



# ***From Clinic to Community: Women's Health Through a Global Lens Cambodian Study Tour***

**Phnom Penh | Siem Reap  
20<sup>th</sup> to 30<sup>th</sup> July 2026**

**CPD Hours: 35**

***PLUS...***

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



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**EDUCATION *at* SEA**

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## ABOUT THE TOUR

This immersive nursing study tour explores the complex landscape of women's health through a cross-cultural lens, focusing on the unique challenges and triumphs experienced by women in Cambodia. Over the course of the tour, participants will engage in site visits, community discussions, and comparative analysis of health systems and practices between Cambodia, Australia, and global standards.

From maternal health to mental well-being, gender-based violence to cancer prevention, participants will critically examine how social determinants, cultural beliefs, infrastructure, and policy shape the health outcomes of women in diverse settings. By connecting with local healthcare workers, NGOs, and communities, Australian nurses will deepen their understanding of global health disparities and their own role in advocacy, equity, and culturally safe care.

## LEARNING OUTCOMES:

During this study tour, you will:

- Develop culturally sensitive nursing practice.
- Critically compare and contrast women's health issues globally, regionally, and locally.
- Explore innovative, community-based solutions to health inequities.
- Foster professional growth through reflective, experiential learning.



## YOU WILL ALSO LEARN:

### Maternal & Reproductive Health

- Access to contraception and safe abortion services
- Antenatal/postnatal care access and maternal mortality rates
- Traditional birth practices vs. modern midwifery
- Role of doulas, TBAs (Traditional Birth Attendants), and nurses

### Sexual Health & Education

- STIs (HIV/AIDS prevalence, prevention strategies)
- Adolescent sexual health education and cultural taboos
- Access to sexual health clinics and community outreach programs

### Gender-Based Violence & Human Rights

- Domestic violence statistics and response systems
- Legal protections (or lack thereof)
- Support services for survivors
- Human trafficking and modern slavery impact on women

### Cervical & Breast Cancer Screening

- Access to screening and treatment
- Health literacy and early detection efforts
- Government or NGO-led programs

### Mental Health & Trauma

- Impact of poverty, war trauma (Khmer Rouge legacy), and gender norms
- Availability and stigma around mental health care for women
- Suicide and self-harm statistics

### Nutrition and Rural Health Access

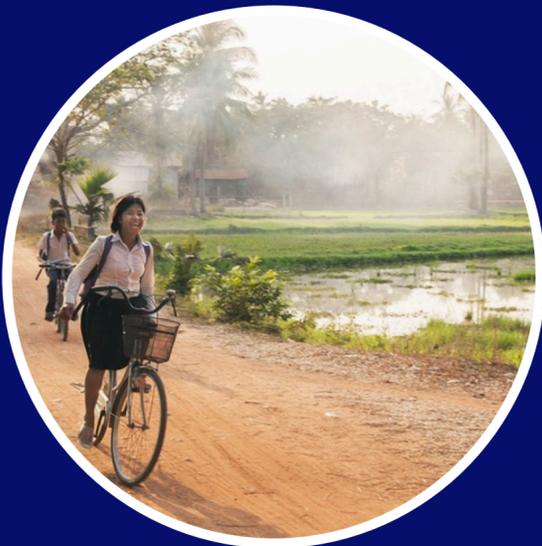
- Impact of food insecurity and malnutrition
- Maternal and infant malnutrition
- Access to clean water and sanitation

### The Role of Nurses and Midwives

- Scope of practice for Cambodian nurses/midwives
- Training, education, and workforce challenges
- Comparison with Australian systems and professional autonomy

### Cultural Beliefs & Traditional Medicine

- Intersection of traditional Khmer practices and Western medicine
- Women's roles as caregivers and health decision-makers



## CLINICAL LEADS:

### **SUE WALKER - RN, BN, BN (ADMIN), MPH (PALCARE), 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 library.

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, Training and Assessment, and is also an Accredited Mental Health First Aid Trainer, Mindfulness Practitioner, and Clinical Supervisor.

Sue has extensive experience both as a clinician, educator, and senior manager. She has presented at local and international conferences on many topics including the key issues impacting on the psychological impact of the work that Nurses do and how the work requirements to deliver healthcare impact on the health of the clinician.

Sue is passionate about making a difference to the way in which people experience the health care system. Nurses are the backbone of the healthcare system and work in difficult environments that can take advantage of their caring nature and commitment to ensuring the best possible care is delivered. Our health care system relies on Nurses to work extra shifts, longer shifts, double shifts. It relies on Nurses and Midwives willingly.

Sue is excited to offer her extensive clinical experience and also create a space for attendees to connect and discuss their experiences and challenges. The learning environment will be enjoyable and engaging for all participants.



## Jason Dawson, Education at Sea

Jason Dawson is from the Gold Coast, Queensland. Whilst studying his Bachelor of Nursing at Southern Cross University he developed an interest in mental health and has worked in this field of nursing for many years 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.





## INCLUSIONS:

- 4 Nights stay at 5\* TRIBE Phnom Penh Post Office Hotel 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
- Transfer to Siem Reap
- 5 nights stay at 5\* FCC Angkor by Avani including breakfast
- Sunrise at Angkor Wat and full day temple exploration
- Tonle Sap floating village hospital experience
- Hospital visit in Siem Reap
- Medical market tour by ‘Noo’
- Sightseeing with national English-speaking guide
- Entrance fees
- Meals as specified
- Cold towels and water on sightseeing days

### 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 35 CPD hours attached to the Program for you to include in your CPD Evidence Portfolio

20<sup>th</sup> to 30<sup>th</sup>  
July  
2026



## INTINERARY

### DAY 1:

Monday 20<sup>th</sup> July 2026  
Phnom Penh

**Inclusions:** Welcome  
Drinks

Located on the Mekong River in the vibrant Post Office Square district, TRIBE Phnom Penh is surrounded by French colonial heritage and iconic New Khmer architecture, just a short stroll from the city's most famous landmarks.

Take some time to unwind, freshen up, and settle into your room at Take a short stroll around the neighborhood to get your bearings, Light local exploration: Consider visiting the nearby Independence Monument or Wat Botum if you're up for a relaxed walk.

### DAY 2:

Tuesday 21<sup>st</sup> July 2026  
Phnom Penh

**Inclusions:** Breakfast &  
Lunch

**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.

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".



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**Jean-Michel  
Filippi**

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

**Morning session continued:** 11am to 1pm

The Role of Nurses and Midwives

- Scope of practice for Cambodian nurses/midwives
- Training, education, and workforce challenges
- Comparison with Australian systems and professional autonomy

Cultural Beliefs & Traditional Medicine

- Intersection of traditional Khmer practices and Western medicine
- Women's roles as caregivers and health decision-makers

**Lunch:** 1pm to 2pm

**Afternoon:** 2pm to 4pm

We will visit a local hospital and see how Women's health care is handled in Cambodia and the challenges they face. We will review the similarities and differences - this is an opportunity to learn from each other.

**Evening:** 6pm to 11pm **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.

**Morning:** 9am - Visit Killing Fields and S21

After breakfast, the tour will begin with a visit to the Killing Fields of Choeung Ek. Choeung Ek is one of the most infamous sites related to the Khmer Rouge regime, which ruled Cambodia from 1975 to 1979. During this time, the regime, led by Pol Pot, sought to establish a radical agrarian socialist society, but their efforts resulted in mass violence and widespread human rights abuses.

### DAY 3:

Wednesday 22<sup>nd</sup> July 2026  
Phnom Penh

**Inclusions:** Breakfast,  
Lunch & Sunset Drinks  
with canapes

The Killing Fields became the site of mass executions, where thousands of innocent men, women, and children were killed. It is believed that around 17,000 people were taken to Choeung Ek from the infamous S-21 Prison (Tuol Sleng) for execution and burial in mass graves. Many of these victims were accused of being enemies of the Khmer Rouge, but often, the reasons for their execution were arbitrary.

#### **12pm to 1pm:** Lunch

After lunch and refresh will continue S21 at Tuol Sleng, or Tuol Sleng Genocide Museum, is one of the most notorious sites associated with the Khmer Rouge regime in Cambodia. Located in Phnom Penh, it was originally a high school but was converted into a prison and interrogation center by the Khmer Rouge between 1975 and 1979, under the leadership of Pol Pot. 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.

#### **Evening:** 4.45pm – Sunset Boat Cruise

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.

#### **Morning:** 9am to 10.30am

Let's unpack what we saw yesterday and discuss the impact of trauma.

Then we will move onto:

#### Reproductive Rights & Family Planning

- Access to contraception and safe abortion services
- Women's reproductive autonomy

#### Cambodia Context

- Community education programs
- NGO-driven contraceptive initiatives

#### Australian Relevance

- Increased conversation around reproductive coercion
- Abortion law reforms in various states

#### **Break:** 10.30am to 11am

#### **Day 4:**

Thursday 23<sup>rd</sup> July 2026  
Phnom Pehn

**Inclusions:** Breakfast &  
Lunch

### **Morning session:** 11am to 1pm

#### Gender-Based Violence (GBV) & Women's Safety

- Domestic violence prevention and response
- Trauma-informed care

#### Cambodia Context

- GBV in post-conflict communities
- Support services for survivors

#### Australian Relevance

- Family and domestic violence remains a major health burden
- Mandatory reporting issue

### **Afternoon:**

Explore what Phnom Penh has to offer or book one of our optional tours available

### **Morning:** 8am

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

During our journey we will explore the tarantula market and then have a further stop where you can buy lunch or snacks to eat on the bus.

Upon arrival to Siem Reap we will check into our hotel, FCC Angkor by Avani.

### **Evening:** 5pm to 6pm

Enjoy tantalising cocktails 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.

### **Morning:** 9am to 11am - Noo's Market Tour

Traditional medicine in Cambodia also known as complementary and alternative medicine, is a practice that has been used for centuries to treat various ailments in different parts of the world.

In Cambodia, traditional medicine has played an essential role in the healthcare system, particularly in rural areas where access to modern medicine is limited.

## **Day 5:**

Friday 24<sup>th</sup> July 2026  
Siem Reap

**Inclusions:** Breakfast,  
Evening Drinks

## **DAY 6:**

Saturday 25<sup>th</sup> July 2026  
Siem Reap

**Inclusions:** Breakfast

The use of traditional medicine has been deeply rooted in Cambodian culture, and it is considered an integral part of the country's healthcare system.

Our local guide 'Noo' will teach us the rich tradition of using natural remedies and spiritual practices to cure illnesses.

#### Nutrition and Rural Health Access

- Impact of food insecurity and malnutrition
- Maternal and infant malnutrition
- Access to clean water and sanitation

**Afternoon:** 2.30pm - 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.

Free day to explore Siem Reap or Ask us to help organise an additional tour!

**OPTIONAL TOUR:** 6pm Progressive Degustation Food Tour

Embark on a guided culinary journey through Siem Reap's most exciting restaurants. This curated degustation experience takes you course by course across handpicked venues, showcasing modern Khmer cuisine and creative twists on tradition. Explore the city's vibrant dining scene, and savor a refined taste of Cambodia.

- Savor 10 tastes over 3 locations from authentic Khmer dishes to modern fusion.
- Immerse yourself in the rich flavors and stories behind each dish.
- Finish with a refined dessert or cocktail at a stylish local venue.

#### Day 7:

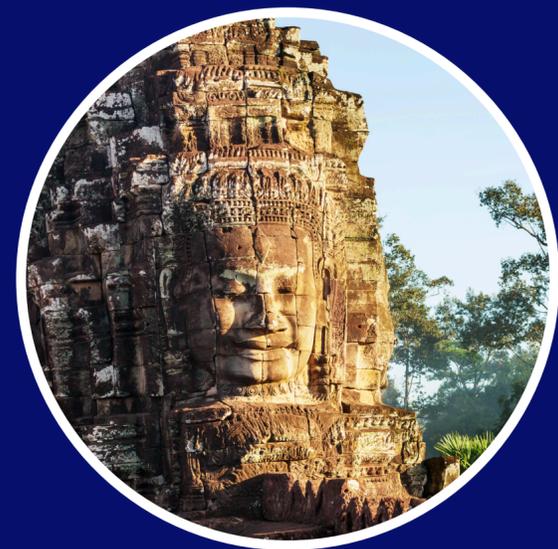
Sunday 26<sup>th</sup> July 2026  
Siem Reap

**Inclusions:** Breakfast & Lunch

## DAY 8:

Monday 27th July 2026  
Siem Reap

**Inclusions:** Breakfast and  
Lunch



## 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.

After breakfast we will start with a visit to Angkor Thom, the ancient royal city of the Khmer Empire with its centerpiece; 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.

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.

## DAY 9:

Tuesday 28<sup>th</sup> July 2026  
Siem Reap

**Inclusions:** Breakfast and  
Lunch

**Morning session:** 9am to 10.30am

Cervical Cancer Prevention & Women's Health Screening

- HPV vaccination uptake
- Screening program access

Cambodia Context:

- Low screening rates due to cost & access
- NGO-run outreach programs

Australian Relevance:

- Australia's ambitious goal to eliminate cervical cancer by 2035

**Break:** 10.30am to 11am

**Morning session:** 11am to 1pm

Fertility, IVF & Reproductive Technologies

Why It's Trending:

- Delayed childbearing trends
- Ethical and cultural considerations around IVF & fertility access

Cambodia Context:

- Fertility stigma in rural areas
- Limited access to reproductive technology

Australian Relevance:

- Expanding access to fertility services
- Workplace support for fertility leave

**Lunch:** 1pm

**Afternoon:** Enjoy this afternoon at your leisure or join one of our suggested tours!

**Evening:** 5.30pm to 9pm **OPTIONAL TOUR PHARE CIRCUS**

More than just a circus, Phare performers use theater, music, dance and modern circus arts to tell uniquely Cambodian stories; historical, folk and modern. The young circus artists will astonish you with their energy, emotion, enthusiasm and talent, making Phare Circus the top-rated modern cultural performance in Siem Reap.

Phare artists are students and graduates from Phare Ponleu Selpak's vocational training center in Battambang. The association was formed in 1994 by 9 young men coming home from a refugee camp after the Khmer Rouge regime. They were greatly helped during that time by an art teacher using drawing classes as therapy and wanted to share this new skill among the poor, socially deprived and troubled youngsters in Battambang.

They founded an art school and public school followed to offer free education. A music school and theatre school were next and finally, for the kids who wanted more, the circus school. Today more than 1,200 pupils attend the public school daily and 500 attend the alternative schools. Phare Ponleu Selpak also has extensive outreach programs, trying to help with the problems highlighted in their own tales.

Phare The Cambodian Circus offers these students and graduates somewhere to hone their skills and a place to earn a decent wage. Money that will take them out of poverty and give them self-respect and freedom.

**Morning:** 9am to 12pm - Angkor international hospital visit.

Today we will visit the skilled Cambodian staff at Angkor Hospital who are pioneering healthcare rarely available in the country. We will be privileged to have an exclusive insight into this facility with a guided visit by Deputy Hospital Director, Dr Ngeth Pises.

**Lunch:** 1pm to 2pm

**Afternoon Session:** 2pm to 3.30pm

Mental Health & Women's Wellbeing

- Stigma in seeking help
- Community-based mental health supports

Cambodia Context:

- Trauma legacy from Khmer Rouge period
- Limited mental health services, particularly for women

Australian Relevance:

- Perinatal mental health focus
- Mental load & burnout among women in caregiving roles

**Afternoon Break:** 3.30am to 4pm

**Day 10:**

Wednesday 29<sup>th</sup> July 2026  
Siem Reap

**Inclusions:** Breakfast and  
Dinner

**Afternoon session:** 4pm to 5.30pm

**Menopause & Midlife Health**

- Global surge in menopause education, advocacy & workplace policy changes
- Increased focus on midlife women's mental health, heart health, and bone health

**Cambodia Context:**

- Traditional approaches to menopause
- Lack of formal support structures

**Australian Relevance:**

- Workplace conversations about menopause inclusion
- Rise in demand for nurse-led menopause clinics

**Evening:** 6pm Farewell Dinner with Apsara Dance Performance

Angkor Village Restaurant in Siem Reap is a well-known, traditional Cambodian dining venue that offers an immersive cultural experience.

**Day 10:**

Thursday 30th July 2026  
Siem Reap

**Inclusions:** Breakfast

We say our final goodbyes – Safe Travels

**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?



## EXCLUSIONS:

- Flights to and from Cambodia
- Travel Insurance
- Personal expenses, Airport and hotel portorage fees
- Meals & drinks not mentioned
- Arrival & departure transfer to airport
- Visa
- Tips and gratuities for driver and guide
- Visits, other entrances not mentioned above
- Optional Tours (if required)



## INTERNATIONAL FLIGHTS & TRAVEL INSURANCE:

We are happy to provide airfare quotes upon request for any travel needs, there is no obligation.

Booking your airfare with Travel Direct Australia/Education At Sea provides the convenience of having all your travel plans organized under one roof. This also comes with the advantage of having all your associated travel costs on a single statement of account.

As airlines no longer provide commission on airfare bookings, Travel Direct Australia charges a flat service fee of \$75 per person should you decide to move forward with this booking. Any amendment, cancellation, etc. fees are subject to carrier terms and conditions. Travel Direct Australia will not be responsible for any financial loss due to cancellation from unforeseen circumstances. We strongly recommend you take out travel insurance at time of booking.

## COSTS:

|                             |                       |
|-----------------------------|-----------------------|
| Twin share                  | \$3240 AUD per person |
| Single Occupancy Supplement | \$750 AUD per person  |
| Deposit                     | \$800 per person      |



*Vietnam*

## 6 Day Vietnam Extention Package

**Hanoi | Hoa Lu | Ninh Binh | Halong Bay**  
**30<sup>th</sup> July to 4<sup>th</sup> August 2026**



30<sup>th</sup> July  
to  
4<sup>th</sup> August 26



## INTINERARY

### DAY 1:

Thursday 30<sup>th</sup> July 2026  
Hanoi

**Inclusions:** Breakfast

Fly from Siem Reap to Hanoi.

### TOUR START:

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:

Friday 31<sup>st</sup> July 2026  
Hanoi

**Inclusions:** Breakfast &  
Lunch

### 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. (Ho Chi Minh Mausoleum is closed every Monday & Friday, all afternoons and from late September until December). 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. (Museum of Ethnology is closed on Mondays).

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.

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.



### DAY 3:

Saturday 1<sup>st</sup> August 2026  
Hanoi

**Inclusions:** Breakfast &  
Lunch

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.

#### **DAY 4:**

Sunday 2nd August 2026  
Hanoi - Halong Bay

**Inclusions:** Breakfast,  
Lunch & Dinner



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.

