

Conference Location:



Aiina Center

**Address: 1-7-1 Morioka Station West, Morioka City,
Iwate Prefecture, 020-0045, Japan**

Tel: +81 19-606-1717

Fax: +81 19-606-1716

Email: info@aiina.jp

URL: <http://www.aiina.jp/en/index.html>

How to get to Morioka city

By domestic airline

1. By airplane, from each airport to Iwate-Hanamaki airport for example, it takes 1 hour and 25 minutes from Itami and Kansai (Osaka), 1 hour and 10 minutes from Nagoya and 55 minutes from Shin-Chitose (Sapporo).
2. By route bus, from the airport to Morioka Station, it takes 50 minutes.

International Airports:

- a. Narita International Airport: Is the biggest international airport in Japan, and is located 60 km east of central Tokyo.
- b. Haneda Airport: Haneda Airport is in the south area of Tokyo. So it is at the very convenient position to visit Tokyo. And it is most biggest domestic airport in Japan, and many flights to the cities around Japan arrive and depart. The nickname of the airport terminal is "Big Bird".
For more details:<http://www.tokyo-airport-bldg.co.jp/en/>
- c. Kansai International Airport: This is the main international airport in western Japan, and is located 40 km southwest of central Osaka.
For more details:<http://www.kansai-airport.or.jp/en/index.asp>
- d. Chubu Centrair International Airport: This is the international airport in central Japan. It is located 30 km south of central Nagoya. "Chubu" means "central Japan", and "Centrair" is the nickname of this airport. Commonly, it is called "Chubu Airport".

Source: <http://www.travel-around-japan.com/j11-international-airport.html>

By railroad:

The Tohoku Shinkansen is a line that connects Tokyo with Aomori at the northern tip of Honshu. The Tohoku Shinkansen is operated by the East Japan Railway Company, commonly known as JR East. Two branch lines, the Akita Shinkansen and the Yamagata Shinkansen, provide shinkansen connections to the prefectures after which they are named. Unlike regular shinkansen lines, these two branch lines use the tracks of existing train lines, employ somewhat narrower train sets and run at lower speeds after branching off from the Tohoku Shinkansen. By Tohoku-Shinkansen, from Tokyo to Morioka, it takes about 2 hours and 30 minutes.

Train categories to Morioka:

The Hayabusa is the fastest train category along the Tohoku Shinkansen, serving only Tokyo, Omiya, Sendai, Morioka and Shin-Aomori Stations. Introduced in March 2011, the Hayabusa currently operates only two round trips per day along the entire line, but the number of services will be increased in the future. Trains run at speeds of up to 300 km/h, to be increased to 320 km/h from spring 2013. The Hayabusa is one of the few shinkansen trains without non-reserved seating. An advance seat reservation is mandatory. When all seats are booked out, standing tickets can be purchased. Only between Morioka and Shin-Aomori, passengers may use vacant seats without seat reservations. Besides ordinary seats (3x2 seats per row) and a Green Car (2x2 seats per row), the Hayabusa carries one Gran Class car, the first class service by JR East with 2x1 seats per row.

The Hayate is the second fastest train category along the Tohoku Shinkansen, running along its entire length between Tokyo and Shin-Aomori, but stopping at a few more stations than the Hayabusa trains. Most of the Hayate trains are coupled with a Komachi train between Tokyo and Morioka. The Hayate is one of the few shinkansen trains without non-reserved seating. An advance seat reservation is mandatory. When all seats are booked out, standing tickets can be purchased. Only between Morioka and Shin-Aomori, passengers may use vacant seats without seat reservations. The same exception also applies between Sendai and Morioka on Hayate trains that stop on stations between Sendai and Morioka (note that most do not). A small, but increasing number of Hayate trains carry one Gran Class car, the first class service by JR East with 2x1 seats per row.

The Yamabiko is the third fastest train category along the Tohoku Shinkansen, running as far north as Morioka, although some terminate at Sendai. Many Yamabiko trains are coupled with a Tsubasa train between Tokyo and Fukushima.

The Komachi is the only train category of the Akita Shinkansen. The trains are coupled with a Hayate train between Tokyo and Morioka and run on their own between Morioka and Akita. Trains change directions between Akita and Omagari, the last station before Akita. The Komachi is one of the few shinkansen trains without non-reserved seating. An advance seat reservation is mandatory. When all seats are booked out, standing tickets can be purchased. Only between Morioka and Akita, passengers may use vacant seats without seat reservations. Because Komachi trains are narrower than regular shinkansen trains, seating comes in rows of 2x2 seats.

In order to be informed about the timetable you can visit the official web page:

http://jreast-shinkansen-reservation.eki-net.com/pc/english/common/timetable/e_tohoku_d/index.html

Visa:

Before you start planning your travel to Japan you should be informed about the visa requirements.

For more information:

<http://www.jnto.go.jp/eng/arrange/essential/visa.html>

Narita International Airport

Tel.: +81 476 34 8000

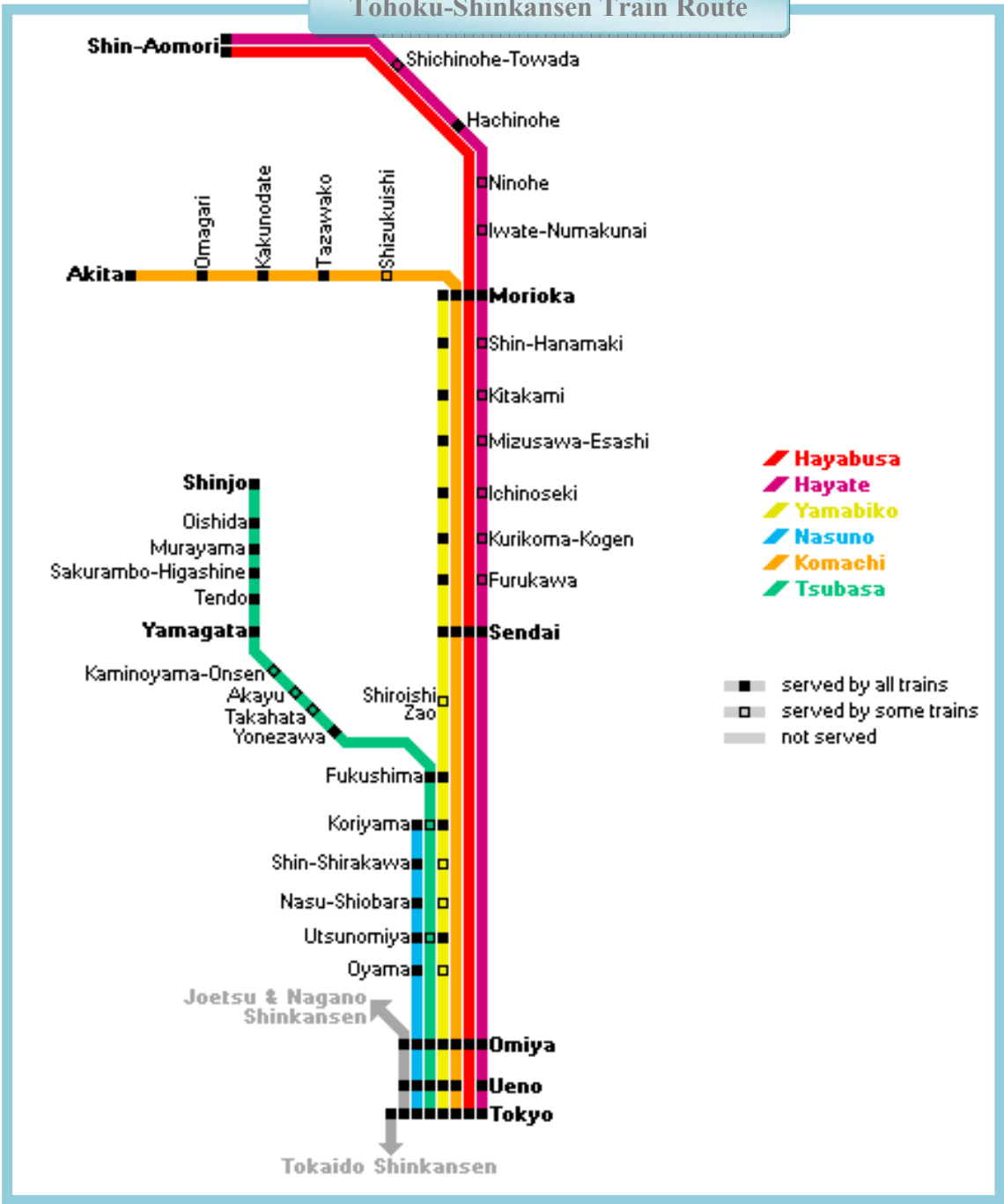
URL: <http://www.narita-airport.jp/en/index.html>

Chubu Centrair International Airport

Tel.: +81 569 38 1195

URL: <http://www.centrair.jp/en/>

Tohoku-Shinkansen Train Route



How to get to the Conference Center

The Aina Conference Center is 8 Minutes by car from the Tohoku Expressway Morioka Interchange and 4 minutes on foot from Morioka JR Station.

For more information:

<http://www.aiina.jp/en/access-en.html>

Car Hire:

There are several rent a car companies in Morioka Station such as Europcar, Mazda car rental, Europcar.

For more details:

http://www.mazda-rentacar.com/shop/shop_detail.php?TENPO_CD=0301

<http://www.europcar.com/car-rental-JAPAN-MORIOKA.html>



Morioka Turist Informationrist Information Center

Address: Plaza Odette 2F, 1-1-10 Nakanohashi-dori,
Morioka-shi, Iwate

Phone: 019-604-3305

Operation hours: Open daily from 09:00a.m - 18:00 p.m.

Morioka City

Location: 39° 42' N and 141° 09' E

Population: 298,348

Area: 886.5 km²

A few words for Morioka: Morioka city is the capital of Iwate Prefecture and is located nearly in the center of the prefecture. It has a population of 299 thousand people (2008). Since 9th century, here has been a central town in this region. Especially since 17th century, Nanbu clan had ruled this region after building the Morioka Castle, then Morioka had developed. Morioka is known for three kind of noodles; Wanko-soba, Reimen and Jajamen. You can find the restaurants in this city. Morioka is the important place for travel in Iwate Prefecture. Tohoku Shinkansen runs through this city, and Akita Shinkansen branches off from here. And local lines to east and west start from here. "Morioka Sansa Dance Festival" is held around central Moriokai city from August 1st to 4th. And "Chagu-chagu Umako", the parade of horses for agriculture from Takizawa village, is held at the 2nd Saturday in June.

History: Morioka is in the territory inhabited by the Emishi people in ancient times. The general Sakanoue no Tamuramaro, who was ordered to conquer the Emishi, built Shiwa Castle here in 803, and the region gradually was brought under imperial control. At the end of the Heian period, Morioka was under the control of the Ōshū Fujiwara Clan based in Hiraizumi, to the south of Morioka. The clan was destroyed by shogun Minamoto no Yoritomo, and the Kudo Clan replaced it. During the Muromachi period, the Nanbu clan, based in Sannohe to the north, expanded its territory and built Kozukata Castle here. The Nanbu clan changed the name of the area, known as Kozukata, to Morioka in the 17th century. In the Boshin War, Morioka made a pro-shogunate alliance with Aizu, and fought against the imperial force. As a consequence Kozukata castle was destroyed in 1874.



Official Web Page of Morioka: <http://www.jnto.go.jp/eng/>

Source: http://en.wikipedia.org/wiki/Morioka,_Iwate
<http://www.citypopulation.de/php/japan-admin.php?adm2id=03201>

Access to the Gala Dinner

The Conference Banquet will be held on 2013 @ Grand Hotel Morioka

Address: 020-8501 1-10, Atagoshita, Morioka-shi, Iwate-ken

Ph: +019 625 2111

Web Page: <http://www.m-grand.jp/index.html>



Information



Weather-Climate

Iwate's climate varies widely depending on the area. Most of Iwate's inland areas are mountainous, with the Ou Mountains on the western border with Akita prefecture and the Kitakami Highlands in the east. Morioka, the prefectural capital, has many cold days in winter. The coastal areas have a maritime climate: cool in summer, not so much snow and not as cold as the inland areas in winter. Such varying climates contribute to Iwate's stark and vivid contrast of the four seasons.

<http://www.japan-iwate.info/municipalities/>



Time

Standard Time Zone: GMT/UTC + 09:00 hour



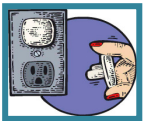
Banks

Banks provide their customers with services such as cash deposits, withdrawals, transfers, foreign exchange and investment services. Most banks are open from 9:00 to 15:00, and close on weekends and national holidays.



Post Office

Small post offices are open Monday to Friday from 9:00 to 17:00 and are closed on weekends and national holidays. Larger offices are opened on weekdays until 19:00 and may also open on Saturdays and Sundays.



Electricity

The voltage in Japan is 100 Volt. Japanese electrical plugs have two, non-polarized pins. They fit into North American outlets. Japanese power outlets are identical to ungrounded (2-pin) North American outlets. While most Japanese outlets these days are polarized (one slot is slightly wider than the other), it is possible to encounter non-polarized outlets in some places. The frequency of electric current is 50 Hertz in Eastern Japan (including Tokyo, Yokohama, Tohoku, Hokkaido) and 60 Hertz in Western Japan (including Nagoya, Osaka, Kyoto, Hiroshima, Shikoku, Kyushu), however this frequency difference affects only sensitive equipment.



Special Needs

Delegates and accompanying persons with disabilities are invited to advise the Congress Secretariat of any special requirements.



Currency

The official currency of Japan is Yen. 100JPY=0.0104641 USD

To convert your currency in ¥ (Yen) you can visit: <http://www.xe.com/>

Note: Foreign Currency Exchange

In Iwate, you can change currency at bank branches displaying “Foreign Currency Exchange” signs and at some hotels. The currencies handled by each bank vary. Check the Accommodations Page for hotels with currency exchange service. However, it is a good idea to have your money exchanged at the airport.

Places of Interest in Morioka/Iwate



Iwate Museum of Art

Iwate Museum of Art was opened in October 2001. The museum is characterized by collections of art created by local artists such as Yorozu Tetsugoro, Matsumoto Shunsuke, and Funakoshi Yasutake.

Address: 12-3, Matsuhaba, Motomiya, Morioka, Iwate 020-0866

Opening hours: Tuesday to Sunday 09:30am - 18:00pm (entrance until 17:30pm)

Tel.: +81-19-658-1711

Admission: Adults 400YEN Students 300 YEN

For more details about the fees you can visit the official site:

URL: <http://www.ima.or.jp/en/eninformation.html>

Hoon-ji Temple

Hoon-ji Temple is famous in very large Zen meditation temple and Gohyaku Rakan from the domain administration era.

Address: 020-0016 31-5, Nasukawacho, Morioka-shi, Iwate

Opening hours: Daily

Tel.: +81 19-651-4415

Admissions: Free

For more details about the fees you can visit the official site:

URL: <http://www.visitjapan-tohoku.org.e.cr.hp.transer.com/zone/morioka/spot/03201ag2130014396/>





Tsunagi Hot Springs

Tsunagi hot spring is located near Lake Goshoko. Tsunagi literally means to tie or fasten. The hot spring waters are perfect for soaking away fatigue. Lake Goshoko is an artificial lake, created by damming the Shizukuishi River. There are many Japanese-style inns and modern, western-style hotels around the edge of the lake.

Address: 121-1 Yu no Yataka, Tsunagi, Morioka City

Opening hours: Daily 08:00am – 17:00

Tel.: +81 19-689-2109

Admissions: vary on the facility

For more details about the fees you can visit the site:

URL: http://www.japan-iwate.info/app/location_detail.php?lid=133

Japanese Garden at Morioka Central Public Hall

Morioka Central Public Hall was once the ruling Nambu Clan's villa and preserves an exquisite Japanese strolling garden.

Address: 020-0013 14-1, Atagocho, Morioka-shi, Iwate

Opening hours: 07:00am to 17:00pm. Closed on Mondays

Admissions: 150YEN for adults

Tel.: + 81 19-654-5366

For more details about the fees you can visit the site:

URL: www.visitjapan-tohoku.org.e.cr.hp.transer.com/zone/morioka/spot/03201ah2140016158/



Morioka Castle ruins

Morioka Castle is a castle with a continuous enclosure built in a plain mount positioned on a granite hill in the central part of Morioka. The Kitakami River on the west and the Nakatsu River on the southeast were its natural outer moats. A secondary enclosure is positioned at the northern part of the inner citadel, and a red painted bridge spans over a moat that divides the two. There's a tertiary enclosure positioned at the northern part of it; a Koshi no kuruwa a Awaji maru and a Sakakiyama kuruwa enclose the inner citad.

Address: 1-37, Uchimaru, Morioka-shi, Iwate

Opening hours: To be advised

Admissions: Before you plan your visit call at the number below

Tel.: + 81 19-604-3305

For more details about the fees you can visit the site:

URL: <http://www.visitjapantohoku.org.e.cr.hp.transer.com/zone/morioka/spot/03201af2170020094/>



Daiji-ji Temple

It was destroyed by fire in 1884. In the precincts of Daiji-ji Temple, Takashi Hara who fell down to assassin's knife of one young man at Tokyo Station in 1922 sleeps by the will. In addition, it is a temple of forwarding tray event "ship kid sink" origin only by Morioka. You can eat simple vegetarian cooking (simple taste of Sinicism succeeds to wisdom of the medicine food same source given from ancient people very beautifully visually) which assumed wild grass Vegetable called "vegetarian table d'hote in Chinese style Cuisine" materials in Daiji-ji Temple.

Address: 020-0828 5-6, Daijiji-cho, Morioka-shi, Iwate

Opening hours: To be advised

Admissions: Before you plan your visit call at the number below

Tel.: + 81 19 0-622-4709

For more details about the fees you can visit the site:

URL: <http://www.visitjapan-tohoku.org.e.cr.hp.transer.com/zone/morioka/spot/03201ag2130012839/>

More attractions and sights in Morioka: http://www.japan-iwate.info/app/location_list.php
<http://www.visitjapan-tohoku.org/e.cr.hp.transer.com/zone/morioka/spot/>
http://www.tripadvisor.co.uk/Attractions-g298247-Activities-Morioka_Iwate_Prefecture_Tohoku.html

Dinning in Morioka

The traditional food of Japan is based on rice with miso soup and other dishes, with an emphasis on seasonal ingredients. The side dishes often consist of fish, pickled vegetables, and vegetables cooked in broth. Fish is common in the traditional cuisine. It is often grilled. Fish may be served raw as sashimi or in sushi. Seafood and vegetables are also deep-fried in a light batter as tempura. Apart from rice, staples include noodles, such as soba and udon. Japan has many simmered dishes such as fish products in broth called oden, or beef in sukiyaki and nikujaga. Foreign food, in particular Chinese food in the form of noodles in soup called ramen and fried dumplings, gyoza, and western food such as curry and hamburger steaks are commonly found in Japan. Historically, the Japanese shunned meat, but with the modernization of Japan in the 1860s, meat-based dishes such as tonkatsu became common. Japan has an indigenous form of sweets called *wagashi*, which include ingredients such as red bean paste, as well as its indigenous rice wine sake. Japanese cuisine, particularly sushi, has now become popular throughout the world.

Source: http://en.wikipedia.org/wiki/Japanese_cuisine



Okayu

It's called okayu or kayu in Japan and is known as an easily digestible dish. I like simple okayu seasoned with salt, but you can make it more nutritious by cooking with chicken, vegetables, and so on, or adding lots of toppings.

Chilled Tofu

It's a traditional tofu dish called hiyayakko. Chilled tofu is simply served with various toppings. They can be a wide variety of fresh or cooked ingredients of your choice. Common toppings are katsuobushi (dried bonito flakes), grated ginger, green onion, shiso (perilla), and so on.



Sushi

Sushi may refer to any dish that contains sushi rice, cooked white rice flavored with seasoned rice vinegar. There are various kinds of sushi dishes, such as nigirizushi (hand formed sushi), makizushi (rolled sushi), and chirashi (sushi rice topped with raw fish). Sushi is the most famous Japanese dish outside of Japan, and one of the most popular dishes among the Japanese themselves.

Donburi

Donburi refers to a bowl of plain cooked rice with some other food on top of it. Donburi are served at specialty restaurants, but they are also a common dish that can be found on all kinds of restaurants' menus. Some of the most popular varieties are gyudon (stewed beef), katsudon (tonkatsu), tendon (tempura), oyakodon (chicken and egg), tekkadon (maguro), and kaisendon (raw seafood).



Sashimi

Sashimi is raw seafood. A large number of fish can be enjoyed raw if they are fresh and prepared correctly. Most types of sashimi are enjoyed with soy sauce and wasabi.

Restaurants in Morioka

Pyon Pyon-sha, Morikoka-ekimae

Address: 9-3 Moriokaekimaedori,, Morioka, Iwate Prefecture 020-0034

Tel.: +81 19-606-1067

For more details about the fees you can visit the site:

URL: http://www.tripadvisor.co.uk/Restaurant_Review-g298247-d1371497-Reviews-Pyon_Pyon_sha_Morikoka_ekimae-Morioka_Iwate_Prefecture_Tohoku.html

Seirokaku

Address: 15-5 Moriokaekimaedori, Morioka, Iwate Prefecture 020-0034

Tel.: +81 19-654-8752

For more details about the fees you can visit the site:

URL: http://www.tripadvisor.co.uk/Restaurant_Review-g298247-d1666294-Reviews-Seirokaku-Morioka_Iwate_Prefecture_Tohoku.html

Azumaya

Address: 8-11 Moriokaekimaedori, Morioka, Iwate Prefecture

Tel.: +81 19-622-2233

For more details about the fees you can visit the site:

URL: http://www.tripadvisor.co.uk/Restaurant_Review-g298247-d1691725-Reviews-Azumaya-Morioka_Iwate_Prefecture_Tohoku.html

Azumaya

Address: 5-15 Uchimaru, Morioka, Iwate Prefecture

Tel.: +81 19-624-2247

For more details about the fees you can visit the site:

URL: http://www.tripadvisor.co.uk/Restaurant_Review-g298247-d1691726-Reviews-Pairon-Morioka_Iwate_Prefecture_Tohoku.html

More options to dine in Morioka:

http://www.tripadvisor.co.uk/Restaurants-g298247-Morioka_Iwate_Prefecture_Tohoku.html

Sources:<http://www.japan-guide.com/e/e2226.html>
<http://www.japan-guide.com/e/e2224.html>
<http://www.japan-guide.com/e/e2035.html>
<http://www.aiina.jp/en/index.html>
www.tripadvisor.co.uk
http://en.wikipedia.org/wiki/Japanese_cuisine
<http://www.jnto.go.jp/eng/location/regional/iwate/morioka.html>
<http://www.travel-around-japan.com/k22-01-morioka.html>
<http://www.visitjapan-tohoku.org.e.cr.hp.transer.com/zone/morioka/>

