

## Let's go to Japan!

**PY423 – Aging in Japan** (Special Topics in Developmental Psychology)

**SC363– Aging in Japan** (Special Topics in Global Studies)

**Description:** This cross-listed course, offered in May 2026, explores aging in Japan – a country known for its longevity as well as the societal challenges posed by an aging population and low birth rates.

### Highlights:

- Visit Okinawa, one of the five Blue Zones in the world, and learn about the centenarians.
- Attend the sessions offered by professors in psychology, geriatric nursing, sociology, etc. Visit assisted living facilities, senior day programs, and community gathering.
- Join the everyday morning exercise with local seniors in Kobe.
- Learn about local and government municipalities' effort to manage super aging society
- Take a tour of three universities and mingle with Japanese students.



**Eligibilities:** Open to all undergraduate students. If the number of applicants exceeds 16, priority will be given to students majoring in Psychology, Interdisciplinary Studies with a psychology focus, or pre-health, who have taken PY244, PY343, or PY445.

**Scheduled Trip:** May 18 (Sun) through May 31 (Sun) for 2 weeks

**Zoom Classes:** two meetings before and after the trip

**Places:** Osaka, Kobe, Hiroshima, Miyajima, and Okinawa (you may extend your trip to visit other places, such as Kyoto, Tokyo, or even nearby countries!)



**Information sessions:** Oct. 22 (Wed), Nov. 18 \*Tue) & Jan 21 (Wed):  
7-8 p.m. in Room BE 236