San Diego State University
International Program to Japan
Health and Human Services Track (any major)

Winter 2019
January 11 - 19, 2019

Day 1: Friday - January 11, 2019
Day: Arrive in Tokyo - meet your Onsite Program Coordinator at the airport and transfer to Tokyo accommodations via private coach.
Evening: Group Welcome Dinner

Meals: Dinner
Transportation: Airport to accommodations (one group transfer via private coach; upon program confirmation an arrival window will be set to ensure that students can be greeted at the airport and transfer as a group); accommodations to dinner (walking or public transit)

Day 2: Saturday- January 12, 2019
Morning: CISabroad Health and Safety orientation
Afternoon: Following orientation, head to Asakusa to explore the district on foot, including a group lunch, and visit Senso-ji, an ancient Buddhist temple and one of the most visited spiritual sites in the world. Afterwards, enjoy a free evening to explore Tokyo with La Vida Local activity suggestions from CISabroad OPC.

Meals: Breakfast, lunch
Transportation: Public transportation

Day 3: Sunday - January 13, 2019
Morning: Visit the Imperial Palace for a guided tour of the palace grounds.
Afternoon: Walk around the Ueno Park area, then head into the Tokyo National Museum, the largest art museum in the country.

Meals: Breakfast
Transportation: Public transportation

Day 4: Monday - January 14, 2019 - Coming of Age Day
Morning: Check out of accommodations and depart Tokyo for Sano via private coach (~1hr travel time)
Afternoon: Arrive in Sano, check into new accommodations; brief orientation and welcome to Sano Nihon University College
Meals: Breakfast
Transportation: Private Coach

Days 5-7: Tuesday-Thursday - January 15 - 17, 2019
Morning: Guest lecture or cultural activity* (see below)
Afternoon: Academic related visit in Sano** (see below)
Evening: Free time to explore

Meals: Breakfast
Transportation: Private coach (20 hours total of coach provided for academic visits throughout the week)

Day 8: Friday - January 18, 2019
Morning: Wrap up of academic program at Sano
Afternoon: Academic Activity
Evening: Farewell dinner

Meals: Breakfast, dinner
Transportation: None provided (walking)

Day 9: Saturday - January 19, 2019
Day: Check out of accommodations and transfer to the airport for flights home

Meals: Breakfast
Transportation: Accommodations to airport (one group transfer via private coach)

* Example Cultural Activities (minimum of 2):
  ● Making Japanese ceramics and/or paper (washi) - keep your creation!
  ● BBQ with local students; make and eat imo-fry (a popular local dish)
  ● Try on a kimono (traditional Japanese garb) and learn about its history
  ● Learn to play some traditional Japanese games with local students!

**Example Academic Visits and Activities in Sano-City (Minimum of 8)
General Health & Human Services Track:
  ● Lecture on comparing and contrasting Japanese and American medical insurance
  ● Visit a hospital guided by a Japanese student
  ● Visit a Japanese nursery school (ages 0-5)
  ● Experience being, and guiding a physically challenged patient (pushing a wheelchair, guiding a blind person)
  ● Visit and tour a Japanese nursing home
● Task based learning: Preparing a Japanese meal such as tofu with Japanese Nutrition major students OR preparing Japanese school lunches with Nutrition students
● Overview of the healthcare and nursing care system in Japan including point calculation used for insurance coverage and billing.
● Learn Japanese sign language in a Rainbow song
● Use and printing of braille. Transcription etc.
● Practical training of bathing care for seniors. Experience from the patient's perspective of bathing. (No actual water used, but they will enter and leave real tubs using specialized equipment i.e. bathing beds and chairs.)
● Experiential learning of caring for seniors and moving them to and from beds and wheelchairs. They will wear yukata's and goggles to simulate vision impairments that are common to the elderly.
● A tour of Oohuri Nursing home