

Vietnam Sample Program Itinerary (for 2 weeks duration) 2016

	Day	Volunteer Program	Volunteer + Travel	Meal Plan
WEEK 1	Monday	Arrival at Tan Son Nhat International Airport and transfer to Idex camp.		No Meal
	Tuesday	Welcome meeting and orientation starts. <ul style="list-style-type: none"> • Orientation includes <ul style="list-style-type: none"> • Talks & presentations on: <ul style="list-style-type: none"> ▪ Vietnam& its culture ▪ Social development and the role of volunteers ▪ How to do volunteer work ▪ Project activities ▪ Cultural responsibility ▪ Personal safety & Code of Conducts ▪ General Local area 		B,L,D B,L,D
	Wednesday to Friday	<ul style="list-style-type: none"> • Project work starts with the daily schedule of volunteering, cultural activities and free time. • Local cooking demonstration on one afternoon. • One local dinner with a host family to experience everyday life of Regular Vietnamese people. 		B,L,D B,L,D
	Saturday	Free Weekend/ Optional weekend trip	excursion to Mekong Delta	Only breakfast during excursions. All meals during camp stay
	Sunday	Free Weekend/ Optional weekend trip	excursion to Mekong Delta	
	Monday To Friday	Volunteer Work with the daily schedule of volunteering and free time.		B,L,D
Saturday	Free weekend/ optional visit to Mui Ne	Visit to MUI NE	Only breakfast during excursions. All meals during camp stay	
Sunday	Transfer to Tan Son Nhat International Airport after 20:00 hrs. <i>(Please refer to arrival and departure procedure for details)</i>			

B, L, D: Breakfast, Lunch, Dinner

A typical day of the volunteer (Mon-Fri)* ⁺:

The schedule of the day depends on the type of project but below mentioned is just the brief outline of their normal day:

Timings	Activities
7:30-8:30hrs	Breakfast at Idex accommodation
9:00-12:30hrs	Project work
12:30-13:30hrs	Packed lunch at the project location
13:30-14:00hrs	Free time/relax
14:00-16:00hrs	Project work
16:00-17:00hrs	Preparation meeting/lesson planning for next day
17:00-17:30hrs	Tea/coffee at Idex accommodation
19:00-20:00hrs	Dinner at Idex accommodation

* Please note that there is a full day schedule of going out to the project with morning work sessions, short rest, afternoon work session and preparing for the next day all being done in the same trip.

⁺ The scheduled time table mentioned above may change due to the need of the project or any other circumstances.