



CAREER DEVELOPMENT



## Mental Health Journey to Hanoi, Siem Reap & Phnom Penh

**November 4-14, 2018**

**11 days / 8 nights – Vietnam & Cambodia**

**\$6,399** (based on double occupancy)

**\$1,399** (Based on double occupancy)

Enjoy the unique culture and traditions of Southeast Asia while you engage with the local people. This adventure includes the special opportunity to meet a local Buddhist monk for a blessing as well as interact with the local people in Vietnam & Cambodia!

**BOOK NOW 888.747.7501**

### Vietnam & Cambodia Highlights

- ✓ 8 night / 11-day journey through Southeast Asia
- ✓ Exploration of the **Angkor Wat temple complex**, the **Killing Fields of Phnom Penh**, and the **Old Quarter** showing Hanoi's colonial French past will give you a fascinating feel for both countries.
- ✓ Step back in time as you explore the **Angkor Wat** temple complex and learn about the history of the Khmer people.
- ✓ **Accompanying guest program** available on this program. *Alternate activities will be provided for those who do not wish to attend the meetings*

### Community Connections

- ✓ 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/>

### Focus on Mental Health

- ✓ **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.

#### What's Included:

- 5\* accommodations throughout
- All transportation and activities outlined in the itinerary
- Group transfers to and from the international airports
- International air (gateway city set tentatively out of Los Angeles) and flights throughout the program
- National guide and local specialized guides
- Two meals most days and most tips

#### Not Included:

- Personal expenses at the hotel
- Meals not specified
- Obtaining or renewing passport
- Domestic flight to and from the gateway city
- Deviations or special requests
- Tourist visa for both Vietnam and Cambodia



📍 Los Angeles, California

## November 4-5, 2018: Days 1-2

Depart for Vietnam

Depart from Los Angeles on your way to **Hanoi**, Vietnam. The stunning beauty and friendly people alone are worth a visit! Vietnam's capital city has a complex personality and impressions of the city can vary depending on a person's location within it. Like other large Asian cities, busy commercial streets are filled with cars and bicycles and are edged by shops, restaurants, bars and stalls.

Lose a day as you cross the International Date Line.

**Included meals: N/A**

📍 Hanoi, Vietnam

## November 6: Day 3

Arrival & welcome

**Please Note:** Breakfast is included daily in your program.

Upon arrival you will be met by your national guide who will travel with you throughout this program. Transfer to the hotel for check in and some time to relax before a welcome and orientation session. Lunch is by individual arrangement today.

This afternoon, join the leader and national guide at the hotel for an **orientation and cultural briefing** on Vietnam and Cambodia. You will be briefed on the political and cultural diversity of Vietnam and Cambodia and receive further information on the journey.

Dinner will be provided at a local restaurant.

**Overnight: De L'Opera Hotel (or similar)**  
**Included meals: Dinner**



📍 Hanoi, Vietnam

## November 7: Day 4

Career Enrichment Program Day

Begin your day with a meeting with **Ministry of Health** officials (or similar representatives from a mental health association). This will serve to provide an overview of the mental health policies and challenges facing Vietnam today.

After lunch at a local restaurant, continue your journey with a stop at a **local mental health hospital or clinic**. Spend the afternoon talking with the staff to learn about the complex nature of mental health issues in Vietnam and to discuss opportunities to work together to improve mental health in Vietnam and the United States.

### **Accompanying guests:**

*Accompanying guests will visit the Fine Art Museum to view intricate sculptures, paintings, lacquer ware, ceramics and other traditional Vietnamese fine arts. Drive to Bat Trang. The famous village is situated approximately 15 km outside of Hanoi, surrounded by fertile farmland. Watch the artisans forming, painting and glazing their products, which are then baked for several days in huge kilns.*

Dinner will be provided at a local restaurant.

**Overnight: De L'Opera Hotel (or similar)**  
**Included meals: Breakfast, Lunch & Dinner**



📍 Hanoi, Vietnam

## November 8: Day 5

Cultural Exploration

Today enjoy some of Hanoi's cultural treasures. This morning, visit **One Pillar Pagoda**, which dates to the 11th century and was built to resemble a lotus blossom. Onward to visit the **Temple of Literature, Hoan Kiem Lake**, located in the heart of Hanoi and **Ho Chi Minh Mausoleum**. The mausoleum is the final resting place of Vietnamese Revolutionary Leader Ho Chi Minh, President of the Communist Party from 1951 until his death in 1969.

Enjoy lunch at a local restaurant today.

In the afternoon, explore the **Old Quarter** of the city, with its colonial French architecture and slower pace of life, during a **rickshaw tour**. Stop briefly to see Hòa Lò Prison, which was a prison used by the French colonists in Vietnam for political prisoners, and later by North Vietnam for U.S. Prisoners of War.

You will have some time to relax this evening with dinner on your own arrangement.

This evening you will attend an evening Vietnamese cultural show **Lang Toi My Village**. The innovative performance highlights the poetic beauty of Vietnamese village life using twenty different exotic folk instruments, dance and acrobatics.

**Overnight: De L'Opera Hotel (or similar)**  
**Included meals: Breakfast & Lunch**

📍 Siem Reap, Cambodia

## November 9: Day 6

Depart for Cambodia

This morning, wrap up your professional program interaction in Hanoi with a visit to a **local university**. Spend time with faculty, and if possible students, to discuss how the various provinces are providing training for mental health professionals throughout the country.

### **Accompanying guests:**

*Accompanying guests will have some free time this morning to relax and check out of the hotel before heading to the airport for the flight to Siem Reap late this morning.*

Fly to **Siem Reap**, Cambodia this afternoon where you will be met and transferred to the local hotel. Nestled between rice paddies and stretched along the Siem Reap River, this small provincial capital serves as the gateway to the ancient temple ruins of the Khmer Empire. *Lunch is on your own today at the airport where you will have time to grab something light.*

Time permitting, explore some of the city's vibrant markets after dinner at a local restaurant.

**Overnight: Victoria Angkor Hotel (or similar)**  
**Included meals: Breakfast & Dinner**





📍 Siem Reap, Cambodia

## November 10: Day 7

Introduction to the Khmer Empire & Village Visit

Begin your morning with a visit a few of the unique architectural monuments of Khmer civilization. Explore **Ta Prohm Temple**, a former monastery conquered by massive trees growing around and through the remains of the complex. Built in the mid-12th to early 13th centuries, Ta Prohm is unique in that it has been left largely as it was found: overgrown by jungle trees and vines, with many parts of the temple crumbling to the ground. Your visit will also include **Banteay Kdei**, a Buddhist monastery from the late 12th century, and **Srah Srang**, also known as the "pool of ablutions".

Continue onward to see the **Bayon Temple** in the exact center of the city. This 12th century masterpiece is a study in grandeur and is well-known for its 54 towers with enigmatic faces representing the 54 provinces of the Great Khmer Empire. Time permitting, visit the **Royal City of Preah Khan** where the fabulous carved-stone lanterns and impressive sculptures make for a visually rich experience.

Visit and explore the **Kompheim Village** where you will have lunch in a local village house. One of the biggest challenges vulnerable families face is earning an income. Most of the families we support have no land, they are generally uneducated, perhaps having reached a Grade 4 primary education, and have no skills. They are reliant on menial & back breaking labor jobs. Life is hard & extremely physically demanding, when there is no work, life becomes extremely difficult.

Spend time with staff from a non-profit like **HUSK**, focused on helping the families in rural Cambodia with the challenges noted above. HUSK has a team of eight women all supporting their families (or supplementing incomes) while learning a craft and making not only toys but a range of other items like laundry bags, coasters and simple clothing items that can be sold locally.

**\*\*A donation will be made on behalf of Nanda Journeys to the HUSK organization. Additional personal donations would be warmly welcomed, should you wish to contribute further.**

Dinner will be provided at a local restaurant.

**Overnight: Victoria Angkor Hotel (or similar)**  
**Included meals: Breakfast, Lunch & Dinner**





📍 Phnom Penh, Cambodia

## November 11: Day 8

Angkor Wat & Fly to Phnom Penh

At the top of many bucket lists, explore the fabulous **Angkor Wat** this morning. Enjoy a sunset visit to the temple for a fantastic sunrise view. One of the most breathtaking architectural masterpieces in the world, the temple was built in the 12th century. The Lost City of Angkor remained undiscovered by archeologists until the late 19th century. Today, it is a legacy of the force that was once the Khmer Empire, and its detailed history has been carved into the many walls of this fortified temple. Enjoy exploring the many galleries containing columns, libraries, pavilions, courtyards, and pools as the sun sets and the crowds thin.



Depart for **Phnom Penh** where lunch is by individual arrangement. Upon arrival, you will be met by your local guide and transferred to your local hotel for check-in.

Tonight, dinner will be provided at a specialty local restaurant.

**Overnight: Sofitel Hotel (or similar)**  
**Included meals: Breakfast & Dinner**

📍 Phnom Penh, Cambodia

## November 12: Day 9

Career Enrichment Program Day

Begin your day with a visit to **Indigo Psychological Services** or a **local hospital** to meet with staff and exchange ideas about how to address mental health problems in rural areas, education and training for mental health practitioners in Cambodia, and what mental health policies are currently under discussion. Continue discussions around mental health policies and how they impact treatment, future collaboration possibilities, and challenges in integrating mental health and primary care.

Lunch will be provided at a local restaurant this afternoon.

After lunch meet with local **Buddhist monks** to discuss mental health care in Buddhist communities and their role in the community. This meeting will be at Wat Ounalom (*Ounalom Pagoda*) or similar. It is one of Phnom Penh's five original monasteries and the most significant featuring Cambodian Buddhism. Take part in an **interactive session** with the help of your guide followed by a blessing ceremony.

### **Accompanying guests:**

*This morning accompanying guests will visit Wat Phnom Temple, located in the center of Phnom Penh, a revered place of worship for all Khmers. It is the namesake of the capital and is the focal point for many Buddhist ceremonies, especially Pchum Ben, and is highly revered by Phnom Penh residents. After lunch experience the Tonle Sap Riverfront, the hub for Phnom Penh residents' leisure activities. Here, you'll gain insight into the everyday lives of the local people.*

Dinner is on your own this evening to allow for some time to explore independently.

**Overnight: Sofitel Hotel (or similar)**  
**Included meals: Breakfast & Lunch**



📍 Phnom Penh, Cambodia

## November 13: Day 10

Explore Phnom Penh

This morning, explore the notorious **Tuol Sleng Genocide Museum**, to learn why in 1975 Tuol Svay Prey High School was overtaken by Pol Pot's security forces and turned into a prison known as Security Prison 21 (S-21). The museum displays include room after room of floor-to-ceiling photographs of men, women, and children.

Continue on to experience the **Killing Fields of Choeung Ek**, a concentration camp from the era of Pol Pot that has 129 communal graves, 43 of which have been left untouched. Between 1975 and 1978, about 17,000 men, women, children, and infants detained and tortured at the S-21 prison were transported to the extermination camp of Choeung Ek. Take some time to consider these atrocities, why they happened, and what can be done to prevent such actions in the future.

Late this afternoon, visit the **Royal Palace**, built by the French in 1866 on the site of the old town, and the **Silver Pagoda**. Located within the grounds of the Royal Palace, the Silver Pagoda is so named because of its floor, which is made up of 5,000 silver tiles. The treasures found inside include a solid gold Buddha encrusted and weighing 90 kilos, and a small 17th century emerald and baccarat crystal Buddha.

This evening, gather with fellow travelers to share your memories of Vietnam and Cambodia at a farewell dinner.

**Overnight: Sofitel Hotel (or similar)**  
**Included meals: Breakfast & Dinner**

📍 Phnom Penh, Cambodia

## November 14: Day 11

Depart

Head to the airport this morning for your flight home. Arrival back in Los Angeles the same evening.





📍 Hanoi

## Hotel De L'Opera Hanoi

29 Trang Tien Street, Hoan Kiem District  
10000 Hanoi, Vietnam

**International number:** +84-24 6282 5555

<http://hoteldelopera.com/>



📍 Siem Reap

## Victoria Angkor Hotel

Central Park, PO Box 93145,  
Siem Reap, Kingdom of Cambodia

**International number:** +85-63-760-428

<http://www.victoriaangkorhotel.com/>



📍 Phnom Penh

## Sofitel Hotel

26 Old August Site, Sangkat Tonle Bassac  
Phnom Penh, Cambodia

**International number:** +855-23-999-200

<http://www.sofitel.com/gb/hotel-6526-sofitel-phnom-penh-phokeethra/index.shtml>

