

A BUDGET TRAVELER'S GUIDE TO

Tokyo, Japan

1. Fill up at the local convenience store

A lunch box can cost you anywhere between 300 to 800 JPY (approx \$3 – 8 USD) depending on what you select. Some of the convenience stores even have a little area where you can sit down and eat, and you can also heat your food up – either the store clerk will ask you, or the microwave is available for you to use freely.



2. Eat at smaller eateries: look out for vending machines

While they are slightly more expensive than convenience store meals, you can still get away with spending \$10 USD or less per meal. I'd recommend looking out for smaller restaurants that are run by 1-2 people and/or have a vending machine that takes your order out the front. These are usually the cheapest places to eat (and also the fastest!)



3. Pre-purchase entry tickets to tourist sites

When visiting tourist sites, make sure you research whether there is an option to pre-purchase your tickets. Not only will this save you time (yay, no lines!) this can also save you money. This includes entry to: Tokyo Skytree, The Snoopy Museum and Various airport buses



4. Eat at Sushi trains

If you're traveling on a budget in Tokyo, Sushi is just as good at local sushi train restaurants. You can pay anywhere between 100 to 500 + JPY per plate of sushi, depending on the quality of sushi you select. If you select medium priced sushi (~ 300 JPY per plate) you could probably spend approximately 2000 JPY (about \$20 USD, including all you can drink tea) on a meal at a sushi train restaurant.



5. Visit temples and shrines in Japan

If you've never been to Japan before, chances are you'll be interested in visiting Shrines or Temples while you're here. The majority of Japan's Shrines, and Temples are free to enter. These are places of worship for many, which is why they're great places to visit if you're interested in learning more about local culture and religion.



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6. Staying in a capsule hotel or a guesthouse

Japan is the perfect country for solo travelers – there is a range of solo-friendly accommodations available, most of which are high in quality and cleanliness. If you're traveling on a budget in Tokyo, don't only look out for hostels! Other budget-friendly options for solo travelers include capsule hotels or guesthouses (there are often solo traveler room options).



7. Avoid getting meals included in your accommodation

You may notice when booking your accommodation online; you have the option to include meals with your booking. Unless you're staying at a Ryokan, I would highly recommend that you skip this option (unless it's super cheap or you don't have time to go searching for food).

8. Avoid shopping at the airport for souvenirs

If you're traveling on a budget in Tokyo and are looking for cheap, affordable Japanese souvenirs, I'd highly suggest checking out Don Quijote (also known as "Donki"). This multi-level store is located all over Tokyo; it's just a matter of finding your closest store! They sell everything from food to alcohol to cosmetics – and is heaven if you're after Japanese products to gift friends and family at home. You can also purchase your items duty-free, as long as you meet the spend and tax-free requirements. Remember to bring your passport with you!



OTHER BUDGET TRAVELIN' TIPS

- Avoid restaurants that explicitly cater to foreign tourists
- Tipping is not needed in Japan – if you try to tip, your serving staff may chase you down the street to return your tips!
- To save money on flights, try to fly in/out of other airports near your home city
- Consider traveling via overnight express bus instead of taking the Shinkansen – this will save you a lot of \$ on travel costs!