

INTERNATIONAL PARADISE CONNEXIONS TOURS & TRAVEL PTE LTD

No1, Sophia Road, Peace Centre #05-20, Singapore 228 149

**OVERSEAS LEARNING JOURNEY - POINTERS FOR PARENTS
(SPECIALLY PREPARED FOR UNITY SECONDARY SCHOOL)**

FLIGHT SCHEDULE:

From/To	Flight No.	Departure Time	Arrival Time
Singapore to HCM	SQ178	09.45 am (S'pore Time)	10.55 am (Vietnam Time)
HCM to Singapore	SQ185	19.45 pm (Vietnam Time)	22.50 pm (S'pore Time)

GROUP 1: 5 NOV - 8 NOV (SUN-WED)

GROUP 2: 8 NOV - 11 NOV (WED-SAT)

REPORTING (DEPARTURE FROM SINGAPORE)

All students are to report **PUNCTUALLY** to the teachers-in-charge as follows:

Date 05 Nov (Sunday) for Group 1 & 08 Nov (Wednesday) for Group 2

Time **07.30 am SHARP**

Venue **Group Check in at Changi Airport Terminal 2 Row 4**

ACCOMMODATION:

1. 4* Oscar Saigon Hotel

Address: 68A Nguyen Hue Street, District 1, District 1, Ho Chi Minh City, Vietnam

Telephone: +84 8 3829 2958

Website: www.oscar-saigonhotel.com

EMERGENCY CONTACT:

1. IPC Tours & Travel Pte Ltd

Address: 1 Sophia Road #05-20 Peace Centre, Singapore 228149

Tel: 6338 5772 Ext 101 (Ms Katy)

2. Singapore Embassy in Ho Chi Minh City, Vietnam

Address: The Saigon Centre, Floor 8, 65 Le Loi Boulevard, District 1, Ho Chi Minh City

Tel: +84838225174

3. Unity Secondary School

Address: 20 Choa Chu Kang Street 62, Singapore 689143

Telephone: (65) 6767 1070

4. Ministry of Foreign Affairs

One Call Centre toll-free: (65) 6379-8000

5. NTUC Income Travel Insurance

Address: 75 Bras Basah Road, NTUC Income Centre, Singapore 189557

Tel: (65) 6866 7236

PASSPORTS:

Please ensure that your Passport has a minimum validity period of at least 06 months from the date of departure. All Passports will be kept by the teachers for security purposes.

VISA:

For those students who are traveling on visa, Please ensure that you bring along your Green student card or re-entry permit form during your departure.

MEDICATION:

For those students who are under medication, we advise you to bring along your medication and keep them intact in your pouch bags. You should also inform your accompanying teachers that type of medication you are taking as a record.

DRINKING WATER:

Please do not drink tap water. Each participant will receive 02 Bottles. Mineral water could also be purchased from any shop outlet

WEATHER

1. We may expect a similar weather like Singapore
2. Take along a poncho/umbrella in your bag

CURRENCY:

The currency used in Vietnam is "Vietnam Dong (VND)"

Please change in Singapore. Students are advised to change a sum of **SGD 50**.

ROE SGD 1.00 ~ VND 16000

WHAT DO YOU DO WHEN YOU FALL ILL?

Kindly go to your respective teacher in charge of the Coach and inform her that you are not feeling well. We will then bring you to see a doctor, or if necessary we will call in the doctor to the room. Immediate Medical Attention will be given. Kindly advise your respective teachers if you are under a certain medication for emergency purposes.

STRANGERS

- Do not speak to any strangers in the hotel and during tour.

MONEY

- Do not flash your money when purchasing souvenir items
- Keep your money in proper wallets or pouches.
- Do not leave your wallets at the back pocket of your jeans.

CAMERAS & HANDPHONE

We do not encourage any one of you to bring your hand phones along, as buying a phone card is not accessible and easy. If you bring any cameras & hand phones, kindly look after your valuable belongings and be responsible for it.

MINI-BAR

IPC has instructed the respective hotel to empty all the Mini-Bar (Small Fridge), but just in case you happen to see any can of drinks, or tidbits, please alert the teachers and **PLEASE DO NOT CONSUME ANY ITEM** as they are chargeable

ROOM SERVICE

No Room service is allowed for security reason.

ELECTRICAL ITEMS IN THE ROOM

Please do not meddle with any kind of electrical items in the rooms, e.g. TV, LAMP TV CONTROL ETC as they can cause complications. We will remove all mini kettle in students' room

4D3N OVERSEAS CULTURAL IMMERSION TO HO CHI MINH CITY, VIETNAM

DAY 01– SINGAPORE – HO CHI MINH CITY TOUR

(In-flight Breakfast, Lunch, Dinner)

0730hrs: Assemble at Singapore Changi Airport Terminal 2 Row 4 for group check in.

0950hrs: **Board flight SQ 178** to Ho Chi Minh City, Vietnam.

(Singapore time)

1055hrs: Arrive at Tan Son Nhat International Airport, Ho Chi Minh.

(Vietnam time) (Vietnam time is one hour behind Singapore.)

1200hrs: Lunch at local restaurant

1330hrs: Visit the **War Remnant Museum**. Follow by the **Independence Palace, French colonial style Old Post Office, Notre Dame Cathedral. Drive pass by Opera House and People's Committee Building**

1800hrs: Dinner at local restaurant

2030hrs: Check in Hotel. Safety Briefing from Hotel Manager & Debriefing session

2200hrs: Light Off! Sweet Dreams

DAY 02–AGRICULTURAL VILLAGE VISIT- CU CHI TUNNELS

(Breakfast, Lunch, Dinner)

0700hrs: Buffet Breakfast at hotel

0745hrs: Proceed to **Cu Chi district for Agricultural activities**

+ Visiting buffalo, cows, fish, prawn farm

+ Visiting Herbs, Spices, Vegetables and Mushrooms Farm

+ Visit Rice Field

+ Hands on herb planting or rice planting

1200hrs: Lunch at local restaurant

1330hrs: **Visit Cu Chi Tunnels** (An elaborate underground network made up of 250km of tunnels and chambers below the city. The tunnels were dug with simple tools and bare hands during the French Occupation in the 1940s and further expanded during the Vietnam War in the 1960s to provide refuge and a defensive advantage over the American soldiers.)

1800hrs: Dinner at local restaurant

1900hrs: Debriefing session at hotel.

2200hrs: Light Off! Sweet Dreams

DAY 03–LOCAL SCHOOL EXCHANGE PROGRAMME/ MUSEUM VISIT

(Breakfast, Lunch, Dinner)

- 0700hrs: Buffet Breakfast at hotel
- 0800hrs: Proceed to **Hong Ha Secondary school** for Cultural Exchange & to understand Vietnam education system.
- 1100hrs: Proceed to lunch at Red House Halal
- 1300hrs: **Visit Museum of Vietnamese History**
- 1500hrs: **Visit Jade Emperor Pagoda**
- 1600hrs: **Visiting Cho Lon & Binh Tay Market– China Town**
- 1800hrs: Proceed to **Golden Dragon Theatre to watch the internationally well-known water puppet show**
- 1930hrs: Dinner at local restaurant
- 2000hrs: Debriefing session
- 2200hrs: Lights Off! Sweet Dreams

DAY 04–SAIGON BITECO- DEPARTURE- SINGAPORE

(Breakfast, Lunch, In-flight Dinner)

- 0700hrs: Buffet Breakfast at hotel
- 0830hrs: Check out of hotel.
- Visit Bitexco – Tower Saigon Skydeck & The Secret CIA (Central Intelligence Agency) Building**
- 1230hrs: Lunch at local restaurant
- Debrief and complete the journal
- 1500hrs: Last Minutes shopping at Saigon Square
- 1600hrs: Transfer to Tan Son Nhat International Airport.
- 1730hrs: Group Check in at airport
- 1945hrs: **Depart back to Singapore via SQ185**
- 2250hrs: Arrive in Singapore – Home Sweet Home!

**Under unforeseen circumstances, the actual sequence of the itinerary might be altered for the smooth running of the tour.*

HOME SWEET HOME

PACKING LIST

Suggested Individual Packing List

No	Item	Check
1	Passport. For foreign students, please ensure that your re-entry permit is with you.	
2	Photocopy of passport.	
3	Thermometer	
4	Medication in a Ziploc bag with your name on it (medication for headache, fever, common flu, gastric pains, colds, cramps, diarrhea or any illness) (properly labelled original packaging or clinic labels)	
5	Windbreaker or cardigan for travelling on bus	
6	Raincoat/umbrella/poncho	
7	Clothing (excluding those worn on the Departure) (a) Day 1: School PE T-shirt/Day 2: Class T-shirt/ Day 3: School PE T-shirt/ Day 4: School T-shirt (b) Long jeans/Pants (e) Night wear (f) Undergarments	
8	Footwear (a) Track shoes/Comfortable walking covered shoes (b) Sandals (c) Socks	
9	Toiletries (Liquid, aerosols or gels brought along in the hand-carry luggage must be in 100 ml bottles and placed in Ziploc bags) (a) Soap in box/Shower Gel (b) Face towel (c) Toothbrush (d) Toothpaste (e) Shampoo (f) Comb/hairbrush (g) Moisturizer (h) Sunblock lotion (i) Lip Balm (j) Insect repellent (Recommended to use Tiger Balm 2 in 1 Insect Repellent brand)	
10	Water bottle	
11	Notebook and Stationery	
12	Ziploc bags (To put your dirty clothes, to block out the smell)	
13	Money for shopping (do not bring valuables)	
14	Snacks and Sweets	
15	Electronics (Optional): (a) Torchlight (b) Camera and charger (c) Mobile phone and charger	

16	Trolley Luggage- with name, address and contact number	
17	Electronics (Optional): (a) Torchlight (b) Camera and charger (c) Mobile phone and charger (d) Extra batteries/power bank (e) Travel adaptor	

* Please ensure that you place all sharp objects like scissors and all liquid items in your luggage only. Otherwise airport officials will confiscate them.

**Hand phone/Mobile devices power bank MUST be in hand-carry luggage, cannot be in check-in luggage.

** Note: Liquids, aerosols, gels and other items of similar consistency must be in containers with capacity no greater than 100ml each. All containers must fit in a transparent re-sealable bag of no larger than 1 litre. The plastic bag has to be presented separately when going through the security check at the holding area. It is advisable to carry your liquids, aerosols and gels in your check in luggage and keep minimal amount with you for use during flight. Medication is an exception to above rule. Kindly bring along a doctor's prescription note for verification.

P.S. Liquids, aerosols and gels include:

- Drinks, including water and juices
- Soups and sauces
- Creams, balms, lotions and oils (including moisturizers)
- Cosmetics, such as mascara and lip gloss
- Pastes, including toothpaste
- Perfume and pressurized foams and sprays (including shaving foam, hairspray and spray deodorants)
- Gels, including hair and shower gels
- Contact lens solution
- Any other items of similar consistency

NTUC INCOME TRAVEL INSURANCE

Travel Insurance- Student Plan + Option B SUMMARY OF COVERAGE

Personal accident and medical expenses benefits		Maximum benefit (S\$) per insured person per trip Superior
Section 1	Personal Accident	100,000
Section 2	Medical expenses overseas	100,000
	Treatment by a Chinese medicine practitioner or a chiropractor	750 per injury/ sickness
Section 3	Medical expenses upon return	15,000
	Treatment by a Chinese medicine practitioner or a chiropractor	750 per injury/sickness
Section 4	Emergency medical evacuation	Unlimited
Section 5	Sending the insured person home	Unlimited

Optional Benefit		
Section 6	Extension of Stay	Option B: 5,000
Section 7	Compassionate Visit	Option B: 3,000
Section 8	Hospital Visitation	Option B: 3,000
Section 9a	Cancelling the insured person's trip	Option B: 3,000
Section 9b	Shortening the insured person's trip	Option B: 3,000
Section 10	Loss or damage of baggage and personal belongings	Option B: 1,000 Sub-limit for golfing equipment and laptop: 1,000 Sub-limit for other items: 500 For each item, set or pair
Section 11	Losing travel documents and money including credit card fraud	Option B: 1,000 Sub-limit for money: 300
Section 12	Baggage delay	Option B: 1,000 200 for every six hours of delay
Section 13	Missed connections and overbooked flight	Option B: 200
Section 14	Flight delay	Option B: 1,000 100 for every six hours of delay
Section 15	Flight diversion or deviation	Option B: 1,000 100 for every six hours of delay
Section 16	Kidnap and hostage	Option B: 3,000 200 for every 24 hours
Section 17	Emergency phone charges	Option B: 100 Sub-limit for prepaid phone card: \$10
Section 18	Personal liability	Option B: 500,000
Section 19	Competitive Sports Coverage	Up to maximum benefit for Section 1 to Section 18