

EXPLORER

- Enjoy dining and shopping options at Hondori Street in Hiroshima.
- Visit Fukuoka's Canal City.
- Get a deeper understanding of Kagura in Hiroshima with English explanations and subtitles.
- Check out Japanese drift racing at Hadashi Tengoku.
- Watch a traditional Sumo tournament.
- Watch a live kabuki performance (traditional Japanese theater).
- Spend some time doing karaoke with friends.
- Create your own goldfish lantern at the Yanai goldfish lantern festival.
- Get an insight into the vast waters surrounding Okinawa at the Okinawa Churaumi Aquarium.
- Go "forest-bathing" (Shinrin-yoku) - Take a leisurely stroll through a forest and unplug from the world. Forest bathing is the act of going into a forest to connect with nature. Let the power of the forest bring you peace and relaxation.
- Visit a "power spot" - Japan has numerous "power spots" which are said to be spiritual locations that enhance life force and increase your luck. Some notable power spots are Izumo Grand Shrine and Yakushima Island.
- Autumn in Japan brings kōyō season when the leaves transform and turn to vibrant red, orange, and yellow. Kōyō means colorful leaves in Japanese. Follow the "kōyō front" and ask IT&T for the best spots.
- Take pictures with the deer on Miyajima.
- Search for sea glass at Tsuzu Beach.
- Go swimming at Yuu Beach.
- Go kayaking or paddleboarding on the Nishiki River.
- Catch hotaru (fireflies) during the summer months.
- Get some beautiful photos at the Hisatsu suspension bridge in Izu.
- Check out Fox Village, Mt. Zao.
- Visit Cat Island, Tashirojima Island.
- Feed rabbits on Bunny Island, Okunoshima.
- Throw a hanami (cherry blossom viewing) party with your family in spring.
- Experience old-world Japan in the city of Kyoto featuring shrines, temples, traditional cuisine and the Golden Pavilion, Gion District.
- Bathe in Japan's oldest onsen in Beppu.
- Spend a night in a ryokan (a Japanese-style inn).
- Watch a taiko drum performance.
- Head to the Peace Memorial Park in Hiroshima to view the Genbaku Dome, and the Peace Memorial Museum.
- Take a boat ride and learn about the ancient art of cormorant fishing at the Kintai Bridge area.
- Walk through Japan's feudal samurai era in the mock town of Kusado Sengencho at the Hiroshima Prefectural Museum of History.
- Be spiritually reborn by praying at all of The Three Mountains of Dewa in Yamagata Prefecture (past, present, and future).
- Visit the Kannon statue in Sendai City. This statue stands at 328 Ft (100m) tall.
- Like reclining? So does the largest bronze statue of Buddha at the Nanzoin Shrine in Fukuoka.
- Learn the Art of the Tea Ceremony and enjoy drinking matcha.
- Venture through the Torii Gates at Fushimi Inari in Kyoto.
- Visit the Yoshinogari Park in Saga and see what Japan looked like during the Yayoi Period (300 BC - 300 AD).
- Go through the 123 torii gates at Motonosumi Shrine.
- Meet the white snakes at Iwakuni Shirohebi Shrine.



FOODIE

- Travel to Nagasaki and feast on a bowl of "Nagasaki champon". Nagasaki is famous for this delectable dish - a noodle soup with fried pork, vegetables, and seafood.
- Try Kawara soba (rooftile noodles).
- Grab Momiji Manju from Miyajima.
- Try takoyaki at a local festival.
- Enjoy ice cream by the Kintai Bridge.
- Try both Hiroshima and Osaka-style okonomiyaki. Which is your favorite?
- Enjoy an unforgettable meal at Sanzoku (A.K.A. the chicken shack).
- Try the famous Kobe beef in Kobe.
- Pick your favorite sushi at a sushi-go-round.
- Visit the Cup Noodle Museum in Osaka.
- Try Hida beef sushi, wagyu beef over sushi rice and served on a cracker, in Takayama.
- Bathe at the Yunessun Spa Resort in Hakone. You can choose from many baths including coffee, wine, or sake.



PERSPECTIVE

Whether your interests are in learning and understanding the local culture, food and entertainment, or advancing your education or fitness and health — MCCS is here for you.

Creating a home movie, taking a virtual tour of Japan, and completing a fitness challenge are a just a few of the fun ideas you'll find in this list. Check them off as you go and challenge your friends to see who can complete the most.

Find more detailed examples of things to do in the May Preview.

- Try Japanese sweets, wagashi, a traditional Japanese confection made primarily from plant-based ingredients.
- Enjoy the various renkon dishes including renkon noodles and deep fried renkon. Iwakuni is famous for producing renkon, a vegetable root.
- Try cooking udon in your own kitchen.
- Try street food at the Nishiki Market in Nakagyo, Kyoto.
- Eat gold-leaf sweet red-bean soup in Kanazawa.
- Eat a traditional Japanese multi-course dining experience at kaiseki in Kyoto.
- Get your fill of gyoza with miso sauce at Hyotan in Kobe.
- Make and eat your own tofu at Nanzenji Junsei in Kyoto.



ADVENTURER

- Surf at Hamada Beach. Save yourself the drive and let Outdoor Rec take you.
- Go Whitewater rafting down the Yoshino River.
- Hit the slopes of Japan. There are several local ski resorts as well as the world-renowned resorts of Nagano and Hokkaido.
- Experience "America's favorite pastime" while in Japan at a Hiroshima Carp baseball game.
- Go full speed downhill on the alpine coaster, Summer Bobsled 706, in Echigo Yuzawa.
- Explore the majestic mossy island that served as inspiration for the scenery in Princess Mononoke on Yakushima Island.
- Take a stand up paddleboard class with Outdoor Rec for your next adventure.
- Check out a GoPro and accessories at the Library and record your adrenaline-filled adventures.
- Go ziplining in Hiroshima at Zipline Adventure Osorakan.
- Check out Japan's highest waterfall Nachi Falls.
- Find Laputa, the castle in the sky, on Sado Island in Niigata Prefecture.
- Tour the Nurusawa Hyoketsu ice cave at Mt. Fuji.
- Become a ninja at Iga City in Mie Prefecture.

- Feel like a Bond villain at Gunkanjima on Hashima Island, the inspiration behind the villain's hideout in the 2012 bond film.
- Discover Mount Aso, the biggest active volcano in Japan.
- Surf in Japan's "Hawaii", Kumejima in Yaeyama Islands.
- Visit Sanrio Puroland in Tama, a Hello Kitty themed indoor amusement park.
- Dare to enter Mount Osore in Mutsu City, known as the entrance to the afterlife for its resemblance to the description of Buddhist hell and paradise.
- Go fishing in Ine, a small town famous for its long row of funaya (fishing houses).
- Bike the Shimanami Kaido, the most popular cycling route in Japan.
- Venture through the Ryuosendou Cave (Iwaizumi, Iwate Prefecture). A limestone cavern in northern Honshu.
- Surf the largest sand dunes Japan has to offer in Tottori.



- Test your skills at Anata no Warehouse, a post-apocalyptic arcade, in Kawasaki.
- Visit Seiryu-Miharashi station, a station created only for the view.

HOMEBOY

- Visit the Library to check out any of their clubs and activities, like the Adult Writing Club, 3D Print Club, or Makerspace.
- Become a volunteer coach with Youth Sports.
- Visit MCFTB to learn about other volunteering opportunities.
- Spend some time tinkering with your car at the Auto Skills Center.
- Bike have a flat tire? You can fix your bike at the Auto Skills Center too.
- Catch a premiere movie at Sakura theater.
- Go bowling at the Strike Zone - while you're there, grab a Bulldog Burger.
- Not in the mood for bowling? You can still grab a Bulldog Burger from the new Bulldog Burger food truck.
- Take part in the Auto Skills Center Banner contest and design a banner to be hung in the project bay.
- Get fit with Semper Fit. Join a variety of fitness classes and challenges to match your fitness level while having fun.
- Bake a cake. Check out a novelty cake pan from the Library. Choose from a variety of cartoon characters and themes.
- Check out the tea ceremony Makerbox from the Library. This handy box includes a Japanese tea set and instructional book to get you started in learning this traditional art form.
- Take a relaxing stroll or go for an intense run around the sea wall.
- Join a SMP game tournament such as D&D or Magic the Gathering.
 - Take part in the ultimate team building exercise at Crossfire paintball.
 - Take your dog to the dog park on the Monzen side of base.
 - Throw a party - rent all your party gear from Outdoor Rec.
 - Get a relaxing massage at the White Lotus Spa at IronWorks.
 - Check out the N.E.O. section in this month's Preview and make sure your family's EEP and N.E.O. packet is up-to-date.
- Learn to sew. Check out sewing books at the library and visit the Makerspace while you're there to practice what you've learned on their sewing machines.



Authorized Travel Areas are subject to change. Please consult the current Leave & Liberty Policy for the most updated information.





101 THINGS TO DO

RESOURCES

YOUTH & TEEN PROGRAMS

Youth Center | Bldg. 9556 | 253-5072

Teen Center | Bldg. 410 | 253-5549

Y&TP provide a positive, alternate support environment that enhances social, emotional, and developmental learning for success in life. Youth & Teen activities are open to youth ages 10-18 who are enrolled in primary or secondary school.

LIBRARY

Bldg. 411, 3F | 253-3078

The Library supports the educational, recreational, and lifelong learning needs of all servicemembers and their families. Resource collections include both print and electronic books, audio books, magazines, journals, music, and movies. Free online resources are accessible to library patrons 24/7.

INFORMATION, TOURS & TRAVEL

Bldg. 410 | 253-4377

Explore Japan with one of IT&T's many weekly trips led by a friendly and proficient tour guide. Additional services include booking accommodations, luggage delivery, and camping and restaurant reservations just to name a few.

CULTURAL ADAPTATION

Bldg. 411 | 253-6165

This program assists the transition into Japan by offering an introduction to Japanese culture, customs, language, and points of interest.

SINGLE MARINE PROGRAM

Hornet's Nest | Bldg. 1347 | 253-3585

Visit the Hornet's Nest for sophisticated home theater systems, pool or ping-pong tables, multiple gaming consoles, and wifi and internet ready computers complete with webcams.

SEMPER FIT

Bldg. 9595 | 253-6359

Semper Fit has a program to help you reach and maintain your fitness goals. Personal training and a variety of fitness classes and assessments are offered throughout the year.

PERSONAL & PROFESSIONAL DEVELOPMENT

Bldg. 411, 1F | 253-6161

The primary mission of P&PD is to assist servicemembers and their spouses in achieving their personal and professional goals.