**Rotating at Shizuoka General Hospital**

**Address:** 4 Chome-27-1 Kitaando, Aoi Ward, Shizuoka, 420-0881, Japan

Main Contacts:

Dr. Yasuhiro Hakamata:

email: xy-hkmt@docomo.ne.jp

Administrative Assistant - Kana:

email: kana-tajima@shizuoka-pho.jp

**Arriving in Japan:**

Flights:

* There isn’t much difference between landing in Haneda Airport vs Narita in terms of getting to Shizuoka – you can still take the Shinkasen (bullet train) from both airports to Shizuoka
* Haneda is closer to Tokyo, and it is easy to get from Haneda to Shizuoka

Hotel in Shizuoka:

* You will most likely be staying at the The Hotel Prezio -it is right in front of the Shizuoka Train station. The location could not be better
* You can also take the bus which picks up people in front of the train station to the hospital.
* Pretty much all buses go to the hospital
* The Shizutetsu Bus #70 and 90 which pick up people at the bus stop 10 in front of Shizuoka station both go to the hospital
* The hotel has everything you need. They even give out bath soap for free and other toiletries
* People also usually pick up breakfast at one of the mini marts located near the hotel or near the station, they have pretty good food for cheap
* The first meeting is arranged by Lana via email and will take place at Hotel Prezio

**Rotating at the Hospital:**

* Your contact at the Hospital is: Dr. Yasuhiro Hakamata (email: xy-hkmt@docomo.ne.jp)
* Administrative Assistant for the residency: Kana (email: kana-tajima@shizuoka-pho.jp)
* You will be rotating in the clinics and joining ward rounds
* Dress is business casual and scrubs - please bring your white coat and your ID badge from OV
* Most residents know some English so it’s not hard to follow what’s going on
* Medicine is practiced pretty much the same in Japan, they also use UpToDate so it’s not hard to follow the plan
* Everyone is friendly – It is recommend to learn some basic Japanese phrases such as good morning, thank you, take care, and excuse me
* The translator app on Iphones is also super helpful when trying to ask a more complicated question to residents

**Transportation in Japan:**

**Buses/Trains**

* You can purchase the JR Rail pass at the airport or beforehand via the mail (but you must order this well in advance). If you order by mail, you must bring the paper receipt you receive in the mail with you to Japan and then exchange while in the airport for a ticket. Double check if Japan is still selling the JR Rail passes in country because it was only being done on a trial basis when these tips were written (May 2023).
* It is recommended to get a JR pass if you plan on doing a lot of travel outside of Shizuoka since it’s useful when riding the Shinkansen which has more expensive ticket prices.
* JR passes allow you to ride all of the JR train lines and the Shinkansen with this pass. It doesn’t cover subways or private train lines or buses though so you have to purchase separate tickets for these.
* You can also purchase a ICOCA card to pay for the other trains, subways and buses but this card cannot be used on the buses in Shizuoka. For buses in Shizuoka, you need to purchase a Suica card or just pay with coins
* Google maps is super handy for getting around – it is pretty accurate in terms of which train or bus to take, departure times etc – this means that having constant wifi is a must
* The buses and trains are really timely and are the preferred mode of transport
* When getting off the train, pay attention on google maps which exit to use because these take you to different parts of the city
* If you use cabs, its easier to use cash and you can hail down cabs so you don’t really need to use an app
* Having cash while in country for food and transportation is a must, its more convenient and some train passes require cash for purchase.

**Resources**

* The Lonely Planet Japan Travel book to learn about sights and restaurants
* Pinterest and Google

**Tips and Tricks**

* Plan your site seeing relation to JR trains and JR stations so minimize paying for other trains
* Get or bring an umbrella if you go during the rainy season since you’ll likely be mostly on foot
* Once you get in Japan, food and hotels/hostels are cheap
* Cash is a must in some locations and for street food

Overall Japan is a very easy country to travel because of their amazing public transportation and infrastructure !