



# Medical Volunteer Placement in Ho Chi Minh Vietnam

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## Project overview



### What's included:

- 24/7 support in case of emergencies

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- Accommodation
- Airport Pick up
- English speaking coordinator
- Meals
- Orientation

## What's not included:

- Airport drop off
- Flights
- Travel insurance
- Vaccination
- Visa

## Project itinerary

Get your scrubs on for this rare opportunity to shadow local medical professionals and gain insight into the Vietnamese healthcare system! Your times as a Medical Volunteer Placement in Ho Chi Minh Vietnam will look like this ...

## Mandatory Orientation Day

On the Monday of your first week of your medical volunteer placement in Vietnam, you will join our orientation day, to familiarise yourself with the surroundings as well as local culture. Your program will continue as usual from Tuesday onward throughout the rest of the week.

## Orientation Day Schedule

- Introduction meeting, House rules, Setting Expectations, Health and Safety Advice and handling of documents.
- Vietnamese Do's and Don'ts, Vietnamese Culture Lessons and Vietnamese Language Lessons.
- Tour around the compound and local area; where to find local shops, and arrange a sim-card if necessary.
- Lunch
- Activities with local students and more



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## Monday

During your first week on the project, you will take part in an introductory session where you will meet the staff at the hospital and be shown around the facilities. Procedures and equipment used will be fully explained to you and you will meet the fully qualified, English-speaking doctor that you will be shadowing while you stay. Staff at the hospital will discuss your medical background and decide with you the role that you will take on.

## Tuesday to Friday

On the Tuesday of your first week, you will begin your medical placement. As well as being suitable for your level of experience, your duties will be responsive to the needs of the patients and the hospital. This could involve assessing patients, performing medical procedures to treat ailments, or observing practices in the operating theatre or x-ray rooms. In addition, you will be expected to attend regular meetings at the hospital where you will take part in discussions about practices and routines and how they could be improved.

## Evenings and Weekends

At the end of your busy day as a volunteer, you can choose to explore the area or simply relax with new friends back at your accommodation. Many of our volunteers enjoy mixing with their new volunteer friends during the week and plan their weekend adventures together!

**Please note:** This schedule can be changed and/or amended depending on weather conditions, local conditions and unforeseen circumstances.

## Activities and Events

Football is arranged for volunteers every Wednesday together with the local coordinators.

## Places to Visit

Here are some interesting places to visit in your free time:

### Backpacker street

Bui Vien Street is the main street, it is called 'backpackers area' of Ho Chi Minh City. You'll find a wide variety of inexpensive restaurants, here, as well as bars, souvenir shops and hotels/hostels.



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## Landmark 81

Landmark 81 is the tallest building in Vietnam, Southeast Asia and is well worth the view!

## Bitexco tower

There is an observation deck, Saigon Skydeck, open to the public daily and offering 360° panoramic views of Ho Chi Minh City. From floors 50 to 52, there are further F&B and entertainment offerings, including a fine dining restaurant and bar/nightclub.

## Suoi Tien Amusement Park

Suối Tiên Amusement Park is a great place to visit in Hồ Chí Minh City. The park includes several entertainment areas - something to suit everyone!

## Outside of HCMC

### Mekong

The Mekong Delta in southern Vietnam is a vast maze of rivers, swamps and islands, home to floating markets, Khmer pagodas and villages surrounded by rice paddies. It takes 2-4 hours by bus from your accommodation.

### Vung Tau beach

Once a French colonial town, it's now a popular seaside resort that draws many visitors from Ho Chi Minh City. Its long, busy stretch of sandy coast, including Front Beach and Pineapple Beach, has the verdant Small Mountain and Big Mountain as its backdrop. It takes 2 hours by bus.

### Mui Ne beach

With a long, palm-lined stretch of sand, it has steady wind conditions (in the dry season) that make it a top destination for windsurfing, kitesurfing, sailing and other water sports. It's also a popular weekend getaway from Ho Chi Minh City, with a busy strip of hotels, restaurants and shops. It takes 5 hours by bus or 4 hours by train.



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## **Hoi An: Ancient town**

Hội An is a city on Vietnam's central coast known for its well-preserved Ancient Town, cut through with canals. The former port city's melting-pot history is reflected in its architecture, a mix of eras and styles from wooden Chinese shophouses and temples to colorful French colonial buildings, ornate Vietnamese tube houses and the iconic Japanese Covered Bridge with its pagoda. It takes 22 hours by bus or 1 hour 15 minutes by plane from Da Nang and transfers 45 minutes by bus.

## **Hue Ancient city**

Huế is a city in central Vietnam that was the seat of Nguyen Dynasty emperors and the national capital from 1802 to 1945. A major attraction is its vast, 19th-century Đại Nội Citadel, surrounded by a moat and thick stone walls. It encompasses the Imperial City, with palaces and shrines; the Forbidden Purple City. it takes 22 hours by bus from Hoi An or 1 hour 20 minutes by plane.

## **Ninh Binh**

The province is famous for a high density of natural and cultural attractions, including reserved parks in Cúc Phương National Park and Van Long, grotto caves and rivers in Tràng An, Tam Cốc-Bích Động and Mua Caves, historic monuments in the Hoa Lư ancient capital, Vietnam's largest Buddhist worshipping complex (Bái Đính Temple). It takes 2 hours 30 minutes by bus from Ha Noi.

## **Ha Long Bay**

This bay is known for its emerald waters and thousands of towering limestone islands topped by rainforests. Junk boat tours and sea kayak expeditions take visitors past islands named for their shapes, including Stone Dog and Teapot islets. The region is popular for scuba diving, rock climbing and hiking, particularly in mountainous Cát Bà National Park. It takes 3-4 hours by bus from Ha Noi.



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## APPLICATION FORM

		Booking ref:	
Fullname			
Nationality		Passport number	
Age	Male   Female	Date of birth	
e-mail address		Phone number	
Flight Details		Home address	
Contact person at home (In case of an emergency)		Contact number (In case of an emergency)	

Do you have any health problems or allergies we should know about?


### To complete your placement we will require the following:

- Copy of your passport
- CV
- Full flight itinerary
- Proof of travel insurance
- Consent to travel for young people over 17 but under 18 years old (see attached consent form attached)