



A floating village in Halong Bay

Obstetrics and Gynaecology in Vietnam

25 March – 3 April 2018

With extension to Cambodia

25 March – 5 April 2018

Following the RCOG World Congress in Singapore
(22 – 24 March 2018)



Royal College of
Obstetricians &
Gynaecologists



Jon Baines
tours



One Pillar Pagoda, Hanoi

Child, maternal and newborn health in Vietnam has improved markedly over the last couple of decades. However, there are widening 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 provide excellent insight into the status of obstetrics and gynaecology as well as maternal and child healthcare in Vietnam. The professional programme is balanced by a wide range of cultural visits with ample opportunity to experience the beauty and hospitality of Vietnam and its ancient culture and history.

The tour begins in Vietnam's capital, Hanoi, which celebrated its 1000th birthday in 2010. Arrive in Hanoi and check into the Movenpick Hotel before a walking tour through the vibrant Old Quarter in the afternoon. 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. Visit peaceful Hoan Kiem Lake and enjoy a welcome dinner in the evening.

The following day embark on a sightseeing tour, including Ho Chi Minh's mausoleum, where thousands of Vietnamese pay their respects daily to the Republic's founder. Visit his former Stilt House residence and One Pillar Pagoda as well as the Temple of Literature, the site of Vietnam's old university, and the Hanoi Opera



Market trader in Hanoi



A junk in Halong Bay (top); Hue Citadel (above)

House. Have lunch at KOTO, an Australian-Vietnamese charity, and learn about their inspiring initiatives with street children before visiting the National OBGYN Hospital. Here you will learn about the background to O&G in Vietnam, meet the staff and hear about the challenges they face.

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 Victory Star, in time for lunch and spend the afternoon in the bay with ample time to stop and explore some caves or swim in the cool water. Spend the night in a cabin on the junk.

Take coffee on deck next morning before disembarking at the port. Visit a water puppet theatre show in Doa Thuc village and then fly to Hue, Vietnam's former capital, and check into the Hotel Saigon Morin.

Next morning visit the Kim Long Charity Clinic to see the excellent work carried out by its team of volunteers, providing healthcare and support free of charge to impoverished people. After learning about their community projects, take a guided tour of Hue Citadel, accompanied by a local who was a child during the Tet Offensive. The vast citadel was home to the nation's last royal family and defended the Imperial City itself, its huge outer walls still bearing the scars of battle.

Next morning visit Duc Son orphanage, run by Buddhist nuns, who provide a home and schooling to over 200 underprivileged children, and learn about their work. Afterwards take the spectacular coastal drive to Hoi An, where you will check into the Alamanity Hotel and relax at leisure before dinner.

Hoi An was once a thriving port popular with European, Chinese and Japanese merchants - a cultural mix still in evidence today. 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, littered with ancestral tombs and family temples, and discover how the majority of Vietnam's population lives. Visit a family farm that cultivate vegetables and herbs and try some of their recipes during a lunch consisting of fresh homegrown ingredients. Spend the afternoon at leisure or take an optional Vietnamese cookery class.

From the relative quiet of Hoi An continue south to the hurly burly of Ho Chi Minh City, or Saigon



Wander the streets of Hoi An old town



as it is still often referred to by its inhabitants. Rise early to transfer to Danang Airport for your flight to Ho Chi Minh City and transfer to the Liberty Riverside Hotel. Visit the colourful bustle of Ben Thanh market. Continue onto the French era Notre Dame Cathedral, the palatial Central Post Office and Reunification Palace. Dinner will be at the excellent Indochine restaurant.

Next morning visit Tu Du Maternity and Obstetric Hospital, which specialises in treating infants suffering from the congenital effects of Agent Orange, and spend the afternoon at leisure before your farewell dinner in the evening.

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

It is possible to arrive earlier in Hanoi or stay later in Ho Chi Minh City or Siem Reap. Please contact the JBT office for the room rates for additional nights.

“We would return to Vietnam with Jon Baines in a heartbeat.”

Mark Schulman, Medical Study Tour to Vietnam 2016



Cycling back from market (Top); An Bang beach near Hoi An; Silk lanterns in Hoi An night market; Central Post Office, HCMC (above)

Itinerary 25 March – 3 April 2018

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

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

25 Mar (Sun) Hanoi D	30 Mar (Fri) Hue / Hoi An B D
Am Arrive and transfer to the Movenpick Hotel	Am Visit Duc Son orphanage. Spectacular coastal drive to Hoi An
Pm Walking tour of Hanoi's '36 Streets' and visit Hoan Kiem Lake	Pm Check into Almanity Hoi An Resort and at leisure
Eve Welcome dinner at Le Tonkin	Eve Dinner in Tam Tam
26 Mar (Mon) Hanoi B L	31 Mar (Sat) Hoi An B L D
Am Visit the Temple of Literature, the One Pillar Pagoda and Hanoi Opera House	Am Take a boat across Thu Bon River and visit Kim Bong village, artisans' villages and the surrounding countryside
Pm Lunch at KOTO and learn about their initiatives with street children. Visit the National OBGYN Hospital	Pm Lunch at a local herb and vegetable farm. At leisure or optional Vietnamese cookery class
27 Mar (Tues) Hanoi / Halong Bay B L D	Eve Dinner at Secret Garden
Am Early departure for Halong Bay to board the upmarket Victory Star junk	1 Apr (Sun) Hoi An / Ho Chi Minh City B D
Pm Cruise through Halong Bay and overnight on the junk	Am Fly to HCMC and transfer to the Liberty Riverside Hotel
28 Mar (Wed) Halong Bay / Hue B D	Pm Visit Ben Thanh Market. Visit Notre Dame Cathedral, the Central Post Office and Reunification Palace
Am Morning coffee on board the junk and return to port. Visit a water puppet theatre at Dao Thuc village	Eve Dinner at Indochine
Pm Fly to Hue and transfer to Hotel Saigon Morin	2 Apr (Mon) Ho Chi Minh City B D
29 Mar (Thur) Hue B D	Am Visit Tu Du Maternity and Obstetric Hospital
Am Visit the Kim Long Charity clinic and learn of their community projects and meet their midwives	Pm At leisure
Pm Guided tour of Hue Citadel accompanied by a local who remembers the Tet Offensive	Eve Farewell dinner
Eve Dinner at Y Thao	3 Apr (Tues) Ho Chi Minh City B
	Am Depart Ho Chi Minh City (or take extension to Cambodia)

Hoi An old town from the river





Angkor Wat temple, Cambodia

Extension to Angkor Wat, Cambodia

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 Tara Hotel, where you will settle in before visiting the Angkor Museum in the afternoon. Rise early the following morning to visit the Bayon Temple and the romantic ruins of Ta Prohm - still intertwined with enormous tree roots hundreds of years old – in time for sunrise. Return to the hotel for breakfast and then set out to visit Angkor Thom and the city of Angkor Wat, which represents one of humankind's most astonishing architectural achievements. Spend the rest of the afternoon at leisure before dinner at Tangram Garden.

Spend the next morning at leisure before transferring to the airport for your return flight in the afternoon.

3 Apr (Tues)	Ho Chi Minh City / Siem Reap	B D
Am	Fly to Siem Reap and transfer to the Hotel Tara	
Pm	Visit the Angkor Museum	
Eve	Dinner at Marun	
4 Apr (Wed)	Angkor Wat	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	Dinner at Tangram Garden	
5 Apr (Thur)	Angkor Wat	B D
Am	At leisure	
Eve	Depart Angkor Wat	



Ta Prohm, Cambodia

Tour Leader

Richard Warren is a consultant obstetrician and gynaecologist from the Norfolk and Norwich University Hospital. He has local, regional and national involvement with training and education.

Mr Warren has served many years on RCOG Committees and RCOG Council and he is the past Honorary Secretary of the RCOG. He has been chairman of the RCOG Workforce Advisory Committee and has previously led very successful tours to South India, South Africa, Cuba and Sri Lanka.

Supported Projects

Kim Long Charity Clinic provides free health care for underprivileged communities in two of the poorest provinces in the country. The clinic provides consultations, health education, medication, HIV/AIDS counselling, ultrasound, x-rays and ECG.

Duc Son Orphanage was founded by a Buddhist nun in 1987 for a few children. Today, the orphanage provides a loving and secure home for more than 200 children and babies who have been orphaned, as well as providing schooling for all of the children in its care.

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.

“Tour leader (Richard Warren) is a gem of a person – caring, professional and a jolly good fellow.”

Swamy Viswanatha, O&G in South Africa 2014

The ground only cost of the tour is US \$3,320 per person

(excluding international flights and transfers)

The cost includes:

- Eight nights' accommodation in medium grade or first class hotels
- One night's accommodation on the first class Victory Star junk in Halong Bay

Single supplement is US \$716 per person

- Tour leader (Ric Warren) and national guide (Lam)
- Breakfast and lunch or dinner daily
- All professional and cultural visits as per the itinerary, including entrance fees
- Internal flights
- All transport within Vietnam
- An experienced national English speaking guide
- Mineral water daily
- All tips

The cost of the extension is US \$630 per person and includes:

- Two nights' accommodation in medium grade hotels

Single supplement is US \$90 per person

- International flight from HCMC to Siem Reap
- National guide in Cambodia
- Breakfast and lunch or dinner daily
- All cultural visits including entrance fees
- All tips

The cost excludes:

International flights and airport transfers, meals not mentioned, drinks during meals, travel insurance, visas (Cambodia via on arrival with fee), options and extension.

“The trip has exceeded my expectations on all levels.”

Cathy Maher, Paediatrics in Vietnam 2014

The tour cost does not include international flights and transfers. If you would like help booking these, please contact the London or Melbourne office.

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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www.atol.org.uk/ATOLCertificate

Jon Baines Tours (London)
Hyde Park House, 5 Manfred Road,
London, SW15 2RS
Tel: +44 (0) 207 223 9485 / 5618
Fax: +44 (0) 207 228 7290
Email: info@jonbainestours.co.uk
www.jonbainestours.co.uk

Jon Baines Tours (Melbourne)
PO Box 68, South Brunswick,
Victoria 3055
Tel: +61 (0) 3 9343 6367
Fax: +61 (0) 3 9012 4228
Email: info@jonbainestours.com.au
www.jonbainestours.com



Three conical hats (top); Setting up shop; Hoi An harbour;
City Hall in HCMC (above)



Jon Baines
tours

