



Cambodia

Emergency Management Study Tour of Cambodia

**Phnom Penh | Sihanoukville | Siem Reap
31st May to 10th June 2024**

PLUS...

**Optional 6 day Vietnam
extension package
available!!**



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EDUCATION *at SEA*

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We welcome all medical professionals to an extraordinary journey that combines the essence of ancient wonders, vibrant city life, and the serene beauty of tropical paradise!

BOOK NOW!



ABOUT THE TOUR

We are delighted to present our exclusive Emergency Management study tour for an unforgettable adventure through the captivating landscapes of Cambodia.

With presentations from local clinicians, NGO's, visits to local hospitals, and discussion with and presentations by the Study Tour educators this tour will provide a real insight into Emergency Management practices in Cambodia and a greater understanding of the ANZCOR guidelines under which we practice in Australia.

You will explore the awe-inspiring temples of Siem Reap, immerse yourself in the rich tapestry of life and culture in Phnom Penh, and unwind on pristine beaches nestled among the enchanting islands whilst staying at some of Asia's most iconic hotels.

During this study tour, you will:

- Expand your understanding of the ANZCOR guidelines that underpin Emergency Management practice in Australia.
- Explore the concepts of cultural safety and social disadvantage through learning about Cambodian Emergency Management processes.
- Understand the current state of Emergency Management care in Cambodia.
- Explore and contrast current care interventions through discussion with Cambodian colleagues.
- Explore emergency management practices and their impacts on health outcomes.
- Consider the similarities and differences in health care provision in your own practice setting and those that you visit in Cambodia.
- Understand the lived experience of your colleagues in Cambodia through their firsthand accounts of their work



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CLINICAL LEADS:

SUE WALKER, RN, BN, BN (ADMIN), MPH, MACN

Sue is the director and co-founder of the Nurses for Nurses Network. Sue is a key contributor to the online education platform Nursing CPD – a Continuing Professional Development platform to assist Nurses in meeting their annual CPD requirements.

As a Registered Nurse, Sue holds Degrees in both Nursing and Health Administration, a Master's Degree in Public Health, as well as a number of certificate courses in Psychiatry of Ageing, Gerontology, Chemotherapy Administration, and Training and Assessment. She is also an Accredited Mental Health First Aid Trainer, Mindfulness Practitioner, and Clinical Supervisor.

Sue has extensive experience as a clinician, educator, and senior manager. She has presented at local and international conferences on many topics including, key issues in healthcare, such as the psychological impact of the work that Nurses do and how the work requirements to deliver healthcare impact the health of the clinician. Other topics presented comprise of Nursing Leadership, Emergency Management, Mental health, Aged Care, Advanced Life Support, Assertiveness, Grief and Loss, and Workplace Bullying.

Sue is passionate about making a difference in how the community and Nurses experience the healthcare system.

Jason Dawson, Education at Sea, R.N.

Jason Dawson is a Registered Nurse from the Gold Coast Queensland. Whilst studying his bachelor of Nursing at Southern Cross University he developed an interest in mental health and has been working in this field of nursing since completing his studies in 2008.

In this time, Jason has undertaken varied roles including Acute Inpatient Nursing, Community Nursing, clinical facilitating and Nurse Unit Manager positions. In 2012, Jason combined his passion for nursing with his love of travel and founded CPD Cruise Pty Ltd with the view to providing Nurses the opportunity to update and improve their skills in diverse and unique locations.





DR PAULA FORAN, PHD., R.N., FACORN, FACPAN

Dr. Paula Foran has a Graduate Diploma in Adult Education & Training awarded from the University of Melbourne, a Certificate IV in Workplace Assessment & Training, a Master Degree in professional education and training and has received her Ph.D. for her doctoral thesis, “The Value of Guided Operating Theatre Experience for Undergraduate Nurses”, undertaken at Deakin University.

Paula has several publications and book chapters to her credit, has been a guest speaker, and presented Keynote presentations at National & International Conferences. Paula has been awarded the ‘Most Popular Presenter’ for her keynote address at the International Collaboration of Perianaesthesia Nurses (ICPAN) and presented at the ICPAN (International Collaboration of Perianaesthesia Nurses) conference in Cancun, Mexico 2019. Paula was also awarded the ‘Best Oral Presentation’ award at the European Operating Room Nurses (EORNA) conference in The Hague.

Paula is currently the Master Level Coordinator and the unit coordinator for the two master by coursework subjects at The University of Tasmania and the sub-editor for the Journal of Perioperative Nursing (formally the ACORN journal). She has been a past senior lecturer for Medcast and Critical Care Education Services; past and inaugural National Education Officer for the Australian College of Operating Room Nurses (ACORN); past and inaugural ‘Chief Examiner’ for the Australia College of Perianaesthesia Nurses (APCAN); and past board member of both ACORN and ACPAN. Paula has been awarded life membership in both the Victorian Perioperative Nurses Group (VPNG) and ACPAN.

Paula also currently sits on the Victorian Perioperative Council, and the Anaesthetic morbidity and mortality review sub-committee for the Safer Care Victoria / Department of Health. In her spare time she is a civil celebrant!

She is a delightfully relaxed and humorous presenter.



INCLUSIONS:

- An airport meet and greet and private transfer to the Aquarius Hotel and Urban Resort from the airport via a traditional Tuk Tuk ride
- 3 Nights stay at the Aquarius Hotel and Urban Resort including breakfast
- Phnom Penh History Half Day Tour – Includes S21 at Tuol Sleng and the ‘Killing Field’ of Choeung Ek
- Sunset boat cruise on the Mekong River including canapés
- Hospital visit in Phnom Penh
- Bus transfer to Sihanoukville
- Hospital visit in Sihanoukville
- Tour of Sihanoukville
- Flight transfer to Siem Reap
- Five nights at FCC Angkor by Avani (5 stars) including breakfast
- Sunrise at Angkor Wat and full day temple exploration
- Tonle Sap floating village hospital experience
- Hospital visit in Siem Reap
- Visit and talk from professionals at the reptile park
- Night Tour to Phare, the Cambodian Circus
- Enjoy a once in a lifetime experience at our gala 7 course degustation (including wine) farewell gala dinner held at one of the top 50 restaurants in the world ‘Lum Orng’ to celebrate new friendships and memories made



PROGRAM INCLUSIONS:

- An extensive program based on current best practice
- Dedicated Space for expert presentations and reflection
- Coffee breaks and lunches on presentation days
- Education content that meets the same exacting standards as anything offered in an Australian program
- Presenters that are excited to be able to share their skill, knowledge, and passion with Attendees
- An online library filled to the brim with educational content that allows you to create your own learning experience
- A Registration Reception including complimentary drinks where you can meet other Attendees and network with Convenors and Presenter/s
- A locally sourced handcrafted Cambodian Welcome pack and additional information to support a fantastic study tour experience
- A Transcript reflecting all education sessions, presentations and hospital/ health centre site visits
- A Certificate of Completion identifying the CPD hours attached to the Program for you to include in your CPD Evidence Portfolio



HOTELS

4* Aquarius Hotel and Urban Resort

Splurge into an authentic Cambodian escape at Aquarius Hotel and Urban Resort. This nature's modern serenity of calm, nestles in the heart of Phnom Penh, surrounded by the famous and momentous landmarks. Showcasing its 66 lavish rooms and suites detailed passionately, an infinity glass walled; salt-water swimming pool with an open air sky bar and restaurant overlooking the charming city of Phnom Penh, this escape springs chic comfortability and style while maintaining exquisite Cambodian service.

Independence Hotel by Dara

An oasis of calm and luxury in Sihanoukville – one of the finest locations in South East Asia. Unspoiled sands backed by lush vegetation encircle the hotel. The full delights of the resort, spa and private beach are ready for you to enjoy. Set in the charming tropical beauty of Cambodia's premier beach destination, with 35 hectares landscape and 300 meters of private beach, Independence Hotel Resort & Spa provides you a luxurious refuge that opens out onto breath taking panoramas.

5* FCC Angkor by Avani

Foreign correspondents, archaeologists, royalty – they all gather here at the FCC Angkor, a peaceful sanctuary shaded by banyan trees right in the centre of the Old French Quarter of charming Siem Reap.

Formerly the residence of the French governor, the historic mansion has been renovated with modern comforts, but retains its cosy, intimate vibe.



31st May to
10th June
2024



INTINERARY

DAY 1:

Friday 31st May 2024
Arriving at Aquarius Hotel and Urban Resort, Phnom Penh

The Aquarius Hotel and Urban Resort nestled in the heart of Phnom Penh, surrounded by the famous and momentous landmarks. It will immerse you in a thriving and frantic street life of this fascinating city while simultaneously cocooning you in luxury and comfort, your home away from home from which to explore this captivating city.

Unpack your bags and order a cocktail in their open air sky bar or relax in their infinity glass walled swimming pool.

Evening:

Enjoy this opportunity to mingle with the other attendees at the complimentary drinks and registration function.

DAY 2:

Saturday 1st June 2024
Aquarius Hotel and Urban Resort, Phnom Penh

Morning Session: 9am to 10.30am

Firstly we start with a fascinating insight into the history of Cambodia and Phnom Penh by an expert historian, Linguist and long-term expat.

Jean-Michel Filippi is a professor of Khmer studies at the Royal University of Phnom Penh. He holds a Ph.D. in linguistics and master's degrees in anthropology and mathematics.

He specialises in the description of the Khmer language and various minority languages of Cambodia and Southeast Asia.

He is currently in charge of a UNESCO program about minority languages and cultures in Cambodia's Cardamom Mountains.



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**Jean-Michel
Filippi**

Jean-Michel has published several articles and books about these topics, mainly in French and Khmer, but also in English, including “Everyday Khmer” and the soon to be published “Preliminary Researches About Cambodian Minority Languages”.

Apart from linguistics, he has always had a great interest in Cambodian history and art. His wealth of knowledge on Cambodia makes him a fascinating speaker on a diverse range of topics.

Morning Break: 10.30am to 11am

Late morning session: 11am to 2pm

- Trauma Advanced First aid, medical retrieval

Australia is fortunate to have highly trained Medical retrieval services that save lives by providing critical care, safe transfer and definitive treatment for patients in cities, rural, and remote areas. This ranges from State ambulance services, Aero and Nautical specialties, State emergency services and trained volunteers, developing countries are often not as fortunate to have access to such services. In this session we will hear from local clinicians about how Medical retrieval is coordinated in Cambodia and what the future holds.

Evening: OPTIONAL BOUTIQUE COCKTAIL TOUR

This evening your expat guide will meet you at your hotel to begin a night time exploration of some of Phnom Penh’s most prestigious cocktail bars. Journey around the city by tuk tuk experiencing the energy that makes up Cambodia’s capital whilst enjoying artful mixology.

Afternoon: PHNOM PENH HISTORY HALF DAY TOUR

Your half day tour this afternoon is designed to give you an insight into the horrors of Cambodia’s past, but also a sense of the optimism of its people. You will begin with the emotive settings of the detention centre S21 at Tuol Sleng and the ‘Killing Field’ of Choeung Ek.

Please be aware that the exhibits are, by their very nature, both graphic and disturbing, highlighting the atrocities committed against an entire population during one of the most terrifying periods in Cambodia’s history.

DAY 3:

Sunday 2nd June 2024

Aquarius Hotel and Urban
Resort, Phnom Penh

Day 3:
Continued...

Evening: SUNSET BOAT CRUISE INCLUDING DRINKS & CANAPES

This evening as the sun descends head out on your own private boat into the Mekong River and enjoy the skyline of Phnom Penh as darkness falls.

Day 4:
Monday 3rd June 2024
Independence hotel by
Dara, Sihanoukville

Morning:

This morning we board our bus for the journey to Sihanoukville, this will take approximately 3 hours.

On arrival in Sihanoukville delegates will visit a local hospital where we will visit the facility and discuss the delivery of emergency management and referral is conducted in the more remote areas of Cambodia, the reasons why, and what future advances are planned for these regions. reviewing the similarities and differences - this is an opportunity to learn from each other.

Afternoon:

After our check into our accommodation 'Independence hotel by Dara', you have free time to enjoy the oasis of calm and luxury in Sihanoukville.

Day 5:
Tuesday, 4th June 2024
Independence hotel by
Dara, Sihanoukville

Morning: 9am to 11am

- Advanced Life Support & Anaphylaxis

The leading causes of Emergency department presentations in both Australia and Cambodia are strikingly similar. Heart Disease, stroke, road trauma, self-harm and Respiratory problems are all in the top 10 causes for presentation in both Countries. Ongoing Advanced Life Support Training is key to achieving the best outcomes in all these situations. In this session we will review the latest ANZCOR Guidelines for both Adult and Paediatric Life Support and management of Anaphylaxis.

Day 5:
Continued...

Afternoon:

Named after the former King, Sihanoukville is a bustling and lively port town and Cambodia's premier beach destination. It is home to some architecturally intriguing pagodas. Experience Sihanoukville's stunning coastline scenery and explore the visual feast that is Cambodia's capital on a panoramic drive past some of its highlights.

You'll see Independence Beach en route to Sihanoukville's most prominent religious landmark. View from the outside the colorful Intra Ngean Pagoda, which takes pride of place overlooking the town and seascape beyond.

A drive through Psar Leu, the main market in Sihanoukville, offers an unfiltered, authentic glimpse of a real, working Khmer market. Wander briefly among the stalls and perhaps purchase a traditional krama - the colorful Cambodia headscarf worn by all Khmers.

Day 6:
Wednesday 5th June 2024
FCC Angkor by Avani

Today we take a short flight to Siem Reap, gateway to Angkor Wat, the world's largest religious monument and the heart and soul of Cambodia.

Welcome to Siem Reap Reception (guests welcome)

Enjoy tantalising cocktails and canapé's as we watch sunset over the river at our welcome to Siem Reap reception. Here you will learn about all this enchanting city has to offer.

Day 7:
Thursday 6th June 2024
FCC Angkor, Siem Reap

Morning: OPTIONAL TOUR (Costs apply):

This morning you will be escorted around the city to some of the finest boutiques and markets for an ethical shopping experience.

This tour will showcase some of the finest handmade Cambodian souvenirs, art, clothing and more. There is no better way to shop your way around temple town.

Day 7:
Continued...

Afternoon: Tonle Sap Floating village and health care centre visit

Once at the lake, we'll boat to one of the lake's floating village communities and gain an insight into how the villagers live and what local life is like.

We'll visit the local provincial health care centre. Here we'll have a presentation and discussion to delve deeper into how emergency management and referral is conducted in the more remote areas of Cambodia, the reasons why, and what future advances are planned for these regions.

We'll then continue the journey out onto the lake with a cold drink to watch as the sun descends before heading back to the hotel.

Day 8:
Friday 7th June 2024
FCC Angkor, Siem Reap

ANGKOR SUNRISE & FULL DAY TEMPLE EXPLORATION

Wake up early this morning to depart at 4:45 AM, to see the amazing sunrise at Angkor Wat, a bucket list item on any trip to Siem Reap, the pre-dawn view provides a different and tranquil feeling in the cool of the morning. We will return to your hotel in time for Breakfast.

We start today with a visit to Angkor Thom, the ancient royal city of the Khmer Empire with its centrepiece; the Bayon temple. Although it may look like a shapeless mass of stone, further scrutiny reveals towers with enigmatic faces of former King Jayavarman VII.

Continue to the Terrace of the Elephants, which served as a platform from where the King could welcome back his victorious army and the Terrace of the Leper King, which holds perfect carvings winding along a narrow passageway that leads to the Baphuon complex.

Next head to the picturesque Ta Prohm. This temple is considered to be Angkor's most beautiful structure and is overgrown with fig trees, giving a haunting yet exotic atmosphere. The magnificent roots of the trees have merged over the centuries with the temple's huge stone blocks, emphasizing a 'forgotten city' feeling.

Enjoy Lunch at a local restaurant nearby Srah Srang lake before continuing to Angkor wat. In the afternoon, visit the most famous of all the temples on the Angkor plain: Angkor Wat.

Day 8:
Continued....

The temple complex covers 81 hectares and is comparable in size to the Imperial Palace in Beijing. Its distinctive five towers are emblazoned on the Cambodian flag and the 12th century masterpiece is considered by art historians to be the prime example of classical Khmer art and architecture.

Angkor Wat's five towers symbolize Meru's five peaks, the enclosed wall represents the mountains at the edge of the world and the surrounding moat symbolizes the ocean beyond.

Evening: OPTIONAL FOOD TOUR (Costs apply)

A truly unique, private culinary journey around Siem Reap. You'll be whisked around the city to four destinations on this progressive-style, private degustation.

We have worked with the chefs at 3 different destinations for your starter, main and dessert, and have curated a selection of tasting platters (HINT: You will not see these on the menu) at each, just for you.

First stop, a starter and a sunset cocktail. Feel free to walk around the kitchen's garden; most of the produce is grown right there on site. Here you will taste three different flavours that are synonymous with Cambodian cuisine.

Your next stop is set in a Khmer Wooden house on the outskirts of the city among the tropical gardens, you'll have your own tasting platter of three of the country's most famous dishes. Slipping back into town, next you will get to sample a dessert platter from one of the country's most awarded chefs.

Over the evening you will sample ten different dishes from three of the country's most awarded chefs, with an accompanying drink at each destination, at your own pace.

Day 9:
Saturday 8th June 2024
FCC Angkor, Siem Reap

Morning Session: 9am to 12pm

11am - 1.30pm:

- Bites Stings and Poison

Like Australia, Cambodia has numerous snakes, spiders, and insects whose bite can prove fatal. There are reportedly in excess of 30 snake bite deaths alone per year in Cambodia, and thousands of hospital presentations.

Day 9:
Continued...

Many deaths are potentially avoidable as people will seek assistance from Traditional healers before attending hospital. In this session we will review the latest ANZCOR Guidelines on the treatment of Bites from Snakes, spiders and insects. In Siem Reap we have the opportunity to visit the reptile park, where we enjoy a presentation from experts in the field as we get up close and personal with these fascinating, yet dangerous creatures.

- Infectious diseases – Rabies, Dengue Fever, Japanese encephalitis

Due in part to some of the strictest bio security measures in the world, Australia is fortunate to have only a limited number of endemic infectious diseases. Sadly, the same cannot be said for developing countries such as Cambodia. Dengue Fever, Japanese encephalitis, Malaria, Avian/bird flu and Rabies are just a few examples of Endemic infectious diseases that place an enormous burden on the health care system and account for a large portion of Emergency department visits and deaths per year. Sadly, the vast majority of these cases are avoidable, occurring in rural areas where Health services, immunisation programs, and public Health awareness are lacking. In this session we look at the emergency management of these conditions along with the current gold standard preventive measures.

Afternoon: 1pm to 3pm

This afternoon we will visit the reptile park, where we enjoy a presentation from experts in the field as we get up close and personal with these fascinating, yet dangerous creatures.

Evening: DINNER AND PHARE CIRCUS

This evening, departing around 6pm we will depart to the Phare Circus big top where a buffet dinner will be awaiting you.

After your dinner, enter the big top where you will be amazed by the talents of the acrobats from the famous Phare Circus who work mainly with disadvantaged young people.

Morning: Angkor International Hospital Visit

More than twenty years ago, acclaimed Japanese photographer Kenro Izu visited Siem Reap to photograph the temples of Angkor.

Day 10:
Sunday 9th June 2024
FCC Angkor, Siem Reap

Day 10:
Continued....

We will be privileged to have an exclusive insight into this facility with a guided visit by Deputy Hospital Director, Dr Ngeth Pises.

Afternoon session: 1pm to 3pm

- Trauma informed care and conference summation

As many people are aware, Cambodia has experienced one of the most traumatic and catastrophic events in recent history. Between 1975 – 1979 Cambodia endured systematic and massive human rights violations that included torture, executions, slave labour, starvation, and illness. Nearly one fifth of the population is reported to have died in this period. Today the majority of Cambodian people still carry the scars of this era. Many of our Australian patients will also present to our care with their own traumatic background. It is important as Healthcare professionals we recognise this and provide care accordingly. In this optional session we will explore and discuss the ways this nation has been able to recover and rebuild despite the trauma that they have witnessed and how we might be able to apply this in our own practice.

EVENING: Farewell Gala Dinner

7 COURSE DEGUSTATION GALA DINNER AT THE FAMOUS ‘LUM ORNG’ RESTAURANT.

Here, owner-chef Sothea Seng cooks New Mekong Cuisine from Cambodia and beyond, based on seasonal produce from his farms, local markets, and growers across the region.

We say our final goodbyes – Safe Travels

Day 11:
Monday 10th June 2024
FCC Angkor, Siem Reap

**EXTENTION PACKAGE
AVAILABLE**

6 Night Vietnam Extension package available

Why not take some time to reflect in all you have learned and visit Vietnam, Cambodia’s neighbouring country?



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EXCLUSIONS:

- Flights to and from Cambodia
- Meals & Drinks not mentioned
- Departure transfer to airport
- All optional tours
- Travel insurance - please contact us at travel@traveldirectaustralia.com.au for a quote
- Visa

COST

Delegate (Twin Share)	\$3260 per person
Single Supplement (Own room for one)	\$790 per person
Non Delegate (Twin Share)	\$2760 per person

CONTACT travel@traveldirectaustralia.com.au for flights or insurance quotes!



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6 Day Vietnam extension package

Hanoi | Halong

10th June to 15th June 2024

\$1529 per person, based on twin/double share

\$400 per person deposit

INTINERARY

DAY 1: Arrive in Hanoi

You will meet your guide on arrival Hanoi airport, be transferred and check-in to your hotel. During the drive your guide will provide an introduction to Hanoi, answer any questions you have. Enjoy free time for the remainder of the day.

Hanoi is Vietnam's capital city and home to more than seven million people. Traditional and refined, with French colonial architecture, tree-lined boulevards, scenic lakes and a bustling Old Quarter, Hanoi has a sophisticated charm. Observe elderly people practicing Tai Chi by the lake, with barbers and food vendors plying their sidewalk trade.

Hanoi has many great restaurants with French, Vietnamese and international cuisines available. Ask your guide for personal recommendations.

DAY 2: HANOI - HIGHLIGHTS CITY VISIT & CYCLO RIDE

Lying in the heart of the Red River Delta, the Vietnamese capital city of Hanoi blends the old world charm with the dynamism of a rising Asian city. Its legacy as a former French colonial city is still evident from the French-inspired features - lakes and parks, colonial architecture and broad tree-lined boulevards - that still dot the present cityscapes. The city has undergone dramatic transformation over the last thirty years and is now seeing a burgeoning population paralleled by rising motorbike ownership, a rapidly expanding retail sector and a flourishing art scene. Yet when compared with Ho Chi Minh City, the economic powerhouse in the south, Hanoi still retains a romantic and elegant atmosphere.

Set off early in the morning for a day guided tour of Hanoi. Begin with a visit to West Lake to admire the sixth-century Tran Quoc Buddhist Pagoda.

Next come to visit the historic Ho Chi Minh mausoleum, an imposing monument lavishly built using marble and granite, and where the preserved body of "Uncle Ho" resides.

Behind the Mausoleum, you can see Ho Chi Minh's House. The simple house where Ho Chi Minh lived and worked from 1954 until 1969 is made of wood and enjoyed a tranquil setting, with a view of a lotus pond. Ho Chi Minh's belongings are on display and you can walk up the steps of his house to see his bedroom.

Drive to visit the serene Museum of Ethnology where you observe Vietnam's diverse culture through the Museum's unique presentation of artefacts and dress used in daily life.

The Temple of Literature, Vietnam's first university. Constructed in 1070, the gardens and well-preserved architecture offer a relaxing glimpse into Vietnam's past.

Enjoy included lunch at local social restaurant KOTO - Know One Teach One.

Have about an hour tour by cyclo, a chauffeur-pedalled tricycle, through Hanoi's Old Quarter, also known as "36 streets". This bustling area of narrow streets and alleys is home to literally thousands of small businesses and shopkeepers. It's a great place to explore, especially by cyclo, with plenty of photo opportunities all around you.

Included meals: Breakfast, Lunch



DAY 3: HANOI – HOA LU/ NINH BINH EXCURSION

Depart your hotel this morning on about 70km – 2.5 hours drive through rural northern Vietnam to the site of Vietnam’s first capital, Hoa Lu. The ravages of time have destroyed the ancient citadel but some vestiges including King Dinh and King Le worship temples still stand to this day among the rice paddies and are a worthwhile visit to get a glimpse of the ancient Vietnamese past. Followed by an included lunch at a local restaurant.

Then continue on boarding a sampan and enjoy a cruise of Trang An. Limestone hills surround a peaceful river which passes through a series of caves (one which takes 15-minutes to pass through in darkness). An 'eco tourism' area, the only interruptions here are the sound of birds and the gentle paddle of the oar upon the crystal clear river.

OR (Choose boat cruise 01 place at Trang An or Tam Coc for day tour visit)

Boarding a sampan and it will take you through rice paddies to grottoes of the sacred Tam Coc Caves. As the sampan gently slices through the water, notice the enormous limestone karsts jutting out from the green rice fields giving rise to Hoa Lu’s other name, “Halong on Land”. Should you feel adventurous, climb up to Bich Dong Pagoda, which offers a beautiful scenic view of the surrounding countryside.

Leave Ninh Binh and arrive Hanoi late in the afternoon.

Included meals: Breakfast, Lunch



DAY 4: HANOI – HALONG BAY OVERNIGHT CRUISE

Your morning departure from your hotel in Hanoi to Halong Bay takes you on a journey through the rich farmlands of the Red River Delta.

Arrive in Halong and board a traditional sailing junk. As the vessel sets sails, you will be greeted by the Crew Team who will aim throughout your stay at providing you with the highest standards of service for a pure pleasure and utmost comfort onboard. Discover some of the treasures disseminated across the Bay of the Descending Dragon during the afternoon: fascinating caves, pristine beaches, picturesque floating villages, fantastic rock formations rising up out of emerald water. While onboard, you can take advantage at leisure of the cruise services; surrounded by a stunning setting in motion, you could attend our chef's cooking demonstration and try your skills in the art of traditional Vietnamese cooking.

Defined to be one of the highlights of your stay, a highly refined, innovative and varied cuisine will be presented for Lunch and Dinner in the elegant dining-room, accompanied by a wide selection of wines and beverages (with extra charge applied) for drink).

In the evening enjoy the entertainment activities as movie night, squid fishing or just enjoying a cocktail surrounded by limestone rocks majestically springing out from silent waters in the night.

NOTE: This tour is subject to change depending on weather conditions.

Included meals: Breakfast, Lunch, Dinner



DAY 5: HALONG BAY - HANOI

Early birds can attend a Tai Chi demonstration on the sundeck at the break of dawn. Start the day enjoying some delights with a light breakfast and follow by a colorful brunch. . Continue exploring Halong Bay sailing across its 2000 islets and visiting some of its major highlights. Your cruise will come to an end at the pier in Halong late morning and you will be met and transferred back to Hanoi. The drive will take around 2.5-3 hours with technical stop en-route. You will arrive in Hanoi around mid afternoon and rest of the day is free at leisure.

Included meals: Brunch

DAY 6: HANOI DEPARTURE

Breakfast at hotel. Free at leisure.

You will be picked up from hotel and transferred to the Noi Bai airport for your departure flight.

Inclusions:

- Accommodation with daily breakfast
- Meals as indicated
- All transportation, daily tours and admission fees
- Professional English speaking local guides

Exclusions:

- Flight to Vietnam
- Tipping for guide and driver
- Travel Insurance
- Meals not mentioned

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