



PAYMENT INFORMATION

18th – 20th April 2019

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LOCATION: Ho Chi Minh City

EVENT DATES: 18th April (Thursday) 2019, 10am **CELEBRATION LUNCH & INFORMATION COLLECTION**
19th April (Friday) 2019, 9am **C5 PLANE SITE /ADOPTEE MEMORIAL SERVICE & PLAQUE**
20th April (Saturday) 2019, 12pm **VUNG TAU - Centre for Social Protection of Children**
Website: <http://vungtau-orphanage.com>

LEAD NATIONS: Viet Nam and Australia

ORGANISERS: Viet Nam Adoptees

My Huong Le (VN), Sue-Yen Bylund (Australia), Jason Kayser (USA), Joakim Kronqvist (Europe)

ADMIN: Belinda Paulton (Australia)

EMAIL: vnmotherssearch@gmail.com

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CELEBRATION LUNCH & INFORMATION COLLECTION

Cost for the Adoptee \$250AUD / \$200USD / 165€

Cost Adoptee Guest \$60AUD / \$50USD / 40€ Per person accompanying an adoptee

Description Cost covers the following items:

- For the Adoptee; a meal; access to translation and interpreting services; western counselling services; DNA services; access to search & reunion services.
- For the Mother; a meal; culturally appropriate gift; access to translation and interpreting services; Vietnamese counselling/guidance services; access to search & reunion services with their participation forming the foundations for ongoing support and services in Vietnam for mothers.

C5 PLANE SITE /ADOPTEE MEMORIAL SERVICE & PLAQUE

All Attendees \$15AUD / \$10USD / 8€

Description Cost covers transport; a memorial plaque; culturally appropriate gift for the family whose land the memorial is located – Half day

The Galaxy Plane crash site is a special place which has become woven into all adoptees memories as representing the fragility and desperation of the era of our birth. It has become a place to remind us all of the fellow children/adoptees who have faced challenges in their lives as a result of the war. We will be taking this opportunity to dedicate a formal memorial plaque at the site which will sit alongside the local memorial shrine that the Vietnamese have kept over the years. The site has been developed over the years, however, the small shrine still exists, and we can honour this memorial.

VUNG TAU - Centre for Social Protection of Children

All Attendees \$40AUD / \$30USD / 25€

Description Cost covers transport between HCMC and Vung Tau, a meal with children & staff; activities with the children.

Please feel free to forward any queries via email vnmotherssearch@gmail.com and we will be happy to respond.

The information below is intended as advisory only. Individuals are responsible for the services they choose to engage.

AIRPORT TAXI RIDE

Taxi from the airport if you don't have a complimentary ride from the hotel, we suggest SongViet Car - they have stand right at the doors INSIDE the airport just before you head out. Approximately 250,000VND

Exchange some cash when you arrive before you head out of the airport. Go to the taxi payment stand (inside the airport), to pay and they will escort you out to a their taxi stand. It means you know how much you must pay, you have a proper receipt and you can ignore the crowd, especially if you are jet lagged.

ACCOMMODATION and NAVIGATION

Ho Chi Minh City can be extremely hectic experience and for many it can initially feel overwhelming, but the central areas of the city quickly become familiar. Many recognisable landmarks are useful for orientation in the various districts of the city, with one of the most central being the Reunification Palace. Much of the city's attractions can be found in this central area known as District 1, and it is possible to reach a great deal of these on foot. Similarly, there are dozens of hotels in Ho Chi Minh City's District 1, providing guests with various options for staying in the heart of the city. Just a few minutes from the Reunification Palace is the Notre Dame Cathedral; built by the French in the late nineteenth-century, it is one of the most obvious reminders of the colonial days. Ho Chi Minh City is a religiously diverse city and there are further architectural highlights to be found with places of worship, including the city's main mosque and a variety of temples and pagodas in and around District 1. (Trivago www.trivago.com.au)

Ben Thanh Ward – Accommodation in this area is very central to historical sites, shopping, restaurants and the Ben Thanh market area.

Ben Nghe Ward – Accommodation here is closer to the Saigon River, a little further out from the busy centre, a bit quieter & better priced. Always a nice walk in the evenings or mornings, \$1.50AUD taxi ride to Ben Thanh Central point.

Pham Ngu Lao Area – Accommodation here is generally cheaper and is a walk through the park away from the Ben Thanh Central point, very busy and noisy to very late at night, which may be not a bad thing, depending on how you holiday. It is a little further from the historical sites but in the centre of the bars and night clubs.

VISA APPLICATIONS & EMBASSY CONTACTS

<https://www.embassy-worldwide.com/>

Ensure you lodge a travel notification with your Embassy, advising them that you are in Vietnam.

Visa application requirements and procedures differ for each Consular office that for a Visa to enter Vietnam.

Please ensure your passport is valid for the duration required by the Visa, and that you are aware of the lead times to process your visa (especially if it requires sending your passport away for processing). We strongly advise organising your Visa prior to travel.

VISA EXEMPTIONS for Australian Passport Holders

Below is the link to the visa page for those who are born in VN with an Australian Passport and have some VN ID documents...it's worth a try, so take in **ALL** your **DOCUMENTS** to the embassy in your state/territory, get them to check and assess your eligibility. Once you have this exemption it applies to your **HUSBAND/WIFE and CHILDREN** (you just need to take in the Marriage and Birth Certificates).

<https://lanhsuvietnam.gov.vn/SupportPages/MienThiThuc-Registration.aspx>

NOTE: I don't know if this is possible for other passport holders to access this visa, please let me know if any other countries have access to this exemption.

TRAVEL INSURANCE

We recommended you purchase personal insurance for yourself, bookings and belongings for the duration of your travel itinerary. Always double check that the medical cover is appropriate for travel to Vietnam.

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MEDICAL INFORMATION – Before you travel

In all cases, we suggest you seek advice from your GP as to the suitability of the items listed below and advice given on medications and whether they are appropriate for you. If you have an allergy - make sure you have alternative medications which you can administer to yourself safely whilst travelling.

A pre-purchased Travel Kit often have most items in them and you just add extra items, check before you leave - the good kits usually cost about \$100AUD and have anti-malarials as well as anti-diarrhoea treatment such as Azithromycin.

Travel Kits and prescribed medications must be carried on your person - in carry-on luggage. Medications should be in their labelled boxes and with containers identifying what they are, and whom they are prescribed. Avoid putting them in checked luggage in case it is lost or you might experience illness and not be able to treat yourself eg. diarrhoea!

Drugs for a Travel Kit: can be purchased over the counter at a pharmacy or supermarket.

- Buscopan 20 mgs (Hyoscine Butylbromide) - antispasmodic - used for abdominal cramps.
- Oral rehydration tablets - gastro Lyte effervescent tablets.
- Coloxyl and senna - laxative - if you get constipated whilst travelling.
- Stemetil 5mgs (Procchlorperazine maleate) - anti-nausea tablet
- Paracetamol 500mgs - pain relief; fever.
- Ibuprofen - pain relief; inflammation.
- Phenergan 25mgs (Promethazine) - allergy, itch, motion sickness, antihistamine.
- Antiseptic cream or liquid - such as Savlon or Betadine liquid and cotton buds for application.
- Band Aids/Occlusive dressings for blisters or sores.

Must haves: can be purchased over the counter at a pharmacy or supermarket.

- Antiseptic hand gel for - use prior eating, toileting.
- Antiseptic wipes for carry bag - wipe surfaces; use on toilet - if you have a seat!
- Tropical strength mosquito repellent with at least 20% Deet. Best brands are RID Tropical strength or Bushman's Tropical Strength - these can be found at the local supermarket. Make sure you have two cans at least!
- Up-to-date immunization for tetanus.

Other drugs which are great to have 'just in case' and require a Dr's prescription are:

- Amoxicillin 500mgs - antibiotic - used for chest, sinus, or gum infections.
- Cephalexin 500mgs - antibiotic skin or wound.
- Maxalon 10mgs or Zofran 4mgs(wafer) - anti-nausea.
- Chloromycetin eye drops - conjunctivitis (it happens when travelling and in orphanages dealing with kids).
- Check with GP whether you require a booster for Measles, Mumps and Rubella and of course your tetanus booster, HepA&B.
- There is also a drug called Dukoral which is available for preventing cholera/ travellers dysentery. It is guaranteed to be effective for 6 months up to 2 years. It is vaccine and is diluted in water and drunk 1 - 6 weeks apart (tastes terrible). If you plan on visiting developing countries this is worthwhile - ask your GP for advice.

In all cases you must seek advice from your GP on medications and whether they are suitable for you. If you have an allergy - make sure you have alternative medications which you can administer to yourself safely whilst travelling.

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MEDICAL SERVICES in VIETNAM

BAO VIET – Ho Chi Minh City

22 Ton That Dam Street, District 1, Ho Chi Minh City

Telephone: (08) 8211336/7

Fax: (08) 8251020

Vung Tau

Le Loi Central Hospital of Ba Ria Vung Tau Province

22 Le Loi Street, Vung Tau City

Telephone: (064) 383 2667

Services: emergency, medical and surgery

SITE TIPS

Saigon on Bikes - Owner Thanh Le (lovely guy). Let him know if you have dietary requirements and he will accommodate them. They ask for your passport number in the booking for insurance reasons. Payment is always in cash at the end of the evening.

<http://saigononbikes.com/>

A O Show - This is an amazing show in the beautiful old Ho Chi Minh City Opera House.

Check the dates they are performing so you can budget and plan ahead as they sell out early.

http://www.luneproduction.com/ao-show?gclid=CMKnz_2MxtMCFZcGKgode7UMsg

Ben Thanh Markets and shopping in general – It's best to go in the cool of the morning. The fresh food markets are bustling but they quickly disappear as the mid-morning heat rises. Go early to ensure you don't miss out. Midday is rest time. Do as the locals do and relax until the heat of the day passes. Evening time is when the streets transform and retailers and diners spread out onto the streets to enjoy the cool evening weather.

(Le Loi, Ham Nghi, Tran Hung Dao Avenues and Le Lai Street)

Saigon Square – (Hoang Thanh) – Just across from Ben Thanh markets, it is a little less busy, and some sections are air-conditioned. The merchandise for sale is the same as in Ben Thanh.

(77-89, Nam Ky Khoi Nghia Street, District 1, Ho Chi Minh City)

Bin Tay Market, District 6 – A wholesale market that is currently under renovation until June 2019. Be aware that vendors may not be in the original building and you may be disappointed as the building is as much a fascination as the amount of consumer items!

Bitexco Financial Tower – Saigon Skydeck – This is a great way to see HCMC. Family friendly to the viewing platform and adults only onto the Bar area. Fantastic food can be purchased market style just across the road.

(36 Ho Tung Mau Street, Ben Nghe ward, District 1)