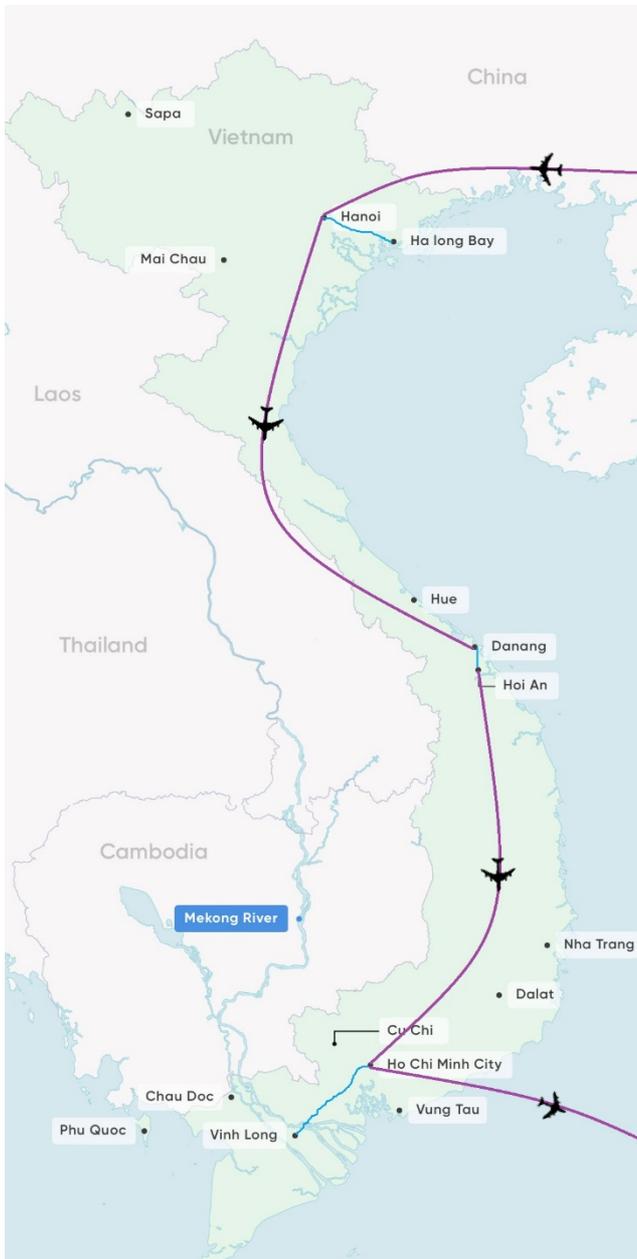


Culinary Tour of Vietnam (10 days)

Departs anytime (2018-19)



Please note: This itinerary can be modified in any way to best suit your school's particular aims, learning objectives and budget.

Please contact us detailing any changes you'd like to make.

A land of staggering natural beauty and cultural complexities - Vietnam is as exotic and compelling as steam hot bowl of Bún Bò Huế (Hue spicy noodle soup).

This educational tour of Vietnam is specifically designed for students interested in the culinary arts, food technology and the many delights of Southeast Asian Cuisine.

Beginning in Hanoi, we will explore this ancient city that has just recently celebrated its 1000-year anniversary. Our journey continues to the magnificent world heritage site of Ha Long Bay. Following this, we will fly to the country's central provinces to explore delightful Hoi An before journey travelling further south to bustling Ho Chi Minh City. Our last destination is Vietnam's 'Rice Basket' – the Mekong Delta.

The trip is designed specifically for students interested in the Vietnamese cuisine (and Asian cuisine in general). It includes cooking classes, market tours as well as other programs to foster an understanding of what makes this country unique.

Most importantly, this trip is designed to be highly enjoyable and educational as is intended to foster students' Asia literacy. We hope to provide a memorable experience and an in-depth introduction to one of Asia's favourite cuisines.



David Eales
Asia Manager

Day 1

Arrive Hanoi



On arrival in Hanoi, we will be greeted by our tour leader and escorted to our hotel. Following check-in, our tour leader will run through the itinerary and answer any questions before our first exploration. We will visit the Old Quarter and surrounding districts to allow students to adapt to the sights, sounds and safety considerations. Time is set aside to explore the shops and sights around Hoan Kiem Lake, with a group morning tea in one of the coffee shops.

Lunch will be at *Green Mango* Restaurant providing a tempting array of Asian fusion dishes and our first Vietnamese culinary experience. This afternoon we stroll through the French Colonial Quarter passing the beautiful opera house, local French style bakeries and learn about the French influence on all things cuisine as well as Hanoi's architecture. We also explore the city by electric cars visiting the Old Quarter and surrounding districts. Dinner will be at another of Hanoi's authentic restaurants. (*Lunch: Green Mango, Dinner: Cafe 69, Quan An Ngon*) (breakfast, lunch, dinner) **Flight details to be advised**

Day 2

Hanoi



This morning we take a half day guided tour of Hanoi. We will be visiting the Ho Chi Minh Mausoleum complex, now a pilgrimage site for the locals, as well as the Temple of Literature (Vietnam's first university), and the One Pillar Pagoda. We will enjoy lunch at a delightful hole in the wall eatery after which we will visit its kitchen to get a feeling for the style of kitchen typical of restaurants in Vietnam.

Mid-afternoon we will visit the KOTO Training Centre. KOTO (Know One Teach One) is a non-profit organisation established to train disadvantaged teenagers in the hospitality industry. A staff member will talk to us about KOTO, and the staff's future prospects and the personal life experiences.

Later today we will take part in a very applied cooking class and a renown local cooking school. Northern Vietnamese cuisine is markedly different from that found in the south, owing to a very diverse variety of vegetables and other ingredients available in this northern region of Asia. We then take part in a hands-on cooking class hosted by one of KOTO's talented chefs. (*Lunch: Little Hanoi, Dinner: KOTO Cooking Class*) (breakfast, lunch, dinner)

Day 3

Ha Long Bay



This morning we will depart Hanoi for the 160km journey to the coast and magnificent Ha Long Bay. On route we will visit Hong Ngoc Community Centre, an artisan village ran by disadvantaged and disabled youth. Arriving before lunchtime, we will jump straight on our private boat to go cruising in this secluded bay with its 2000 limestone peaks.

We will enjoy the views as our local guide explains the legends, myths and changes Ha Long Bay has undergone since becoming a UNESCO World Heritage Site in 1994. This afternoon we will have the opportunity to visit spectacular caves and dine on a delicious banquet lunch. Late afternoon we return to the mainland

and have dinner at a local seaside restaurant then make the return bus trip to Hanoi. (*Lunch: on boat, Dinner: Phuong Anh Restaurant*) (breakfast, lunch, dinner)

Day 4

Hanoi Danang

Following breakfast, we take a short flight to Central Vietnam. Today, our destination is the former silk route trading town of Hoi An. Hoi An is a true highlight of our journey, with some of the country's most historic architecture, delicious food and friendly people. This town was declared a World Heritage Site in 1998 and serves as a model town for students interested in the development of sustainable tourism. This afternoon allows us to freely enjoy the tranquil charm of Hoi An, as we take in local craft shops, silk weaving, lanterns, home-wares, the Japanese Bridge and the Central Market. (*Dinner: The Cargo Club*) (breakfast, dinner)

Day 5

Hoi An



We begin the morning with a Tai Chi class or the option of a bike ride (with helmets) through the countryside. We will take a half-day excursion out to the World Heritage Site of My Son. My Son was the most important political, religious and cultural centre for the Cham civilisation that once ruled much of what is today, modern Vietnam.

This afternoon we embark on a half-day cooking tour to learn more about Vietnamese culinary methods while immersing ourselves in daily life. Our program will entail a highly informative tour of a market garden tended to by local farmers, alongside whom we will pick fresh saw-tooth coriander,

Vietnamese mint and lemongrass for our cooking lesson this afternoon. We will also collect a range of local ingredients such as cardamom, sesame rice paper and banana flower from a local market before making our way to a highly regarded cooking school to learn the methodology behind some of central Vietnam's most famous dishes.

After an elaborate dinner this evening we will make our way back to town by boat to enjoy some independent exploration before returning to our hotel. (Dinner: Red Bridge Cooking Class) ([breakfast](#), [dinner](#))

Day 6

Hoi An (Student-initiated activities)



Prior to travelling, a Student Educational Adventures staff member will talk to teachers and students about specific activities that your students might like to add to their overseas experience. These activities can be included based on students' knowledge of the country or their interests or passions for any aspect of a country's culture.

The activities we can include are many and varied. These may include: an introduction to a country's creative or performing arts scene, visits to international and local schools, great race activities, outdoor educational pursuits such as abseiling, basket boating, snorkelling or mountain biking or a plethora of cultural programs. Please contact us for further ideas.

OPTION 1:

Cham Island Boat trip: After breakfast we will travel to the seaside to board our private boat to delightful Cham Island. On arrival, we will have the chance to enjoy snorkelling (wet suits and life jackets supplied) in the shallow waters of a delightful beach. Whilst here, there will also be ample time to enjoy lazing in hammocks as well as enjoy and visit an isolated fishing village. ([breakfast](#), [lunch](#), [dinner](#))

OPTION 2:



Abseiling: This morning we will board our bus and travel to the historic Marble Mountain where we will climb to the top to take in views of My Khe Beach. After a thorough exploration of the grottos and caves featured through this complex, we will undergo instruction from our specialist abseiling guides. Later, we will practice our skills around the mountain's surrounding caves and cliffs. ([breakfast](#), [lunch](#), [dinner](#))

OPTION 3:

Basket boating: We will venture out after breakfast to explore the hidden waterways and palm laden backwaters in the Hoi An hinterland by way of basket boats. These quintessential Vietnamese vessels have changed little in 600 years. They will provide us with a fun and physical way to access the canals and experience the lives of local rural dwellers. We will also enjoy a delicious lunch and visit a ceramics community to try our hand and tradition pottery making ([breakfast](#), [lunch](#), [dinner](#))

OPTION 4:



Hue Imperial City (Day trip): Today we will travel north to the beautiful imperial city of Hue situated about 90 minutes north of Hoi An. On arrival we will take in the Dong Ba market, the moated ruins of the Imperial Citadel and the famous Thien Mu Pagoda. Later we will be venturing into the countryside, exploring markets and isolated villages far removed from the mainstream attractions, as well as the intriguing tombs of the Nguyen Emperors to learn of Vietnam's royal traditions. ([breakfast](#), [dinner](#))

Day 7

Da Nang ✈️ Ho Chi Minh City



(breakfast, dinner)

A short morning flight today will take us to dynamic Ho Chi Minh City, Ho Chi Minh City (HCMC) is Vietnam at its most dizzying: a city of commerce and culture that has driven the country forward with its pulsating energy.

This afternoon We will visit its colonial era Post Office, Notre Dame Cathedral and the city's important War Museum. Whilst confronting, the museum is highly interesting for any student of history to gain a greater understanding of one of the world's most important conflicts. Tonight, we dine in a renovated French villa as we look at our time in Vietnam and share our experiences. (*Dinner: Nha Que*)

Day 8

Ho Chi Minh City



This morning we will visit Ho Chi Minh City's intriguing China Town with its ancient temples, myriad of side streets as well as a large wholesale market where all manner of textiles, medicines and foodstuff can be found amid the bustling street life. The Vietnamese expect you to bargain, but don't forget to compare prices to ensure you get the best deal.

In the afternoon we take part in a hands-on cooking class to learn the processes of preparing southern Vietnamese cuisine, quite different from the cuisine found in the north and the central provinces. As South Vietnam is host to richer and more fertile provinces, the food is significantly more varied and for many, more interesting than the country's Northern fare. As day light fades we will ascend to the summit of the highest viewing platform in Vietnam to enjoy spectacular 360-degree views of the country's largest city. (*Lunch: Restaurant 19, Dinner: Saigon Culinary Cooking School*) (breakfast, lunch, dinner)

Day 9

Mekong Delta (Day trip)



We will travel south this morning to the waterways of the Mekong Delta. Our private boat will take us through tributaries stopping to visit various cottage industries including confectionary manufacturing, incense production and pottery making. We will also visit a fish sauce factory, where we will learn the process of making Vietnam's most famous condiment. In the afternoon we will enjoy a tour of some local villages to get a feel for the lifestyles of the local people and later visit a floating market at the junction of several rivers.

We will return to Ho Chi Minh City in time for our final dinner at a modern fusion restaurant, where we will talk to the residence Chef about southern Vietnamese cuisine as well as enjoy a tour of a modern kitchen. (*Lunch: Cai Be local Restaurant: Dinner at The Rice basket*) (breakfast, lunch, dinner)

Day 10

Depart Ho Chi Minh City ✈️ Home

Today we have time to explore one of Ho Chi Minh City's thriving central markets before preparing for our flight home early this afternoon. Not, however, before our last meal in Vietnam at a famous local restaurant that has enjoyed its position in downtown Saigon since the late 1960s. Our tour leader will take care of all our onward travel arrangements before escorting us to the airport and waving us farewell. (*Lunch: To be advised*) (breakfast)

Flight details to be advised

Summary

Grading

Easy: Students & staff with reasonable fitness will be able to take part. There are no real physical difficulties. You will not be expected to carry your own luggage throughout the trip. Portage is available at no extra cost. There are some long travelling days in buses.

Accommodation

Student accommodation is on a twin/triple share basis. Teacher accommodation is on a single room basis. The group will be staying in 3-star equivalent hotels and

Transport

Modern air-conditioned bus and boat.

Group Size

Minimum group size 20 students & 2 staff members travelling *free of charge*.

▲Smaller group sizes can be quoted upon application

Your Tour Leader

Your tour leader is probably the person who most influences the success of your trip. Thus, Student Educational Adventures employs our own team of meticulously trained student dedicated, local tour leaders - not foreigners, imported at your students' expense with no language skills or insight into your host culture.

These nationals are not only the best folk to show you their country. They are your teachers, translators and an enthusiastic purveyor of authentic experiences. They are there to facilitate your immersion into new cultures and are the bridge between you and the world of education and new experiences.

Your tour leader is always with your students throughout your trip and is thoroughly versed in safety protocols and duty of care responsibilities. This ranges from assisting in the most basic of health and safety measures to ensuring that teachers & students are always safe during our trips. All have been chosen because of their ability to deal with the needs and unique issues associated with escorting young people through this wonderful and at times, most foreign of regions.

Culinary Tour of Vietnam (10 days)

Inclusions

- All accommodation, transport, activities, entrance costs and other programs as described in the itinerary
- *Student Educational Adventures* tour leader throughout trip & additional specialist guides
- **2 internal flights; Hanoi – Danang, Danang- Ho Chi Minh City**
- All breakfast & dinners (+ drinking water) as listed in the daily itinerary. Some lunches
- Pre-departure support, briefings & planning meetings for students and parents
- 24/7 in-country support

Exclusions

- International flights to/from Vietnam
- Some meals
- Vietnam Visa (if required)