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**Week without walls**

**Day 1 Hanoi – Nam Dinh – Co Le Pagoda – Cycling Tour**

This morning we head off to Nam Dinh, approximately 2 hours from Hanoi and famous for its amazing Catholic churches. Along the way, we stop at Co Le Pagoda, well known for its unique mixture of Catholic and Buddhist architecture and also for it's 27 monks and nuns who in 1947 all swapped their frocks for military outfits and joined the army.

Following our lunch today, we get on our bike and enjoy a cycling tour of the local area. We will learn more about this village where Catholicism first took hold in Vietnam, we will also stop at a 'brass trumpet making village' before making our way back to our eco-host homestay.

**Day 2 Team building at Salt Field Bach Long – Stilt Challenge**

After breakfast, we will transfer to Bach Long Salt Field, which is considered the 'salt barn' of the Northern Delta.

Here students will be split into teams and will become a salt-farmer for a day. Each team is tasked with the job of transporting the sand to the plains and spreading it out. Once done to the farmers' satisfaction, they will be able to move to a plain where the water has vaporized and is ready for harvest.

Students must then collect a certain amount of harvested salt, the first team to collect the salt wins a point for their team.

Our second challenge for the day is down by the water where farmers will greet our group and show us how they use stilts and a net to catch shrimp – an activity which supplements their daily income. Staying in teams, students will be tasked with making their own '4-legged' stilts which they can use. After 30 minutes we will come back together to race off on our newly built 'stilts'.

**Day 3 Community Service at Bui Chu Orphanage**

This morning we make our way to Bui Chu Orphanage which houses just under 100 children some of whom have a disability. Some of the children are orphans, while others could not be cared for by family members due to lack of finance and facilities at home. The children are cared for by a group of nuns who have dedicated their lives to these children. We will volunteer and help out at the centre.

**Day 4 Gai Cake Making – Transfer to home**

After breakfast, we farewell our hosts and new friends and transfer to the Countryside Museum where we have the opportunity to make 'Gai Cake' - a unique traditional cake of the local people in the Red River Delta.

After lunch, we board our bus and transfer back to home.