

## Voluntourism in SAPA



### *Day 1: Hanoi - Sapa*

Around 7:00am, we start our 5 hour bus trip to **Sapa**. We will arrive at **Sapa** at 1pm then transfer to a nice local restaurant for lunch with Vietnamese cuisine.

After a short break, we will start trekking through ethnic villages while sightseeing fantastic scenery: mountain, valley and terraced rice field are many opportunities for us to take unique photographs or films recording the daily life here. We stop at some houses to talk with local people and thus gain a deep understanding of their life.

We next stop in **Ban Ho Village** where once again will learn about the people's lives. We almost become part of those lives by doing some daily work such as: embroidering, dyeing cloth to make brocade clothes, feeding ducks, chickens and pigs. We will join the host for dinner. Overnight: home-stay.

### *Day 2: Sapa*

Our project will next lead us to **Ban Ho Village** where our group will set about re-painting the walls, and decorating classrooms with pictures; Other activities will include making a new bookshelf for the local school, planting trees in the school-garden, teaching English to local children, singing or playing games and, above all exchanging experience and ideas....We check-in for the homestay in **Ban Ho village**.

There are optional charity activities. For example, we could support them by building up small kitchen or bathroom for the local school.

*Day 3: Sapa – Cultural exchange with traditional dance performance (Breakfast/Lunch)*

Our project will continue at **Ban Ho Village** elementary school. At the end of this day, we will prepare the “Camp Fire”. This will be a celebration ceremony so that the visiting group and local people can share a traditional dance show and performance. We will concentrate on Community Cultural House to exchange relationship, songs, dances and display of instrument in Tay and Red Dzao style. Overnight it's back to a hotel in **Sapa**, and dinner in a local restaurant.

*Day 4: Free for shopping-Return to Hanoi by bus*

After breakfast, we are free for shopping around before being transferred to airport for flight home.