

JAPAN REFLECTIONS

My experience through
Osaka, Kyoto, and Tokyo
Runway Travel
runwaytravelco.com



FIRST IMPRESSIONS

THE FOOD

My very first takeaway was the food. Tokyo is home to the most Michelin-starred restaurants of any city in the world, and Kyoto and Osaka come in at #3 and #4. Everywhere I went, the meals were incredible. I tried to be as adventurous as possible, but even if you aren't, there are still countless delicious options.



💡 Tip: Take a food tour (which we can arrange for you) at one of the major markets—you'll get to try local favorites you might not pick on your own.



CULTURE EVERYWHERE

Japanese cultural habits revolve around respect, harmony, cleanliness, and mindfulness, seamlessly blending deep-rooted traditions with modern convenience. I felt this everywhere I went—from bustling temples and markets to the quiet calm of the bullet train. It's truly a culture to be respected and admired.



🌸 FUN FACTS & TIDBITS

Sushi etiquette: It's considered polite to eat sushi in one bite if possible, since that's how the chef balances the flavors. And yes—it's perfectly acceptable to use your hands!



Kyoto Geiko: In Kyoto, geisha are called geiko. These highly trained entertainers attend banquets and gatherings, practicing traditional Japanese arts such as dance, music, and the art of conversation. Their role is to create an atmosphere of ease and elegance.

7-Eleven (711): Hugely popular in Japan, with fresh, affordable, high-quality food. Don't miss the egg salad sandwich—it's a fan favorite.



Kit Kats in Japan are a whole cultural phenomenon — way beyond the standard chocolate-and-wafer you might know elsewhere. Strawberry was my favorite flavor but if you want to stay local go for the Matcha Green Tea.

Sumo tournaments: Japan hosts six grand tournaments each year, each lasting 15 days. They're a cultural and sporting event unlike anything else.



TIPS FOR TRAVELERS

Bowing (ojigi): A standard greeting and sign of respect. The deeper the bow, the greater the respect.

Shoes off: Always remove shoes before entering homes, temples, traditional inns (ryokan), and even some restaurants. Slippers are usually provided.

Quiet in public: On trains and buses, people speak softly; phone calls are discouraged.

When to go: If possible, avoid the summer months, as the heat and humidity can be intense.

Japan exceeded every expectation—its food, its traditions, its people, and its unique balance of modern and ancient. I can't wait to return and discover more. Contact Jessica@runwaytravelco.com for more information.