

VIETNAM & CAMBODIA: Hanoi, Siem Reap & Phnom Penh

November 4-14, 2018

\$6,399 (based on double occupancy)

\$1,399 (Single supplement)

BOOK NOW 888.747.7501



CAREER ENRICHMENT Mental Health Journey

A fascinating cocktail of flavors, Vietnam will delight your senses. Breathtaking landscapes, ancient pagodas, and spectacular jungles will amaze you, even as you witness firsthand this country's urban awakening as a dynamic world marketplace. In a land of luscious beauty and great natural wealth, the Khmer Empire, at its peak 800 years ago, encompassed Vietnam, Laos, and Thailand, as well as modern-day Cambodia.

Program Highlights

- 8 night / 11-day journey through Southeast Asia
- Visit historic sites in both countries including the **Angkor Wat** temple complex of Siem Reap, the **Killing Fields** of Phnom Penh, and the **Old Quarter** showing Hanoi's colonial French past.
- **Accompanying Guest program** – alternate activities will be provided for those who do not wish to attend the meetings

Focus on access to mental health care

- **Meaningful interaction and collaboration** between travelers and mental health professionals in Vietnam & Cambodia will investigate the complex nature of mental health issues in Vietnam and Cambodia and exchange ideas about how to address mental health problems they currently face.
- Meet with members of the **Ministry of Health** to learn about mental health policies and enrich your own mental health understanding and practice with a short, but intense, immersion with your professional colleagues to the east.
- This will be a great opportunity to converse with mental health professionals at **local hospitals** to discuss **mental health challenges** in Cambodia, Vietnam and the United States.

Local community & the people

- Giving back and **engaging with the community** face to face is an important part of your journey.
- Spend time with staff and families from a non-profit like **HUSK**, focused on helping the families in rural Cambodia. For more information, please visit: <http://www.huskcambodia.org/>

Program Leader: **Dr. Tom Barrett**

Dr. Tom Barrett received his M.A. and Ph.D. in psychology from West Virginia University. Dr. Barrett taught international disaster psychology at the University of Zagreb in Croatia as a Fulbright professor in the spring of 2011. He also received a scholarship to complete Senior Government Executive Training at the Kennedy School of Government at Harvard University in June of 2002. Dr. Barrett is Clinical Professor Emeritus, Graduate School of Professional Psychology (GSPP), University of Denver and former Senior Medical Officer for the World Health Organization (WHO).



Why Nanda Journeys?

Travel for people with purpose and passion. See for yourself what a difference travel makes.

Ready to go?

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