

VIETNAM – Yesterday & Today

October 16 - 27, 2008

Optional Extension to Angkor Wat: October 27 - 30, 2008

An escorted tour of natural discovery and culture to Vietnam. Experience a country still unspoiled and tolerant, a country quite unique in the world. Vietnam is a country on the rise but a country that is also finding its way back to its ancient roots and family oriented lifestyle. While Vietnam is often associated with hardship and war, most travelers today find it a serene and peaceful place to visit. Meet the cultured, attractive, and hospitable people of Vietnam in a variety of settings. Experience the entrepreneurial spirit of the Vietnamese in the markets of fast-moving Ho Chi Minh. City and the spirit of the past in the tranquil Temple of Literature in Hanoi. View the diverse architectural styles, a legacy of a long history of foreign invasions, in these two cities and also in Hue and Hoi An where you will also travel through highland plateaus and narrow coastal plains and view stunning limestone scenery, especially on Halong Bay.



**OSher Lifelong Learning Institute
at The University of Iowa**

University of Iowa Center on Aging

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www.TraveLearn.com/iowaolli

Escorted by Dr. Larry Foster:

Dr. Lawrence (Larry) Foster, Emeritus Professor of Geography and former Dean of the Graduate Division of San Francisco State University, will be your tour escort for this program to Vietnam. For over thirty years, Dr. Foster has served as tour leader and program lecturer for over fifty travel learning programs, including multiple trips to Southeast Asia, that included most of the countries of the Vietnam Region, and included adult learners from all over the country. He recently gave a series of presentations on East and Southeast Asia to members of the CSU-East Bay OLLI.

Experience and learn not only about Vietnam's ancient traditions and culture, but also gain insights into the contemporary local customs and the current social, economic and political situation of Today's Vietnam.

UNESCO World Heritage Sites: Complex of Hué, Monuments Ha Long Bay, Hoi An Ancient Town

Sample Lectures: A specially arranged lecture, "The History and Culture of Vietnam", by a renown scholar of Vietnamese History and Literature, The French Impact on Indo-China, Cao Dai -Viet Nam's "Perfect" Religion, Ho Chi Minh - Vietnam's George Washington, The American War.

People to People Experiences: Meet the Vietnam people through a specially arranged school visit and also at a special dinner in a traditional aristocratic home that is a reflection of the Vietnamese sensibility of living space. Experience the sights, smells, and action of the Hoi Han Market as you interact with local vendors when purchasing ingredients for a cooking class at the Red Bridge Restaurant and Cooking School. Also meet the people while visiting Handicraft Centers in Hanoi and Villages in the Mekong Delta.

**Day 1 – October 16th - Thursday
USA/INTERNATIONAL DATE LINE**

Depart on regularly scheduled flight from USA to Vietnam.

Day 2 – October 17th - Friday
INTERNATIONAL DATE LINE

Cross International Date Line.

Day 3 – October 18th - Saturday (D)
HANOI

Arrival in Hanoi, Vietnam's fascinating capital city of lakes, shaded boulevards, and public parks stretching along the banks of the Red River. Check into your hotel. Visit the Home and Mausoleum of Ho Chi Minh, the founding father of modern Vietnam. Take an afternoon walking tour of the lively Old Quarter, a fascinating area of narrow alleys and shop houses, also called "36 streets" most of which are named after the crafts or merchandise traditionally sold there. Also view scenic Hoan Kiem Lake, containing an islet with the tiny Tortoise Pagoda, topped with a red star and the Ngoc Son Pagoda on its northern shores. Following dinner at a local restaurant, enjoy a performance of the world-famous Water Puppet Theatre, a traditional art form that originated in Vietnam over 1,000 years ago. Watch Doll-sized puppets, operated by invisible strings, ride in boats, catch fish, and chase ducks across a pool of water.

Sofitel Plaza Hanoi

Day 4 – October 19th - Sunday (B, L)
HANOI

Hear a specially arranged lecture, "The History and Culture of Vietnam", by a renowned scholar of Vietnamese History and Literature and visit the Museum of Ethnology to learn about the astonishing ethnic diversity in Vietnam reflected in the art and artifacts from the 54 different ethnic groups that inhabit the country. Also visit the Temple of Literature, a compound of temples, pavilions, and courtyards which is not only a place of worship but also an expression of the Vietnamese esteem for education and literature in general and Confucianism in particular. After lunch tour different villages surrounding Hanoi that specialize in certain handicrafts including Bat Trang, a pottery village that has been in production for 500 years (known for its blue-and-white bowls and incense pots in dragon and peony motifs); Dong Ho, a center for traditional painting; and Dong Cao, which manufactures Rhamnoneuron paper.

Sofitel Plaza Hanoi Hotel

Day 5 – October 20th - Monday (B, L)
HANOI / HALONG

Travel by motor coach through the countryside dotted with rice paddies to one of the most scenic areas in the world - Halong Bay, the Emerald Bay of Vietnam, and a UNESCO World Heritage Site. This vast bay, which was the inspiration for

generations of Vietnamese poets, is filled with more than 3,000 limestone "peaks" or karsts that jut from the deep blue water as far as the eye can see. Board a comfortable traditional Vietnamese boat ("junk") with air conditioned cabins, private bath, hand-crafted wooden interiors and view this overwhelming seascape and the daily life of Vietnamese fishermen and their families from the large sun deck area on the boat. Lunch on board the boat and continue to explore the many caves and islets and glide by the floating villages of the fishermen and pearl farmers who live on the bay. Dinner and overnight aboard your boat.
Bai Tho Junk Boat BLD

Day 6 – October 21st - Tuesday (B, L)
HALONG / DANANG / HOI AN

After breakfast aboard your boat, continue your cruise around the waters of the various bays, visiting Man's Head Island, Tortoise Island, and Lion Cave. After lunch, travel to Hanoi Airport for your flight to Danang. Travel by motor coach south past the Marble Mountains and small villages to Hoi An a picturesque riverside town and UNESCO World Heritage Site. Known as Faifo to early western traders, it was one of South East Asia's major international ports from the 17th to the 19th century
Life Heritage Resort

Day 7 – October 22nd - Wednesday (B, L)
HOI AN

Enjoy an early morning coffee at the Hai Scout Café and then proceed to Hoi An Market to purchase ingredients for cooking, chatting with the local vendors and experiencing the sights, smells, and action in this colorful market. After visiting the market you will enjoy a leisurely twenty-minute boat cruise up the Perfume River to reach the Red Bridge Restaurant and Cooking School, where you will see a demonstration of fruit and vegetable carving and also help prepare five traditional dishes to enjoy for lunch. As this beautifully preserved historic city is best seen on foot, your afternoon walking tour will include the Tran Family Chapel built more than 200 years ago, Quan Thang House, one of the town's oldest homes, Phung Hung House, where one family has resided for more than eight generations and much more.
Life Heritage Resort

Day 8 – October 23rd - Thursday (B)
HOI AN / HUE

Journey by motor coach along Highway 1 past Danang and Lang Co, a pretty, island-like stretch of palm-shaded sand with a crystal-clear lagoon on one side and many miles of beachfront facing the South China Sea. Take the Hai Van Pass over a spur of the Truong Son Mountain

Range that juts into the South China Sea. This incredible mountainous stretch of highway provides spectacular views. Arrive in Hue, which was established in the 17th century and served as the capital of Vietnam for more than 140 years. Visit the Old Imperial City, which was built in the early 19th century and modeled, in part, on the Forbidden City in Beijing. Within its walls you can view numerous palaces and temples as well as a library and museum.
Saigon Morin Hotel

**Day 9 – October 24th - Friday (B, D)
HUE**

Take a boat excursion on the Perfume River to visit the Thien Mu Pagoda, with its gardens scented with orchids, frangipani, and jackfruit and alive with the flutter of white and crimson butterflies on the bank of the Perfume River just outside of Hue. This was focal point of the Buddhist opposition to the Diem regime in the early Sixties. Behind the main sanctuary of the pagoda is the Austin motorcar which transported the Monk Thich Quang Duc to the site of his 1963 self-immolation. Continue on by boat and take a tour of the Tomb of Emperor Minh Mang. Built in 1840 by King Minh Mang it is considered to be the most beautiful of Hue's many pagodas and tombs. Visit Y Thao Garden House, one of the traditional aristocratic homes that were a reflection of the Vietnamese sensibility of living space. Enjoy the creative gardens, fine ceramics and art collection and have a specially arranged dinner with a local family.
Saigon Morin Hotel

**Day 10 – October 25th - Saturday (B, L)
HUE / HO CHI MINH CITY
(formerly SAIGON)**

Transfer to the airport for your morning flight to Ho Chi Minh City, which has once again become the effervescent economic center of Vietnam. This former "Paris of the East" with its street markets, sidewalk cafes and sleek new bars is hectic and busy, but it also reflects 300 years of timeless traditions and the beauty of an ancient culture. Visits to Notre Dame Cathedral, Reunification Palace, called Independence Palace before the fall of Saigon in 1975, Opera House, City Hall, and the Central Post Office will showcase the many architectural, ochre facades with filigree gates in the Parisian style, and the historic highlights of this fascinating and vibrant city. Also visit Ben Thanh Market, one of the city's liveliest indoor markets, and the War Remnants Museum which memorializes the nation's struggles against the French and Americans. Late afternoon visit to a local elementary school. An evening walk with

illuminated lanterns and oil-lamps along the streets will take you back the Indochina of your dreams. As Ho Chi Minh City has some of Vietnam's best restaurants and cafes, enjoy dinner on your own or with other members of your group this evening
Sofitel Plaza Saigon

**Day 11 – October 26th - Sunday (B, D)
HO CHI MINH CITY**

After breakfast depart for your boat cruise of the Mekong Delta, the country's premier rice basket. Explore the narrow, mud brown waterways and fertile islands with fruit orchards and cottage industry manufacturers of honey-flavored sweets. Also witness rice barges, ferries, and sampans as they ply their way on this timeless river. Return to Ho Chi Minh City for a specially arranged Farewell Dinner.
Sofitel Plaza Saigon

**Day 12 – October 27th - Monday (B)
HO CHI MINH CITY / USA**

OR ANGKOR WAT OPTIONAL EXTENSION
Visit the War Remnants Museum, one of Vietnams most popular museums for western visitors which memorializes the nation's struggle against the French and Americans. Spend the remainder of the morning and early afternoon in Cholon (Big Market) or Chinatown, the commercial heart of the city. Visit Binh Tay, another of the city's lively markets, and also tour Thien Hau, Nghia An Hoi, and Tam Son Hoi Quan Pagodas. Late afternoon transfer for your flight to USA or Angkor Wat.

B - Breakfast

L - Lunch

D - Dinner

Drinks are not included.

PROGRAM PRICE

\$1,895 per person double occupancy Land Only
(does not include international airfare, giving you the flexibility to use your frequent flyer miles or search the internet for the best airfares available)

\$695 single-room supplement

OPTIONAL EXTENSION ANGKOR WAT

Day 12 – October 27th - Monday (B)

Ho Chi Minh City / Siem Reap, Cambodia

Spend the morning and early afternoon in Cholon (Big Market) or Chinatown, the commercial heart of the city. Visit Binh Tay, another of the city's lively markets, and also tour Thien Hau, Nghia An Hoi, and Tam Son Hoi Quan Pagodas. Late afternoon transfer for your flight to Siem Reap in northwest Cambodia and gateway to Angkor Wat, a UNESCO World Heritage Site and one of the most magnificent wonders of the world. Transfer and overnight at Victoria Angkor Resort and Spa.

Day 13 – October 28th - Tuesday (B)

Angkor Wat and Angkor Thom

Visit Angkor the sophisticated complex led by a succession of kings who held sway over the Khmer people and hundreds of square miles of land studded with beautiful art created for the glory of the gods. Angkor Wat is the jewel of the Angkor complex. Set among green forests and rice paddies, it is the largest, best preserved, and most religiously significant of the Angkor temples. Approach the temple by crossing a vast moat, continuing along a broad causeway with Balustrades carved in the form of nagas or serpents on both sides of the avenue. On the way to the central sanctuary enjoy the intricate stone carvings of hundreds of sensual asparas or celestial dancing girls that adorn nearly every surface. Along the outer gallery walls run the longest continuous bas-relief in the world, which narrates stories from Hindu mythology including the famous, "Churning of the Ocean of Milk." You will have the opportunity to watch the play of light on this magnificent temple at sunrise and sunset. Afternoon visit to the fortified city of Angkor Thom which includes many of Angkor's most popular sites, including the Terrace of Elephants, Terrace of the Leper Kings, the Royal Enclosure, and Phimeakas. Finally, visit the mysterious Bayon Temple, one of the city's most extraordinary structures. The symbolic temple-mountain features 54 towers bearing more than giant stone faces smiling enigmatically down at you from every angle. Dinner, stroll the lively streets of Siem Reap.

Victoria Angkor Resort and Spa.

Day 14 – October 29th - Wednesday (B)

Ta Prohm and Chau Say Tevoda

Visit Ta Prohm one of the most mysterious of all the temple structures at Angkor, as much of the jungle has not been cleared and it looks very

much as most of the Angkor monuments would have appeared when European explorers first stumbled across them. Ta Prohm which means Ancestor of Brahma was originally a Buddhist monastery. View Chau Say Tevoda a shaded small temple, within the Angkor complex, dedicated to Shiva and displaying scenes from the Ramayana. Afternoon visit to Les Chantiers Ecoles (Atisans d'Angkor). This vocational center trains 650 apprentices a year including 160 in fine arts and crafts trades united in the "Artisan d'Angkor production network. A guided tour through the different workshops in stone sculpture, woodcarving, polychrome, will enable you to watch these artisans at work. Also visit a local art school. Dinner and overnight in Siem Reap

Victoria Angkor Resort and Spa

Day 15 – October 30th - Thursday (B)

Siem Reap, Cambodia/USA

After breakfast transfer to airport for return flight to USA

OPTIONAL EXTENSION ANGKOR WAT PROGRAM PRICE

\$675 per person double occupancy

\$275 single-room supplement

Visas are required for all U.S. citizens. Visa Information will be mailed upon registration.

PROGRAM FEATURES

- *All air and land transfers in Vietnam with assistance.
- *Airport departure taxes throughout the programs are not included.
- *All specially arranged lecture/seminars and field experiences as indicated in the itinerary.
- *Deluxe and first-class accommodations throughout the program as indicated in the itinerary.
- *Meals as listed in the itinerary.
- *All professional English-speaking guides are personally selected for you from firsthand experience by our Vietnam coordinator.

TERMS AND CONDITIONS

RESERVATIONS & DEPOSITS

Early reservations are essential. A deposit of \$500.00 per person is required at the time of registration. Balance is due 60 days prior to departure with an additional deposit due 90 days prior to departure. All pricing is in \$US dollars.

SINGLE TRAVELERS

Accommodations are based on double occupancy. Single accommodations are sometimes difficult to obtain but should a request be made, TraveLearn, Inc. will do its best to secure these accommodations.

AIR FARE / FLIGHT ITINERARY

We can assist you with getting airfare. There is a \$50 per person air ticket fee for this service. Tickets are express mailed to you with your final documents approximately two weeks prior to your departure.

BAGGAGE

Airline baggage restrictions vary greatly from airline to airline. The most common, on regularly scheduled flights to and from the U.S. is two checked piece, the total dimensions (Width+Height+Length) of which do not exceed 107 inches provided neither piece exceeds 62 inches. One unchecked piece of carry-on luggage, the total dimensions of which do not exceed 45 inches. Please note that some destinations have not approved the piece count rules, and the international weight rule of a maximum of 44 lbs. still applies.

ELIGIBILITY / HEALTH

Information on health requirements for this program will be mailed to you upon registration. We recommend that all travelers check with their personal physician about medications and inoculations. Any physical condition requiring special attention, diet, or treatment must be reported in writing when the reservation is made. By forwarding a signed registration form and trip deposit, you certify that you do not knowingly have any physical or other conditions of disability that would create a risk for you or other trip participants. We assume no responsibility for medical care or for special dietary requirements. Hospital facilities for serious problems are often unavailable and evacuation can be prolonged, difficult, and expensive. A parent or guardian for the entire journey must accompany individuals under the age of 18. There is no maximum age limit, but all participants must be in good health and physically fit. The Educational Institution and TraveLearn, Inc. reserves the right to decline to accept any person as a member of a program or to require any participant to withdraw from a program at any time when such action is determined to be in the best interests of the health, safety, and general welfare of the group or individual.

NOT INCLUDED IN TOUR COST

Cost of obtaining passport or visa; expenses on the U.S. mainland; personal expenses such as beverages; laundry; phone calls; faxes; cables; travel insurance; excess baggage fees; items not on regular menus; expenses of guides, buses, or cars for sightseeing not included in the itinerary; gratuities to guides; airport taxes and other items not mentioned as being included. Transfers to / from the airport unless schedule is sent to TraveLearn.

CANCELLATION / INSURANCE

TraveLearn, Inc. is required to make various deposits to reserve accommodations, transportation arrangements, tickets, etc. in organizing these Learning Vacations. Therefore, if you must withdraw from the program, irrespective of reason after your date of registration you will forfeit whatever portion of the deposits that cannot be retrieved from various airlines and land operators plus a \$100 cancellation penalty per person. The expected cancellation penalties are as follow: From the date of registration to 90 days prior to departure - \$100; 89 to 60 days prior - 30% of total program price; 59 to 30 days prior - 60% of price; less than 29 days prior to departure - refund, if any, will be only the amount recovered by TraveLearn, Inc. Cancellation penalties vary with different types of airfares. No refund will be made for unused portions of the trip and all cancellation/ withdrawal notifications MUST be received in writing. The date the WRITTEN cancellation is received by TraveLearn, Inc. will determine the cancellation date. If final payments are not made by the designated date it will be assumed that the participant has

withdrawn from the travel program and cancellation fees will be charged accordingly. Cost increases may occur unexpectedly. Rates are based on group tariffs; if the trip does not have sufficient registration, a small party supplement may have to be charged. The Educational Institution and TraveLearn, Inc. may be compelled to amend prices, and we reserve the right to do so without prior notice. An increase in trip prices shall not be sufficient grounds for any refund of funds paid for the trip other than our normal cancellation policy terms. Trip cancellation insurance is strongly recommended. Insurance is a personal matter, the Educational Institution and TraveLearn, Inc. encourages each participant to consider the purchase of trip cancellation, baggage, and all other forms of travel insurance to provide the level of protection deemed necessary. TraveLearn, Inc will provide information on insurance options for this program after the receipt of your registration. The right is reserved to cancel any trip prior to departure, in which case full refund of the paid trip funds to the Educational Institution and TraveLearn, Inc. will be given, but the Educational Institution and TraveLearn, Inc. are not responsible for any other trip preparation expenses, such as penalized or non-refundable air tickets, insurance fees, visa fees, and medical expenses.

DOCUMENTS / RESPONSIBILITY

Most destinations require a current passport, which has at least 6 months validity left from your intended return date. It is the responsibility of the passenger to ensure that he is in possession of a valid passport and travel documents, visas, and health certificates as required by countries visited. Any delays or cancellations created by clients doing their own visa processing is the sole responsibility of the client. Final documents will be express mailed to you approximately two weeks prior to your departure. Services in connection with this itinerary are rendered by suppliers acting as independent contractors and not as agents or employees of the Educational Institution and TraveLearn, Inc. TraveLearn, Inc., its Owners, Outfitters, Agents, and Employees give notice that they act only as the agent for the owners, contractors, and suppliers providing means of transportation and/or all other related travel services and assume no responsibility whatsoever caused by injury, loss or damage to person or property in connection with any service resulting directly from: acts of God, detention, annoyance, delays, expenses arising from quarantine, strikes, thefts, pillage, force majeure, failure of any means of conveyance to arrive or depart as scheduled, civil disturbances, terrorism, government restrictions or regulations, and discrepancies or changes in transit or hotel services over which it has no control. Costs for each Learning Vacation were based on air fares and international exchange rates as of June 2007. The Educational Institution and TraveLearn, Inc. has tried to prevent any additional charges and they do not anticipate that any increase will need to be made on the ground portion of these programs. The Educational Institution and TraveLearn, Inc. reserves the right to make changes or substitutions in the dates, itinerary, speakers/lecturers, or costs as it becomes necessary or desirable without liability to itself or its co-sponsoring or affiliated associations and organizations or their agents. In the event of the tour being cancelled by the operator, we shall have no responsibility other than the refund of all deposits and monies paid to him by tour participants. No refund will be made for the unused portion of the tour unless arrangements are made in sufficient time to avoid penalties. All cooperating airlines and steamship companies are not to be held responsible for any act, omission, or event during the time passengers are on board; the limit of their liability is that of a common carrier and the passage contract in use by such carriers, when issued, shall constitute the sole contract between companies and the purchaser of this tour and/or passenger. Acceptance of the services of TraveLearn, Inc. by institutions and/or travelers constitutes acceptance by them of all of the above noted terms and conditions. The aforementioned conditions apply equally to the institutions cosponsoring this tour that assume no responsibility for any loss, injury, or damage to participants or their property in connection with any aspect of this tour.

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Learning Vacation



VIETNAM – Yesterday & Today October 16 - 27, 2008

TO REGISTER: Please mail this completed registration form with your **\$500 per person** deposit check made payable to **TraveLearn Escrow Account** to:

**Osher Lifelong Learning Institute at Iowa
University of Iowa Center on Aging
2159 Westlawn
Iowa City, IA 52242**

For those who wish to pay by credit card please provide the information requested below:

_____ MasterCard _____ VISA _____ Discover Card _____ AMEX

Full Name of Card Holder _____

Credit Card # _____ Exp. Date: _____

Signature _____ Digits on back of card _____

An additional deposit will be due **90 days prior** to departure. Full payment must be made **60 days prior** to departure. Enrollments received after this date must be accompanied by full payment.

ENCLOSED IS MY (OUR) PAYMENT TO RESERVE _____ SPACE(S) FOR THIS PROGRAM:

(Dr/Mr/Mrs/Ms) _____ Birth date ____/____/____ Gender: M / F
NAME (Participant #1) month / day / year

STREET ADDRESS CITY STATE ZIPCODE

(____) _____ (____) _____ (____) _____

WORK PHONE HOME PHONE FAX E-MAIL ADDRESS

NAME AS IT APPEARS ON YOUR PASSPORT OCCUPATION

(Dr/Mr/Mrs/Ms) _____ Birth date ____/____/____ Gender: M / F
NAME (Participant #2) month / day / year

STREET ADDRESS CITY STATE ZIPCODE

(____) _____ (____) _____ (____) _____

WORK PHONE HOME PHONE FAX E-MAIL ADDRESS

NAME AS IT APPEARS ON YOUR PASSPORT OCCUPATION

PLEASE CHECK OR FILL IN ALL THAT APPLY:

_____ I/We would like to take the Optional Extension to Angkor Wat, Cambodia
I will share a double room with _____

_____ I would like TraveLearn to find me a roommate (Smoking / Non-smoking).

_____ I am requesting a single room supplement.

_____ I/We would like TraveLearn to assist with my air arrangements.

_____ I/We plan to make our own air arrangements (Land Only Price).

AGREEMENT OF UNDERSTANDING: I have examined the conditions under which enrollment is completed, along with program descriptions, costs, terms and conditions, and find them acceptable.

SIGNATURE: _____ DATE: _____