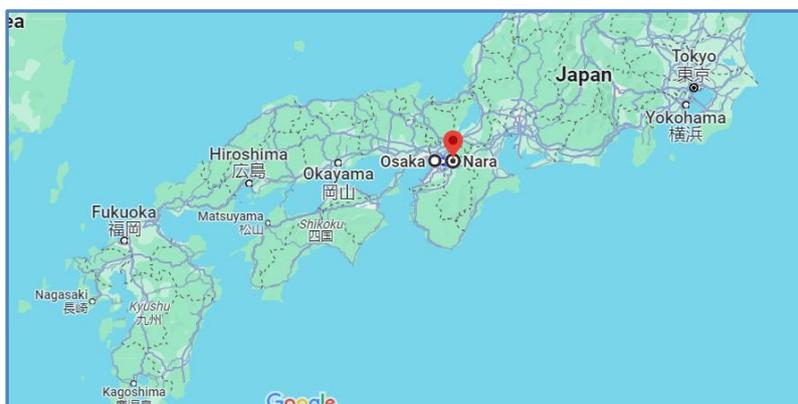




## Welcome to Nara, Japan

On behalf of the local organizing committee, Dr Masaru Mimura, Dr Tanaka Yutaka, Dr Anthony Pak-Hin Kong, we are very happy to welcome you to Nara, Japan. The following pages will provide you with basic information regarding our city, access to Nara, the conference venue, reception, and accommodation. We wish you a very pleasant stay and a very fruitful and enriching conference!



### About Nara

Nara City is located 30km east of Osaka City and 30km south of Kyoto City. Nara is the capital city of Nara Prefecture, Japan. As of 2022, Nara has an estimated population of 367,353 according to World Population Review. In certain areas of Nara, development is regulated in order to preserve the historic climate and to maintain the atmosphere of the ancient city. About 1200 years ago, Nara was the capital of Japan during the [Nara period](#) from 710 to 794 as the seat of the [Emperor](#) before the capital was moved to [Kyoto](#). Nara is home to eight temples, shrines, and ruins. These ancient sites together, with [Kasugayama Primeval Forest](#), collectively form the [Historic Monuments of Ancient Nara](#), a [UNESCO World Heritage Site](#).

## The 62nd Annual Meeting of the Academy of Aphasia, Nara Japan



There are three World Heritage Sites in Nara Prefecture. These are the “Buddhist Monuments in the Horyu-ji Area”, the “Historic Monuments of Ancient Nara”, and the “Sacred Sites and Pilgrimage Routes in the Kii Mountain Range”.

The Academy of Aphasia venue is in **Nara Park in Nara City**. In Nara Park, there are Todaiji Temple, Kofukuji Temple, and Kasuga Taisha Shrine, which are registered as World Heritage Sites. About an hour by train from Nara Park, there is the Horyu-ji Temple, which became the first World Heritage Site in Japan. Including the surrounding temples and shrines, the area of Nara Park spans about 4 kilometers from east to west and extends about 2 kilometers north to south.

Nara Park is designated as a national cultural property and is populated by



charming sika deer that are famous for enjoying *shika-senbei* (deer rice crackers). About 1200 deer live in Nara Park. You can buy crackers in the park and feed them to the deer, but be aware that they are wild animals. Deer flock when tourists buy *shika-senbei* at the store and

some deer shake their heads up and down in bowing gesture.

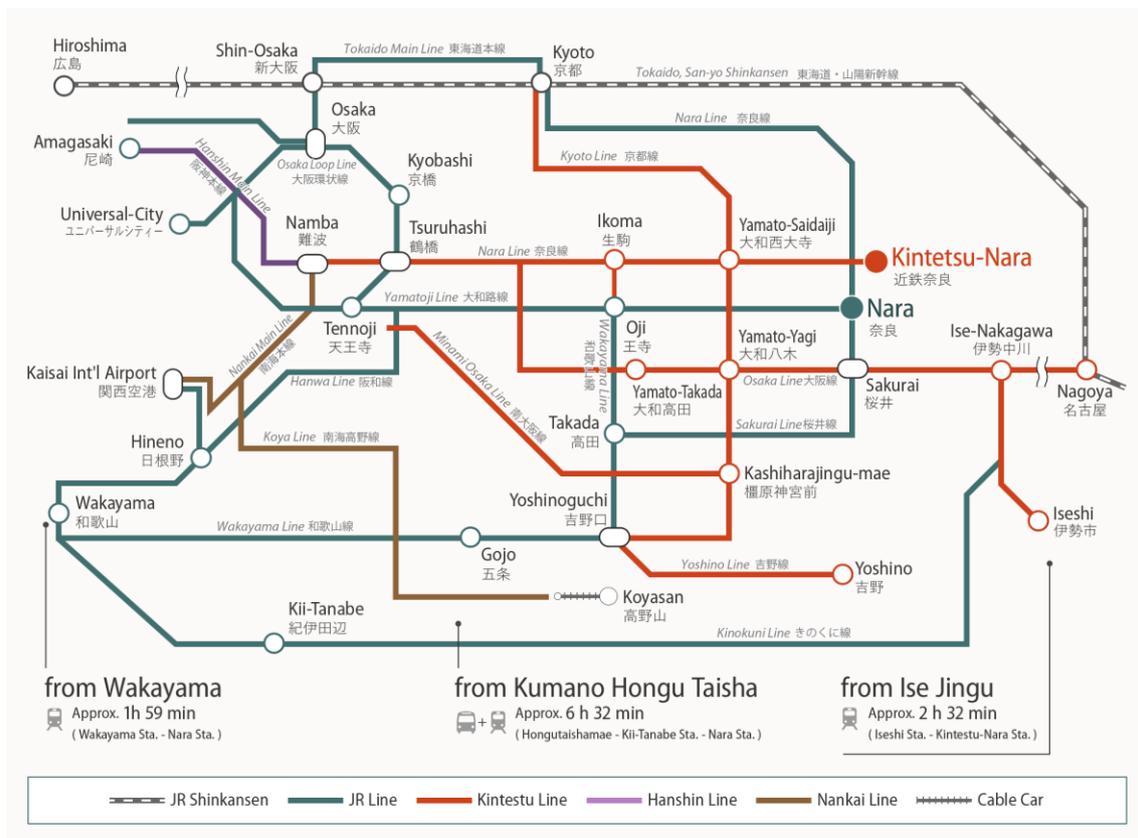
### **Access to Nara**

Nara City is located east of Osaka City and south of Kyoto City and easily accessed by train from both cities. Nara’s rail network is operated by the Kintetsu Railway and West Japan Railway (JR West). Therefore, Nara has two train stations: Nara Station on the JR Line and Kintetsu-Nara Station on the Kintetsu Line. Although IC cards like Suica and ICOCA can be used interchangeably on either line, restrictions apply to rail passes. Both rail operators offer money-saving passes allowing for affordable rail travel to and around Nara.

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## Japan Railway

- From Osaka, the JR Yamatoji Rapid Service goes directly to JR Nara Station.
- From Kyoto, the JR Miyakoji Rapid Service goes directly to Nara Station.
- From other locations in Kyoto or Osaka, the Kintetsu private railway may be the most convenient alternative. For more information see here: <https://www.city.nara.lg.jp/>



- *Kintetsu Railway*  
From Osaka Namba, take the Kintetsu train bound for Nara and get off at the last stop, Nara.
- From Kyoto Take the train bound for Nara and get off at the last stop, Nara.
- Kintetsu Railway offers four different train passes, some of which have the added benefit of inclusive bus travel. It takes 35-40 minutes by Kintetsu Line and takes 45 minutes by JR line.

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- [Kintetsu Rail Pass 1 Day](#)
- [Kintetsu Rail Pass 2 Day](#)
- [Kintetsu Rail Pass \(5 days\)](#)
- [Kintetsu Rail Pass WIDE \(5 days\)](#)

From Kansai International Airport

### 1) Bus

Bus stop No. 9 at the Terminal 1 on the 1<sup>st</sup> floor

Fares are ¥2100 From Airport to Nara

Please refer to the website for timetables etc. <https://www.kate.co.jp/en/>

### 2) Train

You take a train operated by JR line or Nankai Line.

When you use Nankai Line, you get off at Nankai Namba and change a train for Kintetsu Nara by using Kintetsu Line.

When you use JR line, you get off at Tennoji Station and change a train for Nara or Kamo and get off at JR Nara Station..

From Tokyo (Haneda International Airport or Narita International Airport)  
You can transfer to a domestic flight to Itami International Airport or Kansai International Airport. Or you can go to JR Tokyo Station by bus or train. (It is easy to transfer to JR Tokyo Station by bus). From JR Tokyo Station, take the *shinkansen* (bullet train) to JR Kyoto Station. Walk to Kintetsu Station, and ride the train to Kintetsu Nara. Approx 3 hours travel. Or from JR Tokyo Station, take the shinkansen (bullet train) to JR Kyoto Station. And change the local train or JR Miyakoji Kaisoku from JR Kyoto to JR Nara. Approx. 3 hours and 30 minutes travel.

From Itami International Airport

Bus stop 13 on the 1<sup>st</sup> floor.

Bus fare is ¥1510. See time table by <https://www.okkbus.co.jp/timetable/>

## Conference Venue (Nara Kasugano International Forum)

It is located in the center of Nara National Park, which is famous for its beauty.

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By bus

From Kintetsu Nara Station

Platform 1: Get on a bus No. 77, 97, or 7 and get off at the bus stop of Nara Kasugano Kokusai Forum Iraka.

Or get on a bus No.2, 6, 77, and 160 and get off at the bus stop of TodaijiDaibutsuden/Kasugataisya.

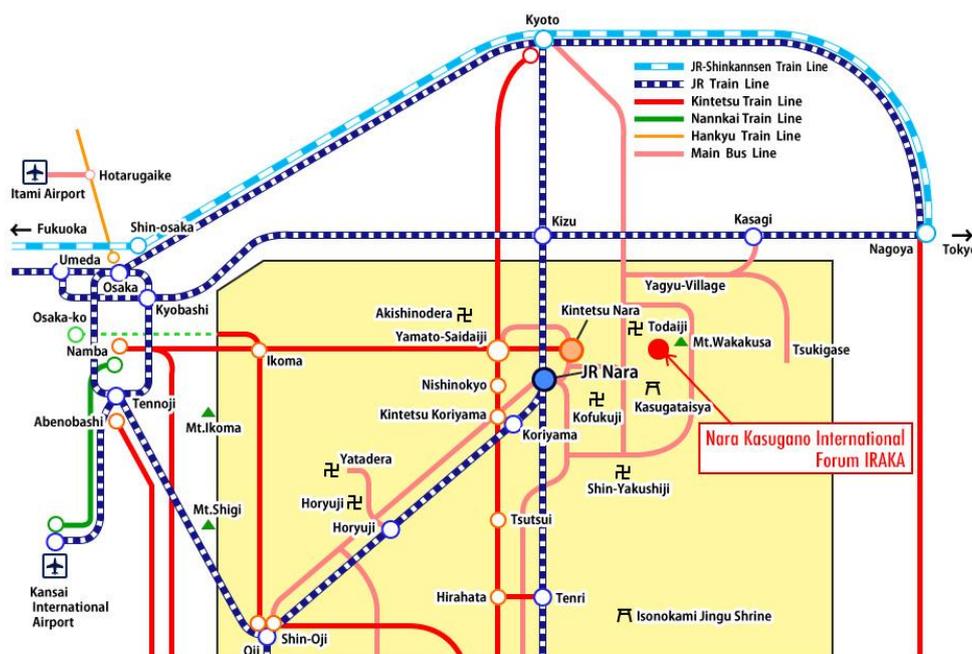
From JR Nara Station

Platform 2: The same buses.

On foot from Kintetsu Nara station

Go east from Kintetsu Nara station.

It takes about 20 minutes to Nara Park on foot.



## The 62nd Annual Meeting of the Academy of Aphasia, Nara Japan

### Welcome Party and Reception

The welcome party will be held on Friday night, October 18th, at the Nara Kasugano International Forum in the conference venue.

Time: 6 p.m.

### Noh Performance

On Saturday, October 19 will highlight traditional Japanese culture with Noh performance at the conference venue.

**Time: 6:30 p.m. duration = 90 minutes**

Noh is a major form of classical Japanese dance-drama that has been performed since the 14th century. Developed by Kan'ami and his son Zeami, it is the oldest major theater art that is still regularly performed today.



## The 62nd Annual Meeting of the Academy of Aphasia, Nara Japan

### Accommodations

Nara has numerous small and medium-sized hotels. Some recommendations are below.

The local organizing committee has reserved 50 rooms at Toyoko Inn Nara and Toyoko Inn Shin-Omiya budget hotels. Members should make reservations directly via email or website. Please mention Academy of Aphasia.

Contact: Yutaka Tanaka email: [yutaka@nara-tanakaclinic.com](mailto:yutaka@nara-tanakaclinic.com)

Hotels: The mean price in Nara is about \$90 per one night.

#### **Toyoko Inn Nara: 2-star hotel**

16-1 Nishimikadocho, Nara, 630-8225, Japan • +81 742-85-1045

\$50 per night

6-1 Nishi-mikado-cho, Nara city, Nara 630-8225 Japan

Access from the station (train)

1 min walk from Kintetsu Nara Station Exit 5 on Kintetsu Line

10 min walk from Nara Station on JR Line

#### **Toyoko INN Nara Shin-Omiya Station: Rating: Expedia rating: 3.9**

Address: 4 Chome-3-2 Shibatsujicho, Nara, 630-8114, Japan

Phone: +81 742-36-1045

**Nara Hotel:** 4.0 star property Upscale hotel, walk to Sarusawa Pond Park

\$144 per night

<https://www.narahotel.co.jp/>



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**Hotel Nikko Nara**, 4.0 star property, Upscale spa hotel near Nara Park  
\$61 per night

<https://www.nikkonara.jp/>



### Food and Restaurant

There are many local Japanese restaurants in the park near the conference venue and near Kintetsu Nara station and JR Nara station.

#### Restaurants near the conference venue:

**La Terrasse** (French) TripAdvisor Rating: 4.5:

Location: 98-1 Kasuganocho, Nara, 630-8212, Japan



This restaurant is at the base of Mt. Wakakusa, with scenery that could include cherry blossoms, green leaves and autumn colours. The set menu features Nara ingredients on the theme of 'a feel of nature on each plate'. Yamato vegetables procured directly from a farmer, as well as vegetables pickled in sake lees, not often found in French cuisine, are also used. The chef goes easy on oils and fats and seasons food lightly, creating harmony with the fragrance of herbs and citrus.



#### **Dining Room Mikasa in Nara Hotel**

(French): TripAdvisor Rating: 4.5

Location: [Nara Hotel](#)

**Address:** Japan, 〒630-8301 Nara, Takabatakecho, 1096 本館 1

Located in the historic Nara Hotel. Enjoy traditional flavors along with an extensive

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selection of wines in an impressive setting surrounded by masterpieces of art.



**Setre Naramachi** (French) Rating: 5/5

Located in: Hotel Setre Naramachi

Address: 1118 Takabatakecho, Nara, 630-8301, Japan



**Akordu** (Spanish food): Rating: 4.5

Service options: Reservations required · Has Wi-Fi

Address: 70-1-3-1 Suimoncho, Nara, 630-8208, Japan

Phone: [+81 742-77-2525](tel:+81742772525)

Spanish fine dining & wine pairings in a sleek venue with an open kitchen & private dining rooms. Chef Hiroshi Kawashima's stock-in-trade consists of the blessings of Nara and the commitment of its food producers. Chef designs their own dishes using seasonal ingredients to express Nara's local features.



**Okada (Japanese)** Rating 4.8/5

Service options: Reservations required

Address: Japan, 〒630-8374 Nara, Imamikadocho, 26-2 1F Noriビル今御

Phone: +81 742-93-8119

Menu: [okada-nara.com](http://okada-nara.com)

Traditional Japanese cooking infused with innovative ideas to present authentic seasonal kaiseki courses that have been honed through years of experience and expertise.

## The 62nd Annual Meeting of the Academy of Aphasia, Nara Japan

Nestled in a charming location, our Japanese space offers a leisurely and tranquil respite. Through our Kaiseki-course meal, you can experience the richness of Nara's cuisine and the beauty of Japanese culinary art.

### Landmarks and Activities

The Nara city is most noted for the many ancient Japanese Buddhist buildings and artifacts in and around the city, including the Seven Great Temples of Nara. The five-storied pagoda of the Kōfuku Temple dates from 710.

#### Nara Park



Located in Nara, Japan it is a large 660 hectares park traversing the main city with small lakes and surrounded by UNESCO World heritage sites attraction including the Todaiji Temple and several shrines. Sika deers are considered holy here as a symbol of one of the Gods in Kasuga shrine. It is illegal to harm them but you are allowed to feed

them by buying special designated Deer crackers (Shika Senbei) on the stores around the park. It is around 150 yen. There are several novelty stores, food and restaurants nearby as well. If you want to experience traditional Japanese rickshaw there are also rickshaw available for service. The park is open for the public and free.

#### Todai-ji Temple



This temple is home to the largest bronze statue of the Vairocana Buddha in the world. It's big. So big that its hands alone are as tall as a person. It's wonderful to behold. Tickets cost 600 Yen for adults and 300 Yen for young children.

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### Kasuga Grand Shrine



Kasuga Taisha looks magical, especially in rainy weather. The most recognizable in this shrine there are three objects: hundreds of lanterns (stone, bronze, gold plated), and two trees: wisteria in the shrine courtyard being about 700 years old and giant cedar at the age of about 1000 years. This calm and peaceful place is absolutely worth to visit. Remember that this shrine is about 1300 years old.

### Nara National Museum



You can visit there before 5 pm. it is near to Nara park and you see deer in yard of museum. although the building of museum is beautiful in the night.

### Yoshikien Garden



This garden consists of three parts: The Moss Garden, The Pond Garden, The Tea Ceremony Garden.

It is beautiful and peaceful, well worth the visit!



**Harushika Brewery:** Sake brewery in an inconspicuous street of Nara

## **The 62nd Annual Meeting of the Academy of Aphasia, Nara Japan**

### VISA Considerations

Some countries require a visa to enter Japan. Please check the URL and complete the procedure if you need a visa.

VISA | Ministry of Foreign Affairs of Japan ([mofa.go.jp](http://mofa.go.jp))

### Diplomatic missions abroad List

Websites of Japanese Embassies, Consulates and Permanent Missions

| Ministry of Foreign Affairs of Japan ([mofa.go.jp](http://mofa.go.jp))