



Mental Health Services in Vietnam

Indicative program outline: This itinerary is subject to change and should be used as a guide only.

Day	Date	Activity
Saturday	26/10/2024	All participants must have arrived in Hanoi by this date and checked-in accommodation. A welcome dinner will be arranged for the group
Sunday	27/10/2024	AM: Program Orientation followed by Hanoi City Walking Tour to the French Quarter, The Vietnam History Museum and The Opera House PM: Vietnamese language class
Monday	28/10/2024	AM: Travel to Halong Bay, PM: excursion to Sung Sot Cave, Kayaking or Pearl Farm visit. In the evening you'll join a cooking class to prepare and enjoy a group dinner
Tuesday	29/10/2024	AM: Before returning to Hanoi you'll visit Ti Top Island and have brunch on a cruise. PM: You'll visit the Vietnam Museum of Ethnology and Dong Xuan Market. The day will conclude with a group dinner
Wednesday	30/10/2024	AM: Visit to local University for lectures and tour of facilities. You'll meet with staff and students to learn about approaches to mental health care in Vietnam PM: Visit to a Community Mental Health Organisations and/or NGO
Thursday	31/10/2024	You'll spend the day visiting a Government Mental Health Facility and/or Department to learn about delivery of mental health services in Vietnam
Friday	1/11/2024	Day trip to Bat Trang where you'll visit the Pottery Museum and take in a pottery class, Bat Trang Communal House before a guided tour at Lò Bàu. The day will finish with a trip to Bat Trang Old Market before returning to Hanoi.
Saturday	2/11/2024	Free day In Hanoi
Sunday	3/11/2024	AM: Travel to Mai Chau and PM: visit a Community Mental Health Organisation of Mai Chau before a bike tour of Mai Châu Village. In the evening you'll attend a traditional dance performance and have dinner together .
Monday	4/11/2024	AM: You'll visit a local Community mental health organisation PM: Your group will take a soft trek to meet local villagers and farmers, visit Cave Chiềng Châu and dine together as a group.
Tuesday	5/11/2024	AM: You'll visit another local Community mental health organisation before having lunch and travelling back to Hanoi to dine together for your evening meal.
Wednesday	6/11/2024	AM: You'll visit a Government Mental Health Facility and/or Department to learn more about mental health services and delivery PM: You'll attend a traditional water puppet show.
Thursday	7/11/2024	program wrap up, free time and farewell dinner
Friday	8/11/2024	participants return home