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## PROFESSIONAL ADVANCEMENT ESCAPE

DR MEL BORINS & doctors-on-tour.ca present a

# CME & CULTURAL TOUR OF VIETNAM, LAOS & CAMBODIA

FEBRUARY 14 – MARCH 3, 2013 (16 days, 15 nights)

### The Organizers...

Dr. Mel Borins >

**DR. MEL BORINS** is a practicing Family Physician, and is on active staff at St. Joseph's Health Centre in Toronto. He is a Fellow of the College of Family Physicians of Canada and Associate Professor in the Department of Family and Community Medicine at the University of Toronto. He is a regular contributor to medical journals, and is well known for his writing and public speaking on travel, stress management, psychotherapy, acupuncture, traditional healing, herbs and complementary medicine. Dr. Borins is the author of several books, including *Go Away Just for the Health of It* and *"An Apple a Day - a Holistic Health Primer"* and is an avid world traveler. This is Dr Borins fourth educational escape with doctors-on-tour following his previous CME tours of Ecuador & The Galapagos (Spring 2009), Northern India (Feb 2011) and Bali (July 2012). For additional information about Dr. Borins check out his website [www.melborins.com](http://www.melborins.com)



doctors-on-tour >

Founded in 2000, doctors-on-tour was created to assist health care professionals in marrying both their vacation and educational requirements. Combining our meeting management and group travel expertise with the specialized knowledge of the doctors that we partner with in these ventures, we offer targeted educational programs in a relaxed, informal environment. We pride ourselves in offering unique, quality programs (with inclusions and activities for both physicians and their partners that differentiate us from other travel providers both in the medical field and outside), to such diverse and intriguing areas as **South America, East Africa, India, South East Asia & and Europe**. We explore these fascinating destinations and cultures through expert and qualified local guides in a convivial group of your peers highlighting the cultural, ecological, and even sometimes gastronomical, aspects of the region.

From an **educational perspective**, our programs include interesting and informative presentations on current issues from both local and Canadian experts, and interactive discussions, together with tours of local medical facilities to show you aspects of the local health care and healing methods in the region. By virtue of several of the destination types that we offer, this will often include complimentary and alternative medicine which is becoming increasingly relevant in Western medicine. And we're constantly on the look out for new destination experiences.

More information, including recent testimonials, about the company can be found at [www.doctors-on-tour.ca](http://www.doctors-on-tour.ca) The company is a licensed retail travel organization under The Travel Industry Act of Ontario thereby affording complete protection of all monies paid prior to departure. (TICO registration no. 50009110). The company can be contacted at 416-231-8466, toll free 1-855-DOC-TOUR (362-8687) or [info@doctors-on-tour.ca](mailto:info@doctors-on-tour.ca)

## The Destinations... VIETNAM, LAOS & CAMBODIA (including the Temples of Angkor)

Besides war museums and French colonial-style buildings, **Vietnam** boasts varied styles of religious monuments, from ancient Khmer-style carved sandstone temples to centuries old tiered-roof Chinese pagodas and palaces, as well as nature's contribution of thousands of jutting limestone outcrops with hidden grottoes, lush forests and tranquil beaches and islands. We travel through the heart of this fascinating country - from the wide open French style boulevards of vibrant Ho Chi Minh City (formerly Saigon) and the lush farmlands of the Mekong Delta in the south to the capital, and city of lakes, Hanoi, in the north. Our journey will also include historic Hue and charming Hoi An - both UNESCO designated World Heritage sites.

Serene, timeless **Laos** is one of Asia's most unvisited and unchanged countries. This once-powerful kingdom known as Lan Xang (Million Elephants) was founded in the 14th century with the help of the Khmers, and went on to become one of the largest kingdoms in Southeast Asia until its demise in the late 19th century. Bisected and bordered by the Mekong River, omnipresent symbol of Indochina, Laos today is an amalgam of cultural influences; Theravada Buddhism, animism, France, and the socialist ideal. Our time will be spent in the charming spiritual centre of Luang Prabang - a peaceful place on the banks of the Mekong River where the legendary hospitality, resilience and friendliness of the Lao people is much in evidence. Laos is Old Asia preserved.

In **Cambodia**, delve into the history of the Khmer Empire from the 9<sup>th</sup> century as you explore some of the temples of the Angkor Park (including the masterful Angkor Wat itself) just a few kilometers from the colonial city of Siem Reap. Well preserved stone temple ruins dating back about 1,000 years cover an area of 200 sq. kilometers. It is easy to spend several days exploring here, taking in the thousands of exquisite statues and bas relief carvings that adorn the walls of seemingly endless temple buildings and chedis (stone spires). And take in the highlights of Phnom Penh, the vibrant bustling capital with its mansions and tree-lined boulevards amidst monumental Angkorian architecture.

Experience the warmth and hospitality of these three cultures as you meet friendly people, sample mouth-watering dishes, cruise waters that will carve unforgettable memories in your mind, bargain at local stalls and learn about the local health system and its age old **traditional healing techniques** – an incredible tour of the jewels of South East Asia.

Additional info can be found at:

[http://www.vietnamtourism.com/e\\_pages/news/index.asp](http://www.vietnamtourism.com/e_pages/news/index.asp)

<http://www.tourismlaos.gov.la/laos-in-brief.htm>

<http://www.cambodia-tourism.org/>

## The Academic Program (approximately 15 CME hours) ...

The **detailed program itinerary below** provides information on the various medical facilities that we will be visiting to learn more about the healthcare system in South East Asia, with a particular **emphasis on local forms of Traditional Healing**. There will also be a series of lectures throughout the tour from both local physicians and Canadian presenters together with interactive discussions, and complete information on the individual medical topics being presented will be included with your pre-departure documentation. In addition, any physician who would like to make a short presentation should contact our Group Medical Director, Dr. Mel Borins (Tel: 416-782-4530), directly. A certificate of attendance will be provided to all attendees of the Academic Program.

## The Itinerary...

### DAY 1 – Feb 14, 2013 (Thu) – Depart Toronto

Depart Toronto on the following flight schedule -

1	Dep:	Toronto	Westjet	WS 683	14-Feb-13	6:15 PM
	Arr:	Vancouver			14-Feb-13	8:22 PM
2	Dep:	Vancouver	China Airlines	CI 31	15-Feb-13	12:15 AM
	Arr:	Taipei, Taiwan			16-Feb-13	5:40 AM
3	Dep:	Taipei, Taiwan	China Airlines	CI 861	16-Feb-13	7:30 AM
	Arr:	Phnom Penh, Cambodia			16-Feb-13	9:50 AM

Flights are also available from the following Canadian cities (ie different domestic connections to Vancouver) – St. Johns, Halifax, St. John, Montreal, Ottawa, Edmonton, Calgary, Vancouver. Please see page 16 for more information.

### DAY 2 – Feb 15 – In transit as you cross the international date line

### DAY 3 – Feb 16 – Arrive Phnom Penh (L,D)



*Phnom Penh is the vibrant bustling capital of Cambodia. Situated at the confluence of three rivers, the mighty Mekong, the Bassac and the great Tonle Sap, the capital city has an almost provincial charm and tranquility with French colonial mansions and tree-lined boulevards amidst monumental Angkorian architecture. A mixture of Asian exotica and, the famous Cambodian hospitality, awaits the visitors to the capital of the Kingdom of Cambodia.*

Morning arrival in Phnom Penh, where you will be met by your guide who will assist you in obtaining your Cambodia entry visa (VIP fast track process). Transfer to your hotel for check-in and some time to relax before lunch at a local restaurant.

Welcome lunch will be arranged at Romdeng restaurant which is run by an organization that teaches former street kids in the principles of hospitality. Romdeng is set in a lovely colonial building with an atmospheric garden and serves Khmer food.

In the afternoon visit the **Tuol Sleng Museum of Genocidal Crimes**. Prior to 1975, Tuol Sleng was a high school. When the Khmer Rouge, and Pol Pot's security forces, came to power it was converted into the S-21 prison and interrogation facility. Inmates were systematically tortured, sometimes over a period of months, to extract confessions, after which they were executed at the killing fields of Choeung Ek. S-21 processed over 17,000 people only seven of whom survived and those who died during torture were buried in mass graves in the prison ground. The building now serves as a museum, a memorial and a testament to the madness of the Khmer Rouge regime. The prison kept extensive records, leaving thousands of photos of their victims, many of which are on display. Then continue to the outskirts of the city to Choeung Ek, better known as the **Killing Fields**.



Dinner will be at Mangosteen restaurant specializing in Indochine dishes with also a range of Western dishes and a varied choice of vegetarian options.

Evening at leisure. Overnight in Phnom Penh.

#### DAY 4 – Feb 17 – Phnom Penh – Siem Reap (B,L)

In the morning, physicians will visit the **National Pediatric Hospital** [www.nphcambodia.org](http://www.nphcambodia.org) in Phnom Penh.

**Non- Physicians** will visit the **Russian Market**, the best place in the city for wooden and stone carvings, old coins, jewellery, and Cambodian and Chinese silk clothes.

Mid morning, all participants will see the sights of Phnom Penh in a cyclo - an original Phnom Penh means of transportation and a very fun way to explore this lively city.

Start your tour at the **National Museum** which was designed by George Groslier and the Ecole des Arts Cambodgiens. The museum was built in traditional Khmer style in 1917 and was inaugurated in 1920 by King Sisowath. It houses the world's foremost collection of ancient Khmer archaeological, religious, and artistic artefacts from the 4th to the 13th centuries. Over 5,000 pieces are on display, constituting the repository of the Kingdom's cultural wealth. In addition, the roof space is home to a large bat colony!

Lunch will be served at a local restaurant .

Continue through the interesting French Quarter to the **Royal Palace**. This palace dates back to 1866 and was the last palace built during the French colonial period. The same complex houses the **Silver Pagoda**, named for the over 5000 heavy silver tiles that cover its floors. Its original name is Wat Prakeo, meaning Temple of the Emerald Buddha. In this temple you will view a collection of Buddhas in gold, silver, crystal, and bronze.



Transfer to Phnom Penh Airport for late afternoon domestic flight to Siem Reap. Upon arrival at Siem Reap International Airport, you will be welcomed by your local English speaking guide who will accompany you to your hotel for check in.

Rest of the day at leisure to relax at the hotel or maybe discover Siem Reap on a stroll through its beautiful pagodas and the colourful market.

Overnight in Siem Reap



**DAY 5 - Feb 18 – Siem Reap (B, L, D)**

**Siem Reap** is the provincial capital city of Siem Reap province. Until recently the one horse town of Siem Reap was just a dusty track with a few shop fronts but in a matter of years it has been transformed into the gleaming gateway to one of the World's archaeological marvels - the Temples of Angkor, or Angkor Park which is over 40 km<sup>2</sup> and is home of more than 100 temples dating from the 7th and 11th centuries, such temples being devoted to Buddhist and Hindu deities. Thirty-nine kings reigned during the Angkor era, and this uninterrupted period of peace and prosperity created the most powerful kingdom in South East Asia, until its fall in the 15th century, when the Siamese army finally succeeded in sacking it. Although the Khmers knew about the city of Angkor, it was only when the French botanist Henri Mouhot led an exploration to the area in 1861 that this 'lost city' aroused international interest.



In the morning, visit the **Great City of Angkor Thom** that was the last capital of the Great Khmer Empire under the reign of Jayavarman VII. This city is surrounded by an 8 m high wall, each side of the city is 4 km long. It draws a perfect square as you access this town through 5 gates; 4 of them represent the cardinal points and the 5<sup>th</sup> one the Victory Gate was the one leading directly to the Royal Palace Area. You will arrive via the **South Gate**, an impressive stone gate carved with Elephants and 4 giant faces. On each side is a row of 54 gods or demons holding the sacred Naga snake. From here you continue and enter the city and arrive at the **Bayon Temple**. This temple lies exactly in the center of the city. The particularity of this monument is the 54 towers representing the 54 provinces of the then Great Khmer Empire. Each tower has 4 faces. Continue by foot to the **Baphuon**, the **Terrace of the Elephants** and the **Terrace of the Leper King**.

Lunch at Sugar Palm restaurant.

This afternoon, take a Tuk-Tuk to visit the biggest religious temple in the world; the magnificent **Angkor Wat** Temple. Built by Suryavarman II, in the early 12<sup>th</sup> century, Angkor Wat is constructed following the model of the temple mountain symbolizing the Mount Meru, home of the gods. Considered as the masterpiece of the Khmer architecture, this Vishnuite temple is the King's funerary temple. These are the main reasons to explain the West exposure of the temple. Inside the temple the walls are covered by carvings and bas-reliefs depicting the Hindu mythology and the wars Suryavarman II made during his reign. As well, Angkor Wat is well known for the 2000 Apsaras dancers decorating the temple. Return back to your hotel after viewing the **sunset over Angkor Wat**.

Dinner will be at a local restaurant with a traditional Apsara dance show. Dancers, singers and musicians will bring ancient Khmer culture to life in spectacular surroundings while you will enjoy the very best in Cambodian cuisine.

Overnight in Siem Reap



Bayon, Angkor Thom

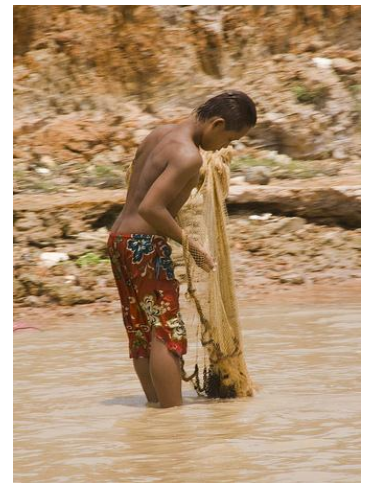


Angkor Wat

**DAY 6 – Feb 19 – Siem Reap - Luang Prabang (Laos) (B, D)**



In the morning, embark on an interesting boat trip on the **Tonlé Sap Lake**, where you will have the opportunity to learn about life on the lake. Tonle Sap is South East Asia's largest freshwater lake with its size varying greatly depending on the season. During the dry season it is roughly 2,500 km<sup>2</sup>, swelling to about four times its size during the wet season: 10,000 km<sup>2</sup>! Board a local boat and visit **Kampong Phluk**, a village where we'll see houses on stilts that are submerged when Tonlé Sap Lake extends. On the way, you will pass floating houses and impressive flooded forests, portraying life of the local people on the water.



Rest of the day at leisure until the transfer to the airport for your afternoon flight to Luang Prabang.

Arrive **Luang Prabang (Laos)** where you will be met by your guide who will assist you in obtaining your Laos entry visa (VIP fast track process). Transfer to your hotel for check-in and some time to relax before dinner at L'Elephant restaurant.

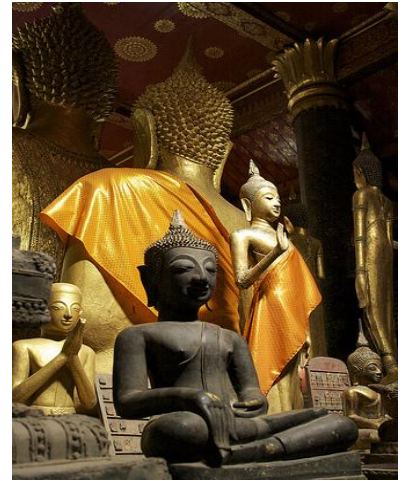
Overnight in Luang Prabang.



**DAY 7 – Feb 20 – Luang Prabang (B, L, D)**



**Luang Prabang**, nestled in the valley, surrounded by high mountains and situated along the Mekong, was once the former capital of Laos, during the Lane Xang Kingdom from the 13<sup>th</sup> to 16<sup>th</sup> centuries. Nowadays, it is renowned as the cultural and religious capital of Laos, and it's UNESCO designation as a World Heritage Site in 1995 has ensured the preservation of a mixture of traditional Lao and French colonial architecture which add to the town's unique character and charm. The magnificent temples in Luang Prabang are considered among the most beautiful in South East Asia.



After breakfast your city tour begins at the former **Royal Palace**, now the National Museum. The Royal Palace was built in 1904 during the French colonial era for King Sisavang Vong and his family, and is now home to exhibits of art and jewels as well as the residence itself. From there, continue on foot to visit **Wat Mai**, with its unique 5 tiered roof and golden bas-reliefs. During Pimai, the Lao New Year, the small Buddha statue called Pra Bang normally housed in the Royal Palace Museum is brought and put on public display in this temple. Then visit **Wat Sene** with its beautiful golden façade.

Lunch will be at a local restaurant for sampling typical Luang Prabang style dishes.

This afternoon, visit the **Traditional Arts & Ethnology Centre**, a museum dedicated to exploring the rich diversity of Laos' ethnic minorities. Traditional costumes, tools, and artifacts are on display alongside in-depth descriptions and written histories. It is a great opportunity to gain an insight in to the Lao people.





Then, you will visit the refreshing waters of the **Kuang Si Waterfalls**. These waterfalls cascade down a multilevel limestone formation creating a series of turquoise blue pools perfect for swimming in on a hot day (Note: when bathing, please wear a sarong). The jungle and dense woods surrounding the falls is filled with wildlife and pleasant walks can be taken along the natural footpaths. On the way back stop at stop at **Ban Tha Pan** to learn more about the Kamu way of living. Then stop at Ban Ou, a **Lao Loum Village**, the largest ethnic group in Laos. Finish with a stop at **Ban Na Ouane** a Hmong village. The Hmong people originated in the mountains of Southern China but despite their rich oral tradition there are no written records of their past except from accounts of outsiders. Thus Hmong history has been passed down through legends and ritual ceremonies from one generation to another. In the 1960s and '70s many Hmong were secretly recruited by the American army and the CIA to fight against communism in Laos.

Return to Luang Prabang in time to partake in a **Laos cooking class at La Residence Phou Vao**.

*Lao cuisine is heavily influenced by the flavours of neighbouring Thailand. The food is prepared using fresh ingredients and most dishes are flavoured with lime, lemongrass, coriander, and chilli. A traditional Lao meal is served with 'khao niaw', or sticky rice, which is rolled in to small balls and used to pick up the food. Typical dishes include 'tam mak hung', a salad prepared with green papaya, and 'laab', a dish of minced meat mixed with mint and chilli. The locals usually enjoy distilled rice wine, called 'lao lao', or a cold Beer Lao with their meal.*

Experience the wonderful flavors of Lao cuisine with a **Lao cooking class**. Led by *Chef Mr. Chantanong* from The Residence Phou Vao, the cooking course is a fun, hands-on way to learn about the ingredients involved and techniques used to create the local cuisine. The cooking class can be organized in the main kitchen or outside, in front of the pool, overlooking the Phousi mountain. And then, at the end of your preparation sit down to enjoy a delicious dinner which you have helped prepare.



Overnight in Luang Prabang.

#### DAY 8 – Feb 21 - Luang Prabang – Kamu Lodge (B, L, D)

After breakfast, embark for a cruise along the Mekong River to Kamu Lodge. On the way, stop at **Pak Ou Caves**. Locally referred to as Tam Ting, these two caves are carved out of towering limestone cliffs and contain thousands of gold lacquered Buddha statues. They range in size from a few centimeters to the size of a human. The caves are as well a destination for local pilgrimages.

Continuing upriver for about an 1 hour we reach the **Kamu Lodge**. Located in a unique site on the banks of the Mekong, the Kamu Lodge offers a very original Lao experience in an amazing environment to relax and participate in different activities from which you will learn about the local daily life of the Kamu people.



The Lodge features private canvas tents (with en-suite washroom facilities) and, faithful to local style, each one is protected from the elements by a thatch roof which allows the lodges' grounds to harmoniously blend with surrounding nature. A variety of activities are available including -



- Rice planting and harvesting in surrounding rice fields
- Gold panning (January to June) in the Mekong. Anything you find is yours!
- Jungle walks to search for medicinal plants
- Forest trekking
- Traditional fishing techniques. You can sample your catch for dinner!
- Visits to local villages

Dinner and overnight at the Lodge



#### DAY 9 – Feb 22 – Kamu Lodge – Luang Prabang (B, L)

After breakfast, enjoy free time to either relax or engage in some of the activities offered by the lodge before heading back on the Mekong River to Luang Prabang with a possible stop en route at **Ban Xang Hai**, a specialized village to product rice alcohol. “*Lao Lao*” or “*Lao Khao*” is a very strong rice alcohol usually made in rural areas. It is normally drunk for social events such as welcome to people, wedding, birth, etc...

After lunch, visit the Department of Food and Medicine (**Division of Traditional Medicine**) where you will learn about plants used for producing traditional medicine as well as visiting a local village where traditional medicine is produced.

Then visit the local **SOS Children’s Village** (a non-profit, non-government, voluntary organization), on the outskirts of the ancient capital of the former Laotian kingdom of Lan Xang, near the village of Ban Pong on the main road to Muang Khai. SOS Children’s Villages is the world’s largest private child welfare organization operating 400 villages in 131 countries. They provide needy children stable homes and the prospect of an independent future. Every child lives in a ‘family’ house with trained local women serving as ‘mothers’. Many orphaned children from the local hill tribes have found a new home in the Village in Luang Prabang. Most of them speak only their own tribal dialect and have not learned the Laotian language. The Village has 14 family houses and an SOS Nursery for 100 children, both from the local community and from the Village. The site, which was donated to SOS Children by the local authorities, includes a paddy field and a pond. You will be able to provide medical advice to the caregivers as part of your visit. An SOS School with 12 classrooms for 650 primary and secondary pupils is currently under construction.

<http://www.sos-childrensvillages.org/>

Late afternoon, you will head up to the base of **Mount Phou Si** to ascend the 328 steps to the top of the hill. Enjoy the panoramic views of the city and surrounding countryside before descending to the evening hill tribe market. Browse for handmade textiles, handicrafts, and souvenirs sold by the Lao hill tribes who set up stalls every evening on the town's main street.

Evening at leisure. Overnight in Luang Prabang



#### DAY 10 – Feb 23 – Luang Prabang - Hanoi (B)

Before breakfast you have the opportunity a very special dawn visit to watch the **monks collecting the alms**. As the sun begins to rise, long lines of orange-robed monks leave their pagodas and walk barefoot down the streets collecting offerings from Luang Prabang residents. Alms giving is an integral part of the Buddhist philosophy, earning the giver merit, or 'bun', towards their next life, enhancing their chances of improving their existence next time around. Taking part in this daily ritual can be one of the highlights of a stay in Luang Prabang. You will be given a small food parcel which will have been freshly prepared that morning and your guide will give you a quick instruction in etiquette. It is a beautiful, serene ceremony that highlights the spiritualism of the Laos people.



Return to the hotel for breakfast.



After breakfast it is time to explore more of Luang Prabang by **electric bike**. These electric bikes are an emission-free mode of transportation and allow the user to either pedal the bike by yourselves or to coast along using the bike's battery-powered, rechargeable motor.

Start your tour with a visit to the **Phosy Market**, mingling with the locals through the rows of stalls examining the local vegetables, fruits and other exotic specialties and delicacies alternative options.

Continue your cycling tour to **Ock Pop Tock**. This non-profit organization seeks to preserve traditional weaving techniques, a trade which was once an important source of income for many Lao families but is slowly fading out as modern technology has evolved. Spend time learning about the process of silk weaving from the initial stages of creating the dyes to the final process of loom weaving. From here take a short ride to the **Elephant Asia Show**, an outdoor museum focused on elephant preservation (subject to opening hours due to current refurbishment)



Afternoon at leisure until the transfer to the airport for your late afternoon flight to Hanoi.

Arrive **Hanoi, (Vietnam)** where you will be met by your guide who will assist you in obtaining your Vietnam entry visa (VIP fast track process). Transfer to your hotel for check-in.

Evening at leisure. Overnight in Hanoi.

#### DAY 11 – Feb 24 – Hanoi (B, L, D)



*The charm from the French era still emerges in **Hanoi**, the capital of Vietnam. A city of broad boulevards lined with tamarind trees and numerous lakes, Hanoi combines harmoniously the liveliness of the Old Quarters with remarkable colonial architecture. Ranking amongst the world's most attractive and interesting cities, the city's placid air gives it a gracious, almost regal flavor, underscored by a rich history that traces back more than a thousand years from 1010 when it was the most important political centre of Vietnam. Although eclipsed by Hue during the Nguyen Dynasty as the country's capital in 1802, it regained its position as the capital of French Indochina from 1902 to 1954 and, since then, the capital of North, and subsequent to the War and Reunification, the whole country.*

A full day city tour of Vietnam's capital including the following sites and activities -

- **Ho Chi Minh Complex:** Completed in 1975 the complex contains Ho Chi Minh's mausoleum, his former stilt-house residence and the Ho Chi Minh museum. On the same complex is also the **One Pillar Pagoda**, founded by King Ly Thai To in 1049. This structure has become an important symbol for the people of Hanoi.
- The **Temple of Literature:** Originally built as a temple to Confucius, this is the site of Vietnam's first university dating back to 1070.
- The infamous Hoa Lo Prison, now a museum (formerly known as the "**Hanoi Hilton**" during the Vietnam (or as the local's call it, "American") war.

Lunch at a local restaurant

- **For physicians**, you will visit the **Clinic for Traditional Eastern Methods** in Hanoi for a demonstration and lecture by Dr. Huong, a practitioner in these methods for over 20 years. For several thousand years, Vietnamese Traditional Medicine has evolved under the shadows of Chinese Traditional Medicine, culture, and rule. Dr Huong is an expert in Traditional Eastern Methods through Acupuncture, Acupressure and Cagut Implantation. **Non-physicians** will visit the **Hoan Kiem Lake and The Huc bridge**.
- Cyclo tour through the Old Quarter: Also known as the 36 streets, this bustling area of narrow streets is home to literally thousands of small businesses and shopkeepers. It's a great place to explore, especially by cyclo, with plenty of photo opportunities all around you. Make a stop to walk along Hang Thuoc Bac meaning Herbal Medicine Street where many kinds of dried herbs are sold.
- Dinner is a **cooking class at Madame Anh Tuyet's** restaurant. Getting to know the food is also the great way of getting to know the country. Vietnamese food is healthy, simple to cook and delicious. A true Hanoian, Tuyet learned her culinary skills from her grandmother who used to cook for the French in the 1930's. Learn how to prepare and cook true northern Vietnamese cuisine before sitting down to enjoy a delectable meal.

Overnight in Hanoi.



**DAY 12 – Feb 25 – Hanoi - Hue (B,L)**

An early start this morning as you catch the first rays of the sun and a chance to see Hanoi waking up. Visit the Hoan Kiem lake where locals practice their morning exercises – **Tai Chi**, aerobics and badminton. Learn all about the Tai Chi exercises and their benefits.

*Tai Chi is a type of internal Chinese martial art which has also developed a worldwide following for its health benefits and stress management. Medical studies support it's effectiveness as an alternative exercise as the slow, repetitive work involved in the technique opens the internal circulation (breath, body heat, blood, lymph etc.)*



After breakfast **physicians** will visit the **National Hospital of Traditional Medicine**, the leading hospital in its field for the whole country of Vietnam. It is the largest establishment for treatment, research, and training in traditional medicine. The hospital has a total of 22 departments with two main centers that are divided in 3 main sections including clinical, para-clinical and functional section. Visit the various departments and meet with some of the best traditional specialists to learn about this form of medicine.

<http://nhtm.gov.vn/home>

**Non-physicians** will visit 54 Traditions Gallery and enjoy “H’mong hour”. This is a unique opportunity for the group to interact with H’mong women from hill tribe villages and learn about their daily life: their families, their work and traditions etc.



Lunch will be at a local restaurant before continuing on to Buddhist **Tran Quoc Pagoda** on West Lake (one of the oldest in Vietnam) and **Quan Thanh Temple** (Taoist, dating from the Ly Dynasty). Later, visit the **Museum of Ethnology**, widely acknowledged as the best in the country where you may observe Vietnam's diverse culture through the Museum's unique presentation of artifacts and dress used in daily life, including an extensive display dedicated to Vietnam's 54 Ethnic minority peoples.

Transfer to the airport for evening flight to Hue. Upon arrival in Hue, transfer to hotel for check in. Overnight in Hue

**DAY 13 – Feb 26 – Hue (B,L,D)**

**Hue** is the former imperial capital of Vietnam from where the Nguyen Dynasty of emperors ruled from 1802 till 1945, just 150 km from Hoi An. In 1687 the Viets made Hue their capital, and continued their expansion into Cham territory. It remained the capital under the Nguyen dynasty, which had thirteen emperors, the last of whom ruled until 1945. Hue is still the intellectual capital of Vietnam with 12 schools of higher learning. It maintained its cultural identity while other cities were accumulating foreign influences. The Nguyen dynasty left an Imperial city of citadels, palaces, tombs and temples set in the peaceful countryside bordering the Perfume River. Hue today has regained its royal demeanor and is a calm, peaceful and relaxed place to visit. The remaining French colonial garden houses and villas, quiet streets, riverbanks, and outlying tombs and pagodas that escaped damage – all give Hue a unique atmosphere of tranquility.

Start the morning with a cruise along the romantically named **Perfume River** which takes you by tranquil settings of gardens and lakes where Hue's best-known religious sites, the **Thien Mu Pagoda** and the mausoleum of former Emperor Minh Mang are located. After lunch, continue to the ancient walled Citadel containing the former **Imperial Palace** from where the Nguyen Dynasty ruled between 1802 and 1945. The Citadel was closely modeled along the lines of the Forbidden City in Beijing. Much was damaged by French aerial bombing and also in the Tet Offensive in 1968. Now however much of the city is being faithfully restored thanks to generous funding by UNESCO. Follow this tour of the Emperor's residence with a trip into the surrounding countryside to see the final resting place of the Emperors by visiting two of the most impressive **Royal Tombs** and finish with a visit to the lively **Dong Ba** market.



In the evening, enjoy a royal dinner with music performance at Hoa Mai restaurant of Huong Giang hotel.  
Overnight in Hue.

#### DAY 14 – Feb 27 – Hue - Hoi An (B, L)



*Once known as Faifo, **Hoi An** was one of the orient's major trading ports in the 16<sup>th</sup> and 17<sup>th</sup> centuries. Chinese, Japanese, French, English, Spanish, Portuguese and other traders had small communities here, and the old wooden houses, bridges and temples that remain are reminiscent of a Vietnam of centuries past. After the Thu Bon River, linking Hoi An to the sea, silted up, ocean going ships were no longer able to sail into town and trade moved 30km up the coast to Tourane, known nowadays as Danang. Despite the passing of 200 years and the ravages of the weather and war, the centre of Hoi An remains much the same as it was in its hayday and this absolutely charming and relaxed town has been designated a UNESCO World Heritage*

After breakfast, leave Hue to drive over the beautiful **Hai Van Pass** (literally the 'Pass of Ocean & Clouds') - Vietnam's geographical and psychological boundary between north and south. The peak of the pass lies perpetually shrouded in clouds. Stop en route at the beautiful **Non Nuoc Beach** and the **Cham Museum**, which contains the finest collection of Cham sculpture in the world. In Danang you will visit the **Marble Mountains**, five sacred hills containing dozens of Buddhist shrines before proceeding to Hoi An.

After lunch, take a leisurely walking tour of the ancient town center of Hoi An and visit the sites of former merchants' homes, a 400 year-old Japanese Covered Bridge, and a Chinese Communal Hall. Then time for browsing and shopping in the one of the most colourful local marketplaces in all of South East Asia.

Evening at leisure. Overnight in Hoi An.

#### DAY 15 – Feb 28 - Hoi An (B, L)

**Academic program** in the hotel in the morning, with both Canadian and local speakers followed by lunch. Free time in the afternoon

**Non-physicians** will enjoy free time to relax at the beachfront resort – spend time by the pool or swim in the Gulf of Bac Bo.

**DAY 16 – Mar 1 – Hoi An – Danang - Ho Chi Minh City (Saigon) (B,L,D)**



***Saigon**, Pearl of Orient, is the largest city and economic center. It is a blend of Chinese, French colonial and modern influences. The huge number of people, shops and stalls give Saigon, now named Ho Chi Minh City, a bustling atmosphere. Flocks of schoolgirls on bicycles, their traditional white “Ao Dai” tunics fluttering in the breeze; vendors engulfed in bright bubbles of balloons or pushing carts heaped with wares.*

Morning arrival in Saigon, where your guide will meet you and transfer you to your hotel for check-in. Lunch will be served at a local restaurant.

Transfer to nearby Danang airport for morning flight to Saigon.

Lunch will be at Hoa Tuc restaurant and afterwards, start your tour of this bustling city which unravels Saigon's turbulent past and also provides a glimpse into the fascinating variety the city has to offer. Included in the tour are the landmark Reunification Hall, formerly known as the **Presidential Palace**. It was towards this modern building that North Vietnamese resistance fighters tanks (Viet Cong) rolled on the morning of April 30, 1975 as Saigon fell. This fascinating building is filled with history still fresh in the minds of many. See the fascinating **War Remnants Museum** with its unforgettable photo collections displaying the elements of the long struggle from both side's perspectives. Then, the red-brick Catholic cathedral of **Notre-Dame**, the nearby 19<sup>th</sup> century Empire-style **Post Office**, and the '**Hotel de Ville**' or City Hall, all of which display classic examples of classical French colonial architecture in their indomitably European style.

Dinner is at Ancient Town restaurant. Overnight in Saigon.

**Day 17 – Mar 2 – Saigon - Mekong Delta (B, L, D)**

*The **Mekong Delta**, often referred to as Vietnam's rice basket, is the biggest rice-growing region in the country, the rich alluvial soils producing three harvests a year. Despite being a predominantly rural region, the Mekong Delta is one of the most densely populated areas in Vietnam and most of the land is under cultivation. Other delta products include coconut, sugar cane, fruit and fish.*

An early morning departure from your hotel takes you to Cai Be, deep in the heart of the Mekong Delta. Embark on your private deluxe junk boat cruise to the colourful **Cai Be floating market**. Your tour continues with a visit to local home factory which produces rice paste, rice pop corn and coconut candies. Continue cruising to the evergreen islands, located in the Mekong River, through large networks of meandering rivers which are crisscrossed with countless canals. Enjoy an included relaxing lunch in a local restaurant before boarding the boat again and slowly cruise to **Vinh Long** as you take in the beautiful landscapes and observe typical rural life on the Mekong Delta. You will stay in the Mekong overnight at a resort in the lively waterfront town of **Can Tho** where you will also enjoy dinner.

Overnight in Can Tho

**DAY 18 – Mar 3 – Mekong Delta – Saigon - Onward return flight to Toronto (B, L)**



Enjoy breakfast on the “Lady Hau” while cruising to the floating market. When the “Lady Hau” arrives at **Cai Rang floating market**, you will have opportunity to be transferred to a local traditional boat to get inside the market. Leave Can Tho for Saigon.

Lunch in Saigon at Monsoon Restaurant.

After lunch enjoy a tour of Saigon by cyclo (a chauffeur-pedalled tricycle) to **Cholon**, the bustling Chinatown of the city and visit the **Thien Hau Pagoda** – a Chinese temple in the area and the jostling **Binh Tay** (“Big Market”) – a claim that is well justified as Vietnam's largest market.



Transfer to the airport for your return flight to Canada on the following flight schedule -

Dep:	Saigon, Vietnam	China Airlines	CI 784	03-Mar-13	5:50 PM
Arr:	Taipei, Taiwan			03-Mar-13	10:05 PM
Dep:	Taipei, Taiwan	China Airlines	CI 32	03-Mar-13	11:30 PM
Arr:	Vancouver			03-Mar-13	6:05 PM
Dep:	Vancouver	Westjet	WS 628	03-Mar-13	10:50 PM
Arr:	Toronto			04-Mar-13	6:17 AM

Flights are also available to return to the following Canadian cities (ie different domestic connections from Vancouver) – Montreal, Ottawa, Edmonton, Calgary, Vancouver. Please see page 16 for more information.

#### DAY 19 – Mar 4, 2013 (Mon) – Arrival back in Canada

#### The hotel bases...

CITIES	HOTELS
PHNOM PENH, CAMBODIA	SUNWAY HOTEL <a href="http://phnompenh.sunwayhotels.com/">http://phnompenh.sunwayhotels.com/</a>
SIEM REAP, CAMBODIA	SOKHAR ANGKOR RESORT <a href="http://www.sokhaangkorresort.com/ppc/">http://www.sokhaangkorresort.com/ppc/</a>
LUANG PRABANG, LAOS	LE PALAIS JULIANA <a href="http://www.lepalaisjuliana.com/">http://www.lepalaisjuliana.com/</a>
MEKONG, LAOS	KAMU LODGE <a href="http://www.kamulodge.com/">http://www.kamulodge.com/</a>
HANOI, VIETNAM	MOVENPICK HOTEL <a href="http://www.moevenpick-hotels.com/en">http://www.moevenpick-hotels.com/en</a>
HUE, VIETNAM	SAIGON MORIN HOTEL <a href="http://www.morinhotel.com.vn/morin_intro/">http://www.morinhotel.com.vn/morin_intro/</a>
HOI AN, VIETNAM	PALM GARDEN RESORT <a href="http://palmgardenresort.com.vn/beta/">http://palmgardenresort.com.vn/beta/</a>
SAIGON, VIETNAM	GRAND HOTEL <a href="http://grandhotel.vn/">http://grandhotel.vn/</a>
CAN THO, VIETNAM	KIM THO RESORT <a href="http://www.kimtho.com/">www.kimtho.com/</a>

With the exception of Kamu Lodge, Laos (which is an ecolodge), all of your accommodation will be in 4 star hotels – in the unlikely event that a hotel needs to be substituted it will be of a similar standard or higher.

## The price... Cdn \$6,295 / person

Pricing (exc. Insurance) / per person	Inc. Air from Toronto
Per person (double occupancy)	<b>\$6,295</b>
Single supplement	\$1,350
Single share matching fee	\$ 300 **
Transportation / hotel taxes and fees	\$ 480
Academic program registration fee (per MD registrant)	\$ 400
Departure taxes & entry visas (payable locally - estimate)	US\$130

We also have connecting flights from Canadian cities other than Toronto to connect to your China Airlines transpacific flight from Vancouver. Pricing supplements / deductions (per person) are as follows -

Montreal	YUL	\$180
Ottawa	YOW	\$180
Edmonton	YEG	\$0
Calgary	YYC	\$0
Vancouver	YVR	-\$200

Supplements / deductions are current at the time of this brochure release but are subject to change based on availability.

\*\* Single share matching fee – can't find a traveling partner but don't want to pay the single supplement? We'll keep our eyes open for similar clients and try and find you a compatible person to share a room with. However, if we are unable to find you a suitable companion the single supplement will be payable.

### REPEAT CUSTOMER DISCOUNT

If you have travelled with doctors-on-tour before, you are eligible for our Repeat Customer Discount. Simply deduct 1% for each separate tour that you have travelled with the company on up to a maximum of 3% (ie travelled on one previous tour, deduct 1%; two tours, 2%; three or more tours, 3%). Please note, this discount is applicable to the base price (eg above \$6,295) plus single supplement / share matching fee and optional extensions only – it is not applicable to transportation / hotel taxes and fees, travel insurance and/or the academic program registration fee. In addition, it is subject to the payment (s) for the tour being made by cheque. The discount is to be made from the final balance payment with the deposit amount being paid in full.

**Included** in the price (Cdn\$6,295/person):

- International flights from Toronto to Phnom Penh, Cambodia and from Saigon Vietnam to Toronto on China Airlines / Westjet. Internal flights in Vietnam, Laos and Cambodia as per detailed itinerary.
- Modern, air conditioned coach transportation (including bottled water)
- 4 star hotel accommodation
- 15 breakfasts, 14 lunches, 9 dinners
- Comprehensive daily itineraries including privately escorted tours of local cultural sites, museums, attractions and shows.
- CME program including tours of various local medical facilities spouses (Academic Program Certificate provided) with separate programs for spouses
- Fully escorted program including services of local English speaking cultural experts
- Portage

#### **Exclusions**

- Any meals or activities not mentioned above
- Camera / video entrance fees (where applicable)
- Personal expenses (laundry, telephone, drinks other than included above)
- Gratuities
- Local and international airport departure taxes and entry visas for Vietnam, Cambodia & Laos
- Travel insurance – please note, **travel insurance (including medical and trip interruption coverage) is highly recommended** for this tour. Coverage is available through doctors-on-tour – please check for further details in our brochure.

For **invoicing** purposes re doctors and their spouse, we can also provide a separate invoice with the doctor's air cost plus 100% of the accommodation costs included in the doctor's invoice.



## Insurance information...

We strongly recommend that you take out travel insurance to provide you with peace of mind due to, in particular, limited provincial health care coverage afforded to Canadians while traveling overseas and the cancellation provisions inherent in your booking. We offer two insurance coverage options –

**Non-medical package** – There are **significant inherent cancellation penalties** associated with your booking as detailed in our booking terms and conditions and this insurance package provides coverage for all monies paid for your trip if you should have to cancel due to medical, or other listed, reasons either relating to yourself or a member of your immediate family. It also covers you for trip interruption costs short notice return flight home etc) for medical reasons again, either relating to yourself or an immediate family member as well as flight and travel accident and baggage insurance.

**Deluxe package** – provides coverage for all the components in the non-medical package, plus unlimited health coverage while in the destination

Note, if you believe you may have coverage through your **credit card** we would strongly advise checking with the credit card company the actual coverage afforded to ensure it covers medical, trip cancellation and trip interruption as not all of these items are covered (or may only offer limited coverage as to trip duration or insured \$amount in the event of a claim - sometimes as low as only \$1,000 per person ) by all kinds of cards.

Total insurable costs	NON-MEDICAL PACKAGE				DELUXE PACKAGE			
Age>	0-59	60-64	65-69	70-74	0-59	60-64	65-69	70-74
5500 - 6000	343	401	456	523	405	512	595	899
6000 - 6500	365	428	488	561	427	539	627	936
6500 - 7000	387	455	521	598	448	566	660	974
7000 - 7500	408	482	553	636	470	593	692	1,012
7500 - 8000	430	509	585	674	491	620	725	1,050
8000 - 8500	451	536	618	712	513	647	757	1,088
8500 - 9000	473	563	650	750	535	674	789	1,125
9000 - 9500	495	590	683	787	556	701	822	1,163
9500 - 10000	516	617	715	825	578	728	854	1,201
10000 - 10500	538	644	747	863	599	755	887	1,239
10500 - 11000	559	671	780	901	621	782	919	1,277
11000 - 11500	581	698	812	939	643	809	951	1,314
11500 - 12000	603	725	845	976	664	836	984	1,352

## Misc information you need to know...

### Travel documentation and visas

An entry visa is required for Canadian citizens to enter into each of Vietnam, Laos & Cambodia (costs are \$25, \$42 and \$20 respectively at the current time). Your entry visas will be pre

-arranged locally by our tour operator partner in South East Asia for issuance upon arrival. In addition, your passport must have an expiry date no earlier than 6 months after your scheduled departure date from South East Asia.

**Mandatory vaccinations** - None

### Recommended medical precautions

Hepatitis A/B, Typhoid, Malaria

## Testimonials...

### What our physicians have said about our previous educational escapes...

"A thoroughly enjoyable week – informative lectures, well organized tours and great company!  
Dr. Dagnija Kalnins, Port Credit – Los Cabos, Mexico, 2003

"Great hotel facilities, excellent service – an extremely enjoyable, and educational, week  
Dr. Doug Wooster, Toronto – Chile, 2005

"Great company, well organized and interesting tours, educational lectures and great food (and wine....!) – Fantastic trip!"  
Dr. Ray Martin, Toronto – Argentina, 2006

**"Thanks for planning such an amazing trip. Our congenial group enjoyed so many rich experiences together and collected memories to last a lifetime. Each day was an adventure!"**  
**Andrea Maurice – Vietnam / Cambodia, 2007**

"I want to express our appreciation for a wonderful trip. The tour operator and the guides were excellent and everything went very smoothly.... this was a tremendous trip which we will need to review again over the coming days to catalogue and appreciate all the places we visited and the marvelous things we saw.. Thanks again for all the hard work in putting the trip together with the memorable result that was achieved..."  
Dr. Rudy Hyles, Mississauga – Ecuador & The Galapagos, 2008

"Wonderful people! Wonderful places!"  
Dr. Phil McGuire, Ottawa – Peru, 2009

"The organization and accommodation were both excellent. We were always looked after with consideration and provided with a wide variety of interesting activities and experiences. The guides were most helpful and informative. A wonderful tour!"  
Dr. Michael Dales, Toronto - Ecuador & The Galapagos, 2009

"I do not have words to express my appreciation and admiration for the your hospitality and service provided by your company and your partners on the ground in India"  
Dr. Sudhir Pandya – Northern India, 2009

"We thoroughly enjoyed the recent trip to East Africa.  
All lodges were excellent. The event was a huge success. A lifetime highlight"  
John Bright - Kenya & Tanzania – March, 2010

"A wonderful trip. It was amazing to see so many different animals co-existing on the beautiful African plains. The Kenyan and Tanzanian people we met were gracious and welcoming.  
Our host/trip manager was excellent - very bright, knowledgeable, good problem solver, great people skills - a delightful man who really made our trip memorable. Our guide/driver was also excellent - very knowledgeable, an excellent driver and keen to make our safari experience a good one. We had lots of fun and learned a lot from him. I loved the parks and reserves - the Serengeti and Ngorongoro are absolutely amazing".  
Andrea Maurice, Toronto – Kenya & Tanzania – March, 2010

"The guides throughout the trip were superb, well informed with excellent local knowledge and willing to discuss any topic! The visits to the local hospitals were excellent. A fantastic tour!"  
Dr. Linda Stirk, Toronto - Ecuador & The Galapagos (and Peru), 2010

"We had a great visit to the Falls. Stefani was a very helpful guide. The hotel and facilities were fabulous. The tour overall was an exciting experience. Thanks to you both and Ian for the hard work and planning.  
Drs. Hirsch and Indra Rastogi, Ancaster – Brazil, 2011

"In addition to exploring the fantastic sights of Northern India, our group visited local hospitals and clinics to learn more about how medicine is practiced in India as well as in the SOS Children's village in Jaipur and the Mother Teresa charity Mission in Agra" - Dr. Serge Puksa, Northern India, 2011

"We found this tour to be a wonderful adventure... even more than we had anticipated. The planning and attention to detail on the ground ensured we had a comprehensive introduction to the many wonders of Ecuador. I will definitely consider participating in another program and will be certain to share details with my colleagues"  
Dr. Alison Kelford, Oakville - Ecuador & the Galapagos, 2011

The trip surpassed all my expectations. The country itself was far more interesting than I thought and the tour itself was very well organized. The wineries were a treat and the physicians and their spouses were lots of fun. I would be happy to do another trip!  
Dr. Steven Traplin, Guelph – Spain Gourmet tour, 2011

"Spain greatly surpassed my expectations, offering wonderful gastronomic experiences, lavished with outstanding wines and extremely hospitable people with a culture and history that is as rich as deep. Fernando Garcia, through his many connections, was able to allow us access to exclusive vineyards , where we were submerged in to the local cuisine and regaled with their finest wines".  
Dr. Peter Bloch, Oakville – Spain Gourmet tour, 2011

We have had an excellent trip. Accommodation and food were first rate. We were greatly impressed by the excellent organization and professionalism of all the locations we visited. Our guides, coach driver and boat drivers were exceptional. Thanks for a great experience in Ecuador!  
John Maase, Brockville - Ecuador & the Galapagos, 2011

**Our guide was excellent, enthusiastic and knowledgeable. Cooking classes were good and the hotels were excellent**  
**Dr. Barbara Flanagan, Charlottetown – Vietnam, Laos & Cambodia, 2012**

#### **And about your Group Leader and Medical Director, Dr. Mel Borins**

"Mel was an excellent tour leader"  
Dr. Peter Lavelle - Northern India, February 2011

"Mel & Bonnie were great!"  
Dr. Linda Rapson - Northern India, February 2011

"I would travel with Mel & Bonnie again without hesitation"  
Dr. Serge Puksa - Northern India, February 2011

"Great, Great tour leader"  
Dr. Martin McIntyre - Northern India, February 2011

We really enjoyed the tour of Bali and we were glad that we could do it with Dr. (Mel & Bonnie) Borins who showed us the real Bali and not the tourist angle. Every moment was an experience of it's own. Thank you so much for organizing such a unique experience  
Dr. Nilam Clerk & Shobha Amin, Toronto - Bali, 2012

This was my first doctors-on-tour program and I really enjoyed it! I learned about the culture of Bali and appreciated the kindness and honesty of it's people. Thanks a bunch to Dr. Mel Borins.  
Dr. Aarti Jani, Prince George, B.C. - Bali, 2012



## The fine print...

The Terms & Conditions contained herein are the terms under which on-tour.ca and doctors-on-tour.ca (being operating brands of Britcan International Consulting (B.I.C.) Inc) accepts reservations. Our liabilities are limited. When you make a payment of deposit and/or final payment, it is also an acknowledgement of receipt and acceptance of these terms and conditions.

**RESERVATIONS & DEPOSIT** Early reservations are recommended to guarantee your reservation as several of the accommodation providers with which we make arrangements on your behalf have limited capacity. All services are strictly on a request basis, both for air travel and land requirements and subject to availability of seats and hotel/lodge/camp rooms. A guaranteed non-refundable deposit of \$500 per person (together with the applicable travel insurance premium is required with your reservation request. Tour extensions are also subject to additional non-refundable deposits as detailed in our brochure. Reservations made for travel within 95 days will require full payment at the time of reservation. Certain non-standard arrangements may require higher deposit and the same will be advised to you at the time of booking. Please be aware that some airfares (outside of our group air blocks) require full payment at time of booking and will be advised to you accordingly.

**FINAL AND/OR BALANCE DUE PAYMENT:** Guaranteed payment of all balances due is no later than 95 days prior to departure date. If payment of the balance due is not received by the stipulated date, we reserve the right to cancel your reservation without refund of deposit.

**CREDIT CARD PAYMENTS:** Visa & MasterCard credit cards are accepted as form of payment. Credit card payments require that the passenger complete and sign our Booking Form as verification of their approval for the credit card to be charged both for the initial deposit as well as the future balance payments on the date they become due, together with any other charges due relating to the booking that have been requested by you in writing (including by electronic mail communication). No services will be provided without receipt of the signed Booking Form. Third party payments may have restrictions.

**CANCELLATIONS & CHANGES:** The deposit amounts (for both the main tour and any optional extensions reserved) are non-refundable. Cancellation penalties for bookings cancelled by the client after the final balance due date (95 days before departure) are as follows: 95 – 61 days before departure – 25% of total price paid; 31 – 60 days – 50% of total price paid; 30 days or less – 100%. (Notwithstanding the foregoing, any domestic Canada flight purchased as an additional service to the advertised package is 100% non-refundable irrespective of the date of cancellation). If payments are not received by their due dates, we reserve the right to cancel the booking without further notice. There will be no refund for unused land arrangements after departure from North America. In the event of the cancellation by doctors-on-tour.ca of any or all components of the travel services offered herein, doctors-on-tour.ca will have no responsibility beyond the refund of all monies received from the client, which will be deemed to constitute full settlement. Individual airfares purchased outside of our groups air blocks are subject to different rules and cancellation fees. Some airfares may be non-refundable once the booking is confirmed regardless of when it was made. Details will be provided at the time of booking.

**TRAVEL INSURANCE:** To protect against cancellation charges, we strongly recommend purchasing Cancellation Protection and Travel Interruption Insurance. Cancellation insurance must be purchased at time of initial deposit. In the event of illness, medical and hospital expenses are the traveler's responsibility and no refunds will be made, partial or total, for the purchased tour. We strongly urge that you purchase either the Non-Medical insurance (ie Cancellation Protection and Travel Interruption Insurance) or Deluxe Insurance (Non-Medical coverage plus Health coverage) packages offered by our doctors-on-tour through RBC Insurance.

**TRAVEL DOCUMENTATION, VISA & OTHER IMMIGRATION REQUIREMENTS:** A Canadian citizen must be in possession of a passport that must remain valid for a minimum of 6 months from the date of conclusion of their journey. Tour participants must also ensure that they comply with all visa and health requirements of countries they intend to visit. A tourist entry visa is required for each of Vietnam, Cambodia & Laos. Non Canadian citizens may have different requirements. Non Canadian citizens may have different requirements. It is the passenger's responsibility to ensure that all his or her passport, visa and mandatory health vaccination requirements for entry into the country are met and the cancellation penalties referred to above will apply if a passenger is not allowed into the destination country (or determines in advance of departure that he will not be allowed into the destination country) due to lack of proper documentation including, but not limited to, passport, visa, customs, health or currency provisions required by the destination country thus preventing him from participate in the tour. Final tour documents consisting of detailed tour itinerary, vouchers, and airline tickets will be forwarded approximately 2-3 weeks prior to departure subject to receipt of final payment.

**PRICING POLICY :** Accommodations and services at the destination are contracted in local currencies and/or US Dollars. Due to frequent fluctuations in currency exchange (as well as other factors beyond our control including, but not limited to, fuel costs, transportation taxes and airport and local surcharges), prices are subject to change with or without notice and surcharges may apply for which we would endeavor to inform you as soon as possible. However, once we have received your final payment we would either waive any price increase or allow you to cancel your booking without penalty.

**UNUSED PORTION OF THE TOUR:** No refund will be made for any unused accommodations, missed meals, transportation segments, cruise portions, sightseeing tours or any other service. Such unused items are neither refundable nor exchangeable.

**ACCOMMODATIONS:** Accommodations on twin occupancy basis, is provided at the hotels/lodges/camps as specified or similar. Single room supplements apply to persons occupying sole use of a room/cabin but travelling with other passengers on the same tour and sharing transport cost on transfers, game drives, coach tours, sightseeing and excursions. Quoted single room rate does not necessarily mean single occupancy of a double room, as several of the establishments offered have especially designed single occupancy units. The right is reserved to substitute hotels/cruise ships should conditions warrant such change for reasons beyond our control. Rooms/cabins are assigned by the respective supplier(s) on a run-of-the-house basis, in category (ies) as specified in the itinerary.

**SINGLE PASSENGERS TRAVELLING TOGETHER:** If you are travelling with a companion and each paying separately the regular each of two double sharing accommodation rate and your companion decides to cancel, the remaining travelling passenger will be responsible for either finding a replacement travelling companion to take the cancelled passenger's place or must pay the single supplement and travel on a single basis.

**MEALS & BEVERAGES:** Meals as included on our itineraries are either buffet meals and/or table d'hôte. Meals ordered through room service are not included and must be paid directly to the establishment. Alcoholic beverages, soft drinks, and bottled water are included only where indicated on the itinerary. Unless specifically mentioned in your itinerary, all drinks (both alcoholic and non-alcoholic) are to be purchased and paid directly to the establishments.

**OPTIONAL TOURS, EXCURSIONS AND TRIP EXTENSIONS:** It is our intent to operate any Optional Extensions on a private group basis. However, should the number of participants be of an insufficient level, we reserve the right to either

- (1) add a surcharge to the previously stated selling price to be able to still offer the extension on a private basis or
- (2) operate any individual tour on a shared basis with other non-group participants or
- (3) cancel the tour and provide a full refund of all monies paid.

No refunds can be provided for cancellation of any tour by the client while in the destination.

**SPECIAL REQUESTS:** While we will make every effort to accommodate special requests, eg., room/cabin locations, adjoining rooms, non-smoking rooms, bed preferences, special dietary meal requests, these cannot be guaranteed and doctors-on-tour.ca cannot be held responsible if such requests cannot be fulfilled. Requests for upgrading rooms/cabins are subject to additional charges. Any deviations to the standard program arrival and departure flight dates should be notified at the time of booking and are subject to availability and also any applicable flight class supplement.

**DOCUMENT DELIVERY:** Your travel documents will be sent to you approximately 3 weeks prior to departure. For bookings received within 3 weeks of departure, express delivery of documents will require a courier delivery fee of \$30 to cover extra handling and processing. Additional courier charges will apply for all residents outside of Canada, irrespective of when the booking is made.

**CONSUMER PROTECTION:** doctors-on-tour.ca is licensed under the Ontario Government Ministry of Consumer & Corporate Relations, Travel Industry Act 1974, Registration No. 50009110. The Act is administered by the Travel Industry Council of Ontario (TICO), the government regulated body which is responsible for enforcing and monitoring the Travel Industry Act, including the protection of advance monies paid to its registrants by consumers. More information about TICO is available at <http://www.tico.on.ca/>

**NOTICE TO TRAVELLERS:** Canadians enjoy a living standard which is among the highest in the world. In other countries, the uninterrupted supply of water and electricity, local health conditions, levels of security and standards of food and beverages may sometimes differ from those enjoyed at home. Illness or inconvenience resulting from the services provided or omitted at the destination are outside the reasonable control of doctors-on-tour.ca and doctors-on-tour.ca bears no responsibility for such illness or inconvenience. doctors-on-tour.ca cannot accept responsibility for the behaviour of other guests/groups nor the unlikely event of the withdrawal of services or facilities due to local cultural and political events or holidays.

**FORCE MAJEURE:** doctors-on-tour.ca shall not be liable for any claims, losses, damages, costs, expenses, delays or loss of enjoyment, of any nature or kind whatsoever, resulting from events beyond our or a supplier's reasonable control, including but not limited to acts of God, strikes, lockouts or other labour disputes or disruptions, wars, blockades, insurrections, riots, earthquakes, weather conditions, floods or acts or restraints imposed by government authorities.

**OUR RESPONSIBILITIES:** doctors-on-tour.ca makes arrangements with airlines, tour operators, ground handlers, hotels/lodges, cruise lines, car rental companies & other independent parties to provide you with the travel services and other services you purchase. Although we take care in selecting these suppliers, we have no control over them and, therefore, cannot be responsible for their acts or omissions. In the unlikely event that a hotel / lodge described in this brochure is not available we reserve the right to provide an alternate hotel / lodge of the equivalent standard. We also reserve the right to substitute another airline if the particular airline described in this brochure is not available.

The travel services provided are subject to the applicable provincial Travel Industry Acts and Regulations and are subject to the conditions imposed by these suppliers and their liability is limited by their tariffs, conditions of carriage, tickets and vouchers and international conventions and agreements.

doctors-on-tour.ca shall not be responsible for any loss, damage or injury, whether physical or mental, or to property, resulting from any delay, substitution or deficiency of quality of equipment or service, or any act, omission, negligence or commission of any party supplying any of the services or accommodation herein, its agents, servants, employees, subcontractors or for any claims for such loss, damage, or injury, whether physical or mental, arising therefrom, or from any cause that arises by reason of actions of parties other than doctors-on-tour.ca. In the event that it becomes necessary or advisable for the comfort or well being of the passengers, or for any reason whatsoever, to alter the itinerary or arrangements, such alterations may be made without penalty to doctors-on-tour.ca. The right is reserved to withdraw any or all tours should conditions warrant, also to decline to accept or retain any passengers as members of the tours. doctors-on-tour.ca can assume no responsibility for lost tickets or coupons. The liability of doctors-on-tour.ca for any loss, damage or injury, whether physical or mental, arising from its own acts, omissions or negligence, is limited to the price of the services purchased.