



## Sample Itinerary

### UniGO South Vietnam

Vietnam earns its nickname, the ‘S-shaped’ country, thanks to its distinctive map shape. This captivating country boasts a stunning coastline of over 3000 km, where culture and nature intertwine.

**Did you know:** Vietnam is home to the world’s largest cave called Hang Son Doong.

### Overview

*Please note that activities and locations on this itinerary are indicative and may change.*

Vietnam is a captivating country with diverse landscapes, ranging from the lush rice terraces in the north to the bustling energy of Ho Chi Minh City in the south.

### South Vietnam

Your journey will commence in the vibrant Ho Chi Minh City, known for its historic landmarks, French colonial architecture, and its proximity to the intriguing Mekong Delta. You will also get the chance to explore Vietnam’s famous street food at Ben Thanh Night Market. There will be opportunities to collaborate with local partners and get involved in projects within rural ethnic minority communities. But it’s not all work- you’ll get to relax on the beach.

### Pre- departure preparation

You’ll participate in comprehensive pre-trip preparation in November and December that will include briefings, workshops and online learning about health and wellbeing, risks and safety, insurance, cultural awareness, language (optional but highly recommended) and behavioural and academic expectations. The pre-departure workshops will introduce you to key perspectives on environmental sustainability and our local, national and global challenges.

### Study tour

You’ll travel in groups of 30 accompanied by University of Tasmania academics and Australian Volunteers International (AVI) staff member.

During your 18-day trip, you’ll explore the themes of sustainable food systems, tourism and cultural sustainability and climate change and adaptation. Flying in to and out of Ho Chi Minh you will also visit Can Tho in the Mekong Delta Area and its’ coastal areas.

### Ho Chi Minh



Ho Chi Minh City (HCMC), formerly known as Saigon, is the most populous city in Vietnam, with a population of around 9 million in 2019. Situated in the Southeast region of Vietnam, the city surrounds the Saigon River. Saigon was the capital of French Indochina from 1887 to 1902, and again from 1945 until its cessation in 1954. Following the partition of French Indochina, it became the capital of South Vietnam until the fall of Saigon in 1975. The communist government renamed Saigon in honour of Hồ Chí Minh shortly after the fall of Saigon. Beginning in the 1990s, the city underwent rapid modernisation and expansion, contributing to Vietnam's post-war economic recovery.

You will be introduced to the socio-political, cultural and historical context of the country through meetings with government and diplomatic officials and opinion leaders. You will participate in curated and guided visits to significant cultural and historical sites, such as the Vietnamese Women's Museum or Ho Chi Minh Museum of Fine Arts. There will be time to soak up the atmosphere of Ho Chi Minh's night life and night markets, as well as sample a range of food and browse a range of products including handicrafts and clothes. You will have the opportunity for independent sightseeing and could choose to visit significant sites such as the Reunification Palace, Notre-Dame Cathedral Basilica of Saigon and Saigon Opera House (Municipal Theatre). Get a glimpse into the Vietnam War and its impact on Vietnam and its people by visiting the War Remnants Museum.

### **Mekong Delta Area**

The Mekong Delta, located in southern Vietnam, is a vast and fertile region formed by the Mekong River and its intricate network of tributaries, canals, and lush green rice paddies. Known as the "rice bowl" of Vietnam, the Mekong Delta is an agricultural powerhouse, producing a significant portion of the country's rice, fruits, and vegetables. You will learn more about the impact of climate change on water and the intersection between ecological and socio-economic transformation. Under the guidance of The Mekong Delta Development Research Institute, visiting multiple sites you will also learn about the protective role of mangrove forests and options for sustainable fisheries and where there is integration with rice farming.

### **Our partner Universities**

Engagement with local University partners is a focal point of the trip and interactions include formal learning opportunities, such as seminars and lectures, as well as immersive learning via field visits to research sites. You'll visit Van Lang and Can Tho Universities, engaging with local students, you'll participate in learning activities and experience campus life.

### **Our community and not-for-profit partners**

You'll visit a diverse range of environmental and cultural sustainability initiatives delivered by not-for-profit and community groups and, wherever possible, we will introduce you to University of Tasmania Alumni and Australian volunteers working in-country.

Your study tour will conclude with a final celebration event where you will share your learning and reflections, experience cultural activities and, of course, enjoy a final shared meal together.