



**Vietnam Service Trip – Summer 2017
Tentative Itinerary**

Day 1

8:00a Departs for Ho Chi Minh City

Day 2

Early morning arrival in Ho Chi Minh City and transfer to accommodation

09:00 Breakfast

10:00 Orientation

12:30 Lunch

01:30 Introduction to community members and work areas

6:30 Dinner

Day 3

8:00 Breakfast

8:30 Begin volunteer work

12:30 Lunch

1:30 Tour of Ho Chi Minh City (Part – 1)

6:00 Reflection time

7:00 Dinner

Day 4

8:00 Breakfast

8:30 Begin volunteer work

12:30 Lunch

1:30 Resume volunteer work

4:30 Cultural activity

6:00 Reflection time

7:00 Dinner

Day 5

8:00 Breakfast

9:00 Transfer to Mui Ne

11:30 Tour of Mui Ne
1:00 Lunch
2:30 Tour of Mui Ne
4:00 Shopping
7:00 Dinner at hotel

Day 6

8:00 Breakfast
8:30 Free Time
1:00 Lunch
2:00 Drive back to Ho Chi Minh City
7:00 Dinner

Day 7

8:00 Breakfast
8:30 Begin volunteer work
12:30 Lunch
1:30 Resume volunteer work
3:30 Cultural activities
6:00 Reflection time
7:00 Dinner

Day 8

8:00 Breakfast
8:30 Begin volunteering work
12:30 Lunch
1:30 Resume volunteer work
4:30 Reflection time
7:00 Dinner

Day 9

8:00 Breakfast
8:30 Volunteer work
12:30 Lunch
1:30 Resume volunteer work
6:00 Reflection time
7:00 Dinner

Day 10

8:00 Breakfast

8:30 Tour Ho Chi Minh City (Part - 2)
12:30 Lunch
1:30 Resume volunteer work
3:30 Cultural activity
6:00 Reflection time
7:00 Dinner

Day 11

8:00 Breakfast
8:30 Volunteer work
12:30 Lunch
1:30 Resume volunteer work
6:00 Reflection time
7:00 Dinner

Day 12

8:00 Breakfast
8:30 Volunteer work
12:30 Lunch
1:30 Resume volunteer work
6:00 Farewell Dinner
7:30 Reflection time

Day 13

8:00 Breakfast
8:30 Conclude volunteer work
12:30 Lunch
5:00 Transfer to Ho Chi Minh airport & depart

Day 14

8:30a Arrive in the U.S.

Cultural Activities

Our cultural activities will include dance lessons, cooking workshops, exchange activities with local young people, and a tour of historical sites.in

Emergency Contacts

IDEX Operations Team:

Mobile: +84 932231355 (from outside Vietnam) 0932231355 (from inside Vietnam)

Spending Money

Approximately \$175 is recommended for spending money to cover the following: snacks, drinks, camera fees, tips, souvenir shopping.

Internet

There will be slow, weak Internet access at our guest house in Ho Chi Minh.

Lodging and Meals

Dream Volunteers uses a large group guest house in Ho Chi Minh. The guest house is made up of several bedrooms with private bathrooms. The conditions are clean, safe, and modest. You will sleep on a twin bed. Your food will all be freshly prepared by experienced staff that uses safe techniques to prevent any food-borne illnesses. The meals will range from typical Vietnamese dishes with noodle and chicken or tofu, rice, to some Indian food such as lentils and flat bread to American-style food like pizza and pasta. There is also a decent sized common room for social hours and discussions. The house is a very short drive from the center of Ho Chi Minh, which is full of restaurants, shops and cafes. Our drivers will be happy to take the group during free time.

Excursion to Mui Ne

Mui Ne is a resort town along the South China Sea in Southeast Vietnam. With a long, palm-lined beach, it has steady wind conditions that make it a top destination for all types of beach-goers. It's also a popular weekend getaway from Saigon with a section of hotels, restaurants and shops.

Packing List

We will be dressed very casual throughout the trip. We recommend wearing light clothing, with short sleeve shirts and pants/long shorts that cover the body. Avoid skimpy tank tops and short shorts. Make sure to bring comfortable sneakers or tennis shoes to wear during our service projects. Sunglasses and a hat are also recommended.

Short List of Items to Pack:

- € Sneakers and closed toe shoes
- € Casual wear: light pants, loose-fitting shirts, T-shirts, jeans, raincoat
- € Light sleepwear
- € Ear plugs
- € Sunglasses, hat and sun block
- € Wet wipes and hand sanitizer
- € Small bath towel
- € Personal toiletries: shampoo, soap, toothpaste, etc.
- € Personal medical kit with supplies that you think you may need: (i.e. Anti-bacterial gel, Tylenol, Imodium AD, Pepto Bismol, motion sickness pills, bandages, Benadryl, Ibuprofen, antibacterial cream for cuts and scrapes, insect repellent, malaria pills, cipro antibiotics)
- € Travel electronics: music players, cameras, etc.
- € Notebook and pen
- € Water bottle

FYI: Vietnam uses 220 Voltage. You will need a plug adapter in order to use U.S. electronics. This is the same adapter as used in Europe.