

Transgender Japan Life Resources

**Please note the following information and references were compiled from Stonewall Japan Facebook Group. Stonewall Japan does not directly recommend or endorse any provider or links.

[Check out Stonewall Japan's Transgender Guide too!](#)

HRT

- [List of Doctors and clinics in Tokyo area that offer HRT.](#)
- [Primary Care Tokyo](#) - Doctor Kurosu
- Nagoya Nagumo Clinic
- [Nagoya LGBT Friendly Lady's Clinic - Possibly Speaks English](#)
- [Nagoya Nagumo Clinic - Possibly most well known clinic in Japan!](#)
- [Nagoya Doctor - Speaks English - General Doctor, not necessary for transgender, but recommended.](#)
- [Osaka Fukuda Clinic - GID Treatment](#)
- [Osaka Nagumo Clinic](#)

Surgery

- Okayama Daigaku Byouin
- [Osaka Nagumo Clinic](#)

Building Community

- Trans/Non-Binary Group - Free - Skype (?) - E-mail kkoto@aol.com for more information.
- [G-Pit Transgender Women Helping Transition \(Japanese\)](#)

Lodging

- Ace Inn Shinjuku (Tokyo) - Mixed Gender Floors

Gym

- Monkey Gym Shinjuku (Tokyo)
- Local Taiikukan's