



UNIVERSITY OF MINNESOTA
EXTENSION



Vietnam Study Abroad Trip
March 1 – 13, 2018



The Food Systems Leadership Institute and the University of Minnesota Extension are pleased to invite FSLI fellows and alumni to participate in the 2018 Food Systems Leadership Institute study abroad tour to Vietnam scheduled for March 1-12, 2018. The tour will embark from the Minneapolis/St. Paul International Airport (MSP). The tour will feature a variety of agricultural, business, and tourist destinations.

Purpose of Study Tour:

- The study tour will provide an opportunity to engage with organizations and individuals leading change in a global setting.
- The experience will consist of group-directed and self-directed learning.
- Participants will be able to dive into conversations that challenge leadership lessons that have been part of the FSLI program.
- The study tour is an opportunity to grow competence, confidence, and connections in international programming.
- This is a chance to do something different, to move in areas outside normal comfort zones.
- The experience will permit you to bring ideas back to your institutions and communities to spark positive change in U.S. and in the world.

Goals and Objectives:

- 1) Increase an understanding of the factors affecting the global food system.
- 2) Improve the appreciation for barriers that prevent economic sustainability and development.
- 3) Expand the knowledge of the complexity in maintaining quality food and ensuring food safety.
- 4) Enhance the awareness of the future of energy.
- 5) Develop an understanding of how to elevate international programs as a priority within academic institutions.
- 6) Strengthen cultural communication competency.

The cost for the tour is \$3,600 for a double occupancy room (twin beds) or \$4,200 for single occupancy. The price of the tour is based on departure from and to MSP. Travel to MSP and accommodations needed either before or after the flight to Vietnam will be your responsibility. We are happy to work with you to identify these accommodations should they be needed. The first deposit of \$1,000 is due September 1, 2017. Final payment is due December 15, 2017.

To register go to this link:

<https://www.regonline.com/FSVietnam>.

We will have a limited number of available spots. So, this will be set up as a first come first serve until we reach 25. We will need at least 15 people as a minimum to hold this event.

The trip will begin on the early afternoon of March 1, 2018 with an orientation session in Bloomington, MN at a hotel near the airport. The three-hour orientation will provide you with details regarding goals, objectives, itineraries, and contingencies in the case of emergency.

The agenda for the trip is provided in the following pages.

Please let us know if you have any questions or concern. We look forward to you traveling with us.

Brent D Hales
Senior Associate Dean
University of Minnesota Extension

Kenneth Esbenshade
Director
Food Systems Leadership Institute

Carol Reilly
Program Specialist
Food Systems Leadership Institute

ITINERARY IN BRIEF

Day 0	01 Mar 2018(Thu)	ORIENTATION AND DEPARTURE FROM MINNESOTA
Day 01	02 Mar 2018(Fri)	ARRIVE HANOI
Day 02	03 Mar 2018(Sat)	HANOI - HALONG - 1 Night Cruise Visit a Floating Village to Learn about Fish Cultivation from Local Fishermen
Day 03	04 Mar 2018(Sun)	HALONG - NINH BINH
Day 04	05 Mar 2018(Mon)	NINH BINH – HANOI Visit Pineapple Farm in Don Giao Commune Visit Local Homes and Exchange Farming Experiences
Day 05	06 Mar 2018(Tue)	HANOI - Morning Visit the US Embassy Half Day City Tour Fly to DANANG – HOI AN
Day 06	07 Mar 2018(Wed)	HOI AN - Half Day Tour Visit Culture Sites of HOI AN
Day 07	08 Mar 2018(Thu)	HOI AN – Rural Vietnam Visit Mr. Nhi’s House and Farm to Exchange Your Experiences Participate in Farming Activities Visit Mr. Ho who is an Expert in Shrimp and Crab Farming
Day 08	09 Mar 2018(Fri)	HOI AN - HO CHI MINH CITY – Fly Travel to HO CHI MINH CITY including War Remnants Museum Evening Travel the Saigon River On-board a Restored Rice Barge
Day 09	10 Mar 2018(Sat)	HO CHI MINH CITY - Cu Chi Full Day Tour of Cu Chi Tunnels Formed for Viet Cong Soldiers during the Vietnam War Afternoon Visit a Local Hog Farm to Exchange Experiences with the Farmers
Day 10	11 Mar 2018(Sun)	HO CHI MINH CITY - Mekong Delta Full Day Tour On Cai Be Princess Visit Cottage Industries and Villages Making Farm Products like coconut candy, Puffed Rice, Rice Paper, Fish Sauce. Meet Local Farmer Experts in Fruit Farming
Day 11	12 Mar 2018(Mon)	HO CHI MINH FREE DAY - AFTERNOON VISIT CARGILL
Day 12	13 Mar 2018(Tue)	DEPART HO CHI MINH CITY

Expectations of Participants:

- Develop individual goals of participation
- Participate in all group activities and daily caucuses
- Engage with fellow participants and locals
- Deepen the conversation and contribute to an understanding
- Keep a journal

The Daily Caucus:

Each day you will have the opportunity to explore the leadership content and what it means for your leadership journey in a small group called your **daily caucus**. To make the most out of your group time, please:

- Read the materials in advance. Use your time together to make meaning out of what is provided.
- Each day there will be a *share* and a *prepare* section.
 - The share section is designed to deepen your learning around the leadership lesson you read in preparation of the day.
 - The prepare section will help you get ready for the day by creating questions you may want to ask and contemplate during the day's site visits.
 - Each day your daily caucus completes a particular activity together as well. Your full participation will help both you and your FSLI colleagues optimize our time while in Vietnam.
- The **daily caucus** is also your accountability group for the day. Be sure you let someone in your daily caucus group know where you are at all times. Also be sure no one is left alone (if he or she doesn't want to be alone) for meals or other free times.
- Help each other navigate to all meetings of the day.

ITINERARY

Day 01: 02 Mar (Fri)

ARRIVE HANOI (WITH GUIDE)

Welcome to Vietnam!

Upon arrival, your private guide will be waiting outside the luggage claim area to transfer you to your hotel.

Check in your hotel and enjoy the rest your time at leisure.

Meals: Dinner

Hotel: La Casa Hanoi Hotel (ROH)

Day 02: 03 Mar (Sat)

HANOI - HALONG - 1 NIGHT CRUISE



Halong Bay

This morning you will drive approximately four hours to the coastal port of Halong. There you will board a traditional “junk”, a wooden boat that will take your imagination back to the golden years of sailing. The boat will cruise into the archipelago of Halong Bay, a UNESCO World Heritage Site composed of nearly 2,000 islands and limestone pillars that emerge from emerald green waters.

The boat then cruises to a floating village where you can chat with local fishermen and learn about their fish cultivation. There are plenty of optional activities (own expense) like kayaking or enjoying a massage!

You’ll also have time to sunbathe, join a cooking demonstration, or just take in the view. The evening’s main events are sunset drinks and an open-air buffet of local specialties.

Meals: Breakfast / Lunch / Dinner

Hotel: Bhaya cruise boat

ITINERARY

Day 03: 04 Mar (Sun)



Fishing Village In Halong Bay

HALONG - NINH BINH

Wake early to start your day with Tai Chi on the sundeck, as the sun rises over the bay. After a light breakfast, discover one of Halong Bay's biggest and most beautiful caves, Surprise Cave.

Enjoy a final extravagant brunch before sailing back to the harbor, where you will continue to Ninh Binh.

Upon arrival at Ninh Binh, check in to your hotel and the rest of the day is free at leisure.

Please note: Itinerary subject to change or cancellation due to weather conditions.

Meals: Breakfast/ Dinner

Hotel: Ninh Binh Legend hotel (Superior)

Day 04: 05 Mar (Mon)

NINH BINH - HANOI

After breakfast, take a boat cruise along the Ngo Dong river and visit the famous Three Cave.

After lunch, you will drive to visit a pineapple farm in Dong Giao commune, Kim Son district, Ninh Binh province. This area produces very famous and sweet pineapple. Visit some local homes and exchange farming experience with Vietnamese farmers.

Drive about 3 hours over the countryside to Hanoi.

You will be transferred to Le Tonkin Restaurant for dinner and then return back to hotel for your evening at leisure.

Meals: Breakfast / Lunch / Dinner

Hotel: La Casa Hanoi Hotel (ROH)

ITINERARY

Day 05: 06 Mar (Tue)

HANOI - MORNING VISIT US EMBASSY AND HALF DAY CITY TOUR & FLY TO DANANG – HOI AN

This morning, drive to visit the US Embassy at 9.30AM.

Start your afternoon after your lunch at the Ko To Restaurant with a visit to an 11th century relic, the Temple of Literature, which was built in homage to the Chinese scholar Confucius. At almost 1,000 years old, it's one of the few remaining examples of traditional Vietnamese architecture still standing in Hanoi.

Next is the Ngoc Son temple set on a tiny island on the picturesque Hoan Kiem Lake. The temple is reached by crossing the Huc Bridge which literally means the 'Place Touched by Morning Sunbeams. Hear the legend of an emperor, a magic sword and a giant turtle, and how the lake took its name.

Take a breezy cyclo ride through the Old Quarter's 36 streets, a place where Hanoians buy everything from noodles to light fixtures to Buddha statues. The quarter's 36 streets were named for the products that were sold from their shops. Today, vendors on Tin and Bamboo Streets still sell the same wares.

End your day with a delightful water puppet show, a traditional art that is still being performed today.

Transfer directly to the Noi Bai airport for your direct flight to Danang.

Flight Hanoi - Danang TBA

Upon arrival, your private guide will be waiting outside the luggage claim area and transfer you to your hotel.

In the evening, your guide will meet you at your hotel and transfer to a restaurant in town for dinner. Then, it is your free time.

Meals: Breakfast / Lunch / Dinner

Hotel: Phu Thinh Boutique Resort & Spa (Deluxe Pool)



Temple Of Literature

ITINERARY

Day 06: 07 Mar (Wed)



Traditional Hoi An

HOI AN - HALF DAY TOUR

Begin your tour of Hoi An, a former trading port that welcomed Chinese, Dutch, French, Japanese, Portuguese and Arab merchants between the 16th to 18th centuries. Today Hoi An is famous for its restored architecture, homemade silk, expert tailors and delicious noodles and seafood. Its relaxed vibe and pedestrian streets make this town a pleasure to walk around and discover new things.

The tour includes stops at several famous landmarks. The first is Chua Ong Pagoda, dating back to 1653 and built in honor of the Chinese general Quan Cong, who is worshipped by many as a symbol of loyalty and justice.

Next, pop into Phuc Kien Assembly Hall, to see the Jinshang Temple, which is dedicated to the goddess of the sea and the protector of sailors. From there it's a short walk to Tam Ky House, a 200 year old ancestral house and finally, stroll across the often photographed 17th century covered bridge built by Japanese craftsmen. The beautifully built bridge doubles as a temple and is a major landmark of Hoi An.

This afternoon is at your leisure.

In the evening, your guide will meet you at your hotel and transfer you to a restaurant in town for dinner. Enjoy free time to discover the town at night, before heading back to your hotel.

Meals: Breakfast / Dinner

Hotel: Phu Thinh Boutique Resort & Spa (Deluxe Pool)

Day 07: 08 Mar (Thu)



Water Buffalo

HOI AN - FAMER VISIT

Spend the day getting to know rural Vietnam. Start with a bike ride along green rice paddies to hamlet 3, Cam Thanh commune.

You will visit Mr. Nhi's house and farm, and exchange your experience with Mr. Nhi. You can join in the farming activities including planting rice, controlling water buffalo, harvesting, etc.

After that, you will walk to Mr. Ho's house. He is an expert in shrimp and crab farming.

Then, back to Mr. Nhi's house for lunch. Enjoy Vietnamese tea and chat with this friendly farmer.

After that, you will ride back to your hotel. Relax at your hotel before dinner.

Meals: Breakfast / Lunch

Hotel: Phu Tinh Boutique Resort & Spa (Deluxe Pool)

ITINERARY

Day 08: 09 Mar (Fri)

HOI AN - HO CHI MINH CITY - FLY

Your guide will meet you at your hotel and transfer you to the airport for your flight. Flight Danang - Saigon TBA

Upon arrival, your guide will be waiting outside the luggage claim area and transfer you to your hotel. Check in to your hotel



Central Post Office In Ho Chi Minh City

Then drive to the city's Central Post Office, which was designed by the renowned French architect Gustav Eiffel, and Notre Dame Cathedral, the iconic landmark built between 1863 and 1880. Admired for its neo-Romanesque architecture, the cathedral is a popular backdrop for local wedding photographers.

Next, stroll toward the Saigon River along Dong Khoi Street, which figured prominently in Graham Greene's famous Vietnam novel, *The Quiet American*, to the Saigon Opera House, a commanding building completed in 1901. Shelled during World War II, it was used to shelter French citizens fleeing North Vietnam in 1954, the year Vietnam earned its independence from France.

The tour continues with a stop at the Reunification Palace, where a North Vietnamese tank crashed through the gates in 1975 to end a war that killed an estimated 58,000 Americans and three million Vietnamese. You will also visit the War Remnants Museum, where Vietnam's government has assembled presentations - some of them graphic - of wartime hardships and atrocities.

Tonight, glide along the Saigon River on-board a beautifully restored rice barge from the Mekong Delta. Originally used to ferry goods to and from floating markets, today the Lady Hau offers a unique dining experience.

Relax on the open air decks as you cruise the length of the Saigon riverside, and watch as the bright lights of the city start to turn on.

Enjoy a delicious Vietnamese buffet and BBQ, prepared by one of Saigon's leading chefs, and take time to soak up the atmosphere of Vietnam's busiest city. This 3 hour dinner cruise is the perfect way to finish a hectic day in the city and enjoy the unique flavors of Vietnamese cuisine at its best.



Dinner Cruise

Meals: Breakfast / Dinner

Hotel: Edenstar Saigon Hotel (Premium Deluxe)

ITINERARY

Day 09: 10 Mar (Sat)



Cu Chi Tunnels



A O Show In Saigon

HO CHI MINH CITY - CU CHI FULL DAY TOUR

Depart at around 8AM from your hotel in Ho Chi Minh City and travel about 70km to Cu Chi tunnels. Cu Chi Tunnels is formed an underground city for Viet Cong soldiers during the Vietnam War. The tunnels stretched more than 250km from Saigon to the Cambodian border and were in some places three stories deep. Today they still contain the remains of an American tank and some craters made by American B52 bombers - glimpses into a bloody war that killed an estimated 58,000 Americans and 3 million Vietnamese.

Lunch at a local restaurant. After lunch, you will visit a local hog farm. Meet the local farmers and exchange the experience.

Drive back to HCMC in the late afternoon and then it is your free time. Tonight dinner is on your own arrangement.

Optional tour

A O SHOW & DINNER

Starting at the magnificent Saigon Opera House, the A O Show is a spectacular showcase of Vietnamese culture and performance art, and combines in beautiful precision elements of both old and new.

Featuring Vietnam's most talented performance artists, traditional musicians and circus-like choreography, A O Show explores the lives of the Vietnamese people through its ensemble creations. Using props made of little more than bamboo and wood, performers recreate the peaceful serenity of the Vietnamese countryside, the ebb and flow of the coastal waves or the frenetic traffic in Hanoi and Saigon.

With a cast made up of the most talented local circus performers, dancers, athletes and artists, A O Show is one of the most memorable experiences to be had in the city.

After the hour-long show, take a short walk through the wide Boulevards of central Saigon to Hoa Tuc Restaurant - a real culinary and architectural gem, tucked away from the hustle and bustle of District 1. Renowned for its combination of contemporary Vietnamese cuisine and authentic French colonial architecture, Hoa Tuc is the perfect end to a memorable night in Saigon. Eat Al Fresco or in the elegantly white washed walls of this one time Opium Refinery. Afterwards transfer back to your hotel.

Meals: Breakfast / Lunch

Hotel: Edenstar Saigon Hotel (Premium Deluxe)

ITINERARY

Day 10: 11 Mar (Sun)

HO CHI MINH CITY - MEKONG DELTA FULL DAY TOUR ON CAI BE PRINCESS



Floating Market In Mekong Delta, Vietnam

Depart from your hotel at 7AM and drive to the township of Cai Be to board the Cai Be Princess, a traditional riverboat made from native bamboo, wood and rattan. During Vietnam's French colonial period, boats like this were an essential means of transport in a swampy areas and poor roads. And even today, they are a handy means of reaching the delta's isolated river communities.

Meet at the Cai Be jetty 9AM. There your crew welcomes you with cold towels and a refreshing drink, while your Cai Be Princess sampan sets off for its leisurely cruise on the busy waterways.

On the river, boat traffic is endless and the activity never ceases. Observe from the comfort of your sampan life as it plays out on the riverbanks - the people, the stunning landscapes - while your attentive crew serves you tea and seasonal fruit.

Visit an ancient house built in the 19th century. You'll make stops along the way to provide glimpses of local cottage industries: coconut candy and puffed rice (the local equivalent of popcorn), products that provide a living for the river people.

Your cruise ends at Le Longanier Restaurant. Lunch is served in this exquisite colonial-style villa set in a lush tropical garden by the river, surrounded by fruit trees, giving you a sense of life during Indochinese times.

Then, visit villages making special farm products: making rice paper for spring rolls, fish sauce & soya sauce, sewing coconut-leaves for cottage proofing... You will also meet the local farmers who are expert in fruit farming.

After that, take a short walk along a small canal, towards the Ba Bon Bridge, where your personal vehicle awaits to drive you to Ho Chi Minh City.

Meals: Breakfast / Lunch

Hotel: Edenstar Saigon Hotel (Premium Deluxe)

ITINERARY

Day 11: 12 Mar (Mon)

HO CHI MINH FREE DAY - AFTERNOON VISIT CARGILL

Today is at your leisure until the afternoon, when you will visit Cargill.

The private vehicle and guide will wait for you to transfer you to Cargill and drive back to your hotel after the farewell dinner.

Meals: Breakfast / Dinner

Hotel: Edenstar Saigon Hotel (Premium Deluxe)

Day 12: 13 Mar (Tue)

DEPART HO CHI MINH CITY (WITH GUIDE)

Your guide will meet you at your hotel and transfer you to the airport for your flight.

Meals: Breakfast

TOUR PRICE PER PERSON

TOTAL TOUR COST PER PERSON – Double/ Twin share room	US\$ 3,600
TOTAL TOUR COST PER PERSON – Single room	US\$ 4,200

Tour includes:

- Airfare from Minneapolis to and from Vietnam
- Accommodation at selected hotels with daily breakfast
- Meals as indicated in itinerary
- Tours and transfers as mentioned by air-conditioned vehicle
- Sightseeing fees and permits during guided time
- Boat cruises mentioned (Halong and Mekong)
- Flight ticket Hanoi – Danang – Ho Chi Minh City (economy class - including all applicable taxes)
- Bottled water
- Service charge and current government VAT tax
- Vietnam E-visa and Visa stamp fee at the arrival airport

Tour excludes:

- VISA – Vietnam, Laos, Cambodia Myanmar and China
- Please make sure you have 6 months passport validity.
- Visa stamp fee at the arrival airport (US\$ 35.00/ Laos, US\$ 30.00/ Cambodia visa pay at custom check-in)
- Early/late check in/out service at hotels (surcharge if request)
- Tips and gratuities
- Services and meals if not mentioned in itinerary
- Laundry, telephone calls and expenditure of a personal nature
- Travel Insurance (Strongly recommend)

TOUR PRICE PER PERSON

Travel Insurance

We will do everything possible to ensure a safe and enjoyable trip. However, all travel involves some degree of risk and we strongly recommend that you take out appropriate travel insurance for your adventure. Your insurance protection should include cover for cancellation, medical and repatriation expenses, personal injury and accident, death and loss of personal baggage and money and personal liability. Evidence of such insurances should be produced to Buffalo Tours on request. Insurance cover offered by credit card companies or reciprocal medical cover agreements are often not comprehensive.

Every effort will be made to operate all tours as advertised but it must be remembered that our tours are planned in advance and due to factors outside our control it may be necessary to use alternative accommodation and services in some instances. We therefore reserve the right to modify or cancel any tour, accommodation or arrangement at any time. We will notify you as soon as possible of any material changes. In the event of any material modification or cancellation we will, if possible, arrange on your behalf three alternatives:

- Services of an equivalent or similar standard, if available;
- Services of a lower standard together with a refund of the difference in price; or
- Cancellation with a full refund of all money paid.

A material modification is one which has a serious effect on your tour and includes a change of departure date, departure point or airport, or change of departure time of more than twelve hours, which would cause substantial inconvenience to you. A change of accommodation or transport style is not a material change. In the event that there are an insufficient number of bookings to provide a particular tour, we may cancel the tour no later than 30 days prior to the scheduled departure date, whereupon all money paid by you for your Buffalo Tours tour shall be refunded but no further compensation will be paid. You and Buffalo Tours agree to release each other from any further obligations which would have been enforceable had the tour not been cancelled.

Special requests

You must let us know at the time of making your booking if you have special requests or needs (such as ground floor accommodation, disability access or specific dietary requirements). We will try to meet any request you have, however, we cannot guarantee that we will be able to accommodate every person's needs and we make no promises and take no responsibility for special requests which we are unable to fulfill. If we reasonably feel we are unable to satisfactorily accommodate your particular needs, we reserve the right to decline the booking or ask for you to be accompanied by a person who is able to provide full assistance to you throughout your tour.

Health

You must ensure that you are aware of any health requirements and recommended precautions relevant to your travel and ensure that you carry all necessary vaccination documentation. In some cases, failure to present required vaccination documentation (e.g. proof of Yellow Fever vaccination) may deny you entry into a country. We recommend that you consult with your local doctor, travel medical service or specialist vaccination clinic before commencing your tour.

Travel documents & conduct

All travelers must check their travel documentation to ensure that the dates are correct, visas have been obtained and passports have at least six months validity. Please ensure you carefully read your invoice and all other documents we send to you as soon as you receive them and contact us immediately if any information appears to be incorrect. If you do not arrive on the agreed date for your tour we may treat the tour as having been cancelled by you.

You must follow our instructions at all times and you agree to indemnify us against any loss or injury suffered as a result of failing to comply with our instructions. You must conduct yourself in a proper manner so as to not cause disturbance or offence to other travelers and you agree to take responsibility for any damage you cause to our or any third party's property. We will not be responsible to you for any loss or damage

TOUR PRICE PER PERSON

sustained by you arising from or in relation to your contravention of any law of any place while on the tour. You indemnify us for all third party actions taken against us for loss or damage caused by you or arising from your participation on the tour.

Photography

We occasionally take photos during our tours for use in promotional material. Unless you advise us otherwise, you consent to such use of your photographic/video likeness.

Liability

Your booking is accepted on the understanding that you appreciate and assume the risks inherent in travel. These risks may be greater if your tour includes adventure activities or sports (such as kayaking, hiking or climbing). To the extent permitted by law, neither Buffalo Tours nor any of its related bodies corporate, directors, shareholders, employees or agents accept any liability in contract, tort or otherwise for any injury, damage, loss (including consequential loss), delay, additional expense or inconvenience caused directly or indirectly by:

- the acts, omissions or default, whether negligent or otherwise, of third party providers over whom we have no control (including but not limited to hotel, activity and vehicle operators); or
- any other event which is beyond our control, including acts of God or force majeure, illness, disease, acts of war, civil unrest, insurrection or revolt, animals, strikes or other labor activities, criminal or terrorist activities of any kind, overbooking or downgrading of services, food poisoning, mechanical or other failure of aircraft, cars or other means of transportation or for failure of any transportation mechanism to arrive or depart on time.

Except in cases of death or bodily injury, our liability is limited in any event to a maximum value of the price of your tour. Under circumstances where our liability cannot be excluded and where liability may be lawfully limited, such as under applicable consumer laws, our liability is limited to the remedies required of us under those laws.