



Matsuyama Castle, Japan

Anaesthesia in Japan

12 – 23 September 2018

3 nights Tokyo • 2 nights Hiroshima • 2 nights Matsuyama • 4 nights Kobe

CPD Applied For



Jon Baines
tours



The Torii Shrine near Hiroshima

Japan is a fluid, fascinating study of extremes. Ancient history jostles with neon modernity, rigid tradition with explosive counter-culture and Zen serenity with heaving humanity. This tour takes you to the heart of both historic and modern Japan while exploring Japanese approaches to anaesthesia. Visit a range of prestigious hospitals in Tokyo, Hiroshima and Matsuyama, meet Japanese anaesthetists and visit the excellent Kobe Japanese Museum of Anaesthesiology. Gain real insight into anaesthesia in Japan, while experiencing many other facets of this country. For every face of Japan, there is another waiting to be seen, so that each visitor comes away with their own vision of this genuinely extraordinary land.

Arrive in Tokyo and spend the first afternoon settling in at your leisure.

Tokyo is a vast city encompassing a multitude of distinctive personalities. The next morning experience the ancient history of this modern metropolis, starting with a visit to the fascinating Edo Museum, which preserves the 400-year history of Tokyo and its precursor,

Edo. Wander through the historic Asakusa neighbourhood and visit the ancient Buddhist Senso-ji Temple. Gaze out across the seemingly endless sprawl of Tokyo from the soaring heights of the Skytree before cruising along the Sumida River to the tranquil Hamraiku Garden. Spend time wandering through this urban oasis and take tea in a traditional teahouse. In the evening there is a welcome *izakya* dinner at Gonpachi in the upmarket district of Ginza.

Your first professional visit is to the Department of Anaesthesia at the Hirosato Kikuchi Hospital, while a partner programme visits the superb



Tokyo by night



Senso-ji Temple - the oldest temple in Tokyo

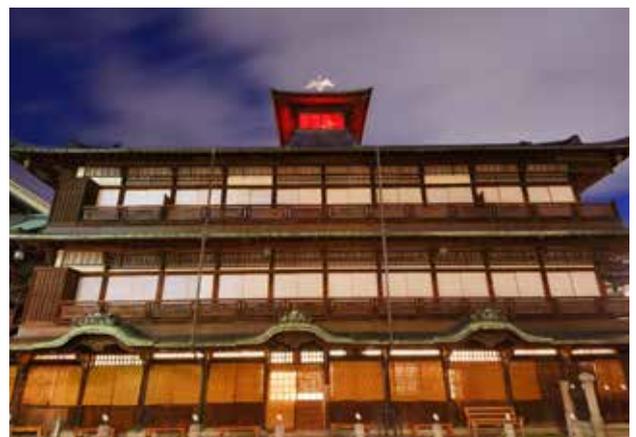
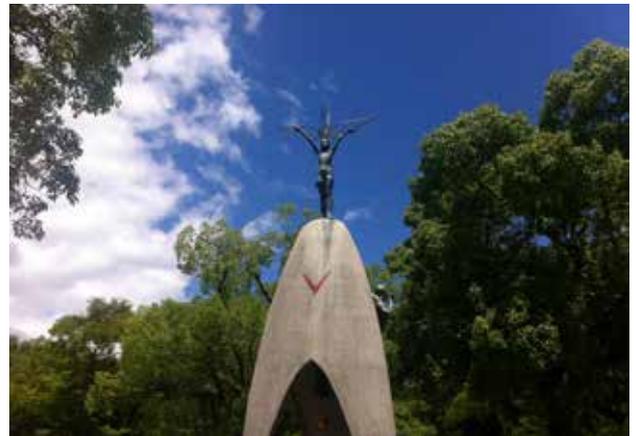
Tokyo National Museum. The group will then rejoin to visit the Harajuku area, renowned for its colourful street art and fashion scene. You will also visit the Meiji Shrine and see the exquisite woodblock prints at the Woodblock Print Museum.

Board one of Japan's sleekly efficient bullet trains the next morning to Hiroshima and check into your hotel. Hiroshima is, of course, a city with a cataclysmic past that is today a powerful symbol for world peace. Next day visit the moving Peace Memorial Park and Museum, with its many poignant exhibits. In the afternoon take a cruise on the inland sea past the vivid red Torii Shrine set in the sea, denoting that the entire island of Miyajima is sacred. Explore this exquisite island which is covered in virgin forest, as felling trees is forbidden on the island - as is giving birth or dying – and watch the sunset.

The following morning visit the Hiroshima Red Cross Hospital and Atomic-bomb Survivor's Hospital, which still treats many thousands of people who survived the blasts and are suffering from the long-term health effects of exposure to nuclear radiation. Afterwards take the ferry to Matsuyama, the largest city on nearby Shikoku Island. Matsuyama is a refined, handsome city, famous for Dōgo Onsen Honkan, an ornate Meiji-era public bathhouse built over ancient hot springs, as well as having a magnificent castle. Check into your hotel and at leisure.

The next morning visit Ehime University Hospital and meet with local anaesthetists while partners are at leisure. In the afternoon visit Matsuyama Castle, one of Japan's finest surviving castles, which has dominated the skyline for centuries. Wander down the back slopes of the castle to visit the pools, gardens, rockeries and waterfalls of the Ninomaru Historical Garden. There is also the option to visit Dōgo Onsen Honkan on the northern outskirts of the city - one of Japan's oldest and most famous hot spring resorts and a major local attraction.

The following morning travel to Naoshima, an island in the Seto Inland Sea that is renowned for its modern art, architecture and sculptures. The island has an almost Mediterranean feel with its sandy beaches, sunny climate and relaxed culture and is another world to the great urban connotations. Visit the Chichu Art Museum - a contemporary art museum where the building itself is a work of art - and the Benesse House Museum, the centrepiece of the art facilities on



The Hiroshima Children's Shrine (top);
Dōgo Onsen Honkan, Matsuyama (above)



the island designed by star architect Ando Tadao. Take the train to Kobe, a port city surrounded by oceans and mountains, and check into your hotel.

The following day visit the Japanese Museum of Anaesthesiology in Kobe, the only institution that exhibits unique materials and documents related to the history of anaesthesiology in Japan, which started after World War II. In the afternoon visit the fascinating Kobe Earthquake Memorial Museum and learn how Japan deals so effectively with earthquakes, as well as the Hakutsuru Sake Brewery Museum in one of Japan's biggest sake breweries.

Take the train to Kyoto, Japan's capital of high culture. Kyoto was the imperial capital between 794 and 1868 and with its hundreds of temples and gardens it remains the cultural centre of Japan. Visit the shimmering medieval Golden Pavilion with its sensuously contoured temple roofs and Shinto shrines and take a walking tour through its raked pebble gardens. Continue onto the food and craft markets of old Kyoto.

Continue your exploration of this graceful city in the afternoon with a walk through the towering bamboo forest of Arashiyama and a cruise along the Hotsu River before returning to Kobe.

The following day is at leisure to enjoy Kobe at your own pace. There is the option to take the train to Wakayama to visit Seishu-no-Sato, a park and museum facility commemorating Seishu

Hanaoka, a physician who created the first ever general anaesthesia for surgery in 1804 – 40 years before the first American demonstration in Boston. If taking this option you would return by train in the late afternoon, before the farewell dinner that evening.

The following day depart Kobe for the airport.



Benesse House Museum, Naoshima (top);
The Kinkakuji Golden Pavilion in Kyoto (above)

Itinerary 12 – 23 September 2018

B = Breakfast **L** = Lunch **D** = Dinner

3 nights Tokyo - 2 nights Hiroshima - 2 nights Matsuyama - 4 nights Kobe

12 Sept (Wed) Tokyo **D**

Am Arrive and transfer to the Hotel Villa Fontaine Shiodome

13 Sept (Thur) Tokyo **B D**

Am Visit the Edo Museum and onto the Skytree for spectacular Tokyo views

Pm Visit the historic Asakusa neighbourhood and Senso-ji Temple. Take a cruise along the Sumida River to the Hamraiku Garden. Explore the gardens and take tea in a traditional tea house

Eve Welcome dinner at Gonpachi in Ginza

14 Sept (Fri) Tokyo **B**

Am Visit the Department of Anaesthesia at the Hirosato Kikuchi Hospital.
Partner Programme: Visit the Tokyo National Museum

Pm Group rejoins to visit Harajuku and the Meiji Shrine and Woodblock Print Museum*

15 Sept (Sat) Tokyo / Hiroshima **B L D**

Am Take the bullet train to Hiroshima with bento box lunch

Pm Arrive Hiroshima and check into the Grand Prince Hotel

16 Sept (Sun) Hiroshima **B**

Am Visit the Peace Memorial Park and Museum

Pm Cruise on the Inland Sea past the Torii Shrine to Miyajima Island

17 Sept (Mon) Hiroshima / Matsuyama **B D**

Am Visit the Hiroshima Red Cross Hospital and Atomic-bomb Survivors Hospital

Pm Take the ferry to Matsuyama

18 Sept (Tue) Matsuyama **B**

Am Visit the Ehime University Hospital and meet with local anaesthetists. Partners at leisure

Pm Visit Matsuyama Castle and the Ninomaru Historical Garden. Option to visit the traditional bathhouse of Dōgo Onsen Honkan

19 Sept (Wed) Matsuyama / Naoshima Island / Kobe **B D**

Am Travel to Naoshima 'Art Island' on the Inland Sea

Pm Visit Chichu Art Museum and the Benesse House Museum. Continue to Kobe by train

20 Sept (Thur) Kobe **B D**

Am Visit the Japanese Museum of Anaesthesiology

Pm Visit the Kobe Earthquake Memorial Museum and the Hakutsuru Sake Brewery Museum

21 Sept (Fri) Kobe **B**

Am Train to Kyoto. Sightseeing tour on foot to food and craft markets (walk down Nishiki and Teramachi-dori) and old Kyoto. Visit the Golden Pavilion and its garden. Travel out to Arashiyama

Pm Walk through the Arashiyama Bamboo Forest. Enjoy a leisurely boat ride along the Hotsu River before returning to Kobe

22 Sept (Sat) Kobe **B D**

Am Option to take the train to Wakayama and visit the Seishu-no-Sato park and medical museum OR full day at leisure

Pm Return by train in the late afternoon

Eve Farewell dinner

23 Sept (Sun) Kobe **B**

Am Depart Kobe for airport

* If the woodblock museum is closed (it closes for a week between exhibitions) the tour will visit another museum.

All itineraries are subject to change according to local conditions. This itinerary is ground only, so arrival and departure dates may vary.



Sake barrels



Wander through the soaring Arashiyama Bamboo Forest in Kyoto

Hotels

Please note: hotel rooms in Japan tend to be small (around 20 square metres).

Villa Fontaine Shiodome (Tokyo)

A sleek, soaring hotel with an excellent location in the business district, near Ginza and overlooking the river and Hamarikiyu Gardens. The décor is contemporary and sophisticated, with well sized rooms for Tokyo, and there is a stylish bar and a gym.

Grand Prince Hotel (Hiroshima)

Located in Moto-Ujina Park on Hiroshima Bay and surrounded by Setonaikai National Park, the Grand Prince Hotel has a tranquil location away from the centre of Hiroshima. The 23-floor, triangular building provides wonderful views from all rooms.

ANA Hotel Matsuyama (Matsuyama)

Pleasant, efficient and situated in a central yet quiet location, the ANA Hotel Matsuyama provides comfortable rooms and friendly service. The breakfast room at the top of the hotel also offers spectacular views of the castle.

The Oriental Hotel (Kobe)

A lovely, high-end hotel with exceptionally high standards of service, the Oriental is Japan's first hotel, having been on this site for over a century. Situated in the elegant surrounds of Kobe's former foreign settlement, the modern building (built in 2010 after the 1995 Hanshin earthquake) retains the elegance and style that Kobe has traditionally been renowned for.



Hiroshima

Tour Leader

David Wilkinson qualified in medicine from St Bartholomew's Hospital London and specialised in anaesthesia. Following an appointment at Barts, David took a sabbatical year in Perth, Western Australia. When he returned to London David had already started to collect equipment to create an anaesthesia museum at Barts, an interest that he has retained throughout his career. He was a founder member of the History of Anaesthesia Society. David has been involved in anaesthesia organisations both nationally, in Europe and the world and was recently President of the World Federation of Societies of Anaesthesiology (WFSA). An inveterate traveller, David has spent a lot of time on every continent except Antarctica and has travelled to lecture, teach and holiday in equal measure!

You will also be accompanied throughout the tour by our Japanese National Guide, Coco. Coco is highly experienced, organised and caring and speaks excellent English.

“Coco was an admirable guide. Nothing was too much trouble for her.”

Robin Finlay, Ophthalmology in Japan, 2017

Travel in Japan

All transport on this tour is based on Japan's excellent public transport system. The group will travel between cities by bullet train. Transport within cities is by metro and bus. All hotels are walking distance from the railways stations. As travel is by public transport, a good level of fitness is important for all participants.

As there is limited space for luggage on the bullet trains, large bags will be sent separately ahead of the group by overnight transfers. Participants will use hand luggage for those nights. This cost is included in the tour.

The cost of the tour is US \$5,313 per person

The cost includes:

- The services of a tour leader (David Wilkinson)
- 11 nights' accommodation in twin-bedded rooms with private facilities in medium grade and first class hotels

Single supplement: US \$952

- Breakfast daily
- Seven dinners
- All admission fees
- Services of specialist English speaking national guide
- All transport services, tips and taxes in Japan
- Luggage Mailing Service (Tokyo – Hiroshima, Hiroshima - Matsuyama, Matsuyama – Kobe)

The cost excludes:

- International flights and airport transfers
- Meals not mentioned
- Drinks with meals except welcome and farewell dinners
- All optional excursions, tours and visits
- Travel insurance
- Visa, if required

Flights to and from Japan are not included with this package. We can help organise these flights - please contact us if you would like us to do so.



Geishas in the streets of old Kyoto

About Us

To travel with us is to dig below the surface, revealing the deeper destination. Of course, you will visit the great historical sites; marvel at the wonders of architecture and engineering; be moved by the riches of culture and art; and experience the most spectacular landscapes in the world. What we also do is make sure that you see the country as it is today, giving you privileged access that independent travel and other tour companies rarely get close to. We give you a variety of experiences, from the sublime to the humble, in the company of intelligent, curious, like-minded people. And while we can be worthy, we also make sure that you have a lot of fun.

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Jon Baines Tours (London)
Hyde Park House, 5 Manfred Road,
London, SW15 2RS
Tel: +44 (0) 207 223 9485 / 5618
Email: info@jonbainestours.co.uk
www.jonbainestours.co.uk

Jon Baines Tours (Melbourne)
PO Box 68, South Brunswick,
Victoria 3055
Tel: +61 (0) 3 9343 6367
Fax: +61 (0) 3 9012 4228
Email: info@jonbainestours.com.au
www.jonbainestours.com



Meiji Shrine, Tokyo; (top) Giant pumpkin sculpture, Naoshima Island;
The Port of Kobe; Old Kyoto (above)



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