

Program overview



Program

Title: Vietnam: Mindful Self-Compassion (MSC)
A Center for Mindful Self-Compassion training retreat

Program Itinerary

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 Exploration of urban life in a lower-class Ho Chi Minh City suburb, including conversations with local residents about their work and family lives, a visit of a local market and a home lunch prepared by a host family Exploration of downtown Saigon Welcome dinner with our local host to know more about their work	GK Central Hotel (B/L/D)
Day 3 (Mon)	Ho Chi Minh City	Welcome at the host institution and start of the MSC intensive course Group dinner for all the participants	GK Central Hotel (B/L/D)
Day 4 (Tue)	Ho Chi Minh City	Second course day Remainder of the day for own exploration	GK Central Hotel (B/L)
Day 5 (Wed)	Ho Chi Minh City	Third course day Remainder of the day for own exploration	GK Central Hotel (B/L)
Day 6 (Thu)	Ho Chi Minh City	Final course day and certificate ceremony Remainder of the day for own exploration	GK Central Hotel (B/L)
Day 7 (Fri)	Mekong Delta	Transfer to the Mekong Delta for an overnight excursion River exploration of villages in Ben Tre Province, including visits to orchards, rural income-generation projects, and honey and coconut candy production sites Dinner and homestay in a Mekong Delta village	Mekong Delta homestay (B/L/D)
Day 8 (Sat)	Mekong Delta & Ho Chi Minh City	Boat excursion to the Cai Be or Cai Rang floating markets and opportunity for a walking exploration of orchards and little workshops for the production of rice paper and rice crispies Return transfer to Ho Chi Minh City Farewell dinner on a 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 Transfer to the airport and personal farewell	(B/L)

Optional extension: Siem Reap (Cambodia)

Day 1 (Sun)	Siem Reap	Personal welcome at the airport, transfer to the hotel, check-in Evening at own exploration	Tara Angkor Hotel
Day 2 (Mon)	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 New Hope Cambodia, 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 (Tue)	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 New Hope Cambodia'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 (Wed)	Siem Reap	Depending on departure time, day at own disposal (e.g. Siem Reap town and markets) Transfer to the airport and personal farewell	(B)

Program Prices and Terms & Conditions

Main program	Price per person: US\$ 1,780
	Center for Mindful Self-Compassion registration fee: US\$ 500
	Single occupancy supplement: US\$ 175
	Included: accommodation (shared twin rooms), meals (8 lunches and 5 dinners, all with 1 non-alcoholic drink), transport (with mineral water on the vehicle), all activities and entrance fees, training with certification, guiding, 24/7 emergency support from our local program office
	Excluded: international transport (flights, airport taxes etc.), visas, travel and medical insurance, meals other than stated, extra beverages at the restaurants, alcoholic drinks, personal expenses and other extras
Optional Cambodia extension	Price per person: US\$ 700
	Single occupancy supplement: US\$ 105
	Included: accommodation (shared twin rooms), meals (2 lunches, 2 dinners, all with 1 non-alcoholic drink), transport (with mineral water on the vehicle), all activities and entrance fees, guiding, 24/7 emergency support from our local program office
	Excluded: international transport (flights, airport taxes etc.), visas, travel and medical insurance, meals other than stated, extra beverages at the restaurants, alcoholic drinks, personal expenses and other extras
Early arrival / late departure (Ho Chi Minh City)	- Accommodation at GK Central Hotel: US\$ 50 per room per night - Private airport transfer: US\$ 20 per person
Early arrival / late departure (Siem Reap)	- Accommodation at Tara Angkor: US\$ 75 per room per night - Private airport transfer: US\$ 20 per person
Payment details	- US\$ 500 non-refundable deposit payment at the time of the registration - Payment of the remainder not later than 60 days before the start of the program
Refund policy	- 45 or more days prior to the start of the program: 80% of price is refundable. - 44-15 days prior to the start of the program: 50% of price is refundable. - 14 or less days prior to the start of the program: 0% of price is refundable.
Terms & conditions	GEI's general Terms & Conditions apply to this program: www.global-engagement.org/TCs