

Sophia January Session 2026
Off-Campus Study Program: Hiroshima excursions and Cultural Experiences in Tokyo [Tentative]
**Maximum number of participants: 20, Minimum number of participants required to run: 8*

Month	Date	Day	Time	Program Details	Accommodation
Jan	29	Thu	AM	Orientation on the Hiroshima Trip [30-60 minutes] and Pre-Lecture [1 hour, Online] ※to be scheduled after 2nd period [10:55-] Lecture will cover the following topics: ・ Jesuit education and peace education ・ Review materials on war and peace in advance to deepen awareness before the Hiroshima visit	Students are responsible for arranging their own accommodation in Tokyo.
			PM	Free	
	30	Fri	AM	Meeting point: outside the Tokyo Station building at 7:30 AM [Receive your train ticket and proceed to the Shinkansen entrance] Travel: Tokyo 9: 12 → Hiroshima 13: 02 by Shinkansen 【We'll have lunch on the Shinkansen. After meeting at the designated location, please buy your own lunch before boarding. The staff will provide you with money for your lunch, so kindly follow their instructions.】	[Accommodation and meals(lunch and dinner) are provided. *Breakfast is not included.] HOTEL MYSTAYS Hiroshima Peace Park 3-3-1 Otemachi,Naka-ku, Hiroshima-shi,Hiroshima 730-0051 Japan (Located about a 2-minute walk from Chuden-mae Station) Tel:+81-82-536-2031
			PM	(Transfer: Hiroshima Station → Hotel) 14: 00 Check-in 15: 00 Meet at the hotel lobby 15: 10 Departure from the hotel 15: 30-16: 30 Visit Hiroshima Peace Memorial Park and Atomic Bomb Dome ※An English guide will accompany us at Hiroshima Peace Memorial Park. 17: 00 Return to the hotel 18: 00 Dinner	
	31	Sat	AM	7:30 Meet at hotel Lobby 7:45 Depart from hotel 8:10 Arrive at the Peace Memorial Park 8:30 Depart from Peace Memorial Park by ferry (World Heritage Route) (arrive at the ticket counter at least 10 minutes before the departure) 9:15 Arrive in Miyajima and meet the English-speaking guide 9:30-11:30 Visit Itsukushima Shrine 12:00-13:30 Lunch	[Accommodation and all meals (breakfast, lunch, and dinner) are provided.] HOTEL MYSTAYS Hiroshima Peace Park 3-3-1 Otemachi,Naka-ku, Hiroshima-shi,Hiroshima 730-0051 Japan (Located about a 2-minute walk from Chuden-mae Station) Tel:+81-82-536-2031 URL: https://www.mystays.com/enus/hotel-mystays-hiroshimapeace-park-hiroshima/
			PM	14: 00 Ferry terminal (arrive at ticket counter at least 10 minutes before departure) 14: 15 Depart Miyajima by ferry (World Heritage Route) 15: 00 Arrive at Peace Memorial Park (Transfer: Peace Memorial Park → Hiroshima Castle) 16: 00-17: 00 Visit Hiroshima Castle @Omotegomon Gate *Volunteer English guide scheduled 18: 30 Dinner	
Feb	1	Sun	AM	9:00-11:00 Testimony from a Hiroshima atomic bomb survivor by an NGO (at hotel conference room) 11:00-12:00 Lunch [TBA] ※Check out (You may leave your luggage at the reception.)	*[Breakfast and lunch are provided as part of the program. Dinner and accommodation are not included.] Students are responsible for arranging their own accommodation in Tokyo.
			PM	12:30 Arrive at the Hiroshima Peace Memorial Museum 12:30-14:30 Visit the Hiroshima Peace Memorial Museum >>Depart by 2:30 PM at the latest. (Transfer: Peace Memorial Park >>Hotel >>Hiroshima Station) 15:30 Arrive at Hiroshima Station (Shinkansen entrance) Travel: Hiroshima 16:03 → Tokyo 19:57 by Shinkansen	
	2	Mon	AM	Free	Students are responsible for arranging their own accommodation in Tokyo.
			PM	Free	
	3	Tue	AM	Tokyo Cultural Experience (Half Day) -A Shodo (Japanese Calligraphy) workshop *Participation fee is included in the Program fee.	Students are responsible for arranging their own accommodation in Tokyo.
			PM	Free	
	4	Wed	AM	Tokyo Cultural Experience (Half Day) -A visit to Meiji Jingu Shrine *Participation fee is included in the Program fee.	Students are responsible for arranging their own accommodation in Tokyo.
			PM	Free	

※Please bring only what you need for the two-night, three-day Hiroshima tour. Suitcases and other bulky luggage are not permitted on the Shinkansen.
 ※The cultural events in Tokyo are tentative, and both the events and their schedules are subject to change.

Meal Information

(Please note: This is a tentative version and subject to change.)

January 30 (Friday)

Lunch

Please purchase your own lunch at Tokyo Station before boarding the Shinkansen, as it will be eaten on the train.

Dinner



Okonomiyaki Cooking Experience @ OKOSTA

Enjoy making Hiroshima-style okonomiyaki with one selected topping and one drink included.

January 31 (Saturday)

Lunch

Light meal (sandwich and soup) at a café in Miyajima.

Dinner



You may choose from pizza, pasta, or risotto with seasonal local ingredients. One drink is included. Participants will be asked to select their menu choice in advance.

February 1 (Sunday)

Lunch

Lunch boxes will be provided, and students will eat in their hotel rooms, as afternoon visits are scheduled.