

OUTLOOK  Ready. For Life.

EXPEDITION GUIDE

Vietnam



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Why Go On Expedition?

Expeditions allow you to spread your wings, see and experience the big wide world and discover what you're truly capable of.

Take the leap and step outside your comfort zone to achieve more than you ever imagined:

- ✕ Accelerate your learning and life skills development
- ✕ Gain a deep understanding of other cultures and global issues
- ✕ Uncover your strengths and discover new passions
- ✕ Challenge yourself to meet new like-minded adventurers or sign up with a friend
- ✕ Build character, resilience and the confidence to face life's challenges
- ✕ Boost your CV for university and job applications

The 4 Cornerstones of an Outlook Expedition

No matter where in the world you go on expedition, there will be a rich mix of experiences from which to choose.

And ALL of our expeditions will include elements from each of the '4 Cornerstones of an Outlook Expedition'.

We work with your school and expedition team members to understand needs and wants, and then we co-create an expedition itinerary.

Components of your expedition, will be dependant upon destination and duration.

EXAMPLE COMPONENTS



COMMUNITY ENGAGEMENT

Meet indigenous communities and stay in village homestays
Take part in service-learning and community projects
Support conservation and wildlife protection efforts



PHYSICAL CHALLENGE

Trekking to altitude
Jungle treks
PADI dive qualification
White-water rafting and more...



LEADERSHIP

In-country leadership roles
Self-leading: budget management, booking transport, accommodation, activities and more
Leader-In-Me online course



ACTIVITIES / R&R

Sightseeing
Jungle camp
Kayaking
Cycling
Beach day and more...

The Outlook Programme

An Outlook expedition doesn't just start when the plane takes off. It starts the moment a team goes live!



Starting up to 24 months prior to travel

WEBINARS - LEADER IN ME - NEWSLETTERS - SOCIAL MEDIA UPDATES - EMAIL NOTIFICATIONS

★ EVENTS WITH A STAR NEXT TO THEM MAY BE COMBINED
BASED ON THE NEEDS OF THE EXPEDITION

Welcome to Vietnam

The breathtaking natural beauty, rich cultural history and warm friendly people, make southeast Asia an excellent destination.

Vietnam offers perfect mountainous trekking in rainforests overflowing with flora and fauna.

Vietnam is the successor to a rich tapestry of dynasties, most notably the Đại Việt kingdom, which flourished for nearly a thousand years.

Throughout its history, Vietnam was shaped by influences from powerful neighbours like China, yet it maintained a strong and unique cultural identity.



WHY VIETNAM FOR AN EXPEDITION?

- Contribute to a community or eco tourism initiative
- Relax in the tranquil Ha Long Bay
- Visiting historical towns such as Hoi An
- Explore the sights and sounds of Vietnam's capital city
- Trek in Pu Luong National Reserve
- Work with bears at a sanctuary

Land of the Rising Dragon

WHAT TO EXPECT



Physical Challenge



Community Engagement



Activities / R&R



Leadership



SAMPLE 18 DAY ITINERARY

SEASON: ALL YEAR

[other itinerary options are available for this expedition,
in addition to itineraries for expeditions of varying durations]

Day 1–2: Arrive in Vietnam, settle in and adjust to the climate.

Day 3: Orientation in Hanoi and preparation for the journey ahead.

Day 4–5: Explore Ha Long Bay with an overnight boat stay among its limestone islands.

Day 6: Sightseeing day in Hanoi exploring temples, lakes and the Old Quarter.

Day 7: Travel to Pu Luong.

Day 8–10: Trek through Pu Luong National Park, experiencing ethnic minority culture and dramatic mountain landscapes.

Day 11: Travel to Ho Chi Minh City.

Day 12–16: Complete your “Free the Bears” service-learning project in Cat Tien National Park.

Day 17–18: Travel back and fly to the UK.





Your Expedition Starts

Day 1-2

Depart the UK and Arrive in Vietnam

Fly from the UK to Vietnam and settle into your accommodation on arrival. Take time to adjust to the climate, recover from your journey and prepare for the adventure ahead. These first days allow you to ease into the rhythm of life in this vibrant Southeast Asian country.

Day 3

Orientation

Spend your first full day getting used to Vietnam's heat, humidity and lively city streets. You'll complete essential orientation tasks such as exchanging money, purchasing a local SIM card and confirming travel arrangements. This is also your chance to explore your surroundings and familiarise yourself with Hanoi's bustling atmosphere.



Day 4-5

Ha Long Bay

Travel to breathtaking Ha Long Bay, a UNESCO World Heritage Site made up of more than 1,600 limestone islands rising from emerald seas. Board your overnight boat and spend the next two days cruising through the bay, exploring caves, enjoying the scenery and taking part in onboard activities. This is one of Vietnam's most iconic landscapes.



Day 6

Explore Hanoi

Enjoy a full sightseeing day in Hanoi. You may choose to visit key cultural sites such as the Thang Long Imperial Citadel, the Perfume Pagoda or Hoan Kiem (Turtle) Lake.

Wander the narrow lanes of the Old Quarter, soak in the unique blend of old and new, and experience the vibrant street life that defines the capital.

Begin Your Trek

Day 1

Travel to Pu Luong

Leave the city behind and travel south into the mountains to begin the trekking phase of your expedition. Pu Luong, known for its terraced hillsides and traditional stilt villages, offers a peaceful contrast to busy Hanoi.

Day 8-10

Pu Luong Trek

Trek deep into Pu Luong National Park, just a few hours from Hanoi but worlds away in atmosphere. The region is home to Thai and Muong ethnic communities, where daily life follows long-standing traditions.

Your trek will take you along dramatic mountain ridges, through fertile valleys and past rice terraces carved into the landscape.

Along the way, immerse yourself in local culture, enjoy traditional meals and experience both physical challenge and cultural discovery.



Day 11

Travel to Hoi An

Travel onward to the beautiful town of Hoi An, one of Vietnam's most atmospheric destinations.

Settle into your accommodation and enjoy the slower pace of this lantern-lit riverside town.



Day 12

Fly to Ho Chi Minh City

Fly south to Ho Chi Minh City, a dynamic metropolis known for its rich history, French-influenced architecture and bustling energy. This is your gateway to the service-learning phase.



A large brown bear with thick fur is resting on a weathered log. The bear is looking directly at the camera with a calm expression. The background is a soft-focus natural setting with green foliage and a rocky area.

Day 13-16

Free the Bears – Service-Learning Phase

Travel to Cat Tien National Park to join the “Free the Bears” initiative. This phase offers hands-on conservation experience supporting rescued sun bears and moon bears.

Your work may include:

- Preparing food and enrichment treats
- Assisting with enclosure cleaning
- Supporting staff with daily care routines
- Making enrichment toys
- Learning about wildlife conservation in Vietnam

You will also gain insight into the threats facing native wildlife and the efforts being made to combat illegal hunting and wildlife trafficking.



Day 17-18

Travel and Return to the UK

Begin your journey back home, flying from Vietnam to the UK.

Reflect on your incredible expedition—from limestone bays and mountain treks to cultural discovery and wildlife conservation—and return with memories to last a lifetime.

What's Included

- ✕ An Outlook team T-Shirt
- ✕ International Flights
- ✕ Comprehensive overseas medical insurance
- ✕ All overseas transport
- ✕ All food and accommodation
- ✕ All activities including any entrance fees
- ✕ A highly qualified and experienced Expedition Leader
- ✕ 24-7 support from our UK-based Operations Room
- ✕ Access to the full Outlook Programme
- ✕ A license to the renowned 'Leader In Me' online personal development course



Payment Guide

A deposit is necessary to secure your place.

The balance may be made by equal monthly payments or in 3 larger staged payments, with final payment for both required no later than 2 months prior to travel.

Refer to our Terms and Conditions for cancellation charges.

If there are insufficient expeditioners for the expedition to proceed, Outlook reserve the right to cancel, and any payments, including the deposit would be refunded.

Encourage a friend to join and we'll say 'thank you' in a useful way.

What's Excluded

- ✕ Cancellation and personal belongings insurance
- ✕ Transport to and from the UK departure airport
- ✕ Personal equipment (e.g. rucksack, walking boots, waterproof clothing)
- ✕ Spending money for gifts/souvenirs
- ✕ Inoculations, prophylaxis and personal medicines
- ✕ Visas and passports

We are Outlook Expeditions

Outlook was formed in the foothills of Snowdonia in 2001, by a group of passionate enthusiasts who believed in the outdoors and expeditions as a vehicle for building character and increasing resilience.

Since then, we've taken tens of thousands of students on life-changing journeys to over 60 countries on five continents across the world.

WHY DO WE EXIST?

To help young people get ready for life.

WHAT DO WE DO?

We create overseas expeditions that deliver inspirational, immersive 'outside the classroom' learning experiences, that accelerate core skills development in young people

On our expeditions, individuals become team players, growing and learning through challenge, developing character, building resilience, and improving wellbeing.

We encourage responsible travel and meaningfully connect young people with the communities their visit, creating global citizens with a keen awareness of the world and their place in it.

WHAT'S DIFFERENT ABOUT AN OUTLOOK EXPEDITION?

We believe that the real destination is the personal development of a young person.

We don't fit your needs to an 'off-the-shelf' product. Quite the opposite. We listen first, ask questions and listen again to your answers. And then, we carefully craft itinerary and destination solutions that align to your school's and participants' unique needs and wants.

From a 'bag of cash' student-led age-old expedition in Peru, to a more curated activity-driven experience in Malaysia, we co-create expedition journeys with you.

The Outlook Way

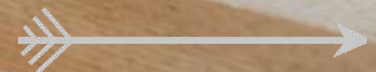
We believe that what we do and how we do it are of equal importance.

We aspire to behave in the same way that we encourage our expedition teams to behave.

Our core values are our guiding principles for working as a team and in interaction with schools, parents, suppliers, partners and expeditioners. They are embedded into every aspect of our company culture.

We call it the 'Outlook Way'.

- ✕ We have a positive growth mindset
- ✕ We work together
- ✕ We find new ways
- ✕ We believe in kindness



How we create an Expedition



EXPEDITION DEVELOPMENT

- We send experienced leaders to potential destinations to undertake recces, for both risk assessments and for expedition development.
- We'll check existing and new accommodation, transport, activities, treks, dives and more.
- We're looking at safety and potential safeguarding risks, as well as assessing the level of challenge and enjoyability.

ITINERARY DEVELOPMENT

- We work with school leaders to understand what the school and expeditioners need and want before a booking is made.
- We share example of existing itineraries, but it is not until we have a team that we together create a draft itinerary closely tailored to the expeditioners' needs and wants, in an Outlook Programme workshop we call 'Map Your Journey'.
- We will continue to refine that until issuing a Final Itinerary a month before travel.
- For our Indi Expeditions [i.e. expeditions not connected with a specific school], we use our experience to create a best-in-class itinerary for the independent expeditioners.



Nothing Worth Doing Is Ever Easy

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ACCREDITATIONS

BSI 8848 Compliance: British Standards Institution spec. for adventurous activities outside the UK

ATOL Certificate 6679: Financial protection for all flights and trips booked through Outlook

Learning Outside the Classroom (LOtC) Quality Badge: Independently assessed for effective risk management & educational value

Expedition Providers' Association (EPA): Founding & full member, promoting safety and quality in overseas expeditions

Adventure Activities Licensing Authority (AALA): Licensed to provide outdoor adventure activities to under-18s in the UK

Approved Activity Provider (AAP) for the Duke of Edinburgh's Award