



## Program overview

**Title:** Vietnam - Mental Health Facilitator  
An NBCC International capacity development program

## Itinerary: Main program

Day	Place	Highlights	Hotels & meals
Day 1 (Sat)	Ho Chi Minh City	Personal welcome at the airport, transfer to the hotel, check-in Welcome dinner	GK Central Hotel (D)
Day 2 (Sun)	Ho Chi Minh City	Program briefing and general introduction to the destination Introduction to urban life in lower- and middle-class Ho Chi Minh City (Saigon) suburbs, including a visit to a local market area, a home lunch prepared by a host family and an exploration of the neighborhood Exploration of downtown Saigon with key cultural sites Group dinner with an introductory presentation about Vietnam, with special emphasis on the country's culture and systems in relation to mental health	GK Central Hotel (B/L/D)
Day 3 (Mon)	Ho Chi Minh City	Full-day MHF training of trainers for the delegation Group dinner with local hosts	GK Central Hotel (B/L/D)
Day 4 (Tue)	Ho Chi Minh City	Half-day MHF training of trainers for the delegation Afternoon and evening for own exploration & MHF training preparation	GK Central Hotel (B/L)
Day 5 (Wed)	Ho Chi Minh City	Full-day MHF training for local participants (the delegation splits in two groups) Evening for own exploration	GK Central Hotel (B/L)
Day 6 (Thu)	Ho Chi Minh City	Full-day MHF training for local participants (the delegation splits in two groups) Evening for own exploration	GK Central Hotel (B/L)
Day 7 (Fri)	Mekong Delta	Transfer to the Mekong Delta for an overnight excursion Row boat ride along small creeks to the Mekong River estuary; motor boat cruise along quiet villages in Ben Tre Province; visits to orchards, <u>tasting of natural honey and honey wine, experience of coconut candy</u> Lunch and dinner included	Vinh Long Island Lodge (B/L/D)
Day 8 (Sat)	Mekong Delta & HCMC	Boat excursion to the Cai Be floating market and opportunity for a walk around orchards, experience of rice paper making and rice crispies production Village visit by boat and lunch Return transfer to Ho Chi Minh City Farewell dinner on a traditional junk on the Saigon River	GK Central Hotel (B/L/D)
Day 9 (Sun)	Ho Chi Minh City	Depending on departure time, optional excursion to the Cu Chi Tunnels or time for own exploration Transfer to the airport and farewell	(B)

### Itinerary: Optional pre-program extension in Siem Reap (Cambodia)

Day	Place	Highlights	Hotels & meals
Day 1 (Wed)	Siem Reap	Personal welcome at the airport, transfer to the hotel, check-in Remainder of the day at own exploration (no meals included)	Tara Angkor Hotel
Day 2 (Thu)	Siem Reap	Visit to Angkor Thom, the last and most enduring capital city of the Khmer empire, and exploration of the Bayon Temple at its center, famous for the 216 massive stone faces on the many towers Visit to the temple ruins of Ta Prohm that became the main location for the 2001 action film <i>Tomb Raider</i> with Angelina Jolie as Lara Croft because of its jungle atmosphere with trees growing out of the ruins Lunch at Bat Chum Restaurant and time to relax back at the hotel Optional visit to Sunrise New Hope, a grassroots NGO that provides free education and much more in Mondul 3, one of the poorest slum areas of Siem Reap Dinner at PorCuisine with a traditional Apsara dance show	Tara Angkor Hotel (B/L/D)
Day 3 (Fri)	Siem Reap	Excursion to the floating village of Kampong Phluk, built on stilts over the waters of Tonlé Sap, the largest freshwater lake in Southeast Asia Lunch at Sunrise New Hope's Bakong Ancient City Training Restaurant Visit to Angkor Wat, the largest religious monument in the world, built by the Khmer King Suryavarman II in the early 12th century Visit to the Phnom Bakheng Temple for the best sunset views of Angkor Wat Farewell dinner at the hotel	Tara Angkor Hotel (B/L/D)
Day 4 (Sat)	Siem Reap & Ho Chi Minh	Day at own disposal (e.g. Siem Reap town and markets) Transfer to the airport and farewell	(B)

### Itinerary: Optional post-program extension in northern Vietnam

Day	Place	Highlights	Hotels & meals
Day 9 (Sun)	Ho Chi Minh City & Hai Phong	Morning for own exploration Transfer to the airport for the flight to Hai Phong Transfer to the hotel, time for own exploration	Lac Long Hotel or similar (B)
Day 10 (Mon)	Halong Bay	Transfer to Halong Bay, the "Descending Dragon" in the Gulf of Tonkin, UNESCO World Heritage and one of the "10 most dramatic costs in the world" (Huffington Post) Check-in on the junk, start of the Halong Bay cruise and buffet lunch Exploration of Halong Bay, with optional kayaking Dinner and overnight on the junk	Phoenix Cruise or similar (B/L/D)
Day 11 (Tue)	Halong Bay & Hanoi	Exploration of Halong Bay Early lunch on the junk Transfer to Hanoi, check-in at the hotel, traditional show at the water puppetry theater, farewell dinner	Church Boutique Hang Ca or similar (B/L/D)
Day 12 (Wed)	Hanoi	Exploration of Hanoi, including major landmarks like the Ho Chi Minh Mausoleum and Museum, Ho Chi Minh's house on stilts, One Pillar Pagoda, Quan Thanh Temple, Tran Quoc Pagoda, Ethnology Museum, Literature Temple, Quoc Tu Giam, Hoan Kiem Lake, Ngoc Son Temple and the Old Quarter; lunch included Transfer to the airport and farewell	(B/L)

## Program prices per person in USD

<b>Main program</b>	Price per person: \$1,950 (price based on a sharing basis) + \$600 NBCC-I registration fees (NCCs receive \$100 reduced registration fee)
	Single occupancy supplement: \$175
	Included: MHF training with materials and certificate completion, NBCC-I registration, accommodation, meals as stated (eight breakfasts, eight lunches, five dinners; all including one non-alcoholic drink), in-country transportation, admission to all activities, mineral water on the vehicle, full-time local English-speaking delegation management and guiding, 24/7 emergency support from our Not included: international transport (flights, airport taxes, etc.), visas, travel and medical insurance, meals not stated, extra beverages at the restaurants, alcoholic drinks, personal expenses and other extras
<b>Pre-program extension in Cambodia</b>	Price per person: \$800 (price based on a sharing basis)
	Single occupancy supplement: \$105
	Included: accommodation, meals as stated (eight breakfasts, two lunches, two dinners; all including one non-alcoholic drink), in-country transportation, admission to all activities, mineral water on the vehicle, full-time local English-speaking guide, 24/7 emergency support from our local program office Not included: international transport (flights, airport taxes, etc.), visas, travel and medical insurance, meals not stated, extra beverages at the restaurants, alcoholic drinks, personal expenses and other extras
<b>Post-program extension in northern Vietnam</b>	Price per person: \$800 (price based on a sharing basis)
	Single occupancy supplement: \$160
	Included: accommodation, meals as stated (eight breakfasts, three lunches, two dinners; all including one non-alcoholic drink), in-country transportation, admission to all activities, mineral water on the vehicle, full-time local English-speaking guide, 24/7 emergency support from our local program office Not included: international transport (flights, airport taxes, etc.), domestic flight to Hai Phong, visas, travel and medical insurance, meals not stated, extra beverages at the restaurants, alcoholic drinks, personal expenses and other extras

### TERMS & CONDITIONS:

<b>Early arrival / late departure (Ho Chi Minh City)</b>	- Accommodation per night (GK Central Hotel): \$50 - Private airport transfer: \$25
<b>Early arrival (Siem Reap)</b>	- Accommodation per night (Tara Angkor): \$70 - Private airport transfer: \$25
<b>Late departure (Hanoi)</b>	- Accommodation per night (Church Boutique Hang Ca): \$45 - Private airport transfer: \$35
<b>Payment details</b>	- \$500 non-refundable deposit payment at time of booking - Payment of the remainder not later than 60 days before the start of the program
<b>Refund policy</b>	- 45 or more days prior to the start of the program: Price is fully refundable, less the \$500 deposit - 44-15 days prior to the start of the program: 50 percent of price is refundable - 14 or less days prior to the start of the program: None
<b>Terms &amp; conditions</b>	GEI's general Terms & Conditions apply to this program: <a href="http://www.global-engagement.org/TCs">www.global-engagement.org/TCs</a>