

SP23 - Dr. Robyn Catagnus

Date	Activity/Note for Exertion Level
<p>Students Must Arrive no later than: 3:00 pm</p> <p style="text-align: center;">Day 1 4/24/23</p>	<p>Include:</p> <ul style="list-style-type: none"> •Day: Arrive into Ho Ch Minh City and transfer to accommodations •Evening: Welcome dinner and orientation •Transportation: Airport to accommodations (one group transfer via private coach)
<p style="text-align: center;">Day 2 4/25/23</p>	<ul style="list-style-type: none"> •Morning: Enjoy a guided tour (with local guide) of the city that includes a roast and taste coffee experience and the local coffee and café culture, local temples (to learn about religions and spirituality) and a visit to learn about Chinese and herbal medicines for wellness. •Afternoon: free time in HCMC to explore (recommend Van Hahn Buddhist temple, architectural tour, or local museums) •Meals: Breakfast •Lunch and Dinner on your own
<p style="text-align: center;">Day 3 4/26/23</p>	<ul style="list-style-type: none"> •Morning: Visit Phu My Hung New Urban Development, a planned city in District 7, to learn about urbanization and housing efforts. Learn about the international joint ventures required for the project and meet residents. •Mid-morning: Meet with a local University's (RMIT) Wellness and Diversity team to learn about mental health and well-being for students in a cross-cultural context •Lunch – each with students and faculty from the University, practice Vietnamese phrases and culturally adapted communication •Afternoon: Learn about the important role of food in Vietnamese family, community, and culture. Visit a local market to learn about food production and local marketing practices, then make a meal during a cooking class with a local chef. •Meals: Breakfast •Transportation: Accommodations to visits (private transportation and walking) •Lunch on your own
	<ul style="list-style-type: none"> •Morning: Travel to the Cu Chi tunnels and the War Remnant

<p>Day 4 4/27/23</p>	<p>Museum to consider the US invasion and subsequent recovery from different perspectives – see how the people of Vietnam were resilient and ingenious in their own defense</p> <ul style="list-style-type: none"> •Afternoon: Engage in learning and community service at a local home for either individuals with disabilities or the elderly. Option may be to meet with a family in the Agent Orange Fund program to help them with chores or to spend time with the children or offer services in a local orphanage. •Meals: Breakfast •Transportation: Accommodations to visits (private transportation and walking) •Dinner on your own
<p>Day 5 4/28/23</p>	<ul style="list-style-type: none"> •Breakfast provided •Morning: Engage in service learning at RMIT to help their team or students in a meaningful way (to be determined) •Afternoon: Afternoon: free time in HCMC to explore •Lunch and Dinner on your own
<p>Day 6 4/29/23</p>	<ul style="list-style-type: none"> •Breakfast provided •Day: Check out of accommodations and transfer to Mekong Delta •Lunch: Lunch at Le Longanier Restaurant in Cai Be, en route to the Mekong Delta. Eat near a tropical garden by the river and surrounded by fruit plantations, Le Longanier is a modeled after a turn-of-the-century French colonial home indicative of the East meets West architecture of the era. Named after the longan trees found in the garden, this quiet spot on the river showcases some of the region's products and rustic cooking styles combining fresh herbs, local fruits and vegetables and local fish. (text edited from their website) •Afternoon: Visit the houseboats and floating markets and waterways in Cai Be to learn how locals live, eat, and do business on water. Visit cottage industries such as making rice paper, pop-rice, or coconut candy. •Evening: Then, we finish our transport to the Mekong Delta site to check into a local host village. •Dinner on your own
	<ul style="list-style-type: none"> •Meals: Breakfast •Morning: Tra Su Bird Sanctuary to observe conservation

<p>Day 7 4/30/23</p>	<p>efforts in the mangrove forest. Take a boat trip to explore the Lower Mekong River, see how Vietnamese vermicelli soup is made, learn about disappearing local trades, experience how to pass a "Monkey bridge" and visit Sam Mountain OR local village activities (to be determined)</p> <ul style="list-style-type: none"> •Afternoon: Visit a farm or fishing village to learn about rural life in modern-day Vietnam. •Options - engage in service learning planting trees or building a biogas digester at a local farmers house, help repair a structure, or some other project to help the host village •Lunch and Dinner on your own
<p>Day 8 5/1/23</p>	<ul style="list-style-type: none"> •Breakfast provided •Morning: Guided tour to learn about rice agriculture, farming, water resources, and poverty reduction efforts in the Mekong Delta. Witness firsthand the changes occurring due to urbanization, globalization, and the interplay between modern and traditional. Or Visit Ben Tre province to learn about sustainability efforts and agricultural diversification or meet with climate change experts from Cần Thơ University. •Afternoon: free time to explore on your own •Transportation: Accommodations to visits (walking and private transportation) •Dinner: Farewell dinner with a local cooking class
<p>Day 9 5/2/23</p>	<ul style="list-style-type: none"> •Morning: Check out of homestay and transfer to HCMC for evening or night flights home •En route, visit a traditional Cham weaving village •Meals: Breakfast •Lunch on your own •Transportation: Accommodations to airport (one group airport transfer)



Location

HCMC
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HCMC
3

HCMC
3



HCMC

3

HCMC

3

Mekong Delta

3

Mekong Delta
3

Mekong Delta
3

Mekong Delta to HCMC
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