



Welcome to Fukushima City!



HARVARD T.H. CHAN TAKEMI PROGRAM
SCHOOL OF PUBLIC HEALTH IN INTERNATIONAL HEALTH



Aisha  Indonesia
Arsyaningrum

MPH student and
Takemi Associate
Harvard T. H. Chan
School of Public Health

I first visited Fukushima in 2025 as part of a winter course offered by the Harvard T.H. Chan School of Public Health and decided to return in the summer for my practicum project! You can probably guess how fascinating I found this place; since I chose to come back!

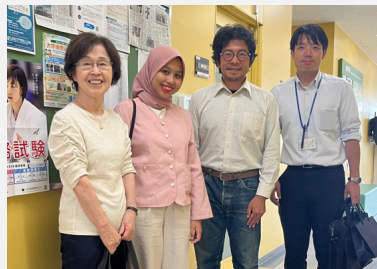
My admiration for this city grows with every visit. Not only for its remarkable resilience after the triple disaster, but also for the beauty of its natural surroundings and the warmth of its people.

A City of Science and Learning

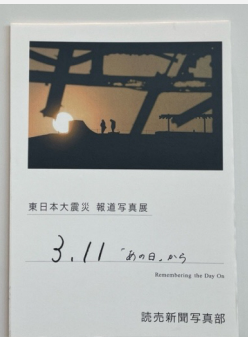
As you will soon discover, Fukushima City is not only a place of recovery, but it's also a living classroom for science, innovation, and collaboration. During my time here, I learned how academics, local officials, and citizens have worked hand in hand to rebuild trust through evidence, transparency, and compassion.

These centers welcome scientists from around the world who come to study, exchange knowledge, and contribute to Fukushima City's ongoing journey toward resilience.*

There are also radiation monitoring posts throughout the city, so you don't need to worry during your stay!



* Riho Isaji, Nihaal K. Rahman, and Aya Goto, "Fukushima Field Course from a Public Health Perspective: A Review of the 2025 Harvard Course," Journal of Global Health Science 7, no. 2 (2025):



*If you'd like to learn more about the disaster and the recovery process, consider visiting **The Great East Japan Earthquake and Nuclear Disaster Memorial Museum!** They provide accessible explanations in both Japanese and English.*



Fukushima City Through the Seasons

I've had the chance to see Fukushima City in both winter and summer, and the contrast between the two seasons makes the city even more special.



In winter, the city turns peaceful under a blanket of snow. A good time to enjoy the onsens (hot spring)!

In summer, Fukushima City is full of color and life. It's peach season, and you'll find peach-themed treats everywhere: peach ice cream, peach parfaits, and even peach drinks!



Momo-rin, Fukushima city official character

Aisha's recommendations!

Here are a few of my favorite places and activities to do in Fukushima City

Cafés & Restaurants

Coffee Gourmet

A charming retro café that has been part of Fukushima City's story for decades!



Minekame Soneda

A spot for a refreshing soba (buckwheat noodle)!



Manpuku

Delicious enban gyoza (fried dumpling)!



Good One Bagel

Cozy place, good coffee (and of course bagel)!

Shops & Crafts



Igeta

offers beautiful Japanese crafts and souvenirs.



Pentonote

A must visit for stationery lovers!

Nature



Mt. Shinobu

Take a light hike to enjoy the views of the city!



Hot springs (onsen)

Fukushima City is a wonderful place to spend time in. I hope you'll take time to explore, connect, and experience its gentle mix of science, nature, and warmth!