

Art making

using ocean plastic waste

Plastic waste collected from the beach at Makuhari will be used to create unique and colorful artworks.

Learn more about how the ocean plastic affects environment and other related issues through art.

* This workshop uses collected plastic that has been safely cleaned and processed.

* The plastic art created here will be collected and recycled.



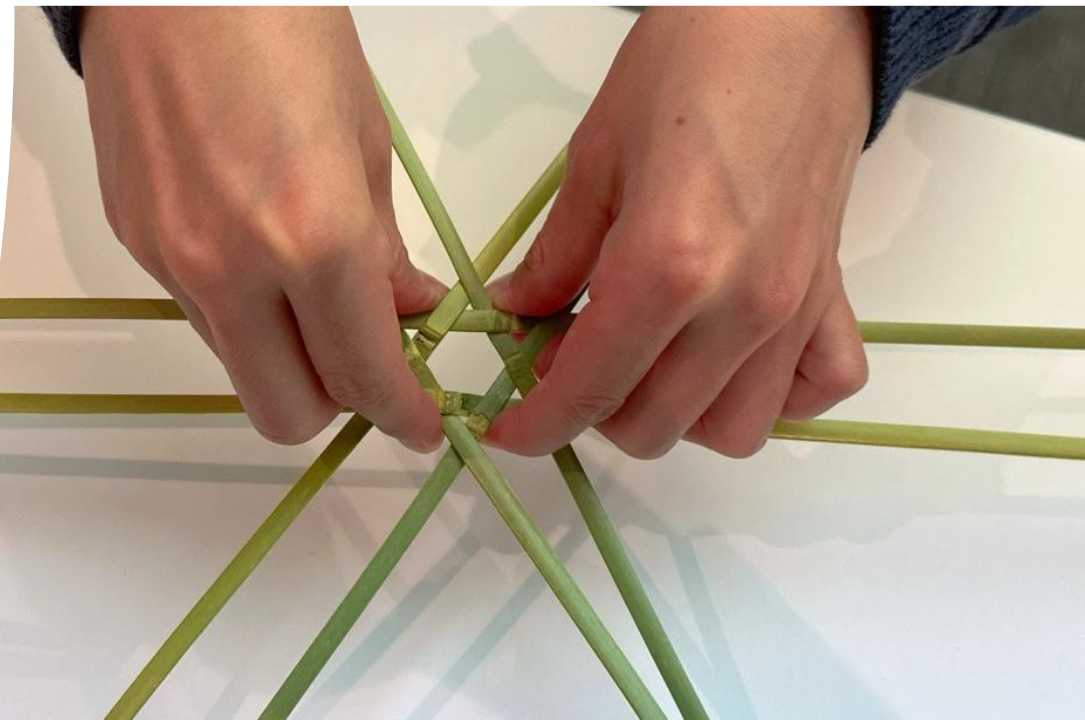
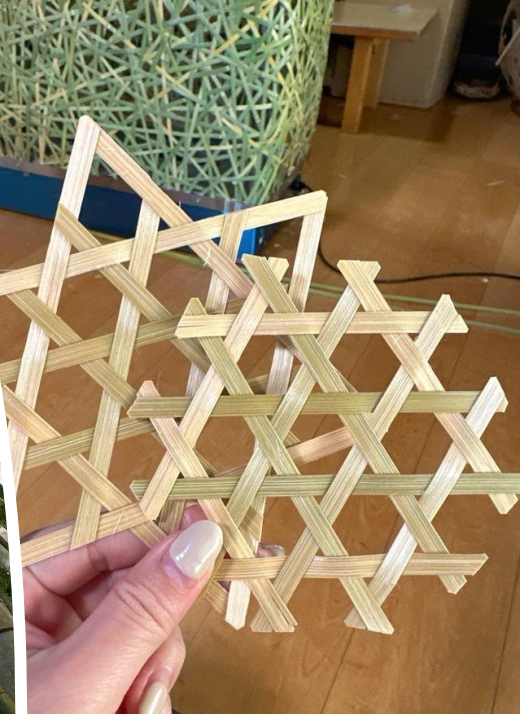
Number of participants	10 -20
Time required	30 - 60 minutes
Location	Conference venue, etc.
Season	All-year-round
Contact	Chiba Convention Bureau and International Center
English language support	Volunteer interpreter

Bamboo craft making

There are many areas in Chiba prefecture where growing bamboo becoming an issue. In relation to it, the prefectural government is taking preventive measures to address the problem. Bamboo is a natural material that is widely used such as in baskets and other interior items. It is very important in today's world where environmental conservation is a priority.

Realize the symbiosis between people and nature as you make use of techniques developed by our ancestors to create your own unique artwork with Chiba bamboo.

Number of participants	10 - 30
Time required	34 - 60 minutes
Location	Conference venue, etc.
Season	All-year-round
Contact	Chiba Convention Bureau and International Center
English language support	Volunteer interpreter



Jogging and walking

Chiba prefecture is surrounded by the sea. In the Makuhari area in particular where near the International Conference Center and hotels are, there are jogging and walking courses along the beach and in the parks. A Japan Sport Association certified track and field coach from Chiba prefecture demonstrates how to run and walk in a healthy way that does not put a burden on the body.

Besides promoting health, jogging and walking is popular as a sustainable program around the world. It is a step toward building a sustainable future in harmony with nature.

Number of participants	20 – 50
Time required	30 - 60 minutes
Location	Makuhari area beachside, parks, etc.
Season	All-year-round
Contact	Chiba Convention Bureau and International Center
English language support	Volunteer interpreter



Radio exercise

Everyone in Japan, young and old, is familiar with this national exercise. The exercises are performed with music with English audio instructions, so participants can join and enjoy even those from overseas .

During coffee break, participants can refresh and also feel a sense of togetherness by moving their bodies together.

It is also possible to join in and interact with the public at places where they are gathering to do exercises.



Number of participants	10 - 100
Time required	- 10 minutes
Location	Conference venue or outside the venue
Season	All-year-round
Contact	Chiba Convention Bureau and International Center
English language support	Volunteer interpreter

