Global Impact: VIETNAM

MEDICAL TREK
and
VILLAGE DEVELOPMENT PROJECT

This program, hosted by our outstanding partner, Buffalo Tours in Vietnam, is a once in a life time experience.

Make a Difference in the World!

Itinerary

22nd Aug 09/ Day 1: Depart Seattle--Arrive Hanoi
Upon arrival, participants will make their own way to the Hotel (Hong Ngoc I – 34 Hang Manh str.)

23rd Aug 09/ Day 2: Preparation Day
We have a full day to get ready for the Medical Trek. We will get acquainted with our local crew including doctors, nurses, interpreters and guides. We also have a chance to check all equipment and medical supplies. In the afternoon, we will do a quick orientation tour of Hanoi. Welcome dinner tonight with our local doctors

Village Development Volunteers: Enjoy a full day Hanoi city tour. (Breakfast, lunch and dinner are included)

After breakfast we depart Hanoi for Hoa Binh province and the town of Mai Chau. This scenic drive takes around three hours. Along the way we pass fields of tapioca and sugar cane as well as rice paddies. We arrive in Mai Chau and will be welcomed by local officials and health workers (some of them will join us over the next four days). We will also meet with our local crew including cooks and porters who will carry our equipment.

After lunch at Mai Chau Lodge restaurant, we drive for one hour to Sa Linh Village to begin our trekking. The verdant and rugged mountain scenery combined with the colorful local population makes this an unforgettable experience. Today we walk along gravel tracks and small paths, used by the locals. Our destination for this evening is Hang Kia village, home of the H’mong Minority people. Here we stay overnight as the guests of an H’mong family in a traditional long house, situated in a picturesque valley of peach orchards.

Village Development Volunteers: same itinerary (Breakfast, Lunch & Dinner included).
25th Aug 09/ Day 4: Working day
We will start early and set up our working place in the village surgery which is staffed by a local H’mong who has attended some public health training sessions in Mai Chau. Today, we will provide health examinations for approximately 150 people -- several of them have never received a health examination by a doctor in their entire lives. At the end of the day, we will pack everything for a long walk the next day.

_Village Development Volunteers: Spend the whole day cleaning up and repairing the local school. Fluoride varnish program._
Tonight we spend the second night at home-stay in Hang Kia village. (Breakfast, Lunch & Dinner included).

26th Aug 09/ Day 5: Trek Hang Kia - Van Village
Today we get well and truly off the beaten track as we trek through tropical rain forest, using the local tracks and passing through cornfields as we descend into Mai Chau Valley. On the way, we will encounter the local villagers as they go about their daily business: whether it be tilling the fields, logging or herding buffalo. The trek will take around 7 hours and is quite steep in places. Lunch will be provided en route, and weather permitting, we will have a picnic near a babbling brook at the foot of the valley. From here we pass through several White Thai villages, and are sure to attract attention as this part of the country receives very few visitors. We will arrive at Van village by late afternoon and we will have time to walk around this charming little village, enabling us to understand a little more about how the people live. The village is home to the Thai people, and tonight we will be their guests in one of their traditional stilt houses. There, we will be toasted as honored guests and will be able to sample some of their homemade rice wine!

_Village Development Volunteers: same itinerary_  
(Breakfast, Lunch & Dinner included).

NOTE: For participants unable to trek 7 hours, there is optional transportation available. However, previous participants count this full day of trekking in the rainforest one of the highlights of the trip.

27th Aug 09/ Day 6: 1st Working Day in Van village
We will start early and set up our examination area in the village. Today, we will examine approximately 250 people in the Van village. We will spend the night in our traditional homestay in the Van Village.

_Village Development Volunteers: Spend the whole day working on the classroom. Join with the medical participants in the evening and stay the second night in the Van Village._  
(Breakfast, Lunch & Dinner included).

28th Aug 09/ Day 7: 2nd Working Day in Van village
After breakfast we spend the second day providing medical services approximately 250 people in the Pieng Ve area. Afternoon, there will be an opportunity to freshen up at the communal well before sunset. This evening we will spend our night in a stilt house in the Van Village.

_Village Development Volunteers: Spend the whole day working on the classroom. Join with the medical participants in the evening and stay the third night in the Van Village._  
(Breakfast, Lunch & Dinner included).

29th Aug 09/ Day 8: Van Village – Mai Chau– Hanoi
After breakfast in Van village, join with the volunteer classroom project for a small ceremony to hand over the classroom key to representatives of the village. Bidding farewell to our new friends after breakfast, we have a Two-hour trek from Van to Xam Khoe where we meet our waiting vehicle for a 01 hour drive back to Mai Chau. We will then have lunch with government leaders of Mai Chau District at Mai Chau Lodge restaurant. There will be a donation ceremony when we will donate some medical equipment and medicines to the District Health Centre. We drive to Hanoi in the afternoon.
(Breakfast, Lunch included).

30th Aug 09/ Day 9: Relaxing day in Halong Bay
We depart from the capital for Ha Long Bay, World Heritage Site, approximately three hours away. En route we have a short stop at the Sao Dao center run for and by handicapped children. Upon arrival at Ha Long Bay (approx. midday) we will transfer to our luxury junk, the ‘Jewel of the Bay’. Once we have settled in we can begin our cruise around majestic Ha Long Bay and enjoy a delicious lunch. After lunch we have the chance to explore some of the limestone caves dotted around the bay. Then our captain will find a secluded spot where we can swim in the clear water of the bay, soak up the sun on the top deck or try our hand at some kayaking. After we have finished exploring for the day we retire to the junk. We can relax on the top deck using the sun-tanning area or enjoy a refreshing drink from the bar. In the evening our cook will prepare a splendid meal comprised of fresh seafood dishes as well as traditional Vietnamese fare as we weigh anchor in the heart of the bay. For those that are interested there is the opportunity to do night fishing from the boat.
(Breakfast, Lunch & Dinner included)
NOTE: Some participants may depart today from Hanoi to the United States.

31st Aug 09/ Day 10: Ha Long Bay – Hanoi
Rising to the tranquil beauty of the bay we have time for an early morning dip followed by breakfast. This morning we continue to move around the bay to find more secluded areas to either swim or kayak. At around midday we will return to the main harbor and transfer to our vehicle for a 3-hour journey back to Hanoi. We should be back in the capital at around 3pm. The rest of the day is at leisure to explore Hanoi or do some last minute shopping.

Tonight, we will have our farewell dinner with local doctors, nurses and interpreters on Jewel Of Delta.
(Breakfast, lunch and dinner are included)

01st Sep 09/ Day 11: Depart Hanoi.
Transfer to the airport (clients own arrangements)
(Breakfast is included)

Participant Requirements:
All participants must be of average fitness to participate in this trek.
All SCCD students and community members may participate in the Village Development Project.
Participant Requirements for Medical Trek activities:

- M.D,RN or LPN
- SCCD student with minimum of LPN or equivalent program completion or completion of first year RN program
**HOTELS:**
HANOI: HONG NGOC I HOTEL OR SIMILAR
MAI CHAU: HOMESTAYS
HALONG BAY: JEWEL OF THE BAY

**Trip includes:**
• All arrangements for the projects in Mai Chau and Xo Village
• Service of a tour leader throughout
• All internal transfers and transport
• Accommodation based on twin sharing
• Food as mentioned in the itinerary
• All guided sightseeing fees as per itinerary

**Trip excludes:**
• International airfare
• Meals and drinks not mentioned in the itinerary
• Passport and Visa fees
• Travel insurance
• Personal expenses
• Tips & gratuity