



Your itinerary overview

Healthcare Advances for Japan’s Aging Population: Tokyo, Japan - Track 1

Accessibility in Japan - Creating a Barrier Free Society: Tokyo, Japan - Track 2

The following itinerary is a working document and is subject to change (revised 2/7/2023).

May 12

Friday

Departure

- Students will arrive on flights booked individually to Tokyo.

May 13

Saturday

Meals Included:
Per airline

Tokyo Accommodations:
MyStays Ueno East Hotel (1 of 8)

Arrival and Acclimation in Tokyo

Welcome to Tokyo! The neon-emblazoned skyline of the ubër-modern Japanese capital lights a city that’s pulsing with energy. From edgy architecture to kitschy anime, and from sidewalk sushi to shogun zen, the culture of this city bursts from its crowded seams.

- Transportation from the airport to the hotel will be arranged based on the most common arrival times of all students. Suggested window of arrival: 1:00 p.m. - 4:00 p.m. We recommend students to book flights within this window of time. Second coach transfer priced separately.
- Meet WorldStrides ISA Tokyo staff and board your private coach at the airport for transfer to hotel for check-in.
- Check-into hotel.
- Enjoy a free evening with dinner on own.

May 14

Sunday

Meals Included:
Breakfast at the hotel
Welcome Dinner

Tokyo Accommodations:
MyStays Ueno East Hotel (2 of 8)

Tokyo: Cultural Activities & Welcome Dinner

- Meet your WS ISA staff member and depart via public transportation for a Health & Safety Orientation followed by a full day of cultural visits!
- WS ISA Staff will hand out 8-day public transportation passes for students and faculty members.

[Healthcare Advances for Japan’s Aging Population: Tokyo, Japan - Track 1](#)
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WorldStrides ISA Health & Safety Orientation

During this orientation, you will learn about the city of Tokyo, health & safety information, what to do in an emergency, important reminders, and more.

Asakusa Sensoji Temple

In Asakusa visit Sensoji, also known as Asakusa Kannon and Tokyo’s oldest temple. The Broadway leading up to the temple is called Nakamise and this shopping street has been providing temple visitors with a variety of traditional local snacks and souvenirs for centuries (no entrance fee needed).

- After lunch on own, continue to afternoon visits.

60-Minute Taiko Lesson with Performance

Participant in a Taiko lesson! Workshop and live performance included

- After visit, enjoy a group Welcome Dinner at local restaurant.

Welcome Dinner



May 15

Monday

Meals Included:
Breakfast at the hotel

Tokyo Accommodations:
MyStays Ueno East Hotel (3 of 8)

Tokyo: Lectures

- Meet WS ISA staff and transfer to academic visit via coach.

[Healthcare Advances for Japan's Aging Population: Tokyo, Japan - Track 1](#)
[Accessibility in Japan - Creating a Barrier Free Society: Tokyo, Japan - Track 2:](#)

Potential Visit: Japan's Health System Overview Lecture - Academic Visit 1
Sourced by WorldStrides ISA Custom Programs

- Enjoy lunch on own. After lunch, continue to afternoon lecture.

Potential Visit: National Center for Global Health and Medicine -- Academic Visit 2
Sourced by WorldStrides ISA Custom Programs

- Enjoy the rest of the afternoon free with dinner on own.

May 16

Tuesday

Meals Included:
Breakfast at the hotel

Tokyo Accommodations:
MyStays Ueno East Hotel (4 of 8)

Tokyo: Academic Visits with Lectures

- Meet WS ISA staff and hop on private coach for visits.

[Healthcare Advances for Japan's Aging Population: Tokyo, Japan - Track 1](#)

Potential Visit: Elderly Support & Aging Society in Japan Lecture - Academic Visit 3
Sourced by WorldStrides ISA Custom Programs

- Enjoy lunch on own. After lunch, continue to afternoon visit.

Potential Visit: Long-term Care Center or Volunteer Activity - Academic Visit 4
Sourced by WorldStrides ISA Custom Programs

- After visit, enjoy the rest of your evening free with dinner on own.

[Accessibility in Japan - Creating a Barrier Free Society: Tokyo, Japan - Track 2](#)
Potential Visit: Accessibility and Barrier Free Japan Lecture - Academic Visit 5
Sourced by WorldStrides ISA Custom Programs

- Enjoy lunch on own. After lunch, continue to afternoon visit.

Potential Visit: Rehabilitation Center or Volunteer Activity Academic Visit 6
Sourced by WorldStrides ISA Custom Programs

- After visit, return to hotel via public transportation and enjoy the rest of your evening free with dinner on own.

May 17

Wednesday

Tokyo: Academic Visits

- Meet WS ISA staff and transfer to academic visit via coach.



Meals Included:
Breakfast at the hotel

Tokyo Accommodations:
MyStays Ueno East Hotel (5 of 8)

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Potential Visit: University of Tsukuba / Hospital - Academic Visit 7
Sourced by WorldStrides ISA Custom Programs

- After visit, enjoy lunch free on own and then make your way to next visit.

Potential Visit:
AIST - Biotechnology/ Life Sciences Research Center - Academic Visit 8
Sourced by WorldStrides ISA Custom Programs

- After visit, return to hotel via public transportation

May 18

Thursday

Meals Included:
Breakfast at the hotel
Lunch (cooking class)

Tokyo Accommodations:
MyStays Ueno East Hotel (6 of 8)

Tokyo: Academic Visits and Lecture with Cooking Class

- Meet WS ISA staff and transfer to academic visit via coach.

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& [Accessibility in Japan - Creating a Barrier Free Society: Tokyo, Japan - Track 2:](#)

Japanese Cooking & Nutrition Class

- After visit, make your way to next visit

Potential Visit: Mental Health Awareness in Japan with TELL NPO - Academic Visit 9
Sourced by WorldStrides ISA Custom Programs

- After visit, return to hotel via public transportation.
Enjoy the rest of the afternoon free with lunch and dinner on own.

May 19

Friday

Meals Included:
Breakfast at the hotel

Tokyo Accommodations:
MyStays Ueno East Hotel (7 of 8)

Tokyo: Academic Visits

- Meet WS ISA staff and hop on private coach for visits.

Judo Lecture & Practice at the Kodokan

- After visit, return to hotel via public transportation and enjoy the rest of your evening free with dinner on own.

May 20

Saturday

Meals Included:
Breakfast at the hotel
Dinner

Tokyo Accommodations:
MyStays Ueno East Hotel (8 of 8)

Tokyo: Free Day | Farewell Dinner

- Enjoy a free day for independent exploration. See the sights you've been wanting to see or finish your souvenir shopping!
- In the evening, meet your WS ISA staff and transfer to group **Farewell Dinner** at a local restaurant via public transportation.
- After dinner, return to your hotel and enjoy your last night in Tokyo!

May 21

Sunday

Return Home



Meals Included:
Breakfast at the hotel
Per airline

- Meet WS ISA Staff to check out. Board coach and transfer to the airport for your return flight home.
- Transportation from the hotel to the airport will be arranged based on the most common departure times of all students. Suggested window of departure: 12:00 p.m. - 3:00 p.m. We recommend students to book flights within this window of time. Second coach transfer priced separately.
- Students will depart on flights home, booked individually.

Program Ends

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