

WELCOME TO THE **TOKYO** INSIDER COLLECTION

Truly memorable meetings and events with authentic local flavor – that is the inspiration behind the InterContinental Insider Collection.

Our network of hotels and resorts is global; our knowledge and expertise local, giving planners guaranteed choice, range and depth to add to any meeting or conference. Each hotel offers its own bespoke selection of services which are firmly rooted in their location and are responsibly guided by our partnership with National Geographic's Center for Sustainable Destinations.

The options are limitless, the local knowledge rich, the service professional and faultless, the delegate experience enriching and rewarding every time.

Sample for yourself some of our wonderful Tokyo experiences.

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TOKYO

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INSIDER LOCATIONS

Choose an InterContinental venue for your event and a world of possibilities opens up. As locals, your hotel team hold the key to a side of your locality tourists never see. What and who they know gives you an exclusive mix of authentic venues and experiences to play with.

INSIDER SPEAKERS

Bring your event to life with an inspirational speaker – someone who can really strike a chord with your delegates and enrich their experience beyond measure. Fascinating and engaging, motivating Insider Speakers range from celebrities and cultural experts to sporting heroes. Whatever their passion, they all have a local connection and you will discover that their unique insights and local know-how make your event one to remember.

INSIDER COMMUNITY

There's nothing quite like immersing yourself in the community to gain an added depth and understanding to your experience in a new destination. Insider Community has been designed to benefit local people and create truly memorable and meaningful experiences for your delegates too.

INSIDER INTERACTIONS

This team-building experience will help your delegates connect with each other as never before. Using the unique character, heritage or geography of your destination to inspire interaction, each experience, whether based on or off-site offers an original way to engage delegates and motivate them to build effective working relationships.

INSIDER BREAKS

With Insider Collection even your breaks are fulfilling experiences. From serving up a delicious lunch of provincial dishes for a taste of regional cuisine to spending some quality time with your Concierge team to get their best insider tips, a few minutes out of your busy schedule becomes a whole experience in itself.

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ENRICHING EXPERIENCES FOR OUR GUESTS AND OUR ENVIRONMENT

We believe that a responsible meeting is not only what you experience in the meeting room but also knowing that your hotel respects the destination around it.

We're proud to partner the leaders in geotourism, the National Geographic Center for Sustainable Destinations. Our ambition is that guests enjoy enriching experiences that reveal what makes a place truly special – its heritage, culture and tradition – and the importance of protecting it.

At InterContinental we use a holistic approach to being a responsible business: to work from the grass roots up, recognising each individual hotel team as the experts best placed to use their local knowledge for developing community and environmental initiatives that meet the specific needs of the destination. This Insider Collection gives delegates access to some of these unique experiences, and for those meetings that stay in the meeting room, you can be assured our hotel is working behind the scenes to protect what is special about the place for fellow travellers.

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EXPERIENCE ANCIENT JAPAN IN THE LOCATION THAT INSPIRED QUENTIN TARANTINO

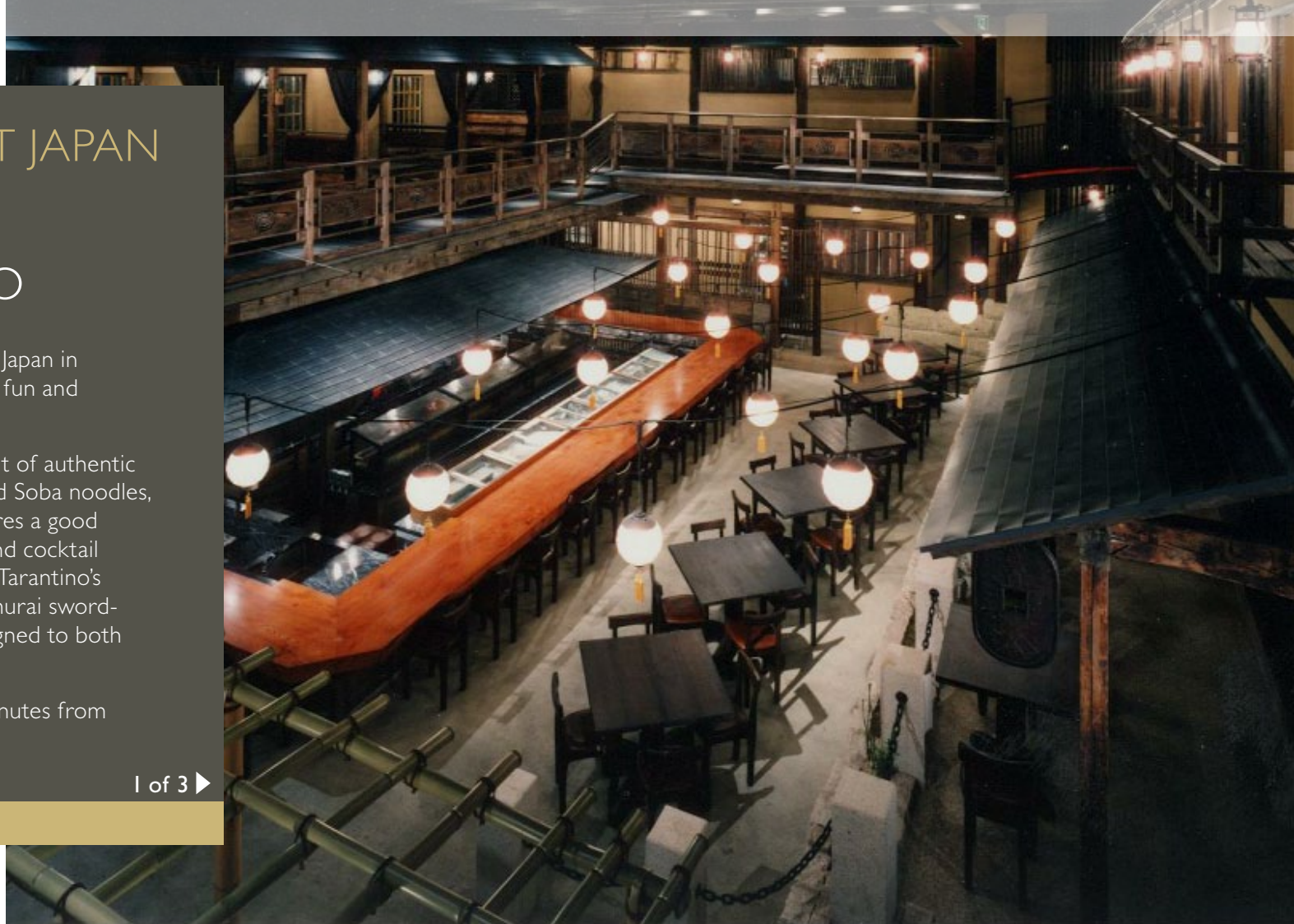
Enjoy the traditional décor of ancient Samurai Japan in this dramatic dining destination popular for its fun and lively atmosphere.

This landmark restaurant delivers the very best of authentic local Japanese cuisine – Kushi style skewers and Soba noodles, as well as seasonal specialties. Gonpachi features a good selection of sake and regional shochu liquor and cocktail creations. The venue was the set for Quentin Tarantino's Kill Bill fight scene and it is easy to imagine samurai sword-fighting in this traditional Japanese setting designed to both relax and inspire.

Gonpachi is located in Nichi-Azabu, just 10 minutes from the hotel.

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GONPACHI RESTAURANT

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DINE IN STYLE ON A TRADITIONAL JAPANESE HOUSEBOAT

Experience Japanese traditional cuisine at its very best in a charming old-fashioned houseboat 'Yakatabune'. This unique Tokyo party spot has every modern convenience and is a masterpiece of Japanese interior design.

This amazing floating restaurant will take you on a gentle cruise tour of Tokyo Bay whilst you dine on freshly-fried crispy assorted tempura and sashimi presented in the traditional style. Enjoy the spectacular urban night view reflected in the tranquil waters and find yourself slipping back to a golden era in Japan's rich history.

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YAKATABUNES ON TOKYO BAY

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TAKE A MAGICAL CRUISE ON TOKYO BAY

Perfect for a cocktail reception or banquet dinner, a cruise on the elegant cruise ship the 'Vingt et Un' will delight your delegates and deliver a special experience for all.

From the decks of this friendly ship your delegates can enjoy unrivalled views of the metropolis with its innovatively designed landmark towers. The cruise leaves from Takeshiba ferry terminal located just 15 minutes from the hotel by car. Private meetings, cocktail receptions and dinner parties can be arranged with the full support of professional services onboard.

For a truly unforgettable event this option is a must.

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THE VINGT ET UN AT NIGHT

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FIND OUT HOW SHINBASHI GEISHA IS GOOD FOR BUSINESS

Discover how the long-held traditions of the Geisha world can enhance business performance.

Geisha originating from the Shinbashi and Ginza areas are considered the very best amongst Geisha in Japan, and are masters of entertainment and performing arts. Their unparalleled knowledge of culture, cooking, Kimono and traditional Japanese manners adopted through years of rigorous training has attracted influential figures from the Japanese financial world. Take a glimpse behind the scenes and discover the unknown stories of traditional Geisha. Learn how the ways of the Geisha can deliver unique business opportunities the world over.

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SHINBASHI GEISHAS

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DISCOVER KABUKI – JAPAN'S CHARMING THEATRICAL ART PERFORMANCE

With their stunning costumes, elaborate make-up and elegant dancing, the actors of the Kabuki troupe will charm your delegates. This traditional art form is 400 years old yet still avant-garde in its presentation. Often translated as the 'art of singing and dancing', Kabuki is considered a national treasure. In a special performance, it will be brought to life before your eyes, telling its story through the voices and movements of the key players.

This is a wonderful way to experience a Japanese art form that has now been widely recognized as world class and praised by millions of audiences in prestigious theatres across the world, from New York to London and Europe.

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PAINTINGS OF THE KABUKI

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LEARN THE SPIRIT OF THE MIKOSHI FROM THE MASTER TAIKO MAKER

Enthral your delegates with a unique and fascinating insight into the history and traditions of Mikoshi (portable Shinto Shrines) and Japanese Taiko drum-making. This talk by Master Taiko Maker and Chairman of the Miyamoto Unosuke Co., Mr. Miyamoto-san, will profoundly connect you to Japanese Shinto tradition and the divine spirit of the Mikoshi.

Since 1861 the Miyamoto Unosuke Company has been making musical instruments and equipment for Japan's most elaborate and celebrated festivals. In 1926, Miyamoto made the musical instruments used in Taisho Emperor's funeral, and the Gagaku instruments for Showa Emperor's enthronement ceremony in 1928. The company has been serving the Japanese royal household ever since. Today, Miyamoto's drums and Mikoshi are still provided at Asakusa Sanjya Festival, one of the three great Shinto festivals in Tokyo.

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TAIKO MAKER

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HELP TO RESTORE AND PROTECT A HIKAWA SHRINE

Work together in tranquil surroundings to help clean up our local historic shrine. The Hikawa Jinja is a Shinto shrine located in Akasaka. Its pavilion was constructed in 1729 under the command of Tokugawa Yoshimune, the 8th Shogun, and it still stands to this day.

This superb experience will allow your delegates to have a unique glimpse into Shinto religion. Working alongside local people in this way will also give delegates the privilege of joining in the ancient ceremonies that accompany the cleaning of the shrine. These include carrying the Mikoshi portable shrine at the shrine festivals, pondering Mochi, joining the Bon dance festival, watching the Gagaku ceremonial ancient music orchestra, creating grass loops, and taking part in early morning meditation exercises practice. An unforgettable experience.

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THE HIKAWA JINJA SHRINE

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SAVE THE EARTH – PLANT A TREE BY THE BEACH OR ON A MOUNTAIN

This is an opportunity for you to join a community initiative and plant trees with local seniors and children to save the earth from global warming. Non-profit organization, Green Earth Center (GEC), has been bringing together local people, corporations, schools and governmental organizations for the last 15 years. In mountain regions, along rivers, on the coast, and across farmland, large areas of Japan have been re-greened thanks to this project. GEC will connect your delegates with a village community, allowing you to work together to protect Japan's natural heritage for future generations. Your delegates will also have the chance to join in village cultural activities and events.

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VOLUNTEERS FROM GREEN EARTH CENTER

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MAKE JAPANESE PAPER AND SEND A POSTCARD HOME

We invite your delegates to work with our team of professional instructors to discover the art of making delicate Japanese Washi paper.

Delegates can learn how to make this exquisite hand-made paper so they can then create a few postcards to send home to their friends and family. Boiled and processed paper material can be combined with other natural products like leaves from a favorite tree in the hotel grounds, for example, to make your postcard a personal and seasonal memento of your stay in Japan.

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TRADITIONAL WASHI PAPER

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LEARN ORIGAMI — JAPANESE PAPER FOLDING

Experience one of the original folk arts so typical of Japanese culture. Origami originated in the 17th century and became widely popular in the 19th century.

Transforming a flat sheet of paper into a 3-D sculpture using only your fingers is an unforgettable experience resulting in an original creation your delegates can take back home with them.

During this innovative session, delegates will learn to make the Hiroshima symbol of peace and hope – the crane. Other creations include a balloon, crab, trick boat, and frog – all great fun to make.

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TRADITIONAL ORIGAMI

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LEARN TO BE A SUMO WRESTLER

This fun team-building event is an absolute must when in Japan. Delegates will be taught the ancient art of Sumo wrestling by students training to become professionals. After a demonstration on how to pose and wrestle, delegates will be given a Sumo suit and Mawashi belt to wear. You will then have the opportunity to wrestle each other, using your skills to outwit and outperform your opponent. This is a fantastic way to boost the tempo of your meeting and allow delegates to let off steam.

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LEARNING THE SKILLS OF SUMO

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FEEL THE BEAT OF JAPANESE TAIKO DRUMMING

Harmonize with your team and discover the beauty of Japanese musical culture by learning to play traditional instruments. Try your hand on various Japanese drum instruments, which work in perfect harmony with each other without the need of a conductor. Try and play together as a team, and enjoy creating something original and unique together. A fantastic and very creative team-building experience, which everyone will enjoy, injecting a new energy into your meeting.

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TAIKO DRUMMERS

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MATCHA BREAK

For an authentic Japanese tea break, we invite you to sample green tea 'Matcha'. Traditionally, this finely milled tea sits at the heart of the Japanese tea ceremony, and has been popularized as a flavour mixed into varieties of Japanese and western pastries.

Enjoy your tea with our chef's speciality sweet and pastry selection featuring flavors to complement matcha tea.

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‘MATCHA’ JAPANESE GREEN TEA

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JAPANESE SEASONAL FRUIT BREAK

For a refreshing break, enjoy the richness of freshly picked seasonal fruits from local farms. The changing seasons afford us a bountiful array of delicious fruits from the north to the south of the island all year round.

Depending on the season, our menu selection includes: yuzu, mango, strawberries from Toyonoka, nashi pears, musk melon, kyoho grapes and hasaku citrus to name a few.

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SEASONAL JAPANESE FRUIT

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CREATE YOUR OWN ICE CREAM SANDWICH

For a great fun break try creating your own combination of ice cream sandwich in true Japanese style. Ice cream flavored and then mixed with fruits and vegetables is a traditional favorite in local communities in Japan. From famous Matcha to seasonal fruit, choose from a wide variety of tastes to make your own mouth-watering ice cream served in a cup. We definitely recommend you try Monaka skin, thin crisp wafers made from rice flour as the perfect accompaniment.

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MATCHA FLAVORED ICE CREAM

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EXPERIENCE A JAPANESE TEA CEREMONY

Discover the ancient Japanese art of the tea ceremony. Served by a Grand Master who specialises in the Meiji Era method of tea drinking called Urasanke, the demonstration includes traditional maccha tea preparation served with sweets and pastries. See for yourselves the amazingly disciplined dedication it takes to make and serve a cup of tea in Japan!

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ANCIENT TEA CEREMONY

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MAKE TRADITIONAL JAPANESE CAKES

Try your hand at pounding rice to make old-style Edo cakes. Assisted by Mochitsuki experts, delegates can learn the history of Japan with a music and fable performance detailing the spirit world of Edo (ancient Tokyo). This authentic community activity goes back many hundreds of years and is traditionally held as a New Year's celebration.

Our menu selection includes:

- Fresh rice cakes
- Anko (bean jam)
- Mochi and Kinako mochi.

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MAKING OEDO CAKES

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THANK YOU

Contact us to learn more about the Tokyo Insider Collection and how we can help you create a truly memorable experience with authentic local flavor.

Whichever Insider Collection experience is right for you, you can be assured that it reflects the best principles of Responsible Business, a commitment demonstrated by our partnership with the National Geographic Center for Sustainable Destinations.

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