



Cruise through Halong Bay

Pharmacy in Vietnam
23 February – 5 March 2020

With extension to Angkor Wat, Cambodia
23 February – 7 March 2020

In association with

First in professional development
pharmacy magazine

INDEPENDENT
community pharmacist



Jon Baines
tours



Hoi An from the river

Pharmacy has a long history in Vietnam, from traditional medicine to modern practices and in country production. A range of professional visits and meetings with pharmacists will provide excellent insight into pharmacy and its history 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. 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. Spend the afternoon at leisure or further explore Hanoi.

The following morning visit the Hanoi University of Pharmacy. Meet with local pharmacists and students and hear about how pharmacists are educated and trained in Vietnam. Partners will take part in a walking tour exploring the culinary culture of Hanoi. In the afternoon there will be a visit to a local retail pharmacy that specialises in traditional medicine. See how traditional medicine is still used widely by the Vietnamese alongside more modern medicines. Take a rickshaw ride around peaceful Hoan Kiem Lake.



Opera House, Hanoi



Cathedral Square, Hanoi (top); The Glory Legend junk in Halong Bay (above)

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. Board your own private junk, the lovely Glory Legend, in time for lunch. Spend the afternoon cruising with time to stop and explore 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 fly to Hue and the Saigon Morin Hotel.

The following morning visit the hospital pharmacy at Hue General Hospital. There will be the chance to meet the pharmacists who work there. Continue to the vast Hue Citadel, which was home to the nation's last royal family. The vast Citadel defended the Imperial City itself, its huge outer walls still bearing the scars of battle dating from the Tet Offensive during the Vietnam-American conflict. Take a

relaxing boat trip along the Perfume River and visit the elegant Thien Mu Pagoda.

The next day arrive in charming Hoi An and check into the Allegro Hotel. Hoi An was once a thriving port popular with European, Chinese and Japanese merchants - a cultural mix still in evidence today. Hoi An is an excellent place to have one of the local tailors run up a bespoke outfit, shop in the silk market or simply relax and soak up the atmosphere.

On a walking tour of its old quarter see ancestral homes, merchants' houses and Chinese Assembly Halls, with herbalists and acupuncturists interspersed with boutiques and cafes. Dinner that evening is at 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. 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 cookery class, explore the old town, visit a tailor to 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



Hue Citadel



inhabitants. That afternoon visit the French era Notre Dame Cathedral and the palatial Central Post Office. Continue to tour the former Presidential Palace, a combination of luxurious reception rooms and reinforced bunkers. Dinner will be at the wonderful Ngon restaurant.

Next morning visit the Fito Museum of Traditional Vietnamese Pharmacy which charts the development of pharmacy in Vietnam along with an excellent collection of historic artefacts. Attached to the museum is the Fito Pharma Factory, where they produce a range of herbal drugs. In the afternoon return to Ho Chi Minh City with the option to visit the War Remnants Museum or spend the rest of the day at leisure before a farewell dinner.

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

“The trip was arranged very well. I didn’t feel any need to do anything from the start, other than enjoy the trip to the fullest. A great trip.”

Latha Viswanathan, O & G Vietnam, March 2018



The Japanese Bridge, Hoi An (above); Central Post Office, Saigon; Old streets of Hoi An; Pharmacy Jars at the Fito pharmacy museum (bottom)

3 nights Hanoi – 1 night Halong Bay – 2 nights Hue – 3 nights Hoi An – 2 nights Ho Chi Minh City

23 Feb (Sun) Hanoi **D**
Am Arrive and transfer to the Silk Path Luxury Hotel
Pm Walking tour of Hanoi's '36 Streets' and visit the traditional medicine street.
Eve Welcome dinner

24 Feb (Mon) Hanoi **B L D**
Am Visit the Temple of Literature and the One Pillar Pagoda
Pm Lunch at Koto and learn about their work with street children. At leisure
Eve Dinner at Wild Rice

25 Feb (Tues) Hanoi **B D**
Am Visit the Hanoi University of Pharmacy. Partner Programme: Walking tour exploring culinary culture in Hanoi
Pm Visit a local retail pharmacy. Take a cyclo tour around Hoan Kiem Lake
Eve Local dinner at Aubergine

26 Feb (wed) Hanoi – Halong Bay **B L D**
Am Early departure for Halong Bay. Arrive and board the Glory Legend junk
Pm Cruise through Halong Bay and overnight on the junk

27 Feb (Thurs) Halong Bay – Hue **B L**
Am Morning coffee on-board and return to port. Visit a water puppet theatre
Pm Fly to Hue and check into the Saigon Morin

28 Feb (Fri) Hue **B D**
Am Visit the pharmacy at Hue General Hospital
Pm A guided tour of Hue Citadel
Talk: 'Pharmacy and the Vietnam war' Stuart Anderson
Eve Dinner at Y Thao

29 Feb (Sat) Hue / Hoi An **B D**
Am Drive to Hoi An and transfer to Allegro Hoi An Hotel
Pm Walking tour of the old town
Eve Dinner at Tam Tam

1 Mar (Sun) Hoi An **B L**
Am Take boat across Thu Bon River and visit Kim Bong village, artisans' villages and surrounding countryside
Pm Lunch and foot massage at a local herb and vegetable farm. At leisure

2 Mar (Mon) Hoi An **B D**
Am Full day at leisure or options to visit the beach or take a Vietnamese cookery class
Eve Dinner at Vy Market

3 Mar (Tues) Hoi An /Ho Chi Minh City **B D**
Am Fly to Ho Chi Minh City and transfer to the Novotel Saigon Hotel
Pm Visit Notre Dame Cathedral, the Central Post Office and the Reunification Palace
Eve Dinner at Ngon

4 Mar (Wed) Ho Chi Minh City **B L D**
Am Morning visit to Fito Museum of Traditional Vietnamese Pharmacy, including the Fito Pharma Factory
Pm Optional visit to the War Remnants Museum or at leisure
Eve Farewell dinner at Indochine

5 Mar (Thurs) Ho Chi Minh City **B**
Am Depart Ho Chi Minh City (or take extension to Cambodia)

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

Daisy Surmont, Medicine in Vietnam and Cambodia with the RSM, 4-18 March 2017



The elegant Saigon Morin Hotel, Hue



The temples of Angkor Wat

Extension to Angkor Wat Cambodia 5 – 7 March 2020

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 to visit the Bayon and the romantic ruins of Ta Prohm, still intertwined with enormous tree roots hundreds of years old. 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 to enjoy delicious Cambodian food, still less known to Westerners than that of its Thai or Vietnamese neighbours. Transfer to the airport the following day or spend more time in Cambodia.

5 Mar (Thurs) Ho Chi Minh City / Siem Reap B D

Am Fly to Siem Reap, Cambodia and transfer to hotel Lotus Blanc

Pm At leisure

Eve Dinner at the Foreign Correspondents' Club

6 Mar (Fri) Siem Reap B D

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

Pm At leisure

Eve Farewell dinner at Vrioth

7 Mar (Sat) Siem Reap B

Am At leisure

Pm Depart to airport for onward flight



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

Tour leader

Stuart Anderson studied pharmacy at Manchester. He has been appointed as principal pharmacist at Alder Hey Children's Hospital in Liverpool, chief pharmacist at the Westminster Hospital in London and director of pharmaceutical services at St George's Hospital, London. He obtained MA and PhD degrees from the University of London and joined the Centre for History in Public Health at the London School of Hygiene & Tropical Medicine to undertake research on the history of pharmacy. He retired in June 2015 as acting dean of education, and is now emeritus professor in the history of pharmacy at the School.

His publications include editing *Making Medicines: A Brief History of Pharmacy and Pharmaceuticals*, and *Managing Pharmaceuticals in International Health*. He is immediate past president of the International Academy for History of Pharmacy, a past president of the British Society for History of Pharmacy, and a former chairman of the Society for Social History of Medicine. He is the editor of the international journal *Pharmaceutical Historian*. He has previously undertaken pharmaceutical visits to Brazil, Ghana and Thailand, and led the Pharmacy in China tour for Jon Baines Tours.

Guide

National guide Lam, has worked with Jon Baines Tours on our health care tours for many years. Highly organised, knowledgeable and personable, Lam has been extremely popular with previous groups.

“Lam was absolutely superb. His knowledge of English was first class, but also he was exceptionally well informed on Vietnamese history and on architecture that we visited.”

Catherine Alison, *Medicine in Vietnam and Cambodia with the RSM, 4-18 March 2017*

The cost of the tour is USD \$3,306 per person (excluding international flights and airport transfers)

The cost includes:

- 11 nights accommodation in twin bedded rooms in medium grade and first class hotels

Single supplement USD \$708

- Meals as per the itinerary
- UK tour leader (Stuart Anderson)
- A full programme of cultural visits and partner programme
- A full programme of professional visits as per the itinerary
- Admission fees
- National Guide throughout (Lam)
- All tips

The cost excludes:

- International flights and airport transfers
- All personal extras such as portage, laundry, inoculation fees and drinks
- All optional excursion, tours and visits
- Travel insurance
- Visa (if required)

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

The cost of the extension is US \$675 per person

The cost includes:

- Two nights' accommodation in twin-bedded rooms with private facilities at the Lotus Blanc Hotel. The single room supplement is US \$102
- Two breakfasts and two dinners
- All admission fees and water and tips during sightseeing
- Services of an English-speaking national guide
- All transport 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
- Tips
- Visa (payable on arrival)

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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Conical hats (top); The flower market in Hoi An;
The FITO pharmacy museum, Saigon; Saigon City Hall (bottom)



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