PROGRAM ITINERARY  
(9 days/8 nights)

During this Program, the students will take a short course in the field of Public Health in Vietnam. The course will take place in Hanoi, the capital city of Vietnam with travel opportunities to the World Heritage site – Ha Long Bay in Quang Ninh province.

There will be two lectures covered in the course to give the students basic understanding of the public health in Vietnam, including: “Overview of Vietnam’s Healthcare System” and “Human Resources in Healthcare and Some Current Issues in Healthcare Sector”. Besides the lectures, there will be field trips to a public Hospital, a district level Medical Center, a Deaf School and a service learning opportunity at an Organic Vegetable Farm and at the Center for Disabled and Homeless People.

The students will also have chance to visit some most famous places in the capital city and the surrounding areas such as the Ho Chi Minh Mausoleum, the One Pillar Pagoda, the Presidential Palace, the Temple of Literature – Vietnam’s oldest University, the famous Old Quarter, the romantic Sword Lake and the biggest fresh-water West Lake… There will be a two-day tour where the students enjoy the beautiful landscape of Ha Long Bay with one night stay on the boat.
Outlined Itinerary:

- Day 1 (Sat, Aug 13): Airport pickup + Welcome Dinner.  
- Day 2 (Sun, Aug 14): City tour (Ho Chi Minh Complex, One Pillar Pagoda, 
  Temple of Literature, Hoa Lo Prison) + Bat Trang Ceramic Village.  
- Day 3 (Mon, Aug 15): Lecture 1 + Lecture 2.  
- Day 4 (Tue, Aug 16): Visit Tue Vien Organic Vegetable Farm  
- Day 5 (Wed, Aug 17): Visit Nhan Chinh Deaf School + Public Hospital  
- Day 6 (Thu, Aug 18): Visit a district level Medical Center + Center for Disabled 
  People & Homeless Children.  
- Day 7 + 8 (Fri & Sat, Aug 19-20): Ha Long Bay tour + GALA Dinner.  
- Day 9 (Sun, Aug 21): Airport drop off.  

*Note:* Meals included (*B:* Breakfast; *L:* Lunch; *D:* Dinner)
Detailed Itinerary

Day 1: Hanoi arrival + Welcome Dinner

Welcome to Hanoi. Today, you will be warmly welcomed and picked up at the Hanoi International Airport by BISpedia’s Program Coordinator. You will then be taken directly to a cosy hotel in the Old Quarter of Hanoi which will be your home for the duration of your stay.

At 7pm, there will be a welcome dinner for everyone to get to know each other, to cover important information such as what it is going to be like during the program, dos and don’ts, and to answer any question that you may have about the program.

Day 2: Hanoi City Tour + Bat Trang Ceramic Village

In the morning, you will be greeted at the Hotel by our Coordinator, who will then take you for a tour to some best places in Hanoi. You will enjoy a walking tour of Hanoi’s vibrant Old Quarter and the Sword Lake - the focal point of the city.

Afterwards, you will visit the Ho Chi Minh Complex including the Ho Chi Minh Mausoleum, the Presidential Palace, the One Pillar Pagoda dating back to the 11th century. The next stop is the Temple of Literature - Vietnam’s oldest university.
In the afternoon, you will visit Hoa Lo Prison later known to American prisoners of war as the "Hanoi Hilton".

Then you will visit Bat Trang ceramic village, about 13 km south east of Hanoi center. This village is very famous for its ceramic and pottery products of high quality. You will be able to see the workers making ceramic products by hand and if you want, you can also try it yourself.

**Day 3: Lecture 1 + Lecture 2**

Today, you will attend the lectures on campus, one in the morning and one in the afternoon. Usually, each lecture will last for 3 hours with a short tea break in between.

The lecture topics covered are: "Overview of Vietnam's Healthcare System" and "Human Resources in Healthcare and Some Current Issues in Healthcare Sector".

**Day 4: Visit Tue Vien Organic Vegetable Farm**

You will spend the whole day at Tue Vien Organic Vegetable Farm. There you will be able to find out more info about what organic agriculture is, what are the differences between organic agriculture and chemical agriculture, organic and inorganic vegetables.

You will also learn about how to use some herbs and vegetables as a kind of medicine, how to make hibiscus tea and make mosquitoes repellant from some trees available in the garden.

Besides, there will be some activities for those who want to be a real farmer: grass removing, soil digging, planting, fertilizing and harvesting…
Day 5: Visit Nhan Chinh Deaf School + Public Hospital

Today, you will visit Nhan Chinh Boarding Deaf School. This is the first deaf school implementing early intervention program in Hanoi. It’s also a place of practice for students from the Special Education faculty of the Hanoi National University of Education and the Central Kindergarten Teacher Training College.

In the afternoon, you will have chance to visit a public hospital in Hanoi to learn more about its functions, organizational structure, infrastructure and to observe the real-life activities of the staff there.

Day 6: Visit a district level Medical Center + Center for Disabled People & Homeless Children.

In the morning, you will visit Phuc Tho Medical Center, 30km from Hanoi. This center is quite a typical example of district-level medical centers.

In the afternoon, you will visit a Center for Disabled & Homeless Elderly People and Children. There you may want to work alongside the Center’s staff members to help with the day-to-day running of Center. Or simply you could sing and dance, teach English, play games and give out cuddles to the less fortunate children there. This will be a quite good opportunity for service learning.
Day 7 + 8: Two-day Ha Long Bay Tour

You will spend two days at the Vietnam’s famous World Heritage site: Ha Long Bay. This is the bay with more than 3,000 islands which time, wind and waves have sculpted into fantastic shapes. The best way to appreciate this magical scene is from a boat cruising between the karst cliffs. The bay is dotted with tiny islands and pristine sandbanks on the turquoise water, providing an excellent backdrop for swimming or just lazing about on the junk. It will take approximately 3 hours to travel from Hanoi to Ha Long City.

On the second day in Ha Long, you will depart for Hanoi after lunch. At 7pm, you will enjoy a GALA Dinner at a local restaurant in Hanoi to wrap up the program.

Day 9: Departure

There is no activity planned for today, so you are free to enjoy your time souvenir shopping before getting off to the airport for your flight back home.

Notes: Some activities in the Itinerary may be subject to change in response to weather condition and any disruption out of our control, staff availability and student energy levels. Any such changes will be discussed with the representative from the Home Institution in advance when practical or at the time when the change is unexpected and unintentional.