



Sample Itinerary

UniGO North Vietnam

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. Vietnam earns its nickname, the 'S-shaped country', thanks to its distinctive shape on the map. This captivating country boasts a stunning coastline of over 3000km, where culture and nature intertwine. Its capital city, Hanoi, is known for its vibrant heritage and delectable street food. Remarkably, Vietnam ranks among the world's most biodiverse nations, boasting eight UNESCO sites, including the emerald waters of Ha Long Bay and the ancient city of Hoi An.

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.

You'll start your adventure in Hanoi, the bustling capital of Vietnam. Dive into Vietnamese culture by visiting renowned museums, notably the Vietnamese Women's Museum – considered the country's finest. Relax at Cat Co Beach and discover the lively nightlife in Cat Ba Town.

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 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 a University of Tasmania academic and Australian Volunteers International (AVI) staff member.

During your 18-day trip, you'll explore the themes of sustainable food systems with a focus on farm-gate-to-production, including the impact of globalisation and tourism, market demand, technology, urban planning, pollution and agri-policymaking, and climate change. Flying in to and out of Hanoi, you will also visit Ninh Binh, Thai Nguyen and Cat Ba Island.

Hanoi

Hanoi, the capital city of Vietnam, is a vibrant and culturally rich destination with a mix of historical landmarks, bustling markets and serene lakes. 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 including the must-see Vietnam Museum of Ethnology and Vietnamese Women's Museum.



There will also be time for independent sight-seeing, and you may choose to soak up the atmosphere at:

- Hoan Kiem Lake and Ngoc Son Temple: Located in the heart of the city, Hoan Kiem Lake is a picturesque spot surrounded by gardens and historical landmarks. Ngoc Son Temple, situated on an islet within the lake, is a beautiful temple worth visiting.
- Ho Chi Minh Mausoleum and Presidential Palace: Pay your respects to Vietnam's revered leader at the Ho Chi Minh Mausoleum. Nearby, you can also visit the Presidential Palace and Ho Chi Minh's stilt house.
- Temple of Literature (Van Mieu - Quoc Tu Giam): This well-preserved temple is dedicated to Confucius and honours scholars and academics. It's a symbol of Hanoi's long-standing tradition of education.
- Hanoi Old Quarter: Wander through the narrow streets of the Old Quarter to experience the city's lively atmosphere, street food stalls and traditional architecture.

Ninh Binh

Home to Vietnam's first capital and a UNESCO World Heritage site, Ninh Binh region is striking with its huge limestone cliffs, dramatic landscape of paddy fields and rivers. You'll visit a food manufacturing company, the Ancient Capital of Hoa Lu and take a boat tour through Trang An Landscape Complex as you explore the different facets of food systems and the interactions between tourism and sustainability.

Thai Nguyen

Thai Nguyen is a regional city about 50 minutes north of Hanoi, belonging to the Northern Midland and Mountainous Region, and is known for its tea production and mining. Utilising the expertise of Thai Nguyen University of Agriculture and Forestry, it is the ideal location to deeply explore this study tour's themes. Starting with a series of seminars, you will also visit local industries, mining and tea production, as well as an organic farm.

There are opportunities for hands-on learning as you spend the night in the Thai Hai Ethnic Village and take part in cooking classes. There is also the opportunity for local tourism including sightseeing at Ni Coc Lake, Stork Island or historical sites for revolutionaries during the First Indochina War.

Cat Ba Island

The biggest of the nearly 2,000 islands and islets of Ha Long Bay, Cat Ba's towering limestone pillars, arches, caves and beaches are spectacular. Ha Long Bay is designated a National Park and UNESCO World Heritage Natural Site due to its biodiversity and variety of ecosystems, cultural and historical significance and geological attributes. Visiting the Research Institute of Aquaculture you will find out more about fisheries and you will have the opportunity to explore the bay's caves, beaches and waters.

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 Thai Nguyen University of Agriculture and Forestry (TUAF) or Vietnam National University of Agriculture. Engaging with local students, you'll participate in learning activities and experience campus life, as well as learn more about UTAS research activities in Vietnam.

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.