



Mt Fuji above a tea plantation

Obstetrics, Gynaecology and Fertility in Japan

3 – 15 June 2019





The Torii Shrine, Seto Inland Sea

Japan is a blend of gracious tradition, exquisite ritual and hyper modernity. Experience different facets of this exceptional country, seeing the culture, society and history of Japan through the prism of your own profession. See Japan's most famous traditional art form – woodblock printing – as well as contemporary art on Naoshima Island. Visit one of Japan's three great gardens in Okayama, one of its greatest original castles and Japan's oldest onsen. Experience lesser-known Japan, including a preserved Edo era merchant's street in Kawagoe and the canal port of Kurashiki. Spectacular journeys include taking a bullet train past Mt Fuji and cruising past the great Torii Shrine on the Inland Sea.

There is a range of high level professional visits with excellent access that provide insight into the particular challenges and approaches of obstetrics and gynaecology within Japanese society. Topics examined include women's health, medical education, IVF and neo natal intensive care. The tour is led by Dr Peter Brinsden, one of the pioneers of IVF, who also has a personal connection with Japan through his own family.

Arrive in Tokyo, 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 tranquil Hamarikyu Gardens. Spend time wandering through this urban oasis and take tea in a traditional teahouse. In the evening enjoy a welcome dinner.

The following morning visit the Harajuku area, renowned for its colourful street art and fashion scene. You will also visit the Meiji Shrine and see



Senso-ji Temple, Tokyo



Kurashiki

the exquisite woodblock prints at the Woodblock Print Museum. Continue to the Nezu Museum, home to a diverse collection of Japanese and Asian pre-modern art as well as an exquisite garden. Return to the hotel by walking through the upmarket shopping district of Ginza.

Next morning take the train to Saitame and visit the Kawagoe Medical Centre; the biggest maternal fetal and neonatal centre in Japan. Tour the Maternal Fetal Intensive Care Unit and Neonatal Intensive Care Unit as well as the IVF Unit with Professor Takai. In the afternoon explore the rich cultural heritage of Kawagoe, including the Bell of Time, Kurazukuri Street, local artisan shops (including Machikan, a sword and knife manufacturer that has operated for generations) and the Kawagoe Kurazukuri Museum, which preserves old merchant's houses. Return to Tokyo.

The following day take the train to Okayama and check into your hotel. In the afternoon travel to the canal town of Kurashiki, known for its centuries-old buildings along the canals, and explore the attractive old merchant quarter. There is the option to visit the excellent Ohara Museum of Art before returning to Okayama.

After an optional early morning visit to the Korakuen Gardens next day, travel to Naoshima Island, renowned for its modern art, architecture and sculptures. This island in the Inland Sea has an almost Mediterranean feel with its sandy

beaches, sunny climate and relaxed culture. Visit the Chichu Art Museum - a contemporary art museum where the building itself is a work of art - and the Benesse House Museum. This is the centrepiece of the art facilities on the island and was designed by star architect Ando Tadao. Later travel by train 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 its magnificent castle. In the morning 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. You will also visit Dōgo Onsen Honkan - Japan's oldest hot spring resort and a major local attraction – before hearing Peter Brinsden give a talk on his own family's connection with Japan in the evening.



Dōgo Onsen Honkan, Matsuyama (top);
The A-Bomb Dome, Hiroshima (above)



Sea to Hiroshima. Visit the HART Clinic in the afternoon, while partners spend time at leisure.

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 day take the train to Kobe, a port city surrounded by oceans and mountains, and check into your hotel. After settling in visit the Carpentry Museum and explore the Kitano district in the afternoon and take a cable car up to the herb gardens in the mountains above Kobe.

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 visit to the Actors Garden and teahouse before returning to Kobe. There is an optional Kobe Beef dinner in the evening.

The final professional visit is to Kansai Medical University and teaching hospital the following morning. Peter will present a talk on “The History of IVF” to your group and Japanese medical students before you make departmental visits in the adjacent teaching hospital. Partners will spend this time at leisure and in the afternoon the group will rejoin in Kobe. Visit the fascinating Kobe Earthquake Memorial Museum and learn how Japan deals so effectively with earthquakes, and stop by the Sawanotsuru Sake Museum for tastings. Enjoy a farewell dinner in the evening.

The following day depart Kobe for the airport.



Golden Pavilion, Kyoto

Itinerary 3 – 15 June 2019

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

4 nights Tokyo – 1 night Okayama – 2 nights Matsuyama – 2 nights Hiroshima – 3 nights Kobe

3 Jun (Mon)	Tokyo D	10 Jun (Mon)	Matsuyama / Hiroshima B D
Pm	Arrive and transfer to the hotel	Am	Ferry across the Inland Sea to Hiroshima
		Pm	Visit the HART Clinic. Partners at leisure
4 Jun (Tue)	Tokyo B D	11 Jun (Tue)	Hiroshima B
Am	Visit the Edo Museum, the historic Asakusa neighbourhood and Senso-ji Temple	Am	Visit the Peace Memorial Park and Museum
Pm	Visit the Skytree for spectacular Tokyo views. Cruise along the Sumida River to Hamarikyu Gardens. Explore the gardens and take tea in a traditional tea house	Pm	Cruise on the Inland Sea past the Torii Shrine to Miyajima Island for sunset
Eve	Welcome dinner	12 Jun (Wed)	Hiroshima / Kobe B D
5 Jun (Wed)	Tokyo B	Am	Train to Kobe and transfer to the hotel
Am	Visit the fashionable Harajuku area and the Meiji Shrine	Pm	Visit the Carpentry Museum and explore the Kitano district. By cable car up to the herb gardens in the mountains above Kobe
Pm	Visit the Woodblock Print Museum and the Nezu Museum and its lovely garden. Return to the hotel, walking through the upmarket Ginza district	13 Jun (Thur)	Kobe / Kyoto / Kobe B
6 Jun (Thur)	Tokyo B D	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
Am	Take the train to Saitame and visit the Kawagoe Medical Centre	Pm	Walk through the Arashiyama Bamboo Forest. Visit the Actors Garden and tea house. Return to Kobe late afternoon
Pm	Sightseeing in Kawagoe, including the Bell of Time, Kurazukuri Street, the artisan shops and the Merchants Museum. Return to Tokyo in the afternoon	Eve	Optional Kobe Beef dinner
7 Jun (Fri)	Tokyo / Okayama B D	14 Jun (Fri)	Kobe B D
Am	Train to Okayama	Am	Morning visit to Kansai Medical University. Talk: <i>"The History of IVF"</i> PB. Partners at leisure
Pm	Arrive and check into the hotel. Travel to Kurashiki and explore the attractive riverside old merchant quarter. Option to visit the Ohara Museum of Art	Pm	Return to Kobe and visit the Earthquake Memorial Museum and Sawanotsuru Sake Museum
8 Jun (Sat)	Okayama / Naoshima / Matsuyama B	Eve	Farewell dinner
Am	Optional early morning visit to the Korakuen Gardens. Travel to Naoshima Island, known as Art Island, on the Inland Sea	15 Jun (Sat)	Kobe B
Pm	Visit the Chichu Art Museum and the Benesse House Museum. Travel by train to Matsuyama	Am	Depart Kobe for airport
9 Jun (Sun)	Matsuyama B D		
Am	Visit Matsuyama Castle and the Ninomaru Historical Gardens		
Pm	Visit the traditional bathhouse of Dogo Onsen Honkan		
Eve	Talk: <i>"My family and Japan"</i> by Peter Brinsden		



Take a train past Mt Fuji



Matsuyama Castle

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 Hamarikyu Gardens. The décor is contemporary and sophisticated, with well sized rooms for Tokyo.

ANA Crowne Plaza Hotel (Okayama)

A modern hotel with superlative customer service and comfortable, stylish rooms and facilities, the ANA Crowne Plaza Hotel is conveniently located for the sights of Okayama. It also offers some superb views, including from the breakfast restaurant at the top of the hotel.

Tokyu REI Hotel (Hiroshima)

Set on a broad, tree-lined road, this comfortable, modern hotel is an easy and pleasant walk to the Hiroshima Peace Memorial Park.

ANA Crowne Plaza Hotel (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)

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 has traditionally been renowned for.



Arashiyama Bamboo Forest

Tour Leader

Dr Peter Brinsden was born in Peking, China, and lived in China, the United States, Canada and Hong Kong. He qualified from St George's Hospital, London, in 1966 and joined the Royal Navy. He served as a Ships Medical Officer, before beginning training as a gynaecologist, gaining the MRCOG in 1976 and FRCOG in 1989. He served in naval hospitals in Singapore, Malta, Gibraltar, as well as Portsmouth and Plymouth. He left the Navy in 1982 and went on to specialise in infertility. He worked at Bourn Hall Clinic, Cambridge, with Patrick Steptoe, the IVF pioneer who, with Nobel Laureate Professor Robert Edwards, was responsible for the birth of the world's first IVF baby Louise Brown in 1978. In 1989 he was appointed Medical Director at Bourn Hall, following the death of Patrick Steptoe. He was an Affiliated Lecturer at the University of Cambridge from 1992 to 2007. He has visited Japan regularly and has a fascinating familial connection with the country. Dr Brinsden was an Inspector for the Human Fertilisation and Embryology Authority from 1997 to 2011. He lectures internationally on infertility and assisted reproduction and was President of the British Fertility Society 2009 - 2012.

“Peter was quite exceptional and we feel privileged to have had such an extraordinary world leader as our tour guide.”

Maurice and Robyn Lichter, participants on previous O&G in China tour

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

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

The cost includes:

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

Single supplement: US \$790

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

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 railway 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.

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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Neon Tokyo by night (top); Pumpkin sculpture on Naoshima Island; Korakuen Garden, Okayama; A *maiko* in Kyoto (above)



Jon Baines
tours

