

CBT Japan

Join us in exploring magical Japan on this remarkable fall foliage trip

Earn 50.0 Mainpro+ credits from the winners of the [National CME Program Award](#) of the College of Family Physicians of Canada—and explore exotic Japan on the luxurious *Diamond Princess*.



Welcome to Japan

October 7-16, 2018

50.0 Mainpro+ credits

Tuition \$1,295 CDN (*tax-free*)

Register now



This CME respects your time. This workshop is certified at the highest level (three-credits-per-hour) by the College of Family Physicians of Canada. Our 3:1 CME saves you an incredible amount of time (and therefore money) over 1:1 CME. Just have a look at the five-year [benefit calculations](#).

Vacation CME has many advantages over local CME. See [what your colleagues are saying](#), and explore the case for it being [four-credit-per-hour](#) CME.

4:1?

Discover the beauty, culture & mystery of Japan!

Japan is a truly enchanting country, where traditional villages lie nestled down in seaside coves & up in mountain forests, and Buddhist temples & Shinto shrines are found amidst busy neon city streets.

We're delighted to offer our 4th Japanese CME cruise, this time from October 7-16, 2018 aboard the spectacular [Diamond Princess](#). We hosted our 2014, 2016 and 2017 Japanese CME groups on the same ship, and everyone enjoyed it immensely.

The CME begins at 8:00AM on Sunday, October 7 with the half-day [Ten-Minute CBT](#) workshop. That component will be held at the Zen-like [Sheraton Miyako](#) in Tokyo ([details](#)). The next morning (Monday, October 8) we'll board our private shuttles to the [Diamond Princess](#) waiting for us in Tokyo's port of Yokohama.

The shipboard CME is the [acclaimed](#) "triple strength" [CBT Tools](#) module. Join us in Japan & you'll learn a multitude of ultra-brief CBT techniques to make your work [much easier](#) with both medical *and* psychiatric patients ([cases](#)).



Head instructor Greg Dubord, MD is nice & limber from giving over 400 CBT workshops, and is a University of Toronto *CME Teacher of the Year*.

Accreditation. This land-and-sea CME adventure in Japan is accredited for a grand total of **50.0 Mainpro+ credits** by the College of Family Physicians of Canada, representing **100% of your CME requirement for the entire year**.

Doctor, treat yourself right. Consider arriving a few days earlier to acclimatize before the CME & cruise. The Sheraton is terrific, our group rates are terrific, and you'll have a chance to tour Tokyo. NOTE: October 7th's *Ten-Minute CBT* workshop & *Sights of Tokyo* orientation are **free of charge** (regular price \$495) for all Japan CME cruise participants ([link](#)).

Cruise cabins start at just \$3,833 CDN (balconies are from \$5,692). Prices include all taxes, and your companion cruises free. Book your cruise & CME with Arlene at (877) 466-8228 x 333 or email her at vacation@cbt.ca. **Space is limited.**

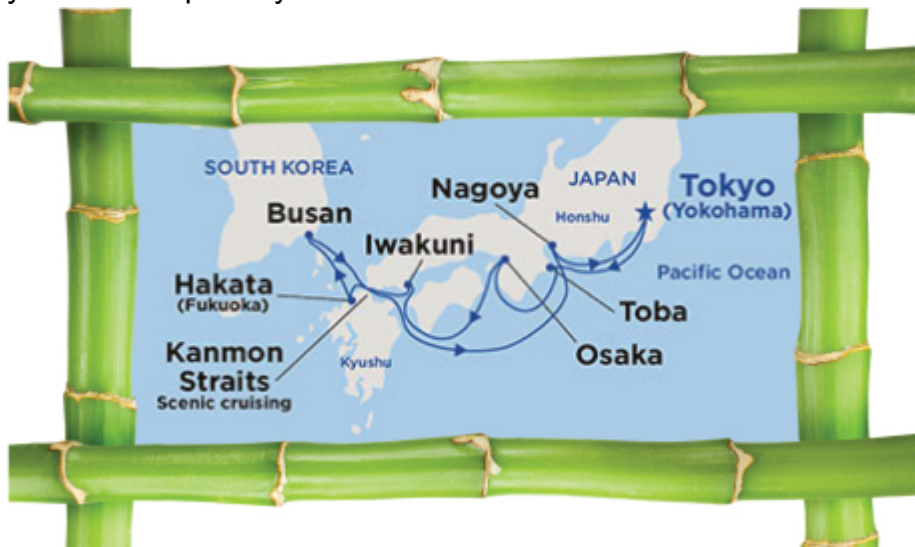
Earlybird savings

Deadline August 31

Preferred cabin rates & free drinks packages

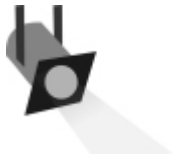


Timing is essential to a well-lived life, and NOW is the time to visit Japan. The charms of Japan aren't "undiscovered" with the yen so low. Visitor statistics have gone logarithmic well in advance of the 2020 Olympics. Book your 2018 trip today!



Day	Date	Date	Location	Arrive	Depart
1	Sun	Oct 7	<u>Tokyo</u> / morning CME		
2	Mon	Oct 8	<u>Tokyo</u> (all aboard)		5:00PM
3	Tue	Oct 9	Toba	7:00AM	4:00PM
4	Wed	Oct 10	<u>Osaka</u>	6:00AM	5:00PM
5	Thu	Oct 11	Morning CME / Iwakuni	1:00PM	9:00PM
6	Fri	Oct 12	Morning CME / Hakata	11:00AM	8:00PM
7	Sat	Oct 13	<u>Busan</u> (South Korea)	8:00AM	9:00PM

8	Sun	Oct 14	CME	
9	Mon	Oct 15	Nagoya	8:00AM 4:00PM
10	Tue	Oct 16	Tokyo	6:00AM



There are four CME sessions. The first session is land-based, and will be held at the [Sheraton Miyako](#) on Sunday, October 7 from 8:00AM to 12:30PM. The subsequent three sessions are all aboard the [Diamond Princess](#): Thursday, October 11 (8:00AM to 12:30PM); Friday, October 12 (8:00AM to 10:15AM); and Sunday, October 14 (9:00AM to 4:30PM, with a one-hour break for lunch). The CME grand total is 16.75 hours, translating to **50.0 Mainpro+ credits**.

Our social gatherings include our *All Aboard Cocktail Party* on Tuesday, October 9 starting at 5:00PM, and our *CBT Family Luncheon* on Sunday, October 14 from 12:00PM to 1:00PM. We have private group excursion options in several of ports, including in Tokyo, Osaka and Busan. In addition, we'll be providing travel tips from our extensive experience in Japan throughout the journey to ensure you get the most out of your experience.



DAY 1. Tokyo is the world's most populous city (~40 million) and has the sophistication to match. The [Harajuku District](#) is teeming with colorful "[Harajuku Girls](#)", whose fashions inspire teens and music videos around the world. [Akihabara](#) ("Akiba") is the center of Tokyo's electronics shops and *otaku* (anime & manga) culture. [Shibuya's](#) scramble intersection is considered the world's busiest, and is an experience you'll never forget. The [Ginza District](#) is recognized as one of the most luxurious shopping districts in the world, with flagship stores galore. The

huge 175-acre [Meiji Shinto Shrine](#) begins with an entryway under a 40 foot high torii gate. The [Tsukiji Fish Market](#) is the world's largest, and is your best chance to find another bargain-priced \$1.8 million bluefin tuna. The [Yūshūkan War Museum](#) houses the largest collection of Japanese WW-II artefacts, and is essential for any history buff. And on & on. You can get to it all on the [Tokyo Metro](#), considered so reliable and safe that children as young as five use it to "commute" to school. And if any attraction has a queue, these days you may be relaxing in a [self-driving chair](#).

DAY 2. Tokyo. All aboard in the port of Yokohama at 5:00PM.



DAY 3. Toba is located at the northeast end of the Shima Peninsula, largely surrounded by the [Ise-Shima National Park](#). Fishing villages like Ijika and Adako lining the coast supply the area with its famous abalone, oysters & other fresh seafood. Toba is the birthplace of cultured pearls, and the city's [Mikimoto Pearl Island](#) has a museum along with a popular show featuring [ama](#) (women pearl divers). The coast's [Meoto Iwa Shrine](#) (*Husband & Wife Rock*) are a worthwhile visit for all romantics. [Toba Aquarium](#), with its 12 zones & 1.5 km of aisles, is one of the most visited attractions in

Japan. [Ise Grand Shrine](#) is vast complex of 125 "sub-shrines" and is Japan's most scared [Shinto](#) site. If you're travelling with kids, consider a visit to [Edo Wonderland](#), which features a [samurai](#) show and a [ninja](#) action performance.



Bucketlistosis (*noun*): Angst (up to & including existential) precipitated by the knowledge that one is aging without having visited dream destinations.

Treatment: One CBT Canada workshop annually.



DAY 4. Osaka is Japan's second largest city after Tokyo. Any cruise-based visit should begin with a tour of the impressive [Osaka Aquarium](#), located immediately adjacent to the ship. Hideyoshi's immense [Osaka Castle](#) houses an informative museum—where you can dress up like a samurai for some photos. The surrounding 250 acre [castle park](#) has a magical tea house surrounded by over 500 cherry trees. Osaka is a shopper's paradise, featuring the flagships of many of Japan's department stores, along with [Shinsaibashi](#), a covered arcade

with over 1,000 shops. The ancient [Sumiyoshi Shrine](#) dates back to the 3rd century (i.e., before the introduction of Buddhism). [Dotonbori](#) is Osaka's mind-blowing entertainment district (TripAdvisor's #1 of 964), filled with animatronic restaurant signs (and yes, some serve [fugu](#)). Ancient [Kyoto](#) (Japan's capital for over 1,000 years) is an easy day trip from Osaka, and it has an unbelievable [17 UNESCO World Heritage Sites](#)!



DAY 5. Iwakuni is a major center in Japan's [Seto Inland Sea](#). The famous & fun five-arched [Kintai Bridge](#) is the city's icon. With some luck, you'll see [ukai](#) cormorant fishing in the Nishiki River below ([video](#)). [Kikko Park](#) is a sanctuary for the gentle [albino serpent](#), the Japanese goddess of wealth. Nearby snake-free Ogasawara Tea Garden is located in a zen-like bamboo grove. [Iwakuni Castle](#) is located 200m above the city atop Mount Shiroyama and houses an impressive collection of weapons & armour from 1608. Attractions in the [Hiroshima](#) area (one hour

by ultra-reliable train) include the expansive [Peace Park](#) (with must-see [A-Bomb Dome](#)), and [Miyajima](#)'s famous floating torii & petable [Sika deer](#).



Traveling solo? If the cruise line's "single supplement" is deterring you, Arlene may be able to help. Call (877) 466-8228 x 333 or email vacation@cbt.ca for details.



DAY 6. Hakata is the port of Fukuoka, where Japan handily [repelled the Mongols](#) in 1274 & 1281. Fukuoka's hundreds of open-air food stands ([yatai](#)) seat 7-8 people, many overlooking the water. A 1,000 year old banyon tree shades the [Kushida Shrine](#), which houses artefacts related to the exuberant annual [Hakata Gion Yamakasa](#) race. [Shofukuji](#) was the first Zen temple ever built in Japan (in 1195 by the Buddhist priest Eisai). [Uminonakamichi Seaside Park](#) is a vast family-oriented area with playgrounds, [aquarium](#) & zoo, amusement park, and cycling trails vast

fields of cultivated flowers. [Momochi](#) is Fukuoka's modern waterfront with attractions including the hands-on [Robosquare](#), with over 200 robots.



DAY 7. Busan is a microcosm of Korea, one of Asia's most venerable and sophisticated cultures. It's hard to tell today, but as the [UN Cemetery](#) can attest, South Korea's 2nd largest city was the scene of bitter fighting during the [Korean War](#). In today's Busan, modern high-rise towers and the [Shinsegae](#) "destination department store" (the world's largest) dwarf ancient Buddhist temples and the serene grounds of [Yongdusan Park](#). The popular southeastern beaches provide spectacular views of

fantastically shaped ocean rocks and mountainous islands. Be sure to sample the local "dongnae pajeon" (Korean pancakes with green onions). And of course keep an eye out for PSY performing his Gangnam Style dance throughout town!

DAY 8. At sea, with CME from 9:00AM to 4:30PM, and *CBT Family Luncheon* from 12:00PM to 1:00PM.



DAY 9. **Nagoya** is Japan's 3rd largest metropolitan area after Tokyo & Osaka. Located in the center of the main island of Honshu, Nagoya is close to Kyoto (35min), the Kiso Valley (60min), and Lake Biwa (80min). A good visit starts with the mighty donjons of Nagoya Castle, built by the first Tokugawa shogun. Opened in 2011, Japan Railway's museum has 39 trains (including shinkansen & maglev), mind-blowing train dioramas, and a variety of kid-friendly train simulators. Toyota has three excellent museums, including Kaikan, which focuses on new technologies & plant tours. Nearby Meiji Mura is an extraordinary collection of over 60 buildings from the Meiji Period (1868-1912) that followed the end of Japan's 250 year sakoku (i.e., isolationist policy). For an interesting lunch, try hitsumabushi (freshwater eel served four ways). Nagamashi Resort is a major vacation destination, with features including a superb outdoor onsen (hotspring) complex and massive flower park.

DAY 10. Disembarkation in Yokohama any time after 6:00AM.



A CONFESSION: *We're unabashedly in love with Japan! The warmth of the Japanese people, and the aesthetic refinement that permeates almost everything is truly extraordinary. Please consider staying with us for a few days before the cruise at the Sheraton Miyako.*

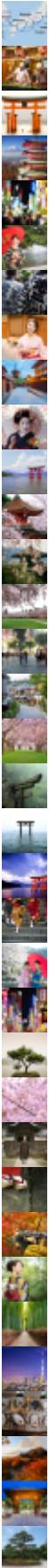


Diamond Princess

Diamond Princess has always been one of the favourites of the fleet, and she recently underwent a massive refurbishment! She was drydocked for nearly a month in spring 2014.

- on-board casino
- 24-hour room service
- 24-hour internet cafe and library
- 9-hole putting course (*Princess Links*)
- extensive pools, hot tubs, and sun deck areas
- world-class art collection, gallery, and auctions
- state-of the art gyms with a full range of equipment
- *Fun Zone* and *Teen Centre* (for those 18 and under)
- *Skywalkers* top-deck nightclub and the *Explorers Lounge*
- first-run feature-length films shown under the stars at night

- duty-free shops, including *Calvin Klein*, *Clinique*, *Estee Lauder*, *Fossil*, *Lladro*, *Swarovski*, and *Tommy Bahama*
- Multiple dining options including 3 specialty restaurants (*Sabatini's Italian*, *Sterling Steakhouse*, and *Ultimate Balcony Dining*)





If you aspire to be "worldly", it's imperative to have some first-hand experience with Japan. If this is your first trip, you and your travelling companion(s) will return transformed. You'll be mesmerized by our exploration of the ancient and the ultra-modern, and your understanding of the world will increase immeasurably. "Post-Japan You" will be a significantly enriched version.

Inside cabins from \$3,833 CDN tax incl

Balconies from \$5,692 CDN tax incl

COMPANION CRUISES FREE

To book your complete vacation package

email Arlene at vacation@cbt.ca

or phone 877.466.8228 x 333

Register now

CBT Canada Refund Policy

You may transfer 100% of your tuition to another workshop (free)
or receive a full refund (minus a \$100 processing fee)