



Matsumoto Castle, the oldest wooden castle in Japan

Medicine and Health Care in Japan with the RSM

6 – 18 March 2021

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

John and Kim Barry, Anaesthesia in Japan, 2018





The vermilion torii gates of Fushimi Inari, Kyoto

Japan is a quixotic blend of stylised ritual, gracious tradition and hyper modernity. It is unique in its food, culture, dress and ceremonies, and its singular history means that it has had to adjust to the impact of one of modern technology's most cataclysmic inventions - the effects of which still resonate today.

This uniquely curated tour provides deep insight into Japan's medicine, healthcare and culture, with two specialist tour leaders. Experience different facets of this exceptional country, with a wide range of professional visits. An examination of healthcare also gives excellent insight into society, such as Japanese longevity as a result of diet and lifestyle, and elderly health initiatives. Participants will learn about the very different challenges faced by the extremely urban sections of Japanese society and those

in remote rural areas, as well as about medical education and training.

Following visits to Tokyo and Matsumoto in the Japanese Alps, the tour provides two options mid-itinerary; the choice of visiting either Fukuoka and Nagasaki in Kyushu with Dr Clare Hurle, an itinerary incorporating medical visits, or to Naoshima Island and Kurashiki for a more 'art and culture' focus with Janice Liverseidge.

Both itineraries reconnect in Hiroshima and continue to Kobe, Osaka and Kyoto. There is an optional post-tour extension to the ancient capital of Nara to visit one of Japan's most imposing castles.

Throughout the tour enjoy a delicious range of Japanese cuisine. **Partners are very welcome.**

Tour Leaders

Dr Clare Hurle lived in Japan for around six years and speaks Japanese. Her first career was in business with McKinsey & Co. in both London and Japan, and then as a national brand manager for Nestle Japan. Her first day with Nestle in 1995 was also the day of the Great Hanshin earthquake in Kobe, during which the company's office was one of many buildings to collapse.

She graduated from Cambridge University with a degree in Natural Sciences and then the Wharton School, Philadelphia, USA with an MBA. Subsequently, she re-trained in medicine at Imperial College, London and also completed her General Practice training in London with distinction in her MRCCGP.

Aside from her day to day work as a GP, her two key interests are medical education and the development of primary care in Japan. She continues to visit Japan regularly, and has led GP courses in Tokyo for the RCGP (International "Training the Trainers") and in Fukushima on the management of depression in primary care.

Dr Hurle is a GP partner and trainer at Cross Deep Surgery in Twickenham, where she has worked for over a decade.



"I was very happy with the educational visits; the units were very generous with their time and expertise."

Lesley Richardson, Care of the Elderly & Palliative Care in Japan, 2019

Until recently **Janice Liverseidge** was a Director at The Royal Society of Medicine and is now a full time guide and in her spare time a trustee of both the Royal Medical Benevolent Fund and the London Handel Festival. Earlier in her career she worked for the British Medical Association. She is also a registered Blue Badge tourist guide and regularly leads groups in London on medical history walks, tours of the Wellcome Collection and other healthcare locations plus provides music and art tours for the Foundling Museum and the London Handel Festival. Janice has travelled extensively, including an eight month journey around India, South East Asia and Australia, and has led highly successful RSM tours to Vietnam and Cambodia, Sri Lanka, Cuba, South Africa and China.



"Janice brought her extensive experience in leading professional tours, her kindness, sense of humour, were particularly appreciated."

Pauly Nance and Roland Edmond, RSM Medicine and Society in China tour, May 2018

3 nights Tokyo – 2 nights Matsumoto – 3 nights Fukuoka OR 3 nights Okayama
– 1 night Hiroshima – 3 nights Kobe

Day 1: Tokyo (Sat, 6 Mar) **D**

Am: Arrive in Tokyo, a vast city encompassing a multitude of distinctive personalities, and transfer to the hotel before dinner with the group.

Day 2: Tokyo (Sun, 7 Mar) **B D**

Am: Experience the history of this modern metropolis, starting with a visit to the fascinating Tokyo-Edo Museum, which preserves the 400-year history of Tokyo and its precursor, Edo.

Pm: Visit the fashionable Harajuku area and see the intricate 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.

Eve: Enjoy a welcome dinner.

Day 3: Tokyo (Mon, 8 Mar) **B L**

Am: Wander through the historic Asakusa neighbourhood and visit the ancient Buddhist Senso-ji Temple.

Pm: Visit Jikei University School of Medicine. The school was founded by Kanehiro Takaki, who studied at St Thomas' Hospital in London and brought the humanistic ideals of English medicine to Japan. Take a tour of the hospital and learn about its history and its current work. Afterwards

continue to the upmarket Ginza district to explore.

Day 4: Tokyo / Matsumoto (Tues, 9 Mar) **B L**

Am: Take the train to Chino, a small town 800 metres above sea level.

Pm: Have lunch at Suwa Central Hospital and learn about GP education and their healthy food initiative. Continue to Matsumoto, situated in a fertile valley below the Northern Japan Alps, and check into the hotel.

Day 5: Matsumoto (Wed, 10 Mar) **B D**

Am: Learn from the Nagano Clinic team on their work on health promotion and longevity initiatives.

Pm: Matsumoto dates back to the 8th century. Visit Matsumoto-jō, or Matsumoto Castle, Japan's oldest wooden castle and one of just four castles designated National Treasures of Japan. The striking black-and-white three-turreted donjon (main keep) earned the nickname Karasu-jō (Crow Castle). A short walk from the castle is Nakamachi Street in an Edo era merchant district, with well-preserved warehouses and old buildings. Continue across the river to Frog Street, a pedestrian-only lane of shops and cafes housed in small, traditional-style buildings.



Option A

Day 6: Matsumoto / Fukuoka (Thur, 11 Mar)

B

Am: Take the train via Nagoya and Okayama to Fukuoka, a spectacular journey down the spine of Japan at the start of the cherry blossom season.

Pm: Arrive early evening and settle into your hotel at leisure.

Day 7: Fukuoka (Fri, 12 Mar)

B

Am: Take a scenic journey into rural Japan to Hofu. Visit a local clinic to learn about primary health care provision in a rural area.

Pm: Continue to riverside Kurume, a former castle town surrounded by mountains. Visit the Kurume Medical Centre, which is affiliated with the Kurume University School of Medicine, founded to provide advanced medical service, research and education.

Day 8: Fukuoka / Nagasaki / Fukuoka (Sat, 13 Mar)

B D

Am: Take the train to Nagasaki. Learn about the role of Scottish-born trader Thomas Blake Glover, who helped shape modern Japan and who was the first foreigner ever decorated by the Japanese government. Visit Glover Garden, an open-air museum that exhibits mansions of several of the city's former foreign residents. Visit Dejima (the historic Dutch trading post in Nagasaki)

Pm: Explore Nagasaki before returning to Fukuoka by train

Day 9: Fukuoka / Hiroshima (Sun, 14 Mar)

B D

Am: Take the train to Hiroshima. This city has a cataclysmic past that is today a powerful symbol for world peace.

Pm: Visit the Peace Memorial Park and Museum with its many poignant exhibits. Continue to your hotel.

Option B

Day 6: Matsumoto / Okayama (Thur, 11 Mar)

B D

Pm: Take the train via Nagoya to Okayama and check into the hotel.

Eve: Dinner at a local restaurant.

Day 7: Okayama (Fri, 12 Mar)

B

Am: Travel to Naoshima Island (known as 'Art Island') on the Inland Sea.

Pm: Visit the Chichu Art Museum and the Benesse House Museum.

Day 8: Okayama / Inland Sea (Sat, 13 Mar)

B

Am: Travel to Kurashiki and explore the town's attractive and historic riverside area, the old merchant's quarter and the pharmacy museum. Option to visit the Ohara Museum of Art.

Pm: Visit the Korakuen Gardens.

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B D

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Nijo Castle, Kyoto

Day 10: Hiroshima / Kobe (Mon, 15 Mar) B

- Am:** Visit the Research Institute for Radiation Biology and Medicine to learn about the clinical radiation effect of the atomic bomb used in Hiroshima and the nuclear power plant accident in Fukushima.
- Pm:** Take the train to the port city of Kobe and check into your hotel. The rest of the day is at leisure.
- Eve:** Optional Kobe Beef dinner.

Day 11: Kobe / Kyoto / Kobe (Tue, 16 Mar) B

- 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. 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. Visit beautiful sixteenth-century Nijo Castle, with its moat, massive stone walls and elaborate gates. It also contains stunning gardens, exquisite decorative detail and a rich collection of art. Continue onto the food and craft markets of old Kyoto by foot.
- 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 12: Kobe / Osaka / Kobe (Wed, 17 Mar) B D

- Am:** Take the train to Osaka and explore the vibrant Namba area on a culinary tour. Return to Kobe
- Pm:** Visit the fascinating Kobe Earthquake Memorial Museum and learn how Japan deals so effectively with tectonic activity.
- Eve:** Farewell dinner

Day 13: Kobe (Thur, 18 Mar) B

- Am:** Depart for airport or extend to Nara.

Nara Extension

Day 13: Kobe / Nara / Kobe (Thur, 18 Mar) B

- Am:** Visit Nara, the first capital of Japan. Visit Kōfuku-ji Temple, one of the powerful Seven Great Temples, with a hall with nine golden Buddhas.
- Pm:** Explore the gardens and attractive parkland with many ancient temples. Return to Kobe.
- Eve:** Farewell dinner.

Day 14: Kobe (Fri, 19 Mar) B

- Am:** Depart for airport.





The vibrant street life of Osaka

Hotels

The b asakusa (Tokyo)

The b asakusa is a stylish and contemporary hotel with traditional Japanese touches. It has an excellent central location within walking distance of Senso-ji and many restaurants. The food is very good and the customer service efficient and friendly.

Hotel Buena Vista (Matsumoto)

This is a good medium grade modern hotel, well situated in a central location, about one kilometre from Matsumoto Castle. The customer service is warm and efficient.

Mitsui Garden Hotel Fukuoka Gion (Kurume)

This conveniently located hotel provides excellent customer service and two well sized onsen (traditional Japanese baths), one of which is on the rooftop.

The Granvia (Hiroshima)

A modern hotel with comfortable, well sized rooms and good facilities, the Granvia Hotel is conveniently located with some wonderful views.

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 was traditionally renowned for.



A maiko in Kyoto (Photo credit: Colin Sinclair)



The neon splendour of Tokyo (top); The Golden Temple, Kyoto;
Kōfuku-ji Temple, Nara (above)

The cost of the tour is US \$5,626 per person

The cost includes:

- The services of specialist tour leaders (Dr Clare Hurlle and Janice Liverseidge)
- 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 – Matsumoto, Matsumoto – Fukuoka / Okayama, Fukuoka / 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

The cost of the Nara extension is USD \$289 and includes:

- 1 night's accommodation in The Oriental Hotel in Kobe

Single supplement: USD \$108

- Breakfast
- Guide, transport and admission fees for the day at Nara
- Return airport transfer

The cost excludes: meals not mentioned, drinks with meals, all optional visits, excursions and tours, personal costs such as portorage and laundry.

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); Kurashiki; A sculpture at Naoshima 'Art Island';
Spring time view of Mt Fuji (above)



Jon Baines
tours

