



TRAVEL PROGRAM MEDIA GUIDE

Ancient Traditions of the Inland Sea of Japan

We hope you find the following list of resources—books, maps, video recordings, audio recordings and websites—relating to your travel program helpful. The book titles listed should be available at local public or university libraries; most of them may be purchased and/or downloaded for e-readers through local and online bookstores.

◆ **GUIDEBOOKS AND MAPS**

DK Eyewitness Travel: Japan. DK Eyewitness Travel. 2017.

Dazzling illustrations, architectural cutaways and color photographs, along with useful local maps, give this guide to Japan's many attractions a distinct edge.

Fodor's Tokyo. Fodor's Travel Guides. 2017.

Written by locals, this travel guide showcases Tokyo's multifaceted nature, with multiple itineraries and in-depth breakout features on Japanese culture.

Lindelauf, Perrin. *National Geographic Traveler: Japan*. National Geographic. 2018.

The latest edition of this popular guidebook, updated by Japan travel expert Perrin Lindelauf, covers all the main cities, towns and regions of Japan, helping travelers negotiate one of Asia's most popular yet challenging destinations.

Lonely Planet Japan. Lonely Planet. 2019.

This updated and comprehensive guidebook covers Japan's storied cities, towns and diverse landscapes with detailed neighborhood and site descriptions along with specialized itineraries and expert recommendations on where to find everything from the best sushi and noodles to authentic tea ceremonies and bookstores, as well as maps and insider tips to help you navigate like a local.

Morgan, MaSovaida et al. *Lonely Planet Korea*. Lonely Planet. 2019.

In its hallmark style, this practical guide to the Korean Peninsula features maps, a good overview of culture, history, nature and plenty of information on excursions and points of interest. In addition to the print version, it is available as an e-book, and individual chapters can also be purchased in digital format.

National Geographic Society. *Japan Adventure Map*. National Geographic Maps. 2012.

Printed on waterproof and tear-resistant paper, this double-sided map shows all four of Japan's main islands on a scale of 1:1,300,000.

◆ **HISTORY AND CULTURE**

Bartlett, Magnus and Robert O'Connor. *Hiroshima and Nagasaki: An Illustrated History, Anthology, and Guide*. Odyssey Books. 2015. This anthology of literary extracts, rarely seen photos and primary documents lays out of the story of these cities interlinked by the infamous World War II bombings.



Bix, Herbert. *Hirohito and the Making of Modern Japan*. Harper Perennial. 2004.

Winner of the Pulitzer Prize, this definitive biography of Japanese emperor Hirohito provides a vivid and unflinching look at the mysterious and polemical leader whose 63-year reign ushered Japan into the modern age. Bix's meticulous research, supported by previously unused primary documents, details how the young emperor evolved into his preeminent role, influenced by a rare fusion of Japanese imperial tradition and a modern scientific worldview.

Clancy, Judith and Ben Simmons (photographer). *Kyoto Gardens: Masterworks of the Japanese Gardener's Art*. Charles E. Tuttle Company. 2015. A photographic journey through the high art of Japanese garden design in 30 Kyoto gardens. The beautifully manicured designs range from extreme minimalism to the verdant and the voluptuous. Clancy explores the historic, aesthetic and cultural context of each.

Cumings, Bruce. *Korea's Place in the Sun, A Modern History*. W. W. Norton & Company. 2005.

A provocative, spirited history of the two Koreas since World War II for the general reader, this work includes a chapter on Korean-Americans and ends with a lively discussion of Korea's place in the world at the end of the 20th century.

de Bary, Wm. Theodore et al. (ed.). *Sources of Japanese Tradition: Volume One and Two*. Columbia University Press. 2002 and 2006 (second editions). *Sources of Japanese Tradition* is widely considered the most valuable collection of English-language readings on Japan, unrivaled in its expansive insight into Japanese history, society, politics, education, philosophy and religion.

Gordon, Andrew. *A Modern History of Japan: From Tokugawa Times to the Present*. Oxford University Press. 2013 (third edition). The recent edition of this text, with the addition of the time period spanning from 1989 to 2007, crafts a nuanced and comprehensive portrait of contemporary Japanese history.

Gordon, Andrew. *Postwar Japan as History*. University of California Press. 1993.

A provocative set of interpretative essays by eminent scholars, this book will appeal to anyone interested in the history of 20th-century Japan and the dilemmas facing Japan today.

Hersey, John. *Hiroshima*. Vintage Books. 1989.

This classic book, first published in 1946, has been hailed as the greatest piece of journalism on the Hiroshima bombing. Pulitzer Prize-winning writer John Hersey puts a human face on the Hiroshima tragedy through interviews with survivors.

Kawano, Satsuki. *Ritual Practice in Modern Japan: Ordering Place, People, and Action*.

University of Hawaii Press. 2005. Based on 14 months of fieldwork in Kamakura, Kawano examines the power of ritual and its role in contemporary Japanese culture.

Nadeau, Randall L. *Asian Religions: A Cultural Perspective*. John Wiley & Sons. 2014.

This lively introduction offers a complete overview of the main Asian religions, their traditions, contemporary relevance and how they are lived and practiced today.

Pilling, David. *Bending Adversity: Japan and the Art of Survival*. Penguin Putnam. 2014.

Financial Times Asia editor David Pilling captures the dynamism and diversity of Japan after the 2011 tsunami. He interviews, among many, novelist Haruki Murakami, former prime minister Junichiro Koizumi, industrialists, bankers, activists and artists, teenagers and octogenarians.



Said, Edward W. *Orientalism*. Vintage Books. 1979.

More than three decades after its first publication, Edward Said's groundbreaking critique of the West's historical, cultural and political perceptions of the East has become a modern classic. Essential, and still eye-opening, *Orientalism* remains one of the most important books written about our divided world.

Tudor, Daniel. *Korea: The Impossible Country: South Korea's Amazing Rise from the Ashes: The Inside Story of an Economic, Political and Cultural Phenomenon*. Tuttle Publishing. 2018. Tudor, a journalist who has lived and written about Korea for almost a decade, details South Korea's amazing postwar rise in this sharp examination of the country's cultural and historical foundations. This expanded edition includes coverage on events since its original 2012 publication.

Vaporis, Constantine Nomikos. *Voices of Early Modern Japan*. Greenwood. 2012.

Recognized as an exceptional resource by the Association for Asian Studies, *Voices of Early Modern Japan* is an accessible examination of a fascinating era of Japanese history, featuring primary sources from all levels of society.

◆ ART AND ARCHITECTURE

Brazell, Karen (ed.). *Traditional Japanese Theater*. Columbia University Press. 1999.

This authoritative collection illustrates the most important genres of Japanese performance—including noh, kabuki and bamrili puppet theater—with carefully selected representative plays and illuminating essays.

Irvine, Greg (ed.). *Japanese Art and Design*. V & A Publishing. 2015.

Drawing on the unparalleled collection at London's Victoria and Albert Museum, this monograph showcases outstanding examples of Japanese art, from Edo period to contemporary manga. Its 10 chapters focus on subjects like the tea ceremony and the effects of Western trade and Zen Buddhism on Japanese art.

Kano, Ayako. *Acting Like a Woman in Modern Japan: Theater, Gender, and Nationalism*.

Palgrave Macmillan. 2001. Weaving together readings of plays and reviews, memoirs and interviews, biographies and critical essays, Kano reveals the fantasies, fears and impact that women on stage created in Japan as it entered the 20th century.

Stanley-Baker, Joan. *Japanese Art*. Thames & Hudson. 2014.

Concise, thoroughly illustrated and comprehensive, this volume in the "World of Art" series is a fine survey of Japanese art from the prehistoric period to modern Japan. It includes 167 illustrations.

Tanizaki, Jun'ichirō. *In Praise of Shadows*. Leete's Island Books. 1977.

This extended essay by the great Japanese novelist Tanizaki, first published in 1933, offers tremendous insight into traditional Japanese art, aesthetics, architecture and design.

van Tilborgh, Louis. *Japanese Prints: The Collection of Vincent van Gogh*. Thames & Hudson. 2019.

"All my work is based to some extent on Japanese art," Vincent van Gogh wrote to his brother in 1888. Van Gogh purchased over six hundred Japanese prints and displayed them as his personal inspiration; here, in association with the Van Gogh Museum, his fascination is beautifully explored.



◆ LITERATURE AND TRAVEL MEMOIRS

Angles, Jeffrey et al. (ed.). *Japan: A Traveler's Literary Companion*. Whereabouts Press. 2006.

This geographically organized anthology introduces both Japan and its best contemporary writers.

Davidson, Cathy N. *36 Views of Mount Fuji: On Finding Myself in Japan*. Duke. 2006.

A thoughtful set of witty reflections on Japan, Japanese culture and the adventure of living overseas by a talented writer who taught at an all-women's university in Japan in the 1980s.

Golden, Arthur. *Memoirs of a Geisha*. Vintage Books. 1999.

The runaway best-selling novel about a geisha in the celebrated Gion district of Kyoto and a major feat of literary impersonation, this novel is rich in period detail and ceremony.

Lee, Min Jin. *Pachinko*. Grand Central Publishing. 2017.

The story of this compelling, bestselling novel spans four generations of a Korean family, beginning with Japanese colonization of the peninsula in the early 20th century. It follows the family's emigration to Japan, where they search for cultural identity and a sense of belonging in a foreign land.

Miner, Earl, Hiroko Odagiri and Robert E. Morrell. *The Princeton Companion to Classical Japanese Literature*. Princeton University Press. 1988. This stimulating and handy reference text is useful for all interested in Japanese literature, from the novice reader to the expert researcher.

Mockett, Marie Mutsuki. *Where the Dead Pause, and the Japanese Say Goodbye*. W. W. Norton & Company. 2016. When her American father passes away, Mockett seeks consolation in her mother's home country of Japan. Traveling in the wake of the 2011 tsunami, Mockett visits a radiation zone in a hazmat suit, a school for Zen Buddhist monks and several temples and festivals in an effort to understand the Japanese way of grieving, to bury her dead and, ultimately, to find healing.

Murakami, Haruki. *Norwegian Wood*. Vintage Books. 2000.

Beautifully written and elegiac, *Norwegian Wood* is the treasured coming-of-age tale of an earnest young college student in Tokyo and the work that propelled award-winning novelist Murakami into international literary acclaim.

Richie, Donald. *The Inland Sea*. Stone Bridge. 2015.

Richie's masterpiece, more than a travel account, is a beautiful reflection on all things Japanese by one of its most acute observers. The text is accompanied by photographs by Yoichi Midorikawa.

Sōseki, Natsume. *Kokoro*. Penguin Books. 2010.

A classic Japanese novel originally published in 1914, the elegantly written *Kokoro*—which can be translated to “the heart of things”—remains a poignant account of isolation, identity and the transition between Japanese Meiji society and the modern era.

Tames, Richard. *A Traveller's History of Japan*. Interlink Publishing Group. 2008.

This lively and concise narrative history of Japan details its transformation from Shinto, shogun and samurai traditions to 20th-century powerhouse.



Tendo, Shoko. *Yakuza Moon: Memoirs of a Gangster's Daughter*. Kodansha International. 2012.

This fast-paced, modern-day memoir offers a rare look into the downfall of a Japanese mob boss and his daughter's ensuing struggles throughout her life. The 2012 reissue includes seldom-seen photographs of the author and her family along with additional remarks.

Williamson, Kate T. *A Year in Japan*. Princeton Architectural Press. 2006.

Williamson records her extended stay in Kyoto, detailing its architecture, gardens, culture and traditions in 350 watercolor illustrations.

◆ FOOD

“Japan,” “Korea,” and “Tokyo.” *Anthony Bourdain: No Reservations*. Travel Channel. 2006-2008.

In his critically acclaimed television program, *No Reservations*, Bourdain gets to the heart of a culture through its cuisine and community; enjoy his episodes in Osaka and Tokyo, Japan, and Seoul, South Korea, available on popular streaming services.

Japanese Cooking Made Simple: A Japanese Cookbook with Authentic Recipes for Ramen, Bento, Sushi & More. Salinas Press. 2014. This cookbook provides the basic techniques and more than 100 easy recipes that unlock your ability to prepare delicious, authentic Japanese meals to enjoy with friends and family at home—without requiring significant investments in time and money to do so.

Tsuji, Shizuo. *Japanese Cooking*. Kodansha International. 2012 (25th Anniversary Edition).

The authority on Japanese cooking for over 35 years, often referred to as the “bible” of Japanese cooking, this revered cookbook has been credited with elevating Japanese cooking from a niche ethnic genre to the realms of haute gastronomy. Tsuji presents the incredible range of traditional ingredients, kitchen tools and cooking techniques inherent to Japanese cooking along with a treatise on the importance of color, texture and artful presentation. Part two of the book features 130 recipes ranging from simple, quick-fix dinners to the preparation of an epic Japanese feast.

Ono, Tadashi and Harris Salat. *The Japanese Grill: From Classic Yakitori to Steak, Seafood, and Vegetables*. 2011. Packed with fast-and-easy recipes, versatile marinades and step-by-step techniques, *The Japanese Grill* will soon have you grilling favorites like yakitori, yaki onigiri and whole salt-packed fish.

◆ DOCUMENTARIES AND FILMS

Listed below are films, documentaries and travel programs featuring Japan and South Korea. All should be available on DVD and/or Blu-ray at your local library and/or bookstores, or may be ordered online.

Hiroshima mon amour. 1959. Directed by Alain Resnais.

This influential film chronicles the affair between a French actress and a Japanese architect in postwar Hiroshima.

Lady Snowblood. 1973. Directed by Toshiya Fujita.

Quentin Tarantino's *Kill Bill* saga would not exist without this gloriously inventive classic of Japanese cinema, which elevates the revenge genre to cinematic poetry.



Late Spring. 1949. Directed by Yasujiro Ozu.

A masterwork from one of cinema's most acclaimed directors, *Late Spring* is a poignant tale of love and loss in postwar Japan.

Live from Tokyo. 2011. Directed by Lewis Rapkin.

Tokyo's music culture is a reflection of Japanese society and its relation to international music culture. Tokyo's reputation for cutting edge innovation makes it the perfect sample for addressing a new outlook on musical trends as it explores this eccentric music culture set.

Oldboy. 2003. Directed by Park Chan-wook.

The winner of the Grand Prix at the 2004 Cannes Film Festival, *Oldboy* is a South Korean neo-noir action film and modern classic of the revenge genre.

The Pacific Century. 1992. Narrated by Peter Coyote.

This Emmy Award-winning, 10-part documentary follows the rise of the Pacific Rim economies—episodes two, five and six specifically focus on Japan.

Phillips, Alastair and Julian Stringer (eds.). *Japanese Cinema: Texts and Contexts*. Routledge. 2007. *Japanese Cinema* includes 24 chapters on key films of Japanese cinema, from the silent era to the present day, providing a comprehensive introduction to Japanese cinema history, culture and society.

Rashomon. 1950. Directed by Akira Kurosawa.

Widely considered one of the greatest films ever made, *Rashomon* famously recounts four different narratives of two chilling crimes; Kurosawa's ingenious use of flashback forever changed the conception of cinematic language.

Richie, Donald. *A Hundred Years of Japanese Film*. Kodansha International. 2012 (revised).

A Hundred Years of Japanese Film by Donald Richie, the foremost Western expert on Japanese film, provides an incisive, detailed and fully illustrated history of the country's cinema.

Seven Samurai. 1954. Directed by Akira Kurosawa.

This incredibly thrilling epic tells the story of a 16th-century village's fight for survival, weaving evocative philosophy with action-packed entertainment.

The Wind Rises. 2013. Directed by Hayao Miyazaki.

Following acclaimed films like *Spirited Away* and *Howl's Moving Castle*, animation giant Studio Ghibli presents their most historically oriented film since *Grave of the Fireflies*. Spanning from the late 1910s to the end of World War II, *The Wind Rises* follows a young Japanese aeronautical engineer against the backdrop of historically significant events like the Great Kanto Earthquake of 1923 as well as wartime intrigue.

◆ MUSIC AND AUDIO RECORDINGS

www.worldmusic.net

The Rough Guide and the *World Music Network* publish a variety of Japanese music as well as thoroughly researched guidebooks to international music generally.



Hajime, Chitose. *Nomad Soul*. Epic Records. 2003.

The *shima-uta* vocal style originates from the Amami Islands, which are part of the same archipelago as Okinawa. Having learned the style from childhood, Hajime blends *shima-uta* singing with modern motifs, making her music a unique introduction to traditional styles for the contemporary listener.

Hiroshi Uchiyamada and the Cool Five. *Nagasaki wa Kyō mo Ame Datta*. 1969.

While rooted in Japan's traditional music, *enka* is much like American jazz in that it has evolved over the course of the 20th century and incorporates some of the same musical elements. This hallmark group's first single, which translates to "Nagasaki Was Rainy Again Today," is widely considered the quintessence of the genre.

New York Philharmonic. "Arirang." Medici Arts/EuroArts/Naxos. 2008.

Arirang is a Korean folk song so entwined with the Korean soul that it transcends modern borders and is widely regarded as the "unofficial national anthem." It has been inscribed as a UNESCO Intangible Cultural Heritage asset. Although the precise origin of the name is unknown, one theory is that it is derived from Lady Aryeong, the wife of the first ruler of the Silla Kingdom. In 2008, the New York Philharmonic gave a poignant performance of the folk song in Pyongyang, North Korea. A DVD of the concert was released worldwide the later that year.

Utada, Hikaru. *Fantôme*. Virgin Music. 2016.

With a career spanning two decades and earning worldwide acclaim, Utada is the reigning queen of Japanese pop and R&B. Her work has consistently incorporated diverse musical styles and rich, evocative vocals, captivating listeners from around the globe. The proceeds from the sale of digital singles on this album have been donated to a fund to replant trees in areas damaged by the 2011 Tohoku Earthquake.

◆ WEBSITES

www.airpano.com

Virtual tours and 360-degree photos of destinations all over the world.

www.cbp.gov/travel

U.S. Customs and Border Protection (CBP) website.

www.cdc.gov

United States Department of Health and Human Services Centers for Disease Control and Prevention website. Provides information on immunizations and vaccinations and tips for staying healthy when traveling abroad.

www.iec.ch/worldplugs

Information on international electric current and plug types.

www.japantimes.co.jp

The preeminent English-language news outlet for all things Japan.

www.jnto.go.jp

The Japanese Government Tourist Board Website.



www.nytimes.com/section/travel

The New York Times's Travel Section features an array of basic travel-related information, multimedia presentations and links to newspaper articles from recent years.

www.oanda.com/currency/converter

Online currency converter tool and information on currency exchange rates. Japan's currency is the yen (JPY). South Korea's currency is the *won* (KRW), also sometimes referred to as Korean yen.

www.state.gov/r/pa/ei/bgn

Basic background information for Japan from U.S. Department of State.

www.timeanddate.com

Information on time zones and time conversions.

www.travel.state.gov

United States Department of State website; details on how to obtain or renew a passport.

www.tsa.gov

Transportation Security Administration website. Provides information on air travel security, including permitted/prohibited items for carry-on luggage.

www.weather.com

Current weather and extended forecasts around the world.