



文藻外語大學

WENZAO URSULINE UNIVERSITY OF LANGUAGES

“Unlonely” Planet: A Travel Guide for International Volunteers

Vietnam:
Eco-friendly camp

Course: English 9

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I. Introduction

Basic Information

Our target country is Vietnam. Vietnam is a country located in Southeastern Asia bordering the Gulf of Thailand and South China Sea. Its neighboring countries include China, LAOS, Thailand, and Cambodia, and Hanoi is its capital. For the Vietnam climate, we can basically divide the country into two parts, the north one and the south one. North Vietnam belongs to monsoon zone; thus, there are only two main seasons, a cold, humid winter from November to April and a wet summer for the remainder of a year. As to South Vietnam, due to the tropical zone to which it belongs, the climate here is usually warm no matter which season it is. There are also two main seasons here, dry season and rainy season. The rainy season lasts from May to November, while the period from December to April is dry season. For their population composition, the total number is about 75 million people. 80 percent of them is Vietnamese, whereas the remaining 20 percent is from foreign country. In Vietnam, the official language is Vietnamese. This is the language people mainly use in daily lives as well. The government system is a communist state; therefore, the chief of state is the prime minister. And speaking of the economic situation, Vietnam is considered one of the leading agricultures exporters of Southeast Asia. Its top industries are food-processing, garments, shoes, and machine-building.

Here is the history in Vietnam. In 1858 Vietnam was colonized by France. Beginning in the late 19th century, France gradually began to get involved in Vietnam. At that time, the Qing dynasty fought against France in order to ensure its own barrier in the southwest. But in the end France won, and Vietnam became a French colony. And in 1945 Vietnam announced the independence. In 1955 the Vietnam War began. Southern Vietnam surrendered to Northern Vietnam in 1975. At last, in 1976 the

Republic of Vietnam declared its independence. The most important event in Vietnam is the Vietnam War. The Vietnam War started in the 1950s and ended in 1975 when North and South Vietnam were reunited as one country. It happened in Vietnam during the Cold War (main battlefield), Laos and Cambodia. The causes of the Vietnam War revolved around the simple belief held by America that the threat of communism was expanding to all over south-east Asia. The United States, France, China, the Soviet Union, Cambodia, Laos and other countries would over time become involved in the lengthy war. The Vietnam War lasted for ten years, and ended with the withdrawal of US troops from Vietnam and the unification of North Vietnam and South Vietnam. When it comes to the most influential people in Vietnamese history. We think of Mr. Hu Chi Minh. He was the main founder and leader of the Communist Party of Vietnam, the Democratic Republic of Vietnam and the Vietnamese People's Army. In 1964, Ho Chi Minh continued to lead the North Vietnamese government in the Vietnam War, which aimed to eliminate South Vietnam and unify Vietnam. Ho Chi Minh declared Vietnam independence, and the newly established country is called the Democratic Republic of Vietnam. The Vietnamese are very happy, and the Americans are impressed because what Ho Chi Minh said was the declaration, which they familiar with, the "American Declaration of Independence."

Reference in APA style

BBC NEWS. "Vietnam profile – Timeline." 22 April. 2018. Web. 26 May 2020.

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https://www.ducksters.com/geography/country/vietnam_history_timeline.php

(1997-2010). In geographia-Asia Retrieved form <http://www.geographia.com/vietnam/>

II. Lifestyle and Culture

Festivals, Tradition, Arts, & Entertainment

80% of the Vietnamese population lives in rural areas and villages. People work in groups and take up jobs as farmers and fishermen. Everybody is helpful to one another and is involved in a variety of activities such as raising livestock, making handicrafts and farming etc. In contrast, the lifestyle of people living in urban areas of big cities like Ho Chi Minh City and Hanoi City life is busy and most adults are working. The lifestyle is competitive and the daily routine consists of work till the evenings and then spending time with family or friends at night.

The most important culture in Vietnam is weddings. It is one of the most important traditions in Vietnamese occasions. Regardless of Westernization, many of the age-old customs practiced in a traditional Vietnamese wedding continue to be celebrated by both Vietnamese in Vietnam and overseas, often combining both Western and Eastern traditions. Here are three examples. The first one is the Jing people. The wedding is usually held on the “auspicious day”. On the wedding day, the wedding ended after the bride worships the ancestors of the groom’s family and bowed to the parents. The second one is the Thai people. The official wedding can only be held after 8 to 10 years, and the wife returns to the husband’s house. If the husband dies, she can only pass on to the husband's younger brother, or else she can only remain a widow. The last one is the Miao people; they still have the custom of marriage by capture. Among some ethnic in central Vietnam, the marriage custom of adopting a child to raise a “son- in-law” is popular. Families without boys often spend money to buy boys, and when they grow up, they recruit as son-in-law.

Next part is about the Vietnamese buildings. Vietnamese buildings mean the creations and buildings of Vietnamese nationalities, such as Kinh people. And just like other cultures of Vietnam, Vietnamese buildings have a long story. Both of Chinese traditional style buildings and cultures had a strong influence on Vietnamese buildings. However, as time goes, it has developed its own unique building style, like Mỹ Sơn Temple. Here, we will give more details of traditional and modern building styles in Vietnam.

Traditional style: Just like other countries in Southeast Asia, Vietnamese buildings are mostly based on wooden structures, with glass windows around the buildings and usually are not so tall. Those features were designed for cooling down the temperature and airy environment.

Modern style: In recent years, we can see that Vietnamese buildings have mixed with Indian architecture. Moreover, due to the fact that Vietnam was one of the colonies of France, there were many architectures in Vietnam built in France style.

Festival and costume

Festivals and costumes are also the souls for a country. Let's start with two of the prominent Vietnamese festivals, Independence Day and Perfume Festival.

Independence Day is on the second day of September. On that day, people have a day-off to celebrate the independence from France in 1945. Thus, there are many events in big cities, such as Hanoi and Ho Chi Minh City. People can see the military parades and the beautiful fireworks at night. On the 15th day of the 1st lunar, Many Vietnamese will go to Perfume Pagoda Temple to pray for a prosperous year and pay their respects to Buddha. This Perfume Festival came from the belief of Buddhism in Vietnam.

People travel on row boats along the Yen River to reach Huong Mountain, lighting incense for the God of the Mountain. Furthermore, there is also dragon dance on the ground of the temple.

In Vietnamese traditional culture, there are many fancy costumes. And the most popular one is Ao Dai. Ao Dai, literally long dress, it has long trousers and a two-flap dress with diverse colors and patterns. The history of this costume dates to the second half of the 18th century to 1774. During that period, there was a civil war within Vietnam. Vietnam was divided into two parts, the North and the South. The king in the South Vietnam recognized that their costumes were too like those worn by Chinese, so he ordered people to change the way to dress with an ambition to be a king of an independent land. The decree of Lord Nguyen Phuc Khoat in 1774 caused the innovation in Vietnamese traditional clothes, which ultimately turned into the traditional costume, Ao Dai.

Sights and Attractions

Hanoi is better preserved and has a lot to see during the day since all shop shutters are closed in central Hanoi at 9 pm, restaurants start to wind down at 9.30-10 pm, most bars begin to empty at 10-10.30 pm and by 11 Hanoi is peacefully silenced. On the contrary, Ho Chi Minh has a much better nightlife and wider choice of restaurants. Additionally, if you like to walk around, it will be better you go to Hanoi, since Hanoi is compact and walkable. In contrast, you need to take the transportation in Ho Chi Minh.

In Hanoi, you can visit and see a lot of exhibitions at the Vietnam Military History Museum. There are others famous museum like Hoa Lo Prison Museum which is the remains of Hoa Lo Prison, a penitentiary ironically known by the American soldiers

held captive there during the American-Vietnamese War as the ‘Hanoi Hilton,’ was turned into a museum in the 1990s.

Recommendations of places

At last, there are plenty of attractions you can travel to Hanoi. For instance, Hoan Kiem Lake Known as the lake of the returned (or restored) sword, this lake marks the historical center of ancient Hanoi. The name comes from a legend in which Emperor Le Loi was given a magical sword by the gods, which he used to drive out the invading Chinese.

Hanoi's West Lake, this largest urban lake is a favorite location for tourists and Hanoi residents alike. It is where the high-end homes of Hanoi’s wealthy live, and contains many hotels, restaurants, and luxury shops as well.

Reference in APA style

(Wikipedia) Vietnam’s cultures.

<https://zh.wikipedia.org/wiki/%E8%B6%8A%E5%8D%97%E6%96%87%E5%8C%96>

Vietnam’s political problems: Human rights

<https://www.hrw.org/world-report/2019/country-chapters/vietnam>

Hotels in Vietnam

https://www.agoda.com/zh-tw/pages/agoda/default/DestinationSearchResult.aspx?city=2758&site_id=1826368&tag=49dcb171-2b39-932b-b13b-2fce9c59347c&device=c&network=g&adid=349769687482&rand=10744803963089683887&expid=&adpos=&gclid=EAIaIQobChMItp_k6NfR6QIVhamWCh3HJgZDEAAYAiAAEgIkc_D_BwE

III. Challenges under Globalization

There are various kinds of problems in Vietnam. However, our group decided to find out these problems and take actions to solve them. We had found four different issues, including environment, economic, social and political. Each of them will give more details and we will provide some solutions to deal with. First, it is about environmental problem, it has three main topics. One, water pollution: The weakness in industrial wastewater management was the main cause of water pollution in Vietnam. Many industrial facilities used freshwater to carry away waste from their plants into canals, rivers, and lakes. However, it has great influence on economic problem also, we will mention details at economic problems. Two, Temperature and result: average annual temperatures in the coastal zones of Vietnam have increased significantly. changes in maximum temperature in Vietnam varied in the range from -3°C to 3°C . Changes in minimum temperatures mostly varied in the range from -5°C to 5°C . Both maximum and minimum temperatures have tended to increase, reflecting the trend of global climate warming. The result of increasing temperature is that sea level rise and seawater intrusion, with the coastline retreat, coastal erosion, salinity intrusion related to them. Three, air pollution:

Vietnam is a rapidly developing country, with over 96 million people as of 2019. Rapid development combined with deforestation, few or nonexistent vehicle emission standards, polluting gasoline motorbikes, and poor urban planning have caused poor air quality in major cities.

Next, let's talk about economic issues. After the economic reforms in 1986, the 20-year development has transformed Vietnam from an impoverished country to a lower middle-income country. However, Vietnam's economic growth is facing risk of disruption due to water scarcity, flooding, and pollution. As its economy develops, the demand of water is increasing sharply, but much of the water is not treated before being discharged, which thus causes severe pollution of their water resources. Other than that, the pollution from agriculture and aquaculture is also increasing gradually. If the Vietnam's government don't make policies for safe clear and resilient water system and keep water pollution deteriorating, the fruits of the economic growth by their 2-decade efforts may collapse in the near future, not to mention that the world is struggling to fight against COVID-19.

And, here comes the social problems. There are three serious problems. First one is the domestic violence. It's common to see domestic violence in a Vietnam family due to the reason of inequality gender. The traditional values and old law or habit sometimes rationalized those violent behaviors. In old values, after the wife got married to her husband, the latter had the right to educate his wife with some awful actions. Although it's less common to see this situation, but the general impressions had been deep into people's heart. Second, the gap between rich and poor. Some poor people in Vietnam earned only 780 NT dollars per month. They can even pay their basic expense. Some of them may sell their children to circus or some factories to get

money to raise the whole family. What's worse, children in Vietnam usually needs to work for 12 hours in terrible environment like coffee bean farm with higher than 32°C. Third, international migrant workers. Most of the migrant workers are heavy-labors. And some vicious employers exploit these migrant workers, like overload of working hours, unpaid salaries and tearing up the agreement between them, all of these are the situation of disregard of human rights.

Last, we are going to look at the political problems. Vietnam did little to improve its abysmal human rights record in 2019. The government continues to restrict all basic civil and political rights, including freedom of expression, association, assembly, and the rights to freely practice beliefs and religion. We will give you more details as the following. First one is the freedom of expression, opinion, and speech. Vietnamese rights bloggers face regular harassment and intimidation. Officials often arrest political critics for their posts on the Internet. Police routinely place activists under house arrest or briefly detain them to prevent them from participating in meetings and protests or attending the trials of fellow activists. Police have also prevented rights campaigners from traveling abroad, sometimes citing vague national security reasons. Second, the freedom of media and access to information. The Vietnamese government continues to prohibit independent or privately owned media outlets from operating. It exerts strict control over radio and television stations and printed publications. Criminal penalties apply to those who disseminate materials deemed to oppose the government, threaten national security, or promote “reactionary” ideas. Authorities block access to websites, frequently shut blogs, and require Internet service providers to remove content or social media accounts deemed politically unacceptable. Vietnam’s problematic cybersecurity law went into effect in January 2019. The overly broad and vague law gives authorities wide discretion to censor free expression and requires service providers to take down

content that authorities consider offensive within 24 hours of receiving the request.

Third, the freedom of association and assembly. Vietnam continues to prohibit independent labor unions, human rights organizations, and political parties.

Organizers trying to establish unions or workers' groups face harassment, intimidation, and retaliation. Authorities require approval for public gatherings, and systematically refuse permission for meetings, marches, or public gatherings they deem to be politically unacceptable. And the last one is about freedom of religion. The government restricts religious practice through legislation, registration requirements, and surveillance. Religious groups are required to get approval from and register with the government, and operate under government-controlled management boards. While authorities allow many government-affiliated churches and pagodas to hold worship services, they ban religious activities that they arbitrarily deem to be contrary to the "national interest," "public order," or "national unity," including many ordinary types of religious functions.

Except of the problems, we also provide some solutions to deal with. First one is about environmental protection. The lack of environmental awareness among citizen caused serious levels of water pollution which led to serious health problems and poisoned aquatic life. Volunteers can attend to local environmental organizations like Vietnam Environment Administration, Hands of Hope (Vietnam) and Water Agriculture and Health in Tropical Area. As a result, Volunteer can help local organization to promote the relating law and raise the awareness of environmental knowledge. In addition, volunteer can also help the local school or university to use the recyclable things to create useful products.

Next one is about economic solution. Although most of the people cannot have a great influence on government's policies, they can still make a contribution on this issue in other ways, for example, improving their habits of using water in daily

lives. Volunteers in Vietnam can try to raise the awareness of conserving energy resources of the local people and explain to them why water is imperative for us. After understanding the importance of water, they may start to pay more attention to the water around them. Once they do that, then the government may notice that people in the country care this issue. Based on this, people's indirective supervising can in turn become an invisible pressure.

Third solution is the social issue. We have three types of solutions. One, asking government to formulate the policy and teach them about anti-violence. The first solution is to take actions to force government to formulate the policy that protect children and woman from inequality treatment and environment. Moreover, we can teach local people and the victims how to protect themselves from those harmful situations. Two, raising the paying average in Vietnam. Government should raise the paying average for the labors. Therefore, it may help to narrow the gap between rich and poor and boost the economic development. People themselves need to raise their awareness to guarantee their rights. We can teach them some knowledge about this by providing some relative activities. For example, we can provide them some employment and pay them in right price. Three, we need to show respect to the migrant workers. People need to show more respect to those migrant workers, because they came to this unfamiliar land and sacrifice their freedom and time to obtain the scanty salaries. At the same time, it is necessary to stand out to safeguard their deserved rights, so they can have a work at ease on this island. And the last solution is toward to political issue. However, the political problems in Vietnam is hard to be solved. There are different advantages and disadvantages of different politics. So, in our opinion we can see politics from a neutral perspective.

IOH.tw (2018) Things about Vietnam. Retrieved from

<https://ioh.tw/articles/%E6%B9%84%E5%85%AC%E6%B2%B3%E7%95%94%E7%9A%84%E7%BE%8E%E9%BA%97%E8%88%87%E5%93%80%E6%84%81-%E2%94%80-%E4%BD%A0%E6%89%80%E4%B8%8D%E7%9F%A5%E9%81%93%E7%9A%84%E8%B6%8A%E5%8D%97>

Currency in Vietnam (2020) (Cash, Credit Cards, ATMs) – Money Exchange.

Retrieved from

<https://azlocaltrip.com/currency-in-vietnam/>

Vietnam transportation. (2019) Retrieved from

<https://hk.blog.kkday.com/26295/vietnam-hanoi-transportation>

IV. Outreach Program: A New Tour for Volunteers

This is a five-day eco-friendly camp.

On Monday, we will play ice breakers to let each other get closer in the morning and next we will talk about water pollution issues. Also, we will show the relevant video and let students discuss in the afternoon.

On Tuesday, this morning, in order to let students, learn more about water pollution, we will take students to the street and river near the school in Hanoi for clean-up event. When we go back to school, we will talk about the second issue “recycling” and show the relevant videos in the afternoon.

On Wednesday, we will use the garbage that we collected yesterday to do garbage classification. Then, we will teach students how to make tooth brush holders and potted plants with those abandoned plastic bottles. In the afternoon, we want students to use the garbage they have to invent something new, eco-friendly, and practical with their creativity. At last, we will hold an awards ceremony to choose the best one.

On Thursday, we will teach students how to conserve energy in different ways in the morning. After lunch time, we will have each group come up with their own ideas to conserve energy. Students exchange their ideas group by group, and one of the members from each group needs to present to the whole class in the end.

On Friday, we will let students share their feelings about this camp with their group members and then choose one person from each group to share with the whole camp. In addition, we will hold a party to have fun together as the last part of our camp.

For the weekend, it is time for volunteers to travel around Vietnam, and Ba Vi National Park and Halon Bay are the two places we will visit. On Saturday morning, volunteers will ride motorbikes to Ba Vi National Park, and they can enjoy nature and majestic buildings along the way. For lunch, they can stay in the villas. There are lots of delicious food. After taking a break, they can take stairs on foot to the King Peak, watching the beautiful sunset there.

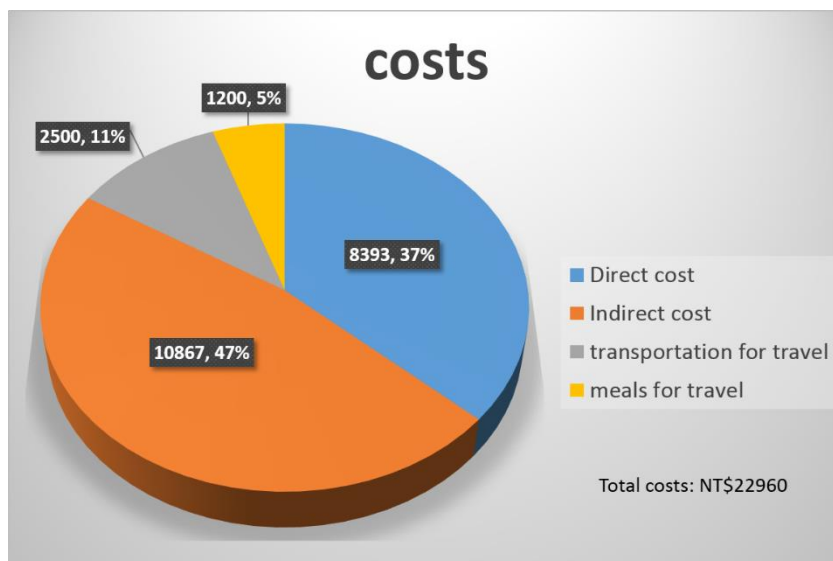
As for the last day of the trip, we arrange volunteers to visit Halong Bay. People can take cruise ships and kayaks, enjoying the beauty of interwoven rivers, small islands, and mountains there. Firstly, they take a bus to Halong Bay for about 2 to 2.5 hours. Then, they take cruise ships wandering around in the morning. When it is about noon, they can have palatable fresh seafood along the street. After the short break, they can rent a kayak, paddling around the river to experience the majestic limestone towers. Finally, get back to the airport and finish the wonderful voluntourism travel.

The needed costs in Vietnam are divided into two part, direct expenses and indirect expenses. Direct expenses are about money spent on volunteers, which includes three meals, accommodation, transportation, airport transfers, visa, and insurance. On the other hand, indirect expenses are about supports they can obtain

when they arrive in Vietnam, inclusive of 24-hour emergency support service, school assistants and facilities, tour guides, WI-FI, and personnel costs.

	Mon	Tue.	Wed	Thu.	Fri
7:15-8:00	breakfast	breakfast	breakfast	breakfast	breakfast
8:15-9:00	grouping and ice breaker	street & river clean-up event	recycling game	issue: conserving energy	sharing (with group members)
9:15-10:00	ice breaker	street & river clean-up event	activity: use plastic bottles to make potted plants	issue: conserving energy	sharing (with the whole camp)
10:15-11:00	ice breaker	street & river clean-up event	activity: make tooth brush holders with plastic bottles	issue: conserving energy	party time
Lunch and break time					
13:15-14:00	issue: water pollution	issue: recycling	activity: creativity time	activity: cooperative learning	X
14:15-15:00	issue: water pollution	issue: recycling	activity: creativity time	activity: cooperative learning	X
15:15-16:00	watch a relevant video	watch a relevant video	awards ceremony	presentation	X

Time	Saturday	Sunday
6:00-7:00	breakfast time	breakfast time
7:00-9:00	Ride motorbikes to Ba Vi National Park	take car to Halong Bay
9:00 – 12:00	visit Cactus Garden, the French ruins, Thien Son Waterfall & Waterpark	Take cruise ships to travel around the bay
12:00 – 1:00	lunch time	lunch time
1:00 – 4:00	Hiking to the King Peak	Paddle around with kayaks
4:00 - ...	ride back to Hanoi	take car back to Hanoi



Video for Monday: <https://www.youtube.com/watch?v=7qkaz8Chell>

Video for Tuesday: https://www.youtube.com/watch?v=1mxaN_xqQh4

V. Survival Information (lists and charts)

Before entering Vietnam, we need to fill out the visa application, and we will mention some important steps of processing. After landing in Vietnam, we need to take the transportations to arrive the destination. As for that, we provide two ways to get there.

How to apply the visa for Vietnam?

STEP 1: Get started by filling out the secure online form. This step is necessary for obtaining an approval letter, which we will need to show upon arrival in Vietnam to get visa stamp. Fill in the application using the correct information regarding our name, passport number, date of birth, nationality, gender, and arrival date.

STEP 2: Confirm and pay. Vietnam visa fees are quite reasonable. The stamping fee is paid in cash in either Vietnamese Dong or US dollars. We need to make sure our passport has plenty of blank pages for visa stamps before we leave. Also, if our passport is nearing its expiration date, get it renewed well before we leave.

STEP 3: Receive and print the approval letter. As soon as we submit our application and payment, we will start processing our visa request. Once we have submitted our online application for a visa approval letter, we will typically receive the approval letter via email within 2 business days.

STEP 4: Get our visa stamp upon arrival at one of four Vietnam international airports. Travelers arriving at airports in Hanoi, Da Nang, Ho Chi Minh City or Nha Trang, are required to complete an Entry/Exit form. Therefore, we will then present our approval letter, passport, photos, and cash payment for the stamping fee in order to receive the visa stamp in our passport.

How do we get there?

1. Airplane

We can take Bamboo Airways from Kaohsiung to arrive Vietnam on direct flight. It may takes about two hours and forty minutes.

2. Bus or taxi

After landing in Hanoi, Vietnam, we can take bus or taxi to arrive our destination. For bus, we can take bus No.86, with only spending 45NT dollars.

As for the taxi, it may cost 385NT dollars.

There are various kinds of services provided in Vietnam, including currency exchange, banking systems, police stations, securities, hospitals, clinics, embassies, and some non-government organizations. We will provide the details and information of each service as the following list.

Currency

Taiwan New Dollar	Vietnam Dong
2000	1,559,600
5000	3,898,800
10,000	7,797,600
20,000	15,595,200
50,000	38,987,800

Banking

Name	Telephone	Opening hours
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CTBC BANK	+84 24 3824 9088	Mon-Fri 09:00 - 19:00
ICBC	+84 24 6269 8888	Mon-Fri 08:30 - 16:30
HSBC	+84 24 3933 3189	Mon-Fri 08:00 - 17:00

Police stations & Security

Name	Telephone	Location
Cục cảnh sát giao thông	+84 24 3942 3011	112 Đường Lê Duẩn
Đội Cảnh Sát Giao Thông Số 4	+84 24 3861 8556	827 Đường Bạch Đằng

Hospitals & Clinics

Name	Telephone	Location
National Hospital of Ophthalmology	+84 24 3826 3966	85 Bà Triệu
Vietnam Germany Hospital	+84 24 3825 3531	40 Tràng Thi
Hanoi French Hospital	+84 24 3577 1100	Số 01 Phương Mai

Embassies & NGO

Name	Telephone	Location	Opening hours
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Taiwan Embassy	+84 24 3833 5501	1 Phạm Văn Bạch	Mon-Fri 08:00 - 17:00
Children Of Vietnam	+84 236 3634 337	Hàn Thuyên, Hòa Cường Bắc	Mon-Fri 08:00 - 17:00
World Vision Vietnam	+84 24 3943 9920	444 Hoàng Hoa Thám	Mon-Fri 08:00 - 17:00
Red Cross Vietnam	+84 24 3826 3703	82 Nguyễn Du	Mon-Fri 08:00 - 17:00

Medical facilities

1. Emergency services in Vietnam

The emergency services number in Vietnam is 115. However, ambulances in Vietnam are known for having a slow response time. Paramedics do not always speak English. So, there are some private hospitals in Vietnam's bigger cities which provide faster and more efficient private ambulance service. Therefore, it is suggested that use taxis to get to the nearest private hospital for emergency medical treatment.

2. Pharmacies in Vietnam

We can easily find pharmacies in Vietnam, especially in big cities such as Hanoi and Ho Chi Minh City. It is usually located in major street or in malls.

3. Hospital in Vietnam

Most Vietnamese citizens must pay for medical services at both private and public hospitals. In many cases, Vietnamese people opt to use private hospitals as these are usually better equipped. Also, private hospitals located in Hanoi or Ho Chi Minh City

are staffed by doctors from the USA, Korea, Japan, and France, as well as Vietnamese doctors who have trained overseas.

Shopping facilities in Hanoi

1. Hanoi Weekend Night Market

It is taking place every Friday, Saturday, and Sunday from 19:00, the market runs through the Old Quarter, starting from Hang Dao Street and running north to the edge of Dong Xuan Market. Visitors can find plenty of iconic Hanoi dishes while going through the night market, including bun thang (rice vermicelli soup with shredded chicken, fried egg, and pork), La Vong grilled fish, pho (noodle soup with beef or chicken), banh mi (Vietnamese sandwich), and bun cha (rice noodles served with grilled pork).

2. Hang Gai Street (Silk Street)

It is set on the edge of Hanoi's Old Quarter near Hoan Kiem Lake.

Most stores in Hang Gai Street accept payment via credit cards. In addition, as the most retail outlets all over Vietnam, bargaining is also highly encouraged to get a decent price – start at 50% off the asking price and pay no more than 70%. Also, it is renowned for its quality and choice of craftsmen though two of our absolute favorites on Hang Gai Street are Khai Silk and Tan My Design as both stores offer ready-to-wear pieces.

Food and Drinks in Hanoi

Lunch and breakfast during the five-day camp will be provided by the school we will stay, so volunteers just need to deal with their dinner on the weekdays. In Hanoi, there are many street vendors, so volunteers can find food and drinks easily by wondering around the streets. However, some food and drinks are must-try in Hanoi. Here is the list of them, including Bún Chả (Barbecued Pork with Rice Vermicelli), Nem Cua Be (Crab Spring Rolls), Chả Cá (Grilled Fish with Dill and Tumeric), Bún

Cà (Fish Noodle Soup), Bánh Cuốn (Steamed Rice Rolls), Lau (Hot Pot), Pho (Vietnamese Noodle Soup), Bánh Mì (Vietnamese Sandwich), Chè (Vietnamese Sweet Soup), and Cà Phê Trung (Vietnamese Egg Coffee). There are many vendors selling these food and drinks, so we can give them a try at the vendors we like.

As for the weekend, we can also eat lunch in the streets on the Ba Vi National Park. Furthermore, in Halong Bay, there are lots of delicious seafood. At night, we will go back to the downtown of Hanoi, so we can refer to the list.

About the accommodation in Vietnam. We will live in the homestay family or also the school's dormitory from Monday to Friday. During the weekend, we will travel around Hanoi and here is some information about the hotels in Hanoi.

➤ Booking.com

1. Name: Acoustic Hotel & Spa. Costs: NT\$1663 per night. Features: Acoustic Hotel & Spa is located in Hanoi. It has a restaurant, fitness center and bar, and offers free bicycles. This accommodation provides room service and currency exchange services, and has a 24-hour reception counter.
2. Name: O' Gallery Majestic Hotel & Spa. Costs: NT\$2435 per night. Features: Located in the secluded French Quarter, it features an outdoor swimming pool, gym and garden. And it's close to St. Joseph Cathedral, Vietnam Military History Museum, Hanoi Flag Tower, and Thang Long Citadel.

➤ Agoda

1. Name: S Central Hotel & Spa. Costs: NT\$500 per night. Features: Good service, clean, good facilities in hotel, close to public transportation, airport pick-up service, currency exchange services and free breakfast.

2. Name: The Light Hotel. Costs: NT\$7668 per night. Features: Good service, clean, good facilities in hotel, close to public transportation, airport pick-up service, currency exchange services, free breakfast, spa, gym, outdoor swimming pool and bar.

VI. Appendices

Work	Month	Apr.			May.				May. and Jun.			
Date		4/22	4/25	4/29	5/2	5/9	5/16	5/20	5/26	6/14	6/21	6/28
Part 1_ basic info												
Part 2_ lifestyle and culture												
Part 3_ challenge												
Part 4_ outreach program												
Part 5 _survival info												
Appendices												

Term project Meeting Minutes

Date	4/22		
Time	18:00 – 20:00		
Location	Line chat room		
Attendees Sign In			
Mason		Aaron	
Leo		Linkin	
Meeting Minutes			
Discussions			
1. Discuss the content of part 1.			
2. Decide the location of voluntourism.			

Term project Meeting Minutes

Date	4/26	
Time	13:00 – 14:00	
Location	Luisa	
Attendees Sign In		
Mason	Leo	
Aaron	Linkin (on line)	
Meeting Minutes		
Discussions <ol style="list-style-type: none"> 1. Discuss the content of part 2. 2. Decide who is going to present. 3. Discuss the content of part 3. 		
Next meeting Date: 5/2 Time: 13:00 – 15:00 Location: Line chat room		

Term project Meeting Minutes

Date	5/2		
Time	13:00 – 15:00		
Location	Line chat room		
Attendees Sign In			
Mason		Aaron	
Linkin		Leo	
Meeting Minutes			
Discussions			
<div>1. We discuss the content of part 3.</div> <div>2. Decide who is going to present.</div> <div>3. Discuss the content of part 4.</div> <div>4. Divide part 4 into 4 part.</div>			
Next meeting			
Date: 5/9		Time:13:00 – 15:00	Location: Line chat room

Term project Meeting Minutes

Date	5/9		
Time	13:00 - 15:00		
Location	Line chat room		
Attendees Sign In			
Mason		Aaron	
Linkin		Leo	
Meeting Minutes			
Discussions			
<div>1. Content of part 4.</div> <div>2. Decide who is going to present.</div> <div>3. Divide the content of part 5.</div>			
Next meeting			
Date: 5/16		Time:13:00 -14:00	Location: Line chat room

Term project Meeting Minutes

Date	5/16		
Time	13:00 - 14:00		
Location	Line chat room		
Attendees Sign In			
Mason		Aaron	
Linkin		Leo	
Meeting Minutes			
Discussions			
<div>1. Discuss the content of part5.</div> <div>2. Decide who is going to present.</div>			
Next meeting			
Date: x		Time: x	Location: x