An Invitation to

Sports Camps in Nara, Japan

TOKYO in 2020
Nara—the ancient home of good fortune

Nara Prefecture is one of Japan’s premier tourist destinations, but there’s more to it than meets the eye. This was where triumphant rulers once took the seat of power in the nation’s prospering capital. Today, Nara remains dotted with ancient temples and shrines that are believed to bring winning luck to those who pray there. Spend some time in these blessed areas, and you too might feel the rub of good fortune.

Nowhere else in Japan offers such a boost of good fortune to athletes competing on the world stage. If you’re looking to be number one, it’s Nara for the win!

Prep your team for victory—body and soul
Come to Nara and get yourself in top shape—physically and mentally.

Nara has ample facilities where you can prepare your mind and body and get yourself into top gear.
**Relaxation & Change of Pace**

The relaxing environment of Nara makes it easy to unwind and rejuvenate.

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**About the cover**

**Bazara Daisho—guardian deity of battle**

Bazara Daisho is one of the Twelve Divine Generals and a deity of battle. Of all the Bazara Daisho statues in Japan, the one in Nara’s Shin-Yakushiji temple is the oldest and probably the most famous. Renowned for its outstanding sculpted beauty, the statue dates back to the Nara Period (8th century).

Nara Prefecture has chosen Bazara Daisho as the main visual symbol for the Nara camp invitation campaign as well as for the cover of this brochure. With a sword in his hand and a fierce expression on his face, Bazara Daisho brings out the fighting spirit in athletes and inspires them to strive for victory.

Note: The cover visual image is a computer-modified color reproduction of the Bazara Daisho statue in Shin-Yakushiji. Photo courtesy of CAD Center Corporation and Shin-Yakushiji.

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An omamori (talisman) from Kasuga Taisha shrine brings good luck.

Pray for victory with an ema wooden plaque from Kashihara Jingu shrine.
Since ancient times, Nara has prospered as a hub for political and religious activity. People from all walks of life have been drawn to Nara, seeing it as a place where they can find spiritual solace, discuss state affairs, or pray for the wellbeing of others. Nara gave birth to the Japanese spirit of respecting and appreciating other cultures. That’s why Nara’s welcoming hospitality extends not only to people from Japan, but also to people and cultures from abroad.

Active international exchanges in Nara, a global sightseeing destination

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The omotenashi spirit

Nara is a global tourist destination that welcomes over 38 million visitors a year, including 660,000 people from overseas. The Nara Prefecture International Citizens Center was opened in 2013 to provide services such as interpreting. And in 2015, the Nara Visitor Center and Inn opened to serve as a base for international exchange. As well as providing tourist information and holding Japanese culture events, the center also introduces volunteer guides to help tourists enjoy their visit.

Previous training camps in Nara

- 2002: Tunisia men’s national soccer team, 2002 FIFA World Cup (Kashihara Park Athletics Stadium)
- 2014: Singapore national swimming team, 2014 Incheon Asian Games (Swimpia Nara)
- 2015: Tokyo Metropolis swimming team, 2015 Kinokuni Wakayama National Sports Festival (Swimpia Nara)
- 2016: Australia women’s national soccer team, final stage of the women’s Rio Olympics qualifiers (Konoike Sports Park Athletics Stadium)
Of the 19* UNESCO World Heritage Sites located in Japan, three are in Nara—more than in any other prefecture. Nara’s extensive and fascinating heritage is a source of local pride. All three heritage listings—the Buddhist Monuments in the Horyuji Area (registered in 1993), the Historic Monuments of Ancient Nara (1996), and the Sacred Sites and Pilgrimage Routes in the Kii Mountain Range (2004)—have roots that run deep in the history and culture of Japan. Even Japanese people visiting these sites make new discoveries about their own country.

Legend has it that Nara first became Japan’s capital over 2,600 years ago. To this day, the area faithfully preserves its valuable historical assets for posterity.

The Nara area has a mild, agreeable climate with average temperatures similar to those of Tokyo. There’s less rain in Nara than in Tokyo, which means you can make the most of your precious pre-competition time. And because Nara is located in a basin without coastal areas, it has a continental climate that makes for warm days and mild nights—perfect for cooling down after training or relaxing during your downtime.

The New Nara Prefecture General Medical Center opens in 2018. The new hospital complex, which includes a large medical education building, will serve as the core medical institution in Nara Prefecture. All areas of clinical research will be performed here, and a full-scale clinical training system will be in place. With the ability to handle critical emergencies, a heliport for air ambulances, a disaster-proof building structure, and a highly specialized team of professionals, this hospital will provide the very best in medical care for the region.

*As of March 2016

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### Climate

A temperate area with few natural disasters

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<th>May</th>
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<tr>
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<td>22.1</td>
<td>26.2</td>
<td>26.7</td>
<td>22.6</td>
<td>18.4</td>
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### Medical

Top-notch medical support

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### Meteorological data comparison of Nara and Tokyo (2015)

**Source:** Japan Meteorological Agency

#### Temperature (°C)

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<th></th>
<th>May</th>
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#### Sunshine (hours)

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#### Precipitation (mm)

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#### Humidity (%)

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Quick and Easy Access
To Nara from the world, from Nara to Tokyo

Three airports provide a gateway to Nara from overseas: Kansai International Airport, Osaka International Airport (Itami Airport), and Chubu Centrair International Airport. A multitude of train lines and roads connect these airports to Nara, meaning you can get to your place of accommodation quickly and with minimal hassle. And when you need to transfer to Tokyo, you can either fly or take the Shinkansen bullet train. The JR Kyoto Shinkansen station is just a one-hour train ride from Nara.

From Osaka
- Kansai Intl. Airport: 1 hr 20 min
- Osaka Intl. Airport (Itami Airport): 1 hr 50 min
- Osaka Intl. Airport (Itami Airport): 1 hr 20 min

From Nagoya
- Chubu Centrair Intl. Airport: 2 hr 30 min

From Nara to Tokyo
- 2 hours by air: Nara → Osaka Intl. Airport → Haneda Airport
- 3 hours by Shinkansen: Nara → JR Kyoto → Tokyo

Accommodation
Sports facilities

Train routes
Automobile routes

Transportation options include Shinkansen, JR, Private railway, Toll-free road, and Toll road.
One of Nara’s many advantages is its excellent transport infrastructure—in particular, its railways and roads. From a base in the center of Nara, you can drive to any of our major sports facilities within 30 minutes. Using the railways and roads that extend in all directions gives you quick and easy access to the facility of your choice. Numerous bus routes further extend your freedom to explore the area in your free time and make the most of your stay in Nara.