

World Vision

Overseas Experiences



Vision Sisters Laos – March 2016

17th – 25th March 2016

Trip Highlights

- 8 nights in the UNESCO World Heritage City of Luang Prabang
- Village trek with local guides
- Visit the stunning Kuang Si Waterfalls and nearby Bear Rescue Centre
- Amazing Laos cooking school & 5 course meal
- 3 days visiting communities in the highlands where World Vision is working, exploring the challenges and successes, with a specific focus on women and children
- Ride a long boat down the Mekong River
- Teach English to local youth at Big Brother Mouse, a not-for-profit organisation dedicated to publishing and distributing books that make literacy fun for children in Laos
- Visit local markets and cultural sites and explore Laos arts and crafts
- Rise early one morning and observe the daybreak “giving alms” ceremony, a truly unique cultural experience.





World Vision in Laos is...

- **Assisting** sponsored children, their families and communities with basic needs such as clean water, education, health and nutrition.
- **Supporting** maternal and child health projects aimed at improving community health.
- **Assisting** communities to minimise food shortages.
- **Supporting** agricultural research to improve crops.
- **Providing** people with disabilities access to physiotherapy services and prosthetic and orthotic devices.
- **Working** to provide communities with access to sustainable, clean water supplies.
- **Supporting** programs employing a holistic approach to community development.



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Trip Overview

Connect with your Lao Sisters in the true and beautiful spirit of sisterhood. As a group of women travelling around stunning Luang Prabang, you will experience the tastes, sights and sounds of local culture and have the opportunity to witness the transformational work of World Vision in nearby highland communities

Day 1: Luang Prabang

Arrive and enjoy exploring this ancient UNESCO town. Located on a peninsula between the Nam Khan and Mekong rivers, the city is well known for its numerous Buddhist temples and monasteries. Explore the town on foot enjoying the sights and French influenced architecture and cuisine. Discover the beautiful local handicrafts at the Night Market.

Day 2: Cultural Immersion

Spend the morning collecting fresh produce from the local food markets, then prepare a traditional Laos meal for lunch at the Tamarind Cooking School. In the afternoon explore local sights and have the opportunity to teach English at Big Brother Mouse.



Day 3: Discover Village Life

Walk through stunning and remote countryside that is only accessible by foot. Gain insights into village life through your local guide. Return by long boat along the Mekong.

Day 4: Learn the local handicrafts

Enjoy learning a new craft and 'discover Laos through textiles' at Ock Pop Tok. In the afternoon take some time out to relax by the Mekong River.

Day 5-7 Rural Community Life

Spend time in World Vision projects in the rural highlands, meeting communities who are partnering with World Vision. Led by local World Vision staff, gain an insight into the community's vision and the various projects being undertaken to achieve this and the challenges they face.



Day 8: Discover the beauty

Visit the stunning Kuang Si Waterfalls and observe the bears playing together at the Bear Rescue Centre. In the afternoon spend time debriefing and reflecting on your amazing experience exploring Luang Prabang and World Vision's work. Visit the Night Markets once more – it's time to fill your suitcases before you depart!

Day 9: Depart Luang Prabang

It may be time to return home to Australia, but the memories you made in Luang Prabang will stay with you forever!

Travel cost: \$1100 p.p. twin share





FAQs

Is it safe to travel in Laos?

World Vision International monitors security in Laos. In addition, staff monitor the Department of Foreign Affairs and Trade Smartraveller website (smartraveller.gov.au) for security and risk levels. Laos is currently categorised as “exercise normal safety precautions”.

What is included in the cost?

Accommodation, meals, sightseeing, project visits, transportation. Airfares and VISA's are not included in the trip cost and are the responsibility of the participant to organise.

What is the accommodation like?

When choosing accommodation and transport methods, the security of our travellers is always our first priority, and our well-travelled staff members from World Vision Australia are there to support and journey with you.

Do I need to get medical clearance from my doctor?

Yes, every participant will need to have a medical check completed by a doctor. We advise participants to see a travel doctor who can provide specialist advice about travelling in Laos.

Do I need travel insurance?

Yes, comprehensive travel insurance is compulsory for all participants and is the responsibility of the participant to arrange.

Is there consular representation in Laos for Australians?

Australia has an embassy in Vientiane, Laos.

What if there was an emergency in Laos?

All necessary steps and precautions will be taken to ensure your safety and the safety of the group whilst in Laos. World Vision has a comprehensive emergency and crisis management plan, should a situation arise.

What will be the size of the group travelling?

We will be restricting the group size to 10 participants plus two World Vision Leaders.

Will I receive fundraising support?

Yes, you will receive a fundraising pack which includes resources and tips on multiple ways to fundraise. We want to set you up for success, so we're always ready to help you out.



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Countdown to Vision Sisters Laos!

Click 'Register Now' by 1 Nov 2015

Information pack is sent out after confirmation

Deposit due 30 days after registration

Fundraise minimum of \$2000 for the communities you will meet

Final payment due by 17th Feb 2016

TEAM MEETS IN LAOS ON 17th MARCH 2016!

PLEASE NOTE: Dates above are subject to change depending on group needs and schedules

