



Sample Japan Itineraries for Individuals

Earthquake/Tsunami Recovery Projects

Date	Day	Particulars
Day 1	Friday	-Arrive in Nagoya airport and transfer to host family -Welcome dinner
Day 2	Saturday	-Tour city of Nagoya, including Samurai Era Nagoya Castle -Orientation and Training at United Planet Office in Nagoya
Day 3	Sunday	- Travel to Sendai in the Tohoku region. - Transfer to host family. - Cultural activities/meals with local families.
Day 4	Monday	-Volunteer work with earthquake/tsunami survivors at community centers, temporary housing, or schools.
Day 5	Tuesday	-Volunteer work with earthquake/tsunami survivors at community centers, temporary housing, or schools.
Day 6	Wednesday	a) Volunteer work with earthquake/tsunami survivors at community centers, temporary housing, or schools. b) Transfer to volunteer camp for physical volunteering (clearing debris, restoring damaged homes and buildings) in Ishinomaki City.
Day 7	Thursday	a) Volunteer work with earthquake/tsunami survivors at community centers, temporary housing, or schools. b) Physical volunteering (clearing debris, restoring damaged homes and buildings) in Ishinomaki City.
Day 8	Friday	a) Volunteer work with earthquake/tsunami survivors at community centers, temporary housing, or schools. b) Physical volunteering (clearing debris, restoring damaged homes and buildings) in Ishinomaki City.
Day 9	Saturday	--Travel to Nagoya - Final Reflection and Departure Meeting at United Planet Office - Farewell Dinner and Celebration
Day 10	Sunday	-Transfer to Nagoya airport -Departure

Nagoya Social Projects

Date	Day	Particulars
Day 1	Friday	-Arrive in Nagoya airport and transfer to host family- Welcome dinner
Day 2	Saturday	-Tour city of Nagoya, including Samurai Era Nagoya Castle -Orientation and Training at United Planet Office in Nagoya
Day 3	Sunday	- Cultural Activities and Explorations with host families
Day 4	Monday	-Volunteer work with selected project, such as working with students, assisting the elderly, or working with politicians.
Day 5	Tuesday	-Volunteer work with selected project, such as working with students, assisting the elderly, or working with politicians.
Day 6	Wednesday	-Volunteer work with selected project, such as working with students, assisting the elderly, or working with politicians.
Day 7	Thursday	-Volunteer work with selected project, such as working with students, assisting the elderly, or working with politicians.
Day 8	Friday	-Volunteer work with selected project, such as working with students, assisting the elderly, or working with politicians.
Day 9	Saturday	- Final Reflection and Departure Meeting at United Planet Office - Farewell Dinner and Celebration
Day 10	Sunday	-Transfer to Nagoya airport -Departure

These itineraries are only examples. You will receive a personalized itinerary upon arrival in Japan.