Travel with Purpose Vietnam

4 - 14 JAN 2020

For more info check: www.gooutofthebox.com

OUT OF THE BOX
WHO WE ARE: Out of the Box (OTB)

WHO WE ARE: We are a team of international experts with extensive experience in Business, Non-profit Organizations, Non-Governmental Organizations and in working with Communities and the Public Sector.

WHAT WE DO: Our services include training, consultancy and supporting partnering to achieve sustainable change.

Our services

TRAINING: Our facilitators are experienced in working locally and across the world with diverse groups, and our passion is supporting individuals and teams to be the best they can be.

CONSULTANCY: Our consultancy services are tailor-made to provide you with the governance, strategic, operational and practical tools you need, when you need them.

PARTNERING FOR CHANGE: Out of the box supports partnerships enabling them to deliver sustainable change and impact. We will support you throughout your partnering journey; seeking the right partners, providing expert facilitation, supporting the implementation, providing the right tools, monitoring and evaluation.

WE BELIEVE: in shared knowledge and equal opportunities to make the world a better place; Out of the box is committed to provide pro bono services to those who are unable to afford them.

Our 6th Travel with purpose will take us all the way to Vietnam!

“Once a year, go someplace you’ve never been before.” – Dalai Lama

Our travel with purpose events are a combination of a discovery of a new country, new culture, new traditions but also a self-discovery.

This trip will be an opportunity for each participant to travel with all their heart and mind and discover new perspectives and explore their senses fully!

Vietnam has all the off-the-beaten-path experience that you are all looking for. From meeting ethnic families in the Northern mountain area of Sa Pa to taking photos over the sunrise in Hoi An to riding a scooter to discover Ho chi Minh, cruising through thousand amazing islands in Halong and tasting the best food Hanoi can offer- you name them all.

THE TRAVEL WITH PURPOSE TEAM

Bernie Landels, born in New Zealand and is currently living in Oxford/UK. She is a qualified massage therapist & Structural Integration practitioner with over 20 years of clinical and teaching experience. Bernie is passionate about the body and helping others - to stay moving and active. Have fun exploring and being challenged with movements from the ground up on your travel with purpose journey with Bernie.

Nadine El Achy has collaborated with like-minded professionals 6 years ago to create Out of the box. She has been the lead consultant and facilitator for projects and or workshops held in more than 20 countries. Nadine is valued for helping individuals and teams think strategically and engage in meaningful conversations that allow for reflection and inquiry that lead to personal change. Nadine will bring to the travel with purpose journey her experience in personal development, mindfulness, supporting you in exploring your own journey in well-being while befriending yourself.
20 facts about Vietnam:

1. Legend has it that the peoples of this land originated from a union between an immortal Chinese princess and “The Dragon Lord of the Seas.”

2. The country’s name was originally spelled as two words, Viet Nam.

3. Their culture is a complex adaptation of Chinese, Japanese, French and American colonial influences.

4. Their flag consists of a golden star with five points to represent farmers, workers, intellectuals, youth, and soldiers. The red background pays tribute to the bloodshed during the wars.

5. Traditional Vietnamese culture revolves around the core values of humanity, community, harmony, and family.

6. Tet Nguyen Dan (or simply Tet) is the most important festival in Vietnam. It celebrates rebirth and is an equivalent of the Lunar New Year.

7. Vietnamese traditional fashion is easily distinguished by the flowing robes (Ao Dai) and conical hats (Non La).

8. Water puppetry is another popular art form that dates back as far as the 11th century.

9. Hoi An ancient town was a trading port from the 15th century that has endured up to date.

10. Vietnam is also home to the world’s largest cave, Son Doong.

11. Vietnam’s street food culture is quite popular and considered by many to be one of the best in the world. Noodles or “pho” are the second most popular food in Vietnam, after boiled rice.

12. The tunnels of Cu Chi are a network of underground pathways that were used as a military base for the Viet Cong soldiers in their resistance of American forces.

13. Vietnam is one of the biggest producers of cashew nuts in the world.

14. The country has a literacy level of 94%.

15. Their rate of unemployment is one of the lowest of all developing countries in the world.

16. Nguyen is the most common name in the country.

17. Vietnam owns about 20% of the coffee market share and is the second largest producer in the world.

18. The Ha Long Bay is of such scenic beauty that it was included as one of the New 7 Wonders of Nature, as well as a UNESCO World Heritage Site.

19. Hanoi is the capital city, Ho Chi Minh the largest city.

20. The population of Vietnam is around 96 Millions, it is one of the least religious countries in the world. Buddhist 7.9%, Catholic 6.6%, Hoa Hao 1.7%, Cao Dai 0.9%, Protestant 0.9%, Muslim 0.1%, none 81.8% (2009 est.)
This trip will be from the 4th to the 14th of January 2020,

Departure Beirut 3rd of Jan 21.50
Arrival Beirut 15th of Jan 08.15

BRIEF ITINERARY

DAY 1-Sat, 04 Jan: HANOI ARRIVAL
DAY 2-Sun, 05 Jan: HANOI – SAPA
DAY 3-Mon, 06 Jan: SAPA – HANOI
DAY 4-Tue, 07 Jan: HANOI - HALONG
DAY 5-Wed, 08 Jan: HALONG - HANOI
DAY 6-Thur, 09 Jan: HANOI - FLY TO DANANG - DRIVE TO HOIAN
DAY 7-Fri, 10 Jan: HOIAN CITY
DAY 8-Sat, 11 Jan: BANA HILLS - FLY TO SAIGON
DAY 9-Sun, 12 Jan: CUCHI TUNNELS -

SAIGON

DAY 10-Mon, 13 Jan: MEKONG RIVER DELTA
DAY 11-Tuesday, 14 Jan: SAIGON DEPARTURE
DAY 1- HANOI ARRIVAL

Our driver and guide will pick you up at the airport and drive to our hotel for checking in.  
Evening session to get to know each other’s  
Overnight in Hanoi.

DAY 2- HANOI – SAPA  Nature and well-being

Morning reflection: Nature and well-being
Drive to Sapa. On the way, you can see a lot of beautiful countryside of Vietnam, from flat region of Red River Delta to mountainous regions of North West Vietnam.
In the afternoon, trekking down to Cat Cat village of Black H’ Mong people and enjoy fantastic scenery of mountains, valleys, waterfalls and terraced rice fields.
Evening workshop on movement and well-being.
Overnight in Sapa

DAY 3- SAPA – HANOI  Nature and well-being

Visit Laochai and Tavan village where you can see the best scenery of Sapa.  
Enjoy fresh air of forests and mountains here and interact with local people who are willing to talk and share their local culture.
After 2-hour trekking, you will enjoy lunch at a local restaurant and drive back to Hanoi.
Overnight in Hanoi
DAY 4 - HANOI - HALONG  Self-reflection and well-Being

Start your morning with self-reflection exercises.
Drive to Halong bay and cruise around Halong bay and soak into fabulous scenery of this world heritage site. Halong bay is a breathtaking secluded bay with over 3,000 limestone islands rising from the clear emerald waters of the Bac Bo gulf (gulf of Tonkin).
It is one of the most magnificent scenic regions in Vietnam and had been listed as 1 of new 7 Wonders of the World. The area of about 1500 sq km is dotted with innumerable beaches and grottoes, created over thousands of year by the waves and wind.
Take part in personal and group activities to examine and explore your values and well-being.
Stay overnight on boat.

DAY 5- HALONG – HANOI  Self-reflection and well-Being

We will start our morning with Tai Chi on the top deck or simply relax and enjoy the sunrise over the bay’s towering islands.
After lunch we will be going back to the harbour and driving back to Hanoi while reflecting on our experience and sharing it with a team mate.
We will end our day with a Water puppet show.
Overnight in Hanoi

DAY 6 - HANOI - FLY TO DANANG - DRIVE TO HOIAN  Your body and well-Being

Start your day with some reflection and discovery of your body and well-being
Flight to Danang and transfer to our hotel in Hoian.
Free time.
Overnight in Hoian
DAY 7 HOIAN CITY FULL DAY TOUR   Your body and well-being

In the morning embrace the Vietnamese culture and its relation to food through a cooking class and get a chance to take part in the daily routines of locals.
In the afternoon take city tour to visit many historical sites such as: Japanese Covered Bridge, visit to one of the ancient houses, Fujian Assembly Hall where Chinese community often come to meet and pray for the Heaven Empress… Visit a museum and finish your day with a reflective walk.
Overnight in Hoian.

DAY 8 BANA HILLS FULL DAY TOUR - FLY TO SAIGON   Perspective and well-being

Depart to Ba Na Hill on Nguyen Tat Thanh way. This is the most beautiful road of central Vietnam. On arrival Bana Hills, we will get on cable car for 20 minutes to explore amazing sceneries.
Visit Le Jardin – French’s monuments, almost 100 years old grapefruit tree and traces of ancient villas.
Visit Linh Ung Ba Na Pagoda admire 27m of Buddha high.
After lunch, we will discover Chua mountain – rooftops of the city, visit Linh Chua Linh Tu temple, located at the height of 148m. Take cable car down, then transfer you to the airport to catch our flight to Saigon.
Overnight in Saigon.

DAY 9 CUCHI TUNNELS - SAIGON   TIME and Well-being

Today we will be reflecting about the importance of TIME and well-being.
We will have a whole day to visit famous Cuchi tunnels which used to be VC base during Vietnam war.
Learn about Vietnam history, especially, Vietnam war.
In the afternoon, we will take Saigon Sightseeing Tour by Motorbike to enjoy all the sights and sounds of the city such as Saigon Notre-Dame Basilica, Saigon Central Post Office, Ben Thanh Market, China Town, Binh Tay Market, Thien Hau Temple... We will have chance to admire the beauty of an old city with rich history and culture, a network of back alleys, twisting behind and between the borough’s buildings.

**Overnight in Saigon.**

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**DAY 10  MEKONG RIVER DELTA  TIME and Well-being**

**Today we will be taking our time to:**
- Cruising on Tienriver (Mekong River) and seeing four islands: Dragon, Unicorn, Tortoise, Phoenix. Enjoy fresh coconut juice
- Stop at Unicorn island, go walking around countryside road, seeing orchards, enjoy tropical fruits and listen to traditional music. Take a horse-cart riding along Quoi Son village with peaceful scenery, and then enjoy lunch at our local restaurant.
- Take a rowing boat on small canal with beautiful scenery of countryside, to visit honey-bee farm and enjoy honey-tea.
- To boat up Tien River to Tan Thach canal (Ben Tre) visit coconut candy workshop and handicraft workshop. Come back to My Tho.

**Overnight in Saigon.**

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**DAY 11  SAIGON DEPARTURE**

We will start our day with reflecting on our journey, have a farewell Lunch and depend on your flight time, you will be transferred to the airport for your respective flights home.
Travel with Purpose Vietnam, 4-14 Jan 2020

Package price for Lebanese: **USD 3200**
(price is including international flight on Turkish Airlines)

Package Price for internationals: **USD 2100**
(excluding international flight)

This trip is open to 20 participants, places are available until we reach the targeted number.

For registration please contact: TWP@GOOUTOFTHEBOX.COM

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**Trip includes for everyone:**

+ Experienced facilitators that will accompany you throughout your personal journey in Vietnam
+ Experienced English-speaking guide during the sightseeing
+ All entrance fees to sightseeing sites
+ All activities (Kayaking or rowing boat trip to caves/scooter / cycling/cruise in Halong...)
+ All meals
+ Services of a driver and private air-conditioned vehicle during all tours and transfers.
+ All accommodations in twin/double sharing rooms in 4 stars hotels (an extra USD 400 for the whole stay for a single room)
+ Two domestic flights

**Trip excludes:**

- Visa arrangement and insurance
- Personal expenses

**Accommodation will be in 4 stars hotels and one night cruising:** (Sample of range of hotels)
Testimonial
I have been traveling with OTB Travel with Purpose team for the last 4 years, my 4 unforgettable lifetime experiences which have helped me grow mentally, emotionally and socially.

I am getting ready for my next trip very excited to meet new people, see new places and sense a new inner change.

The places I have been with OTB, the experiences I have lived will forever be priceless and no words will ever be able to express what I have lived, seen, felt and sensed.

Lara Zinnetian

Testimonial
The Cuba trip was my first experience with OTB Travel with Purpose team and I would definitely say it was unforgettable and one of the best trips I ever had.

Beside the beauty of the country, the journey lived with OTB team was exceptional whether by meeting new people from different backgrounds and sharing with them the daily life routines, the self-discovery exercises, and lighting on new perspectives in life.

I’m lucky I made it!

Taghrid Zarka