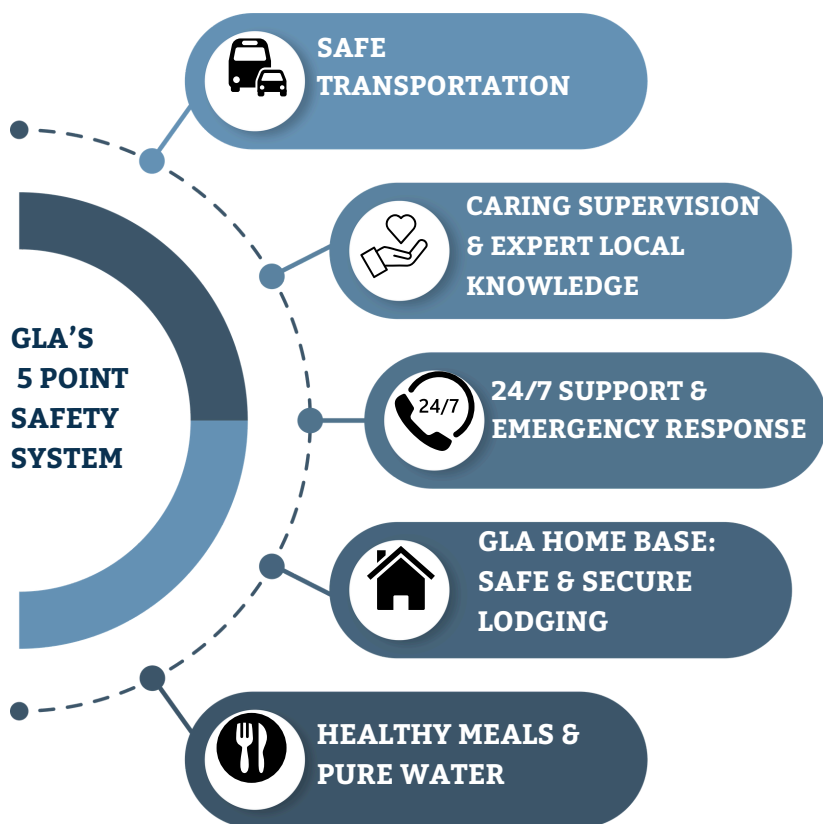


DAY 10: DEPARTURE

Begin the day with an early transfer back to Tokyo, allowing plenty of time to reach the airport and prepare for the journey home. Once in Tokyo, continue to Haneda Airport (HND) for your departing flight. This marks the end of the trip, providing time to reflect on the memorable experiences, cultural activities, and special moments shared with teammates and coaches throughout the journey.



PROGRAM SAFETY



GLA 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.

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 yearround, with occasional typhoons in late summer, so it's best to be prepared for changing weather no matter when you visit.

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.

PROGRAM INCLUSIONS

Inclusions:

- Healthy Meals and Drinking Water
- Accommodations in a trusted GLA Home Base
- Safe Transportation - private and public
- Activities and entry fees
- Expert Staff to guide the group
- Secondary medical insurance & emergency evacuation insurance for every traveler

Exclusions:

- Airfare to and from the program
- Additional snacks or drinks outside of mealtimes
- Travel Insurance (lost luggage, etc)

