



Torii Shrine on the Inland Sea

Midwifery in Japan

16 – 28 May 2021



Jon Baines
tours



The vermilion torii gates of Fushima Inari, Kyoto

Midwives have long been revered in Japan. From the middle of the Edo period they were known as 'granny midwives' and were exempt from the edict prohibiting anyone from crossing the procession of a feudal lord and his vassals; a crime punishable by death. After the Meiji Period, when Japan opened to the West, granny midwives' practices came under governmental regulation. This was the beginning of the professionalisation of midwifery and its intermingling with nursing.

Despite the historical reverence for midwives and the relatively recent move to obstetric care, midwifery guidelines (set up by the Japanese Midwives' Association but heavily influenced

by obstetrical societies) have become stricter in subsequent years. In 1955, 95% of births were attended by midwives at home. By the end of 1965, 95% of births occurred in hospitals under the supervision of obstetricians. However, a recent development was the introduction of the 'advanced midwife' title. More than 5,500 people are now recognized as advanced midwives, able to oversee women in labour without the assistance of doctors.

Learn about the long history of midwifery in Japan, as well as understanding more deeply its place in modern society, and explore Japan's culture and rich history on a tour that steers a fascinating path between vast modern cities and traditional lifestyles.

Tour Leader

Dame Cathy Warwick CBE was Chief Executive of the Royal College of Midwives for 9 years and now works independently. Cathy is also Honorary Professor of Midwifery and an Honorary Professor of Midwifery at Kings College London. In 2006 she was awarded a CBE for services to Midwifery and Healthcare and in 2017 was made a Dame. Cathy lectures, writes and advises on midwifery issues with a particular interest in the organisation of care and the promotion of choice for women. Cathy has travelled widely both on her own and with her family, visiting midwifery units in America, Sri Lanka and South Africa. Professor



Warwick has previously led successful midwifery study tours to China, India, South Africa, Nepal, Brazil, Cuba, Vietnam and Sri Lanka.

“Cathy Warwick was a fantastic host and made us welcome and supported throughout the tour. We had a fantastic time. Every minute was filled with something amazing.”

Catherine Clifford, Midwifery in South Africa, 2018



The canals of Kurashiki

3 nights Tokyo – 2 nights Kanazawa – 3 nights Okayama – 1 night Kyoto – 3 nights Kobe



Day 1: Tokyo (Sun, 16 May) **D**

Am: Arrive in Tokyo, a vast city encompassing a multitude of distinctive personalities. Transfer to the JAL City Tokyo Toyosu Hotel.
Eve: Enjoy a local dinner with the group.

Day 2: Tokyo (Mon, 17 May) **B L D**

Am: Explore the long history of this metropolis. Wander through the historic Asakusa neighbourhood and visit the ancient Buddhist temple of Senso-ji.
Pm: Visit St Luke's Hospital and learn of the history of midwifery in Japan and midwifery education. Transfer to Ginza to explore this upmarket shopping district.
Eve: Welcome dinner in a local restaurant.

Day 3: Tokyo (Tue, 18 May) **B**

Am: Visit a midwifery birth centre.
Pm: Visit the Harajuku area, renowned for its colourful street art and fashion scene. Continue to Nezu Museum, home to a diverse collection of Japanese and Asian pre-modern art, as well as an exquisite garden.

Day 4: Tokyo / Kanazawa (Wed, 19 May) **B D**

Am: Board one of Japan's sleekly efficient bullet trains the next morning to a slower, more traditional part of Japan - Kanazawa.
Pm: Check into the Daiwa Royal Hotel D-Premium. Visit the samurai quarter, including the old pharmacy, a samurai house and gardens, the Yuzen Silk Centre and the Kubani Kutaraki Pottery Centre. Return to the hotel and at leisure.

Day 5: Kanazawa (Thurs, 20 May) **B**

Am: Visit the great classical Kenrokuen Garden, one of Japan's most beautiful traditional gardens, and its romantic ruined castle.
Pm: Visit the geisha quarter (Higashichaya Old Town) including the Ochaya Bunkakan Sake House, Kaikaro Geisha House, a gold leaf house and the Gold Museum.

Day 6: Kanazawa / Okayama (Fri, 21 May) **B D**

Am: Take the bullet train to Okayama and transfer to the Granvia Hotel.
Pm: Visit one of Japan's three great gardens, Korakuen Gardens, overlooked by a castle.

Day 7: Okayama (Sat, 22 May) B

Am: Travel to the canal town of Kurashiki, known for its centuries-old buildings along the canals, and explore the attractive old merchant quarter.

Pm: Visit the KANEKO Midwifery Clinic and the Private Medical Hospital maternity unit.

Day 8: Okayama / Hiroshima / Okayama (Sun, 23 May) B L

Am: Take the train to Hiroshima. The city of Hiroshima is, of course, a city with a cataclysmic past that is today a powerful symbol for world peace. Visit the Peace Memorial Park and Museum with its many poignant exhibits.

Pm: Cruise on the Inland Sea past the vivid red Torii Shrine set in the water, 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. Cruise back to Hiroshima and return to Okayama*.

Day 9: Okayama / Kyoto (Mon, 24 May) B D

Am: 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.

Pm: Visit Fushimi Inari, dedicated to the Shinto god of rice and famous for its thousands of vermilion torii gates, which straddle a network of trails, and take part in a walk.

Day 10: Kyoto / Kobe (Tues, 25 May) B

Am: Visit Kinkakuji Temple, the Sagano Bamboo Grove and walk through the soaring Arashiyama Bamboo Forest.

Pm: Visit beautiful sixteenth-century Nijo Castle, with its moat, massive stone walls and elaborate gates enclosing stunning gardens. 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 (walk down Nishiki and Teramachi-dori). Travel onto Kobe and check into the Oriental Hotel.

Day 11: Kobe (Wed, 26 May) B

Am: Visit Kameda Maternity and Ladies Clinic in Kobe.

Pm: Visit the MOURI Independent Midwifery Clinic. Visit a sake factory for a tasting tour.

Day 12: Kobe / Osaka / Kobe (Thurs, 27 May) B D

Am: Take the train to Osaka and explore the downtown area on a culinary tour of Dotonbori and Shinsai.

Pm: Take the train back to Kobe and spend the rest of the day at leisure.

Eve: Farewell dinner.

Day 13: Kobe (Fri, 28 May) B

Am: Depart for airport.

*** For those who do not wish to visit Hiroshima, we recommend a visit to Naoshima 'Art Island' on the Inland Sea near Okayama.**

"All the hotels were fantastic. The meals and quality of the food was brilliant. All the visits went very well. Thoroughly enjoyed the tour. This was our first and it exceeded expectations."

John and Kim Barry, Anaesthesia in Japan, September 2018



The vibrant street life of Osaka

Hotels

JAL City Tokyo Toyosu Hotel (Tokyo)

A brand new contemporary style hotel, JAL City has excellent views over the harbour, comfortable rooms and an outstanding breakfast offering.

Daiwa Royal Hotel D-Premium (Kanazawa)

A very comfortable and stylish hotel with good facilities in a conveniently central location. The hotel décor is inspired by the culture of Kanazawa and provides an onsen (Japanese-style bathhouse), separated by gender.

Granvia Hotel (Okayama)

A modern hotel with comfortable, larger rooms and facilities, the Granvia Hotel is conveniently located for the sights of Okayama and is close to the station.

Mitsui Garden Hotel Kyoto Shijo (Kyoto)

A simple, well located hotel with friendly service and proximity to shops and restaurants, Mitsui Garden Hotel has a restaurant, spa and onsen for the use of guests.

Oriental Hotel (Kobe)

An upscale 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 was traditionally renowned for.



A maiko in Kyoto (Photo credit: Colin Sinclair)



The neon splendour of Tokyo (top); The Golden Temple, Kyoto;
Girls in kimonos; Nijo Castle, Kyoto (above)

The cost of the tour is US \$5,152 per person

The cost includes:

- The services of a tour leader (Dame Cathy Warwick)
- 12 nights' accommodation in twin-bedded rooms with private facilities in medium grade and first-class hotels

Single supplement: US \$705

- Breakfast daily
- Six dinners, two lunches
- All admission fees
- All professional arrangements
- Services of specialist English speaking national guide throughout
- All transport services, tips and taxes in Japan
- Luggage Mailing Service (Tokyo – Kanazawa, Kanazawa – Okayama, Okayama – 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

All itineraries are subject to change, according to local conditions.

Travel in Japan

Most 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 often by metro and bus. All hotels are walking distance from the railway stations. As travel is mostly 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.

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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Senso-ji, Tokyo (top); The gold leaf house in Kanazawa; Peace Park, Hiroshima; Walk through the soaring bamboo forest, Arashiyama (above)



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