

JAKE GREZ

Adventure and Healthcare in Vietnam

8 DAYS / 7 NIGHTS

learnbyadventure.worldstrides.com/vietnam-with-jake-grez



DAY 1

Thursday, December 7, 2023

Welcome to Vietnam

- * After being met at the airport you will be escorted to your hotel, a beautiful welcome dinner to meet other travelers, and a well-deserved rest.

DAY 2

Friday, December 8, 2023

Healthcare & Ho Chi Minh City

- * The day begins with a fabulous buffet breakfast at the hotel.
- * As this week has been specially designed for those working in healthcare or those with an interest in the field, we start our Vietnam journey with a visit to the HCMC University of Medicine and Pharmacy. You'll visit the teaching hospital, meet local staff and hear a short presentation on the state of healthcare in Vietnam. After mingling with some new colleagues, it's off to explore HCMC. A 68-story marvel, this airy tower graces the HCM City skyline as the 124th tallest tower in the world. Floors of the building house offices, shops, restaurants, and a helipad, but the biggest draw is the Saigon Skydeck, an observation deck that provides 360-degree views of HCM City and the Saigon River below.
- * Back to the hotel to freshen up and for a lobby happy hour. Tonight, we see and experience Saigon like a local. We will all be jumping on the back of a moped (with a skilled local driver) to enjoy a progressive dinner across multiple locations enjoying the many dining styles and scenes across the city. After dinner, we will continue on our mopeds to experience many of the nightlife destinations (food and drinks included).



DAY 3

Saturday, December 9, 2023

Phu Quoc

- * Breakfast first then off to the airport as we say goodbye to HCMC and Xin chào to head to the white sand beaches of Phu Quoc. These beaches earned Phu Quoc the nickname of "Pearl Island," but the island is also home to both environmental and culturally significant locations. A small mountain range, forests, clear water, and amazing beaches sit alongside unique temples and fish sauce companies. You will have two full days to explore and relax.
- * Tonight, we had to one of the many fabulous restaurants on the island and nightlife locations for an amazing Saturday night. Think sunsets, fire twirlers, and tropical drinks.

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DAY 4

Sunday, December 10, 2023

Choose Your Own Adventure

- * Another legendary breakfast and then it's your day to do it your way. Our local guide will be available to provide plenty of information on things to do and see and help you decide.
- * We'll meet for dinner and experience another fantastic spot.

DAY 5

Monday, December 11, 2023

Hanoi

- * We continue our trek around this fabulous country as we head north to Hanoi. After landing in Hanoi, we head to our hotel and then visit another hospital, dropping off some gifts for the local nursing staff. We'll engage with the staff before we head to another unique organization for dinner. KOTO - Know One, Teach One - is a not-for-profit social enterprise transforming the lives of at-risk and disadvantaged youth in Vietnam through its holistic hospitality training program. As a social enterprise, KOTO has trained over 700 students in training centers in Hanoi and Saigon. We will eat in their restaurant and meet many of their students.

DAY 6

Tuesday, December 12, 2023

Halong Bay

- * Our bus departs after an early breakfast to journey to the emerald waters of Halong Bay, for many the signature images of Vietnam. We'll board our overnight boat and explore the bay, stopping to visit floating villages or simply to have a swim at one of the many secluded or hidden beaches. Relaxing on deck as we pass thousands of small rock islands in this almost mystical place. Enjoy an evening on deck under the stars before drifting off to sleep to the sound of water lapping against the boat.

DAY 7

Wednesday, December 13, 2023

Water & Land

- * Start the day with breakfast with an unbeatable view. We continue to explore the bay before docking and heading back to Hanoi. On arrival in Hanoi, there is time to refresh and head off to dinner and a nighttime tour of the city. It's been seven full days of new friendships, new experiences, new insights into healthcare in another culture and some potentially life-changing moments.

DAY 8

Thursday, December 14, 2023

Departure

- * The last big breakfast before transfers to the airport and the long flight home.



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INCLUSIONS

- * Transportation to and from airport
- * Activities listed in itinerary
- * Daily breakfasts at hotel and select other meals
- * A full-time professional bilingual World Strides Tour Director
- * Hotels as noted, double occupancy
- * Transportation between locations

EXCLUSIONS

- * Airfare to and from country
- * Any activity or meal not specified in itinerary

PRICE (BASED ON DOUBLE OCCUPANCY)

- * \$2,955