

ITINERARY | DAY-BY-DAY



CAREER ENRICHMENT



Mental Health Journey to Tokyo & Kyoto

Japan

9 days / 7 nights

October 19-27, 2018

\$7,499 (Based on double occupancy)

Enjoy the unique culture and traditions of Japan while you spend time with the locals and meet fellow mental health professionals.

BOOK NOW 888.747.7501

Japan Highlights

- ✓ Take in some of the sights of **Tokyo** including Hamarikyu Gardens dating back to the Edo Period; enjoy a panoramic viewpoint over the city; and explore the Meiji Shrine and Sensoji Temple, Tokyo's oldest.
- ✓ Explore Japan's former imperial capital of **Kyoto** and visit World Heritage Sites such as Nijo Castle with its 'chirping' nightingale floor.
- ✓ Take a **bullet train** to Kyoto, with the fun experience to purchase a Bento box lunch at the train station.

Community & Cultural Connections

- ✓ Visit a **traditional Japanese wooden town house** or 'machiya'. Here you'll learn some of Japan's traditional arts including a chance to enjoy a traditional Japanese **tea ceremony**.
- ✓ Visit a local **Kyoto house** to learn how to make some of Japan's most well-known dishes (sushi or tempura).

Educational Interaction

- ✓ Meet with medical professionals and mental health practitioners from a variety of settings in Japan including a **local hospital** and **mental health society** (or similar)
- ✓ Focus on the **cultural beliefs and practices** that affect the presentation and treatment of mental health concerns; how professional and public opinion about mental health disorders have evolved; and the role of psychoanalytic theory and tradition.
- ✓ **6.0-8.0 Continuing Medical Education (CME) credits** will be sought for this journey. ***This activity has been planned and implemented in accordance with the Essential Areas and policies of the Accreditation Council for Continuing Medical Education through the joint providership of the Wilderness Medical Society and Nanda Journeys. The Wilderness Medical Society is accredited by the ACCME to provide continuing medical education for physicians.***

What's Included:

- 4* Accommodations throughout
- All transportation and activities outlined in the itinerary
- Group transfers to and from the international airport
- International air to Tokyo and from Kyoto (gateway city set tentatively out of Los Angeles)
- Local English speaking guides
- Meals as mentioned and most tips

Not Included:

- Personal expenses at the hotel
- Meals not specified
- Tips for national guide
- Passport renewal or issuance
- Domestic flight to gateway city
- Departure taxes where applicable



📍 Los Angeles, California

DAY 1: October 19, 2018

Fly to Tokyo

Depart from Los Angeles and make your way to Tokyo, Japan. The stunning beauty and friendly people alone are worth a visit!

📍 Tokyo, Japan

DAY 2: October 20

Welcome to Tokyo

Upon arrival, the group will be met and transferred for check-in at your lovely local hotel.

Depending on your arrival time all travelers will gather this evening (or following morning) with your national guide and receive further information on the program and today's activities.

The **Keio Plaza Hotel** is well located in the center of Tokyo. It has free Wi-Fi, a fitness center, business center, convenience store, and several dining options. They are five blocks from Shinjuku Station and across the street from the Tokyo Metropolitan Government Building.

Enjoy a welcome dinner at the hotel.

Overnight: Keio Plaza Hotel (or similar)
Included meals: Dinner



📍 Tokyo, Japan

DAY 3: October 21

Cultural Exploration

Please Note: Breakfast is included daily at your hotel.

Begin your day at **Meiji Shrine**, a shrine dedicated to the deified spirit of Emperor Meiji. Here you will witness a Shinto ritual blessing inside the Shrine, receive a blessing and watch a dance by the Miko (Shrine Maidens).

Next head to Asakusa and visit **Senso-ji**, Tokyo's oldest temple. This is one of Tokyo's most colorful and popular dating back to 645; it is also the city's oldest. You will have some time to explore **Nakamise Shopping Street** and enjoy a rickshaw ride around the temple neighborhood.

Lunch will be provided at a local restaurant this afternoon.

End the day with a visit to the **Imperial Palace Plaza**, the gateway to the primary residence of the Emperor of Japan. From this vantage outside the palace, you can enjoy the public park and a photo opportunity of the palace.

Dinner is by individual arrangement (own expense).

Overnight: Keio Plaza Hotel (or similar)
Included meals: Breakfast & Lunch



📍 Tokyo, Japan

DAY 4: October 22

Professional Exchange

Professional members of the program will interact with **local psychiatry/mental health professionals** today including the opportunity to learn about mental health policies; diagnostic systems in use today; training, practice, and the role of the psychiatrist. Japan is a country with rich cultural and medical traditions and practices. While there is significant scientific overlap with the United States, there are also differing histories, beliefs, and practices between our countries: differences whose exploration and discussion will educate and inspire reflection for participants on both sides of the Pacific.

Enjoy lunch at the Tsukiji Fish Market, the largest marketplace in Japan.

Guest program: *Today accompanying guests will explore the Nihon Minka-en open air museum with a local guide. Minkaen is a splendid Open-Air Folk House Museum in Japan, located in Kawasaki city, adjacent to Metropolitan Tokyo. It is known for the remarkable collection of old Japanese folk houses, such as farms and merchant houses. After lunch head to Shibuya and walk to Harajuku seeing the famed intersection. Enjoy some time to shop in Harajuku and Omotesando area before returning to the hotel via public transport.*

Dinner is by individual arrangement.

Overnight: Keio Plaza Hotel (or similar)
Included meals: Breakfast & Lunch

📍 Tokyo, Japan

DAY 5: October 23

Professional Exchange & Cultural Visit

Continue your professional exchange at a **local hospital or clinic**. Discussions will further the mission to embody and enable interaction among psychiatrists and other mental health professionals as well as increase exposure to Japan and the country's unique perspectives on mental health issues.

Guests: *Accompanying guests will have some free time this morning to relax and enjoy the hotel's amenities. You will join the group for lunch and the afternoon explorations.*

Lunch will be provided this afternoon at a local restaurant.

This afternoon the group will join your guide for an afternoon excursion to visit **Nezu Museum**. The Nezu Museum was founded to conserve and exhibit the collection of pre-modern Japanese and East Asian art that Nezu Kaichirō (1860-1940) had passionately built. The collection is the result of Kaichirō Sr.'s ardent acquisition, beginning in his twenties, of superb pre-modern art. He was unusual among private collectors in gathering works in a wide range of genres, including painting, calligraphy, sculpture, metalwork, ceramics, lacquerware, wooden and bamboo craft, textiles, armor, and archaeological specimens. In his later years, he adopted Seizan as his tea name and collected tea wares to enjoy during the tea ceremony; those works are a major pillar of the collection.

You will also have some time this afternoon to explore and shop in **Omotesando**, home to some of Tokyo's most interesting architecture. Several fashion brands have flagship buildings here including Prada, Louis Vuitton and Dior.

Dinner will be provided at a restaurant close to your hotel (walking distance).

Overnight: Keio Plaza Hotel (or similar)
Included meals: Breakfast, Lunch & Dinner



📍 Tokyo, Japan

DAY 6: October 24

Transfer to Kyoto

Depart Tokyo today for **Kyoto**. Board the futuristic shinkansen bullet train which will whisk you to Kyoto in 138 minutes. You will have the opportunity to purchase a **bento box lunch**, an experience you cannot miss. Many options will be available to choose from at the train station.

After arrival, you will be met by your local driver and head out to visit **Fushimi Inari Taisha Shrine** and the **Kiyomizu-dera Temple**. Fushimi Inari Taisha is the head shrine with which all the others are affiliated. In the 1300 years since its establishment in 711AD, people have gathered here to pray for bountiful harvests, business prosperity, the safety of their home and family and the fulfillment of all kinds of other wishes. Halfway up Mt. Otowa, one of the peaks in Kyoto's Higashiyama mountain range, stands Kiyomizu-dera Temple complex, which is abundantly blessed with nature and delightful views. The Temple was founded in 778 as a holy place where the deity Kannon's great compassion prevails.

After the visit, walk through **Sannen-zaka** and **Ninen-zaka** including shopping time before heading to dinner at a local restaurant. These two charming streets are lined with old wooden houses, traditional shops and restaurants.

Dinner will be provided at a local restaurant this evening.

Overnight: New Miyako Hotel (or similar)
Included meals: Breakfast & Dinner



📍 Kyoto, Japan

DAY 7: October 25

Cultural Exploration

Visit some of Kyoto's most iconic locations today.

Nijo-jo Castle, a World Heritage Site, was completed in 1626 and was built to provide lodging for Tokugawa Shogun and as a palladium for Kyoto Imperial Palace. The impressive, elaborate carvings and decors in the **Ninomaru Palace** are a must-see.

Continue onward to **Kinkakuji (Golden Pavilion)**, an impressive structure built overlooking a large pond, and the only building left of Yoshimitsu's former retirement complex. It has burned down numerous times throughout its history including twice during the Onin War, a civil war that destroyed much of Kyoto; and once again more recently in 1950 when it was set on fire by a fanatic monk. The present structure was rebuilt in 1955.

Lunch will be provided at a local restaurant.

This afternoon take part in a traditional **Japanese Tea Ceremony** including learning how to make tea. The custom of drinking tea in Japan is said to have been spread after Zen monk Eisai brought tea back from China in the late 12th century.

The Chinese people at the time had a custom of drinking "Matcha" as a Zen ceremony. The concept of Zen is based on maintaining the order of the state of one's mind and training to realize such state.





Tea ceremonies arose as one of the methods to practice it, and greatly influenced Japanese life arts including architecture, gardening, drawing, cuisine, flower arrangement, calligraphy and serving dishes. The concept of Zen is deeply rooted in the Japanese people's esthetics.

Return to the hotel for some free time late this afternoon. Dinner is by individual arrangement.

Overnight: New Miyako Hotel (or similar)
Included meals: Breakfast & Lunch

📍 Kyoto, Japan

DAY 8: October 26

Cultural Exploration

Today you will have a unique opportunity to experience the community and culture of Kyoto as you **spend the day with local people** in the beautiful town of Miyama. Miyama-cho is well known for its hamlets where **traditional farmhouses** with thatched roofs still exist. Visit Kayabuki-no Sato Folk Museum, a former residence that exhibits traditional tools and daily household items from past decades.

Join local artisans who will teach you the traditional art of **straw craft** and **Mochitsuki**. Mochi, also called a rice cake, is pounded sweet rice that can be eaten in a sweet or savory dish. This will be a hands-on experience that will allow you to truly connect with the Japanese people and local culture.



Say goodbye as you reflect and share memories over a **farewell dinner** at a local restaurant. This will include a special *Maiko* experience.

Overnight: New Miyako Hotel (or similar)
Included meals: Breakfast. Lunch & Dinner

📍 Kyoto, Japan

DAY 9: October 27

Depart for home today

Depart for the airport today for your flight home. Depending on the flight time, lunch is by individual arrangement with free time to explore.

Included meals: Breakfast





📍 Tokyo, Japan

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📍 Kyoto, Japan

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