



# Southeast Asia Encountered - Laos Itinerary 2017-2018

**Day 1:**  
Flight to Vientiane

**Day 2:** Upon arrival in Vientiane, you will be met by our local VESA team, easily recognisable with their VESA shirts and signs. Whatever your travel arrangements, please ensure you are at the international arrivals halls at the time of the group flight arrival. You will be transported by minivan to Dream Home Hostel where you will spend your first night.

**Day 3:** Depart at 8:00am to head to the Elephant Conservation Centre, which is in the Nam Tien Protected Area in the Sayaboury Province. This will be your home for the duration of your volunteer week

**Day 4 - 9:** These will be your volunteering days! You'll work on a rotation to undertake the following:

- Construction and maintenance of the elephant nursery, socialisation area, veterinary clinic.
- Planting and/or harvesting crops for elephant food.
- Conducting enrichment exercises and observing the elephants during socialisation.
- Working with children in a local primary school in Sayaboury teaching English, as well as basic hygiene, nutrition, recycling and waste management.
- Renovating the primary school's current infrastructure (sanding, painting, repairing and up-cycling), installing new play equipment and building new classroom blocks and bathrooms.

### The daily itinerary will run as follows:

07:30 am - Breakfast  
 08:30 am - Begin volunteer work  
 12:30-1.00pm - Lunch  
 4:00 pm - End of work day  
 4:30 pm - Free time & activities  
 7:00 pm - Dinner  
 08:00 pm - Free time/activities

Following your last day of work, you will depart immediately for Luang Prabang, a UNESCO World Heritage town where we begin our adventure tour! Dinner will be upon arrival in Luang Prabang.

**Day 10:** We visit a local market, the national museum, temples, U.X.O. museum, a silk-weaving workshop, ethnology center and a stunning climb up Mt. Phusay for a 360-degree view of the city! A pool & pizza party at La Pistoche

**Day 11-12:** A visit to the Living Land Farm to learn about rice farming - a project to empower the local community, followed by a visit to the Kuang Si Waterfall and bear sanctuary run by the Free the Bears Foundation or A scenic bike ride through the countryside for a kayak trip downriver past rural villages and elephants!

**Day 12-14:** We spend the next few days in Laos' adventure capital, Vang Vieng, and the schedule is just as busy. The Blue Lagoon awaits you with its crystal-clear turquoise water and chill-out booths. Check out the zip-line option and cool off in the refreshing river water. See Vang Vieng from above in the optional sunset hot-air balloon tour! Experience the stunning karst limestone mountain scenery, trek through rice paddies to 4 great caves and cool off by tubing inside a cave. Then kayak and tube down the beautiful Song River back to Vang Vieng.

**Day 15:** Transfer by coach to Vientiane and your flight

## Accommodation:

- 1 night Sihome Backpackers- Vientiane
- 6 nights Sayaboury Elephant Conservation Centre (ECC)
- 3 nights Kounsavan Gusthouse - Luang Prabang
- 3 Nights Vieng Vilay Backpacker Hostel

All meals except on free day  
**Hostel Accommodation**  
 Electricity, full bathrooms and laundry facilities.  
 Internet available at reception in Luang Prabang and Vang Vieng. Bed linen and mosquito nets provided  
**Elephant Conservation Centre**  
 Dorm accommodation separated into male/female.  
 Some doubles available. Full bathrooms.  
 Internet available in case of emergencies. Electricity available until 9.30pm. Bed linen and mosquito nets provided. Refrigeration for medication available.

## Inclusions

- **Breakfast lunch and dinner** on all days except for the free day.
- **All accommodation.**
- All **volunteer materials** and local builders/assistants.
- **Drinking water** where necessary.
- All in country **transportation.**
- Entry to temples, palaces etc
- All **activities** except where indicated as optional.

## Optional extras (approx. prices only in USD)

- Massage - \$7-10
- Hot Air Ballooning \$80
- Zip lining \$28

Laos uses the Kip. This can be withdrawn using your ATM card/travel card, or you can exchange Dollars/Pounds/Euro/Thai Baht in Luang Prabang. You can use ATMs and exchange money throughout the

**Change your life by changing someone else's**