



Visit magnificent Matsumoto Castle

Physiotherapy in Japan World Physiotherapy Congress 2025 Post Congress Tour

1 – 8 June 2025



Level 4
ACTIVE





A traditional maiko (© Colin Sinclair)

Following the World Physiotherapy Congress (29–31 May 2025)*, experience lesser-known Japan, including the Japanese Alps, Hiroshima, the Inland Sea, Kobe and the laneways of Kyoto, while meeting your professional peers.

Travel to the picturesque town of Matsumoto and learn about healing that incorporates hot springs, reiki and shiatsu, and visit magnificent Matsumoto Castle.

Travel by bullet train to Hiroshima to visit the Peace Park Museum and cruise the Inland Sea to Miyajima Island. Continue to Kobe to learn about post-earthquake rehabilitation and visit stunning Kyoto, Japan's centre of high culture.

Meet with Japanese physical therapists and physiotherapists throughout the tour and see

firsthand how your profession is practised in Japan. There is a range of visits encompassing elderly and community care, sports medicine, orthopaedic physical therapy and a look at traditional practice.

Explore Japan's beautiful scenery while experiencing the cultural riches and culinary delights of this singular island nation.

THIS TOUR IS CLASSED AS:

Level 4 | Active



Longer and fuller days. Significant levels of walking, covering longer distances, requiring very good fitness and mobility.

*** NB: This tour is separate to the World Physiotherapy Congress.** Please register on the Congress website and then book on this tour separately. All are welcome to join the tour, even if not attending the Congress.

Tour Leader

Professor Gillian Webb is an Australian physiotherapist with a physiotherapy career spanning more than five decades. She has been involved in physiotherapy education for most of those five decades.

Her research interests are in health professional education and particularly in clinical education, assessment of student learning and curriculum development. Her most recent work has been in educating physiotherapy students about the Sustainable Development Goals and Sustainability in health practice. She was the President of the International Society of Physiotherapy Educators for ten years and has recently become involved in developing a program for inter-professional education for health professional students through a Global Learning Partnership project. She is a past chair and executive member of the World Physiotherapy Asia Western Pacific region. She has extensive experience in assisting in physiotherapy curriculum design in many countries, including India, Nepal, Afghanistan, Fiji, Malaysia, Bangladesh and Indonesia. She has led a number of workshops in the region on accreditation and regulation, curriculum development and in leadership. She has been an advisor for the development of a



number of degrees in physiotherapy in the region. As a past chair and executive member of the World Physiotherapy Asia Western Pacific region, she works to assist member organisations to move the profession forward in their countries to improve the health outcomes of their communities.

She was awarded an Order of Australia (AM) in 2015 for significant service to community health in the field of physiotherapy, as a contributor to professional organisations and to education. She is an Honoured Member of the Australian Physiotherapy Association.



Hike in the stunning Kamikochi region

Itinerary 1 – 8 June 2025

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

3 nights Matsumoto – 2 nights Hiroshima – 2 nights Kobe



Day 1: Tokyo / Matsumoto (Sun, 1 June) **D**

Am: Assemble at the meeting point and drive from Tokyo to Matsumoto, situated in a fertile valley below the Northern Japan Alps.

Pm: Arrive and check in to the **Buena Vista Hotel**.

Eve: Local dinner.

Day 2: Matsumoto (Mon, 2 June) **B D**

Am: Visit Karadarak, a specialist day care centre for the elderly, and meet with their rehabilitation team.

Pm: Visit Matsumoto Castle, Japan's oldest wooden castle and one of just four castles designated National Treasures of Japan. Explore the old town, 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. At leisure.

Eve: Local dinner.

Day 3: Matsumoto (Tue, 3 June) **B L**

Am: Visit the private Momose Orthopaedic Surgery and Sports Clinic and meet local physiotherapists. Travel into the spectacular Japanese Alps.

Pm: Enjoy lunch in the mountains and take part in a trek in the Kamikochi region.

Day 4: Matsumoto / Hiroshima (Wed, 4 June) **B D**

Am: Take the train to Hiroshima.

Pm: Visit the Cal Medical Clinic Hiroshima and learn about their community-based rehabilitation services. Check in to the **ANA Crowne Plaza Hotel**.

Eve: Local dinner.

Day 5: Hiroshima (Thurs, 5 June) **B L**

Am: Hiroshima has a cataclysmic past that is today a powerful symbol for world peace. Visit the A-Bomb Dome, Peace Memorial Park and Museum.

Pm: Take a cruise on the Inland Sea, with lunch, past the vivid red Torii Shrine, which denotes that the entire island of Miyajima is sacred. Explore the island, which is covered in virgin forest, as felling trees is forbidden on the island - as is giving birth or dying.

Day 6: Hiroshima / Kobe (Fri, 6 June) **B L**

Am: Take the train to Kobe. Arrive and visit the Takenaka Carpentry Museum.

Pm: Visit Anshin Hospital and visit their physiotherapy department. Check in to **The Oriental Hotel**. Visit the Kobe wharf district.

Eve: Optional Kobe Beef dinner.

Day 7: Kobe / Kyoto / Kobe
(Sat, 7 June)

B D

Am: Travel to Kyoto and take a walking tour of food and craft markets and old Kyoto. Visit the shimmering medieval Golden Pavilion, with its sensuously contoured temple roof, and walk through its raked pebble gardens.

Pm: Visit Fushimi Inari, famous for its thousands of vermilion torii gates, with the option to take part in a walk. Return to the hotel in Kobe.

Eve: Farewell dinner.

Day 8: Kobe (Sun, 8 June)

B

Am: Depart hotel after breakfast.

As there is limited space for luggage on the bullet trains, large bags will be spent separately ahead of the group by overnight transfers. Participants will use hand luggage for those nights. This cost is included.

NB: All itineraries are subject to change according to local conditions.

The cost of the tour per person sharing is AUD \$5,586

The cost of the tour with a room to yourself is AUD \$6,208

The cost includes:

- The services of a tour leader (Professor Gillian Webb)
- Seven nights' accommodation in double or twin-bedded rooms with private facilities in medium grade and first-class hotels
- Breakfast daily
- Lunch or dinner daily
- All professional visits
- All admission fees
- Services of specialist full time English speaking national guide
- All transport services, railway tickets, tips and taxes in Japan
- Luggage Mailing Service

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 Torii Shrine near Hiroshima



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.



Girls in traditional kimonos (top); Visit the A-Bomb Dome in Hiroshima; Walk along Fushimi Inari in Kyoto; Guards at Matsumoto Castle (above)

Jon Baines Tours (London)
Hyde Park House, 5 Manfred Road,
London, SW15 2RS
Tel: +44 (0) 207 223 9485 / 5618
Email: info@jonbainestours.co.uk
www.jonbainestours.co.uk

Jon Baines Tours (Melbourne)
PO Box 68, South Brunswick,
Victoria 3055
Tel: +61 (0) 3 9343 6367
Fax: +61 (0) 3 9012 4228
Email: info@jonbainestours.com.au
www.jonbainestours.com



JON BAINES
TOURS

