



Program overview

Program

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| Title: | Vietnam: Mindful Self-Compassion (MSC) <i>A Center for Mindful Self-Compassion training retreat</i> |
| Dates: | Main program: March 2 - 10, 2019 Optional extension to Siem Reap (Cambodia): March 10 - 13, 2019 |

Program Itinerary

| Day | Place | Highlights | Hotels & meals |
|----------------|--|--|------------------------------|
| March 2 (Sat) | Ho Chi Minh City | Personal welcome at the airport, transfer to the hotel, check-in Welcome dinner | Vien Dong Hotel (D) |
| March 3 (Sun) | Ho Chi Minh City / Binh Thanh District | 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 and then transfer to Binh Quoi Village in Binh Thanh district Welcome dinner with our local host to know more about their work | Binh Quoi Village (B/L/D) |
| March 4 (Mon) | Binh Thanh District | Welcome notes and start of the MSC intensive course Group dinner for all the participants | Binh Quoi Village (B/L/D) |
| March 5 (Tue) | Binh Thanh District | Second course day Remainder of the day for own exploration | Binh Quoi Village (B/L) |
| March 6 (Wed) | Binh Thanh District | Third course day Remainder of the day for own exploration | Binh Quoi Village (B/L) |
| March 7 (Thu) | Binh Thanh District | Final course day and certificate ceremony Remainder of the day for own exploration | Binh Quoi Village (B/L) |
| March 8 (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 Vinh Long Province; visits to orchards and experiencing the local life style Lunch and dinner included with cooking classes | Homestay in Ut Trinh (B/L/D) |
| March 9 (Sat) | Mekong Delta & Ho Chi Minh City | Boat excursion to the Cai Be floating market and opportunity for a walk around orchards, experience of rice paper making and handicraft production Village visit by boat and lunch and then return transfer to Ho Chi Minh City Farewell dinner on a traditional junk on the Saigon River | Vien Dong Hotel (B/L/D) |
| March 10 (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)

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| March 10 (Sun) | Siem Reap | Personal welcome at the airport, transfer to the hotel, check-in Evening at own exploration | Tara Angkor Hotel |
| March 11 (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) |
| March 12 (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) |
| March 13 (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

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| 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\$ 800 |
| | 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 |
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| Early arrival / late departure (Ho Chi Minh City) | - Accommodation at Vien Dong 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\$ 80 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 |