Discovering the ‘life’ of Misato Town, Akita

Misato Town, Senboku District, Akita Prefecture, is a town rich in nature and pure spring water, located in the ‘Senboku Plain’ at the foot of the Ou Mountains in the southern part of Akita Prefecture. The ‘Life Laboratory TOHOKU’ is about a 15-minute drive from JR Omagari Station, which is also a stop on the Shinkansen from Tokyo. The landmark is a slightly mysterious building with a ‘blue green’ colour.

The building has a coworking space that anyone can use casually, a meeting room, six types of residence rooms where you can stay, and an art space where exchange events and exhibitions can be held.

You can spend your time in your own style while feeling the ‘four seasons’ and ‘life’ of Misato Town. For more information, please feel free to contact us at Head Office of Life Laboratory TOHOKU .



We have access by Bus from Omagari bus terminal (4 minutes from JR. Omagari station) (off @Rokugo-kamimachi).

Few **Rental car** service available near the Omagari station.

Access Google Map

Instagram

facebook

Booking and Enquiries

TEL 0187-73-8185

Mail：Schedule.kitakura@gmail.com

Website：https://kitanokurashi.jp/

Office opening time 9:00 ~17:00

(Sat, Sun, National holidays Closed. Accommodation is Open)

21 Kamimachi, Rokugo, Misato, Senboku, Akita, Japan. Zip. 019-1404

A place you can just drop by Life Laboratory TOHOKU

Anyone can feel free to use them, not just Misato town residents.

* All payments are cash only

Co-working Space

550 yen for up to 2 hours, 880 yen for up to 4 hours, 220 yen per hour for up to 6 hours thereafter. Please consult with our staff if you would like to use the space for a longer period or for a monthly fee (student discounts are also available).



Meeting Room

There are two meeting rooms on the 2nd floor. Please use them for meetings and socializing.

Also, we have conference rooms with whiteboards for large numbers too.

	Room fee	Heating and Cooling expenses
Tatami room	450yen/hour	110yen/hour
Conference room	990yen/hour	330yen/hour

All tax included





Art Space

Special exhibitions organized by Life Laboratory TOHOKU and local exchange events and workshops, flea market and so on, those are held irregularly.

*Please check social media for details of events.



Second-hand Goods Sales

Vintage tools and items collected from various places. Carefully maintained and waiting for you.



Library

Art and architecture books have been donated to us. We are preparing plans that all visitors can enjoy.



Drink

Original Kitakura Coffee

Carefully dripped by members of Our Laboratory

Eat-in: 400 yen (tax included)

Take-out: 420 yen (tax included)

Apple juice

Made with apples from Akita Prefecture

Eat-in: 300 yen (tax included)

* Several other kinds are also available

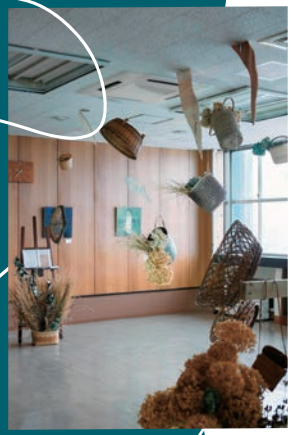


Regional exchange set in Misato Town, Akita Prefecture















event photo
Takugo Miwa
Makoto Ogida
Nozomi Takahashi

Accommodation Room

1

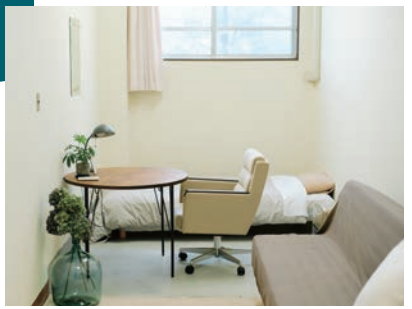


Room type
Japanese-Western style room (Ground floor)

Capacity
1-3 persons (21.75 m²)

Price
5,500 yen ~ / a person
4,950 yen ~ / person for more than 2

2



Room type
Japanese-Western style room (Ground floor)

Capacity
1-2 persons (18.75 m²)

Price
5,500 yen ~ / a person
4,950 yen ~ / person for more than 2

3



Room type
Tatami room (Ground floor)

Capacity
1-3 persons (40.05m²)

Price
5,500 yen ~ / a person
4,950 yen ~ / person for more than 2

Facilities

Fridge / Microwave / Toaster / Electric kettle / Sink / Hair dryer /
Toilets (separate for men and women) / Simple shower (no bathtub) /
Amenities (Shampoo, Conditioner, Body soap only) / Laundry / Free Wi-Fi

Notes

- Staff will not be present during weekday nights from 17:30 to 8:30, or on weekends and holidays. (Please use the side entrance if you wish to go out when staff are absent).
- There is no shuttle service.
- Meals will not be provided.
- Smoking is prohibited throughout the facility, including on the premises.
- Pyjamas, bathrobes, etc. will not be provided.
- Towels will be provided in the rooms.
- Check-in is from 3pm to 5pm, check-out is at 10am, cash only.

4



Room type
Tatami room (1st floor)

Capacity
1-6 persons (32.4m²)

Price
5,500 yen ~ / a person
4,950 yen ~ / person for more than 2

5



Magazine Room

Room type
Western style room (1st floor)

Capacity
1 person (15.88 m²)

Price
5,500 yen ~ / a person

6



Mayor's room

Room type
Western style room (1st floor)

Capacity
1-3 persons (32.4 m²)

Price
11,000 yen ~ / a person
9,900 yen ~ / person for more than 2

7



Room type
Japanese style room (2nd floor)

Capacity
1-3 persons (32.4 m²)

Price
11,000 yen ~ / a person
9,900 yen ~ / person for more than 2

Check-in is from 3pm to 5pm, check-out is at 10am, cash only.