

# Let's go to Japan!

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

**Description:** This is an upper-level psychology course offered in May 2025. You will learn what it is like to age in Japan which is known for longevity.

### Highlights:

- Visit Okinawa, one of the five Blue Zones in the world, and learn about the centenarians.
- Attend the sessions offered by professors in geropsychology, geriatric nursing, sports psychology, and public health.
- Visit assisted living facilities, senior day programs, and community gathering.
- Join the “Everyday Hike” with local seniors and Hike Rokko Mt.
- Take a tour of the psychology department and mingle with Japanese students.



**# of Students:** Max of 16 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 (Sat) 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:** Jan. 21 (Tuesday): 7-8, Room BE 236