



**Barnardos**

No child gets left behind



# Vietnam challenge

october 2007



Join Barnardos Vietnam Challenge today and make a difference in the lives of vulnerable children in Ireland. Barnardos supports children whose well-being is under threat, by working with them, their families and communities and by campaigning for the rights of children. Barnardos was established in 1962 and is Ireland's leading independent children's charity.

sign up now at: 1850 222 300 or  
[trek@barnardos.ie](mailto:trek@barnardos.ie)



## **THE VIETNAM CHALLENGE Mount Fansipan Adventure**

**26<sup>th</sup> October – 5<sup>th</sup> November 2007**

Situated in eastern Indochina and boasting over 2,000km of coastline from North to South, Vietnam is located in a honey bowl of rich and traditional culture. Throughout its history, Vietnam has been subjected to strong foreign influences, from periodic Chinese rule over the past 2000 years, through French colonialism, to Japanese wartime occupation and finally the Vietnam War ending in 1975.

Most visitors to Vietnam are overwhelmed by the inspirational beauty of the country's natural setting: the Red River Delta in the north, the Mekong Delta in the south and almost the entire coastal strip is a patchwork of brilliant green rice paddies tended by women in conical hats.

Vietnam also offers an opportunity to see a country with a fascinating blend of ancient and modern sights and a mix of traditional charm and rare beauty rapidly opening up to the outside world.

The climate is monsoonal in the north with hot, rainy season (May to September) and a warm, dry season (October to March). Temperatures are expected to be in the high 20°C during the Barnardos Vietnam Challenge – which will be based in the beautiful Sapa in Northwest Vietnam, a magical combination of alpine landscapes, ethnic cultures and bracing mountain air and Vietnam's highest peak, Mount Fansipan.

Barnardos hopes to raise over €50,000 from the Vietnam Challenge for our work with vulnerable children in Ireland. Each trekker needs to raise a minimum of €5,500 to participate in the walk. The deposit on registration is €300. Please see more details on page 6 of this brochure.

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## About Barnardos - Ireland's leading children's charity

### Shannon

Shannon is five and she started big school last year. She adores her teacher. However, her teacher has noticed that Shannon doesn't seem to have made any friends. She is quiet and withdrawn, and if she makes a mistake in class she is never far from tears. Teacher has had to tell the other children to stop picking on Shannon because her uniform smells funny.

At the end of the day Shannon clings to the teacher. She doesn't want to go home.

Shannon is scared of the big voices at home. Her mam and her step dad shout at each other every time they drink. She knows to get a bowl of corn flakes when mam forgets about the dinner, or when she's fallen asleep in the afternoon. Sometimes her mam forgets to pick her up from school.

### About Barnardos

No case in Barnardos is the same, but the children Barnardos deal with have one thing in common. They could otherwise be forgotten by society. We want to live in an Ireland where no child gets left behind, and we will do everything in our power to make this happen. Our aim is to inject hope into what sometimes seems like a hopeless situation.

Barnardos is Ireland's leading children's charity. Each year we work directly with just under 5,000 children and families throughout Ireland. Barnardos also raises issues through our advocacy programme to make Ireland the best place in the world for all children in Ireland.

Barnardos works with children and families to break the cycle of poverty and educational disadvantage

. We support families and build on their strengths to create brighter futures for their children.

Barnardos' work is about helping children make the most of their lives, regardless of what they are up against.

We operate in over 30 Barnardos Centres in communities across Ireland. Every day we encounter children living brutalised lives. We work with families to improve parenting skills and tackle issues such as poverty, domestic abuse, addiction and the impact these problems have on children.

Even though a lot of our work happens at a local level we also provide much needed support through a variety of central services such as our bereavement counselling service for children and our National Children's Resource Centre.

We don't give up on children like Shannon. We don't give up on any child.

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## PROPOSED ITINERARY

Day 1 – Depart Dublin for the overnight flight to Hanoi via Bangkok

Day 2 - Arrive in Hanoi



Arrive at airport at lunchtime and transfer to the Hoabinh Palace Hotel.

The rest of the day at leisure. For those who feel up to it there will be an optional walking tour with a guide to explore the famous Hanoi Old quarter and Dong Xuan market. Enjoy the welcome dinner with traditional Vietnamese cuisine in one of Hanoi's best restaurants. Overnight in Hanoi.

Day 3 – Hanoi Exploration

Early morning exercises around Hoan Kiem Lake are a must for the more active! After breakfast there will be a city sightseeing tour. In the afternoon take a 2 hours guided walk to some of Hanoi's hidden markets and old streets. After dinner, we transfer to the station for the overnight train to Lao Cai. Overnight on board in 4 berth cabins.

Day 4 – Sapa – Lao Chai – Ta Van



Arrive Lao Cai in the early morning, transfer up a mountain road, winding along terraced hillsides to Sapa, a former French hill resort and home to some of Vietnam's most colourful ethnic groups. Buffet breakfast at Chau Long Hotel. After breakfast commence trekking. This walk commences with a short walk through Sapa, and onto Lao Chai. In the afternoon continue to Ta Van and lunch at the Eco Lodge. Return back to Sapa. Dinner and overnight in Sapa.

Approx 5 hours trekking.

Day 5 Sapa – Ma Tra – Ta Phin

After breakfast commence trekking to Ma Tra village. This walk commences with a short walk through Sapa and along a trail through beautiful gardens and lush pine forests. Passing through the village of Ma Tra, where the Black H'mong tribe live, watching the daily life of the friendly villagers. We then continue for another walk through rice paddy fields with spectacular scenery. Dinner and overnight Sapa.

Approx: 5 hours trekking

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## Day 6: Sapa – Silver Water Fall- Heaven Gate – Sin Chai

After breakfast transfer by coach to Silver waterfall. On route admire the stunning view over the Fansipan Mountain, which is considered “the roof of Indochina”. We start our walk at a point near the waterfall, descending on a trail through bamboo forests, which belongs to Hoang Lien National Park. Picnic lunch. Continue onto Sin Chai village. Sin Chai is home to Black Hmong minority, one of the largest group ethnic minorities in Sapa area. After visiting some local villagers’ homes and watching their weaving and dying work, we return to Sapa by bus. Dinner and overnight in Sapa.

5-6 hours trekking

## Day 7: Sapa – Bac Ha – Can Cau- Lao Cai

Descending the hills to Lao Cai then onto Bac Ha/Can Cau. Walking to explore the near by Ban Pho village. In the afternoon transfer by jeep to explore the neighbour Can Cau. Enjoy a two hours walk to discover the nearby market of Flower H’Mong people. Our bus picks us up at Bao Nhai Bridge and drives to Lao Cai. Check in a local hotel for refreshment and shower before transfer to station for overnight train to Hanoi. Overnight on board the train.

Trekking hours: 2-3 Hours

## Day 8 – Hanoi

Arrive in Hanoi early in the morning. Transfer to the Hoabinh Palace Hotel to leave our baggage. Buffet breakfast. Day free. In the evening, we enjoy our celebratory farewell dinner in one of Hanoi’s top restaurants. Overnight in the Hoabinh Palace Hotel, Hanoi.

## Day 9: Departure

At leisure until we transfer to airport for the onward overnight flight back to Dublin.



## **The VIETNAM CHALLENGE includes:**

- **Return flights Dublin to Hanoi**
- **8 nights accommodation in 3\* Hotels in twin or double rooms with bath**
- **Full breakfast each morning**
- **All transfers as indicated in the itinerary**
- **Lunch on all walking days and drinks where applicable**
- **All dinners as included in the itinerary**
- **Fully qualified guides and an interpreter on all walking days**
- **Travel insurance if required**
- **All airport and departure taxes**
- **Certificates and farewell dinner**
- **Single rooms can be arranged but at a supplement**
- **You can extend your stay with advance notice and there may be an additional flight cost**

## APPLICATION FORM

### THE VIETNAM CHALLENGE

**26<sup>th</sup> OCTOBER – 4<sup>th</sup> NOVEMBER 2007**

NAME: (AS ON PASSPORT) \_\_\_\_\_

ADDRESS: \_\_\_\_\_

TELEPHONE (H) \_\_\_\_\_ (W) \_\_\_\_\_

(Email\*) \_\_\_\_\_ (Mobile) \_\_\_\_\_

\* It will save us a huge amount of time and money if you have access to an email address.

OCCUPATION \_\_\_\_\_

Please tick where appropriate:

- AGE 21 - 29  30 – 45  46 – 60  60+
- FUND RAISING EXPERIENCE  
NONE  SOME  A GREAT DEAL
- HAVE YOU TAKEN PART IN A SPONSORED EVENT BEFORE? NO  YES   
IF YES WHERE AND FOR WHAT CHARITY \_\_\_\_\_
- IS THERE ANY AREA OF EXPERTISE THAT YOU FEEL THAT YOU WOULD BE ABLE TO  
HELP WITH (e.g. medical/language/fitness )  
\_\_\_\_\_
- Tee Shirt Size Medium  Large  Xtra Large

Please find enclosed € \_\_\_\_\_ (€300.00 PER PERSON), this being a non-refundable deposit. I UNDERSTAND THAT THE BALANCE OF €5200 MUST BE REMITTED BY THE **21<sup>st</sup> SEPTEMBER 2007**

Barnardos reserve the right to refuse any application at its absolute discretion and in this case the deposit will be refunded in full without deduction, compensation or interest and the matter shall be deemed to be at an end.

SIGNED: \_\_\_\_\_ DATE: \_\_\_\_\_

Please return by post to: The Vietnam Challenge, Barnardos. Merchants Hall, 25-26 Merchants Quay, Dublin 8, or fax to: 01 7071887 or email to: [trek@barnardos.ie](mailto:trek@barnardos.ie)

On receipt we will contact you to arrange a meeting to help you plan your fundraising. You may be required to produce referees.

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## TERMS and CONDITIONS

- Each participant must sign the application form as confirmation that they have read, and agree with, the terms and conditions of entry.
- The participant must be 18 years of age before the departure date of the challenge or be accompanied by a parent or guardian.
- Their passport must have at least 6 months to run from the date of return to Ireland. Payment for any visa, airport tax, and gratuities are not included in the cost.
- Cosgrove & Associates, with the permission of Barnardos, reserves the right to alter the itinerary should climatic or any other unforeseen circumstances make this necessary.
- Passport control and in country authorities will reserve the right to refuse entry.
- For those who require it Standard Travel Insurance cover is organised for the Challenge. Four areas of cover that should be noted are as follows: Normal luggage and person effects of €2540 and a limit of any single article of €380; Cash – a limit of €635; Passports and travellers cheques - €952; Medical and additional expenses - €6 million. Items of high value, e.g. cameras or jewellery, may not be covered under the standard travel insurance policy. Participants are asked to read the policy details carefully. They may need all risks cover under their own insurance arrangements. In the event of an accident, loss or claim, participants must personally report it to the local police and all responsibility as regards processing such claims will be those of the participant without liability to Barnardos and/or Cosgrove & Associates.
- Participants must be relatively fit to take part in the Challenge and must complete the medical questionnaire provided. You may be required to have a medical form signed by your Doctor. By signing the entry form you are confirming that to the best of your knowledge, your general state of health is good and that you take full responsibility for yourself. Barnardos may at its discretion refuse a participant if in their opinion he/she is medically unfit to take part.
- Participants take part at their own risk and hereby indemnify Cosgrove & Associates and Barnardos and its agents against claims for loss or damage to personal property, personal injury (or death), and any claim arising from the entrant's own actions.
- Participants must comply with and are responsible for attending to any inoculation and health regulations required for the destination.
- If participants are unable to meet the sponsorship requirements they will forfeit their place on the Challenge or they may choose to make up the balance themselves.
- Participants must carry out all fundraising in accordance with the guidelines set out in the fundraising pack.

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