



Wander through the soaring Arashiyama Bamboo Forest in Kyoto

## Care of the Elderly and Palliative Care in Japan

5 – 17 March 2019

*“Thoroughly enjoyed our trip on both an  
educational and personal level.”*

*“An excellent trip where I feel I’ve had a chance to make new  
friends and see a completely wonderful country. Fantastic.”*

Pauline and Neil MacEwen, Ophthalmology in Japan, 2017



Jon Baines  
tours



Tokyo by night

**Japan is unlike anywhere else in the world and is today 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 palliative care and care of the elderly. The development of specialist palliative care has gained considerable momentum since the first palliative care unit (PCU) opened in 1973. Learn about the changing landscape of palliative and end of life care in Japan, a country with an increasingly ageing population, with professional visits, talks and opportunities to meet with your professional peers.**

Arrive in Tokyo, a vast city encompassing a multitude of distinctive personalities. Settle in at your leisure before joining the group for dinner.

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 Hamraiku Garden. Spend time wandering through this urban oasis and take tea in a traditional teahouse. In the evening hear a talk from your tour leader, David Oliviere, on the international context of palliative care and enjoy a welcome dinner.



Senso-ji Temple - the oldest temple in Tokyo



Kenrokuen Garden, Kanazawa

Your first professional visit is to the Chiba Prefectural University of Health Sciences, including a talk by Professor Paul Abe on the history of palliative care and hospices in Japan. The afternoon is at leisure.

The following morning visit Japan's most important cancer institution, the National Cancer Center Japan, before exploring 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. In the afternoon visit the Hinohara Peace House Hospice, Japan's first independent hospice, built in 1993 on a beautiful hilltop site facing Mount Fuji.

Board one of Japan's sleekly efficient bullet trains the next morning to a slower, more traditional part of Japan - Kanazawa. Here you will visit the samurai quarter, including the old pharmacy, a samurai house and gardens, the Yuzen Silk Centre and the Kubani Kutaraki Pottery Centre before returning to relax at the hotel.

The following morning visit Kenrokuen Garden, one of Japan's most beautiful traditional gardens. Explore the geisha quarter in the afternoon, including the Ochaya Bunkakan Sake House, the Kaikaro Geisha House, an exquisite gold leaf house and the Gold Museum.

Board the wonderfully named Thunderbird train to Nagoya the next day. Nagoya is the industrial

heart of Japan, manufacturing for the world, but also hosting a range of cultural and historic sites. Visit the Kobayashi Memorial Hospital in the afternoon and learn about their approach to integrated care, where local nursing homes work with the hospital and palliative care units.

Next morning take the train to Hiroshima via Okayama, where you will visit the Kato Clinic, which offers community based hospice care. Continue to Hiroshima - a city with a cataclysmic past that is today a powerful symbol for world peace. Spend the afternoon at leisure in Hiroshima.

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, 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 before returning to Hiroshima for dinner.



Gold leaf house, Kanazawa (top); Himeji Castle (above)

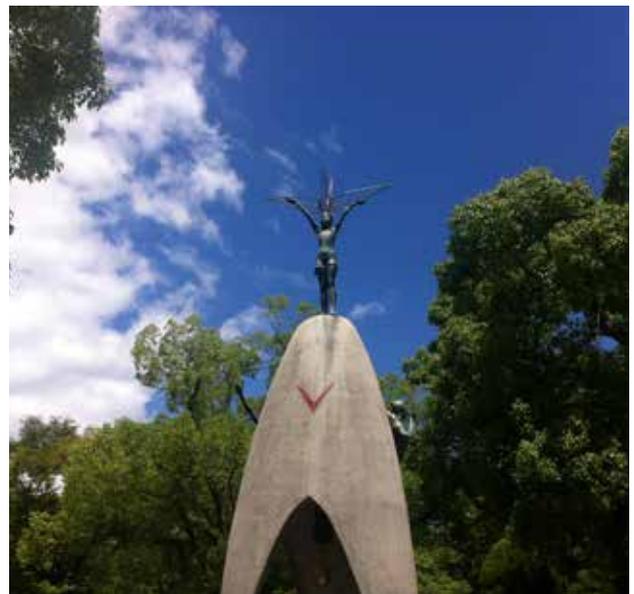


The following day take the train to Kobe, stopping en route at one of Japan's most iconic castles, the recently restored Himeji Castle. Continue to Kobe, a port city surrounded by oceans and mountains, and check into your hotel before a discussion group focusing on lessons learnt.

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 next day explore downtown Kobe, including a visit to the fascinating Kobe Earthquake Memorial Museum to learn how Japan deals so effectively with earthquakes, and the Sawanotsuru Sake Brewery Museum. Enjoy time at leisure in Kobe before a farewell dinner in the evening.

The following day depart Kobe for the airport.



The Hiroshima Children's Shrine (top);  
The Kinkakuji Golden Pavilion in Kyoto (above)

# Itinerary 5 – 17 March 2019

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

4 nights Tokyo - 2 nights Kanazawa - 1 night Nagoya - 2 nights Hiroshima - 3 nights Kobe

**5 Mar (Tue) Tokyo** **D**  
**Am** Arrive and transfer to the hotel

**6 Mar (Wed) Tokyo** **B D**  
**Am** Visit the Edo Museum, historic Asakusa and the Senso-ji Temple  
**Pm** Visit the Skytree for spectacular Tokyo views. Cruise along the Sumida River to Hamraiku Garden. Explore the gardens and take tea in a traditional teahouse  
**Eve** Talk: *“Palliative Care – the International Context”* (DO) and welcome dinner

**7 Mar (Thur) Tokyo** **B D**  
**Am** Visit Chiba Prefectural University of Health Sciences with a talk by Professor Paul Abe: *“The history of palliative care and hospices in Japan”*  
**Pm** At leisure

**8 Mar (Fri) Tokyo** **B**  
**Am** Visit the National Cancer Center Japan.  
**E** Explore Harajuku and the Meiji Shrine  
**Pm** Visit the Hinohara Peace House Hospice

**9 Mar (Sat) Tokyo / Kanazawa** **B D**  
**Am** Bullet train across Japan to Kanazawa  
**Pm** Visit the samurai quarter, including the old pharmacy, the samurai house and garden, the Yuzen Silk Centre and the Kubani Kutaraki pottery

**10 Mar (Sun) Kanazawa** **B**  
**Am** Visit Kenrokuen Garden  
**Pm** Visit the geisha quarter (Higashichaya Old Town) including the Ochaya Bunkakan Sake House, Kaikaro Geisha House, a gold leaf house and museum

**11 Mar (Mon) Kanazawa / Nagoya** **B D**  
**Am** Thunderbird train to Nagoya  
**Pm** Visit the Kobayashi Memorial Hospital. Overnight in Nagoya

**12 Mar (Tue) Nagoya / Hiroshima** **B D**  
**Am** Morning train to Hiroshima via Okayama. Visit the Kato Clinic, which offers community based hospice care  
**Pm** At leisure

**13 Mar (Wed) Hiroshima** **B**  
**Am** Visit the Peace Memorial Park and Museum  
**Pm** Cruise on the Inland Sea past the Torii Shrine to Miyajima Island for sunset

**14 Mar (Thur) Hiroshima / Kobe** **B D**  
**Am** Train to Kobe via the famous Himeji Castle

**Pm** Continue to Kobe and check in. Discussion group: *Lessons learnt*

**15 Mar (Fri) Kobe / Kyoto / Kobe** **B**  
**Am** Train to Kyoto. Visit the Golden Pavilion and its garden. Walking tour to food and craft markets (walk down Nishiki and Teramachi-dori) and explore old Kyoto  
**Pm** Walk through the Arashiyama Forest and cruise along the Hotsu River

**16 Mar (Sat) Kobe** **B D**  
**Am** Explore downtown Kobe, including the Kobe Earthquake Memorial Museum  
**Pm** Visit the Sawanotsuru Sake Museum. At leisure  
**Eve** Farewell dinner

**17 Mar (Sun) Kobe** **B**  
**Am** Depart for the airport



Traditional *maiko* dress in Kyoto



The Torii Shrine, Miyajima Island

## Hotels

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

### **Villa Fontaine Hatchobori (Tokyo)**

This contemporary business style hotel is clean, comfortable and quiet with modern amenities in an excellent, easily accessible location.

### **Tokyu Hotel (Kanazawa)**

A comfortable hotel with a very good location in the centre of the tourist area in Kanazawa, close to the gardens. There are many restaurants and cafes nearby.

### **JR Gate Tower Hotel (Nagoya)**

A modern hotel located right on top of the train station with plenty of shops and restaurants in the complex.

### **ANA Crowne Plaza (Hiroshima)**

Close to the river and within a ten minute stroll to the Peace Memorial Park and the A-bomb

Dome, this hotel has an excellent location and provides comfortable rooms, if slightly dated décor.

### **Tokyu REI Kobe Sannomiya (Kobe)**

This hotel enjoys an excellent, conveniently central location. It is a comfortable, modern hotel with good service.



Hiroshima

## Tour Leader

**David Oliviere** is a consultant in psychosocial palliative care, a social worker, an educationalist and a clinical supervisor. He is former director of Education and Training at St Christopher's Hospice in London and visiting professor at the School of Education and Health Sciences at Middlesex University.

David trained at Nottingham University in social administration and social work. With a background in psychiatric social work and management in the personal social services, David was involved in founding Pilgrim's Hospice, Canterbury, before joining the North London Hospice as Director of Social Work.

David has contributed to several publications, spoken internationally and has jointly edited a number of books including, "Good Practices in Psychosocial Care", "Loss, grief and bereavement", "Patient Participant in Palliative Care", "Resilience in Palliative Care", "Death, Dying and Social Differences" and "Narratives and Stories in Palliative Care".

He currently practises as a couple and bereavement counsellor and professional interests include work with families in palliative care; culture and ethnicity; staff support; bereavement; and strength-based approaches.

*"David [Oliviere] was fantastic – he is warm and gentle and went out of his way to include everyone."*

Susan Chorlier, Palliative Care in north India, 2017

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

**Cost of the tour USD \$4,895 per person (ground only excluding international flights and airport transfers)**

### The cost includes:

- 12 nights' accommodation in twin bedded rooms with private facilities in medium and first-class hotels

### Single supplement: USD \$770

- Tour leader (David Oliviere)
- Meals as per the itinerary
- All admission fees
- A programme of professional and cultural visits as per the itinerary
- English speaking national guide throughout
- All transport services, including a 7-day rail pass
- All tips and taxes in Japan
- Luggage mailing services (Tokyo to Kanazawa - Kanazawa to Hiroshima - Hiroshima to Kobe)

### The cost excludes:

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

## 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 reasonable 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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Meiji Shrine, Tokyo (top); A maiko in Kyoto;  
Kobe Port; Old Kyoto (above)



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