

HO CHI MINH CITY, VIET NAM

ARRIVE:	THURSDAY	30 OCTOBER	0800
DEPART:	TUESDAY	04 NOVEMBER	0600
ON-SHIP TIME:	MONDAY	03 NOVEMBER	2300

The Semester at Sea Field Program has a strong academic component. Faculty members develop field requirements that constitute 20% of the contact hours for each course they are teaching. As part of these field requirements, all Semester at Sea faculty design and lead field trips that integrate with their course work. The Faculty-Directed Practica (FDPs) for Viet Nam are listed below.

HCM04 FORMER UPI PHOTOGRAPHER AND THE MUSEUM OF WAR REMNANTS – GROUP A [FDP: STEWART] (1300-1730 Thursday, 30 October) Minimum 16/Maximum 25 (PRICE: \$39.00)

Before visiting the Museum of War Remnants, we will meet with a former UPI photographer who will provide a personal account of his work and of war photography during the 60s and 70s in Viet Nam. We will have the opportunity to ask questions before departing for the museum. The Museum of War Remnants (previously known as the Museum of American & Chinese War Crimes and then the Museum of War Atrocities) is housed in the former U.S. Information Service building. Many of the atrocities documented in the museum were well publicized in the West. This visit is likely to jolt the senses; many of the photographs are grisly and shocking. Atrocities illustrated are from U.S. sources and include a picture of a suspected Viet Cong being pushed from a helicopter because he refused to “cooperate.” In the room on crimes committed by the Chinese during their 1979 invasion, China is portrayed as being allied with U.S. imperialism. In the yard of the museum, U.S. armored vehicles, artillery pieces, bombs and infantry weapons are displayed.

HCM06 NIKE PLANT VISIT [FDP: KAPLAN] (1300-1800 Thursday, 30 October) Minimum 25/Maximum 40 (PRICE: \$12.00)



We will tour a Nike footwear production facility, which is located just outside Ho Chi Minh City. The tour is designed to provide an education in manufacturing processes, the operations of cross-cultural, multi-national business organizations, and the functioning of the global economy. On the tour, we will not only learn about the production process, but also have a chance to talk to factory workers, managers, health care providers and union representatives. Each participant will be asked to complete a Mini-SHAPE (Safety, Health, Attitude, People, Environment) evaluation of the factory at the end of the visit; Nike and their factory partners use these evaluations in the annual assessment of plant operations. Please Note: As a factory is a place of business, visitors are expected to dress appropriately. For men, appropriate attire may include slacks, a polo shirt and dress or casual shoes.

For women, modest skirts or slacks, blouses or sweaters, and closed-toe shoes are appropriate. (Participants may want to visit Nike’s website www.nikebiz.com prior to the plant visit for a virtual tour of a factory and to learn more about Nike’s corporate responsibility initiatives.)

HCM07 HO CHI MINH CITY’S TEMPLE & CHURCHES [FDP: SCOTT] (1300-1800 Thursday, 30 October) Minimum 15/Maximum 35 (PRICE: \$29.00)

This practicum will focus on the religions of Viet Nam and their existence alongside a Communist regime. Four great philosophies and religions have shaped the spiritual life of the Viet Nameese people: Confucianism, Taoism, Buddhism and Christianity. Over the centuries, the first three have fused with popular Chinese beliefs and ancient Viet Nameese animism to form what is known collectively as the “Triple Religion,” or *Tam Giao*. Under French rule,

Catholicism flourished. Today, Viet Nam has the highest percentage of Catholics (8-10%) in Asia outside of the Philippines. During this practicum we will visit Notre Dame Cathedral, Xa Loi and Vinh Nghiem Pagodas, Le Van Duyet Temple, Mariamman Hindu Temple, Saigon Central Mosque, and a Cao Dai Temple. **Note: Please dress appropriately for visits to a variety of religious institutions. No shorts or tank tops, please.**

HCM08 INDIGENOUS MUSIC/JAZZ FUSION [FDP: EHLERS] (1900-2300 Thursday, 30 October) Minimum 20/Maximum 25 (PRICE: \$ 14.00 + OOPEX)

During this practicum, we will be introduced to the indigenous music of Viet Nam in a jazz club that features traditional instruments played within a jazz combo. Not only will we learn about the indigenous music and instruments, we will also learn about their recent integration into the world music scene. Toan Manh Tran is an established musician and professor at the HCMC Conservatory of Music. He is a leader of the Viet Nameese jazz movement and has released eight CDs combining traditional and contemporary music. At his club, *Sax And Art*, in downtown Ho Chi Minh City; he will offer us a lecture, demonstration and performance of this new and exciting art form. (Out-of-pocket expenses will include the entrance fee to the Jazz Club which is approximately US\$10.00.)

HCM12 CU CHI TUNNELS - GROUP A [FDP: PATERSON] (0700-1300 Friday, 31 October) Minimum 16/Maximum 80 (PRICE: \$33.00)

The Cu Chi Tunnels tell a story of remarkable survival. They are also a place of shared history between the United States and Viet Nam; a place where histories intersect. The tunnels and accompanying stories of ‘tunnel rats’ are a part of the popular American imagination shaped by Hollywood movies like *Apocalypse Now* and *Full Metal Jacket*. This practicum will offer participants a special opportunity to reflect on the popular mythology of the Viet Nam War, which in Viet Nam, is known as the American War. The aim of this FDP is for participants to gain an appreciation for the power of the popular imagination to shape our understanding of historical events. It is recommend that participants watch ‘The Cu Chi Tunnels’, directed by Mickey Grant and available to view online at <http://radicalfilms.co.uk>

Located approximately two hours from Ho Chi Minh City, Cu Chi is famous for its 200-kilometer network of underground tunnels. These tunnels were created and used by the Viet Cong forces during wars with both the French and Americans. Before visiting the tunnel system, you will be shown a video explaining their history and construction. From the mid-1940s onward, the tunnels were used as a base from which the Viet Cong could launch strategic attacks and then seemingly disappear into thin air. The tunnels had well-hidden entrances and thick roofs which were capable of withstanding the weight of tanks and the impact of bombs. Unknowingly, the Americans even built a base camp on top of an existing tunnel network and suffered extensive casualties before they discovered their mistake. Most of the tunnels are only about two feet wide and five feet high. However, some of the passageways and tunnel rooms (*e.g.*, meeting room, kitchen, dining room and hospital), while still small, have been enlarged for easier access. If you decide to visit the lower levels of the tunnels, which have not been enlarged, you will most likely get dirty while crawling through the narrow passageways. You may wish to bring a flashlight to assist in navigating these lower levels.

HCM17 CU CHI TUNNELS AND CAO DAI TEMPLE - GROUP A [FDP: O'NEILL] (0800-1900 Friday, 31 October) Minimum 16/Maximum 80 (PRICE: \$52.00)

Tay Ninh (a drive of about three hours from Ho Chi Minh City) serves as headquarters for one of Viet Nam’s most interesting indigenous religions, Caodaism. Caodaism is the product of an attempt to create the ideal religion through the fusion of the secular and religious philosophies of the East and West. The result is a colorful potpourri that includes elements of Buddhism, Confucianism, Taoism, Hinduism, native Viet Nameese spiritism, Christianity and Islam. The main tenets of Caodaism include believing in one God, the existence of the soul, and the use of mediums to communicate with the spiritual world. The Holy See of the Cao Dai includes the Great Temple, offices, residences for officials and a hospital of traditional Viet Nameese herbal medicine to which people from all over the

south travel for treatment. The Great Temple is one of the most striking structures in all of Asia, with its rococo extravagance and many architectural idiosyncrasies. Services are held daily at 0600, 1200, 1800 and 2400. You will observe a portion of the 1200 service. Please note: dress appropriately (covered knees and shoulders) in respect for the service you are attending.

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In this practicum, participants will have an opportunity to utilize important concepts such as historical context, historical remembrance and reconstruction and continuity and change. We will also explore the theme: “the aggravation of racial and ethnic tensions.” Participants should also make note of the impact of colonialism and the consequences of the European imperialism on Viet Nam. The aim of this FDP is to relate the historical information about two very different components of the Viet Nameese society and the historical remembrance and reconstruction of these elements as well as to emphasize the importance of examining continuity and change when viewing historical events.

HCM21 BEN THANH MARKET [FDP: KAPLAN] (0900-1200 Friday, 31 October) Minimum 15/Maximum 25 (PRICE: \$12.00)

We will meet aboard ship with one or more organizers/merchants of the local market, Cho Ben Thanh. After learning about how the market is organized, we will take the SAS shuttle to the downtown drop-off point and walk to the market. Ben Thanh, a covered market, is one of the city’s liveliest and most bustling market areas with hundreds of vendors selling everything imaginable. Our visit will provide us with the opportunity to meet and interact with local vendors and to view the market operation first-hand. Applying our observation skills, we will see what more we can learn about the local market’s organization and practices.

HCM38 WATER PUPPET PERFORMANCE [FDP: TEWARI & VASEK] (0900-1130 Monday, 03 November) Minimum 15/Maximum 50 (PRICE: \$18.00)

Water puppetry is a Vietnamese performing art that dates from the 11th century. The stage is a pool of water and wooden puppets seemingly walk on water. The brightly colored animals and figures are maneuvered by puppet masters who are hidden behind the set. These figures tell the story of joys and hardships of the Viet Nameese way of life and the farmers’ reliance on water for their harvest. Our guide will provide a brief explanation of each of the stories depicted. Following the performance, exclusively for Semester at Sea, we will have an opportunity to meet the puppeteer and look behind the scenes to learn how the puppets are maneuvered.

Puppetry has been an integral part of religious/philosophical/musical traditions all over Southeast Asia. These aspects are built into the majority of the musical traditions touched upon in the Survey of World Music and the Music and Dance in the World’s Religions.

HCM39 FORMER UPI PHOTOGRAPHER AND THE MUSEUM OF WAR REMNANTS – GROUP B
[FDP: ZELENSKI] (1300-1730 Monday, 03 November) Minimum 16/Maximum 25 (PRICE: \$32.00)

Before visiting the Museum of War Remnants, we will meet with a former UPI photographer who will provide a personal account of his work and of war photography during the 60s and 70s in Viet Nam. We will have the opportunity to ask questions before departing for the museum. The Museum of War Remnants (previously known as The Museum of American & Chinese War Crimes and then the Museum of War Atrocities) is housed in the former U.S. Information Service building. Many of the atrocities documented in the museum were well publicized in the West. This visit is likely to jolt the senses; many of the photographs are grisly and shocking. Atrocities illustrated are from U.S. sources and include a picture of a suspected Viet Cong being pushed from a helicopter because he refused to “cooperate.” In the room on crimes committed by the Chinese during their 1979 invasion, China is portrayed as being allied with U.S. imperialism. In the yard of the museum, U.S. armored vehicles, artillery pieces, bombs and infantry weapons are displayed. This practicum will provide a backdrop to consider intergroup conflict, framing of information and recovery from trauma.

The remaining trips in the Semester at Sea Field Program provide a variety of opportunities for students to enhance their overall study abroad experience. Students can visit sites of historical and cultural interest; learn about local environmental, political, economic and social issues; interact with local university students and other residents; become involved in community service; explore what is unique in each country; and enjoy some recreational activities.

HCM00 DIPLOMATIC BRIEFING (On arrival, Thursday, 30 October) Attendance is mandatory.

A representative from the U.S. Consulate in Ho Chi Minh City will provide information about the current political, social and economic situation in Viet Nam as well as on the status of relations between the United States and Viet Nam. Safety and security considerations for traveling in Viet Nam will also be discussed.

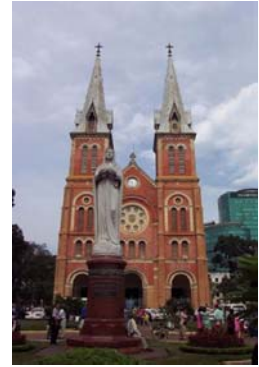
HCM01 CU CHI TUNNELS (WITH LUNCH) (1100-1700 Thursday, 30 October) Minimum 16/Maximum 80 (PRICE: \$44.00)

Located approximately two hours from Ho Chi Minh City, Cu Chi is famous for its 200-kilometer network of underground tunnels. These tunnels were created and used by the Viet Cong forces during wars with both the French and Americans. Before visiting the tunnel system, you will be shown a video explaining their history and construction. From the mid-1940s onward, the tunnels were used as a base from which the Viet Cong could launch strategic attacks and then seemingly disappear into thin air. The tunnels had well-hidden entrances and thick roofs which were capable of withstanding the weight of tanks and the impact of bombs. Unknowingly, the Americans even built a base camp on top of an existing tunnel network and suffered extensive casualties before they discovered their mistake. Most of the tunnels are only about two feet wide and five feet high. However, some of the passageways and tunnel rooms (*e.g.*, meeting room, kitchen, dining room and hospital), while still small, have been enlarged for easier access. If you decide to visit the lower levels of the tunnels, which have not been enlarged, you will most likely get dirty while crawling through the narrow passageways. You may wish to bring a flashlight to assist in navigating these lower levels. (Lunch at a local restaurant is included.)

HCM02 CITY ORIENTATION (1100-1700 Thursday, 30 October) Minimum 16/No Maximum (PRICE: \$45.00)

This orientation will introduce you to the contrasts of bustling Ho Chi Minh City, still commonly referred to as Saigon. Amongst the grand old buildings, you will see colorful markets selling everything from lemon grass to French bread and, of course, an endless stream of bicycles and motorbikes. You will visit the History Museum, which documents the evolution of Viet Nam’s various cultures from the Dong Son Bronze Age civilization to the Chams and the Khmers. The History Museum also features a water puppet performance. Water puppetry is a

traditional Viet Nameese performing art that dates back to the 11th century. The stage is a pool of water upon which puppet masters, who are hidden behind the set, maneuver brightly colored wooden puppets. You will also visit the former Presidential Palace, where everything has been left much as it was on April 30, 1975, when North Viet Nameese military tanks crashed through the front gates and overthrew the South Viet Nameese government. In addition to touring the former palace rooms, you can view a video about the French and American wars. If time permits, your orientation will include a brief stop at Thien Hau Pagoda which is known for its profusion of incense coils which burn for as long as one month. Photo stops will be made at Notre Dame Cathedral and City Hall. (Lunch at a local restaurant is included.)



GENERAL DESCRIPTION FOR ALL TRIPS TO CAMBODIA: PHNOM PENH & ANGKOR WAT
(Several trips are offered. See below for dates, times and specific itineraries.)

Phnom Penh, capital of Cambodia, was once considered the loveliest of the French-built cities of Indochina. Its charm is still evident despite the violence and dilapidation of the last three decades. When the Viet Nam War spread to Cambodia, the city's population swelled with refugees, reaching about two million in early 1975. The Khmer Rouge took over the city in April 1975 and immediately forced the entire population into the countryside as part of a radical social program. During the next four years, more than one million Cambodians (including the vast majority of the educated people) were killed.

On your city orientation of Phnom Penh, you will visit the National Museum and view the Royal Palace and Silver Pagoda. You will also visit the Tuol Sleng Museum (formerly S21 prison), a school that was converted into a prison camp and torture chamber by the Khmer Rouge. Thousands of Cambodians were incarcerated here before they were taken to Choeng Ek to be killed. Photographs of the victims, taken before or after torture, line the walls of the former schoolrooms. The only 'crime' committed by most of these victims was that of being educated. A map of Cambodia, constructed of human skulls, dominates one room and symbolizes the fact that the death and destruction carried out by the Pol Pot Regime affected the entire country. At the Killing Fields of Choeng Ek, you will see the mass graves of more than 17,000 men, women and children who were executed at this extermination camp between 1975 and 1978. **Please be advised that these sites are grim reminders of the extermination policies carried out by the Khmer Rouge. If you choose to participate in these visits, be prepared for some gruesome and depressing sights.**

Angkor is an incomparable temple complex built between 7 and 11 centuries ago at the height of the Khmer civilization. Angkor's 100 or so temples constitute the sacred skeleton of a spectacular administrative and religious center covering 200-square kilometers. The ruins represent successive capitals constructed by a dozen Khmer kings, which included massive stone temples, majestic causeways and imposing towers. You will visit the most famous temple complex, Angkor Wat. With its soaring towers and extraordinary bas-reliefs, many consider Angkor Wat to be one of the most inspired and spectacular monuments ever conceived by the human mind. The largest religious building in the world, it was built by Suryavarman II who reigned from 1112 to 1152, to honor Vishnu and for later use as his funerary temple. The Bayon Temple of the complex is an edifice of 54 towers, each carved with the four enigmatic faces of the Bodhisattva Avalokitesvara and bas-relief events.



IF YOU PLAN TO PARTICIPATE IN ONE OF THE TRIPS TO CAMBODIA, YOU WILL NEED ONE PASSPORT PHOTO TO OBTAIN A CAMBODIA VISA WHEN YOU ARRIVE AT THE AIRPORT. PLEASE BRING THE EXTRA PHOTO WITH YOU.

HCM03 CAMBODIA: PHNOM PENH & ANGKOR WAT - GROUP A (1100 Thursday, 30 October - 2200 Saturday, 01 November) Minimum 15/Maximum 60 (PRICE: \$989.00) PRE-SALE ONLY

ITINERARY:

Day 1: Depart for the airport for your one-hour flight to Phnom Penh. Upon arrival, obtain a Cambodia visa (US\$20 in cash, at your own expense, plus one photo). Visit the Royal Palace and the Silver Pagoda. In the afternoon, visit the Palm Tree Orphanage, which is supported by SAS alums Terry Kellogg and Marvel Harrison, founders of Cambodia's Hope. Enjoy a sunset cruise on the Mekong River followed by dinner at a local restaurant. (Box L, D; Sunway Hotel)

Day 2: In the morning, visit the Tuol Sleng Museum, the Killing Fields and the Russian Market. Transfer for your flight to Siem Reap. Upon arrival, view and explore Angkor Wat until sunset. Check into the hotel for dinner and overnight. (B, L, D; Borei Angkor Hotel)

Day 3: Early risers may enjoy an optional sunrise tour of Angkor Wat. After breakfast at the hotel, spend the day exploring the area's massive and elaborate temple ruins and restoration projects, including Angkor Wat. In the late afternoon, transfer to the airport for your return flight to Ho Chi Minh City. (B, L, Box D) **Please do not wear shorts during the Phnom Penh tours, but knee length shorts are acceptable attire when touring the Angkor temples.**

HCM05 SERVICE VISIT: HY VONG 8 SCHOOL FOR THE DEAF AND THI NGHE ORPHANAGE – GROUP A (1300-1730 Thursday, 30 October) Minimum 10/Maximum 30 (PRICE: \$32.00)

Hy Vong 8 School for the Deaf accommodates 63 children from the ages of 3-18. In addition to speech lessons and regular class work, some of the students work under the supervision of a local artist to produce cards and paintings that are sold at a local gallery. Revenue is used to pay expenses and to help support the school. You will visit the Hy Vong 8 School for the Deaf and the Thi Nghe Orphanage, a residential facility for abandoned and handicapped children. This facility accommodates approximately 300 children ranging in age from 2 to 25 years. SAS students will be supplied with small toys to aid in the interaction.

HCM09 NHA TRANG (0430 Friday, 31 October – 2030 Sunday, 02 November) Minimum 15/Maximum 40 (PRICE: \$403.00) PRE-SALE ONLY

The town of Nha Trang extends the length of a white sandy beach and affords you the opportunity to explore some of Viet Nam's beautiful coastline and off-shore islands. Many remnants of the ancient Cham civilization of Viet Nam are also found in this area. Visit the Long Son Pagoda with its entrance gate and roofs decorated with mosaic dragons made of pieces of glass and ceramic tiles. Behind the pagoda, a huge white Buddha sits on a lotus blossom on top of a steep hill. The figure is 14 meters high and can be seen from all over Nha Trang. Climbing the 152 stone steps to the Buddha statue is well worth the effort, as it provides an excellent view of Nha Trang. Also visit the famous Cham Towers at Po Nagar, built between the 6th and 12th centuries. The towers provide an excellent view of the mouth of the river, bridges and coracles (bamboo baskets) used to ferry fishermen out to their boats.

ITINERARY:

Day 1: Depart for the Ho Chi Minh City Airport for your one-hour flight to Nha Trang. Upon arrival, proceed for a light breakfast followed by a full-day city orientation including Long Son Pagoda, the famous Cham Towers at Po Nagar, Hon Chong Rocks, the central market, Bao Dai Villas and the Oceanographic Institute. In the evening, enjoy a cultural show. (L, D; Que Huong Hotel)

Day 2: Today's full-day boat trip around Nha Trang allows time for swimming, exploring uninhabited islands and a seafood lunch at a local village. Following dinner, the evening is free for independent pursuits. (B, L, D; Que

Huong Hotel)

Day 3: After breakfast, enjoy free time and lunch on your own before departing for the airport for your return flight to Ho Chi Minh City. (B)

HCM10 HA NOI AND MAI CHAU VILLAGE (0500 Friday, 31 October - 2000 Sunday, 02 November)
Minimum 15/Maximum 16 (PRICE: \$587.00) PRE-SALE ONLY

Escape to the fascinating village life in the heartland of the north's ethnic minority region. Travel to the mountainous region west of Ha Noi with its expanses of rice fields, magnificent mountain vistas and villages nestled into scenic valleys. The Mai Chau village, where weaving and rice farming are the mainstays of life, provides a warm welcome. Enjoy the unique opportunity of spending the evening in the home of a member of the Black Thai hill tribe.

After experiencing rural life in Viet Nam, your visit to Ha Noi provides an interesting contrast. History has been brutal to Viet Nam, and much of our knowledge of this country comes from images of the Viet Nam War. A visit to Ha Noi today is more likely to evoke an "old-world" image of ambience and tranquility rather than an image of an "enemy city." Ha Noi is arguably the most beautiful capital in Southeast Asia, a city of dignified, somewhat dilapidated charm where French-colonial architecture dominates narrow, tree-shaded streets. The absence of modern buildings and the predominance of bicycle traffic is quite different from Ho Chi Minh City. Your orientation to Ha Noi includes visits to Ho Chi Minh's house, the Army Museum, the Temple of Literature and time permitting, the Tran Quoc Pagoda.

ITINERARY:

Day 1: Depart the ship for an early morning flight to Ha Noi. Upon arrival, journey to Mai Chau, stop for a lunch break in a traditional mountain village. Upon arrival in Mai Chau (approximately 1700), settle into your accommodations (a traditional longhouse of the Black Thai hill tribe) and then enjoy a walk through the fields of the nearby villages. Dinner is served under the canopy of the longhouse and is followed by a cultural performance. Please Note: You may want to bring a flashlight for walks in the Mai Chau village at night. Sleeping mats and bedding materials, including mosquito netting, are provided. Toilet and washing facilities are available, but hot water and a towel are not. (B on flight, Box L, D; Longhouse)

Day 2: Start the day early with a visit to the local market, bustling with people from nearby villages. The morning is free to explore the villages and interact with the local people. An early lunch is served at the longhouse before departing for the return drive to Ha Noi. Upon arrival in Ha Noi (approximately 1800), enjoy dinner at the Seasons of Ha Noi followed by a water puppet show. (B, L, D; Hoa Binh Hotel)

Day 3: Today's orientation to the city of Ha Noi includes visits to the Temple of Literature, Army Museum, Tran Quoc Pagoda, Ho Chi Minh's Mausoleum and former home and the Old Quarter. Enjoy some free time and lunch on your own. Depart for the airport and your return flight to Ho Chi Minh City. (B, D on flight)

HCM11 HA NOI AND HA LONG BAY (0500 Friday, 31 October - 2130 Sunday, 02 November) Minimum 15/Maximum 60 (PRICE: \$719.00) PRE-SALE ONLY. Please Note: Some parents and Semester at Sea alumni will be joining this trip.

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The magnificent scenery of Ha Long Bay is considered one of the natural wonders of the world. The bay's tranquil beauty encompasses 1,500-square miles dotted with more than 1,000 limestone islands and islets. Bizarre rock

sculptures jut dramatically from the sea, and numerous grottoes have created a very picturesque setting. The sails of the junks and sampans gliding on the bay add to the timeless beauty of the scene. A four-hour boat trip on the bay includes stops at some of the grottoes. The most spectacular is Dau Go Cave with its stalactites and stalagmites resembling beasts, birds and human forms. Folk legends associated with various grottoes and information about some of Ha Long Bay's historic battles are part of this learning experience.

Day 1: Transfer to Ho Chi Minh City Airport for your flight to Ha Noi. Upon arrival, depart by motorcoach for Ha Long Bay. This three-hour journey provides insight into the agricultural lifestyle of the north. See emerald-green rice paddies, water buffalo, farms and villages. Check into the hotel and enjoy lunch followed by some time at your leisure before dinner at a local restaurant. (Box B, L, D; Ha Long Grand Hotel)

Day 2: Enjoy a five-hour boat ride in Ha Long Bay, including lunch on board. Then depart overland for Ha Noi, arriving at approximately 1800. In the evening, enjoy a water puppet performance. (B, L, D; Trade Union Hotel)

Day 3: Today's orientation to Ha Noi includes visits to the Temple of Literature, Army Museum, 36 Streets, One Pillar Pagoda, Tran Quoc Pagoda and Ba Dinh Square. The afternoon is at your leisure and lunch is on your own. Depart in the late afternoon for the Ha Noi Airport and your return flight to Saigon. (B, D on flight)

HCM13 SERVICE VISIT: SCHOOL FOR DISABLED (0730-1200 Friday, 31 October) Minimum 15/Maximum 20 (PRICE: \$35.00)

You will travel to the Hoc Mon District, about 25 kilometers from Ho Chi Minh City, to visit Khuyer Tat Hoc Mon School, catering to deaf and hearing-impaired children. Established in 1993, the school has 50 students varying in age from 4 to 14 years. Classes are conducted from 0800-1100, five days per week, as children have to be collected and returned home by the teachers themselves and must return home for meals (some travel distances of 12-15 kilometers by bicycle each day to attend). Facilities at the school are very basic – small to medium-size rooms with wooden benches and tables attended by up to ten children per class with a main gathering hall. There is a small kindergarten for the youngest children with simple playing tools and accessories for their use, and a large overgrown garden that the school hopes, at some stage, to develop into a playground with facilities. Hoc Mon is a rural area that produces about 60% of the vegetables for Ho Chi Minh City. The children in this rural area do not have many chances to meet and interact with visitors. You will be provided with small toys to aid interaction with the children.

HCM14 SERVICE VISIT: DA THIEN SCHOOL FOR HANDICAPPED CHILDREN (0800-1200 Friday, 31 October) Minimum 10/Maximum 30 (PRICE: \$29.00)

You will travel to Da Thien School for Handicapped Children to meet school administrators. At this school, the Social Assistance Program for Viet Nam (SAP-VN) sponsors a free meal program for approximately 80 students. If available, a representative from SAP-VN will explain the efforts that are underway for the children of this school as well as for many other handicapped children within the rural areas of Viet Nam. Following some time for interaction with the children, you may assist in serving lunch. You will also be provided with small toys to aid in interacting with the children.

HCM15 MEKONG DELTA DAY TRIP - GROUP A (0800-1630 Friday, 31 October) Minimum 16/Maximum 80 (PRICE: \$43.00)

Until the 16th century the Mekong Delta was an area of marshlands and forest. Gradually marshlands were reclaimed, and a canal network was built so that today's inhabitants would make a reasonable living from cultivating rice, fish, soybeans, maize, peanuts, tobacco and melons. The My Tho area is famous for its coconut palms and fruit orchards (mangoes, longans, bananas and citrus fruits). The drive out of Ho Chi Minh City (about two hours) takes you through miles of flat rice fields, along a road that is always busy with bicycles and people heading to or from the market. A highlight of this trip is a boat ride on the Mekong River to observe the active river life. The Mekong Delta was annexed from the Khmers in the late 18th century and continues to hold strong influence and social/physical resemblance to Cambodia. Your boat trip takes you to one of the islands in the Mekong Delta to see a traditional

farmer's home and fruit orchards where you will have the opportunity to sample exotic tropical fruits. Lunch will be at a local seafood restaurant in My Tho. Please note: bring sunscreen, bug spray and a hat.

HCM16 SERVICE VISIT: YMCA HEADQUARTERS, ORANGE AGENT CHILDREN'S CENTER AND DISABLED YOUTH FACILITY (0800-1800 Friday, 31 October) Minimum 15/Maximum 45 (PRICE: \$)

You will be met by a YMCA representative at the ship's pier and travel by van to YMCA-sponsored facilities. A YMCA staff member will accompany you throughout the day. You will tour Orange Agent Children's Center, located in Cu Chi district. You will continue to YMCA Headquarters for a brief orientation where you will have an opportunity to interact with the YMCA volunteers and tour their sewing workshop. Lunch for you and the volunteers will be provided by YMCA. Your final stop will be at Disabled Youth of VNYMCA for a tour of the facility and to learn about this program. The price of this practicum includes round-trip transportation, lunch and a donation to the YMCA facility. **Please note: this day trip requires a manifest; therefore, participants cannot sell or exchange tickets.**

HCM18 MEKONG DELTA OVERNIGHT - GROUP A (0800 Friday, 31 October - 1800 Saturday, 01 November) Minimum 15/Maximum 40 (PRICE: \$173.00) PRE-SALE ONLY

Until the 16th century the Mekong Delta was an area of marshlands and forest. Gradually marshlands were reclaimed, and a canal network was built so that today's inhabitants could make a reasonable living from cultivating rice, fish, soybeans, maize, peanuts, tobacco and melons. The Cai Be area is famous for its coconut palms and fruit orchards (mangoes, longans, bananas and citrus fruits). The drive out of Ho Chi Minh City (about four hours) takes you through miles of flat rice fields, along a road that is always busy with bicycles and people heading to or from the market. A highlight of this trip is a boat ride on the Mekong River to observe the active river life. The Mekong Delta was annexed from the Khmers in the late 18th century and continues to hold strong influence and social/physical resemblance to Cambodia. Your boat trip takes you to one of the islands in the Mekong Delta to see a traditional farmer's home and fruit orchards where you will have the opportunity to sample exotic tropical fruits. Then travel overland from Vinh Long to Can Tho. Can Tho is the capital of Hau Giang province, the economic hub of the Mekong Delta and its most modern city. Can Tho University, founded in 1966, conducts valuable agricultural research that has contributed substantially to improving production and pest control. Visit the Cai Rang Floating Market at the junction of seven canals, where all types of boats and sampans gather, their occupants busily engaged in buying or selling a wide variety of fruit, fish and vegetables. Please note: bring sunscreen, bug spray and a hat.

ITINERARY:

Day 1: Travel by motorcoach (about four hours) to Vinh Long for a boat trip along the Mekong River. Visit a local farm and enjoy fresh fruits. Time to eat your ship box lunch is provided before continuing overland (about two hours) to Can Tho, the most modern and commercial town in the Delta. Dinner is at the Pacific Restaurant. (Box L, D; Ninh Kieu 2 Hotel)

Day 2: After breakfast, depart to observe boat building along the river. Continue to the Cai Rang Floating Market and board a small boat for a river cruise where you can observe the local people as they bargain over fresh fruit, fish and vegetables. Upon returning to Can Tho, visit the Khmer Pagoda and have some free time at Can Tho market. Enjoy lunch at the hotel before returning overland to Ho Chi Minh. (B, L)

HCM19 PHAN THIET (0800 Friday, 31 October - 1800 Sunday, 02 November) Minimum 15/Maximum 30 (PRICE: \$340.00) PRE-SALE ONLY

Leave the intensity of Ho Chi Minh City behind as you head 200 kilometers east to Phan Thiet. Your journey to this small, pleasant town takes you to one of Viet Nam's most beautiful, unspoiled coastlines. Located in the Binh Thuan Province, Phan Thiet's economy is strongly tied to the fishing industry. In fact, this influence often permeates the air with the aroma of Phan Thiet's famous fish sauce, *nuoc mam*.

Continuing eastward to Mui Ne, you pass rows of coconut and rubber trees, dragon fruit orchards and fishing villages – and you will begin to understand why Mui Ne is referred to as the “Hawaii” of Viet Nam. Although this route is filled with visual splendor, the true beauty of Mui Ne can be seen in the impressive sand dunes. Each dune is unique – nature is its artist and the sand its canvas. Photographers often enjoy the challenge of attempting to capture this ever-changing beauty.

ITINERARY:

Day 1: Travel by motorcoach (about 4 hours) to Phan Thiet. After lunch, visit Phan Thiet fishing port and take a sampan ride along the river. Enjoy a view of the wharf and the fishermen’s daily lives. After the boat ride, take a *cyclo* tour of the area. (L, D; Sealion Beach Resort & Spa)

Day 2: This morning, explore the sand dunes and the nearby villages in an “old Russian van.” Afterwards, enjoy lunch at a local restaurant. The afternoon is at your leisure to explore the markets or stroll along the beachfront. The evening includes a barbeque on the hotel’s beach. (B, L, D; Sealion Beach Resort & Spa)

Day 3: Use the morning to re-visit your favorite stops or explore something new. Check out of the hotel at noon, and stop for lunch at a local restaurant. Transfer by motorcoach (about 3 ½ hours) back to the ship. (B, L)

HCM20 MEKONG DELTA EXPLORER (0800 Friday, 31 October - 1800 Sunday, 02 November) Minimum 15/Maximum 20 (PRICE: \$265.00) PRE-SALE ONLY

Until the 16th century the Mekong Delta was an area of marshlands and forest. Gradually marshlands were reclaimed, and a canal network was built so that today’s inhabitants make a reasonable living from cultivating rice, fish, soybeans, maize, peanuts, tobacco and melons. The drive out of Ho Chi Minh City to Cai Be takes you through miles of flat rice fields, along a road that is always busy with bicycles and people heading to or from market. A highlight of this trip is a boat ride on the Mekong River to observe the active river life. The Mekong Delta was annexed from the Khmers in the late 18th century and continues to hold strong influence and social/physical resemblance to Cambodia. Your boat trip takes you to one of the islands in the Mekong Delta to see a traditional farmer’s home and fruit orchards where you will have the opportunity to sample exotic tropical fruits. Continue overland from Vinh Long to Can Tho, the capital of Hau Giang Province and the most modern city in the Delta. Also visit Soc Trang, a city that has a prominent Khmer population and one of the Delta’s most beautiful pagodas. The resident monks at Khleng Pagoda are full-blooded Khmers. They warmly greet foreign visitors and are eager for conversation with outsiders. Please note: bring sunscreen, bug spray, a hat, hiking boots and a flashlight.

ITINERARY:

Day 1: Travel by motorcoach (about 2 ½ hours) to Cai Be where you will board a local boat for a journey across the Mekong to nearby islands. Fresh fruit will be served and you can enjoy your box lunch picnic-style on the island. Enjoy a walk along the riverbank – passing by local communities, a school, a small church and rice mills – before returning to the boat to continue your journey through the maze of tributaries. In the late afternoon you will reach your accommodations – a cottage house on stilts, which overlooks the waterway. Dinner will be served at the cottage house, and the evening can be spent enjoying the local hospitality. (Box L, D; Homestay)

Day 2: Depart by boat for Vinh Long and then drive to Can Tho (approximately 2 ½ hours) and enjoy free time to visit the local market. After lunch, visit a Khmer pagoda, where the monks often practice their English with visiting foreigners. In the late afternoon, return overland to Can Tho. (B, L, D; Ninh Kieu 2 Hotel)

Day 3: Depart by boat for a journey down the Mekong River to the bustling Cai Rang floating market, one of the busiest in the Delta. Return to Can Tho for some free time and lunch before your return journey to the ship. (B, L)

HCM22 CAMBODIA: TEMPLES OF ANGKOR (0930 Friday, 31 October - 2200 Sunday, 02 November) Minimum 15/Maximum 60 (PRICE: \$857.00) PRE-SALE ONLY

ITINERARY:

Day 1: Depart for the Tan Son Nhat Airport for your one-hour flight to Siem Reap. Upon arrival, obtain a Cambodia visa (US\$20 in cash, at your own expense, plus one photo). Transfer to Angkor Hotel for lunch. In the afternoon,

visit the Palm Tree Orphanage, which is supported by SAS alums Terry Kellogg and Marvel Harrison, founders of Cambodia's Hope. In the evening, drive to Angkor Wat to explore until sunset. Dinner will be at a local restaurant. (L, D; Borei Angkor Hotel)

Day 2: For early risers, there will be an optional sunrise tour at Angkor Wat. After breakfast at the hotel, depart for your full-day tour. Continue to Bayon with stops at Ta Keo, Tommanon, Chaosay Tevoda, Elephant Terrace, Leper King Terraces and the South Gate of Angkor Thom. Following lunching at the hotel, continue to Ta Prohm for a walking tour followed by a sunset at Phnom Bakheng. In the evening, enjoy dinner at a local restaurant. (B, L, D; Borei Angkor Hotel)

Day 3: After breakfast at the hotel, depart for a boat trip to see floating homes and a market at Tonle Sap. Return to the hotel for some free time. Transfer to the airport for your flight back to Ho Chi Minh City. (B, Box D) **Please note: knee length shorts are acceptable attire when touring the Angkor temples.**

HCM23 CAMBODIA: PHNOM PENH & ANGKOR WAT - GROUP B (1100 Friday, 31 October - 2200 Sunday, 02 November) Minimum 15/Maximum 60 (PRICE: \$989.00) PRE-SALE ONLY. Please Note: Some parents and Semester at Sea alumni will be joining this trip.

Day 1: Depart for the airport for your one-hour flight to Phnom Penh. Upon arrival, obtain a Cambodia visa (US\$20 in cash, at your own expense, plus one photo). Visit the National Museum and the Silver Pagoda. In the afternoon, visit the Palm Tree Orphanage, which is supported by SAS alums Terry Kellogg and Marvel Harrison, founders of Cambodia's Hope. Enjoy a sunset cruise on the Mekong River followed by dinner at a local restaurant. (Box L, D; Sunway Hotel)

Day 2: In the morning, visit the Tuol Sleng Museum, the Killing Fields and the Russian Market. Transfer for your flight to Siem Reap. Upon arrival, view and explore Angkor Wat until sunset. Check into the hotel for dinner and overnight. (B, L, D; Borei Angkor Hotel)

Day 3: Early risers may enjoy an optional sunrise tour of Angkor Wat. After breakfast at the hotel, spend the day exploring the area's massive and elaborate temple ruins and restoration projects, including Angkor Wat. In the late afternoon, transfer to the airport for your return flight to Ho Chi Minh City. (B, L, Box D) **Please do not wear shorts during the Phnom Penh tours, but knee-length shorts are acceptable attire when touring the Angkor temples.**

HCM24 SERVICE VISIT: HY VONG 8 SCHOOL FOR THE DEAF AND THI NGHE ORPHANAGE – GROUP B (1300-1730 Friday, 31 October) Minimum 10/Maximum 30 (PRICE: \$33.00) Please Note: Some parents and Semester at Sea alumni will be joining this trip.

Hy Vong 8 School for the Deaf accommodates 63 children from the ages of 3-18. In addition to speech lessons and regular classwork, some of the students work under the supervision of a local artist to produce cards and paintings that are sold at a local gallery. Revenue is used to pay expenses and to help support the school. You will visit the Hy Vong 8 School for the Deaf and the Thi Nghe Orphanage, a residential facility for abandoned and handicapped children. This facility accommodates approximately 300 children ranging in age from 2 to 25 years. SAS students will be supplied with small toys to aid in the interaction.

HCM25 CU CHI TUNNELS - GROUP B (0700-1300 Saturday, 01 November) Minimum 16/Maximum 80 (PRICE: \$33.00)

For a description of this trip, please refer to HCM12 Cu Chi Tunnels – Group A.

HCM26 CAT TIEN NATIONAL PARK (0700 Saturday, 01 November - 1800 Monday, 03 November)

Minimum 15/Maximum 16 (PRICE: \$184.00) PRE-SALE ONLY

Cat Tien National Park is an important national park in Viet Nam that protects one of the largest areas of lowland tropical rainforests left in the country. Cat Tien was protected initially in 1978 as two sectors, Nam Cat Tien and Tay Cat Tien. Another sector, Cat Loc, was designated as a Rhinoceros Reserve in 1992 upon the discovery of a population of Javan Rhinoceros, an occasion that brought the park into the world's eye. The three areas were combined to form one park in 1998. The park suffered during the Viet Nam War when it was extensively sprayed with pesticides like the defoliant Agent Orange. To this day these areas have extensive bamboo and grassland cover, and trees have not yet grown back. Although much wildlife was frightened away or killed during the war, some wild game managed to survive in this area. Cat Tien is one of the world's premier sites for biodiversity, with over 1600 species of plants, nearly 400 bird species and 38 documented species of mammals. In addition, this site is also a model for the UNESCO goal of ensuring sustainable economic, cultural and social development of indigenous people. Your guide will provide information on local flora and fauna as well as on conservation issues in Viet Nam.

Upon arrival, a registration card must be completed in order to receive a license to enter the park. After these formalities are concluded, travel by small boats to the park headquarters. As the park has only recently been opened to tourists, facilities are sparse and quite rustic. Accommodations are very basic and include bathroom facilities and all bedding. A small restaurant serving simple Viet Nameese food overlooks the river. This is the ideal excursion for those who wish to "get away from it all" – including rustic conditions, hiking through the forest and boating. Toilet and washing facilities are available, though hot water is unreliable. The climate is usually very hot and humid. Please bring rain gear, t-shirts, long pants, extra socks, hiking shoes and lots of insect repellent.

Day 1: Depart by minivan and travel 140 kilometers (about 4 ½ hours) to the park. En route (if time permits), stop at a teak plantation and at a fishing village where locals base their living on the breeding of fish in cages below their homes. On arrival at the park, board a riverboat for transportation to the park's interior. Stop for lunch at the park headquarters. An introduction to the park's history and flora and fauna will be provided before proceeding by boat along the Dong Nai River to observe the vegetation and the birds that flock to this area. Return to park headquarters for dinner. In the evening, search for wild deer, boar and other nocturnal animals while accompanied by your guide. (Box L, D; Guesthouse)

Day 2: Accompanied by a forestry engineer, venture into the rain forests of the park, traveling via boat and jeep as well as on foot. Return to the park headquarters in the late afternoon for a relaxing evening by the riverside. (B, Packed L, D; Guesthouse)

Day 3: Transfer to the park headquarters and then journey by foot, through dense bamboo thickets, to glimpse the nearby rapids on the Dong Nai River. (Please note: swimming at this site is strictly forbidden due to the strong undertow.) Return to headquarters for lunch before returning to the ship via minivan. (B, L)

HCM27 CU CHI TUNNELS AND CAO DAI TEMPLE - GROUP B (0800-1900 Saturday, 01 November)
Minimum 16/Maximum 80 (PRICE: \$52.00) Please Note: Some parents and Semester at Sea alumni will be joining this trip.

For a description of this trip, please refer to HCM17 Cu Chi Tunnels and Cao Dai Temple – Group A.

HCM28 MEKONG DELTA OVERNIGHT - GROUP B (0800 Saturday, 01 November - 1800 Sunday, 02 November)
Minimum 15/Maximum 40 (PRICE: \$173.00) PRE-SALE ONLY

For a description of this trip, please refer to HCM18 Mekong Delta Overnight – Group A.

ITINERARY:

Day 1: Travel by motorcoach (about four hours) to Vinh Long for a boat trip along the Mekong River.

Visit a local farm and enjoy fresh fruits. Time to eat your ship box lunch is provided before continuing overland (about two hours) to Can Tho, the most modern and commercial town in the Delta. Dinner is at the Pacific Restaurant. (Box L, D; Saigon Cantho Hotel)

Day 2: After breakfast, depart to observe boat-building along the river. Continue to the Cai Rang Floating Market and board a small boat for a river cruise where you can observe the local people as they bargain over fresh fruit, fish and vegetables. Upon returning to Can Tho, visit the Khmer Pagoda and have some free time at Can Tho market. Enjoy lunch at the hotel before returning overland to Ho Chi Minh. (B, L)



HCM29 CAMBODIA: PHNOM PENH & ANGKOR WAT - GROUP C (1100 Saturday, 01 November - 1700 Monday, 03 November) Minimum 15/Maximum 60 (PRICE: \$989.00) PRE-SALE ONLY

ITINERARY:

Day 1: Depart for the airport for your one-hour flight to Phnom Penh. Upon arrival, obtain a Cambodia visa (US\$ 20 in cash, at your own expense, plus one photo). Visit the Royal Palace and the Silver Pagoda. In the afternoon, visit the Palm Tree Orphanage, which is supported by SAS alums Terry Kellogg and Marvel Harrison, founders of Cambodia's Hope. Enjoy a sunset cruise on the Mekong River followed by dinner at a local restaurant. (Box L, D; Sunway Hotel)

Day 2: In the morning, visit the Tuol Sleng Museum, the Killing Fields and the Russian Market. Transfer for your flight to Siem Reap. Upon arrival, view and explore Angkor Wat until sunset. Check into the hotel for dinner and overnight. (B, L, D; Borei Angkor Hotel)

Day 3: Early risers may enjoy an optional sunrise tour of Angkor Wat. After breakfast at the hotel, spend the day exploring the area's massive and elaborate temple ruins and restoration projects, including Angkor Wat. In the late afternoon, transfer to the airport for your return flight to Ho Chi Minh City. (B, L, Box D) **Please do not wear shorts during the Phnom Penh tours, but knee-length shorts are acceptable attire when touring the Angkor temples.**

HCM30 MEKONG DELTA DAY TRIP - GROUP B (0800-1630 Sunday, 02 November) Minimum 16/Maximum 80 (PRICE: \$43.00)

For a description of this trip, please refer to HCM15 Mekong Delta Day Trip – Group A.

HCM31 CU CHI TUNNELS AND CAO DAI TEMPLE - GROUP C (0800-1900 Sunday, 02 November) Minimum 16/Maximum 80 (PRICE: \$52.00)

For a description of this trip, please refer to HCM17 Cu Chi Tunnels and Cao Dai Temple – Group A.

HCM32 CU CHI TUNNELS - GROUP C (0700-1300 Monday, 03 November) Minimum 16/Maximum 80 (PRICE: \$33.00)

For a description of this trip, please refer to HCM12 Cu Chi Tunnels – Group A.

HCM33 SERVICE VISIT: NGUYEN DINH CHIEU SCHOOL FOR THE BLIND (0730-1200 Monday, 03 November) Minimum 15/Maximum 30 (PRICE: \$28.00)

Nguyen Dinh Chieu School currently educates approximately 125 children between the ages of 8 and 16 years. Approximately 30 of the children endure partial blindness, while the majority of the students are fully blind. NGOs and the government compensate a staff of 47 members via donations as well as support. First established by the French in 1926, the school offers boarding facilities and educates students to the standard of primary and secondary education. Students are also taught specific abilities to assist them in coping with their disability and work-related skills including how to become a masseur/masseuse. You will tour the facilities and have time to interact with the children. You will be provided with small toys to aid in interacting with the children.



HCM34 SERVICE VISIT: HY VONG 8 SCHOOL FOR THE DEAF & ZOO VISIT (0730-1530 Monday, 03 November) Minimum 15/Maximum 25 (PRICE: \$27.00)

Here is your chance to participate in a service project and have fun at the same time. You will travel by motorcoach to the Hy Vong 8 School for the Deaf to meet the students (ranging in age from 5-18 years) and their teachers. After a brief visit to the school, some of the children will join you for a visit to the zoo. Each SAS student will be assigned the supervision of one or two deaf students. The visit to the zoo will include a picnic lunch (box lunch from the ship).

HCM35 ELEMENTARY SCHOOL VISIT (0800-1200 Monday, 03 November) Minimum 15/Maximum 20 (PRICE: \$32.00)

Visit a local elementary school for children from the ages of five to eight years. Tour the facilities, observe classes, and learn about the educational system in Ho Chi Minh City. If possible, an informal gathering in the staff room at the school will be arranged to interact with the teachers.

HCM36 MEKONG DELTA DAY TRIP - GROUP C (0800-1630 Monday, 03 November) Minimum 16/Maximum 114 (PRICE: \$43.00) Please Note: Some parents and Semester at Sea alumni will be joining this trip.

Until the 16th century the Mekong Delta was an area of marshlands and forest. Gradually marshlands were reclaimed, and a canal network was built so that today's inhabitants would make a reasonable living from cultivating rice, fish, soybeans, maize, peanuts, tobacco and melons. The My Tho area is famous for its coconut palms and fruit orchards (mangoes, longans, bananas and citrus fruits). The drive out of Ho Chi Minh City (about two hours) takes you through miles of flat rice fields, along a road that is always busy with bicycles and people heading to or from the market. A highlight of this trip is a boat ride on the Mekong River to observe the active river life. The Mekong Delta was annexed from the Khmers in the late 18th century and continues to hold strong influence and social/physical resemblance to Cambodia. Your boat trip takes you to one of the islands in the Mekong Delta to see a traditional farmer's home and fruit orchards where you will have the opportunity to sample exotic tropical fruits. Lunch will be at a local seafood restaurant in My Tho. Please note: bring sunscreen, bug spray and a hat.

HCM37 CU CHI TUNNELS AND CAO DAI TEMPLE - GROUP D (0800-1900 Monday, 03 November) Minimum 16/Maximum 80 (PRICE: \$52.00)

For a description of this trip, please refer to HCM17 Cu Chi Tunnels and Cao Dai Temple – Group A