

HO CHI MINH CITY, VIET NAM

Arrive: 1200 Friday, 14 February
Onboard Time: 1800 Wednesday, 19 February

Brief Overview: Despite years of war, conflict and colonization, Viet Nam remains a beautiful country with a rich cultural history. The people of this country are resilient and proud of their heritage and will be delighted to show off Viet Nam's ravishing coastline, emerald-green mountains and dynamic cities. Despite rapid economic development, you'll find a raw dimension to this country with its rugged landscape and direct yet fun-loving people. You'll be stunned by the bustling sites of **Ho Chi Minh City** (also known as Saigon) and its 6 million whizzing motor bikes. It is a bargain shoppers' paradise. Your senses will be pleased with Viet Nam's infamous cuisine, so don't miss out on the quintessential noodle soup known as pho, or savor a crispy baguette with coffee sold on each street corner.

Overnight Opportunities: There is much to explore in this jungle country, including Ha Noi's graceful architecture and boulevards, the nearby Ha Long Bay, as well as the infamous Mekong Delta region. There is even the possibility for a homestay in a local village. For those interested in travel to **Cambodia**, please note that you will only have the opportunity to do so on a Field Program trip due to strict immigration regulations. There are five trips to Cambodia:

Cambodia Express - See it all and still have time to explore Viet Nam.

Cambodia Overland Explorer - Take your time seeing it all including countryside & service project at a school for girls.

Cu Chi Cambodia Combo - Stop on your way at Cu Chi before heading on to Phnom Penh & Siem Reap.

Temples of Angkor - Plenty of time visiting Angkor Wat temples.

SAS Exclusive: Temples & EGBOK - Angkor Wat temples and special NGO visit (founded by SAS alum) with Cambodian interport student.

Take a look at the [Vietnam & Cambodia Student Photo Gallery](#) to see some of the Spring 2013 experiences!

Suggested short-cuts for simple planning:

Art and Architecture:

HCM 100-102 Ho Chi Minh City Orientation

HCM 302-301 Temples of Angkor Wat

Cultural highlights:

HCM 104-503 Water Puppet & Dinner w/ Professor Kahn

HCM 103-102 China Town & Temples

Impact opportunities:

HCM-303-201 SAS EXCLUSIVE: Temples & EGBOK Service

HCM 121-601 Visiting Hy Vong 8 School for the Deaf and Zoo Visit

History:

HCM 108-201 Highlights of Saigon City

HCM 112-202 Half Day Cu Chi tunnel Tour

Active/Adventure:

HCM 119-601 Biking in Saigon

HCM 114-601 Mekong Delta River Adventure

Taste of Viet Nam:

HCM 111-201 Market Visit & Cooking Class

HCM 120-601 Cu Chi Tunnels, Farming Villages & Cooking Class



TERMS AND CONDITIONS: In selling tickets or otherwise making arrangements for field programs (including transportation, shore side accommodations and meals); the Institute of Shipboard Education (I.S.E.) acts only as an agent for others who provide such services as independent contractors. All participants accepting or using tickets or other arrangements for such services shall be deemed to agree and consent that I.S.E. shall not be liable or responsible in any way for any loss, death, injury, or illness to person or loss, theft or damage to personal property arising from or in connection with such services. I.S.E. shall not be responsible for cancellation of field programs for reasons beyond its control and in such event, at its option, may refund the purchase price.

IMPORTANT: If you registered in one of the following courses, you have a field lab on this day.

Do not make any other travel plans as this is a designated class day in port for your course.

Field Labs	Ho Chi Minh City	Friday, 14 February	Saturday, 15 February	Wednesday, 19 February
SEMS 3500 104	Professor James Andre	International Finance		
HIST 3559 102	Professor Robert Brigham	America in the World		
			Music Cultures: Breaking Sound Barriers	
MUSI 2570 101	Professor Ingrid Byerly			
ENSP 1559 101	Professor John Serio	International Short Story		
ARTS 1000 501	Professor Faye Serio	Drawing at Sea (Section 1)		
SEMS 3500 109	Professor Peg Barratt			Cross-Cultural Psychology
PLIR 3500 101	Professor Sandra Hinchman			Global Environmental Politics
SEMS 2500 503	Professor Joyce Salisbury			The West and the World [1]

Day 1: Friday, February 14

HCM 100-102	HO CHI MINH CITY ORIENTATION w/ PROFESSOR BYERLY	Half day																					
Join ethnomusicology professor Ingrid Byerly on this orientation which will introduce you to the rapidly modernizing Ho Chi Minh City, still commonly referred to as Saigon. In this half day tour, you will visit the History Museum, which documents the evolution of Viet Nam's various cultures from the Dong Son Bronze Age civilization to the <i>Chams</i> and the <i>Khmers</i>. Water puppetry is a traditional Vietnamese performing art that dates back to the 11th century. The stage is a pool of water upon which puppet masters, who are hidden behind the set, maneuver brightly-colored wooden puppets. The History Museum features a water puppet performance. Gain additional insight of Burmese water puppetry through Professor Byerly's expertise in music and cultural performance.		<table border="1"> <thead> <tr> <th colspan="2">STANDARD PRICE</th> <th>Early Booking</th> </tr> </thead> <tbody> <tr> <td>Adult</td> <td>\$ 28</td> <td>\$ 25</td> </tr> <tr> <td>Child</td> <td>\$ 13</td> <td>\$ 13</td> </tr> </tbody> </table> <table border="1"> <thead> <tr> <th colspan="3">TIME</th> </tr> <tr> <th></th> <th>Date</th> <th>Time</th> </tr> </thead> <tbody> <tr> <td>Depart</td> <td>February 14</td> <td>1300</td> </tr> <tr> <td>Return</td> <td>February 14</td> <td>1730</td> </tr> </tbody> </table> HIGHLIGHTS - City's French style famous buildings (museum, City Hall, Notre Dame Cathedral, Central Post Office) - Water Puppet performance at the History Museum MINIMUM REGISTRATION: 15 MAXIMUM CAPACITY: 75	STANDARD PRICE		Early Booking	Adult	\$ 28	\$ 25	Child	\$ 13	\$ 13	TIME				Date	Time	Depart	February 14	1300	Return	February 14	1730
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You will also visit the former Presidential Palace, where everything has been left much as it was on April 30, 1975, when North Vietnamese military tanks crashed through the front gates and overthrew the South Vietnamese government. In addition to touring the former palace rooms, you can view a video about the French and American wars. Then, visit one of the most interesting places in the city, the Jade Emperor Pagoda, which was built in 1909 and is known for its statues of phantasmal divinities and grotesque heroes as well as profusions of incense coils which burn for as long as one month. We are then transferred back downtown to visit the Notre Dame Cathedral and the Central Post Office, famed for its grand French colonial architecture. From there, you are free for more exploration of the city on your own or return to the port by coach. Check out some exciting advice from a SAS voyager about Ho Chi Minh City.																							

HCM 103-102

CHINA TOWN AND TEMPLES

Half day



Located in the western part of the city is a typical China Town, a thickly settled district with many old-style shop houses, colorful pagodas and temples, each with their own flavour. This is also the location of the famous market named Cho Lon or Binh Tay market.

After an orientation drive around you will visit Cha Tam Church where President Diem sought refuge shortly before his assassination in 1963 – a precursor for the advent of American military intervention. Then, visit the Thien Hau Temple dedicated to the goddess of the seas, who is said to protect fishermen and sailors. This is the oldest Chinese-built pagoda in the city and within it you can see huge coils of incense hang from the ornate ceiling, which can burn for up to three months at a time. A nearby walk will take our group to the Quan Am Pagoda - a Chinese-style Buddhist temple featuring a beautiful courtyard, gardens, a pond and a Jade Emperor.

During our return journey to the ship, stop at a tiny Cao Dai temple where one small sect of this eclectic religion worship daily at noon in their belief of one heavenly god overseeing all religions.

STANDARD PRICE		Early Booking
Adult	\$ 28	\$ 25
Child	\$ 13	\$ 13
TIME		
	Date	Time
Depart	February 14	1300
Return	February 14	1730
HIGHLIGHTS		
- Daily life atmosphere in the Chinese commune - The spiritual life of Chinese at temples, pagodas, and churches - A visit at the small Cao Dai Temple right in the heart of Ho Chi Minh City		
MINIMUM REGISTRATION: 15		
MAXIMUM CAPACITY: 75		

HCM-501-102

CAMBODIA OVERLAND EXPLORER

5 days/ 4 nights



As soon as the ship is cleared, you will depart from the port for a two-hour drive toward the Vietnam/Cambodia border and receive a Cambodian visa. Continue the drive through the incomparable countryside and arrive in the capital Phnom Penh.

Phnom Penh has a charm that is still evident despite the violence and destruction associated with the Viet Nam War. When the Viet Nam War spread to Cambodia, the city was almost completely destroyed by 1975.

The Khmer Rouge regime took power in 1975 and the entire population was forced to move to the countryside. Your city orientation will include a visit to the Royal Palace and Silver Pagoda before exploring the city.

SOLD OUT

STANDARD PRICE		Early Booking
Adult	On request	\$1,062
Child	On request	\$ 608
TIME		
	Date	Time
Depart	February 14	1200
Return	February 18	1700
HIGHLIGHTS		
- Countryside and local life of Cambodia - Historic sites in Phnom Penh (2 nights) - Shop at the local "Russian Market" - Killing Fields of Choeng Ek - Temples of Angkor Wat and Angkor Thom - Visit to Leadership School for Young Women - Cultural dance show REGISTRATION DEADLINE DEC 15		
MINIMUM REGISTRATION: 15		
MAXIMUM CAPACITY: 22		



After lunch, visit the Tuol Sleng Museum, a school that was converted into a prison camp and torture chamber by the Khmer Rouge. Thousands of Cambodians were incarcerated here before they were taken to Choeng Ek to be killed. Photographs of the victims, taken before or after torture, line the walls of the former schoolrooms. The only crime committed by most of these victims was being educated. A map of Cambodia, constructed of human skulls, dominates one room and symbolizes the death and destruction carried out by the Pol Pot Regime that affected the entire country. At the

Killing Fields of *Choeng Ek*, you will see the mass graves of more than 17,000 men, women and children who were executed at this extermination camp between 1975 and 1978.

The next day, you will proceed to Siem Reap to visit the *Angkor* temple complex, ruins of the *Khmer* civilization of the seventh-eleventh centuries. You will visit the most famous temple complex, *Angkor Wat*. With its soaring towers and extraordinary bas-reliefs, many consider *Angkor Wat* to be one of the most inspired and spectacular monuments ever conceived by the human mind. The largest religious building in the world, *Angkor Wat* was built by Suryavarman II, who reigned from 1112 to 1152, to honor Vishnu and for later use as his funerary temple.



Explore the temple complex further before proceeding to the [Leadership School for Young Women](#) for a two-hour service visit. The group will work with students to paint walls and fences for the school. Funding for all materials included in the price of the trip.

Note: These historically significant sites are grim reminders of the extermination policies carried out by the *Khmer Rouge*. If you choose to participate in these visits, be prepared for emotionally troubling sights. Also note: **1 passport-size photo AND \$25 cash are required for visas AT THE BORDER.**

ITINERARY

Day 1: (D)

- Afternoon drive to Cambodia
- Dinner at Sunway Hotel

Day 2: (B,L,D)

- Morning visit to Royal Palace, Silver Pagoda, National Museum and local market followed by Lunch at a local restaurant
- Afternoon at Toul Sleng Museum and Killing Fields
- Visit Russian Market
- Regroup over relaxing dinner

Day 3: (B,L,D)

- Depart early for drive over ancient laterite bridges en route to Siem Reap where you will have lunch
- Afternoon visit to Angkor Wat for sunset
- Dinner at restaurant

Day 4: (B,L,D)

- Angkor Thom and its temples
- Visit Ta Prohm
- Visit the Leadership School for Young Women
- Dinner and cultural dance show

Day 5: (B)

- Return FLIGHT to Saigon

***Cost of this trip includes a donation to the school for paint and other materials.**

Day 2: Saturday, February 15

HCM 106-201 MEKONG DELTA DAY TRIP

Full day

Until the 16th century the Mekong Delta was an area of marshlands and forest. Gradually marshlands were reclaimed, and a canal network was built for the cultivation of rice, fish, soybeans, maize, peanuts, tobacco and melons.



The My Tho area is famous for its coconut palms and fruit orchards (mangoes, longans, bananas and citrus fruits). The drive out of Ho Chi Minh City (about 1.5 hours using the National Highway) takes you through miles of flat rice fields and along a road that is always busy with bicycles and people heading to and from the market.

A highlight of this trip is a boat ride on the Mekong River to observe the active river life. The Mekong Delta was annexed from the Khmers in the late 18th century and continues to be influenced by Cambodia. Your boat trip takes you to one of the islands in the Mekong Delta to see a traditional farmer's home and fruit orchards where you will have the opportunity to sample exotic tropical fruits. Lunch will be at a local restaurant/house in My Tho.

STANDARD PRICE		Early Booking
Adult	\$ 40	\$ 37
Child	\$ 19	\$ 18
TIME		
	Date	Time
Depart	February 15	0800
Return	February 15	1700
HIGHLIGHTS		
- Natural & local life discovery in Mekong Delta - Sampan ride through tiny canals - Chances to interact with local people during walking		
MINIMUM REGISTRATION: 15		
MAXIMUM CAPACITY: 75		

"Loved it! Wouldn't have been able to have such a great experience if I traveled independently." –Michelle, SP '13 student

HCM 111-201 MARKET VISIT AND COOKING CLASS

Half day



In the morning, ride to a local market where a chef will guide you through the colorful and vibrant produce section to purchase the ingredients needed during the cooking lesson. Then, return to a local restaurant for a hands-on cooking class.

Hoa Tuc restaurant is one of the city's best kept secrets. Hidden in a small urban square, the restaurant is home to a traditional cooking class.

The chef has selected some favorite, classical Vietnamese dishes as well as some signature dishes such as the "mustard leaves rolls with crispy vegetables and shrimp," or "spicy beef salad with kumquat, baby white eggplant and lemongrass."

No matter if you are a total novice or food professional, you will find that this cooking class is a fun and interesting way to dig into the right and colorful culture of Vietnam. During the cooking class you will just need to concentrate on learning new dishes and cooking styles, as you will be given all recipes in detail at the end of the class. Menus can be adapted to incorporate vegetarians or those with food allergies. After the meal, you can be transferred back to the port or stay downtown for further exploration.

STANDARD PRICE		Early Booking
Adult	\$78	\$74
Child	\$38	\$37
TIME		
	Date	Time
Depart	February 15	0830
Return	February 15	1315
HIGHLIGHTS		
- Local food market visit with chef - Interactive cooking class on traditional Vietnamese dishes		
MINIMUM REGISTRATION: 11		
MAXIMUM CAPACITY: 20		

"Loved this trip so much! The chefs were great, they were helpful and fun. I loved going to the market with them." –Gabrielle, SP '13 student voyager



In the morning you will first visit the **History Museum** featuring a **water puppet performance**, a traditional Vietnamese performing art that dates back to the 11th century. You will also visit the former Presidential Palace, where everything has been left much as it was on April 30, 1975, when North Vietnamese military tanks crashed through the front gates and overthrew the South Vietnamese government.

Stop en-route to a Chinese Commune and observe the noon service at a tiny Cao Dai

temple. Sample unique local cuisine before continuing to China Town.

Visit Cha Tam Church where President Diem sought refuge shortly before his assassination in 1963 – a precursor to American military intervention. Then, visit the **Thien Hau Temple** dedicated to the goddess of the seas. This is the oldest Chinese-built pagoda in the city where you can see huge coils of incense hang from the ornate ceiling, which can burn for up to three months at a time. A nearby walk will take our group to the Quan Am Pagoda - a Chinese-style Buddhist temple featuring a beautiful courtyard, gardens, a pond and a Jade Emperor. If it is not too crowded your guide will explain the merit of making a donation and having your own incense coil or pink donation slip placed inside the pagoda.

STANDARD PRICE		Early Booking
Adult	\$ 58	\$ 54
Child	\$ 28	\$ 27
TIME		
	Date	Time
Depart	February 15	0800
Return	February 15	1700
HIGHLIGHTS		
- City's French style famous buildings in downtown (Museums, City hall, Notre Dame Cathedral, Central Post office) - Water Puppet performance Religious ceremony at Cao Dai temple - Lunch at local restaurant		
MINIMUM REGISTRATION: 11		
MAXIMUM CAPACITY: 75		

Delve into Vietnamese history with Robert Brigham, professor of history, politics and international relations. Located approximately two hours from Ho Chi Minh City, Cu Chi is famous for its 200-kilometer network of underground tunnels. Built during the anti-colonial war against France, the tunnels were dramatically expanded during the American War.

Entire communities lived in the tunnels for years, establishing schools, hospitals, and family shelters to escape the ravages of war.

The tunnels had well-hidden entrances and thick roofs, which were capable of withstanding the weight of tanks and the impact of bombs. The tunnels also served as a staging area for the revolutionary forces of the National Liberation Front (derogatorily called the Viet Cong in the West). Some of the tunnel complexes were directly under American and South Vietnamese Army bases.

Explore these narrow tunnels with a flashlight and an adventurous attitude. Read a student's perspective of the [Cu Chi Tunnels!](#)

NOTE: Some tunnels have been expanded for visitors, but others have not. You may get dirty in the unexpanded tunnels.

Bob Brigham has written six books on the Vietnam War, including one with former Secretary of Defense, Robert S. McNamara, who was one of the architects of the war. He has lived and traveled in Vietnam for many decades. Brigham is also the creator of an award-winning website on the Vietnam War, ["The Wars for Vietnam"](#).



STANDARD PRICE		Early Booking
Adult	\$28	\$25
Child	\$13	\$13
TIME		
	Date	Time
Depart	February 15	1300
Return	February 15	1830
HIGHLIGHTS		
Underground community made up of 200km of tunnels and chambers		
MINIMUM REGISTRATION: 15		
MAXIMUM CAPACITY: 75		



Cai Be is a rural river town in the Mekong Delta. Along the river, there are passenger and goods docks and a daily floating market.

Nestled along the bank of Tien River, the Mekong Lodge is a charming eco-resort where design, comfort and nature are blended seamlessly together. This two-day

tour offers you a striking opportunity to capture an essence of Mekong Delta: its verdant landscape, friendly people and fantastic cuisine.

As you leave Ho Chi Min City, you will see the mighty delta with its quaint rural landscape and immense waterway. The transfer by boat at the Cai Be River Wharf will be your first contact with the Mekong's fertile alluvial water which shapes the richness of the land. On arrival check in to your private bungalow and enjoy a delicious lunch in the restaurant overlooking the river.

Discover the surrounding villages around the Mekong Lodge, as you visit families making coconut candy and bricks. Meet and talk with local people, known for their friendliness, warmth and generosity. In the evening, gain hands-on culinary experience by joining the Vietnamese cooking class.

The next morning, board a local sampan boat to visit the Cai Be floating market, a cultural feature of Mekong Delta. Visit **early** and you will see the most vibrant scene on Tien River with hundreds of boats gathering for fresh produce trade. Later that morning, cycle through the Delta's tranquil winding lanes over numerous canals and tributaries. Take in the fresh air, serene views and taste some freshly picked fruit in local orchards. Mid-day, cycle back to the Mekong Lodge to check out followed by the short boat transfer back to Cai Be harbor and back to Ho Chi Minh City.

Note: Wear clothing and footwear appropriate for biking including sturdy shoes, light-weight clothing, a sun hat, sunglasses, and sunblock.

ITINERARY:

Day 1: (L, D)

- Depart Ho Chi Minh City for 2-3 hour drive to Cai Be town
- Explore lively Cai Be floating market and handicraft village
- Check into Mekong Lodge and enjoy lunch
- Walking tour to explore traditional way of life in the Delta
- Vietnamese cooking class and dinner

Day 2: (B,L,D)

- Enjoy breakfast at the lodge
- Explore the Cai Be floating market
- Bicycle through Vietnamese countryside
- Lunch and transfer back to Ho Chi Minh City

STANDARD PRICE		Early Booking
Adult	\$169	\$159
Child	\$83	\$82
TIME		
	Date	Time
Depart	February 15	0800
Return	February 16	1600
HIGHLIGHTS		
• Experience local life in Cai Be town, one of the busiest towns in Mekong Delta • Practice your trading skills at the Cai Be floating market • Boat journeys and cycling through the verdant countryside • Vietnamese cooking • REGISTRATION DEADLINE JAN 29		
MINIMUM REGISTRATION: 10		
MAXIMUM CAPACITY: 28		



This trip will introduce you to ancient and modern sites of Viet Nam and Cambodia, providing a historic overview of both the highs and lows of humanity.

Begin your trip at the Cu Chi tunnels early in the morning, then visit the Cao Dai temple's noon service in Phnom Penh. Proceed to the Viet Nam – Cambodia border.

Indochina. Experience the legacy of the Viet Nam War in Cambodia.

When the Viet Nam War spread to Cambodia, the city's population swelled with refugees, reaching about two million in early 1975. The *Khmer Rouge* took over the city in April 1975 and immediately forced the entire population into the countryside as part of a radical social program.

As you visit the *Tuol Sleng* museum and the killing fields of *Choeng Ek*, you will learn how thousands of citizens were tortured and killed for the crime of being educated. The photographs of the victims in *Tuol Sleng* and the mass grave at *Choeng EK* will force you to confront the reality of genocide.

End your journey in contemplation of one of the wonders of the *Khmer* civilization of the seventh-eleventh centuries. You will visit the most famous temple complex, *Angkor Wat* at sunset. With its soaring towers and extraordinary bas-reliefs, many consider *Angkor Wat* to be one of the most inspired and spectacular monuments ever conceived by the human mind. The largest religious building in the world, *Angkor Wat* was built by Suryavarman II, who reigned from 1112 to 1152, to honor Vishnu and for later use as his funerary temple.

Note: These historically significant sites are grim reminders of the extermination policies carried out by the *Khmer Rouge*. If you choose to participate in these visits, be prepared for emotionally disturbing sights. Also note: **1 passport-size photo AND \$25 cash are required for visas AT THE BORDER.**

"Exceptional trip! Truly unforgettable!" –Erika, Andrea & Emma, SP '13 students

ITINERARY

Day 1: (B,L,D)

- Private boat ride to Cu Chi Tunnels
- Tour Cu Chi tunnels
- Cao Dai temple service
- Vietnamese lunch
- Afternoon drive to Cambodia
- Dinner at hotel

Day 2: (B,L,D)

- Visit Royal Palace, Silver Pagoda and National Museum
- Go shopping at the Russian Market
- Experience Tuol Sleng Museum and Killing Fields
- Lunch at local restaurant
- Drive to Siem Reap for dinner and overnight

Day 3: (B,L,D)

- Angkor Thom & temples
- Lunch at hotel
- Afternoon visit to Angkor Wat for sunset
- Dinner w/ cultural show

Day 4: (B,L,D)

- Banteay Srei: "the Woman's Citadel"
- Lunch at hotel
- Tonle Sap Lake, floating villages
- PM return FLIGHT to Saigon

STANDARD PRICE		Early Booking
Adult	On request	\$1,062
Child	On request	\$608
TIME		
	Date	Time
Depart	February 15	0700
Return	February 18	1700
HIGHLIGHTS		
• Cu Chi tunnels & Cao Dai temple with its noon service • Historic sites in Phnom Penh & Siem Reap including optional sunrise at Angkor Wat & Killing Fields • Local life in Cambodia • Temples of Angkor Wat at sunset • Banteay Srei (The Women's Citadel) • Boat trip on Tonle Sap Lake • Cultural dance show • REGISTRATION DEADLINE DEC 15		
MINIMUM REGISTRATION: 15		
MAXIMUM CAPACITY: 44		





Angkor is an incomparable temple complex built between seven and 11 centuries ago at the height of the *Khmer* civilization. Angkor's 100 or so temples constitute the sacred skeleton of a spectacular administrative and religious center which covers 200-square kilometers.



The ruins represent successive capitals constructed by a dozen *Khmer* kings, which included massive stone temples, majestic causeways and imposing towers. You will visit the most famous temple complex, *Angkor Wat*. With its soaring towers and extraordinary bas-reliefs, many consider *Angkor Wat* to be one of the

most inspired and spectacular monuments ever conceived by the human mind. The largest religious building in the world, it was built by Suryavarman II, who reigned from 1112 to 1152, to honor Lord Vishnu and for later use as his funerary temple. The Bayon Temple of the complex is an edifice of 54 towers, each carved with the four enigmatic faces of the Bodhisattva Avalokitesvara and bas-relief events.

The EGBOK Mission (Everything's Gonna Be OK) was founded by SAS 2007 alumnus, Ben Justus. At the EGBOK student home you'll discuss Cambodian history, the unintended consequences of the tourist economy in the country, and learn how EGBOK utilizes the hospitality industry to alleviate poverty through self-sustaining employment. Conclude your evening with a Cambodian-style dinner, cooked together with EGBOK Mission students. This excursion is designed for SAS participants to experience a more intimate and authentic side of Cambodia that is not often seen by travelers.



Note: 1 passport-size photo AND \$25 cash are required for visas AT THE BORDER.

ITINERARY

Day 1: (L,D)

- Fly to Siem Reap and meet your professional guide
- Lunch at hotel
- Visit Angkor Thom, Elephant Terrace, Terrace of the Leper King, the Bayon temple and Ta Prohm temple
- Dinner at local restaurant
- Overnight at hotel in Siem Reap

Day 2: (B,L,D)

- Visit Angkor Wat
- Lunch at Sala Bai Restaurant
- Local guide will accompany group to EGBOK's mission center
- Dinner hosted by EGBOK

Day 3: (B,L)

- Visit Ton Le Sap Lake, largest freshwater lake in Southeast Asia
- Optional visit to Les Artisans d' Angkor, a youth development project teaching stone & wood carving
- Lunch at hotel
- Transfer to airport for onward flight

STANDARD PRICE		Early Booking
Adult	On request	\$ 989
Child	On request	\$ 577
TIME		
	Date	Time
Depart	February 15	0600
Return	February 17	1700
HIGHLIGHTS		
• Historic sites in Siem Reap including famous Angkor Wat • Local life in Cambodia • Work with EGBOK Mission • Ton Le Sap Lake • Prepare dinner with EGBOK students • REGISTRATION DEADLINE EXTENDED		
MINIMUM REGISTRATION: 15		
MAXIMUM CAPACITY: 27		

Day 3: Sunday, February 16

HCM 113-301

SERVICE VISIT w/ Professor Barratt: DIEU GIAC PAGODA ORPHANAGE

Half day



Join **Professor of psychology Peg Barratt** on this interactive service visit to Dieu Giac Temple Orphanage. The Orphanage is located in Ho Chi Minh City (Saigon), Vietnam, where it shelters and cares for over 120 abandoned, orphaned and street children. They range from several months to 18 years of age and are of a variety of ethnic and religious backgrounds.

The children of the orphanage are taken care of by a group of Buddhist nuns and volunteers. All the children who reach school age are sent to local school with other children. After school hours and during the summer, the children learn handcrafting such as knitting, embroidering and making wooden toys which are sold at the pagoda's souvenir shop to raise fund for the kids. You will have the chance to help the nuns and volunteers serve lunch for the children.



Become a member of the Global Grins Delivery Squad by delivering toothbrushes and spreading the word about the link between good oral hygiene and disease prevention. More information about Global Grins can be found at www.globalgrins.org.

STANDARD PRICE		Early Booking
Adult	\$34	\$31
Child	\$16	\$16
TIME		
	Date	Time
Depart	February 16	0800
Return	February 16	1200
HIGHLIGHTS		
• Interact and play with orphaned children • Chance to prepare and serve meal to children • Become part of the Global Grins Delivery Squad and deliver toothbrushes		
MINIMUM REGISTRATION: 25		
MAXIMUM CAPACITY: 39		



See it ALL and save time by flying between Phnom Penh/Siem Reap/Ho Chi Minh City. Phnom Penh's charm is still evident despite the violence and destruction during and immediately following the Viet Nam War. When the Viet Nam War spread to Cambodia, the city's population swelled with refugees, reaching about two million

in early 1975. The *Khmer Rouge* took over the city in April 1975 and immediately forced the entire population into the countryside as part of a radical social program.

On your city orientation, you will visit the National Museum and view the Royal Palace. The National Museum, a school of the *Khmer Rouge*. They were taken to *Choeng Ek* after torture, line the walls of the former schoolrooms.

by most of these victims was being educated. A map of Cambodia, constructed of human skulls, dominates one room and symbolizes the fact that the death and destruction carried out by the Pol Pot Regime affected the entire country. At the Killing Fields of *Choeng Ek*, you will see the mass graves of more than 17,000 men, women and children who were executed at this extermination camp between 1975 and 1978.

Angkor is an incomparable temple complex built between seven and 11 centuries ago at the height of the *Khmer* civilization. Angkor's 100 or so temples cover 200-square kilometers. The ruins represent successive capitals constructed by a dozen *Khmer* kings, which included massive stone temples, majestic causeways and imposing towers. You will visit the most famous temple complex, *Angkor Wat*. With its soaring towers and extraordinary bas-reliefs, many consider *Angkor Wat* to be one of the most inspired and spectacular monuments ever conceived by the human mind. The largest religious building in the world, it was built by Suryavarman II, who reigned from 1112 to 1152, to honor Lord Vishnu and for later use as his funerary temple. The Bayon Temple of the complex is an edifice of 54 towers, each carved with the four enigmatic faces of the Bodhisattva Avalokitesvara and bas-relief events.



Note: These sites are grim reminders of the extermination policies carried out by the *Khmer Rouge*. If you choose to participate in these visits, be prepared for emotionally disturbing sights. Note: **1 passport-size photo AND \$25 cash are required for visas to enter Cambodia.**

ITINERARY

Day 1: (L,D)

- Depart to Tan Son Nhat airport for 1-hr flight to Siem Reap
- Check into hotel and enjoy lunch
- Tour Angkor Wat in the afternoon and take in the religious site at sunset
- Enjoy dinner with cultural dance show
- Leisure time in evening at hotel

Day 2: (B,L,D)

- Drive to Angkor Wat to take in site at sunrise
- Enjoy breakfast at hotel
- Experience Angkor Thom before lunch at hotel
- Afternoon boat trip on Tonle Sap Lake followed by meeting locals in the village
- Early dinner and fly to Phnom Penh
- Leisure time in hotel after transfer from airport

Day 3: (B, L)

- Hotel breakfast
- Tour Toul Sleng Museum and Killing Fields
- Return to hotel for lunch and to freshen up
- Tour National Museum, Silver Pagoda, Royal Palace and Central Market before return evening flight

STANDARD PRICE		Early Booking
Adult	On request	\$ 1,087
Child	On request	\$724
TIME		
	Date	Time
Depart	February 16	0615
Return	February 18	1700
HIGHLIGHTS		
• See historic sites in Phnom Penh and Siem Reap • Optional sunrise viewing of Angkor Wat, the Killing Fields • Experience local life in Cambodia • REGISTRATION DEADLINE DEC 15		
MINIMUM REGISTRATION: 15		
MAXIMUM CAPACITY: 44		



Angkor is an incomparable temple complex built between seven and 11 centuries ago at the height of the *Khmer* civilization. Angkor's 100 or so temples constitute the sacred skeleton of a spectacular administrative and religious center which covers 200-square kilometers. The ruins

SOLD OUT

You will visit the most famous temples, including towers and extraordinary bas-reliefs, many consider Angkor Wat the most inspired and spectacular monuments ever conceived by the human mind. The largest religious building in the world, it was built by Suryavarman II, who reigned from 1112 to 1152, to honor Vishnu and for later use as his funerary temple. The Bayon Temple of the complex is an edifice of 54 towers, each carved with the four enigmatic faces of the Bodhisattva Avalokitesvara and bas-relief events.

STANDARD PRICE		Early Booking
Adult	On request	\$938
Child	On request	\$594
TIME		
	Date	Time
Depart	February 16	0600
Return	February 18	1700
HIGHLIGHTS		
• Historic sites in Siem Reap including famous Angkor Temples • Local life in Cambodia • Angkor Wat at sunrise or sunset • Cultural dance show • REGISTRATION DEADLINE DEC 15		
MINIMUM REGISTRATION: 15		
MAXIMUM CAPACITY: 24		

Note: 1 passport-size photo AND \$25 cash are required for visas AT THE BORDER.

ITINERARY

Day 1: (L,D)

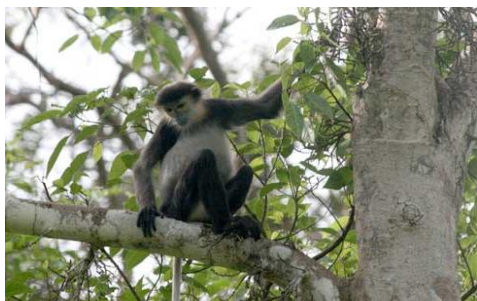
- Upon arrival meet guide and transfer to hotel for lunch
- Dinner at Restaurant with Cultural Dance Show
- Overnight at hotel in Siem Reap

Day 2: (B,L,D)

- Optional sunrise at Angkor and back to hotel for breakfast
- Visit Ta Prohm, Bayon via Ta Keo, Thommanon, Chau Say, Tevoda, Elephants Terrace, Leper King Terrace and tour of Bayon and South Gate of Angkor Thom
- Lunch at Vietnamese restaurant
- Visit Angkor Wat until sunset
- Dinner at local restaurant
- Overnight at hotel in Siem Reap

Day 3: (B,L)

- Breakfast at hotel
- Boat trip on Tonle Sap Lake and meet locals in the nearby village
- Lunch at hotel
- Visit Preah Khan and Neak Pean
- Transfer to airport for flight to Saigon



Cat Tien National Park is an important national park in Viet Nam because it protects one of the largest areas of lowland tropical rainforests left in the country. Cat Tien was protected initially in 1978 as two sectors, Nam Cat Tien and Tay Cat Tien. Another sector, Cat Loc, was designated as a Rhinoceros Reserve

in 1992 upon the discovery of a population of Javan Rhinoceros. The three areas were combined to form one park in 1998. The park suffered during the Viet Nam War when it was extensively sprayed with pesticides like the defoliant Agent Orange. To this day these areas have extensive bamboo and grassland cover, but the trees have not yet grown back. Although much wildlife was frightened away or killed during the war, some wild game managed to survive in this area.

STANDARD PRICE		Early Booking
Adult	\$ 226	\$216
Child	\$ 113	\$111
TIME		
	Date	Time
Depart	February 16	0800
Return	February 18	1800
HIGHLIGHTS		
• Cat Tien, one of six biosphere reserves in the world • Endangered Primate Species Centre • Trekking in the National Park • REGISTRATION DEADLINE JAN 29		
MINIMUM REGISTRATION: 10		
MAXIMUM CAPACITY: 18		

Cat Tien is one of the world's premier sites for biodiversity, with over 1,600 species of plants, nearly 400 bird species and 38 documented species of mammals. In addition, this site is also a model for the UNESCO goal of ensuring sustainable economic, cultural and social development of indigenous people. Your guide will provide information on local flora and fauna as well as on conservation issues in Viet Nam.

Upon arrival, travel by small ferry to the park headquarters. As the park has only recently been opened to tourists, facilities are sparse and quite rustic. Accommodations are very basic and include all bedding and bathroom facilities, though hot water is unreliable. A small restaurant serves simple Vietnamese food. This is the ideal excursion for those who wish to "get away from it all" and won't mind the rustic conditions, hiking through the forest and boating in a very hot and humid climate.

"More than exceeded all my expectations. It was the trip of a lifetime." –Adam, SP '13 student voyager

Note: Sturdy walking shoes required for trekking.

ITINERARY

Day 1: (L,D)

- 4.5-hour drive to Cat Tien with brief stops at a teak plantation and La Nga fishing village, if time permits
- Short river crossing to park headquarters
- Orientation to the park and lunch at one of park's restaurants
- 4-hour boat ride on Dong Nai river
- Evening search for wild deer, boar and nocturnal insects

Day 2: (B,L,D)

- Trek through park's forest to northern wetlands
- Botany and natural vegetation explained by forestry engineers on nature walk
- Vietnamese style lunch at Bau Sau
- Leisure evening by the riverside

Day 3: (B)

- Breakfast at park headquarters before check-out
- Visit Dao Tien Endangered Primate Species Centre
- Return drive to Saigon



Escape to a fascinating village in the heartland of the North's ethnic minority region. The mountainous region west of Ha Noi with its expanses of rice fields, magnificent mountain vistas, and scenic valleys is home to the Mai Chau village, where weaving and rice farming are the mainstays of life and the locals provide a warm welcome. You will have the unique opportunity to spend the evening in the home of a member of the Black Thai hill tribe.

After experiencing rural life in Viet Nam, your visit to Ha Noi provides an interesting contrast. History has been brutal to Viet Nam, and much of our knowledge of this country comes from images of the Viet Nam War. A visit to Ha Noi today is more likely to evoke an "old-world" image of ambience and tranquility rather than an image of an "enemy city." Ha Noi is arguably the most beautiful capital in Southeast Asia, a city of dignified, if somewhat dilapidated, charm where French-colonial architecture dominates narrow, tree-shaded streets. The absence of modern buildings and the predominance of bicycle traffic are quite different from Ho Chi Minh City. Your orientation to Ha Noi includes visits to Ho Chi Minh's house, the Army Museum, the Temple of

Literature, the charming Old

Quarter and if time

permits, the Tran Quoc Pagoda.



Note: Sturdy walking shoes required. Bring a flashlight for walks in the village at night.

ITINERARY:

Day 1: (B,L,D)(Longhouse)

- Fly to Hanoi via Saigon
- Hanoi city tour with visit to the Ho Chi Minh complex including Pillar Pagoda and army museum
- Drive to Mai Chau and local commune of the White Thai
- Orientation walk through nearby villages and fields
- Dinner at long house with cultural performance (according to village agreement)
- Overnight in Mai Chau village

Day 2: (B,L,D)(Hotel)

- Visit local market, explore villages, interact with locals
- Lunch at the Longhouse
- 5-hour return drive to Hanoi
- Dinner and water puppets show

Day 3: (B,D)

- Hanoi city tour to see the Temple of Literature, Tran Quoc Pagoda, Quan Thanh Temple and the Old Quarter
- Lunch on your own and free time
- Return flight from Hanoi

STANDARD PRICE		Early Booking
Adult	\$665	\$ 639
Child	\$419	\$ 419
TIME		
	Date	Time
Depart	February 16	0430
Return	February 18	1930
HIGHLIGHTS		
• Rural life in Mai Chau • Hanoi's city tour and daily life • Longhouse stay • Local interaction • Water puppet show in Ha Noi • Ho Chi Minh's house • REGISTRATION DEADLINE EXTENDED		
MINIMUM REGISTRATION: 10		
MAXIMUM CAPACITY: 14		





In addition to visiting Ha Noi, which arguably has become one of the most interesting cities in Southeast Asia, this trip explores one of the natural wonders of the world – the magnificent Ha Long Bay. The bay's tranquil beauty encompasses 1,500-square miles dotted with more than 1,000 limestone islands and islets. Bizarre rock sculptures jut dramatically from the sea, and numerous grottoes have created a picturesque setting. The sails of the *junks* and *sampans* gliding on the bay add to the timeless beauty of the scene. A four-hour boat trip on the bay includes stops at some of the grottoes. The most spectacular

is Dau Go Cave with its stalactites and stalagmites resembling beasts, birds and human forms. Folk legends associated with various grottoes and information about some of Ha Long Bay's historic battles is part of this learning experience.

Transfer to Ho Chi Minh City Airport for your flight to Ha Noi. Upon arrival, you are transferred to Ha Noi for a city orientation that includes visits to the Army Museum, Ba Dinh Square and One Pillar pagoda. Enjoy lunch at a local restaurant in Ha Noi then depart Ha Noi by motorcoach to Ha Long Bay. This three-hour journey provides insight into the agricultural lifestyle of the north. See emerald-green rice paddies, water buffalo, farms and villages. Check into the hotel and refresh before going out for dinner at a local restaurant.

Next, enjoy a four-hour boat ride in Ha Long Bay, including lunch on board before departing overland for Ha Noi, arriving early evening. Enjoy a water puppet performance with dinner. The following day visit the Temple of Literature, 36 Streets and Tran Quoc Pagoda and then you are free for lunch on your own. Depart in the late afternoon for the Ha Noi Airport and your return flight to Saigon.

ITINERARY

Day 1: (L,D)

- Fly to Ha Noi via Saigon
- Hanoi city tour including Ho Chi Minh complex with Pillar Pagoda and army museum
- Lunch at local restaurant
- 3-hour scenic drive to Ha Long Bay through rice paddies, water buffalo herds, and villages
- Hotel check-in at Ha Long and Dinner at local restaurant

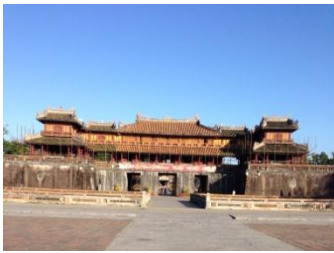
Day 2: (B,L,D)

- Short trip to Ha Long pier for 4-hour junk boat ride in Ha Long Bay including seafood lunch on board
- Return drive to Ha Noi
- Leisure time before dinner at local restaurant
- Water puppet show

Day 3: (B)

- Hotel breakfast
- Ha Noi city tour including Temple of Literature, Quan Thanh Temple, Tran Quoc Pagoda, Army Museum and the Old Quarter
- Lunch on your own
- Free time before return flight to Saigon

STANDARD PRICE		Early Booking
Adult	\$699	\$ 679
Child	\$440	\$ 440
TIME		
	Date	Time
Depart	February 16	0430
Return	February 18	1930
HIGHLIGHTS		
• Ha Long Bay & Caves – one of the World's Seven New Wonders • Hanoi's highlights with daily atmosphere • Junk boat ride • Water puppet show in Ha Noi • REGISTRATION DEADLINE EXTENDED		
MINIMUM REGISTRATION: 10		
MAXIMUM CAPACITY: 36		



Here's your chance to visit the World Heritage sites of Central Vietnam! Da Nang City, an emerging commercial center in central Vietnam, will be your springboard for the trip. The buildings of old royalty in Hue are hammered with U.S. fired bullet holes, and are a stark contrast to this serene city along the Perfume River, the incense and the monks and the fabulous food. Hoi A is a

bustling art and food city that is best seen by walking the back alleys. The beaches are beautiful and a yet a reminder of the important amphibious installations along this coast by our U.S. military during the Viet Nam war. You are walking paths in history that have fortunately survived and resurrected themselves as vibrant centers of Vietnamese culture, religion, history, food, art, music and beauty.

My Son Temple was the religious center for the capital of the Champa Kingdom. The majority of the sanctuary was built in the 10th century and it lies in a valley surrounded by mountains. The site is an illustration of the Champa Kingdom, an important phase in the political and cultural



history of Southeast Asia. Initially built as an independent state in 192, Champa came under Hindu religious influence and many temples to Hindu divinities were built. During the 13th century the kingdom declined and it ceased to exist in the 15th century.

Hoi An is the best example of a traditional trading port in Southeast Asia. It is the result of a fusion of cultures from the 15th to 19th centuries. Hoi An attracted ships and traders from the rest of Asia and Europe. Its architecture is of traditional Vietnamese design, with Chinese and Japanese influences.

The Complex of Huế Monuments is a unique example of a planned and fully defended feudal capital city in Southeast Asia. Huế was the imperial capital of Vietnam between 1802 and 1945. The site consists of the Capital City in Huế and associated monuments outside of the city. The latter includes the tombs of the emperors Gia Long, Minh Mang, Thieu Tri, Tu Doc, Duc Duc, Dong Khanh, and Khai Dinh. The Capital City is a complex enclosed within defensive walls. It holds residences, palaces, and gates with the Forbidden Purple City at its heart.

ITINERARY

Day 1: (L,D)

- Early morning flight to Da Nang City
- Visit My Son Temple
- Lunch at local restaurant
- Afternoon leisure time in Hoi An town
- Dinner and overnight in Hoi An town

Day 2: (B,L,D)

- Visit Hoi An Market and Cam Ha pottery village
- Drive from Hoi An to Hue via Cloudy Pass. Lunch on the way.
- Visit Imperial Citadel, The Royal Museum and take a boat trip to Thien Mu pagoda
- Dinner at local restaurant. Free time and overnight in Hue.

Day 3: (B, L)

- Visit two tombs of Nguyen Dynasty
- Lunch at local restaurant
- Afternoon flight to Ho Chi Minh City and transfer to quayside

STANDARD PRICE		Early Booking
Adult	\$569	\$529
Child	\$289	\$266
TIME		
	Date	Time
Depart	February 16	0400
Return	February 18	1900
HIGHLIGHTS		
• Explore 3 World Heritage sites: My Son Temple, Hoi An, and the Complex of Huế Monuments • Examine similarities and differences of historical and modern Vietnam • REGISTRATION DEADLINE EXTENDED		
MINIMUM REGISTRATION: 15		
MAXIMUM CAPACITY: 14		

Day 4: Monday, February 17

HCM 116-401

SERVICE VISIT: SCHOOL FOR DISABLED CHILDREN

Half day



Anh Duong Special Education School was established in 1993 and currently serves 117 students, of which 72 are hearing impaired and 45 have intellectual disabilities.

The school primarily focuses on formal education with the goal of providing students with improved communication abilities as well as physical function. Anh Duong Special Education School offers early intervention for children ages 1-4 years and rehabilitation activities and vocational training for children age 13-16 years.



The school staff consists of 14 skilled and experienced teachers plus seven committed managers and support staff members. During your visit, you will learn about the school and its current difficulties and be able to interact with the children during their break time.

Become a member of the Global Grins Delivery Squad by delivering toothbrushes and spreading the word about the link between good oral hygiene and disease prevention. More information about Global Grins can be found at www.globalgrins.org.

STANDARD PRICE		Early Booking
Adult	\$ 29	\$ 26
Child	\$ 14	\$ 13
TIME		
	Date	Time
Depart	February 17	0800
Return	February 17	1200
HIGHLIGHTS		
- Interact and play with children at the Anh Duong Special Education School - Become part of the Global Grins Delivery Squad and deliver toothbrushes		
MINIMUM REGISTRATION: 25		
MAXIMUM CAPACITY: 29		

Before the 16th century, the Mekong Delta was an area of marshlands and forest. Gradually, these marshlands were reclaimed and a canal network was built for the cultivation of rice, fish, soybeans, maize, peanuts, tobacco and melons and by the late 18th century it had been annexed from the Khmers. To this day, the Mekong Delta continues to be influenced by Cambodia.



Arrive in Cai Be township, famous for its coconut palms and fruit orchards including mangoes, *longans*, bananas and citrus fruits, and board a local boat for a journey

across the Mekong to nearby islands. Fresh fruit will be served and you can enjoy your box lunch from the ship on the island. Then, walk along the riverbank through local communities. You will pass schools, a small church and rice mills before re-joining the boat for a continued journey through the maze of tributaries. At night, enjoy dinner and an overnight stay at a local house with evening activities offered by the owner.

The second day, enjoy breakfast and some leisure time in the area around your home stay before experiencing a different part of the delta. That night, enjoy dinner and an overnight at a hotel in Can Tho.

On your final day, depart from Ninh Kieu boat station along the smooth Can Tho river by boat. You will be impressed by the animated and bustling sight of the riversides, ending in the Cai Son canal where you will visit a local house. If time permits, you will visit Khmer Pagoda in Can Tho city before you head back to your hotel. You will eat lunch at a local restaurant before returning to the ship.

STANDARD PRICE		Early Booking
Adult	\$ 198	\$ 189
Child	\$ 97	\$ 96
TIME		
	Date	Time
Depart	February 17	0800
Return	February 19	1800
HIGHLIGHTS		
- Local life in Mekong Delta - Riverboat travels through tributaries - Homestay with local people and chance to learn more of the traditional lifestyle - Explore by bike - Visit Bang Lang Stork Garden REGISTRATION DEADLINE JAN 29		
MINIMUM REGISTRATION: 10		
MAXIMUM CAPACITY: 20		



ITINERARY:

Day 1: (L,D)

- 2.5-hour trip to Cai Be township
- Boat journey to nearby islands and through a maze of tributaries
- Riverside walk through local communities
- Enjoy stay at local house overlooking the waterway

Day 2: (B,L,D)

- Breakfast at house followed by 2.5-hour trip to Can Tho
- Morning leisure time before lunch at local restaurant
- Drive to visit Bang Lang Stork garden and Binh Thuy ancient house
- Return to Can Tho followed by dinner at local restaurant

Day 3: (B,L)

- Depart from Ninh Kieu boat station for canal
- Visit local house on Cai Son canal
- Visit to Khmer Pagoda if time permits
- Lunch at Sao Hom restaurant
- 5-hour return to Ho Chi Minh City



Vung Tau's beaches have been a favorite of the Saigonese since French colonists first began coming here around 1890. Known under the French as Cap St Jacques, Vung Tau is on a peninsula jutting into the South China Sea, about 128km southeast of HCMC (approximately 3 hours by coach). Some interesting sites that group should visit in Vung Tau are the Giant Jesus stands atop Small Mountain with arms outstretched to embrace the South China Sea; the White Villa which was the weekend retreat of French governor Paul Doumer on the slop of Big Mountain built since 1898 by the French; the Lighthouse first built in 1907 on top of Small mountain afford a panoramic view of the whole Vung Tau City.

Depart Ho Chi Minh City to Vung Tau City by overland drive by Highway No 51 with stop en-route to visit Dai Tung Lam Pagoda at Long Thanh then continue to drive to Vung Tau. Upon arrival, access to Cable Car station for the cable ride up to Ho May Park on the top of Big Mountain. In the afternoon, enjoy the free time for wandering around the park or free swimming at pool.

The next day morning is time to enjoy all activities available at Ho May park. You may check out the specifics on their website: <http://captreovungtau.vn/en/resorts/Activities/ACTIVITIES-3/> In the afternoon, take the cable car down for visiting Thich Ca Phat Dai pagoda, the Jesus statue, the lighthouse and the White Villa. Dinner at local restaurant before returning to the resort by cable.

In the last morning, leaving the resort for nearly an hour trek through the nature forest up to Chon Khong Zen Monastery to attend a lecture on meditation given by the monks (if lucky enough to be on time). Return to the resort before noon for checkout then having lunch before heading back to Saigon.

Trip includes 2 breakfasts, 3 lunches & 2 dinners

STANDARD PRICE		Early Booking
Adult	\$ 220	\$ 212
Child	\$ 110	\$ 106
TIME		
	Date	Time
Depart	February 17	0730
Return	February 19	1615
HIGHLIGHTS		
- One of the closest beaches of Vietnam and it's highlights - Enjoy active games with fresh atmosphere on the highest resort on top of mountain		
MINIMUM REGISTRATION: 15 MAXIMUM CAPACITY: 32		

Day 5: Tuesday, February 18

HCM 118-501

UNTOUCHED MEKONG DELTA

Full day



Explore an area of the Mekong Delta seen by few before. After a 2-3 hour drive from Ho Chi Minh City, you will be welcomed to Cai Thia local market in Tien Giang Province. Walk along Cai Thia Canal to visit Cai Thia church, My Luong temple, and a bricks factory. Continue by boat to a local house to witness the tradition of rice paper-making. After learning how to make rice paper, take an optional bike tour to explore the village of Hoa Loc Mango. Bike on small, beautiful roads to see traditional houses made of wood and palm tree leaves. Take in the local farmers' activities as they catch fish or pick fruit.

Next, the boat will arrive in Rach Tre (Bamboo Canal) where you will enjoy hot tea and homemade cakes before a special lunch featuring local dishes. In the afternoon, you will explore Cai Be's floating market as the boat cruises along local barges full of fruits and vegetables. Learn how to make coconut candy, pop-rice and rice wine. After an afternoon exploring the market, you will make your way back to Ho Chi Minh City in the late afternoon.

Note: Wear clothing and footwear appropriate for biking including sturdy shoes, light-weight clothing, a sun hat, sunglasses, and sunblock.

STANDARD PRICE		Early Booking
Adult	\$ 59	\$ 55
Child	\$ 29	\$ 28
TIME		
	Date	Time
Depart	February 18	0800
Return	February 18	1730
HIGHLIGHTS		
- Natural and local life discovery in Mekong Delta - Bike ride through narrow paths & bridges - Chance to interact with local people during walk		
MINIMUM REGISTRATION: 15		
MAXIMUM CAPACITY: 24		

HCM 117-501

SERVICE VISIT: SCHOOL FOR THE DEAF & ORPHANAGE

Half day



Spend the morning serving those in need in Vietnam. During this excursion, you will visit both the Hy Vong 8 School for the Deaf and Thi Nghe Orphanage. Hy Vong 8 School for the Deaf accommodates 63 children age 3-18 years. In addition to completing speech lessons and regular class work, some students work under the supervision of a local artist to produce cards and paintings which are sold at a local gallery. Revenue from the students' artwork is used to pay expenses and help support the school. The Thi Nghe Orphanage is a residential facility for abandoned and disabled children. The facility accommodates 300 children ages 2-25 years. SAS students will be supplied with small toys to aid in the interaction at both the orphanage and school.



Become a member of the Global Grins Delivery Squad by delivering toothbrushes and spreading the word about the link between good oral hygiene and disease prevention. More information about Global Grins can be found at www.globalgrins.org.

STANDARD PRICE		Early Booking
Adult	\$ 29	\$ 26
Child	\$ 14	\$ 13
TIME		
	Date	Time
Depart	February 18	0800
Return	February 18	1200
HIGHLIGHTS		
- Play and interact with children - Become part of the Global Grins Delivery Squad and deliver toothbrushes		
MINIMUM REGISTRATION: 15		
MAXIMUM CAPACITY: 29		



Water puppetry is a traditional art form with deep roots in Vietnamese culture. Water puppetry originated in the villages of the Red River Delta around Hanoi more than 1,000 years ago. Reflecting the art form's origin, most of the skits revolve around stories about village and rural life. **Join Drew Kahn, professor of theater and experienced actor and director, and immerse yourself in this rare storytelling experience.** This one-hour show at the Water Puppetry Theatre is followed by a

Vietnamese set menu dinner at a local restaurant in downtown Ho Chi Minh City. After dinner, you can transfer back to the ship or explore downtown on your own.

Note: Exact Timing to be confirmed in January 2014.

STANDARD PRICE		Early Booking
Adult	\$ 57	\$53
Child	\$ 28	\$26
TIME		
	Date	Time
Depart	February 18	1730
Return	February 18	2030
HIGHLIGHTS		
• Water puppet performance • Vietnamese dinner of typical dishes		
MINIMUM REGISTRATION: 15		
MAXIMUM CAPACITY: 120		



Commencing early in 2013, an innovative new entertainment option named the 'A O Show' has been added to the evening "MUST SEE" performances in Ho Chi Minh City. The aim of the A O Show is to introduce the audience to the transformation of modern Vietnamese society and its people. The A O show takes the audience to the serene and beautiful villages of South

Vietnam and swiftly transfers them back to the ruckus that is hasty city life. Bamboo, which is integral to Vietnamese daily life, is applied as a key visual throughout the show.

The A O Show performers have diverse backgrounds which include circus performance, acrobatics, juggling, martial arts, and refined street-style dancing. Musicians play live music using traditional musical instruments including rare instruments that only a handful of Vietnamese know how to play. Each A O Show performance lasts approximately 60 minutes and is held at either Saigon's famous Opera House or at the Military Theatre in Tan Binh district.

Note: Exact times to be confirmed in January 2014.

STANDARD PRICE		Early Booking
Adult	\$ 72	\$ 68
Child	\$ 35	\$ 34
TIME		
	Date	Time
Depart	February 18	1700
Return	February 18	2030
HIGHLIGHTS		
• Enjoy a new evening performance recently added to Saigon's "must see" list		
MINIMUM REGISTRATION: 10		
MAXIMUM CAPACITY: 75		

Day 6: Wednesday, February 19

HCM-114-601

MEKONG DELTA RIVER ADVENTURE

Full Day

Can Gio Biosphere Reserve is located in the coastal district southeast of Ho Chi Minh City. It covers 75,740 hectares and is dominated by mangroves - including both salt water and brackish water species. The mangroves in Can Gio have a high biodiversity with more than 200 species of fauna and 52 species of flora. The effects of the wars on these ecosystems have been devastating and enormous efforts have been made by the local people to rehabilitate the mangroves. Today it has become one of the most extensive sites of rehabilitated mangroves in the world.



After taking an eco-adventure speedboat tour through scenic canals to the mangrove forests we will enter the famous Mekong Delta and stop at a local riverside market where you can absorb all the colors, sounds and aromas of this amazingly fertile region. After a short stay we leave the leafy palms and coconut trees of the Mekong behind and find ourselves enveloped in a dusky twilight world, surrounded by towering mangrove trees. See villagers hand-knotting nets before spreading them out to dry in the sun at a local fishing hamlet. Spot monkeys and gibbon swing through the trees at Vam Sat. Feed the crocodiles at the crocodile reserve and paddle around the still waters of the Bat Lagoon in a small wooden boat. A breakfast of pastries, fresh fruits and Vietnamese coffee will be served as we depart Saigon and Vietnamese specialties will be served for lunch.

STANDARD PRICE		Early Booking
Adult	\$ 142	\$136
Child	\$ 71	\$68
TIME		
	Date	Time
Depart	February 19	0730
Return	February 19	1615
HIGHLIGHTS		
- Local life in Mekong Delta - Speedboat tour down river - Can Gio Biosphere reserve & shrimp farms in Vietnam - Daily life along waterways in Saigon's outskirts		
MINIMUM REGISTRATION: 15		
MAXIMUM CAPACITY: 24		

HCM-119-601

BIKING IN SAIGON OUTSKIRTS

Full Day



Vietnam is perhaps one of Asia's finest destinations for biking and bikes are used considerably in day-to-day life. There is no better way to get close to people in the countryside and to take in the extraordinary sights, sounds and smells of rural life in Vietnam. You will be picked up early and transported out of the busy city to Tan Phong Ward in

District 7, the starting point for the biking adventure. You will bike through villages and local markets on both paved and dirt roads towards Tan An township of Long An province. En-route stop for a coffee or cold drink and chat with locals. During this relaxing and insightful ride you will discover the simple but enchanting way of life in the Vietnamese countryside. The ride will be 20-35 km depending on group ability and includes a local lunch.

Note: Wear clothing and footwear appropriate for biking including sturdy shoes, light-weight clothing, a sun hat, sunglasses, and sunblock.

STANDARD PRICE		Early Booking
Adult	\$ 72	\$68
Child	\$ 35	\$34
TIME		
	Date	Time
Depart	February 19	0730
Return	February 19	1530
HIGHLIGHTS		
Discover local life at a slower pace at the outskirts of Ho Chi Minh City		
MINIMUM REGISTRATION: 15		
MAXIMUM CAPACITY: 19		



This tour will combine a visit to the agriculture villages in the Cu Chi area and the famous tunnel complex. You will experience traditional Vietnamese agriculture as well as taste Vietnamese cuisine.

HCM Agricultural Villages is located on the dirt roads of Cu Chi Province, about 35 km from Ho Chi Minh City. Arrive at the village in the early morning and a chef will explain the ways of Vietnamese agriculture and traditional processes. Here you will discover a Vietnamese medicine garden with a variety of herbs, spices and vegetables. Moreover, guests will be instructed on how to grow many kinds of mushrooms and understand the Vietnamese use of herbs and spices in traditional medicine. Next, the chef will instruct you on how to create dishes with ingredients picked at the farm; enjoy these dishes for your lunch. After lunch, depart the village to visit a rice paper-maker and a rubber tree forest to understand how latex is processed.

After leaving the farm, you will visit the Cu Chi tunnels with its famous 200-kilometer network of underground tunnels. These tunnels were created and used by the *Viet Cong* forces during wars against both the French and the United States. Before visiting the tunnel system, you will be shown a video explaining the tunnels' history and construction. From the mid-1940s onward, the tunnels were used as a base from which the *Viet Cong* launched strategic attacks and then seemingly disappeared into thin air. The tunnels had well-hidden entrances and thick roofs, which were capable of withstanding the weight of tanks and the impact of bombs. Most of the tunnels are only about two feet wide and five feet high. However, some of the passageways and tunnel rooms (e.g., meeting room, kitchen, dining room and hospital), while still small, have been enlarged for easier access.

STANDARD PRICE		Early Booking
Adult	\$ 82	\$78
Child	\$41	\$39
TIME		
	Date	Time
Depart	February 19	0800
Return	February 19	1600
HIGHLIGHTS		
• Visit a traditional farm • Learn how to prepare typical Vietnamese dishes with a local chef • Experience the Cu Chi tunnel networks		
MINIMUM REGISTRATION: 15		
MAXIMUM CAPACITY: 75		



Spend the morning serving those in need in Vietnam. During this excursion, you will take students from the Hy Vong 8 School for the Deaf to the Zoo. Hy Vong 8 School for the Deaf accommodates 63 children age 3-18 years. In addition to completing speech lessons and regular class work, some students work under the supervision of a local artist to produce cards and paintings which are sold at a local gallery. Revenue from the students' artwork is used to pay expenses and support the school.

STANDARD PRICE		Early Booking
Adult	\$ 35	\$32
Child	\$ 17	\$16
TIME		
	Date	Time
Depart	February 19	0800
Return	February 19	1330
HIGHLIGHTS		
• Interact and play with children at Hy Vong School and the Zoo • Become part of the Global Grins Delivery Squad and deliver toothbrushes • SHARE your ship boxed lunch with a child during a picnic at the zoo		
MINIMUM REGISTRATION: 11		
MAXIMUM CAPACITY: 29		



After a brief visit to the school, you will be assigned one to two students to supervise during a visit to the Zoo. Interact with these students while at the Zoo and take in the many animals and birds together. Enjoy a picnic lunch on-site at the Zoo. Read about a previous SAS student's experience [here](#).

Serve food to the 60 children of the Thien Phuoc Charity. Begin your visit by meeting with school administrators. Interact with the kids by helping the teachers and volunteers do chores and engage in their daily activities

such as massaging the children or cleaning the dishes.

Following some time for interaction with the children, you may assist in serving lunch. You will also be provided with small donations to aid in interacting with the children.



Become a member of the Global Grins Delivery Squad by delivering toothbrushes and spreading the word about the link between good oral hygiene and disease prevention. More information about Global Grins can be found at www.globalgrins.org.

STANDARD PRICE		Early Booking
Adult	\$ 40	\$37
Child	\$ 19	\$18
TIME		
	Date	Time
Depart	February 19	0830
Return	February 19	1100
HIGHLIGHTS		
- Interact and play with children at Thien Phuoc Charity - Become part of the Global Grins Delivery Squad and deliver toothbrushes		
MINIMUM REGISTRATION: 11		
MAXIMUM CAPACITY: 29		



Join SAS alumna and Kiva co-founder Jessica Jackley on a site-visit to some of Kiva's success stories in Ho Chi Minh City. [Kiva](#) is a non-profit organization with a mission to connect people through lending to alleviate poverty. Leveraging the internet and a worldwide network of microfinance institutions, Kiva lets individuals lend as little as \$25 to help create opportunity around the world.

Spend the day visiting [East Meets West](#) (EMW), a micro-lending site focused on providing clean water and sanitation, health services, and education that poor communities could not otherwise afford. Your visit will include:

- Meet EMW staff members to learn about the organization
- Visit EMW beneficiaries who now have piped water in their homes because of EMW and Kiva support
- SAS Exclusive: Act as a Kiva Fellow for the Day!** Visit water enterprises that do not yet have a Kiva profile. Learn about the enterprises and take photos and videos. **Your photos and videos will be used to inform EMW's community of supporters on Kiva's website and ensure these projects receive the funding they need!**

Your work as a Fellow for the Day will **directly impact** these water enterprises. A loan from Kiva will enable the entrepreneur to build solar panels to generate clean, reliable power to provide water to the communities. Power represents 30 percent of his total costs, so this is a huge savings!

This program will begin and end on the ship with briefing and de-briefing about the organization visited, the model of micro-financing, and the resulting responses. Learn more about Kiva [here](#).

STANDARD PRICE		Early Booking
Adult	\$ 36	\$ 36
Child	\$ 36	\$ 36
TIME		
	Date	Time
Depart	February 19	0830
Return	February 19	1700
HIGHLIGHTS		
- Visit Kiva in-country lending partner - Site visit Kiva loan recipients - Lunch		
MINIMUM REGISTRATION: 10		
MAXIMUM CAPACITY: 29		

