



# Food Shop Volunteer 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**

You will be contributing your efforts at The Food Shop, where your task may include food preparation, serving and clean-up, as you bring smiles and affordable hot meals for all who need it.

Established in 2012, The Food shop was opened to help people by providing low cost lunches for only 2000 VND per meal (about 10 cents). The shop is run by passionate locals and your efforts will be greatly appreciated as well.

In this program you will help to prepare lunches and serve these meals to a group of around 500 people (elderly, local workers, persons with disabilities, students and children) who come for low cost, good quality and well prepared meals each day!

This program is likely to be one of the most challenging, engaging and, at times, one of the most exhausting things you have ever done, where you loved every minute of it!

Please be advised that the Food Shop program continues to function even when the NGO run facility is closed (including a month long closure around the Tet Holiday). During those periods, Food Shop participants will prepare food on-site at our accommodation kitchen and those free meals will be distributed at a local hospital to patients and local workers.



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### **“Fill your heart.....and their plate!”**

Each day, you will enjoy a breakfast at your accommodation before departing for the food shop! Once on site, your activities will revolve around the smooth running of the shop. This could involve cleaning the premises, preparing and cooking food and any other necessary tasks. After having lunch at the food shop, you'll be taken back to the accommodation. In the afternoon, you'll have free time to enjoy yourself relaxing or taking the time to visit local highlights. Dinner is included in the program and will usually be served at your accommodation.

### **Monday to Friday**

Breakfast

Depart for the food shop

Assist in the preparation of food, working in the kitchen, cleaning the area and serving food, etc.

Lunch at the foodshop

Head back to the accommodation

Free time during the afternoon

Dinner

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



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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)