

**Tentative Program  
Fulbright – Hays Seminars Abroad Program 2007  
24 June – 29 July 2007  
Thailand & Viet Nam**

<b>THAILAND ORIENTATION</b>	
<b>Day 1 Sunday 24 June 2007</b>	
23.30 hrs.	Arrival of participants
<b>Day 2 Monday 25 June 2006</b>	
	Dress code: Smart Casual
01.00 hrs.	<b>Check-in at Montien Hotel (Surawongse, Bangkok)</b> Venue: Club 54 (lobby level)
08.00 – 09.00 hrs.	Breakfast Venue: Montien Hotel
10.30 – 11.00 hrs.	<b>Registration</b> Venue: Montienthip Room (Mezzanine Floor)
11.00 -12.00 hrs.	<b>Introduction Session &amp; Orientation</b> Venue: Montienthip Room, Montien Hotel <ul style="list-style-type: none"> <li>• Overview of the program By Assoc. Prof. Pinit Ratananukul, Ph.D. Executive Director, ASEAN University Network</li> <li>• Getting to know us: Introduction of participants By Ms. Porntip Kanjananiyot Executive Director, Thailand - U.S. Educational Foundation (Fulbright)</li> <li>• Briefing on the next day program By Assistant Professor Dr. Chuenchanok Kovin Associate Dean for International relations Faculty of Education, Chulalongkorn University</li> </ul>
12.00 -13.00 hrs.	Lunch (International Buffet) Venue: Ruenton Restaurant, G Floor at Montien Hotel
13.00 – 13.30 hrs.	<b>Opening Ceremony</b>
13.30 – 14.30 hrs.	<b>Lecture: Thai Basic Education System By Dr.Chinnapat Bhumirat Deputy Permanent Secretary for Education, Ministry of Education Venue: Montienthip Room, Montien Hotel</b>
14.30 – 14.50 hrs.	Coffee Break
15.00 - 16.30 hrs.	<b>Group Discussion</b> (Primary and Secondary)
16.30 -17.00 hrs.	Q & A Session
17.00 -19.00 hrs.	Free time
19.00 – 20.30 hrs.	Welcome Dinner (Buffet) Venue: Montienthip Room, Montien Hotel
	Briefing on the next day program

<b>BANGKOK</b>	
<b>Day 3</b> <b>Tuesday 26 June 2007</b>	
	Dress code: Semi-formal <b>** ♣ (Woman) Knee-length skirt ♣ (Man) Long pants</b> <b>♣ ♣ No sleeveless. Avoid "white and black outfits"</b>
07.00 – 08.30 hrs.	Breakfast Venue: Montien Hotel
09.00 – 11.30 hrs.	<b>Visit: The Royal Chitralada Project</b>
12.30 – 13.30 hrs.	Lunch Venue: Rossabieng Restaurant
14.00 – 16.00 hrs.	<b>Lecture: History and Arts of Thailand</b> <b>By Prof.Dr.Surapone Virulrak</b> <b>Advisor, Master of Arts in Cultural Management (<i>International Program</i>) Graduate School, Chulalongkorn University</b> <b>Venue: Faculty of Education</b>
16.20 hrs.	Arrive Montien Hotel
17.15 hrs.	Depart for Suan Lumpini Night Bazaar
17.45 hrs.	<b>Dinner on one's own</b> (at Suan Lumpini Night Bazaar)
20.00 hrs.	<b>Cultural Exposure: Joe Louis Theatre (Thai puppet)</b> Venue: Suan Lumpini Night Bazaar
21.00 hrs.	Depart for Montien Hotel
	Briefing on the next day program (on bus)
<b>Day 4</b> <b>Wednesday 27 June 2007</b>	
	Dress code: Casual (umbrella, hat, headscarf, sun-block lotion and walking shoes recommended) <b>♣ ♣ No sleeveless. No shorts</b>
07.00 -08.00 hrs.	Breakfast Venue: Montien Hotel
08.30 hrs.	Depart for Ayuthaya by bus
10.30-12.00 hrs.	<b>Visit: Wat Chaiwatthanaram</b> <b>Visit: Ayuthaya Historical Park</b> <b>Visit: Wat Na Pra Meru and Chaosamphraya National Museum</b>
12.00 -13.00 hrs.	Lunch Venue: Pae Khrueng Kao
13.30 -14.30 hrs.	<b>Depart for Wat Pai Lom Pier</b>
14.30 -17.30	Boat trip to Bangkok  Briefing on the next day program
17.30 hrs.	Get off at River City Pier
19.00 hrs.	Arrive at Montien Hotel by Tuk Tuk (Thai tricycle)
	Free time <b>Dinner on one's own</b>

<b>Day 5</b> <b>Thursday 28 June 2007</b>	
	Dress code: Smart Casual (long pants recommended) (umbrella, hat, headscarf, sun-block lotion recommended)
07.10 hrs.	Gather at Lobby and depart for Ratchaburi by bus
	Breakfast on Board (set box by Monthein)
09.00 – 10.00 hrs.	<b>Visit: Floating Market</b>
11.30 – 12.30 hrs.	Lunch Venue: Je Ngor Kitchen
13.30 – 16.00 hrs.	<b>School Visit: Roong-Aroon School (Real-life and Buddhism Education)</b>
16.00 – 19.00 hrs.	Depart for Dinner Venue Dinner Venue: Buri Tara Restaurant  Briefing on the next day program
20.30 hrs.	Arrive Montien Hotel
<b>Day 6</b> <b>Friday 29 June 2007</b>	
	Dress code: Semi-formal <b>! ! No sleeveless. No shorts. No Jeans, No flip-flops</b> <b>No pants for ladies (long-skirt recommended)</b> (umbrella, hat, comfortable shoes, headscarf, sun-block lotion recommended)
07.00 - 08.00 hrs.	Breakfast Venue: Montien Hotel
09.00 – 11.00 hrs.	<b>Visit: Grand Palace &amp; Emerald Buddha</b>
11.30 – 12.30 hrs.	<b>Cultural Exposure: Thai massage</b> Venue: Wat Pho
	Depart for S&P Riverside by bus
12.45 – 14.00 hrs.	Lunch Venue: S&P Riverside
15.00 – 16.00 hrs.	<b>Lecture: Thai Cooking</b> Venue: Verasu
16.00 – 19.00 hrs.	<b>Workshop: Thai Cooking</b>
19.00 – 20.30 hrs.	Dinner at Verasu
	Briefing on the next day program
21.00 hrs.	Arrive at Montien Hotel
<b>BANGKOK to NAKHON RATCHASIMA</b>	
<b>Day 7</b> <b>Saturday 30 June 2007</b>	
	Dress code: Casual (umbrella, hat, headscarf, sun-block lotion and sport/walking shoes are recommended)
06.00 – 07.00 hrs.	Breakfast Venue: Montien Hotel
07.20 hrs.	Check-out from Montien Hotel <b>Baggage with unnecessary and not valuable belongings can be kept at Montien Hotel. Please separate your baggage <u>before</u> checking out</b>

07.30 – 11.00 hrs.	Depart for Nakhon Ratchasima
11.00 – 12.30 hrs.	<b>Visit: Phimai Historical Park</b>
12.30 – 13.30 hrs.	Lunch Venue: Bai Toey Kitchen (a nearby restaurant)
13.30 - 14.30 hrs.	<b>Visit: National Museum, Phimai</b>
15.00 – 17.00 hrs.	Check-in at Simathani Hotel Free time
17.00 -18.00 hrs.	<b>Lecture: Lecture on Performing Art of the Northeast with Demonstration By Dr.Anucha Thirakanont, Director of The Thai Khadi Research Institute Venue: Sima Thani Hotel</b>
18.00 – 20.00 hrs.	Dinner Venue: Sima Thani Hotel
	Briefing on the next day's program
<b>BURIRUM/SURIN</b>	
<b>Day 8 Sunday 1 July 2007</b>	
	Dress code: Casual (umbrella, hat, headscarf, sun-block lotion and sport/walking shoes recommended)
06.30 – 08.00 hrs.	Breakfast Venue: Sima Thani Hotel
08.00 hrs.	Check-out from Sima Thani Hotel
08.30 – 10.00 hrs.	Depart for Panomrung Historical Park, Burirum Province
10.00 – 12.00 hrs.	<b>Visit: Panomrung Historical Park</b>
12.00 – 13.00 hrs.	Lunch Venue: Panomrung Historical Park
13.00 - 14.00 hrs.	Depart for Surin Province and Check-in at Surin Majestic Hotel
15.00 – 17.00 hrs.	<b>Visit: Ta Sawang Weaving Center (Silk Shopping)</b>
17.30 hrs.	Back to the hotel Briefing on the next day program
18.00 - 20.00 hrs.	Dinner at the open market
20.30 hrs.	Arrive at the Surin Majestic Hotel
<b>Day 9 Monday 2 July 2007</b>	
	Dress code: Smart Casual <b>! ! No sleeveless. No shorts</b> (umbrella, hat, headscarf, sun-block lotion and sport recommended)
06.30 – 07.30 hrs.	Breakfast Venue: Surin Majestic Hotel
08.00 hrs.	Check-out from Surin Majestic Hotel
08.10 hrs.	Depart for Wat Pha Nanachart, Ubon Ratchathani Province
10.00 – 12.00 hrs.	<b>Visit: Wat Pha Nanachart</b>
12.30 -14.00 hrs.	Lunch Venue: Indo China Restuarant
	Briefing on the next day program
14.10 -16.15 hrs.	Arrive Ubon Ratchathani Airport  Depart for Bangkok by TG 1023 15.30 – 16.15 hrs.
18.00 hrs.	Arrive and Check- in at Montien Hotel
	Dinner on one's own

<b>BANGKOK</b>	
<b>Day 10 Tuesday 3 July 2007</b>	
08.00 – 09.00 hrs.	Breakfast Venue: Montien Hotel
10.00 -12.00 hrs.	<b>Working on curriculum project</b> Venue: Jongkolnee Room, Montien Hotel
	<b>Lunch and Dinner on one's own</b>
	Free time
<b>Day 11 Wednesday 4 July 2007</b>	
	Dress code: Smart Casual
07.00 -08.30 hrs.	Breakfast Venue: Montien Hotel
09.00-09.30 hrs.	Check-out from Montien Hotel  <i><b>Baggage with unnecessary and not valuable belongings can be kept at Montien Hotel. Please separate your baggage <u>before</u> checking out</b></i>
10.00 – 11.30 hrs.	<b>Briefing on School Home Stay by TUSEF: Expected Outcome</b> Venue: Montien Hotel
11.30 – 12.30 hrs.	Lunch Venue: Monti Restaurant, Mezzanine Floor, Montien Hotel
12.30 hrs.	<b>Start the Home Stay Program with Thai Teachers</b>
	Dinner with Home Stay Venue: Home stay
<b>Day 12 Thursday 5 July 2007</b>	
	Dress code: Semi-Formal
	<b>Home Stay</b>  <b>Observe the real class: Teaching and sharing experience with Thai Teachers</b>  Breakfast, Lunch, Dinner Venue: Home stay
<b>Day 13 Friday 6 July 2007</b>	
	Dress code: Semi-Formal
	<b>Home Stay</b>  Check-out from Home stay and Packing Baggage
	<b>Observe the real class: Teaching and sharing experience with Thai Teachers</b>  Breakfast and Lunch with Home Stay
16.30 hrs.	Meet at Lobby, Montien Hotel  Check-in at Montien Hotel
18.00 hrs.	Depart for Chulalongkorn University
19.00 – 21.00 hrs.	<b>Home stay Farewell Dinner</b> Venue: Ruen Chula Naruemitr, Chulalongkorn University

<b>BANGKOK-CHIANG RAI</b>	
<b>Day 14</b> <b>Saturday 7 July 2007</b>	
	Dress code: Casual
7.00 – 08.30 hrs.	Breakfast Venue: Montien Hotel Bangkok  <b><i>Baggage with unnecessary and not valuable belongings can be kept at Montien Hotel. Please separate your baggage <u>before</u> checking out</i></b>
09.30 hrs.	Check-out from Montien Hotel
10.00 hrs.	Depart for Don Muang Airport
	Lunch on one's own
	Depart for Chiang Rai by TG 1132 11.55 -13.15 hrs.
14.00 hrs.	Depart for Baan Ton Num Resort
15.30 hrs.	Check-in at Baan Ton Num Resort (Doi Tung)
	Free time
19.00 -20.30 hrs.	Dinner Venue: Baan Ton Num Resort
<b>CHIANG RAI</b>	
<b>Day 15</b> <b>Sunday 8 July 2007</b>	
	Dress code: Smart casual <b>! ! No sleeveless. No shorts.No flip-flops</b> (umbrella, hat, headscarf, sun-block lotion recommended)
07.30 – 08.30 hrs.	Breakfast Venue: Baan Ton Num Resort
08.45 hrs.	Check-out from Baan Ton Num Resort
09.00 hrs.	Depart for Doi Tung
09.00 – 11.00 hrs.	<b>Visit: Doi Tung</b>
11.00 – 12.30 hrs.	<b>Lecture: Education and Youth Development Programs By M.R. Disnadda Diskul, Secretary General of Mae Fah Luang Foundation Under Royal Patronage Venue: Doi Tung Office(to be confirmed on Meeting Room)</b>
12.30 – 13.30 hrs.	Lunch Venue: Baan Ton Num Resort
14.30 – 16.00 hrs.	<b>Visit: Hall of Opium</b>
	Depart for Mae Fah Luang University
17.30 – 20.00 hrs.	<b>Dinner Talk “ Mae Fah Luang” By Dr.Vanchai Sirichana, President of Mae Fah Luang University Venue: Dr. Vanchai 's residence</b>
20.30 hrs.	Arrive and Check-in at Wanasorm Resort & Spa
<b>Day 16</b> <b>Monday 9 July 2007</b>	
	Dress code: Casual (umbrella, hat, headscarf, comfortable shoes, sun-block lotion recommended)
07.00 - 08.00 hrs.	Breakfast Venue: Wanasorm Resort & Spa
08.15 -08.45 hrs.	(Optional Campus) Tour: Mae Fah Luang
09.00 hrs	Check-out and depart from Wanasorm Resort & Spa
09.30 – 11.30 hrs.	<b>Visit: The Mirror Art Group (NGO) and Hill Tribe projects (including Hill Tribe School)</b>
12.00 – 13.30 hrs.	Lunch (Buffet) Venue: Vieng Inn Hotel, Chiang Rai
13.30 – 17.00 hrs.	Depart for Chiang Mai by bus

17.30 hrs.	Arrive and check-in at Central Duangtawan Hotel
18.30 hrs.	Depart for Dinner's venue  Briefing on the next day program
19.30 hrs.	Dinner Venue: Traditional Khan Tok
<b>CHIANG MAI</b>	
<b>Day 17</b>	
<b>Tuesday 10 July 2007</b>	
	Dress code: Semi-Formal
07.00 – 08.30 hrs.	Breakfast Venue: Central Duangtawan Hotel
09.00 – 11.00 hrs.	<b>Lecture: Lanna Culture</b> <b>Dr.Uthaiwan Kanchanakomol</b> <b>Fulbrighter and Director of the Institute for Community Empowerment (ICE)</b> <b>Venue: Institute for Community Empowerment</b>
11.00-13.00 hrs.	Lunch Venue: TBC (Chiang Mai)
13.30 – 15.30 hrs.	<b>School Visit: The Northern School for the Blind</b>
16.00 – 18.00 hrs.	<b>Group Discussion on Curriculum Project</b> Venue: Central Duangtawan Hotel
18.30 hrs.	Depart for Dinner Venue (Pa Lad Tawan Ron Restaurant)  Briefing on the next day program (on bus)
19.00 – 21.00 hrs.	Dinner: Pa Lad Tawan Ron Restaurant
21.00 hrs.	<b>Optional: Cultural Exposure at Night Bazaar</b>
<b>Day 18</b>	
<b>Wednesday 11 July 2007</b>	
	Dress code: Smart Casual <b>! ! No sleeveless. No shorts</b> (umbrella, hat, headscarf, comfortable shoes, sun-block lotion recommended)
06.00 hrs.	Gathering at the Lobby
06.15 – 06.45 hrs.	<b>Cultural Exposure: Offering food to the monks</b> Venue: nearby Chiang Mai University
06.45 – 07.45 hrs.	Breakfast Venue: Boat Restaurant
07.45 – 10.00 hrs.	<b>Visit: Wat Phathat Doi Suthep</b>
11.30 hrs.	Check-out from Central Duangtawan Hotel and Depart for Lampang
11.45-13.00 hrs.	Lunch (International Buffet) Venue: The Empress Hotel
13.00 – 15.00 hrs.	Bus trip to Lampang
15.00 hrs.	Check-in at Thai Elephant Conservation Center
16.30 – 18.30 hrs.	<b>Introduction and overview of the Thai Elephant Conservation Center</b>
19.00 – 21.00 hrs.	Dinner Venue: Chang Thai Resort

	Briefing schedule and program for tomorrow activity at Thai Elephant Conservation Center
	Briefing on the next day program
<b>LAMPANG</b>	
<b>Day 19 Thursday 12 July 2007</b>	
	Dress code: Casual
06.00 – 07.00 hrs.	Elephant riding
07.10 – 08.30 hrs.	Breakfast Venue: Chang Thai Resort
09.00 – 10.30 hrs.	<b>Cultural Exposure: enjoy riding the elephant from Chang Thai resort to the center and see the elephant show</b>
10.45 – 11.10 hrs.	<b>Visit the Elephant Hospital Visit new born baby elephant artificially inseminated</b>
11.15 hrs.	Check-out from Thai Elephant Conservation Center
12.00 – 13.00 hrs.	Lunch Venue: Ruen Pae Lampang Restaurant
13.00 hrs	Depart for Sukhothai by bus
17.00 hrs.	Arrive and Check-in at Ananda Museum Gallery Hotel
17.00 -18.30 hrs.	Free time
18.30 – 20.00 hrs	Dinner Venue: Dearm Café, Ananda Museum Gallery Hotel  Briefing on the next day program
<b>SUKHOTHAI &amp; SRI SATCHANALAI</b>	
<b>Day 20 Friday 13 July 2007</b>	
	Dress code: Casual <b>⚡ ⚡ No sleeveless. No shorts</b> (umbrella, hat, sunglasses, comfortable shoes, headscarf, sun-block lotion recommended)
07.00 – 08.00 hrs.	Breakfast Venue: Ananda Museum Gallery Hotel
08.15 hrs.	Depart for Sri Satchanalai
09.30 -11.30 hrs.	<b>Visit: Sri Satchanalai</b>
11.30 hrs.	Depart for Phitsanulok
13.30- 14.30 hrs.	Lunch Venue: Pae Fah Thai Restaurant at Phitsanulok
15.30 – 16.30 hrs.	<b>Visit: Bahn Ja Tavee Museum</b>  <b>Visit: Wat Prasimahathat Woramahavihar (Phitsanulok Province)</b>
16.30 – 17.30 hrs	Depart for Ananda Museum Gallery Hotel (Sukhothai)
19.00 – 20.30 hrs.	Dinner Venue: Ananda Museum Gallery Hotel  Briefing on the next day program

<b>Day 21</b> <b>Saturday 14 July 2007</b>	
	Dress code: Casual (umbrella, hat, sunglasses, comfortable shoes, headscarf, sun-block lotion recommended)
07.00 -09.00 hrs	Breakfast Venue: Ananda Museum Gallery Hotel
09.30	Check-out from Ananda Museum Gallery Hotel
	Depart for Sukhothai Historical Park
10.00 – 12.00 hrs.	<b>Visit: Sukhothai Historical Park (UNESCO's World Heritage)</b>
12.30 – 13.30 hrs.	Lunch Venue: Jae Hae (Sukhothai Noodles)
14.30 – 16.00 hrs.	<b>Visit: Ananda Museum</b>  Briefing on the next day program
16.30 hrs.	Depart for Domestic airport
17.20 – 18.30 hrs.	Depart from Sukhothai to Bangkok by PG 214 (17.20 – 18.30 hrs.)
20.00 hrs.	Check-in at Montien Hotel
	<b>Dinner on one's own</b>
<b>BANGKOK</b>	
<b>Day 22</b> <b>Sunday 15 July 2007</b>	
	Dress code: Smart Casual
08.00 – 09.30 hrs.	Breakfast Venue: Monthein Hotel
	<b>(**Laundry recommended**)</b>
10.00 -11.00 hrs.	<b>Lecture: Thailand – Vietnam Relations</b> <b>Mr.Chalermpon Ake-uru,Secretary-General of the Thailand-Viet Nam Friendship Association</b>  Coffee Break (serve inside the meeting room) Venue: Montien Hotel
	<b>Lunch and Dinner on one's own</b>
	<b>Free Time</b> <b>Packing Baggage</b>  <i>Baggage with unnecessary and not valuable belongings can be kept at Montien Hotel. Please separate your baggage <u>before</u> checking out</i>
<b>VIET NAM</b>	
<b>HANOI</b>	
<b>Day 23</b> <b>Monday 16 July 2007</b>	
	Dress code: Semi-formal
05.00 hrs.	Gathering at the Lobby
05.15 hrs.	Check-out from Montien Hotel and Depart for Suvarnabhumi Airport

08.25 – 10.15 hrs.	Depart from BKK to Hanoi by TG 682  Breakfast on board
10.45 hrs.	Depart for Vietnam National University, Hanoi
11.30 – 12.30 hrs.	Lunch Venue: Vietnam National University, Hanoi
13.00 – 13.30 hrs	<b>Opening Ceremony: Viet Nam Program</b> Venue: Vietnam National University, Hanoi  <ul style="list-style-type: none"> <li>• <b>Welcome and Opening address</b> By President of the Vietnam National University, Hanoi (TBC)</li> <li>• <b>Welcome Remarks</b> By the Cultural Attaché (TBC)</li> </ul>
13.30 – 13.45 hrs.	<b>Group Photo</b>
14.00 – 15. 00 hrs.	<b>Lecture: Vietnam Education on Modern World</b> <b>By Dr.Vu Ngoc Tu, Director, International Relation Department,</b> <b>Vietnam National University, Hanoi</b> <b>Venue: VNU</b>
15.00- 15.15 hrs.	<b>Coffee Break</b>
15.15 -16.30 hrs.	<b>Lecture: Vietnam- US Relations</b>  <b>Q &amp; A Session</b>  Venue: VNU
17.00 hrs.	<b>Check-in at Melia Hotel, Hanoi</b>
18.00 hrs.	<b>Depart for the Dinner Venue</b>  Briefing on the next day program
18.30 -19.30 hrs.	Dinner Venue: The Emperor
20.00 hrs.	Depart for the Water Puppet Show (*show start 16.30/17.15/20.15**)
20.15 hrs.	<b>Cultural Exposure: Water Puppet Show</b>
22.00 hrs.	Arrive at Melia Hotel
<b>Day 24</b>	
<b>Tuesday 17 July 2007</b>	
	Dress code: Semi-formal
07.00 – 08.30 hrs.	Breakfast Venue: Melia Hanoi Hotel
08.30 – 09.00 hrs.	Depart for Vietnam National University, Hanoi
09.00 – 11.00 hrs.	<b>Lecture: Briefing on Viet Nam Education Policies (Specific on Primary and Secondary Levels)</b> <b>By Dean of Faculty of Education</b> <b>Venue: Vietnam National University, Hanoi</b>
11.00 – 12.00 hrs.	Lunch Venue: Cha Ca
12.30 – 14.30 hrs	<b>Visit: Museum of Ethnology (Open 8.30 -17.30 hrs. Close:Mon)</b>

15.00 hrs.	Briefing on the next day program (on bus) <b>Arrive at Melia Hotel</b>
15.00 – 18.30 hrs.	Free time
18.30 hrs.	Depart for Dinner Venue
19.00 – 21.00 hrs.	Dinner Venue: Sen Restuarant
21.30 hrs.	Arrive at Melia Hotel
<b>Day 25 Wednesday 18 July 2007</b>	
	Dress code: Smart casual
06.30 – 08.00 hrs.	Breakfast Venue: Melia Hotel
08.30 hrs.	Depart for Ho Chi Minh Mausoleum
09.30 – 12.30 hrs.	<b>Visit: Ho Chi Minh Mausoleum</b> (open Tue-Thu/ sat-sun 8-11.00am)
	<b>Visit: One Pillar Pagoda</b>
	<b>Visit: Ho Chi Minh Museum</b>
12.30 – 13.30 hrs.	Lunch Venue: Ta Long
13.30 – 15.00 hrs.	<b>Visit: Fine Arts Museum</b>
15.30 hrs.	Briefing on the next day program (on Bus) Arrive at Melia Hotel
16.00 hrs.	Free time
	<b>Dinner on one's own</b>
<b>Day 26 Thursday 19 July 2007</b>	
	Dress code: Smart casual
07.00 – 09.30 hrs.	Breakfast  Check-out from Melia Hotel  <i><b>Baggage with unnecessary and not valuable belongings can be kept at Melia Hanoi Hotel. Please separate your baggage <u>before</u> checking out.</b></i>
10.00 – 11.00 hrs.	<b>Visit: Ngoc Son Temple &amp; Old Street (Hang Kai St.)</b>
11.30 – 12.30	Lunch <b>Venue: Hanoi (TBC)</b>
13.00 hrs.	Depart for Halong Bay  Briefing on the next day program
16.00 hrs.	Arrive and Check- in at Ha Long Dream Hotel (Halong Bay) Free Time
18.30 hrs.	Gathering at Lobby and depart for the Dinner's venue
19.00 – 21.00 hrs.	Dinner Venue: Royal Joint Venture (Halong)
<b>Day 27 Friday 20 July 2007</b>	
	Dress code: Casual
07.00 – 08.00 hrs.	Breakfast Venue: Ha Long Dream Hotel
08.30 hrs.	Check-out from Ha Long Dream Hotel

09.00 – 14.00 hrs.	Boat trip along Halong Bay Lunch: Sea Food (on Board) Briefing on the next day program
16.00 hrs.	Arrive Hanoi
17.30 hrs.	Depart for the domestic airport Dinner Set Box arranged by Tour agency
19.25 – 20.35 hrs.	Depart for Hue by VN 247 19.25 – 20.35 hrs.
21.30 hrs.	Arrive at Sai Gon Morin Hotel and Check-in
<b>HUE</b>	
<b>Day 28 Saturday 21 July 2007</b>	
	Dress code: Casual
07.00 – 09.00 hrs.	Breakfast Venue: Sai Gon Morin Hotel
	<b>(**Laundry recommended **)</b>
09.15 hrs.	Depart for the Tomb of Tu Duc
10.00 – 12.30 hrs.	<b>Visit: Tomb of Tu Duc</b>
12.30 – 13.30 hrs.	Lunch Venue: TBC
13.30 – 14.30 hrs.	<b>Visit: The complex of monuments (UNESCO's World Heritage)</b>
15.00 – 16.00 hrs.	<b>Visit: Thien Mu Pagoda (Boat trip along the Huong river with musical show on board)</b>
17.00 hrs.	Depart for Sai Gon Morin Hotel
18.00 hrs.	Gathering at lobby and depart for Dinner
18.30 – 20.30 hrs.	Dinner Venue: An Binh Garden (Royal Dinner at Hue) Briefing on the next day program
21.00 hrs.	Arrive at Sai Gon Hotel
<b>HUE – HO CHI MINH</b>	
<b>Day 29 Sunday 22 July 2007</b>	
	Dress code: Casual
06.00 – 07.00 hrs.	Breakfast Venue: Sai Gon Morin Hotel
07.15 hrs.	Check-out and Depart for the domestic airport (Phu Bai)
08.00 hrs.	Arrive at domestic airport
09.15 – 10.35 hrs.	Depart for Ho Chi Minh by VN 251 (09.15-10.35 hrs.)
12.00 -13.00 hrs.	Lunch Venue: TBC
14.00 -18.00 hrs.	<b>Cultural Exposure: Vietnamese Cooking Workshop</b> Venue: SESOME Cooking School, HCM
18.30 -20.30 hrs.	Dinner Venue: Cooking School
	Briefing on the next day program
21.00 hrs.	Arrive and check-in at Rex Hotel

<b>HO CHI MINH</b>	
<b>Day 30</b> <b>Monday 23 July 2007</b>	
	Dress code: Semi-formal
07.00 -08.30 hrs.	Breakfast Venue: Rex Hotel, HCMC
08.30 – 09.00	Depart for Vietnam National University – Ho Chi Minh City
09.30 – 09.45	<b>Welcome Address</b> <b>By Dr.Truong Quang Duoc, Director, VNU-HCM International Relations Department</b> Venue: Vietnam National University-HCM
09.45 – 10.00	<b>Group Photo</b>
10.00 – 10.15	<b>Coffee Break</b>
10.15 – 11.15	<b>Lecture: The Changing Ho Chi Minh City</b> Venue: Vietnam National University-HCM
11.15 – 12.15 hrs	<b>Q &amp; A Session</b>
12.30 – 13.30 hrs.	Lunch Venue: TBC
13.45 hrs.	arrive at Rex Hotel, HCMC (change clothes for the trip to Cu Chi Tunnel**Comfortable dress, walking shoes recommended)
14.00 – 15.00 hrs.	Depart for Cu Chi Tunnel  Briefing on the next day program
15.00 -16.30 hrs.	<b>Visit: Cu Chi Tunnel</b>
16.30 hrs.	Depart for Hotel
18.00 hrs.	Free time <b>Dinner on one's own</b>
<b>Day 31</b> <b>Tuesday 24 July 2007</b>	
	Dress code: Smart Casual
07.00 – 08.30 hrs.	Breakfast Venue: Rex Hotel, HCMC
08.45 hrs.	Check-out from Rex Hotel,HCMC
09.00 hrs.	Depart for the School for the Gifted
09.30 - 12.00 hrs.	<b>School Visit: School for the Gifted</b>
12.30 - 14.00 hrs.	Lunch Venue: Pho  Briefing on the next day program
14.30 – 15.30 hrs.	<b>Visit: War Remnants Museum</b>
16.00 – 17.00 hrs	<b>Visit: Thien Hao Pagoda (passing by Cholon)</b>
17.00 -18.00 hrs.	<b>Cultural Exposure: Ben Thanh Market</b>  <b>Dinner on one's own</b>
18.00 hrs.	Gathering at the bus  Briefing on the next day program

18.15 hrs.	Depart for airport
20.50 – 22.15 hrs.	Depart for Bangkok by TG 687 20.50-22.15 hrs.
23.30 hrs.	Check-in at Montien Hotel Bangkok
<b>BANGKOK-HUA HIN</b>	
<b>Day 32</b>	
<b>Wednesday 25 July 2007</b>	
	Dress code: Casual
07.00 -09.00 hrs.	Breakfast Venue: Montien Hotel Bangkok
10.00 hrs.	Check-out from Montien Hotel  <i><b>Baggage with unnecessary and not valuable belongings can be kept at Montien Hotel. Please separate your baggage <u>before</u> checking out.</b></i>
10.30 hrs.	Depart for Hua Hin, Prachuap Khirikhan by bus
13.00 – 14.30 hrs.	Lunch Venue: TBC
15.00 hrs.	Check-in at Hilton Hua Hin Resort and Spa
15.30 – 18.00 hrs.	Wrap-up Workshop Coffee Break
18.00 -19.00 hrs.	Free time
19.30 – 21.00 hrs.	Farewell Dinner Venue: Yoo Yen restaurant  Briefing on the next day program
<b>HUA HIN</b>	
<b>Day 33</b>	
<b>Thursday 26 July 2007</b>	
	Dress code: Casual
07.30 – 09.30	Breakfast Venue: Hua Hin Resort and Spa
10.00 -18.00 hrs.	Free time <b>Lunch on one's own</b>
18.10 hrs.	Gathering at the Lobby  Briefing on the next day program
18.30 – 21.00 hrs.	<b>Cultural Exposure: Hua Hin Market</b> Dinner on one's own
<b>Day 34</b>	
<b>Friday 27 July 2007</b>	
	Dress code: Casual
07.30 – 09.00 hrs.	Breakfast Venue: Hua Hin Resort and Spa
09.00 – 12.00 hrs.	Free time
12.15 hrs.	Check-out from Hua Hin Resort and Spa
12.30 -14.00 hrs.	Lunch Venue: (sea side)
14.15 hrs.	Depart for Bangkok by bus  Briefing on the next day program
17.30 hrs.	Check-in at Montien Hotel Bangkok
<b>17.30 hrs.</b>	<b>Free time</b>  <b>Dinner on one's own</b>

<b>Day 35</b> <b>Saturday 28 July 2007</b>	
	Dress code: Casual
	<b>Free day</b> <b>Lunch and Dinner on one's own</b>
<b>Day 36</b> <b>Sunday 29 July 2007</b>	
	Dress code: Casual
	Check-out from Montien Hotel
	Depart for U.S.

**† † Dress code remarks**

**Please note:** Generally, the recommended dress are casual (for excursion and free time), smart casual (for some lectures and visits), and semi-formal (for ceremonies, opening events, and some government office visits.) **Sleeveless, shorts, and flip-flops are not recommended through out the programs.**

**For Chitralada Palace,** we request that you **avoid “black and white” dress/outfits.** (Black with blue/red/yellow/ etc. except white is acceptable and vice versa white with other colors except black is acceptable). **Women can wear both dress and shirt & skirt (recommend knee-length skirt and blouse shirt with sleeves).**

**† † Semi-formal:**

Women: Knee-length skirt only, Long pants are not acceptable, and the shoes must cover toes and heels

Man: shirt with tie, long pants, and the shoes must cover ankles.

Jacket and shawl may be needed in the lecture room

- \* When you see the Semi-formal dress code it means that you must pay more attention to the follow dress description. There are some functions that you must wear semi-formal dress codes which are on the opening day in Bangkok and Hanoi, visiting the palaces and also schools visit. Some visiting places on those days are very strict. Those who are not following the dress code may not be able to get inside the visiting places.

**† † Smart Casual:**

Woman: Knee-length skirt, Long pants, strap shoes

Man: Shirt without tie or Polo T-Shirt, Long pants, strap shoes

- \* You can adjust the dress code by following the visiting place in each day on the program; for example, you should wear very polite outfits (Shirt and Tie) if the program is visiting the universities, schools or government institutes and you can wear less polite outfits (Polo T-Shirt) for non-official visiting places.

**Casual**

Woman & Man: T-Shirt, Shorts (knee length pants), flip-flop and walking shoes are acceptable.

## General Information on Thailand

### Introduction to Thailand

The Kingdom of Thailand is situated in the heart of the Southeast Asia, covering an area of 513,115 square kilometers. It shares borders with the Lao People's Democratic Republic and the Union of Myanmar to the North, the Kingdom of Cambodia and the Gulf of Thailand to the East, the Union of Myanmar and the Indian Ocean to the West, and Malaysia to the south.

Its shape and geography divide into four natural regions : the mountains and forests of the North; the vast rice fields of the Central Plains; the semi-arid farm lands of the Northeast plateau; and the tropical islands and long coastline of the peninsula South.

The country comprises 76 provinces that are further divided into districts, sub-districts and villages. Bangkok is the capital city and center of political, commercial, industrial and cultural activities. It is also the seat of Thailand's revered Royal Family, with His Majesty the King recognized as Head of State, Head of the Armed Forces, Upholder of the Buddhist religion and Upholder of all religions.

**Full country name:** Kingdom of Thailand

**Area:** 513,115 sq km

**Population:** 63 million

**Capital City:** Bangkok (about 7 million)

**People:** 80% Thai, 10% Chinese, 3% Malay, also Mon, Khmer and hill tribes minorities

**Language:** Thai is largely incomprehensible to the casual visitor. However, English is widely understood

**Religion:** 95% Buddhism, 4% Muslim, 1% others

**Government:** constitutional monarchy

**Head of State:** King Bhumibol Adulyadej (Rama IX)

**Head of Government:** Prime Minister Surayud Chulanont

**GDP:** US\$638.4 billion

**GDP per capita (at PPP):** US\$9,600

**Annual Growth:** 4.4%

**Major Industries:** Computers, integrated circuits, automobile and assemblies, garment, gems, jewelry

**Major Trading Partners:** ASEAN, USA, European Union

**Source:** Tourism Authority of Thailand/Department of Export Promotion

### Facts about Thailand

#### History

Thailand, or Siam as it was called until 1939, has never been colonized by a foreign power, unlike its South and Southeast Asian neighbors. Despite periodic invasion by the Burmese and the Khmers, and brief occupation by the Japanese in

WWII, the kingdom has never been externally controlled for long enough to dampen the Thai's individualism.

The earliest civilization in Thailand is believed to have been that of the Mons in central Thailand, who brought a Buddhist culture from the Indian subcontinent. In the 12th century, this met a Khmer culture moving from the east, the Sumatran-based Srivijaya culture moving north, and citizens of the Thai state of Nan Chao, in what is now southern China, migrating south. The Burmese invaded Siam in both the 16th and 18th centuries, capturing Chiang Mai and destroying Ayuthaya. The Thais expelled the Burmese and moved their capital to Thonburi. In 1782, the current Chakri dynasty was founded by King Rama I and the capital was moved across the river to Bangkok.

In the 19th century, Siam remained independent by deftly playing off one European power against another.

The 20th century brought great change to Thailand. In 1932, a peaceful coup converted the country into a constitutional monarchy, and in 1939 Siam became Thailand. During WW II, the Thai government sided with the Japanese. After the war, Thailand was dominated by the military and experienced more than twenty coups and countercoups interspersed with short-lived experiments with democracy. Democratic elections in 1979 were followed by a long period of stability and prosperity as power shifted from the military to the business elite.

### **Recent History**

In 1997 the Thai baht pretty much collapsed, dragging the economy (and many other South-East Asian economies) down in a screaming heap. In August the International Monetary Fund stepped in with a bailout package of austerity measures, which - although it slowed Thailand's growth dramatically and hit the poor hardest - seemed to have turned things around by early 1998. By the turn of the new century, Thailand's economy had stopped going into free fall, but rebuilding had only just begun. Genuine attempts to weed out corruption seem underway, but the poverty-stricken members of Thailand are still wary of promises and agitating for more reforms.

In early 2006 Thaksin faced growing calls to resign amid mounting criticism over his family's sale of shares in telecoms giant Shin Crop. Several anti-Thaksin demonstrations occurred, prompting Thaksin to dissolve parliament and call a snap election on 2 April 2006.

General Sonthi overthrew the government of Thaksin Shinawatra in a [coup on 19 September 2006](#) and soon afterwards, appointed Surayud as Prime Minister

**Source:**<http://www.lonelyplanet.com/worldguide/destinations/asia/thailand/essential?a=culture>

### **Geography**

The Kingdom of Thailand lies in the heart of Southeast Asia, making it a natural gateway to Indochina, Myanmar and Southern China. Its shape and geography divide into four natural regions:

1. **The mountainous North**, with its profusion of multi-colored orchids, fascinating native handicrafts and winter temperatures are sufficiently cool to permit cultivation of temperate fruits such as strawberries and peaches.
2. **The high Northeast Plateau**, which still jealously guards its many archaeological and anthropological mysteries.
3. **The Central Plain**, one of the world's most fertile rice and fruit-growing areas with colorful traditional culture and way of life as well as the sandy beaches of the East Coast and vibrant cosmopolitan Bangkok.
4. **The peninsular South** where the unspoiled beaches and idyllic islands complement economically vital tin mining, rubber cultivation and fishing.

**Source:** Tourism Authority of Thailand

### **Climate**

Thailand enjoys a tropical climate with three distinct seasons-hot and dry from February to May (average temperature 34 degrees Celsius and 75% humidity); rainy with plenty of sunshine from June to October (average day temperature 29 degrees Celsius and 87% humidity); and cool from November to January (temperatures range from 32 degrees Celsius to below 20 degrees Celsius with a drop in humidity).

Much lower temperatures are experienced in the North and Northeast during nighttime. The South has a tropical rainforest climate with temperatures averaging 28 degrees Celsius almost all year round.

**Source:** Tourism Authority of Thailand

### **People**

Thailand inherited ethnic diversity comprising 80% Thai, 10% Chinese, 3% Malay, and 7% minorities (Mons, Khmers, hilltribes).

**Source:** Tourism Authority of Thailand

<b>Visitor Facts</b>
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**Sources:** Amazing Thailand, Lonely Planet, Tourism Authority of Thailand

**Business Hours:** Most commercial concerns in Bangkok operate on a five-day week, usually from 8 am to 5 pm. Many stores open seven days a week from 10 am to 10 pm. Government offices are generally open between 8.30 am and 4.30 pm with a noon to 1 pm lunch break, Monday to Friday except on public holidays. Banks are open Mondays to Fridays from 9.30 am to 3.30 pm except on public holidays.

**Currency and Currency exchange:** The Thai unit of currency is the baht, 1 baht is divided into 100 satang. Note are in denominations of 1,000 (brown), 500

(purple), 100 (red), 50 (blue) and 20 (green) baht. Coins consist of 25 satang, 50 satang, 1 baht, 5 baht and 10 baht.

Major currency bills and travelers checks are cashed easily at hotels, tourist shops, all provincial banks, shopping centers and money changers. Travelers checks are best changed in banks (you will need your passport). Rates of exchange at banks or authorized money changers are better than those at hotels and department stores.

Any amount of foreign currency may be brought into the country. Visitors may take foreign currency out of Thailand, but no more than the amount stated in the customs declaration made on arrival. Travelers leaving Thailand may take out no more than 50,000 baht per person in Thai currency.

**Estimated exchange: 1 USD = 35 baht (as of May 2007)**

**Credit Cards:** Credit cards are widely accepted.

For lost cards

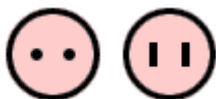
- American Express Tel: 0-2273-5100 or 0-2273-0022
- Diners Club Tel: 0-2238-2920 or 0-2238-2680
- Master Card Tel: 0-2256-7326-7
- Visa Tel: 0-2256-7326-7

**Tippling:** Tipping is not a usual practice in Thailand although it is becoming more common. Most hotels and restaurants add a 10% service charge to the bill. Taxi drivers do not require a tip but small changes are always assumed as a tip. 10-20 baht is acceptable for porters.

**Bargaining:** Fixed prices are the norm in department stores, but at most other places bargaining is to be expected. Generally, you can obtain a final figure of between 10-40% lower than the original asking price. Much depends on your skills and the shopkeeper's mood. But remember, Thais appreciate good manners and a sense of humor. With patience and a broad smile, you will not only get a better price, you will also enjoy shopping as an art.

**Time:** +7 hours GMT

**Electricity:** The electric current is 220 volt AC (50 cycles) throughout the country. Many different types of plugs (normally 2 square legs) and sockets are in use. Travelers with electric shavers, hair dryers, tape recorders and other appliances should carry a plug adapter kit. The better hotels will make available 110-volt transformers.



**Telephone and Internet:**

At present, all telephone numbers (for local calls and long distance calls within the country) have nine digits.

- For Bangkok calls, 02 is added to the existing numbers i.e. 0-2694 1222

- For provincial calls, an area code is added to the existing numbers. For example, area code for Chiang Mai is 053 = 0-5324-8604; area code for Phuket is 076 = 0-7621-1036.
- For mobile phones, 081 or 084 or 089 is added to the existing numbers.
- The new system has no effect on international phone calls.
- The international dialing code for Thailand is 66.
- When making international calls to Thailand, add 66 and omit the leading 0.
- When making international calls from Thailand, first dial 001+country code+area code+telephone number
- If calling Laos or Malaysia, there is a special code, which is charged at a semi-domestic rate.
- When calling Laos, first dial 007+856+area code+telephone number
- When calling Malaysia, first dial 009+06+area code+telephone number
- Direct assistance: 1133 (local), 100 (international)

**International Roaming Mobile Phone:** A Subscriber Identity Module Card (SIM Card) is now available for Thai and foreign customers who are traveling around for work. The SIM Card must be used in conjunction with a Digital GSM mobile phone within the 900-MHz range or a Digital PCN mobile phone within the 1800-MHz range.

**Internet Services:** Thailand has been expanding its information service for residents and tourists alike through the Internet system. Services are now available at Thailand's leading hotels and at the many "cyber cafes" that are cropping up in all major tourist destinations.

**Postal Service:** Thailand's mail service is reliable and efficient. Major hotels provide basic postal services on their premises. Provincial post offices are usually open from 8.00 a.m. to 4.30 p.m.

**What to Wear:** Light, cool clothes are sensible and a jacket is needed for formal meetings and dining in top restaurants. Please expect to be in some cold air-conditioned rooms where a jacket is very useful. Shorts (except knee length walking shorts), sleeveless shirts, tank tops and other beach-style attire are considered inappropriate dress when not actually at the beach or in a resort area.

**Language:** Thai is a tonal language belonging to the group of Ka-Tai languages; the five tones are monotone, low, falling, high, and rising. This can be a rather complicated language for the visitor; however, English is quite widely understood, particularly in Bangkok where it is almost the major commercial language.

Here are a few Thai basic greetings and phrases to try.

	English	Thai
<b>Do's</b>	Good morning, Good evening, Good afternoon, Good night, Hello, Good-bye	Sa-wat-dee
	<b>Don't</b>	
<b>The</b>	Hello (male speaker)	sawatdee krup
	Hello (female speaker)	sawatdee kaa
	(‘Krup’ and ‘Kaa’ are added at the end of sentences to show politeness, used by men and women respectively. ‘Krup’ and ‘Kaa’ alone could also mean ‘yes’ or ‘acknowledgement of the info. received.)	
	Yes	Chai
	No	Mai
	Mr./Miss/Mrs.	Khun
	How are you?	sabai dee reu
	Fine thanks	sabai dee
	Thank you	kop koon
	Never mind	mai pen rai
	I can't speak Thai	phoot Thai mai dai
	I don't understand	mai kao chai
	Do you understand?	kao chai mai
	May I take a photograph?	tai ruup dai mai
	Where is the rest room?	hong nam yoo tee nai
	I am going to..	Chan-cha-pai..
	No, I won't go	Chan-mai-pai
	Please drive slowly	Prot-khap-cha-cha
	Be careful	Ra-wang
	Turn to the right	Liao-khwa
	Turn to the left	Liao-sai
	Drive straight on	Khap-trong-pai
	Slow down	Cha-cha
	Stop	Yut
	How much does this cost?	nee tao-rai
	What is this?	nee arai
	Very expensive	paeng maag
	Any discount?	Lot-ra-kha-dai-mai
	Please wrap it for me.	Ho-hai-duai
	The bill please	gep taang
	Please speak slowly	Phut-cha-cha noi dai
		mai
	Very Good	Di-mak
	Not Good	Mai-Di
	Good-bye	la gon (or sa-wat-dee)
	See you again	laew pob gun mai

**Monarchy:** Thai people have a deep, traditional reverence for the Royal Family,

and a visitor should be careful to show respect for the King, the Queen and the Royal Family.

**Religion:** Each Buddha image, large or small, ruined or not, is regarded as a sacred object. Never climb onto one to take a photograph or do anything, which might indicate a lack of respect. Buddhist monks are forbidden to touch or be touched by a woman, or to accept anything from the hand of one. If a woman has to give anything to a monk, she first hands it to a man, who then presents it.

**Social Norms:** Thais regard the head as the highest part of the body, literally and figuratively. Therefore, avoid touching people on the head and try not to point your feet at people or an object. It is considered very rude. Shoes should be removed when entering a private Thai home. Public displays of affection between men and women are frowned upon.

**Thai Greeting:** The Wai is the traditional Thai greeting, which is used instead of a handshake, but it can also be used as a means of saying sorry, thank you, or to pay respect. Thai people will often Wai as he approaches a temple, Buddha image, or other item of religious significance.

If you are introduced to a Thai and that person Wais to you then you should return the Wai. Generally the younger people will Wai first, but the Wai of a small child is best return by a big smile. If you receive a thank you Wai from an airline stewardess or after tipping a waitress it is inappropriate to return the Wai, but a smile is always welcome.

### Special Advice

- Beware of unauthorized people who offer their services as guides. For all tourist information, contact the Tourism Authority of Thailand, Tel: 1672. For information about Bangkok, contact the Bangkok Metropolitan Tourist Bureau, Tel: 0-2225-7612-4.
- Observe all normal precautions as regards to personal safety, as well as the safety of your belongings. Walking alone on quiet streets or deserted areas is not recommended. Be sure that all your valuables-money, jewelry, and airline tickets are properly protected from loss. Visitors needing assistance relating to safety, unethical practices, or other matters, please call the Tourist Police at Tel: 1155.
- Drop your garbage into a waste container. The Bangkok Metropolitan Administration strictly enforces the law in an effort to keep the city clean and healthy. The fine will be imposed on a person who spits, discards cigarette stubs, or drops rubbish in public areas.
- Do not get yourself involved with drugs. Penalties for drug offences are very severe in Thailand.
- Do not support any manner of wild animal abuse. Never purchase any products or souvenirs made from wild animals including reptiles like snakes, monitor lizards, and also turtle shell and ivory. Avoid patronizing local restaurants that serve wild animal delicacies. It is against the law to slaughter wildlife for food in Thailand.

**Dangers and Annoyances:** Traveling in Thailand is safer than most people think. As long as you follow some common sense rules then you shouldn't have any problems.

The following "Cautions" have been issued by the Tourist Police in Thailand.

- Never believe street touts. Promised jewelry bargains are scams.
- Never purchase jewelry with the unrealistic expectation of reselling it for two or three times the original purchase price.
- Never mail precious stones home.
- Always exercise common sense. If something appears "too good to be true" it probably is "too good to be true".
- Please be aware the Thai government does not own, operate, subsidize or authorize any jewelry stores, except The Thailand Duty Free Shops.
- Disregard all offers of shopping or sightseeing assistance from strangers. They invariably take a big commission on a high surcharged price.
- Please avoid in any habit, forming drugs and avoid being induced into any form of gambling, since the penalties in Thailand are very severe.
- Always select reliable Tour operators and Travel agencies or Guides with official licenses issued by the Tourism Authority of Thailand.
- Please contact the bus terminal directly for your ticket. If you purchase the ticket from other agencies, please be sure to obtain all necessary information before using their services to avoid the subsequent problems.

**Tourist Police:** In 1982, the Tourist Police was set up to coordinate with the Tourism Authority of Thailand in providing safety for tourists. Its responsibilities are receiving and acknowledging claims and complaints; conduction investigation and acting as co-coordinator of tourist security protection.

In case of emergency, contact the Tourist Police Centre (Section 4), Crime Suppression Division, 29/1 Unico House Building Soi Lung Suan Ploenchit Road Bangkok. Tel: 0-2652-1721-6 ext. section 4 or call the TAT Helpline at Tel: 0-2281-5051, 0-2282-8129 Fax: 0-2281-5051

## **Embassies**

### **U.S. Embassy**

120-122 Wireless Rd. Bangkok

Tel: (66) 0-2205-4000

Visa Information (66) 0 2205 5003

### **Vietnamese Embassy**

83/1 Wireless Rd. Bangkok

Tel: (66) 0-2251-5835-8, 0-251-3552

## **Telephone Services**

Directory Assistance	1133 (Bangkok), 183 (upcountry)
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Long Distance Service	100
IDD	001 + Country code + area code + phone number
AT & T Direct Service	001-999-1111-1

Emergency Calls	
Mobile Police	191
Fire Brigades	199
Tourist Police	1155, 0 2281 5051
Ambulance (Bangkok)	0 2255 1133 to 6
Tourist Service Centre	1672
Tourist Information (TAT Head Office)	0 2250 5500
Tourist Information (TAT Airport Office)	0 2504 2701, 0 2504 2703, 0 2535 2669
Bangkok Metropolitan Tourist Bureau	0 2225 7612-4

Other Useful Numbers	
<b>Suvarnabhumi Airport</b>	0 2132 1888 ( <b>Call center</b> )
Departure Info	0 2132 9324 to 7
Arrival Info	0 2132 9328 to 9
Help Desk	0 2132 3888
Flight Info	0 2132 0000
Public Transportation Centre	0 2132 9100
Limousine	08 1822 6055, 08 3606 0088
Emergency / Security Service	0 2132 1911
Airport Medical Center	0 2132 7777
THAI Airways International Suvarnabhumi Airport (Domestic & International)	0 2134 54834
Reservation & Ticketing	0 288 7000
<b>Bangkok Railway Station</b>	1690, 0 2223 7010, 0 2220 4444 (RSVN), 0 2220 4334, 0 2621 8701
<b>Air-conditioned Bus Stations</b>	
• East	0 2391 8097, 0 2391 2504
• North & Northeast	0 2936 2852 to 66
• South	0 2434 7192, 0 2435 1200
Immigration Division	0 2287 3101 to 5

Port Authority of Thailand	0 2269 3000, Hotline 1573
Board of Investment	0 2537 8555, 0 2537 8111 to 55
General Post Office	0 2614 1000
BTS Hotline	0 2617 6000
Subway	0 2246 5733, 0 2246 5744

<b>Tourism Authority of Thailand (TAT)</b>	
Head Office	0 2250 5500
Airport	0 2504 2701, 0 2504 2703, 0 2535 2669
Ayuthaya	0 3524 6076 to 7
Cha-am	0 3247 1005 to 6
Chiang Mai	0 5324 8604, 0 5324 8607, 0 5324 1466
Chiang Rai	0 5371 7433, 0 5374 4674 to 5
Hat Yai	0 7424 3747, 0 7423 1055, 0 7423 8518
Kanchanaburi	0 3451 1200, 0 3451 2500
Khon Kaen	0 4324 4498 to 9
Lop Buri	0 3642 2768 to 9
Nakhon Nayok	0 3731 2282, 0 3731 2284
Nakhon Phanom	0 4251 3490-1
Nakhon Ratchasima	0 4421 3666, 0 4421 3030
Nakhon Si Thammarat	0 7534 6515 to 6
Narathiwat	0 7351 6144
Pattaya	0 3842 8750, 0 3842 7667
Phitsanulok	0 5525 2743
Phuket	0 7621 1036, 0 7621 7138, 0 7621 2213
Rayong	0 3865 5420 to 1, 0 3864 4585
Surat Thani	0 7728 8817 to 9
Tak	0 5551 4341 to 3
Trat	0 3959 7255, 0 3959 7259 to 60
Ubon Ratchathani	0 4524 3770 to 1
Udon Thani	0 4232 5406 to 7

*\*The above data are subject to change without notice.*

**Source:** [http://www.thaiwaysmagazine.com/thailand/thailand\\_calls\\_important.html](http://www.thaiwaysmagazine.com/thailand/thailand_calls_important.html)

## Useful Websites

### Tourism Service

- Tourism Authority of Thailand <http://www.tourismthailand.org/>
- Tourist Police: <http://tourist.police.go.th/>
- Thai Hotels Association (THA): <http://www.thaihotels.org/>
- Association of Thai Travel Agents (ATTA): <http://www.atta.or.th>
- Thai Youth Hostels Association (TYHA): <http://www.tyha.org/>
- Bangkok Tourist Bureau: <http://www.bangkoktourist.com>
- Thailand Incentive and Convention Association (TICA): <http://www.tica.or.th>

### **Foreign Exchange Rates**

- Thai Farmers Bank: <http://www.tfb.co.th/>
- Siam Commercial Bank: <https://www.scbbusiness.com/exchange/bk-txtexchange.htm>
- Bangkok Bank: <http://www.bbl.co.th/bankrates>

### **Government Agency**

- Ministry of Education: <http://www.moe.go.th>
- Ministry of Tourism and Sports: <http://www.mots.go.th>
- Ministry of Foreign Affairs, Kingdom of Thailand: <http://www.mfa.go.th>
- Thailand: The Big Picture: <http://www.nectec.or.th/>
- Department of Export Promotion (Information for local and foreign export): <http://www.thaitrade.com> or <http://www.dephtai.go.th/>
- Public Relations Department: <http://www.prd.go.th>
- Royal Forest Department: <http://www.forest.go.th>
- The Fine Arts Department: <http://www.finearts.go.th>
- Thai Meteorological Department: <http://www.thaimet.tmd.go.th>
- One Tambon One Product Information Center: <http://www.thaitambon.com>
- Thai Kitchen of The World Project: <http://www.nfi.or.th/worldkitchen>
- National Museum: <http://www.thailandmuseum.com>
- Thailand Golf Association: <http://www.tga.or.th>
- Bureau of The Royal Household: <http://www.palaces.thai.net>
- U.S Embassy in Thailand: <http://bangkok.usembassy.gov/index.htm>

## General Information on Vietnam

### Introduction to Vietnam

Lying on the eastern part of the Indochinese peninsula, Vietnam is a strip of land shaped like the letter "S". China borders it to the north, Laos and Cambodia to the west, the East Sea to the east and the Pacific Ocean to the east and south.

The country's total length from north to south is 1,650km. Its width, stretching from east to west, is 500km at the widest point in the north, 400km in the south, and 50km at the narrowest part, in the centre, in Quang Binh Province. The coastline is 3,260km long and the inland border is 4,510km.

Most visitors to Vietnam are overwhelmed by the sublime beauty of the country's natural setting: the Red River Delta in the north, the Mekong Delta in the south and almost the entire coastal strip are a patchwork of brilliant green rice paddies tended by women in conical hats.

There are some divine beaches along the coast, while inland there are soaring mountains, some of which are cloaked by dense, misty forests. Vietnam also offers an opportunity to see a country of traditional charm and rare beauty rapidly opening up to the outside world.

Despite its ongoing economic liberalization and the pressures of rapid development, this dignified country has managed to preserve its rich civilization and highly cultured society.

It has discarded its post-war fatigues and the boom in budget traveling, coupled with the softening of government control, have enabled more contemporary and relevant portraits of the country to gain currency in the West.

**Full country name:** Socialist Republic of Vietnam

**Area:** 329,566 sq km

**Population:** 81,624,700 million

**Capital City:** Hanoi (pop 3.5 million)

**People:** 54 different ethnic groups inhabiting Vietnam, in which Kinh (Viet) people make up nearly 90% of the whole population, and 53 other ethnic groups represent over 10%.

**Language:** Vietnamese, English, Chinese, French

**Religion:** Buddhism is the principal religion but there are also sizeable Taoist, Confucian, Hoa Hao, Caodaists, Muslim and Christian minorities

**Government:** Communist state

**Head of State:** President Tran Duc Luong

**Head of Government:** Prime Minister Phan Van Khai

**GDP:** US\$24 billion

**GDP per capita:** US\$300

**Annual Growth:** 8%

**Inflation:** 8%

**Major Industries:** Rice, rubber, food processing, sugar, textiles, chemicals

**Major Trading Partners:** China, Singapore, South Korea, Japan, Taiwan

**Source:** Lonely Planet, Vietnam National Administration of Tourism, Ministry of Foreign Affairs Vietnam

## Facts about Vietnam

### History

The sophisticated Bronze Age Dong Son culture emerged around the 3rd century BC. From the 1st to the 6th centuries AD, the south of what is now Vietnam was part of the Indianized kingdom of Funan, which produced fine art and architecture. The Hindu Kingdom of Champa appeared around present-day Danang in the late 2nd century and had spread south to what is now Nha Trang by the 8th century. The kingdom existed in part through conducting raids in the region. The Chinese conquered the Red River Delta in the 2nd century and their 1000-year rule, marked by tenacious Vietnamese resistance and repeated rebellions, ended in AD 938 when Ngo Quyen vanquished the Chinese armies at the Bach Dang River.

During the next few centuries, Vietnam repulsed repeated invasions by China, and expanded its borders southwards from the Red River Delta, populating much of the Mekong Delta. In 1858, French and Spanish-led forces stormed Danang after several missionaries had been killed. A year later, Saigon was seized. By 1867, France had conquered all of southern Vietnam, which became the French colony of Cochinchina.

Communist guerillas under the leadership of Ho Chi Minh resisted French domination during and after WWII. Ho Chi Minh's declaration of Vietnamese independence in 1945 sparked violent confrontations with the French, culminating in the French military defeat at Dien Bien Phu in 1954.

The Geneva Accords of 1954 temporarily divided Vietnam into two zones (the Communist north and the anti-Communist, US-supported south). Political and ideological opposition quickly turned to armed struggle, prompting the USA and other countries to commit combat troops in 1965. The Paris Peace Agreements, signed in 1973, provided an immediate cease-fire and signaled the withdrawal of US troops. Saigon eventually capitulated to the Communist forces on 30 April 1975.

Going straight from the fat into the frying pan, Vietnam had barely drawn breath from its war with America when it found itself at loggerheads with Khmer Rouge forces along the Cambodian borders. A protracted round of fighting eventually saw China enter the fray in support of Cambodia and the killings continued until the UN brokered a deal, with Vietnamese forces being pulled out of Cambodia in 1989. Although the Khmer Rouge continued to snipe from the borders, it was the first time since WWII that Vietnam was not officially at war with any other nation. The end of the Cold War and the collapse of the USSR in 1991 caused Vietnam and Western nations to seek rapprochement.

In July 1995 even the intransigent USA re-established diplomatic relations with Hanoi, although Hanoi initially refused to sign trade agreements with the US in 1999 (this was finalized the following year). The US, on their part, talked about normalizing relations but over 25 years later there's still a lot of soul-searching, hand-wringing and post mortems going on, accompanied by a slather of angst-ridden films and a handful of unplugged guitar tunes. John McCain, on a visit to Hanoi, talked about 'the wrong guys winning the war'.

Vietnam went through something of a postwar economic boom, before suffering the economic setbacks that plagued the entire region when the foreign investment bubble burst in the late 1990s. It has recently recovered part of this ground with some pundits predicting it will be the next Asian 'tiger' economy.

**Source:** Lonely Planet

## Geography

Three quarters of Vietnam's territory consists of mountains and hills. Vietnam is divided into four distinct mountainous zones.

- 1. The Northeastern Zone (Viet Bac).** This zone stretches from the Red River Valley to the Gulf of Tonkin. The mountainous area of Viet Bac is scattered with famous sights: Dong Nhat Grotto, Dong Nhi Grotto, and Tam Thanh Grotto in Lang Son Province; Bac Bo Grotto and Ban Gioc Waterfall in Cao Bang; Ba Be Lake in Bac Kan; Yen Tu Mountain and Halong Bay in Quang Ninh; and Tay Con Linh, the highest mountain peak in the region reaching 2,341 meters above sea level.
- 2. The Northwestern Zone.** This zone is comprised of mountains that run from the north of the Sino-Vietnamese border to the west of Thanh Hoa Province. This magnificent mountain range is nationally known for its resort town of Sapa in Lao Cai Province, which is perched 1,500 meters above sea level. Several ethnic groups, such as the H'mong, Dao, Kinh, Tay, Giay, Hoa, and Xa Pho, still reside in this region. The northwestern zone is also famous for the historical site of Dien Bien Phu and Fansipan Mountain, which measures 3,143 meters above sea level at the peak.
- 3. The North Truong Son Zone.** This zone runs from the western part of Thanh Hoa Province to the Quang Nam-Da Nang Mountains. This region is known locally for its picturesque Phong Nha Grotto and its two breathtaking passes, the Ngang Pass and the Hai Van Pass. It is also known worldwide for being the location of the legendary Ho Chi Minh Trail constructed during the second great resistance war.
- 4. The South Truong Son Zone.** This zone is located to the west of the south central coast provinces. Behind these huge mountains is a vast area of red soil known locally as "Tay Nguyen" (the Central Highlands). There are numerous legendary accounts of the flora and fauna and of the lives of several different ethnic minorities living in the Central Highlands. Dalat, established during the 19th century, is a popular resort town in this part of Vietnam.

**Source:** Vietnam National Administration of Tourism

## Climate

Vietnam is located in both a tropical and a temperate zone. It is characterized by strong monsoon influences, but has a considerable amount of sun, a high rate of rainfall, and high humidity. Regions located near the tropics and in the mountainous regions are endowed with a temperate climate. The annual average temperature ranges from 22°C to 27°C. In Hanoi, the average temperature is 23°C, in Ho Chi Minh City it is 26°C, and in Hue it is 25°C.

### Average temperature in 12 months (degree Celsius )

Month	1	2	3	4	5	6	7	8	9	10	11	12
Hanoi	16.4	17.0	20.2	23.7	27.3	28.8	28.9	28.2	27.2	25.6	21.4	18.2
Hue	20.0	20.9	23.1	26.0	28.3	29.3	29.4	28.9	27.1	25.1	23.1	20.8
HoChi Minh	25.8	26.7	27.9	28.9	28.3	27.5	27.1	27.1	26.8	26.7	26.4	25.7

**Source:** Ministry of Foreign Affairs, Viet Nam

There are two distinguishable seasons. The cold season occurs from November to April and the hot season from May to October. The difference in temperature between the two seasons in southern Vietnam is almost unnoticeable, averaging 3°C. The most noticeable variations are found in the northern provinces where differences of 12°C have been observed. There are essentially four distinct seasons, which are most evident in the northern provinces.

## People

At present, there are 54 different ethnic groups inhabiting Vietnam, in which Kinh (Viet) people make up nearly 90% of the whole population, and 53 other ethnic groups represent over 10%.

**Source:** Vietnam National Administration of Tourism

## Visitor Facts

**Business Hours:** All Government offices are open from 8.00 a.m. to 5.00 p.m. (with a one-hour lunch break) from Monday to Friday. Saturday and Sunday are holiday. In local regions, offices are open from 7:00 am to 11:00 a.m. and from 1:00p.m. to 5:00 p.m. Banks are open from 7:30 or 8:00 a.m. to 3:30p.m. Banks are closed on Saturday afternoons and Sundays. Private shops are open from 8:00 or 8:30 a.m. to 9:00 or 10:00 p.m.

**Currency and Currency exchange:** The currency of Vietnam is the dong (VND). Notes are available in paper denominations of 500,000; 100,000; 50,000; 20,000, 10,000, 5,000, 1,000, 500, 200 and 100 VND, and also in metal denomination of 5,000; 2,000; 1,000; 500; 200 d. Throughout the country, American dollars are widely accepted. However, the bills must be relatively new with no markings or

tears. Several big cities are used Euro currency. Traveler's cheques are easily exchangeable in banks.

**Credit Cards:** Credit cards are by far not as well introduced as for instance in Thailand. Visa is the most widely accepted card; at some places in Saigon, you may charge to your Mastercard.

**Source:** Vietnam National Administration of Tourism

**Time:** GMT +7 hours or +12 hours for US EST (subtract 1 hour for daylight savings).

**Source:** <http://www.discovermekong.com/>

**Electricity:** 220V, 50 Hz



**Source:** [www.lonelyplanet.com/worldguide/destinations/asia/vietnam?a=facts](http://www.lonelyplanet.com/worldguide/destinations/asia/vietnam?a=facts)

**Public Transportation:** Local inner-city bus systems are not good in Vietnam. Fortunately, there are other convenient ways of getting around. Taxis with meters are fairly cheap. The first two kilometers cost 12.000 VND and every subsequent 200 meters costs 1 thousand VND. The Cyclo, or pedicab offers easy, cheap and enjoyable transportation around Vietnam's cities. Riding a cyclo is also the best way to explore a city. The driver pedals behind you while you sit comfortably in the front and watch the movie of street life passing by. The average price for a ride is around US\$0.20 per kilometer and is cheaper by time rather than distance. A typical price is US\$1 per hour. Many of the drivers are also very knowledgeable about their city and will speak at least some English or French or Russian.

**Source:** Vietnam National Administration of Tourism

**Telephone and Internet:** It is very easy to telephone inside Vietnam. All hotels will let you make local phone calls, many don't even charge you. International phone calls are possible from many post offices. At some places, international direct dialing (IDD) has become commonplace. There is a telephone card, the UniphoneKad. Cell phones are popular. If you have one you can buy a prepaid phone-card and own your private contact number while traveling in Vietnam. The system in Vietnam is GSM.

The Internet was officially permitted in Vietnam in 1997. Access to online services is now available through cyber-cafes and computer terminals in the lobbies of guest houses and business centers in hotels. If you have an established Email account with a non-Vietnamese service provider, accessing your mail from Vietnam will require you to download your mail through a Web-based service such as Yahoo or Hotmail. This is easily done at cafes in cities like Hanoi, Saigon, Nha Trang, Hoi An, Danang and Hue. The Internet access fee is about 4-5 thousand dong per hour.

**Source:** <http://www.discovermekong.com/>

**Postal Service:** Post offices are usually open from 8.00 am to 8 or 9.00 pm. Postcards cost about VND 10 thousand for a booklet of ten from the post office. Children also sell them, but they are more expensive. Don't be too annoyed by them, if they save you a trip to the post office it's probably worth paying a few dong more. A postcard to Europe/USA costs VND 5400, a letter VND 8400 (depending on the weight). They take about 2 weeks to be delivered.

**Source:** <http://www.discovermekong.com/>

**What to Wear:** In the North and Central: Warm clothes, gloves, shoes and woolen hats are advised in the cold period (December to February). The remaining of the year is hot and requires summer clothes, raincoat or umbrella.

In the South: Only light summer clothes, hat and sun glasses. The weather is rainy and humid from April to November or December. Raincoat or umbrella is advised.

**Source:** <http://www.discovermekong.com/>

**Language:** The official language is Vietnamese, a mix of mostly Mon-Khmer elements with some Tai and Chinese. The language is tonal and monosyllabic. Most minorities continue to retain their languages. Today's main foreign language, especially among the young, is English. In the north, French and Russian are still quite widely spoken. The script of modern Vietnamese is based on Latin with accents, and was formed and created by the Jesuit priest Fr. Alexander De Rhodes in the 19th century.

**Source:** <http://www.discovermekong.com/>

### Do's and Don't

Vietnamese people are very gracious, polite and generous and will make every effort to have guests feel comfortable. Do not be surprised if somebody you have just met invites you home to meet the family and friends. These are the experiences that will enrich your visit to Vietnam.

From the workers simple outfits in the rice fields to western style business suits in the city, the Vietnamese are conservative in their dress. Visitors wearing shorts are tolerated, even though you may see many shirtless Vietnamese men in shorts. Wear conservative clothing if you visit a culturally sensitive area such as a temple or pagoda – less bare skin is better. Keep in mind that, although tolerant, people may be judgmental.

Unfortunately you cannot expect hospitality at every turn and you may experience problems with petty theft and pick pockets. This is more prevalent in Ho Chi Minh City (Saigon) and Nha Trang. In other areas, especially in the north, reports of these activities are extremely minimal. It is not something to be paranoid about but be aware of your surroundings. Below is a list of do's and don'ts to help you avoid some of the social taboos during your visit. Take heed of these pointers and you will be rewarded with a culturally and socially enriching experience.

## **Do's**

- Store your cash, credit cards, airline tickets and other valuables in a safe place. Most 4-star hotels have in-room safes; otherwise ask the reception to keep your valuable things in their deposit facility.
- Take a hotel business card from the reception desk before venturing out from your hotel. This will make your return to the hotel in a taxi or cyclo much easier.
- Carry a roll of toilet paper in your daypack on long excursions from your base hotel. You never know when you might need it!
- Dress appropriately. Not only is it for the prevailing weather, but also not to cause offence to the local people. Vietnamese have conservative dress codes, and it is only in larger cities that these codes are a little more relaxed. Do not wear revealing clothing.
- If invited into a home, always remove your shoes at the front door when entering.
- Ask for permission when taking a photograph of someone. If they indicate that they do not want you to, then abide by their wishes. DO NOT offer money or push the issue.
- Drink plenty of bottled water. During the summer months you should be drinking a minimum of 2 liters per day. If you drink tea, coffee & alcohol you should increase your water intake accordingly as these will help to dehydrate you.

## **Don't**

- Never carry more money than you need when walking around the streets. Do not wear large amounts of jewelry. There are two reasons for not doing this (1) It is considered impolite to flaunt wealth in public; (2) It is more likely that you may become a victim of a pickpocket or drive-by bag snatcher. Don't be paranoid about your security; just be aware of your surroundings.
- Don't wear singlet, shorts, dresses or skirts, or tops with low-neck lines and bare shoulders to Temples and Pagodas. To do this is considered extremely rude and offensive.
- Avoid giving empty water bottles, sweets and candies or pens to the local people when trekking through ethnic minority villages. You cannot guarantee that the empty bottles will be disposed of in a correct manner, and the people have no access to dental health. If you want to give pens, ask your guide to introduce you to the local teacher and donate them to the whole community.
- Never sleep or sit with the soles of your feet pointing towards the family altar when in someone's house.
- Never lose your temper in public or when bargaining for a purchase. This is considered a serious loss of face for both parties. Always maintain a cool and happy demeanor and you will be reciprocated with the same.
- Do not try to take photographs of military installations or anything to do with the military. This can be seen as a breach of national security.
- Never take video cameras into the ethnic minority villages. They are considered to be too intrusive by the local people.

- The above advice is meant to help you have a perfect trip to Vietnam. Do not be overly paranoid though. Generally, Vietnamese people are very appreciative if they see you trying to abide by the customs, and very forgiving if you get it wrong or forget. If you make the effort, you will be rewarded.

**Source:** <http://www.discovermekong.com/>

### **Visa**

American citizens are manipulated to apply for the Vietnam visa. The participant can do it at the Vietnam Embassy in your home country or do it during your stay in Thailand. **However, when you apply for the Vietnam visa, please make sure that the arrival date to Vietnam issued in your passport is before the starting date of the program in Vietnam.**

**Failing to do so, you would have to be responsible for costs to be incurred, which could include a new air-ticket (or fee imposed for the change of flight), a hotel room, visa fee and transportation during the time of your stay to get your visa issued in Bangkok.**

### **Embassies**

#### **Royal Thai Embassy**

63-65 Hoang Dieu Str. Hanoi

Tel: (04) 823 5092/ 4; Fax: (04) 823 5088

E-mail: [thaiemhanoi@netnam.org.vn](mailto:thaiemhanoi@netnam.org.vn)

Office hours: Mon – Fri at 08.30 hrs - 12.00 hrs & 13.30 hrs - 17.00 hrs

#### **Consulate General, Ho Chi Minh**

77 Tran Quoc Thao, Dist.3

Tel: (08) 932 7637

Fax: (08) 932 6002

#### **USA Embassy**

7 Lang Ha Str. Hanoi

Tel: (04) 772 1500; Fax: (04) 772 1510

Office hours: Mon - Fri

08.00 hrs - 12.00 hrs & 13.00 - 17.00 hrs

#### **Consulate General, Ho Chi Minh City**

4 Le Duan, Dist.1

Tel: (08) 822 9433

#### **1.1.1 Emergency Telephone Numbers**

Police	113
Ambulance	115

International Direct Dialing Access Code	00
National Domestic Direct Dialing Access Code	0
Long Distance Domestic telephone service	101
Directory assistance for long distance domestic telephone service	102
Operator-assisted long distance domestic telephone service	103
International telephone service	110
International telephone service rate	112
International telephone service inquiries	113
Phone number inquiries	116
Time inquiries	117
Ring back test	118
Advice on telephone repairs	119
Information about society, economy, culture.	1080
Consultation in areas of employment, health, law, informatics, psychology, living skills...	1088
Discount international phone charges, at US\$1.30 per minute	178 171

**Source:** <http://www.discovermekong.com/>

### Useful Websites

#### **Tourism Service**

- Vietnam Tourism: <http://www.vietnamtourism.com/>
- Vietnam National Administration of Tourism:  
<http://www.vietnamtourism.gov.vn/>
- Information on Culture and Art of Vietnam: <http://www.vnnews.com>
- Discover Mekong: <http://www.discovermekong.com>
- Culture and Hanoi's life-style:  
<http://www.cinet.vnnews.com/hanoi/trangdau.htm>
- Vietnam Embassy, Washington DC: <http://www.vietnamembassy-usa.org>
- Health Information for Travelers to Southeast Asia:  
<http://www.cdc.gov/travel/seasia.htm>
- Things Asian: <http://www.thingsasian.com/destination/index.htm>
- Hanoi Guide: <http://www.hanoitravel.com>
- Chua Huong - Perfume Pagoda:  
<http://www.vietscape.com/travel/chuahuong>
- Halong Website: <http://halong.net.vn>
- Vietnam's ancient capitol: <http://www.festivalhue.org>

## **Places to Visit**

### **THAILAND**

**Tuesday 26 June 2007**

#### **Chitralada Palace and the Royal Chitralada Projects**

Chitralada Villa in Bangkok serves not merely as a royal residence but also performs a number of other functions. Within the same compound are assorted experimental agricultural facilities, a school, and a hospital, which serves the royal staff and needy people.

Source: Thailand's Official Information Center

More information on The Royal Chitralada Projects can be found at:

<http://www.geocities.com/RainForest/Vines/1701/kingm3.htm>

<http://kanchanapisek.or.th/projects/index.en.html>

#### **Joe Louis Theater**

Joe Louis has adapted and improved the Hun Lakorn Lek (Thai Puppet) in many ways since its original creator, Mr. Klay. The head and face of the puppet has been modified allowing more movement. The costumes have become more elaborate and elegantly detailed. The performance itself has changed with great emphasis to making the puppets seem as real as possible. Joe Louis also incorporated the puppeteer into the performance, so the audience can witness the actions of the puppeteer as it operates the puppet. Before each performance is a brief history and explanation of how the Hun Lakorn Lek is performed, as well as a demonstration of how the puppets are built in the theater's reception area. Originally, puppet performances were kept to short excerpts of scenes from the

Ramayana, performed before the actual Kohn performance. Today, Joe Louis has changed puppetry to include the entire scene, sometimes entire acts.

More information on Joe Louis Theater

<http://www.thaipuppet.com/eng/index.htm>

**Wednesday 27 June 2007**

### **Ayuthaya Historical Park**

Ayutthaya is a very important historical city of Thailand. Before succumbing to Burma in 1767, Ayutthaya had been a prosperous city in many ways, politic, economic, and cultural for as long as 417 years. If you want to see historical sites, there are plenty here. An important tourist site in Ayutthaya is "The Historic City of Ayutthaya" which is announced the World Heritage by the UNESCO in 1991.

A UNESCO World Heritage site, Ayuthaya's historic temple are scattered throughout this once magnificent city, and along the encircling river. There are several of the more central ruins: Wat Phra Si Sanpet, Wat Mongkhon Bophit, Wat Na Phra Meru, Wat Thammikarat, Wat Rachaburana and Wat Phra Mahathat.

More information on Ayudthaya Historical Park can be found at:

<http://www.thai-worldheritage.com/en/ayuth-en.html>

### **Chao Sam Phraya National Museum**

This museum is perfect for history buffs who admire fine arts and handicraft of the Ayutthaya period. Housed in the museum are various original antiques, mostly made of gold and decorated with precious jewels. In addition, there are various antique bronze Buddha images and famous carved panels. Of note is a receptacle in the Thai Pavilion that contains relics of the Lord Buddha and other objects of art that are over 500 years old.

### **Wat Chaiwatthanaram**

Located on the bank of the Maenam Chao Phraya, to the west of the city island is Wat Chaiwatthanaram. Built in 1630 by King Prasat Thong to honor his mother, Wat Chai Wattanaram was conceived as a replica of the Angkor temple. A Royal monastery, the temples unique feature is a huge prang which is surrounded by smaller prangs.

### **Wat Na Pra Meru**

Formerly known as Wat Phra Merurachikaram, the temple is located across the river north of the palace. Although the date of construction is unknown, the temple has been restored a number of times but still has a finely proportioned ubosot and viharn. The latter contains a large Dvaravati stone Buddha seated in European style, his hands on his knees, which some scholars think originated in Nakhon Pathom.

The Ubosot design is very old in the typical Thai style. The most interesting object is the principal Buddha image, which is fully decorated in regal attire. The most interesting fact attributed to the image is that it escaped destruction when the Burmese were burning everything down. It was from the grounds of this temple that the Burmese King Chao Along Phaya decided to fire a cannon at the Grand Palace.

More information on Chao Sam Phraya National Museum Wat Caiwatthanaram and Wat Na Pra Meru can be found at:

<http://www.tourismthailand.org/destinationguide/list.aspx?provinceid=5&typeid=7>

**Thursday 28 June 2007**

### **Floating Market**

Thailand's floating markets are among the most-photographed destinations in the country. The river and 'klong' markets give a realistic glance of how daily life must have been in earlier times. The most popular floating market, one of the must-see one-day trips from Bangkok, is at Ratchaburi, about 101 km to the west of Bangkok. The Ratchaburi market is the largest of its kind, attracting a large number of tourists each day. The lively and colorful images of boat vendors trading their agricultural products is one of the most fascinating and endearing images of Thailand.

Source: [http://www.thailand.com/travel/recreation/recreation\\_float.htm](http://www.thailand.com/travel/recreation/recreation_float.htm)

### **Roong-Aroon School**

Roong Aroon is a school that believes in the development of human beings. The school looks to develop the child's imagination, morality, and integrity.

As a private primary school, governed by a Board of Trustees under the direction of the Ministry of Education, Rung Arun School was initiated by a group of founders and a group of parents who saw the need for educational reform. Originally, it was the transitional school from "Anuban Raklook", a kindergarten school which had earned a reputation for the highest quality teaching since 1991. Then, in June 1997, the Ministry of Education accredited Rung Arun School as a nonprofit organization. The school is committed to maintain a caring environment that encourages students to discover enduring personal, intellectual and social values.

The principle is based on all students having equal opportunities to learn and work to the best of their ability. 5% of the students are special needs students who are either Austistic, Down's Syndrome, Mentally Retarded, Hyperactive or Attention Deficit sufferers, and form a part of each class. The ratio is 1-2 students per class of 25 students. Each of them have their own specific performance evaluation under the IEP form which allows teachers, parents and outside consultants to plan

and build toward the goals set for each student, and weekly meetings to discuss progress and make relevant planning decisions are held.

More information on Roong-Aroon School can be found at:

<http://www.roong-aroon.ac.th/>

<http://www.geocities.com/siliconvalley/bridge/6341/profile.html?200711>

<b>Friday 29 June 2007</b>
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### **Grand Palace and Emerald Buddha Temple (Wat Phra Kaeo)**

Grand Palace and Emerald Buddha Temple (Wat Phra Kaeo) are the inner-city landmark contains several buildings with highly detailed architectural features. The Grand Palace is today used by the king only for certain ceremonial occasions and is closed to the public but visitors can enjoy its grandeur from outside. Wat Phra Kaeo within the same compound, is a treasure house of Thai arts, and houses the Emerald Buddha, the most revered Buddha image in Thailand.

There is a **strict dress code** for visiting the Grand Palace and the Emerald Buddha Temple, Thailand's most sacred site. Visitors must be properly dressed before being allowed entry to the temple. **Men must wear long pants and shirts with sleeves -- no tank tops. If you're wearing sandals or flip-flops you must wear socks (in other words, no bare feet.) Women must be similarly modestly dressed. No see-through clothes, pants, bare shoulders, etc.** If you show up at the front gate improperly dressed, there is a booth near the entry that provides clothes to cover you up properly.

Source: Tourism Authority of Thailand

Virtual Thai Palace website: <http://palaces.thai.net/>

### **Wat Pho**

Wat Pho, the large and extensive temple in a neighboring area of the Grand Palace, contains a gigantic gold plated Reclining Buddha of some 46 meter long and 15 meter high with inlaid mother of pearl soles. The temple is also regarded as the first centre of public education and is sometimes called 'Thailand's first university'.

Wat Pho is the national headquarters for the teaching and preservation of traditional Thai medicine, including Thai massage. A massage school convenes in the afternoons at the eastern end of the compound.

Source: Tourism Authority of Thailand

Wat Pho website: <http://www.watpho.com/>

### **Verasu**

Verasu specializes in the business of importing and retailing innovative quality products for the household, from small to large electrical appliances, to cleaning accessories, home décor, kitchenware, tableware, glassware, house-ware, and etc. The company is recognized for its after service and short-training for customers. Almost every month, the company held cooking short courses (Thai and International recipes) for interested customers. In response to the modern world in people have less time and rely much on electrical appliances, Verasu's cooking courses aim to get "original taste out of modern style".

More information on Verasu can be found at:

Verasu website: <http://www.verasu.com>

**Saturday 30 June 2007**

### **Prasart Hin Phimai**

The Phimai Sanctuary is one of the grandest and most important Khmer historical sites in Thailand.

The most special characteristic of the sanctuary is that it is the only one that faces south while the others usually face east. This is probably because it was built to face the route that the Khmers traveled from the capital of the empire, to the south of Phimai.

From stone inscriptions and the architectural style, the Phimai Sanctuary was most likely built at the end of the 11th century during the reign of King Suriyaworaman I. The architectural style is that of the *Baphuon* style that prospered at the time. However, some characteristics are similar to that of *Angkor Wat*, which became popular at a later period. Some additions were made to the site in the early 18th Buddhist century during the reign of King *Chaiworaman VII* when Phimai had close relations with the Khmer Empire. The sanctuary was always a religious site of the *Mahayana* sect of Buddhism because King Suriyaworaman I and King Chaiworaman VII were followers of the sect. Important Structures in Phimai Sanctuary.

Source: Tourism Authority of Thailand

More information on Prasart Hin Phimai can be found at:

<http://www.tourismthailand.org/destinationguide/list.aspx?provinceid=19&typeid=7>

**Sunday 1 July 2007**

### **Phanom Rung Historical Park**

Prasaat Phanom Rung and Muang Tam are located in Buriram. Prasaat Phanom Rung is one of the most significant Khmer monuments in Thailand. It was built in the 10th-13th century A.D. Phanom Rung was a Hindu Saivite (Shiva) monastery. Sculptures also present images of Vishnu. A processional way leads through Naga bridges to the main sanctuary. Lintels, pediments depict the Hindu Gods Brahma, Vishnu and Shiva, with also scenes of the Ramayana. The most famous lintel (Vishnu Anantasayin) depicts Vishnu reclining on the back of the Naga King Ananta. This lintel disappeared for many years outside the country, but was recently returned. The setting of Phanom Rung is quite scenic, with views of the countryside all around. The site is probably the most visited Khmer monument in Thailand. If you want it quieter, be sure to arrive before 10 A.M. Muang Tam ('low city') is located nearby, and is worth a visit all by itself. Around its main structure, five 'brick' towers and ponds with lotus flowers are present. There is not much supervision and school children seem to use the area as a playing ground.

More information on Phanom Rung Historical Park can be found at:

<http://www.tourismthailand.org/destinationguide/list.aspx?provinceid=20&typeid=7>

### **Ta Sawang Weaving Center**

Ta Sawang weaving Center is a vocational center of a local and grass-root people in Surin province, who are now engaged in raising mulberry and silk worms. They have been weaving silk clothes to earn supplementary income for their families. With a support from the government and provincial administrative organization, the Center is established in order to upgrade the quality of Thai silk and cotton as well as expand the market for being a tourist spots so that they could be acceptable by both Thai and foreign tourists.

More information please contact Tourism Authority of Thailand (TAT)

**Monday 2 July 2007**

### **Wat Pha Nanachat**

Wat Pah Nanachat or The International Forest Monastery is a Buddhist monastery in Northeast Thailand, in the Theravada Forest Tradition. It was established by Ajahn Chah to provide English-speaking people the opportunity to train and practice in the way the Buddha taught his monks in the forests 2600 years ago.

Wat Pah Nanachat website: <http://www.watpahnachat.org/>

**Wednesday 4 – Friday 6 July 2007**

### **Home Stay**

Start the Home Stay program with Thai Teachers;

1. Mahaprutharam Girls' School  
www.mps.ac.th
2. Satri Sisuriyothai School  
www.suriyothai.net
3. Samsenwittayalai  
www.samsenwit.ac.th
  
4. Rajavinit Mathayom School  
www.rnm.ac.th
5. Pekkred Secondary School  
www.pk.ac.th
6. Darakam School  
<http://school.obec.go.th/darakam>
7. Mater Dei School  
www.materdei.ac.th
8. Mathayom Wat Benjamabopit School  
www.mwbb.ac.th/first.html

**Sunday 8 July 2007**

### **Doi Tung**

Doi Tung is located in Mae Fa Luang district, reachable by taking Highway No.110 for about 48 kilometers. Then turn left onto Highway No. 1149, an asphalt road leading to Doi Tung. The route winds through beautiful scenery and with many interesting sites. These include the Doi Tung Palace and the Mae Fa Luang Garden, Akha and Muser tribal villages. There are also viewing points and the Phra That Doi Tung Holy Relic, an old religious site atop the mountain, about 2,000 meters above sea level.

Source: Tourism Authority of Thailand

Doi Tung website: <http://www.doitung.org/indexeng.htm>

### **Hall of Opium**

The 5,600 square-meter Hall of Opium at the Golden Triangle Park presents the history of opium from its natural properties to its use as long ago as 5,000 years. It traces opium's global journey through trade routes in the age of imperialism, culminating in the Opium Wars-an event that disgraced both winners and losers, leading to the fall of the Manchu Dynasty through to the Siamese wisdom in confronting the West and the eventual control of opium problems.

Source: Tourism Authority of Thailand

Hall of Opium website: <http://www.goldentrianglepark.org/swf/>

### **Mae Fah Luang University**

Mae Fah Luang University (MFU) was established under Royal Charter in September 1998, as a public autonomous university with full financial support from the Royal Thai Government. The establishment of the university was in response

to the needs of people in the northern Thailand and to commemorate the gracious contribution of the King's mother to the people in the northern part of the country. Mae Fah Luang University, as a public university, is fully accredited by the Ministry of Education of Thailand and has close collaboration with other leading educational organization.

Mae Fah Luang University website: <http://www.mfu.ac.th>

**Monday 9 July 2007**

### **The Mirror Art Group**

The Mirror Art Group is an NGO operating in Tambon Mae Yaw, Amphoe Muang, Chiang Rai where locate the Thai-Burma border. Many hill tribes, such as La Hoo, Yao and Akha, inhabit in this geographic beauty. So various beliefs, traditions, customs and life style can be found. The Mirror Art Group, in cooperation with hill tribe village, Ban Hui Mae Sai, has set up the hill tribe tourism whose aim is to build up society strength in and sustainable development in this region. Also, the Group established primary schools for hill tribe children, some operated occasionally by volunteer teachers and another runs throughout the year. Also, the Group provides supports for government schools located in the areas.

Source: The Mirror Art Group: [www.mirrorartgroup.org](http://www.mirrorartgroup.org)

**Tuesday 10 July 2007**

### **The Institute for Community Empowerment (ICE)**

The Institute for Community Empowerment is established with the new concept of healthy awareness and to educate the local people to become more concern of their health. Started from the community to share their concern and knowledge on how to take a good care of their health, strengthen their social with morality, and contribute to a caring and sharing society.

### **The Northern School for the Blind**

The Northern School for the Blind was founded by the Foundation for Helping and Providing Education in the North in 1960 and in 1962 became under the patronage of Her Royal Majesty the Queen who graciously opened the first building of the school in 1964. In 1980, the foundation transferred the school to the Ministry of Education to continue providing education for the Blind in the North until now. With support from both government and donors, the school provides residents and meals for all students free of charge. Currently, there are 201 primary students

Source: The Northern School for the Blind

## **Chiang Mai Night Bazaar**

Starting from a simple three-story building, the Night Bazaar now becomes the largest shopping venue in Chiang Mai. Here, different department stores, shops, and vendor stalls display all sorts of products, varying from traditional Thai craft to designer goods, both fake and real.

Popular products include northern hand-woven fabrics, Thai silk, hill tribe crafts, silverware, lacquer ware, antiques, paintings, and woodcraft. All are sold at a very cheap price, if you are talented in the art of bargaining. The trick is to look over the whole bazaar to check the price before starting the deal, and bargain patiently.

The night market itself is a lively place to visit. There are plenty of restaurants, food trolleys, and beer gardens where you can get rest and fill your stomach after a long shopping spree.

More information on Chiang Mai Night Bazaar can be found at:

[http://www.dusit.com/destination\\_guide/north/dest02/attraction\\_activity/attr00021/index.html](http://www.dusit.com/destination_guide/north/dest02/attraction_activity/attr00021/index.html)

**Wednesday 11 July 2007**

## **Wat Phathat Doi Suthep**

Wat Phra That Doi Suthep is Chiang Mai's most important and visible landmark, and overlooks the city from its forested mountain backdrop. This temple is 15 kilometers from town, 3,520 feet above sea level, and dates from 1383. The temple is approached on foot by climbing a steep Naga staircase comprising 290 steps.

The less energetic may ascend by funicular railcars. The temple's pagoda contains holy Buddha relics, and attracts Buddhist pilgrims from all over the world throughout the year. The temple compound offers an exhilarating view of Chiang Mai city and surrounding countryside.

Source: Tourism Authority of Thailand

## **Thai Elephant Conservation Center**

TECC was created in 1991 by the Forest Industry Organization (FIO). In the past the logging industry was very prevalent in the Northern Kingdom and many concessions belonged to the F.I.O. In 1989, the worst flooding in the Thai history caused the death of thousands of people. The flood was a direct result of excessive timber harvesting. The Government had to take action and install a ban on timber logging all over the country. The ban on wood logging caused drastic

consequences for thousand of mahouts (elephant keepers) and their elephants. They suddenly found themselves jobless and without any resources.

Today, despite the ban, thousands of elephants are still employed in illegal logging at the Thai and Burmese borders. The work conditions are extremely difficult for the elephants because those regions are very mountainous and they often work alone. To make things even worst, there are thousands of land mines from the previous wars between Thailand and Burma. Every year, hundreds of elephants and their mahouts are injured by land mines. In order, to escape the police and the authorities, the mahouts employed in illegal logging feed meta-amphetamines to their elephants. With the effects from the drugs, the elephants are able to work longer hours and much faster. The well-being of the animals are not the owner's priorities but sadly money is. Since 1991, The Thai Elephant Conservation Center has provided care for more than 100 elephants, including disabled and sick animals. The Center is also providing hundreds of jobs and housing for the mahouts and their families.

Thai Elephant Conservation Center website: <http://www.changthai.com/>

**Friday 13 July 2007**

### **Si Satchanalai**

Si Satchanalai or as formerly called "Chalieng" was another city of importance due to its being a chieftain city of Sukhothai. It was situated on the bank of Yom River, north of Sukhothai. During the reign of "King Li Thai" or "Phra Maha Dhamarajal" of Sukhothai (1347-1374), Si Satchanalai had reached its peak in prosperity; many art objects and monuments were created and built.

Source: Thai World Heritage

More information on Si Satchanalai can be found at:  
<http://www.thai-worldheritage.com/en/srisat-en.html>

### **Bahn Ja Tavee Museum**

Ban Ja Tavee is a personal museum, belongs to sergeant Tavee Bhuranakhhet. With the spiritual of the traditional Thai ancient passionate, he spends over 30 years of his life collecting traditional utensils, agriculture instruments, home décor materials, Buddha images, etc. He would like to pass on the pride of Thai heritage to the young generation and to inherit the Thai culture to the global community.

### **Wat Prasimahathat Woramahavihar**

Locally dubbed as "*Wat Yai*", the complex is considered the most important temple in Phitsanulok. Housing Thailand's famous Phra Phutthachinnarat, *Wat Yai* is located at the foot of Naresuan Bridge on the city side of the river. The temple was built during the reign of *Phra Maha Thamma Racha I (Phraya Lithai)* in 1357. *Phra Phutthachinnarat* is considered the most beautiful Buddha image in Thailand. The large Sukhothai-style bronze statue was cast in 1357 by the order of King *Maha*

*Thamma Racha I* of Sukhothai. The statue's unique feature is the flame-like halo, a symbol of spiritual radiance. In 1931, King *Ekatotsarot* (King Naresuan's younger brother) commanded a gold coating of the image, making it outstanding against the dark backdrop.

More information on Wat Prasimahathat Woramahavihar can be found at:  
<http://www.tourismthailand.org/destinationguide/list.aspx?provinceid=52&typeid=7>

**Saturday 14 July 2007**

### **Sukhothai Historical Park**

The arts flourished in Sukhothai and its associated cities are outstandingly beautiful. Although at the early stage of the establishment of the kingdom, there were traces of influence from Khmer and Ceylonese art but after being gradually mingled with the native style of Sukhothai, Sukhothai art became very unique and satisfactory in its own identical style.

Source: Thai World Heritage

More information on Sukhothai Historical Park can be found at:  
<http://www.thai-worldheritage.com/en/sukhothai-en.html>

## **VIET NAM**

**Monday 16 July 2007**

### **Vietnam National University, Hanoi**

Vietnam National University, Hanoi (VNU, Hanoi) was established in 1993 by unifying some leading universities including the former University of Hanoi with the University of Indochina, which was established in 1904. VNU reports directly to the Prime Minister and has high autonomy in organisation-personnel, training programs, science-technology, planning-finance, international relations and other fields. VNU's colleges and institutes maintain their juridical person status of a higher education and scientific research institution like all other universities and colleges outside VNU. VNU's colleges have played a special role in education and training, in cultural and socio-economic development of the Socialist Republic of Vietnam; and have produced a lot of leading scientists, politicians, management personnel and specialists in various fields.

Source: Vietnam National University, Hanoi

Vietnam National University, Hanoi website: <http://www.vnu.edu.vn>

### **Water Puppet Show**

Vietnamese water puppetry has a long history. An inscription on a stone stele in Doi pagoda, Duy Tien district, Nam Ha province, relates a water puppet show staged in the year 1121 to mark a birthday of King Ly Nhan Tong in 4,036 words. Water puppet shows offer a very effective combination of visual effects provided by fire, water, and the movements of the marionettes. The whole control system of the show is under the surface of the water, concealed from the audience. When fairy figures appear to sing and dance, it is calm and serene; then, the water is agitated by stormy waves in scenes of battle, with the participation of fire-spitting dragons.

There are many contributing factors to the art of water puppetry, including such handicrafts as wood sculpture and lacquer work. The factors all work together to bring out charming glimpses of the Vietnamese psyche, as well as typical landscapes of Vietnam

Source: Vietnam National Administration of Tourism

More information on Water Puppet Show can be found at:

<http://vietnamgateway.org/about/index.php?id=0103&cid=040331150531>

**Thursday 17 July 2007**

### **Museum of Ethnology**

Vietnam Museum of Ethnology is both a research centre and a public museum exhibiting the ethnic groups of Vietnam. The mission of the Museum is scientific research, collection, documentation, conservation, exhibition and preserving the cultural and historic patrimony of the nation's different ethnic groups. The museum also serves to guide research, conservation, and technology that are specific to the work of an ethnographic museum

Vietnam Museum of Ethnology website: <http://www.vme.org.vn/>

**Wednesday 18 July 2007**

### **Ho Chi Minh Mausoleum**

The construction of the Mausoleum started in September 1973, on the foundations of the old rostrum in Ba Dinh Square where president Ho Chi Minh used to chair national meetings. Ho Chi Minh's Mausoleum was completed nearly two years later on August 29, 1975.

Engraved on the front of the Mausoleum is Chu Tich Ho Chi Minh, meaning "President Ho Chi Minh." Uncle Ho's dead body dressed in faded khaki clothes and plain rubber shoes was put in a glass coffin. The Mausoleum is the everlasting rest house of the greatest leader of Vietnam.

Source: Vietnam National Administration of Tourism

## **Ho Chi Minh Museum**

This museum is located near the Ho Chi Minh Mausoleum. It was completed on May 19, 1990, on the occasion of President Ho Chi Minh's birthday. The museum is housed in a 4-storey building covering a total area of 10,000 m<sup>2</sup>. The museum is designed in the shape of a lotus flower, as a symbol of President Ho's noble character.

The main showroom displays more than 2,000 documents, articles, pictures, and exhibits illustrating not only historical events that took place in president Ho Chi Minh's life, but also important events that occurred in the rest of the world since the end of the 19th century. The museum also contains other rooms such as a library, a large hall, meeting rooms, and research rooms. Since its opening, the museum has welcomed millions of local and international visitors.

Source: Vietnam National Administration of Tourism

## **One Pillar Pagoda**

The One Pillar Pagoda is an architectural gem unique to Vietnam. Tradition says that it was first constructed in 1049 during the early Ly dynasty. Legend has it that King Ly Thai To dreamed of the goddess Quan Am sitting on a lotus leaf and offering him a son. Struck by the dream, the Emperor married a peasant girl who soon provided him with a male heir. In gratitude, the king built this pagoda to honor the goddess. Some have said that the pagoda resembles a lotus climbing out of the water.

The pagoda was destroyed a number of times over the centuries, most recently in 1954 during the French Colonial retreat, but was reconstructed in its present form in 1955 with a concrete pillar.

Source: <http://www.orientalarchitecture.com/hanoi/onepillarindex.htm>

## **Fine Arts Museum**

This is a national museum founded in June 1966. It displays art works and objects of the various nationalities living in Vietnam in every period. Prominent are collections of painting of great values by such famous contemporary artists as To Ngoc Van, Nguyen Phan Chanh, Tran Van Can and Bui Xuan Phai, etc,

More information on Fine Arts Museum can be found at:

[http://www.fodors.com/miniguides/mgresults.cfm?destination=hanoi@71&cur\\_section=sig&property\\_id=32846](http://www.fodors.com/miniguides/mgresults.cfm?destination=hanoi@71&cur_section=sig&property_id=32846)

<b>Thursday 19 July 2007</b>
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## **Ngoc Son Temple**

Hoan Kiem Lake was already considered the most beautiful lake in Hanoi when Ngoc Son Temple was built on an island in the 19th century. Initially, the temple

was called Ngoc Son Pagoda and was later renamed Ngoc Son Temple, since temples are dedicated to saints. Saint Van Suong, considered to be one of the brightest stars in Vietnam's literary and intellectual circles, was worshipped there. National hero Tran Hung Dao was also worshipped after he led the Vietnamese people to victory over the Nguyen aggressors.

The temple as it is today is the result of renovations made by Nguyen Van Sieu in 1864. A great Hanoi writer, Nguyen Van Sieu had a large pen-shaped tower built at the entrance of the temple. On the upper section of the tower, also called Thap But, are three Chinese characters Ta Thanh Thien, which literally means "to write on the blue sky is to imply the height of a genuine and righteous person's determination and will"; Dai Nghien, meaning "ink stand", is carved from stone resembling a peach placed on the back of the three frogs on top of the gate to the temple; and The Huc, meaning "where rays of morning sunshine touch".

On the way to the temple there are several cau doi, parallel sentences, written on the walls. These cau doi were part of traditional word puzzles played by educated individuals.

Source: Vietnam National Administration of Tourism

**Friday 20 July 2007**

### **Halong Bay**

Situated in the Northeast region of Vietnam, Halong Bay is a bay in the Gulf of Tonkin comprised of regions of Halong City, the township of Cam Pha, and a part of the island district of Van Don. Halong Bay borders Cat Ba Island in the southwest, the East Sea in the east, and the mainland, creating a 120 km coastline.

Halong Bay is made up of 1,969 islands of various sizes, 989 of which have been given names. There are two kinds of islands, limestone and schist, which are concentrated in two main zones: the southeast (belonging to Bai Tu Long Bay), and the southwest (belonging to Halong Bay). This densely concentrated zone of stone islands, world famous for its spectacular scenery of grottoes and caves, forms the central zone of Halong Bay, which has been named a UNESCO World Heritage Site.

Source: Vietnam National Administration of Tourism

More information on Halong Bay can be found at:

[www.vietnamtourism.com/e\\_pages/tourist/tourspot/natural/fr\\_halong.htm](http://www.vietnamtourism.com/e_pages/tourist/tourspot/natural/fr_halong.htm)

**Saturday 21 July 2007**

### **Tomb of Tu Duc**

Born in 1829, Emperor Tu Duc had the longest reign of all in the Nguyen Dynasty. The King died in 1883 after 35 years on the throne. Built between 1864-1867, his tomb includes 50 monuments surrounded by a 1500m wall.

Emperor Tu Duc was an expert in eastern philosophy, history, and literature. He left 4,000 verses and 600 proses, yet during his reign he the king failed to gain the respect of the citizens. It was during the construction of his tomb that the soldiers and artisans rebelled and joined Ung Dao (a distant cousin of the king) in the attempt to overthrow the king. Being a romantic, the king immersed himself in the world he created at the site of his tomb. The king ordered the construction of his tomb to be a fairyland with poetical features, making it a lifetime dream and a world for his eternal life after death.

Architectural features of Tu Duc Tomb include poetry elements in free form. It was designed to blend with the natural setting of the landscape. Man-made elements were built and placed in strategic areas to achieve perfect harmony.

Source: <http://www.vietscape.com/travel/hue/tuduc.html>

### **The Complex of Monuments**

Although Hue has sustained much damage from natural disasters and wars, the city and most of the architecture remain. As a capital city, Hue is relatively young since the Nguyen dynasty only ended some 50 years ago (1802-1945). Of the ancient capitals in Vietnam, Hue is the only one that still has the intact appearance of a complex of the monarchic capital consisting of walls, palaces, and royal tombs. Consequently, Hue is among Vietnam's most valued national treasure in terms of history and heritage.

In 1981, after visiting Hue, Mr. Amadou-Mahtar-M'Bow, then Director General of UNESCO proclaimed Hue to be "a masterpiece of urban poetry". On December 11, 1993, UNESCO's Director General, Federico Mayor acknowledged the Complex of Monuments of Hue to be a World Culture Heritage.

More information on The Complex of Monuments can be found at:

<http://www.vietscape.com>

### **Thien Mu Pagoda**

Situated on Ha Khe Hill near the Perfume River, Thien Mu Pagoda is 5 km from Hue. The oldest pagoda in Hue was built by the governor of the city, Nguyen Hoang, in 1601. He had a vision in which an old woman was telling him that the site had supernatural powers and that a pagoda should mark the site. Emperor Thieu Tri later annexed a tower in 1844. The 7-storey, 21-m octagonal tower was built in honour of Nhu Lai Buddha and The Ton. The pagoda was badly destroyed in 1943. The priest and Thich Don Hau, who managed the pagoda back then, carried out great renovations that lasted 30 years. The complex includes two zones. The towers are in the front and the temples are in the back. The three temples include Dau Hung, Dia Tang, and Quan The Am.

Source: Vietnam National Administration of Tourism

## **Perfume River (Huong River)**

The Perfume River, Huong Giang in Vietnamese, has two main sources in the Truong Son Mountains: Ta Trach River and Huu Trach River. The Perfume River is 30 km long and has a slow current since the water level is almost at sea level. The river runs through the verdant villages of Kim Long, Nguyet Bieu, Vy Da, Dong Ba, Gia Hoi, and Bao Vinh, mingling with the perfumes of flowers. The blue limpid color of the river looks like a pearl in the sun. The view on both sides of the river is magnificent with the citadel, gardens, pagodas, towers, and temples; their reflection in the water makes the already lovable river even more poetic and lovely. Many people think that Hue has peaceful, gentle, and tranquil landscapes mostly due to the Perfume River. This river brings a meditative and poetic character to the city and harmoniously combines with the ancient and rich culture.

Source: Vietnam National Administration of Tourism

**Monday 23 July 2007**

## **Vietnam National University, Ho Chi Minh**

Vietnam National University- Ho Chi Minh City (VNU-HCM) was established in January 1995 for the purpose of integrating into the worldwide university system and producing a distinguished resource of personnel. Approved by the Government, VNU-HCM recognized its missions as to train qualified graduates and specialists to meet with social needs, do research and implement science & technology, establish international exchange and cooperation with other universities in the region and the world at large.

Source: Vietnam National University, Ho Chi Minh

Vietnam National University, Ho Chi Minh website: [www.vnuhcm.edu.vn](http://www.vnuhcm.edu.vn)

## **Cu Chi Tunnels**

The Cu Chi Tunnels are located approximately 30 km northwest of Ho Chi Minh City in Cu Chi district. This district is known nationwide as the base where the Vietnamese mounted their operations of the Tet Offensive in 1968.

The Cu Chi Tunnels consist of more than 200 km of underground tunnels. This main axis system has many branches connecting to underground hideouts, shelters, and entrances to other tunnels. The tunnels are between 0.5 to 1 m wide, just enough space for a person to walk along by bending or dragging. However, parts of the tunnels have been modified to accommodate visitors.

Source: Vietnam National University, Ho Chi Minh City

More information on Cu Chi Tunnels can be found at:

[http://www.vietnamtourism.com/e\\_pages/tourist/tourspot/monumade/history/cuchi.htm](http://www.vietnamtourism.com/e_pages/tourist/tourspot/monumade/history/cuchi.htm)

Friday 21 July 2006

### **War Remnants Museum**

The War Remnants Museum was established in September 1975 in Ho Chi Minh City. It contains countless artifacts, photographs, and pictures documenting American war crimes. Such documents illustrate the killing of civilians, spreading of chemicals, torturing of prisoners, and the effects of the war on the north. Planes, tanks, bombs, and helicopters are also on display.

Outside the museum are some rooms displaying cultural products of Vietnam. Over the last 20 years, over 6 million visitors entered the museum. Among this number, nearly 1 million were foreign visitors, including American tourists.

Source: Vietnam National Administration of Tourism

### **Cholon**

Cholon is the thriving warren of streets comprising the Chinese district of Saigon, first settled by the Chinese Hoa merchants at the end of the 18th century, and now home to the biggest ethnic minority community in the country. The difference in environment is immediately noticeable. The cluster of Chinese-signed streets is a fascinating labyrinth of temples, restaurants, exotic stores, medicine shops and markets. The best place to experience the bustle of trade is at the crowded Binh Tay Market where the corridors are filled with stalls offering a variety of exotic produce, from live tethered ducks to nuts and seeds, as well as other household items. There are several temples of interest in Cholon, including the colourful Emperor of Jade Temple, the Quan Am Pagoda with its ornate exterior, Phuoc An Hoi Quan Temple, its roof exquisitely ornamented with dragons and sea monsters, and the Thien Hau Pagoda dedicated to the goddess of the sea.

More information on Cholon can be found at: <http://www.wordtravels.com>

### **Ben Thanh Market**

Ben Thanh Market was built in 1914. The clock tower with 4 clocks facing 4 directions is considered the symbol of the City. The market is one of the biggest markets in the city where everything can be found, from vegetables to fish, electronic gadgets, clothings and leather bags, shoes etc.. The market now also caters to the increasing tourist visiting HCM City... with a wide range of cheap imported goods, mainly from China... At the back of the market, small food stalls serve a wide variety of local dishes

More information on Ben Thanh Market can be found at:

[http://www.virtualtourist.com/travel/Asia/Vietnam/Thanh\\_Pho\\_Ho\\_Chi\\_Minh/Ho\\_Chi\\_Minh\\_City-1470720/Things\\_To\\_Do-Ho\\_Chi\\_Minh\\_City-Ben\\_Thanh\\_market-BR-1.html](http://www.virtualtourist.com/travel/Asia/Vietnam/Thanh_Pho_Ho_Chi_Minh/Ho_Chi_Minh_City-1470720/Things_To_Do-Ho_Chi_Minh_City-Ben_Thanh_market-BR-1.html)

**Wednesday 25 July 2007**

### **Hua Hin**

Hua Hin is the oldest and most traditional Thai resort combines the attractions of a modern holiday destination with the charm and fascination of a still active fishing port.

And while most other Thai holiday destinations cater mainly to foreign tourists, Hua Hin is a holiday resort for foreigners and Thais.

The resort was discovered in the early 1920s by King Rama VII as an ideal getaway from the sultry metropolis of Bangkok. The tranquil fishing village was turned into the Royal resort and consequently became popular among Siam's nobility and upper-class.

Hua Hin website: <http://www.hua-hin.com/>

### **Wrap-up Workshop**

### **Farewell dinner**

**Sunday 29 July 2007**

### **Depart for U.S.**