



WORLD FEDERATION OF NEUROSCIENCE NURSES CONGRESS UPDATE

JAPAN: ON A BUDGET!

Steeped in traditional culture, futuristic cities and technology, Japan, host country to the 2013 WFNN Quadrennial Congress, promises to be one of the most exciting WFNN venues yet. But the worry of expensive travel costs is already a consideration for many nurses. With careful planning, this need not be a concern. In fact, it's cheaper to travel in Japan than in much of North America, Western Europe and parts of Oceania. Surveys show that a lot of foreign visitors are surprised with how inexpensive Japan can be despite the generally high quality of goods and services and even when the yen is strong. The reality is that with preparation and a little know-how, it is easy to enjoy a budget trip in Japan.

GETTING THERE:

You can spend a bundle on airfare, but a little shopping can ensure that you spend less than your average trip to Europe. Here are some tips to consider:

- Search for and compare special offers by travel agents, newspapers, travel websites and the airlines' websites.
- Consider package tours to save \$\$\$.
- Buddy up with a colleague to split double occupancy deals

To learn more, go to: <http://www.wfnn2013.jp>

INTEGRATION

Knowledge and skill, clinical practice and education

WHEN:

Sept. 13-16, 2013

WHERE:

Nagaragawa
Convention Center,
Gifu, Japan

Abstracts open:

September 1st, 2012
and close on
December 1st, 2012.



ACCOMMODATION:

Unless you can stay at a friend's or relative's home, hotel accommodation will be one of your biggest expenses. While Japan offers the standard budget oriented places like youth hostels, dormitories and inexpensive business hotels, there are also some unique types of accommodation, which you may want to check out.

- Research and reserve your accommodation well in advance. WFNN organisers have made special block bookings available for delegates. Please refer to the Congress website for details.
- Remain flexible and review budget accommodation listings for the cities visited.
- Avoid last minute reservations, while possible, This is not a proven money saving technique in Japan.



TRANSPORTATION AND TOURISM:

Japan is an easy country in which to travel. The train system is safe and public transportation is available almost everywhere.

AFFORDABLE DINING:

You don't have to starve yourself to save money when traveling in Japan. It is easy to find a wide selection of inexpensive, quality meals throughout the country. The extremely budget conscious could thrive on as little as 1500 to 2000 yen per day on food without sacrificing much variety or their health. Some hotels also offer meals with the stay.

Finally, consider making lunch your main meal of the day. Many restaurants offer inexpensive set menus (teishoku) for around 1000 yen during the lunch hours, while lunch boxes (bento) are available for around 500 yen or less. Remember, your Congress registration will cover some meals as well!

FREEBIES:

While Japan has plenty of enjoyable sightseeing attractions that are free, most museums, temples, castles and gardens charge an admission of at least a few hundred yen. But there are a variety of discounts that can decrease your sightseeing expenses a little bit.

In Tokyo: Tsukiji Market, Meiji Shrine, Imperial Palace and East Gardens, Sensoji Temple, observation deck of the Tokyo Government Office and people watching and window shopping in bustling Shinjuku, Shibuya, Harajuku, Akihabara and Ginza.

In Nagoya: Atsuta Shrine, Osu Kannon Temple and joining a Toyota Factory Tour

In Kyoto: Fushimi Inari Shrine, the Imperial palaces and villas (Kyoto Imperial Palace, Sento Palace, Katsura Villa, Shugakuin Villa), Nishiki Market, walking the Philosopher's Path and exploring the historic districts.