



CASTrips

Creativity Activity Service

Vietnam

www.CASTrips.org

Creativity, Activity & Service

11 Day Vietnam Itinerary

Please note this is a provisional program and all activities are subject to change

Day 1 – Arrival in Hanoi

| Activity | Description |
|---------------------------------------|---|
| Arrival and Transport to Hotel | Your dedicated CAS Trips Vietnam tour guides will greet you at the airport before taking you to your hotel in Hanoi |
| Check-in and relax | Check-in to your rooms, relax and freshen up following the long journey. |
| Group Evening Meal | Enjoy a traditional Vietnamese meal as a group. |

Day 2 – Creativity, Activity & Service

| Activity | Description |
|---|---|
| Journey to rural homestay village | After an early breakfast, we will set off on the 4-hour journey to the majestic Mau Chau region. |
| Lunch | We will have a welcome meal at the Lac Village guesthouse. |
| Arrival, welcome and check in to Homestays | <p>After lunch we move onto the picturesque Na Chao Village, where we are greeted by the village community and welcomed by our local hosts.</p> <p>For groups of 6-60, you will now check in to your family homestays before meeting up with the whole group and starting the community project work.</p> |

Orientation Walk and Q&A

Lead by village leaders and host families, participants will take a guided tour of the village, schools and farmland to prepare for the next days' challenges. The head of the village will also welcome questions from students.

Service Challenge: Project Introduction

The guides and facilitators take the students around and have a brief introduction about the village as well as the projects that have been done around the area

Project Work

In teams, you will be assigned vital tasks in the completion of the construction and implementation of your service project(s).

Evening Meal

We have our evening meal with our homestay families.

Basket Weaving Worrkshop

Following an invigorating first day in Na Chao, your CAS Trips tour guides will lead Reflections Workshops and you will also get the chance to learn traditional basket weaving methods with local teachers at the Community House.

Day 3 – Creativity, Activity and Service

Activity

Description

Organic Farming

Roll up your sleeves and join the local community as they take to the fields this afternoon. In this session, students will learn to grow rice/corn/peanuts with detailed instruction from the local facilitator.

Lunch

Lunch will be eaten with host families

Homestay Cooking

Students will return to their homestay families to help with the preparation and cooking of their evening meal, using crops and ingredients harvested during the afternoon.

Local Dance Class

On this afternoon, you will visit a local NGO-sponsored dance school and meet locals who will teach you the steps and moves to a traditional dance of the Thai people.

Evening Meal

We eat our evening meal at the community house.

Day 4 – Creativity, Activity and Service

| Activity | Description |
|---|--|
| Countryside Trek | <p>After an early breakfast, we will set off on a trek to discover the breathtaking beauty of the Vietnamese countryside on this exhilarating trek around Na Chao Village.</p> <p>Appropriate for all fitness levels, the 2-hour trek will take in rolling fields, hills and rice paddies to truly appreciate the power of nature in this unspoiled corner to the world.</p> |
| Lunch | <p>Wonderful lunch in a scenic location.</p> |
| Bamboo Rafting | <p>Team work, collaboration and a sense of adventure will be essential for success in this activity as students are tasked with building their own bamboo raft before partaking in a race down the river to see who will be crowned the bamboo rafting champions!</p> |
| Evening Meal | <p>To celebrate an incredible 4 days in the rural countryside, we will enjoy a fantastic meal together in a reputable local restaurant.</p> |
| Creativity Challenge: Local Fashion Show | <p>In the Community House, students will collaborate with villagers to create and deliver a combined fashion show to the whole community. This ceremony is a fond farewell from both sides and an opportunity to dance, sing and display your creative talents</p> |

Day 5 – Hanoi Tour

| Activity | Description |
|----------------------------|--|
| Departure for Hanoi | Waving good-bye to our village hosts, the group will board a private coach and return to Hanoi city. |
| Lunch | We eat lunch at a central market. |
| Historical Hanoi | After breakfast, your CAS Trips tour guides will meet you at the reception before starting a fascinating historical walking tour of Hanoi. From the incredible Museum of Ethnology to the Old Quarter, Hoan Kiem Lake and the pulsating modern city life, to the horrors of the Vietnam war and an unforgettable 2000 year history which will come to life on every street corner. |
| Evening Meal | We eat international cuisine near the hotel. |

Day 6 – Creativity

| Activity | Description |
|---------------------------------|--|
| Visit to Xuan La Village | Begin the morning with a visit to Xuan La Village - the most well-known and age-old (more than 300 years old) village in Vietnam for the inimitable handicraft product, symbolizing unique Vietnamese beauty and culture- “To he” (toy figurines made from glutinous rice powder). “ |
| “To he” Workshop | “To he” embodies a lot of the sentiment, honor and industry that began with Xuan La villagers long, long ago. Historically, “to he” is a traditional toy for Vietnamese children. Students will have a chance to create their own “To he” with prizes being awarded to the master craftsmen. |
| Lunch | We eat lunch at a local restaurant |

Traditional Water Puppet Show

Water puppetry is a traditional artform originating in in the Red River Delta as far back as the 11th century. Performers, hidden behind a curtain, whisk brightly painted puppets along waist-deep water to tell stories of tranquil village life and age-old folk tales.

Museum of Ethnology

Students will discover the museum, exploring its cultural and historical values by completing this challenging treasure hunt team challenge.

Evening Meal

We eat international cuisine near the hotel.

Day 7 – Activity

| Activity | Description |
|-------------------------------|--|
| Transfer to Halong Bay | After breakfast, the group will journey to the coast to embark on a cruise of the stunning Halong Bay. |
| Lunch on board | After picking up our luggage from the hotel, we will board the private minibus transport back to the airport in time for your departure. |
| Kayaking | Relax on the white sand beaches of Hon Co Island before exploring the surrounding waters on Kayak. |
| Dinner on board | Enjoy the fresh air and dinner on board the boat. |

Day 8 – Travel to Ho Chi Minh City

| Activity | Description |
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|----------|-------------|

Fishing Village Visit

We will visit Vung Vieng fishing village in a rustic row-boat with an opportunity to greet the local people and to learn about their customs and traditions.

Lunch

After picking up our luggage from the boat, we will have some time for lunch before departure.

Fly to Ho Chi Minh City

Fly to Ho Chi Minh City and met your guide who will be waiting to take you to your hotel.

Dinner

Enjoy dinner at a local restaurant.

Day 9 – Activity, Service**Activity****Description****Cu Chi Tunnels**

Travel to what was once a stronghold of the Viet Cong to explore the tunnels which served as living quarters, supply routes and hospitals for thousands of guerilla fighters.

Lunch

Enjoy lunch upon arrival at the local organic farm.

Ho Chi Minh City Tour

Your Trip Leader will take you around town to explore important buildings and historical sights of Ho Chi Minh City.

Dinner

Enjoy dinner at a local restaurant.

Day 10 – Visit Mekong Delta**Activity****Description**

Cai Be Floating Market

Set off from Ho Chi Minh city to visit the charming delta town of Cai Be. Here you will see the unique floating communities and visit workshops to see how locals produce popped rice and coconut candy.

Lunch

Enjoy a brief banh xeo demonstration before sitting down for lunch.

Rowing through the Canals

Spend the afternoon paddling around the narrow canals of the Mekong delta.

Dinner

Enjoy dinner at a local restaurant.

Day 11 – Departure**Activity****Description****Souvenir Shopping**

Students will have some time to engage in supervised shopping for souvenirs and gifts before choosing and buying their own lunch in a traditional food hall.

Check-Out & Departure

After picking up our luggage from the hotel, we will board the private minibus transport back to the airport in time for your departure.



CAS Trips

Sustainable, Responsible Travel

From striving to become carbon neutral, to preserving local cultures and supporting local economies, we take sustainability seriously. You can read how we challenge ourselves to take responsibility [HERE](#)

In 2021, CAS Trips declared a climate emergency and became a signatory of the [Glasgow Declaration for Climate Action](#).

Carbon Removal through every CAS Trip

CAS Trips calculates each destination's average carbon footprint using the CARMACAL emissions calculator. As a member of Tomorrow's Air, CAS Trips contributes \$20 for each participant towards the removal and permanent storage of 14kg of carbon. Tomorrow's Air is uniting travelers to support pioneering companies whose nature-tech solutions will help permanently reverse warming [through carbon removal](#).

Read more about the incredible work you will be supporting [HERE](#)

Safety & well-being

- ✓ Conducting and providing detailed risk assessments
- ✓ Overseeing all tours by our trained, professional trip leaders at all times
- ✓ Ensuring a minimum of 1:20 CAS staff-student ratio
- ✓ Offering 24/7 online support via email ahead of a trip
- ✓ Recording the highest safety and security standards for all third-party bus and rail companies
- ✓ Supplying parents with a full day-by-day trip itinerary including all transport details and 24-hour contact numbers
- ✓ Expecting all participants to maintain adequate travel insurance
- ✓ Complying with all local government requirements in regards to COVID-19
- ✓ All CAS Trips staff are trained in First-Aid and COVID-19 awareness and management



Glasgow Declaration
Climate Action in Tourism



Have questions or need further information?

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