

- **Gala Dinner APSTH 2026 in Japan (Prior registration is needed)**

*Seats are limited to 80 and available on a first-come, first-served basis.

May 29th, 18:30 - 20:30

Toyosu Market Fish Bar Uohoshi Odawara Station Branch (near Odawara station).

(<https://sakana-uosei.com/odawaraekimae/space/>)

All the registered attendees and speakers are invited (**free of charge**), please register in advance at our web site.

Let's enjoy Japanese cuisine at a very Japanese style restaurant.



- **WTD Walking Event at APSTH 2026 in Japan**

May 29th, 6:20 - 7:10

(in the event of heavy rain, the walk will be postponed until the following day)

On day 2 (May 29th) at 6:20 a.m., let's meet at the "Event Square" near Sannō-maru Hall. We'll walk to the area near the main building of Odawara Castle, and do Radio Taisō (radio calisthenics) at Nino-maru Square (<https://www.youtube.com/watch?v=SjPf3SJFgNA>). Radio Taisō began in 1928 to promote the health and physical fitness of people in Japan. Today, local communities across Japan still practice it. In recent years, it has drawn attention overseas for its distinctive style and perceived benefits for fitness and weight management. After the exercises, we'll return to the "Event Square" around 7:10 a.m.

WTD T-shirts will be provided (available in XL, L, and M; limited quantities) to participants at the "Event Square" before the walk begins. If you have your own, please wear it.



Walking event and Radio Exercise in APSTH Sapporo 2018.

- **Half a day excursion in Odawara city**

May 29th, 9:00-11:30

We planned the following three half a day tours. (Free of charge, registration is required)

The final tour plan and its implementation will be determined based on the number of participants.

Plan A: Explore Odawara Castle

Visit Odawara Castle, one of the area's most famous landmarks, and enjoy its historic atmosphere.

Plan B: Visit traditional craft workshops and local specialty shops

Visit Japanese lacquerware studios and shops, and explore traditional Japanese paper crafts and wind chimes.

Plan C: Experience traditional Japanese food culture

Visit the dried bonito museum, stroll along Kamaboko (fish cake) Street, stop by a uirō shop to learn about this traditional Japanese sweet with historical links to medicine, and also visit Nariwai Koryukan.