

## HEIFER INTERNATIONAL VIETNAM & CAMBODIA STUDY TOUR

### Tentative Itinerary: December 19 - 29, 2010\*

Date	Activity	Responsible Person	Remarks
Sunday Dec. 19, 2010  <b>Day One</b>  <b>Vietnam</b>	<ul style="list-style-type: none"> <li>• Arrival at the Noi Bai International Airport (HAN) in Hanoi, Vietnam</li> <li>• Heifer Vietnam staff or tour agents will pick up participants at the airport and take them to the hotel for check-in</li> <li>• Group dinner (if accommodating flights are available)</li> </ul>	Quyen Nguyen and tour agency	Approx. 40 min. drive from airport to hotel  Overnight in <b>Hoa Binh Palace Hotel</b> in Hanoi Website: <a href="http://www.hoabinhpalacehotel.vn/">http://www.hoabinhpalacehotel.vn/</a>
Monday Dec. 20, 2010  <b>Day Two</b>  <b>Vietnam</b>	<ul style="list-style-type: none"> <li>• Breakfast at the hotel</li> <li>• Hanoi City Tour, to include Temple of Literature, Ngoc Son Temple, Ethnology Museum and shopping on Hang Gai Street and at the Dong Xuan Market</li> <li>• Lunch at Thien Thai Restaurant</li> <li>• Travel to Thai Binh and check-in to hotel</li> <li>• Check into hotel and free time</li> <li>• Welcome and Orientation to Heifer Vietnam; overview, Mission and Vision, Cornerstones, and Heifer's community development model</li> <li>• Dinner at the hotel</li> </ul>	Quyen Nguyen, regional program staff and tour agency	Approx. 2 hr. drive to Thai Binh  Overnight in Thai Binh at tourist quality hotel (TBA)
Tuesday Dec. 21, 2010  <b>Day Three</b>  <b>Vietnam</b>	<ul style="list-style-type: none"> <li>• Breakfast at the hotel</li> <li>• Visit the Le Loi village, Kien Xuong district, Thai Binh (#22-0775-18) - Le Loi is a trade village that creates bronze sculptures</li> <li>• Lunch with community</li> <li>• Activities with the project – group meeting and music, visit households of Agent Orange victims who work in sculpture, plant trees</li> <li>• Debriefing/reflection session</li> <li>• Dinner at local Quan Ca Restaurant</li> </ul>	Quyen Nguyen, regional program staff, and tour agency	Approx. 1.5 hr. drive from hotel to project  Overnight in Thai Binh at tourist quality hotel (TBA)
Wednesday Dec. 22, 2010  <b>Day Four</b>  <b>Vietnam</b>	<ul style="list-style-type: none"> <li>• Breakfast at the hotel and check-out</li> <li>• Visit the Binh Dinh village, Kien Xuong district, Thai Binh (#22-0775-18)</li> <li>• Activities with the project – group meeting and music, cooking "banh chung" lesson, feeding fish ponds</li> <li>• Lunch with the community</li> <li>• Travel to Ninh Binh province and check-in to</li> </ul>	Quyen Nguyen, regional program staff, and tour agency	Approx. 1.5 hr. drive from hotel to project  Approx. 1.5 hr. drive to Ninh Binh province  Overnight in <b>Legend Hotel</b> or <b>Thuy Anh Hotel</b> in Ninh Binh

	<ul style="list-style-type: none"> <li>hotel</li> <li>Dinner at local restaurant</li> </ul>		
<p>Thursday Dec. 23, 2010</p> <p><b>Day Five</b></p> <p><b>Vietnam</b></p>	<ul style="list-style-type: none"> <li>Breakfast at the hotel</li> <li>Morning debriefing/reflection session</li> <li>Eco-tour and sightseeing in Ninh Binh – Trang An, Bai Dinh pagoda and Hao Lu</li> <li>Travel back to Hanoi</li> <li>Farewell dinner at Minh Anh Restaurant</li> </ul>	<p>Quyên Nguyễn, regional program staff, and tour agency</p>	<p>Overnight in <b>Hoa Binh Palace Hotel</b> in Hanoi</p>
<p>Friday Dec. 24, 2010</p> <p><b>Day Six</b></p> <p><b>Vietnam to Cambodia</b></p>	<ul style="list-style-type: none"> <li>Early morning flight (8am) to Phnom Penh</li> <li>Take-away breakfast at airport</li> <li>Heifer Cambodia staff and tour agents will pick-up participants at the airport for transfer to the Sunway Hotel for check-in</li> <li>Orientation at Heifer Cambodia office, meet country director and staff</li> <li>Lunch at the hotel</li> <li>Visit the Russian Market, Royal Palace and/or National Museum</li> <li>Dinner at Khmer Sorin Restaurant</li> <li>Free time</li> </ul>	<p>Quyên Nguyễn and tour agency</p> <p>Prak Somathy, country director and tour agency</p>	<p>Approx. 2 hr. flight from Hanoi to Phnom Penh</p> <p>Approx. 20 min. drive from airport to the hotel</p> <p>Overnight at <b>Sunway Hotel</b> in Phnom Penh Website: <a href="http://phnompenh.sunwayhotels.com/">http://phnompenh.sunwayhotels.com/</a></p>
<p>Saturday Dec. 25, 2010</p> <p><b>Day Seven</b></p> <p><b>Cambodia</b></p>	<ul style="list-style-type: none"> <li>Breakfast at hotel</li> <li>Visit the “Women Empowerment and Holistic Community Development” Project (#22-0030-28)</li> <li>Lunch with the community</li> <li>Home visits with individual project participant families</li> <li>Visit Taprum temple (on the way back to hotel)</li> <li>Debriefing/reflection session</li> <li>Christmas Celebration Dinner with the Heifer Cambodia team at Heng Lay Restaurant</li> </ul>	<p>Prak Somathy and (Southeast) regional program staff</p>	<p>Approx. 1 hr. drive to project community from hotel</p> <p>Overnight at <b>Sunway Hotel</b></p>
<p>Sunday Dec. 26, 2010</p> <p><b>Day Eight</b></p> <p><b>Cambodia</b></p>	<ul style="list-style-type: none"> <li>Breakfast at hotel and check-out</li> <li>Visit the Toul Sleng Genocide Museum</li> <li>Travel to Siem Reap</li> <li>Lunch in route</li> <li>Check into Angkor Century Hotel</li> <li>Dinner at Banteay Srei Restaurant</li> </ul>	<p>Prak Somathy and tour agency</p>	<p>Approx. 6 hr. drive to Siem Reap</p> <p>Overnight at <b>Angkor Century Hotel</b> in Siem Reap Website: <a href="http://www.angkorcentury.com">www.angkorcentury.com</a></p>
<p>Monday Dec. 27, 2010</p>	<ul style="list-style-type: none"> <li>Early breakfast at the hotel</li> </ul>	<p>Prak Somathy,</p>	<p>Approx. 1 hr. drive to project community</p>

<p><b>Day Nine</b> <b>Cambodia</b></p>	<ul style="list-style-type: none"> <li>• Visit the “Empowerment of Self-help Groups for Sustainable Livelihood Development” Project (#22-0030-25)</li> <li>• Attend Participatory Self-Review and Planning (PSRP) training with community and plant trees</li> <li>• Lunch with the community</li> <li>• Home visits with individual project participant families</li> <li>• Dinner with the community, followed by music, dancing and bonfire activities</li> </ul>	<p>(Northwest) regional program staff, and project partner staff</p>	<p>from hotel</p> <p><b>Overnight with the Community</b></p>
<p>Tuesday Dec. 28, 2010</p> <p><b>Day Ten</b> <b>Cambodia</b></p>	<ul style="list-style-type: none"> <li>• Cook and prepare breakfast with project families</li> <li>• Travel back to hotel for rest and to freshen up</li> <li>• Visit Angkor Temple Complex (all day visit, including elephant ride)</li> <li>• Lunch at the temple</li> <li>• Final debriefing/reflection session</li> <li>• Dinner at hotel</li> </ul>	<p>Prak Somathy and tour agency</p>	<p>Approx. 15 min. drive to Angkor Temple Complex</p> <p>Overnight at <b>Angkor Century Hotel</b></p>
<p>Wednesday Dec. 29, 2010</p> <p><b>Day Eleven</b> <b>Cambodia</b></p>	<ul style="list-style-type: none"> <li>• Return flights from Siem Reap-Angkor International Airport (REP)</li> </ul>	<p>Prak Somathy and tour agency</p>	<p>Meals and day rooms at Angkor Century Hotel, if necessary</p>

*\*Please Note: The itinerary is tentative and subject to change at any time, even once a trip commences.*

