



# Culture Week



Last updated:  
**2020-08-14**  
A newer version  
might be  
available. Click or  
scan the code to  
get it!

📍 Laos - Vientiane (Naxaythong District)

Get a taste of the real Laos through hikes, culture lessons, city outings and more!

Bond with other participants from all over the world, immerse yourself in the culture and beauty of Laos, explore its scrumptious food, friendly people, unique traditions, and more! Get a unique experience in Laos, the often overlooked treasure of Southeast Asia, through visits to off-the-beaten path places, Vientiane's highlights, temples, and hikes through wilderness caves.



## Program Description

The Culture Week will kick off with an introduction to Laos customs, do's and don't's and Laotian language classes. Further in the week, you can try your hand at local agriculture practices, meditation classes with a local monk, Laotian cooking classes, hikes through caves, mountains, lush nature and more! We'll also enjoy a delicious and authentic riverside dinner overlooking Thailand across the Mekong!

And of course, we couldn't miss the chance to show you the ins and outs of the capital city, one which is quite different to other cities in Southeast Asia. We will visit the ever-amazing Golden Pagoda, find our way through the maze that is Laotian markets, learn about the country's tumultuous past, how it still affects Laotian life to date at the COPE Center as well as experiencing the country's fight for Independence at Victory Monument.

## Program Duration & Availability

**Min duration (weeks):** 1

**Max duration (weeks):** 1

## Aims & Objectives

- Give you an understanding of Laotian customs, language, and history
- Help you settle into the local lifestyle for a longer stay

# Schedule

## Monday

- Breakfast
- Introduction meeting
- Laotian language classes, Laotian do's and don'ts and Laotian culture lessons
- Tour around the compound and local area
- Lunch
- Vegetable planting
- Dinner

## Tuesday

- Breakfast
- Visit the local village
- Lunch
- Make flower offerings for the local temple
- Laotian cooking classes
- Dinner
- Barbeque at the accommodation

## Wednesday

- Breakfast
- Depart for Vientiane
- Visit Cope Center and UXO exhibition
- Lunch
- Visit the morning market
- Visit Victory Monument
- Visit Patuxai, Golden Pagoda, Wat Sisaket Buddhist temples
- Dinner at the riverside
- Night market and free time
- Back to Naxaythong
- Movie night at the accommodation

## Thursday

- Breakfast
- Hike and picnic overlooking the city of Vientiane
- Meditation lessons
- Dinner
- Karaoke night at a local restaurant

## Friday

- Breakfast
- Visit your future placement to get acquainted with the next week's program
- Lunch
- Free time
- Dinner

This schedule can be changed and/or amended depending on weather conditions, local conditions and unforeseen circumstances.

## Starting Dates

### **During 2019**

This program starts every week.

### **During 2020**

This program starts every week.

## Participant Criteria & Requirements

<b>Minimum age:</b>	-
<b>Maximum age:</b>	-
<b>Minimum English level:</b>	Basic
<b>CRB required:</b>	On Signup
<b>Passport copy required:</b>	On Signup
<b>Resume copy required:</b>	On Signup
<b>Required qualification:</b>	None

## Additional Requirements

- Document(s) must be submitted 2 weeks prior to arrival date
- Good fitness required for the half day hike included in the program

## Additional Equipment

- Long pants recommended for the hike, to protect from jungle insects
- Modest clothing - ladies are requested to cover their shoulders and legs when visiting temples