Airfare - This all depends on where you are traveling from and to.

Fly into Narita or Haneda. Haneda is closer to Ryogoku. But, usually flying into Narita is cheaper.

Passport - Please make sure that your passport is valid. If you need one, please apply ASAP.

Travel insurance - \$30-50 highly recommended. (I won't be responsible for any unforeseen incidents)

Transportation -

Bus from Narita airport to Tokyo station, Approx \$25

Train from Tokyo station to Ryohgoku station (multiple transfers) appprox

\$5-10

Taxi from Tokyo station of Ryogoku area approx \$30

Monorail from Haneda airport to Hamamatsu Cho station, Approx \$5 Hamamatsu Cho station to Ryogoku area Approx \$20

There are other ways to get to Ryogoku area

(I don't recommend JR rail pass for this tour, you don't save any money. But if you are traveling before or after the workshop week, you may consider purchasing it)

Hotel (Tokyo) - \$90 -200 per night (Ryogoku area)

Daiichi Hotel Ryogkoku

I used booking.com (no need to pay upfront, free to cancel until the few days prior check in date)

Airbnb and VRBO (Tokyo) - \$50-\$140 per night (to save money, you can share a room with other participant)

Food - \$30-50 per day (or less, if you are careful)

\$40 x 10 days= \$400 (depends on when you arrive and leave)

+ If you want nice dinner (\$15-20) then, you can have rice balls for breakfast and lunch (\$5 or less each). Also, you can get a nice breakfast (rice, miso, fish, natto, or egg for \$4-6). That's my plan.

Optional -

Shipping of suitcase/luggage from airport to hotel/Aribnb, approx \$25 (have the address to your destination handy)

This is my best estimate. It all depends on exchange rate also. Hope this is helpful.