

## **Becket-Chimney Corners YMCA**

### **Travel and Service Programs – Health Memo**

ICEP Japan

#### **About the Program**

Our YMCA partner in Japan is the Tochigi YMCA. Their main YMCA is located in the city of Utsunomiya, which is approximately two hours north of Tokyo by train. Service work in Japan is well balanced between physical and social service. Past groups have helped run a relay race fundraiser, volunteered at the YMCA kindergarten, joined a river clean-up project, learned about local agriculture, volunteered through the Global Citizenship Project, and run activities at two summer camp programs for Japanese children. Cultural activities may include interaction with Japanese teens through a high school international club, a traditional tea ceremony, and excursions to Tokyo and Nikko, a popular hiking destination and home to many of the Japanese "Onsens" (baths).

#### **For Physicians:**

The following information is to aid you in choosing appropriate care for your patient.

This individual will be traveling in Japan from July 4<sup>th</sup> to August 3<sup>rd</sup>, 2025. Based on previous years' itineraries, the program will likely include:

- 25-28 nights in Utsunomiya and greater Tochigi Prefecture (city and rural)
- 2 nights in Tokyo (city)
- Individuals and their families have been directed to information from the CDC and World Health Organization concerning health risks associated with this destination.
- All participants will self-administer their own medications while traveling.
- Program activities will include but are not limited to hiking, swimming (beachfront and/or pools), manual service projects, and work with children and the elderly.
- Aspects of this program can be emotionally / mentally challenging.