

**REAL**  
Gap Experience

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## Vietnam Experience

Adventure



Relaxation



Culture



**Trip Name:** Vietnam Experience

**Trip Code:** VNEX

**Duration:** From 21 days

### Trip Highlights

- See Halong Bay in all its shimmering glory & party on a Monkey Island
- Explore incredible cities like Hanoi and Ho Chi Minh
- Volunteer and help out on a local community project
- Lap up the awesome Vietnamese food
- Visit the famous Cu Chi Tunnels



### Overview

Well, well, well – have we got an adventure in store for you! Vietnam is one of our absolute favourites, and on our brand new Vietnam Experience you'll get to travel from the north to the south of this beyond brilliant country.

On this trip around Vietnam you'll get to grips with the backpacking ropes by exploring all of the very best Vietnam bits. Hanoi, Halong Bay and Ho Chi Minh are all on the agenda (yes Halong Bay is real, repeat - this is not a drill!) and you'll even get the time to volunteer, and then kick back on the beaches. Variety is the spice of Vietnam's life, big time.

**Want to know more about the trip?** [Check out past customer David and his vlogs around Vietnam.](#)

We couldn't be more in love with the place and we cannot wait to show you the Pho-pes

**Want to find out more about the Vietnam Experience?** Download detailed trip notes [HERE](#).

# Vietnam Experience

## Destination Info

After Nationalist insurgents forced the French out, Vietnam was split in two, to become North and South Vietnam. This arrangement did not last long, as one side struggled against the other leading to the outbreak of the Vietnam War with the USA.

The war was disastrous for the whole area, as the Americans also heavily bombed neighbouring Laos and Cambodia. After the USA withdrew, Vietnam was reunified as a one party state under communist rule. These days it's a peaceful and fast developing South East Asian country, full of hope for the future.

Despite its troubled past, Vietnam is a stunning country and has its share of beautiful and tranquil coastline. A French colonial possession from the mid-1800s until shortly after the end of WWII, it is not surprising that lots of the architecture has a French look, especially in the big cities.

## Itinerary



**Please note:** Due to TET Festival, the **6th February** Vietnam Experience will follow an alternative itinerary.

To view the itinerary for the **6th February** Vietnam Experience, please [CLICK HERE](#).

### Day 1: Arrive in Hanoi

Hey traveller, guess what.... YOU'RE IN VIETNAM! We can't wait to take you on this incredible adventure. You'll be met you at the airport on arrival, and before you know it you'll be checking in to your first guesthouse. Once in your room and unpacked, you'll have the chance to say 'Xin Chao' to our in-country coordinator. (They are simply wicked, you'll love them!)

Depending on your arrival time, You'll have a chance to explore locally, or if you're feeling a bit snoozy – rest up before getting to sample some traditional Vietnamese food in the evening. WELL keen.

### Day 2: Orientation and Hanoi City Tour

After you've filled up on breakfast, we'll go over everything the trip has to offer during our exclusive tour orientation, playfully nicknamed the 'Vietnam Survival Guide!' We'll go over the customs, culture and traditions of

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Vietnam, and even teach you a few Vietnamese words. This will be a perfect time to ask the in-country team any last minute questions that you may have, so store them up for this point, don't be shy.

Once we're up to speed with all things Vietnam, we'll head off on a 3 hour walking tour to visit the Old and French Quarter's. You'll get a proper taste of what life in Vietnam is like and we'll show you some of the best sites that Hanoi has to offer. You'll have plenty of opportunity to try many of the local dishes (be prepared, the food in Vietnam is magnificent – make sure you try the pho!), take some snaps and if you're lucky, your tour guide may even take you to a secret little rooftop coffee shop that overlooks the Red Lake. Done!

Late afternoon, we'll head back to the guesthouse to get our party pants on, then swoop up to the rooftop bar for a couple of beers and a BBQ. This is the perfect place to get to know everybody in the group, relax and chill before we head to the local Pub Street for a drink and a dance!



### Day 3: Sleep on Monkey Island

Today's a super exciting day, so get ready guys! After breakfast you'll be picked up from the hotel and transferred by coach for approximately 2.5 hours to a local boat pier. From here we'll take a speedboat in to the Jurassic-world-like arena of Halong Bay. We'll meet up with our boat in the bay and once boarded you can relax, kick your shoes off, let your hair down and swim, sunbathe, and more.

Tonight you'll be staying on Monkey Island – a private, gorgeous island located in Halong Bay, so enjoy the laid-back island life during the day and a few cocktails and a spot of karaoke in the evening.

### Day 4: Transfer back to Hanoi

After an unforgettable night on Monkey Island, it's time to head back to the city. The boat will return to Halong Bay at around 2pm and you'll be transferred back your guesthouse in Hanoi.

There aren't any plans for this evening, so feel free to go and enjoy to local nightlife or spend the evening catching up on sleep!

## Day 5: Transfer to Hue

After what will be an epic two days exploring and partying in Halong Bay, today you have a free day to chill-ax, so whether you want to kick back and relax, shop, explore more of Hanoi or just chill out with the group, it's completely up to you.

At 4:30pm we'll head over to the coach station, where we'll catch our superbly comfortable bus and head off to Hue. The transfer from Hanoi to Hue will take approximately 12 hours, so make sure you take a book, iPod (make sure the batteries are charged!) and anything else that will keep you entertained.



## Day 6: Arrive in Hue

We'll get into Hue around 7am, so you'll have a hearty breakfast before checking into your rooms and having a meeting to run through the next few days.

You'll learn about the local area, as you're taken on a walking tour of the city and local markets. Hue has a very slow, laid back way of life, which you'll see is a complete contrast from the hustle and bustle of Hanoi. The tour will be led by a local tour guide, so you'll learn heaps about why this city is incredible and was of the key strongpoints during the Vietnam War.

After the tour we'll grab some lunch and then head along Perfume River by boat for a tour of two of the city's most famous temples.

## Day 7-10: Give back to local communities

We'll spend 4 days, volunteering at one of the NGO's many local projects. There are a load of different activities that you could be involved with, depending on the current needs of the communities. The projects cover a wide range of support from classroom assistance, improving school environments through construction and development projects, such as making educational gardens. We'll also help out in the NGO's kitchen and with any general support that they require.

Each morning your group will be collected from the hotel and transferred to the project. Our project coordinators and guides will be with you at all times, so if you need any help with translating or you have questions about the projects, then just ask.

Day 10 will be your last day volunteering at the project, so we'll celebrate your hard work with a night out!



## Day 11: Transfer to Hoi An, Waterfalls and Elephant Springs

We'll depart Hue around 8am, jump in a minibus and head to Elephant Springs for some swimming before heading down to Lan Co Lagoon. After that we'll travel over Hai Van Pass, where you'll get the chance to stop off to take in the ridiculously good views on the way! We'll then travel further South, past Da Nang to the incredible Marble Mountain.

We will arrive into Hoi An around 5pm... just in time for Happy Hour! This evening will be free time for you to rest up or explore the local area.

## Day 12: Bike Tour and Crab Fishing

This morning, we'll put on our helmets and embark on a pretty epic bike ride through the quaint streets of Hoi An, out into the countryside where you'll pass through traditional rice fields. There will be a chance to stop along the way to try some locally made sugar palm juice.

After 90 minutes of cycling, you'll climb aboard a basket boat where you'll get to have a go at crab fishing out on the open water.

We'll then enjoy some local food, before heading back to the hostel for around 3pm.

## Day 13: Transfer to Mui Ne

Today will be free for you to catch up on some last minute shopping, use the hotel swimming pool or just relax before getting the night bus to Mui Ne, which leaves at 6pm.

The bus to Mui Ne takes approximately 19 hours, but believe us when we tell you that the destination is well worth

every minute! Each 'seat' is in fact a lie-flat bed, so you'll be able to catch up on some well-earned sleep!



## Day 14 - 17: Beach Time!

The bus will drop you off near the beach resort and you'll be split into groups of 2, 3 or 4. We'll show you around the resort and introduce you to your new homes! These are tents that are free to pitch wherever you like - don't panic, the tents are already built, you simply choose where they go! That's right, you'll be sleeping in tents, in a resort and can even choose to have your tent pitched under the shade, on the beach!

The resort supplies everything from mattresses, blankets, pillows to a safety box for all of your valuables.

The next four days are free for you to relax, swim or get involved with beach games. The resort can arrange a number of different activities from sand dune tours, to bar crawls, to fishing, plus a load more!

## Day 18: Ho Chi Minh City

After four beyond brilliant days of having a massive laugh on the beach, it's time to move onto your next destination, Ho Chi Minh City (Saigon). You'll be picked up around 8:00am and will have a 6 hour transfer to your next hostel, located in the heart of the buzzing Saigon backpacker area.

## Day 19: Saigon Tour

This morning, you'll be taken on a walking tour through the heart of Saigon (also known as Ho Chi Minh City). There will be plenty to see along the way, and your guide will be there with you to give you all of the information that you need.

In the afternoon, you'll have the option to visit the War Museum (*at an additional cost*) or relax and explore the local area.

## Day 20: Cu Chi Tunnels

Today you'll get to see Vietnam's famous Cu Chi Tunnels. Used by Viet Cong soldiers as hiding spots during the war, as well as being used as supply routes, hospitals, food and weapon caches and living quarters for a number of fighters, the tunnels are definitely a 'must see' on any trip to Vietnam!

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After you've learnt about the history of the tunnels and taken in the sights, it'll be time to head back to the hostel to get ready to hit Pub Street for one last group meal. This is our last night, so expect it to be a massive one! Wa-hay!

## Day 21: Time to say Goodbye

Sadly, today will be your last day so it's time to say your goodbyes (boo!). Your guides will be there to help you arrange your onwards travel plans, give you a massive hi-5 and to arrange your last-morning-group-photos.

## Accommodation

During your time in Hanoi, you'll be staying in an excellent hostel located in the stunning old town, just a few minutes' walk from everything that a tourist in Vietnam needs. You'll be staying in 4, 6 or 8 bed dorms and the hostel has free Wi-Fi and breakfast is included.

You'll sleep on Monkey Island located in Halong Bay, in beach bungalows that are twin or triple share with other members of your group.

Whilst volunteering in Hue, you will be staying in a centrally located hotel in either a twin or triple room. Breakfast is included.

For the rest of your time in Hue, you'll be staying in one of Vietnam's leading backpacker hostels in a great location in the heart of the main backpacking area. You'll be staying in 4, 6, 8 or 12 bedded dorm rooms and breakfast is included.

In Hoi An you'll stay in a centrally located hotel in twin, triple or quads rooms. Breakfast is included and the hotel has a swimming pool! - Oh yeah!

In Mui Ne you will be staying tents in a very friendly, laid-back but loadsa fun, beach resort. You'll be able to pitch your 2, 3 or 4 person tent wherever you like, even on the beach under the shade of a palm tree! Breakfast is included.

If camping isn't for you, you can choose to swap to one of the bungalows after your first night, for a small fee paid directly to the resort.

The hotel that you'll be staying at in Saigon is in the heart of the backpacker region. The dorms are modern, clean and comfortable and have free WiFi.

## Meals

Breakfast will be included everyday throughout your tour. 8 Lunches and 3 Dinners are also included.

## What's Included

- Arrival Airport Transfer
- All In-Country Transfers
- Breakfast each morning, 8 Lunches and 3 Dinners
- Local In-Country Team & 24 Hour Support
- Welcome BBQ at rooftop bar
- Overnight boat trip/island stay in Halong Bay
- Guided walking tour of stunning Hanoi & Tour of the crazy capital of Ho Chi Minh City
- 5 days volunteering with communities in Hue
- Beach-side camping on the stunning beaches of Mui Ne
- Bamboo boat trip through indigenous communities
- Visit the surreal tunnels at Cu Chi



## What's Not Included

- Flights
- Visas
- Travel Insurance
- Return Airport Transfer
- Meals that are not stated in the itinerary
- Spending Money



## Additional Information

### What is an 'Experience'?

Our experiences are a guided group tour that'll show you the best of what a country has to offer. You will have some free time, but a member of our awesome in-country team will be available 24/7 and they'll take you on a journey of a lifetime – we'll take in a mix of iconic locations and 'off the radar' secret spots so you get an all-round experience. All of our experiences include super cool cultural experiences (cooking lesson anyone?) and some include volunteer work so you can give back to a local community.

### Free Time

During this programme, there will be times that activities are not arranged in order for you to enjoy your current location as you wish. These times are yours to do as you please. The in-country co-ordinators will be able to advise you of the best things to do and see in each location and will be around 24/7 if you need any assistance.

### What to Pack

This is a list of suggestions, based on our travelling experiences. You may need additional items, or not need all that are listed.

## Personal Admin

- Photocopies of important papers such as passport, airline tickets and insurance documents

## General

- Day bag / rucksack (for excursions)
- Torch/head torch
- Mobile phone
- Camera and batteries
- Telephone charger with a two pin adaptor plug
- Playing cards for free time
- Diary - you will have so many amazing experiences to remember
- MP3 player and speakers (if you wish)
- Plastic bags
- Quick drying travel towel

## Clothing

- Walking shoes / trainers
- Flip Flops
- A hat to protect you from the sun
- Rain coat
- Clothes. Long sleeve shirts and trousers are great. Remember to bring beachwear for beach time.

## Medical Kit

- Small medical kit containing plasters, medicine for diarrhoea, head ache tablets, anti-histamine cream and any medication you will need
- Mosquito repellent
- Contraception including condoms
- Biological soap (to wash your clothes by hand)
- Antibacterial hand gel (does not need water to rinse off)
- Travel wash for clothes

## Minimum Age

Minimum age 18

## Minimum Numbers

This trip does have minimum numbers. Please speak to a member of team for more information.

## Flights

Your flight to Vietnam should arrive into Hanoi International Airport (also known as Noi Bai) on your programme start date. The airport code is HAN.

Your return flight should depart from Ho Chi Minh City (airport code SGN) on the programme finish date.

To book your flights, please contact your Travel Advisor who can look for a great flight quote for you.

It is important that once you have booked your flights you add these details to your Online account, or alternatively you can contact us with your departure date, the flight number and arrival time at your destination.

Please note: This programme requires a minimum number of participants to run. Please contact us to confirm whether the minimum numbers have been met for your start date, we recommend that you do not book your flights until we have confirmed these numbers and the programme will be running.

## Police Check

This trip requires a Police Check to be carried out - please contact us for further information on how to do this.

## Support & Advice

Your safety is paramount which is why all our programmes have been visited and assessments have been conducted to ensure any major risks have been minimised.

In addition, you will have access to a 24 hour emergency contact number so you can contact one of our UK staff at any time should you need to. In addition our overseas partners and coordinators are on hand in-country to assist you.

## Financial Security

We know that the last thing you want to worry about when you're planning your trip of a lifetime is whether your money is in safe hands. As a leading global gap year provider it's our job to make sure your finances are secure, so when you book with us you can be confident that we do just that.

Real Gap Experience and Real Travel are part of TUI Travel Plc, one of the largest travel organisations in the world, and these days in the travel industry, large means secure.

Beware: Don't book with an organisation that has no financial protection for their clients. Not only are they breaking the law, you could lose all your money or be stranded overseas.

Our ATOL licence (6527), offers complete financial protection for any flight inclusive trips. To acquire an ATOL licence we have to undergo a very rigorous inspection from the Civil Aviation Authority, so you know that we tick all of the boxes. The ATOL license means that no matter what happens to us, your money will either be returned or if you've already left, your trip will be guaranteed.

We are also a Member of ABTA which means you have the benefit of ABTA's assistance and Code of Conduct. Many of the travel arrangements that we sell are protected in case of the financial failure of the travel company. If you have any questions about the financial protection that applies to your booking then please ask our team and they'll be happy to help.

## Insurance

Whether you're traveling for two weeks or two years, trekking the Amazon in Ecuador or on safari in Africa, insurance is an essential part of your adventure and will help you enjoy your travels, secure in the knowledge that you have the protection you need. In fact, everyone traveling with us must have adequate cover before their trip

begins.

Of course you are free to buy insurance from any provider, however at Real Gap Experience, we have partnered with World Nomads to offer policies that have been specifically designed to meet the needs of global travel. If you think you're already covered by an existing policy, such as those offered by credit card providers, check the policy wording very carefully to ensure it covers you for your Real Gap Experience.

For more information on travel insurance please contact us to speak to one of our travel advisors.

## Money Matters

The official currency is the Vietnam Dong (VND). Coins come in denominations of 200, 500, 1000, 2000 and 5000 Dong. Banknotes in the following values: VND 20,000, 10,000, 500,000, 50,000, 100,000 and 200,000, which exist both in the new polymer form and the old normal paper notes, these should be accepted by most businesses.

Credit cards and the US dollar are accepted in most major cities and tourist centres, though smaller businesses will usually only accept VND in cash. ATMs are only accessible in cities (you are unlikely to find ATMs in rural areas) but only give VND at around a 3% transactional fee.

Meal, Inexpensive Restaurant 3.96 \$  
Domestic Beer (0.5 litre draught) 0.97 \$  
Coke/Pepsi (0.33 litre bottle) 0.41 \$  
Water (0.33 litre bottle) 0.31 \$

(Prices quoted in US Dollar)

## Passports and Visas

You should ensure that you have a full passport that is valid for 6 months beyond the intended length of stay. It is your responsibility to have the correct personal documents and to obtain your own visa, if one is necessary, in accordance with the regulations of the country you are to visit. The information provided below is to help you with that process. We are not responsible for the actions of local immigration and customs officials, whether at points of entry or otherwise, and any subsequent effects.

Most visitors to Vietnam will need a visa with the exception of nationals of Denmark, Finland and Sweden who do not require a visa for stays of less than 15 days. The most common visa is the Tourist Visa, which can be purchased for stays of up to 30 days or 3 months and is available for both single and multiple entries.

More information please contact your nearest Vietnamese embassy.

## Cultural Considerations

You will find most Vietnamese people to be very polite and sensitive, with a casual and friendly manner. They tend to be very close to their families. The Vietnamese tend to be very traditional and conservative in their way of life,

and as you are stepping into their land it is appropriate to behave in a respectful way towards them.

## Clothing

A note to girls, regarding clothes: You will be staying in area where it can be considered impolite to wear the incorrect clothing. Whilst in Hanoi you can pretty much wear what you like within reason. However when travelling around you should wear long trousers or skirts. T-shirts should cover your shoulders and not be too fitted. Vest tops are inappropriate. Wearing appropriate clothing also applies to men, it is best to dress conservatively when unsure.

Flip-flops are the easiest and coolest footwear to take with you. Whenever you enter houses, temples or home stays you will need to remove your shoes and leave them at the door. This will soon become habit and you won't even realise you are doing it. Remember to take some trainers with you as well for the outdoor activities.

If you are taking part on the teaching option of this project please note that clothes need to cover your shoulders, mid-drift and back. So make sure your tops are quite long.

## Smoking, Alcohol

Smoking and drinking is acceptable in Vietnam and readily available. However, please respect other people. Smoking is not permissible in volunteer apartments or the host families' homes. Drinking is only permissible in moderation and must not impact upon any volunteer work you undertake. While we want you to have fun in your free time, antisocial behaviour will not be tolerated.

## Bathroom Facilities

You will experience a range of different shower and toilet facilities. Unless you are staying in a hotel you will rarely have hot water. The cool water takes a little getting used to but I'm sure you'll find it refreshing after a hot and humid day. Toilets will be a combination of western and Asian. Remember to put all toilet tissue in the bin provided and not in the toilet.

Whilst on excursions you will notice that many places do not have a western toilet and will have a typical Asian toilet; again this is all part of the Vietnamese culture. Also, many places do not have soap in the bathrooms. It is a good idea to take a small bottle of soap gel and keep it in your day bag. This is an antibacterial gel that you don't need to rinse off. These are available in chemists in the travel section.

## Vaccinations & Health

Travel health can often be something people forget about before going away, but a little preparation and knowledge can go a long way to help you stay fit and healthy while abroad. The risks to your health whilst travelling will vary depending on your general health and the type of activities you are going to be partaking in and the length of your stay.

Since we are not medically qualified, it is recommended that you consult with your General Practitioner or

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a recognised Travel Medical Advisory Service who will assess your particular health risks before recommending vaccines and/or anti-malarial tablets and advising you on what precautions you should take.

A useful website to visit in the first instance is <http://www.fitfortravel.scot.nhs.uk>

## Zika Virus

Zika virus is transmitted by Aedes mosquitoes and whilst the infection often occurs without symptoms it can cause an illness similar to dengue fever. There has recently been reported a possible link between exposure to Zika virus (ZIKV) in pregnancy and microcephaly and other congenital malformations and investigations are ongoing. We recommend you visit the [FCO website](#) and select your destination country for the latest travel advice prior to booking.

If you are already pregnant it is recommended you seek medical advice from your GP as [The National Travel Health Network and Centre \(NaTHNaC\)](#) advises you should consider avoiding travel to areas where ZIKV outbreaks are currently reported.

## Safety

As in most countries, there are people in Vietnam who like to take advantage of tourists. So please take the following advice to help keep you safe:

- Always keep your personal items such as passport, money and camera with you or in a safe place. You can buy mini padlocks to prevent people from going into your daypack without your permission.
- Always walk around in groups
- Never go out alone after dark
- Stick with the escorted trips. If you do go out in the evening unescorted, you do so at your own risk. Please tell the co-ordinators where you are going and what time you will be back.

This information is not intended to scare you. Unfortunately bad things can happen like they do in this country and we want you to be prepared. At the end of the day, we want you to stay safe and have a good time.

The majority of the locals are friendly, warm and hospitable people who love meeting foreign travellers. So please be friendly, respectable and stay aware and you will have a great time.

We advise that you check your government's advice before travelling abroad. For UK, American and Australian customers please see the relevant links below;

UK: [www.fco.gov.uk](http://www.fco.gov.uk)

USA: [www.travel.state.gov](http://www.travel.state.gov)

Australia: [www.smartraveller.gov.au](http://www.smartraveller.gov.au)

## ATM Theft

It is very likely that you will need to withdraw cash at some point during your travels. Please be cautious when

withdrawing money from an ATM and ensure that you are vigilant of other people near the ATM, especially those that offer unsolicited assistance if your card is detained. It has been recognised that individuals are operating unlawful withdrawals by placing 'traps' in ATMs whereby personal bank cards are being detained, causing the victim to believe their card transaction has not been completed, and leaving their bank card in the ATM which is then later retrieved by the thief.

If your card is confiscated or you are concerned that your card has been tampered with, please report immediately to the bank or cancel your card.

## Traffic

Traffic in Vietnam is very chaotic! Be very careful with the road traffic, even after a few days and be careful not to be too confident. Traffic moves on the right, although drivers frequently cross to the left to pass or turn and motorcycles and bicycles often travel (illegally) against the flow of traffic. Horns are used constantly often for no apparent reason and sudden stops by motorcycles and bicycles make driving a particular hazard.

## Language Guide

Here are some useful words and phrases. We also suggest you obtain a Lonely Planet or language guide for the destination(s) you are travelling to.

Hello - *Xin chao*

Thank you - *Cam on*

Sorry - *Xin loi*

Yes - *Vang*

No - *Khong*

I - *Toi*

You - *Anh (male)/ Chi (female)*

Good - *tot*

Bad - *Khong tot*

How much - *Bao nhieu*

Too expensive - *Mac qua*

## Food & Drink

Vietnamese food takes influence from China, India, Thailand and France but also has a very distinct cuisine of its own. Food tends to be light and subtle but with a good amount of flavour thanks to the fact that herbs and seasoning are favoured over sauces. Rice is the staple of the cuisine, though noodles are a tasty alternative, which will accompany meat or fish dishes or a vegetable dish. Fish in general is very popular, probably due to the extremely long coastline.

Fresh seasonings are favoured and food tends to not be too spicy, though you can use the accompanying chillies to spice it up if you wish and the use of coconut milk makes food extra rich! The most popular and infamous seasoning is nuoc mam, a sauce made from fermenting fish in salt for a long time, whereas the most famous dish are spring rolls, which tend to differ slightly in the North and the South of the country. Cities tend to have better food than remote locations and western tastes are also well catered for, especially in Hanoi and Ho Chi Minh.

## Public Holidays

When planning your trip, you should be aware of the major national holidays celebrated throughout the country. However, although businesses and government offices are closed on public holidays, tourist attractions and shops are almost never closed. The main impact on the tourist of these holidays is the increased competition for travel and accommodation from Vietnamese who use long weekends to get away from the big city.

To view a list of the public holidays for Vietnam, please see the link below:

[www.worldtravelguide.net/vietnam/public-holidays](http://www.worldtravelguide.net/vietnam/public-holidays)

## Weather

Vietnam's climate is varied as the country itself, ranging from tropical heat in the Mekong Delta to chilly, and sometimes snowy, winters in the northern hills. Year round temperatures average at about 25°C, soaring to a balmy 40°C in the south during the dry season. The biggest thing to watch out for are the monsoons, the winter monsoon hits between October and March and gives the north a few months of wet weather. The summer monsoon usually comes in April or May and stays until October, bringing heat and humidity to all areas not sheltered by mountains. This makes the months of April, May or October the best to travel.

## Time

Vietnam is 7 hours ahead of GMT.

## Electricity

Electricity in Vietnam is generally 220 Volts and frequency 50 Hertz, though outlets with 127 Volts can still be found in some areas. You will need to either bring devices that accept 220 Volts at 50 Hertz or you will need an adapter. Outlets in Vietnam generally accept 3 types of plug:



Flat blade plug

or



Two round pins

or



Two parallel flat pins with ground pin



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## Trip Note Disclaimer

The information contained in this trip note has been compiled with great care and is provided in good faith. Any itinerary featured is correct at time of release. However, our itineraries may change as make improvements that result from travellers' comments, our own research or from time to time as a result of Foreign and Commonwealth Travel Advice.

You can rest assured that it is always our goal to provide you with the most rewarding trip and experience ever!

## Volunteer numbers

Please note: You may be the only volunteer at your chosen project at any one time. If you have any questions about this, please feel free to contact us.

## Our Details

If you have any questions about this trip please do not hesitate to contact us and we'll be happy to answer them.

**Phone:** 1-800-985-4852

**Email:** [info@realgap.com](mailto:info@realgap.com)

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**Web:** [www.realgap.com](http://www.realgap.com)