

Event Name		INFOM international seminar and workshop 2025			
period		Friday, September 26 ~ Sunday, September 28, 2025 3-day/2-nights			
		City	Transportation	Date	meal
1	9/26 (Friday)	Nagano	Meet on site	15:00~ Check-in at "RAKO HANANOI HOTEL" (Hotel in Nagano prefecture) https://www.hananoi.co.jp/ 〒392-0022 2-1200-3, Takashima, Suwa-shi, Nagano TEL:0266-54-0555 Free time, No dinner 【Stay】RAKO HANANOI HOTEL	Dinner×
2	9/27 (Saturday)	Nagano	Private Bus	Location: Techno Plaza Okaya, 07:50 Departure from the hotel 08:30-17:00 INFOM Seminar (Place:Techno Plaza Okaya) 17:30 Return to the hotel 18:30-20:30 Dinner at the hotel 【Stay】RAKO HANANOI HOTEL	Breakfast ○ Lunch ○ Dinner ○
3	9/28 (Sunday)	Nagano Tokyo	Private Bus	07:15 Check-out from the hotel 09:30-14:50 Workshop at Akasawa Nature Recreation Forest 15:00- Return to Shinjuku Station or Tokyo Station by private bus (If you are participating in "Forest Bathing Tourism", take a special bus to a hotel in Nagano Prefecture) 21:00 Arrive at Shinjuku Station 21:30 Arrive at Tokyo Station	Breakfast ○ Lunch ○ Dinner×

Bus company: nittu Kokusai kikaku or sunshine boueki

Participation fees

¥ 230,000 (Japanese Yen) (Tax included)

This is the price for a twin room.

A single room or one person staying in a twin room will be ¥230,000 + 6,500 (Japanese Yen) (Tax included).

The fees include the followings:

1. Accommodation, transportation expenses, travel insurance and meals for participants.
2. Conference room fees
3. Seminar and Shinrin-yoku practice participate fees
4. The membership fee of INFOM (6,000 Japanese Yen)
For those who have already paid the membership fee (6,000 Japanese Yen) for this year, the annual membership fee will be subtracted.
5. Fees for INFOM-certified international forest medicine specialist certificate (doctor) and INFOM-certified international Shinrin-Yoku instructor certificate (non-doctor participants).

If you would like to visit the Expo 2025 Osaka, Kansai, Japan before the seminars and workshops, it is better to fly to Osaka.

If you do not to visit the Expo 2025 Osaka, Kansai, Japan before the seminars and workshops, Tokyo will be the starting point for the events.