



# SOUTH EAST ASIA ITINERARY

HALF SEMESTER EXPERIENCE



# CHIANG MAI, THAILAND

On arrival, you will be greeted by your Global Grad Location Managers. Together, you will transfer to your accommodation and meet the rest of your group! Your Location Managers will be available in person 24/7 to support you.

You will spend 3-weeks in Chiang Mai. Chiang Mai is located in mountainous northern Thailand and is Thailand's second biggest city. It is a blissfully calm and laid-back place to relax and enjoy life.

After being shown to your accommodation by your Location Managers, an arrival meal will be held for everyone to get to know each other! Once you are settled in, your first Location Introduction begins!

For the following 3 weeks you will enjoy living, studying and travelling around Chiang Mai. Your Location Managers will help you to link up with businesses and volunteering activities alongside local gyms and sports facilities, enabling you to quickly become a local.



## Wat Phra That Doi Suthep:

Overlooking the city from its mountain throne, Wat Phra That Doi Suthep is one of northern Thailand's most sacred temples.

## Elephant Nature Park:

A beautiful place where rescued elephants are taken great care of. You have the opportunity to feed the gentle giants, bath them in the mud, before washing them in the river. An unforgettable experience!

## Cooking classes:

You'll get to cook traditional Thai dishes such as Tom Yam soup with shrimps, the famous Pad Thai, a yummy Panang curry and some sticky rice.

## Spend the night with a Karen Hill tribe:

You'll be at one with nature as you enjoy an adventurous trek for a good 5 hours through the jungle. You can swim in the river and see some incredible waterfalls!

# LOCATION INTRODUCTION

## ACTIVITIES

- Arrival meal
- Introduction to your accommodation and co-working space
- Introduction to Chiang Mai
- Organising local sim cards
- Language crash course
- Half-day visit to Elephant Nature Park. A rescue and rehabilitation centre for elephants, as well as many other rescued animals.
- Group learning session

Your accommodation: Stay With Hug

This is not just any old hostel, but a 'poshtel'!

Stay With Hug Poshtel is located in the heart of the city.

### Your co-working space: PunSpace

You will have access to three PunSpaces around the city. Each offers a different atmosphere from spacious and peaceful to vibrant and creative.

### What is a co-working space?

Co-working spaces are modern and inspiring places where people come together in a space to work independently on different projects, or in groups on the same projects.

# CHIANG MAI TO DA NANG

After 3 weeks in Chiang Mai, you will embark on an epic road trip through beautiful regions of Cambodia and Vietnam.

Taking a short haul flight from Chiang Mai to Siem Reap, you will be greeted by your local Cambodian tour guide. Together, you will transfer to your accommodation.

Your local tour guide, as well as your Global Grad Location Managers, will travel with you for the duration of the road trip.

## DAY 1 SIEM REAP

Siem Reap, Cambodia

With a history dating all the way back to the year 802, visiting Siem Reap is a highlight for many people travelling through South East Asia. Travellers come to Siem Reap to see the temples, but there is plenty to do in and around the city when you're 'temped out.'

Siem Reap has everything from backpacker party pads to world-class wining and dining, spas, great shopping, local tours to suit both foodies and adventurers, and a creative cultural scene.

Accommodation: Lub D hostel

Meals: None

## DAY 2 SIEM REAP : ANGKOR WAT TEMPLE TOUR!

Angkor Wat temple is surrounded by 190-metre-wide moat. 1.5 kilometres by 1.3 kilometres, it is claimed to be the largest religious building in the world. The temple, which took 30 years to construct and used the labours of 300,000 workers, was built as the earthly representation of the universe. Its central tower symbolizing Mt. Meru which, Hindus believe, is at the centre of the universe. If time permits, visit other beautiful temples in the complex.

You will enjoy lunch at a local restaurant before returning to your accommodation.

Accommodation: Lub D hostel

Meals: Breakfast, lunch

# DAY 3

## SIEM REAP - SIHANOUKVILLE

Today is free at leisure, or choose an optional tour to explore Siem Reap. All optional tours will be offered prior to departure by your Location Managers and could include horse riding, quad biking, floating village visit, waterfall tour and more!

Later, transfer to the bus office and take your night bus to Sihanoukville.

Accommodation: SIC sleeping bus

Meals: Breakfast

# DAY 4

## SIHANOUKVILLE - KOH RONG ISLAND

Upon arrival in Sihanoukville, take a stroll around for breakfast before getting your high speed ferry to Koh Rong Island.

Koh Rong is famous for its serene beauty. Often described as an 'island paradise' by visiting tourists, the island boasts pristine white sandy beaches, warm crystal-clear ocean waters, and a hot tropical climate.

The remainder of the day is free. Enjoy the beach, explore this stunning island or take an optional tour which could include snorkelling, water sports, zip lining and more!

Accommodation: Beach bungalows

Meals: None

# DAY 5

## KOH RONG ISLAND

This can be a free day, or choose an optional tour to explore Koh Rong Island which could include snorkelling, water sports, zip lining and more!

Accommodation: Beach bungalows

Meals: None

# DAY 6

## KOH RONG ISLAND

Enjoy your final day on the beautiful Koh Rong Island.

Accommodation: Beach bungalows

Meals: None

# DAY 7

## KOH RONG ISLAND – SIHANOUKVILLE - PHNOM PENH

Take a ferry back to mainland, before taking a bus to Phnom Penh.

Phnom Penh, Cambodia's bustling capital. Once known as the "Pearl of Asia," it was considered one of the loveliest French-built cities in Indochina. Phnom Penh is still considered a charm with plenty to see.

The remainder of the day is free, or choose an optional tour which could include an art and culture show, street food tour, bicycle tour and more!

Accommodation: Sla Boutique Hostel

Meal: Breakfast

# DAY 8

## PHNOM PENH : CITY HIGHLIGHTS TOUR!

Phnom Penh city highlights tour! Located on the banks of the Tonle Sap and Mekong rivers, Phnom Penh was once known as the "Pearl of Asia", one of the loveliest French-built cities in Indochina. After the Khmer Rouge regime, the city was sadly left a shadow of its former self. Now, due to a strong, young dynamism, the city is once again a vibrant, growing capital.

Spend half a day learning more about the turbulent Khmer Rouge years. Visit Tuol Sleng; a high school turned interrogation prison (S-21); now a genocide museum and Cheung Ek, a large memorial made famous by the movie 'The Killing Fields' and which commemorates the 17,000 victims who died there under the rein of the Khymer Rouge leader, Pol Pot. While sombre reminders of the cruelty of the Khmer Rouge regime, these visits will also provide an appreciation of the struggle that Cambodian people have faced and their tremendous courage to move on and rebuild their nation.

Accommodation: Sla Boutique Hostel

Meal: Breakfast

## DAY 9

### PHNOM PENH – HO CHI MINH, VIETNAM.

Say farewell to your Cambodian tour guide and join the bus to Ho Chi Minh City, Vietnam.

Upon arrival in Ho Chi Minh, you will transfer to your accommodation and will meet your local Vietnamese tour guide.

Ho Chi Minh is the business and financial hub of Vietnam, with a prominent history going back hundreds of years.

The remainder of the day is free, or choose an optional tour which could include a hop on hop off bus tour, Mekong Delta river cruise, cooking class and more!

Accommodation: Saigon – Vietnam Backpacker Hostel

Meal: Breakfast

## DAY 10

### HO CHI MINH : CU CHI TUNNELS TOUR!

From Ho Chi Minh, we travel northwest to the famous Cu Chi Tunnels, an immense network of connecting underground tunnels started in 1948 to protect the Viet Cong guerrillas from the French air and ground sweeps. The tunnels also served as living quarters, communication and supply routes; and housed hospitals, food and weapons caches. Touring the underground compounds will provide a better understanding of the history of the tunnels, the hardship of life in the tunnels and the Vietnamese resilience during combat. Returning to Saigon we enjoy lunch at a local restaurant.

Accommodation: Vietnam Backpacker Hostel

Meal: Breakfast, Lunch

## DAY 11

### HO CHI MINH – DA NANG

Today is free until we travel to Da Nang.

Meal: Breakfast

# DA NANG, VIETNAM

You will spend a week and a half in Da Nang.

Da Nang is one of the fastest growing cities in Vietnam. With close proximity to the mountains, and long stretches of beach on either side of the city. The city itself is a colourful burst of energy combining fast modernisation with the charms of the old town.

Airport transfers will be arranged accordingly.

Let the Global Grad team know if you wish to continue your adventures with the group and we will arrange your accommodation and travel accordingly.

We hope you have an amazing 6 weeks with us!

Your accommodation: Lighthouse

A cool and spacious hostel just a two minute walk from the beach.

Your co-working space: Enouvo Space

Being one of the co-working space pioneers in Da Nang, Enouvo Space aims to be a space where great ideas are cultivated and nurtured.





# WHAT'S INCLUDED?



- Accommodation (shared dormitory)
- Global Grad Location Managers
- Airport transfers
- Local tour guides
- Access to your co-working space

## What's not included:

- Return flights from the UK
- Travel insurance
- Visa fee (If required)
- Optional tours/activities
- Personal expenditure

## Pre-travel Preparation:

The Global Grad team are here to help you with everything including visa information, booking flights, organising travel insurance, what to pack, and more. Once you have paid your deposit and secured your place on a semester/experience with us, we send you a welcome pack with everything you need to know. In addition to this, you will be invited to a pre-departure meet-up to allow you to get to know us as well as your fellow Global Grads!

\*Please note the itinerary may be subject to change





# CONTACT

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If you have any questions please do not hesitate to contact the Global Grad Team

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