

VIETNAM TRIP

MAY 5-11, 2023

TRAVEL > GIVE > GROW

Together we can make a difference

What to Experience



Adventure



Enthusiasm



Service





What to Gain

- Experience in making a sustainable grass-roots contribution to an under privileged community
- An appreciation and tolerance of other cultures, care for the natural environment
- The skills of managing a project, setting and meeting objectives
- The value of working together as a cohesive team to achieve a common objective, building stronger bonds w/ peers
- The ability to face mental and physical challenges and to develop resiliency
- The ability to adapt to new environments outside of their 'comfort zone'



Brief Itinerary

| Day 1 | Arrival in Hanoi, afternoon tour of Hanoi | |
|-------|--|--|
| Day 2 | Hanoi cultural orientation in the morning – afternoon transfer to Mai Chau | |
| Day 3 | Mai Chau (service project) | |
| Day 4 | Mai Chau (service project) | |
| Day 5 | Mai Chau – Ninh Binh (lunch & afternoon tour in Ninh Binh) | |
| Day 6 | Ninh Binh – Halong Bay | |
| Day 7 | Ha Long Bay - Hanoi & departure for Doha | |

Day 1: Arrive in Hanoi



Flight from Doha 2:20 am / Arrival at Hanoi 1:45pm

Bus transfer to the hotel in the city center (Hong Ha Hotel)

Welcome drink and trip briefing in the yard of the hotel

Walking tour of **Old Hanoi** (Time dependent on arrival time)

Bus transfer to the Water Puppet Theater for the puppet show

Bus transfer to the restaurant for welcome dinner (Highway 4)

Welcome dinner at the restaurant

Walk back to the hotel along Hang Tre and Tong Dan (800m walk)



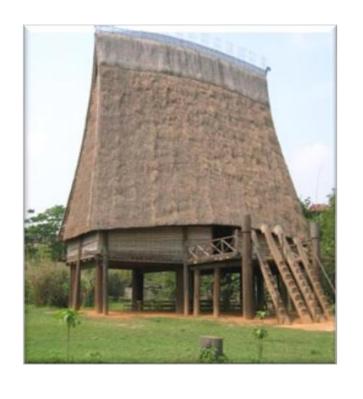
HANOI



Day 2: Cultural Orientation

May 6th

| Timing | Program | | |
|---------------|--|--|--|
| 7.00 – 8.00 | Breakfast | | |
| 8.00 – 8.30 | Get ready and gather in the lobby | | |
| 8.30 – 10.15 | Transfer to the Ho Chi Minh Complex & explore the area and subject to | | |
| | opening hours, visit the Mausoleum. | | |
| 10.15 - 10.45 | Transfer to the Museum of Ethnology | | |
| 10.45 - 11.45 | Visit the Museum of Ethnology for an opportunity to learn about the | | |
| | 54 officially recognised ethnic groups in Vietnam | | |
| 11.45 - 12.00 | Transfer to a nearby restaurant to enjoy a great street-food experience. | | |
| 12.00 - 13.00 | Lunch | | |
| 14.00 - 17.30 | Transfer to Mai Chau with a stop en route | | |
| 17.30 – 18.00 | Check in Guesthouse in Mai Chau | | |







Museum of Ethnology

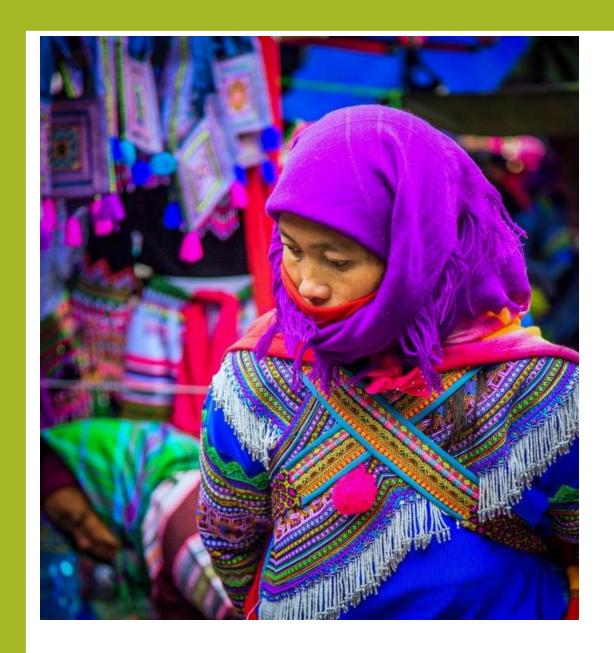




MAI CHAU

- The community project will occur at the small village of Ban Buoc.
- This village is located about 20 km from Mai Chau. It is off the usual travelled routes and thus, more in need of our support.
- The village is located in a valley where Thai and Muong ethnic people live in wooden houses on stilts.







Day 3 & 4: Mai Chau

May 7th & 8th

| Timing | Program | | |
|---------------|---|--|--|
| 7.00 – 8.00 | Breakfast | | |
| 8.00 – 8.15 | Commute from the guesthouse to the project's site | | |
| 8.15 – 08.30 | Tasks distribution | | |
| 8.30 - 11.30 | Work | | |
| 11.30 - 12.00 | Return to guesthouse and refresh | | |
| 12.00 - 12.45 | Lunch | | |
| 12.45 - 13.15 | Rest | | |
| 13.15 - 13.30 | Commute from the guesthouse to the project's site | | |
| 13.30 – 16.30 | Work | | |
| 16.30 – 16.45 | Commute from the project's site to the guesthouse | | |
| 16.45 – 18.30 | Rest and refresh | | |
| 18.30 – 19.30 | Dinner | | |



COMMUNITY SERVICE PROJECT

Our plan is

- To build a hand washing station and water tank at the kindergarten
- ➤ To start the paving of the track into the rice fields which are the villagers' main source of income.

These projects have been deemed the most urgent by the community in Ban Buoc.



The group will be broken into small work teams who will also be designated a skilled worker.



The groups will rotate across the various tasks so as all the students will have input on all the projects. All the materials will be on site ready for our arrival.





Due to strict safety conditions, there will not be any power tools, ladders, or access to roofs. This work can be physically demanding.



Work is up to 5-6 hours per day in variable weather conditions undertaking such tasks as sanding, sweeping, load carrying, painting, and shoveling amongst others.



Please note that the project brief may change due to weather conditions or many other reasons.









Finished Example of a Service Project

Day 5: Mai Chau- Ninh Binh

May 9th

| Timing | Program |
|---------------|----------------------------------|
| 7.00 – 8.00 | Breakfast |
| 8.30 - 11.30 | Check out and drive to Ninh Binh |
| 11.30 - 12.30 | Dinh & Le temple visit |
| 12.30 - 14.00 | Transfer to restaurant and lunch |
| 14.30 – 16.30 | Boat trip in Tam Coc |
| 16.30 – 17.00 | Transfer to hotel in Ninh Binh |
| 17.30 – 18.30 | Refresh and rest |
| 19.00 – 20.30 | Dinner |







NINH BINH

Day 6: Ninh Binh – Ha Long Bay May 10th

| Timing | Program | | |
|---------------|--|--|--|
| 6.00 – 6.30 | Breakfast | | |
| 6.30 – 12.00 | Check-out and drive to Halong Bay | | |
| 12.00 - 12.30 | Pre-boarding procedures and transfer to the boat | | |
| 12.30 - 13.30 | Lunch on the boat | | |
| 13.30 - 14.30 | Check-in the cabin, rest and refresh | | |
| 14.30 - 16.00 | Activity: Kayaking , beach stop | | |
| 16.00 – 18.00 | Relax on the boat - Cooking demonstration | | |
| 18.30 – 20.00 | Celebration dinner on the boat to conclude a successful trip | | |
| 20.00 - 21.00 | Squid fishing | | |



Day 7 – Ha Long Bay - Departure May 11th

| Timing | Program |
|---------------|---|
| 6.30 - 7.00 | Tai Chi session on the sundeck |
| 7.00 – 8.00 | Light breakfast |
| 8.30 – 9.30 | Visit a cave |
| 9.30 – 10.00 | Check-out the cabins |
| 10.00 - 11.00 | Brunch |
| 11.00 - 11.30 | Disembarkation procedures |
| 11.30 – 16:30 | Drive to Hanoi Airport with a stop half-way |
| 19:50 | Departure flight from Hanoi |
| 12:10 am | Arrival at Doha (May 12 th) |









Vietnamese cuisine is very delicious.

Food will be catered for any dietary requirements

Estimated Travel Cost

| Flight | Trip | Total Estimated Cost |
|--------------------|--------------------------------|-------------------------------|
| 1 person: 4130 QAR | 20-25 ppl: 4620 QAR | 20-25 ppl: 8750 QAR |
| | 26-29 ppl: 4480 QAR | 26-29 ppl: 8610 QAR |
| | 30 & more ppl: 4300 QAR | 30& more ppl: 8430 QAR |

Tour Price Includes

- Accommodation in twin/double room
- Charter boat in Ha Long 2D1N as per program
- > All meals (Breakfast/Lunch/Dinner) except the dinner on the last day
- All transfers and transportation with Air-Con vehicles
- Local English-speaking guide with medical kit
- Permission at Community Project/Organization (if any)
- All entrance fees
- 02-03 big bottles of mineral water per bus per day on bus
- Government tax and service charge

Tour Price Excludes

- Meals (other than mentioned in the program)
- Drinks & Mineral water beyond that which is supplied
- > Tips
- Visa as per country requirements & Vietnam Visa letter approval fee for normal nationality
- Items of a personal nature (Phone calls, laundry, beverages, etc.)
- Travel Insurance

Medical Facilities

HANOI

- International SOS Clinic
- L'Hôpital Français de Hanoi

MAI CHAU VALLEY

Mai Chau General Hospital

NINH BINH

Ninh Binh General Hospital

HA LONG BAY

Vinmec International Hospital Halong

Student Behaviour Expectations

- 1. Students are not allowed to; buy or drink alcohol, buy or use cigarettes or illegal drugs.
- 2. Students must follow instructions given to them by faculty members and activity instructors.
- 3. Students must speak to others in a respectful manner, being careful not use derogatory tone or language.
- 4. All students must wear all safety equipment as instructed.
- 5. No girls are allowed in boys' rooms, and vice-versa, at any time.
- 6. Rooms are to be kept clean and tidy at all times.
- 7. Students are to respect the curfew times given by ISL Qatar staff.
- 8. Students should endeavour at all times to help other students whilst taking part in activities.



Look a little deeper, embrace the adventure