

A woman and a child walking through a field of yellow flowers. The woman is carrying a large basket of green plants on her back. The child is holding a white pot. The background shows a vast field of yellow flowers under a clear sky.

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'

A traditional Vietnamese junk boat with red sails is on the water at sunset. The sun is low on the horizon, creating a golden glow and reflecting on the water. The boat has two large red sails and is moving towards the left. In the background, there are dark, rocky islands.

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

May 5th

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 VALLEY





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.



How It Planned Out



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

HA LONG BAY



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