



A junk cruising on Halong Bay

Midwifery in Vietnam

23 February – 7 March 2019

With extension to Angkor Wat, Cambodia
7 – 9 March 2019

“This tour has surpassed all my expectations both in terms of the tour schedule, hotels, guide service and the exquisite places that we visited.”

Janet Ballintine, Paediatrics and Child Health in Vietnam 2014



Jon Baines
tours



A baby from the Flower Hmong minority

Child, maternal and newborn health in Vietnam has improved markedly over the last couple of decades. However, there are disparities between the rich and the poor, the Kinh majority and ethnic minorities, and between urban and rural areas. A broad range of professional visits and meetings with local midwives will provide excellent insight into midwifery, maternal and child health in Vietnam. The professional programme is balanced by a wide range of cultural visits with ample opportunity to experience the beauty, culture and history of Vietnam and enjoy its fabulous cuisine.

The tour begins in Vietnam's capital, Hanoi, which celebrated its 1000th birthday in 2010. Arrive in Hanoi and check into the Silk Path Hotel before a walking tour through the vibrant Old Quarter in the afternoon. Cars are banned from the Old Quarter at the weekend making it ideal for walking and rickshaw tours. Walk through Hanoi's '36 Streets' where each street is named after the produce that was sold there – hence you may find yourself leaving Silver Street to enter Lacquer Street via Bamboo and Silk Streets – and visit the traditional medicine shops. Take a rickshaw ride around peaceful Hoan Kiem Lake and enjoy a welcome dinner that evening.

Embark on a sightseeing tour the next morning starting with the One Pillar Pagoda as well as the Temple of Literature, the site of Vietnam's old university. Have lunch at KOTO, an Australian-Vietnamese based charity, and learn about their inspiring initiatives with street children. The afternoon is at leisure to further explore Hanoi. Enjoy dinner at Aubergene, a bustling local restaurant.

The following day is devoted to a fascinating series of professional visits, starting with the large National OBGYN Hospital in Hanoi. In the afternoon by way of contrast visit the private Vinmec International Hospital. This visit is hosted



Opera House, Hanoi



Cathedral Square, Hanoi (top); Hue Citadel (above)

by Dang Thi Nghia, a midwife and educator who has worked with Sydney University to develop midwifery education in Vietnam. That evening dinner is with Mrs. Nghia and local midwives.

Rise early the next day to set off for Halong Bay, where thousands of towering, steep-sided islands rise from the emerald waters as junk boats cruise languidly among them. You will board your own private junk, the lovely Bai Tho in time for lunch and spend the afternoon in the bay with ample time to stop and explore some caves, beaches and coves. Spend the night in a cabin on the junk.

Take coffee on deck the next morning before disembarking at the port. Visit a water puppet theatre show in Doa Thuc village and then take the Reunification Express first-class overnight to Hue.

Arrive in Hue, Vietnam's former capital, and check into the Hotel Saigon Morin. That

afternoon take a relaxing boat trip visiting the elegant Thien Mu Pagoda and then continue on the Mah Ming Tombs known for their lovely landscaped grounds and architecture.

The next morning visit Hue Hospital and then take part in a series of community midwifery visits accompanied by Phan Thi Hanh, President of the Vietnamese Association of Midwives. That afternoon take a guided tour of Hue Citadel, which was home to Vietnam's last royal family. The vast citadel defended the Imperial Palace located within the walls. Explore the peaceful gardens and royal buildings including photographs of the royal court and dignitaries. That evening enjoy a private dinner with Mrs Hanh and local midwives.

The following morning take the spectacular coastal drive to Hoi An, where you will check into the La Siesta Hotel. Hoi An was once a thriving port popular with European, Chinese and Japanese merchants - a cultural mix still in evidence today. Take a walking tour of its Old Quarter in the morning, with its ancestral homes, Chinese Assembly Halls and traditional acupuncturists, interspersed with tailors' emporiums (Hoi An is renowned for its silk and fine cloth), lantern and lacquer ware, boutiques, cafes and restaurants. Dinner that evening is in Tam Tam, a former Merchant's House in old Hoi An.

Take a boat across Thu Bon River and visit the village of Kim Bong, as well as visiting some of the surrounding villages and countryside.



Hoi An from the River



Transfer to the airport next day to board your return flight, or alternatively join the extension to Angkor Wat in Cambodia (see overleaf).

“Excellent tour schedule, first class guides, charming destinations – very much enjoyed food & service’ ‘most enjoyable – would certainly recommend it.”

Alan and Penny Gardner, Medical Study Tour to Vietnam and Cambodia January 2013

The area is littered with ancestral tombs, family temples and herb farms. Visit a family-run vegetable and herb farm and sample some of their fresh homegrown ingredients for lunch followed by a relaxing foot massage.

The following day is at leisure with options to take a Vietnamese cookery class, explore the old town, visit the tailors to have one of the local tailors run up a bespoke outfit, browse the local markets or relax around the pool.

From the relative quiet of Hoi An continue south to the hurly burly of Ho Chi Minh City, or Saigon as it is still often referred to by its inhabitants. Transfer to Danang Airport for your flight and transfer to the Grand Hotel. Visit the colourful bustle of Ben Thanh market. Continue onto the French era Notre Dame Cathedral and see the palatial Central Post Office. Dinner will be at the wonderful Indochine restaurant.

Next morning there is an option to take an early morning walk around Ho Chi Minh City. Following breakfast visit Tu Duc Maternity and Obstetric Hospital, the largest hospital in Vietnam. In the afternoon visit the former Presidential Palace, a combination of luxurious reception rooms and reinforced bunkers. The farewell dinner that evening will be at the elegant Ngon restaurant.



Herb Farm, Hoi An (top); Tu Duc Hospital; Central Post Office (above)

Itinerary 23 February – 7 March 2019

B = Breakfast **L** = Lunch **D** = Dinner

3 nights Hanoi – 1 night Halong Bay – 1 night overnight train – 2 nights Hue – 3 nights Hoi An
– 2 nights Saigon

23 Feb (Sat)	Hanoi D	3 Mar (Sun)	Hoi An B L D
Am	Arrive and transfer to the Silk Path Boutique Hotel	Am	Take boat across Thu Bon River and visit Kim Bong village, artisans' villages and surrounding countryside
Pm	Walking tour of Hanoi's '36 Streets' and cyclo tour around Hoan Kiem Lake past the Hanoi Opera House and the French District	Pm	Lunch and foot massage at a local herb and vegetable farm. At leisure
Eve	Welcome dinner		
24 Feb (Sun)	Hanoi B L D	4 Mar (Mon)	Hoi An B D
Am	Visit the Temple of Literature, and the One Pillar Pagoda	Am	Full day at leisure or options to visit the beach or take a Vietnamese cookery class
Pm	Lunch at Koto and learn about their work with street children. At leisure		
Eve	Local Dinner at Aubergene	5 Mar (Tue)	Hoi An / Ho Chi Minh City B D
25 Feb (Mon)	Hanoi B D	Am	Fly to HCMC and transfer to the Grand Saigon hotel
Am	Visit the National OBGYN Hospital	Pm	Visit Ben Thanh Market, Notre Dame Cathedral and the Central Post office
Pm	Visit the Private Vinmec International General Hospital Maternity Dept.	Eve	Dinner at Indochine
Eve	Dinner with local midwives		
26 Feb (Tue)	Hanoi / Halong Bay B L D	6 Mar (Wed)	Ho Chi Minh City B D
Am	Early departure for Halong Bay. Arrive and board the Bai Tho junk	Am	Optional Early morning walk. Visit Tu Du Maternity and Obstetric Hospital
Pm	Cruise through Halong Bay and overnight on the junk	Pm	Visit Reunification Palace
		Eve	Dinner at Ngon
27 Feb (Wed)	Halong Bay / Hue B D	7 Mar (Thur)	Ho Chi Minh City B
Am	Morning coffee on-board the junk and return to port. Visit a water puppet theatre	Am	Depart Ho Chi Minh City (or take extension to Cambodia)
Pm	Board overnight train first class to Hue		
28 Feb (Thur)	Hue B D		
Am	Arrive in Hue and transfer to the Saigon Morin Hotel		
Pm	Take a boat cruise along the Perfume River to the Pagoda. Continue onto the Minh Mang Tombs		
Eve	Dinner at Y Thao		
1 Mar (Fri)	Hue B D		
Am	Take part in a community midwifery visit and visit Hue Hospital		
Pm	A guided tour of Hue Citadel		
Eve	Dinner with local Midwives		
2 Mar (Sat)	Hue / Hoi An B D		
Am	Drive to Hoi An and transfer to La Siesta Hotel		
Pm	Walking tour of the old town		
Eve	Dinner at Tam Tam		

"The food was excellent everywhere and on all the visits we were welcomed as friends"

Daisy Surmont, Medicine in Vietnam and Cambodia with the Royal Society of Medicine, 2017



The elegant Saigon Morin Hotel, Hue



The temples of Angkor wat

Extension to Angkor Wat Cambodia

7 – 9 March 2019

Cambodia is a nation with a proud ancestry in the form of the Khmer Empire, which at its zenith covered much of modern South East Asia, leaving as its legacy the magnificent structures at Angkor. At its peak Angkor is thought to have contained upwards of a million people, making it the largest city in the world at that time.

Fly to Siem Reap and transfer to the Lotus Blanc Hotel. The following morning depart early for the romantic ruins of Ta Prohm still intertwined with enormous tree roots hundreds of years old and the Bayon. Return to the hotel for breakfast and then visit Angkor Wat, which represents one of humankind's most astonishing architectural achievements. The afternoon is at leisure to explore the market, the old French Quarter or relax around the pool. Dinner that evening is at Vrioth. Cambodian food though less known than it's Thai or Vietnamese neighbours is delicious. Transfer to the airport the following day or spend more time in Cambodia.

7 Mar (Thur) Ho Chi Minh City / Siem Reap

B

Pm Fly to Siem Reap and transfer to the Lotus Blanc Hotel
Eve Dinner at Tangram Garden

8 Mar (Fri) Am

Siem Reap

B D

Early start to visit the Bayon and Ta Prohm for sunrise. Return to the hotel for breakfast before visiting the Angkor Wat complex

Pm
Eve

At leisure
Dinner at Vrioth

9 Mar (Sat) Am Pm

Siem Reap

B

At leisure
Depart Angkor Wat



Ta Prohm, Cambodia (top); Lotus Blanc Hotel (above)



Vinmec Hospital, Hanoi

Tour Leader

Professor Cathy Warwick CBE

Dame Cathy Warwick was Chief Executive of the Royal College of Midwives for 9 years and now works independently. Cathy is also an Honorary Professor of Midwifery at Kings College London. In 2006 she was awarded a CBE for services to Midwifery and Healthcare and in 2017 was made a Dame. Cathy lectures, writes and advises on midwifery issues with a particular interest in the organisation of care and the promotion of choice for women. Cathy has travelled widely both on her own and with her family, visiting midwifery units in America, Sri Lanka and South Africa and has previously led successful midwifery study tours to China, India, South Africa, Nepal and Cuba.

“(Cathy was) professional when representing group as midwives; relaxed and engaging throughout tour”

Liz Budd, South Africa Midwifery and Child Care, 2013

Projects

Midwifery Sponsorship Project

The tour will pay for a Vietnamese midwife to attend the International Confederation of Midwives Congress in Bali in 2020. This will provide an invaluable educational experience to a Vietnamese midwife.

CPD

It is possible to gain CPD/PDP points on this tour through the professional visits and talks. If you wish to apply please contact us.

The cost of the tour is US \$2893 per person (excluding international flights and transfers)

The cost includes:

- The services of an experienced tour leader
- 11 nights' accommodation in twin-bedded rooms with private facilities in medium grade and first class hotels

The single room supplement is US \$615

- Overnight train First Class (Violetta carriages) with 4 berths per compartment and AC
- Breakfast and lunch or dinner daily (all meals on 24, 26 February and 3 March)
- All admission fees
- Services of an English speaking national guide
- All transport services and taxes in Vietnam
- Internal flight, taxes and all tips

The cost excludes:

- Meals not mentioned and drinks with meals
- All optional excursions, tours and visits
- Travel insurance
- Visa

The cost of the extension is US \$609 per person and includes:

- Two nights' accommodation in twin-bedded rooms with private facilities at the Lotus Blanc Hotel

The single room supplement is US \$99

- Two breakfasts and two dinners
- All admission fees and water and tips during sightseeing
- Services of an English speaking national guide
- All Tour Services in Cambodia
- One way flight from Ho Chi Minh City to Siem Reap

The cost excludes:

- Meals not mentioned and drinks with meals
- All optional excursions, tours and visits
- Departure transfers
- Visa (payable on arrival)

NB: All itineraries in Vietnam and Cambodia are subject to change according to local conditions. Places on this tour are strictly limited.

Please contact us if you would like us to organise your flights or for advice on flights.

About Us

To travel with us is to dig below the surface, revealing the deeper destination. Of course, you will visit the great historical sites; marvel at the wonders of architecture and engineering; be moved by the riches of culture and art; and experience the most spectacular landscapes in the world. What we also do is make sure that you see the country as it is today, giving you privileged access that independent travel and other tour companies rarely get close to. We give you a variety of experiences, from the sublime to the humble, in the company of intelligent, curious, like-minded people. And while we can be worthy, we also make sure that you have a lot of fun.

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The flower market in Hoi An (top); Cycling back from market; Silk Lanterns in the night market, Hoi An; Take the Reunification Express Train (above)



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