



Vietnam July 13 - July 28, 2024
Student and Parent Webinar No. 1 Transcript
Hosted by: Anna Rossi, International Programs Director

My name is Anna. I'm the International Programs Director at the National Leadership Academies, which is the organization that organizes the FutureDocs Abroad Programs.

We've been doing these programs for many, many years across the globe. And Vietnam is one of our strongest partnerships. One of my favorite locations and rave reviews from so many students that have gone before.

I love producing this program in Vietnam. It's truly, truly a wonderful experience. My principal objective for this entire group and for the trip is the safety and the wellbeing of all of the students on our program.

I am the fierce guardian, the advocate for students as they experience a new culture, pursue new interests with the understanding that environment matters and that you need to, they need, everyone needs to feel safe, feel comfortable, able to thrive so that they can get uncomfortable to experience new things knowing that they are safe ultimately to go out and experiment fully and play all out for the two weeks that we are together.

And I oversee all the matters pertaining to the overall launch and the successful execution of these programs and I'm in charge also with the relationships that we have with our international partners as well as the amazing team that we have in place to implement what you or your student, if you're a parent will experience.

We even have a couple of team members on the call tonight who are joining us to listen in and start this journey together as well. So tonight we're gonna be discussing some of the key questions that I know are on top of mind for many of you.

And I think you'll find the next few minutes extremely clarifying again, no need to take notes. I'll have the transcript as well as a full recording for you available on Monday in your inbox. So if you have any questions as you go about this, write it down and shoot us an email, admissions@allaccessmed.com is going to be the place to send any outstanding questions that maybe were not answered on this webinar.

And that's the spot where you should send an email. And we will be organizing another webinar closer to lift off to introduce our staff team of chaperones and to go through all of this information one more time.

Tonight, you just get me. So tonight, let's dive in. Between now and lift off, we are gonna be sending you multiple updates via email and updating the portal, which you should have here. If you don't already have it, it is link one in the chat box.

The Zoom chatbox, you should have three links. Link one and two are pertained to the Portal. The first is the [Handbook](#). The second is The [Onboarding](#) page where you can submit the necessary documents for your travels and if you have not submitted documents, if you have outstanding documents our second deadline for certain matters, certain things that you need to submit to us such as your immunization record and your health insurance card is coming up on March 31st.

So please take note of that. March 31st, you'll have two documents due on the portal that's linked to on chat. Please take note of that. It is so important that everybody submit their documents on time, because there's a lot of administrative things that we need to do on our end.

We need to apply for student visas, we need to apply for international health insurance, which is all covered by your tuition. However, there is some work that we do with the information that you submit beyond what you put in your enrollment packet that is necessary for us to arrange those matters.

And that leads me to my next order of business, which is the student visas. We are going to be handling everything pertaining to visas for entry into Vietnam. Now, a special note about these visas, they are special visas they're not tourist visas you're not able to obtain this kind of visa on your own.

We are going to get everyone in our program a DH1 student visa. The Vietnamese government doesn't grant this type of visa without sponsorship from an educational institution. So you won't be able to attain that on your own, even if you tried.

So with that, we're going to take care of it, but what you can do to support us in this mission, in this process is to ensure that you have uploaded those required documents. That is your passport. And many, the majority of you, have a couple still outstanding that are waiting for passports, renewed or new passports to come in.

And we're staying on top of you guys, for that. And you're staying on top of it and updating us. Thank you so much for that but making sure that those documents are in on time. Making sure that

your identification photo as outlined in the onboarding link in the Portal which is link number two in the chat, is very important. Very important. Can not emphasize that enough. Now, we will give you your visa and that is a physical Visa. A physical card of your Visa. Upon arrival at JFK Airport on.

So link number one, [handbook](#). Link number two, [onboarding](#). Link Number three, to be discussed in a couple of minutes.

All right, here we go! So we are going to give you these visas upon arrival at the airport on Saturday, July 13, for our Sunday departure July 14th at about 12:50 am. So you're gonna arrive at the airport on the 13th because we don't fly out until just after midnight.

So on the 13th, we will give you your visa and it is about an eight and a half by eleven piece of paper that you can fold. Keep it on your person at all times. Super important! It's going to be able to slip inside of your badge holder that we will give you which will be your identification for the time that you are with us in Vietnam and the visa is just critical because to be able to get through immigration in Vietnam that is necessary.

So Visas handled, no problem. Make sure you have all of that documentation in the passport ID photo on the onboarding tab of the portal and you are set. That is link number two in the chat. A few other things to keep in mind.

Number one, the [handbook](#) that is link number one in chat, the book available in the portal, read through it in its entirety. It has all of the information that you need to be prepared for your trip.

We will be updating this [handbook](#) this week with all the information that we are going to cover today, so please review it once in a while. Nothing really major is going to change, but we may update the packing list with new fun things that we have.

If we find something cool to add to the packing List, we might throw it in there, but go ahead and check it out every now and then.

Okay, second thing, updated medical information, absolutely essential that we have updated medical info on all of our students so that we are able to prepare any necessary accommodations. And this includes dietary restrictions, allergies, medications that you are taking, medical conditions.

These need to be listed in order for us to ensure your safety on our program. So feel free to resubmit the medical information form on the onboarding tab of the portal as many times as you need. We'll look at it, we'll update it in our system.

We need to be able to make accommodations, help us help you. We can pretty much accommodate, I'm gonna say almost everything. So far we've been able to accommodate every request. So just let us know, please.

Domestic flights, so the flights that you will be taking to JFK to meet us for our international departure. So we have partnered with a wonderful travel agency, Atlas Travel, and they have created a [registration form](#) for you to get your domestic flight booked to JFK.

Atlas is a travel agency that we use to get our international flights organized as a group. And they are very familiar with this particular itinerary. So they'll assist you in making sure that your domestic flights arrive on arrival day and depart when we get back with enough time to meet up with the group on Arrival Day and to make your connection on the way home.

It's so simple and so easy. That is the [third link](#) in the chat, the 3rd link to get started. If you haven't already, jump in there and start the registration form. An agent will be in touch with you and they will facilitate booking your domestic flights.

They know all of the time brackets. They will suggest the very best price and the very, best flight with the, very. Best price, and they are also because they're an established travel agency, they work with the airlines, They're able to get you discounts that other particular companies are not able to do.

So definitely take advantage of that. It is required anyway, but this is something that I totally stand behind even personally. I use Atlas for my personal travel as well. They are just wonderful people and I cannot say enough good things about them.

Packing. Okay, domestic travel is done. Let's talk about packing. We have received a few questions about what to pack. And as you prepare, we have to keep in mind that July is one of the hottest months in Vietnam and I'm talking really hot.

So like really, really really high. If you think you know hot weather, hot and humid weather. Whoop! It is really hot! We're gonna, by the way, we're gonna update the handbook in the portal to include exactly what I'm describing here on Monday.

So again, no need to write this down. Much of this is already in there, but basically the highlights are for rotations, five to six pairs of scrubs. And scrubs, they can be any color or pattern, that is fine.

You know, we will sometimes have gals wear fun colored scrubs to the pediatrics rotation. That's always fun. I had a group of ladies again come down because last summer while we were in

Vietnam there was one morning where the *Barbie* movie had just come out and so the girls came down in pink scrubs that day and that was really fun and cheerful.

They were doing the OBGYN and labor was in delivery rotation. So that was fun and creative, and I really, I gave them props for that. So five to six pairs of scrubs for rotations. Any color or pattern is fine.

If you want to stick to neutral, that's cool too. No problem, all good. Whatever really tickles your fancy. One to two long white lab jackets. They are mandatory for some rotationals, particularly the ones where, excuse me, one where we're working in a lab.

So short sleeve lab coats are okay as long as they are full length. So just a quick internet search for a full -length lab jacket. That's fine. And if you need help input, give us a call. Send us an email.

We are happy to help with any and all outfit suggestions. Two, business casual outfits and appropriate footwear. Now let's talk about appropriate footwear. So appropriate footwear for rotations, in particular, means something that you are going to be comfortable standing in for hours at a time.

Rotations are typically three to four hours. So with a long rotation time, you're going to be on your feet in the hospital ward on rotations for many, many hours at a time and you need to be comfortable.

And again, you know the doctors also are on their feet all day. So they're wearing clean tennis shoes or clean flats, but whatever they are wearing is comfortable. If you have a particular set of tennis shoes that you know work well for you, I would recommend going out and purchasing a new pair.

I would recommend going out and purchasing a new pair and walking around in them a little bit so they are still very new and clean but slightly broken in. Now it's not the time to try something new. And breathable is probably good if we can get a shoe that has like a mesh outing or something like a little bit more of a like it doesn't have to be Gore -Tex or waterproof because again it is really hot.

So that is for rotations. One pair of shoes is fine, clean tennis shoes. For business casual. Close toe is not necessary like it is on rotations, but especially for the ladies. However, we want to keep it professional.

Gentlemen, some flats, lace up shoes, anything that really suits your style. Just keep the business casual because we're going to have an opening ceremony and a closing ceremony. And that's when we really want to dress to impress, so business casual for two outfits.

We are also going to have a day of touring, for that I might suggest a separate pair of tennis shoes. So we have our tennis shoes that are clean that we use for rotations, and then we also have the touring shoes, so we like the shoes we hang out in and stuff like that.

That could be for free time around the hotel or going out and touring. It needs to be comfortable because we're going to be doing a lot of walking when we're touring. So yes, that's really that maybe three pairs of shoes, business casual, rotation shoes, clean tennis shoes and then just you know casual shoes for touring and maybe walking around and going shopping or hanging out around the hotel.

Four to five casual outfits for the evenings again the previously mentioned hanging out around the hotels and for our day of cultural touring. But here's the deal. We are, we're going to go for modest, ladies and gentlemen, because we are visitors in the Vietnamese culture and we need to have shoulders covered and knees covered.

That's really the vibe that we are going for. So whatever we were wearing, I would just play it safe. Let's keep it modest. Let's keep it respectful. And to the Vietnamese folks, it really is. We need to cover our shoulders, we need to cover our knees.

We are also going to be in several places of worship during our culture days. We're gonna go see monks practicing in their natural habitats. This is a Buddhist country, so there are some spectacular pagodas and places of worship where we can actually go inside, but we must be appropriately covered or else won't be able to go in and experience it.

And that would be a shame because they are spectacular. So, I don't need to tell you about PJs, but you will be sharing a room with others, so I might suggest a set of PJ's and some socks and undergarments.

Also there is a pool at the hotel, if you'd like to take advantage of that, maybe some flip flops and a bathing suit and towel if you want to bring a big towel, otherwise you can use the regular towels at the hotel.

So now that we've talked about packing and we talked about the weather, a couple of things that I personally recommend, and that is polarized sunglasses, a baseball cap, something to cover the skin, maybe a wide brimmed hat, because the sun is strong and it gets really bright.

So sunglasses, a hat, plenty of sunscreen, and a fan. You know, there's going to be lots of places to purchase the fan that was the first thing that everybody was asking for when we went to Vietnam last summer.

We had to go to the convenience store and buy hand held, just you know your typical fans, because it is hot. So if you want to hop on to Amazon or online and find a little electric fan or a battery-powered fan, that's cool, too.

I highly recommend you get ahead of that, though, purchase one before you come. But otherwise, you know, we can buy things that's needed when we're over there. Laundry. Students are able to do laundry on the program, and we'll go over that in a couple minutes.

But I think that it's also worth mentioning that, you know, it is just once a week, laundry is. So we want to pack enough clothes so that we can go through a week with enough underwear and stuff like that.

My socks. Sorry, ladies and gentlemen. I don't feel like I have to remind myself, but I will. To be able to withstand a week without doing laundry. So just keep that in mind. Next order of business, and we will go back to laundry in a second.

I'll tell you the ins and outs of that WhatsApp, if everyone could go on their phone and download the application WhatsApp if you don't have it already. It's available for iOS and Android. We're going to be creating a WhatsApp group for students and that is students only to join in May.

So it's March now in a couple months, we're gonna create a Whatsapp group, you're going to receive an invitation to join it and we will do some introductions in there, get to know one another. That's going to be where we have announcements or where you can ask questions directly to the program organizers.

I mean me. So you could join that in May. Go ahead and download it now if you haven't already set up a profile and account and just be ready for that invitation that's gonna come in your inbox in early May!

Parents, the group chat is for students only but parents will be given access to an emergency phone line closer to the program lift off that will be distributed about two weeks before the program lift off.

And when I say emergency, I do mean emergencies only, please. We are 11 hours ahead of Eastern time. And so, during regular business hours, our traditional phone lines are open in the United States, staffed and ready to go with any of your typical questions.

However, there are instances where emergencies do occur. And I will give you an example. We did have a student last summer who had a smartwatch connected to their insulin monitor. They were a diabetic student.

And when there was an issue, it would ping the iPhone when the insulin was at a critical level. So not only would it ping this student, but it would also ping the student's parents. That's a great thing.

Awesome. Amazing. But the sad thing was, and it's great that it worked all the way on the other side of the world, when it was 2am in Vietnam and early afternoon in the States. And we got a call in the middle of the night like a medical emergency.

And we were like, what's going on? Now everything was fine. It was just a glitch in the system, but rightfully so. The parent was worried. And that is an instance to call the emergency line.

We will pick up, we will respond. And, and everything was good, the student was sleeping. Everything was fine. It just was a little technical error that happens with technology. There have been other instances, death in the family, things of that nature where students need to be notified, but it can be done during regular business hours.

We would appreciate just calling to the regular admissions line, they can forward it triage everything to us appropriately, but the emergency line is direct, not direct to staff on the ground, but direct as someone in The United States who can get in touch with us immediately.

So keep that in mind. Two weeks before the program lifts off, we will distribute that emergency number for parents. Okay, let's go on to the few days before we fly. So our team will be monitoring any delays for student inbound flights to JFK on the 13th of July.

Because you are going to book your flights through Atlas Travel, they're going to share your information with us. Not only are they going to be watching your flights and being your team in case of any delays or anything like that, advocating for you to make sure that you get there on time.

They will also keep us abreast of all of that information. So there's no need for, if you have a delay or something, to call us. We are already all on top of it. And that was one of the beautiful things

about using Atlas Travel, is that transportation, a whole airline team, a whole travel team ready to support you, to get you or your student to the airport on time, so you do not miss your international flight.

When you pack, make sure that you pack all medications and all valuables into your carry-on bag. Super important, this includes valuable electronics. Your necessary medications that you take every day absolutely do not pack them in your checked baggage.

It's just not worth it. Keep everything on you that you need, and I mean need. So they cannot stress that enough. Keep your necessary medication with you, your supplements with you, your valuable electronics with you.

Any money that you are bringing with you in your carry-on bags. Also plan to pack an extra pair of clothes in case there are any mishaps with your checked luggage. We are doing a layover in Seoul in South Korea.

Should be no problem. Korean Airlines is a distinguished, reputable company. But yeah, things happen. So let's prepare. Prepare to fail, fail to prepare, you know, that kind of stuff. So, basically, extra set of clothes, perhaps that being a business casual fit, and a set of scrubs in your checked luggage, please.

We are going to ask that you double check with Korean Airlines on this, but the A typical, the weight limit is 50 pounds for checked baggage. And you get one checked bag with Korean. So anything under 50 or below, totally fine.

Anything between 50 and 70 pounds, if it is 51 pounds or 52 pounds is \$100. And that is billed to you directly. We don't cover overweight baggage fees. Please pack your bags. 50 pounds or under, weigh your bags before you come and meet us at JFK.

If anything is over 70 pounds, it's \$200 a bag. So I cannot stress this enough. Keep it at 50 pounds guys. We can do it. And also, last note about luggage, keep it clearly labeled with your name and address, and especially important because we have layovers in both directions.

Now on departure day, on Departure Day, so that was the day before departure, a few days before departure Day. Now we're talking about departure day. There are eight terminals at JFK Airport in New York, which is where we are leaving from at 12:50 am on July 14th.

Upon arrival on the 13th, You are going to need to collect your check bags from your domestic flight from your home and head over to Terminal 1. Terminal one. This is all gonna be reiterated in the coming weeks guys so no need like stress out or take notes of this.

We're gonna remind you we'll put it in WhatsApp group, we're gonna send you the transcript, but it's always gonna be the terminal one that we're going to be at. That is international departures. So we are going to have staff waiting for you near the Korean Airlines check -in desk, which is our carrier that is going to fly to and from Vietnam to JFK.

We are going to have our chaperone team there first thing in the morning ready to receive the very first student which we will know about because Atlas will share your flight information with us, and we are happy to assist you getting to the appropriate place.

Now we do have many savvy travelers who collect their bags and find their way on over to terminal one via the sky train and they follow the signs and it's no big deal. And then we also have people that are like students in particular, they're like, okay, where do I go?

And the answer to that is just give us a little heads up in the WhatsApp group, we'll come grab you. No problem, no problem at all. And yeah, it's all good, really, but terminal one. Terminal one is where we need to meet.

There is a particular window of time that I may reiterate that you need to be at the check-in desk at terminal 1. We're gonna have a nice table set up right in front of the Korean Airlines check in desk.

We are going to need you to be there so that you arrive between noon and 8 pm. So you could even arrive earlier, I don't mind, than 12 pm, and we can just hang out for the day. But you must be at the check -in desk at or before 8 pm on the 13th of July.

Because shortly thereafter, we're gonna move through security as a group. And so if given the choice, opt for an earlier flight, Atlas will reiterate this once you fill out that form on link number three in the chat box.

So that is really important by 8pm please on the 13th. All right, we're going to move on. Next, next order of business. We have got once, you have checked into your check -in location, which is terminal 1 Korean Airlines desk, an FDA staff member will introduce you to your chaperone and your chaperone will provide you with your name badge and lanyard which will display your name and the program name as well as your visa that I mentioned earlier and that visa is going to be on your person at all times while you are traveling and they're also going to verify that you have a few critical pieces of paper on you such as your passport.

And then they're gonna get to know you, introduce you to your chaperone group, your fellow students that are gonna be on the trip. We're going to do those oh so loved icebreakers. We'll get ready to go through security together as a group.

Nobody is going to check in on their own, nobody can because these tickets are grouped as a book, booked as a group, as the group so not one person can go through security alone. And why is that? Well, traditionally you would receive a confirmation code with an individual booking, go on to the website of your carrier, check in the night before, be confirmed, select your seat, all that kind of stuff.

That is not the way this works. All you have to do is show up, but you gotta show off by 8pm on the 13th, and then we'll just take it from there. Your seats will be assigned. I have no control over it.

That's one thing about the group bookings. we do fly in economy. I cannot tell you where your seat is going to be. We can, but I can tell you it's going to be the economy section of the Korean Airlines flight, and we are all going to a particular area of the airplane as a group.

So, Korean airlines, we all move in as a group together, I'll go first, the last chaperone will be last, then we just move as a group. Drop our bags, go through security, everybody stays in their chaperone groups.

We have a whole plan, you're going to learn it as soon as you get there. It's easy, just follow along, listen up, get ready for instructions, take care to understand those instructions and you will be just fine.

The group is going to be departing as I mentioned just after midnight so actually on the 14th of July and then we are flying to not directly to Vietnam, we are flying to Seoul South Korea which is 14 and a half hours. It's a 14 -and -a -half -hour flight.

It is the other side of the world, quite literally. So it's a long flight, wear comfortable clothing, loose clothing. Hydrate, hydrate hydrate, electrolyte packet skies, loose clothes, compression socks, whatever it takes.

Neck pillow, if that's your thing. eye mask if that's your thing, but take care of yourself. Set yourself up for success in the manner that we're traveling. We'll support you, just keep drinking water.

14 and a half hours, we'll all be in it together. And then there is a layover of a few hours in The Seoul Airport, which is a fabulous airport by the way. Great shopping, great food options if you wanna snack.

Good coffee, and we can all get together in our chaperone groups and go check out different stores or, or whatever no one's going to wander alone. But from Seoul to Da Nang, Da nang Vietnam, which is our final destination by plane, is about short of like it's about four hours.

So it's a lot of travel. 14 and a half hours to Seoul, multiple hours of layover in Seoul and then four hours to Da Nang. Upon arrival in Da nang, we're going to have a, about a two hour bus drive to Hue.

There's really no local airport in Hue, I mean, there is, but it is like an inner, inner country. Like you can't fly right there from Seoul. So that's better to drive. And it is a beautiful bus ride. It really is.

We go through the mountains. It's not too twisty and turny. The buses don't go that fast. I mean by U.S. standards, it probably shouldn't be two hours, but you'll see, they go a little bit slower, and that's fine.

That's totally fine by me, but it's a beautiful, beautiful bus ride. So we're going to get there just before dinner time, and that is going to be time to grab some dinner. We're gonna be staying at the Parkview Hotel in Hue.

Hue City is just a marvelous town. Ah, it's charming. You know, whereas Hanoi or Da Nang are major cities with multiple, multiple millions of citizens bustling around Hue, while it seems vibrant and busy and chaotic at times, it is much smaller, only half a million people there, 500,000 people are residents in Hue.

Think of beautiful architecture, low buildings, quaint city streets, people outside socializing, eating, drinking, doing business, selling clothes, selling food. It's exciting. It is a really exciting place, even in the heat of the day, but at night it kind of comes alive and it's just vibrant.

It really is, it is wonderful. And the Parkview Hotel is in a safe, nice area, with good energy. you're going to be very happy. You're gonna be safe and you're gonna be very comfortable at the Parkview Hotel. We've been staying there for years.

It's clean. It is modern. Think about a Hilton or a Marriott. The beds are good. The sheets are nice. Students are going to be assigned to a room with two beds, with another student of the same sex and age in order.

So we do not take roommate requests. We are pairing students of the same sex by age. So the youngest two students are together, all the way up to the eldest students together. We are going to separate boys and girls by floor.

So definitely no boys on the girls floor, no girls on boys floor easy to remember. We take this very, very seriously. And we also have the full strength of the Parkview Hotel staff behind us. They love us, they're very protective over our students as well.

Everyone by proxy at that hotel is supporting our mission for the program and that is to keep our student safe. So no boys on the girls floor, no girls on the boys floor. There are going to be bed checks each evening.

We'll make sure everybody's tucked in, ready to go, and get a good night's sleep. Let me tell you that first night after we have dinner at the hotel where all meals will be served by the way and they do a very very good job we'll get to that in just a second you are going to be ready for rest uh so we are going to have an early bedtime upon arrival and um and that is going to be on Monday so it will be good to go good and ready for for a nice week so there are going to be chaperones on duty available to address any concerns on each floor or if there is an emergency in the middle of the night, there's always the WhatsApp group, someone will be monitoring it, or you can bust out and knock on someone's door, if that, a chaperone door if, that is really, there an urgent, urgent concern.

But otherwise, everybody stays in their ropes until the morning. Breakfast, lunch and dinner, all served and catered by the Parkview Hotel. And they do a great job. They do great a job, breakfast each morning is on the top floor with a sweeping view of the city.

Oh, it's great. Every kind of breakfast food you can imagine, omelet bar, fresh fruit. You're never going to be able to eat fruit in the United States ever again after you eat the fruit, in Vietnam. Fresh fruit, local Vietnamese fare, everything.

Noodles, rice, you got it. Whatever you want, fresh juices. Fantastic. Lunch is served on the ground floor. In between rotations, I will come back and have lunch. Lunch and dinner are both served family style, so the staff will bring out big plates in the center of tables and we'll all eat together as a group, as a family.

Noah signs seating for meals, you can sit wherever you'd like, and then dinner is also served up on the top floor so you get to see a beautiful view of the sunset. Ah, it's just magical. Some of these sunsets because it is so humid and so vibrant there.

You just get this electric sunset in the evening. So get prepared, if you have a nice camera or something, I would bring it because he gets great photos from the top of the hotel. We will be immersing ourselves in Vietnamese culture, of course, so we will have local Vietnamese food, dishes available to eat there at lunches and dinners.

But you know, the Parkview Hotel understands our clientele and understands the students' palates and understands that we are from America. And so we will also have Westernized foods, Americanized foods as well.

So for a nice little, a little mixture and be able to, you know, try new things, but also know that there's stuff for everybody. Also dietary needs, religious preferences, as far as foods are concerned.

Get those into us with the medical information sheet on the portal, please. That's link number two. Very important to have this up to date so that we can tell the culinary team at the hotel about those so we can prepare.

There is going to be some downtime during the weekend and some of the afternoons, you know, after rotations to use the pool. So, again, if you're into that, if you're into the pull, bring your swimsuit.

It's really nice, especially because it's so hot in Vietnam, it can be really to just jump in the pools at the end of day. The Parkview Hotel has high -speed internet available to all guests at the hotel.

It is free. However, with that being said, this is a good time to establish how you are going to have a means of connection while in Vietnam. So there's a few different options. So you can get an international phone plan.

That will necessitate calling your carrier and getting that set up. Or you could get a SIM card into a second phone, like a burner phone and use that as a hotspot. Call your carrier and just tell them you'll be traveling to Vietnam and evaluate your options so that you can be best prepared for traveling internationally.

And in addition to sorting that out, we recommend that you also have iMessage, WhatsApp, some sort of wifi established means of connections to also contact back home so that you can call using the wifi, your family.

Very important that you establish times that you will be in contact with your family like check -in times, like call me in the morning before you go to rotations, call me in the evening cause I'll be going to bed.

Check out the time change, pick a time each day to check in with their parents, parents pick a time to make sure that you gonna stay in touch so you that can, not get lost with the times zone because it is easy to forget what time it is over there, so put it on your phone, and Hue, Vietnam, and you'll be golden.

But it's always important, students, it always is important to figure out when you're gonna talk to mom and dad because if they don't hear from you, they will call us in a panic and I don't' blame them.

So definitely check in with them from time to time and let them know that you are having a fantastic time. Let's talk about exchanging money. I don't recommend that you bring United States dollar bills.

Bills. Don't bring bills, why? Because although you will be able to exchange them at the front desk, they must be pristine and I mean brand spanking new, just printed dollar bill. And I have many of those laying around, and your local bank won't be able to necessarily give you fresh new bills.

What I would recommend if you don't have crisp, non -ripped, beautiful new dollars is that you bring your ATM card or your debit card and load it with some money. And, you know, \$100 US is perfectly sufficient.

Everything is very inexpensive. The Vietnamese Dong is extremely weak to the dollar. So if you're going to be buying anything, and that means stuff that you want, not that, you will give you everything that you'd need, like water, like breakfast, lunch and dinner.

And you know, entry fees to our tourist sites and your tuition covers all of this. But if you wanna buy snacks, souvenirs, thank you gifts for your mom and dad or whoever sent you on this program. That would be wonderful if you did that.

I'm sure they would appreciate a little, a Little something from your travels. There's also going to be opportunities for some extracurricular opportunities such as we might do in arts and crafts afternoon at a local store down the road.

And there's a small fee for that so \$100 or so on an ATM card bank on a bank card or on A debit card. Very smart and we can just go to the ATM at the corner, chaperones can do daily trips, we'll walk down there, grab some cash out of the ATM, all good to go in the local currency.

That is my preferred method. Don't bring cash. Just don't do it. Okay, did I touch on laundry? I did not touch the laundry. We need to touch on laundry, laundry is spectacular in Vietnam and let me tell you why.

Once a week, and we will determine which week that is going to be, once a week we are going to do laundry. And let me tell you, it is inexpensive. If I can get laundry done in the United States at the same price that it is in Vietnam, oh my goodness gracious.

And this is all in The Handbook might I add, but oh, my Lord, let's take a look here. Okay, laundry, laundry laundry Laundry, let me see if I can get the, the price on laundry it is something like, I don't know, it is something like maybe a dollar fifty a pound or something like that for laundry and this is the best part.

You will drop your laundry off, just get this, you will be given once a week, we'll refresh you on all this by the way, laundry bags where you put your name in it, put all of your dirty laundry, bring it down to the front desk and poof like magic.

In 24 hours or less, it will be returned to you. Folded and clean, clean and folded for \$1.50 a pound. Not included in your tuition, but the deal of a century. So definitely bring that on your bank card, in you debit card and you can pay for laundry service.

You're also able to pay it via Venmo as well. So Venmo is perfectly fine. Not everywhere in Vietnam, but for laundry, yes. It's just the deal of the century. So laundry once a week, \$1.50 a pound, you can get everything done, pack enough clothes that you go full week.

And when I say clothes, I mostly mean undergarments. For a whole week without doing laundry enough scrubs, five to six pairs of scrubs, two lab coats, so that we can do laundry once a week further information will be distributed of course on site but just so that you can rest well knowing that you won't actually have to do your laundry.

It'll be done for you. Very exciting. Let's just talk real quickly and then I'll let you go because I know I'm getting a little long in the tooth about the rotations at the Hue University of Medicine and Pharmacy, our partners in Vietnam.

Wow, this is the gold standard institution of medicine and medical teaching in Vietnam. You are going to experience the real creme de la cremes in Vietnam, congratulations, it's very exciting. This institution we've partnered with since our very inception at Future Docs Abroad and the greatest thing about our location at the Parkview Hotel is that it is like a four -minute walk so we can just cross the street and we're basically on the campus and so obviously nobody is going to walk alone

but as a group in the morning we'll walk over after breakfast and our chaperones will also stay on campus in a designated room in case of unexpected emergencies.

But essentially what's gonna happen is we're all gonna walk to a central meeting point and then doctors from each department, each rotation group are gonna come out and get their group and take them to their rotations.

And then at the end of the rotations, the doctors will deliver everybody back to the meeting spot and we will walk over for lunch and after lunch, we will repeat and we'll go back over and then we come back and will eat dinner.

We'll do some debriefs and call it an evening. But let me tell you, this institution is just wonderful, beautiful people, beautiful people. And I'm so excited for you to be able to experience them.

You're also going to meet, in addition to the doctors who are running the rotations who speak English, by the way, there are going to be some volunteer medical students. They're a little bit older than you.

They are in medical school. They enrolled at the university, but we call them buddies, the buddies. They were really excited to meet you, they're a group of super intelligent, passionate future doctors, just a bit ahead in their schooling.

And they all speak English and they are there to sort of just be your friend and be in the rotations with you and bridge the contextual gap and be able to translate some things that maybe you didn't hear.

You can ask them questions, you can get to know them. We found that a lot of our students become great friends with the buddies and if they're ever on a trip back in Vietnam with their family they stay in contact, they are wonderful people.

So definitely get to know the medical students as well on your rotations and stay and touch. They're going to be your future colleagues even though they are on the other side of the world, contacts or everything.

Definitely get to know them in their culture and talk to them, listen to their stories, and ask them about their life in Vietnam because they usually live nearby. So, I think that covers just about anything, everything.

If you have outstanding questions, give us a buzz. Our admission lines are going to be back open on Monday, regular business hours. You can always send us an email, at admissions@allaccessmed.com.

We're always there to support you, always here. We're gonna have another webinar coming soon. But again, these links in the chat here, the first one being the handbook, study it. The onboarding link, the second one, go ahead there.

Check out all of the due dates for various deliverables, the sheets that you need to turn in and the documents that need upload. Go ahead and jump in and make sure that you're on top of that. Get started with your flights to and from JFK if you haven't already by the third link in the chat here, which has been emailed to you as well and it's also available on the handbook.

But basically, you know, if you're paying attention and you're just following along and following instructions, you are in good shape. So, you're already winning by being on this webinar tonight. Thank you so much for coming.

You know, we're going to take great care of you. We're gonna show you a great time. And like I said, at the beginning of this webinar, you, the, our, we have a real, our mission is to keep you safe and to ensure your well being because we want you to be able to experience new things and get out of your comfort zone within reason and get every ounce out of the experience and come home with stories to tell your family about the amazing time that you had in Vietnam and the great friendships that you made and the lifelong partnerships, professionally speaking that you may have come out of this with.

So, you know, just congratulations. I think that you're doing an amazing thing. It's a very noble endeavor to come into the field of medicine. And we're here to support that. We're here to champion you 1000%.

And we'll be right there with you in the field the entire time. My team and I will be right there. I can't wait to welcome you to Vietnam. It's one of my favorite places in the entire world. I hope it'll be yours soon as well.

And in closing, I just want to say that you should expect this trip to be life changing. Yes. But just keep in mind that clinical environments and practices are very different in Vietnam, and you might see things that are going to be uncomfortable, like I mentioned.

You're going to see and smell things you've never seen before, and it's going to be super hot. Not all of the wards in the hospital are air conditioned, so you're physically hot, and you know this is a global

view of medicine is one of things that you signed up for on this program is to be able to see how medicine is practiced in another country with varied resources that maybe we don't have in the United States.

And it's going to be a life changing opportunity, but I really, I challenge you to get uncomfortable, but also start to learn your limits and be able to condition yourself. Drink a lot of water, you know, that's really the key.

Get some electrolytes and you make sure you sleep well, particularly before we take off. You know, really be your own champion and champion for others as well. You check in with the group, the people in your groups and in your rotations and make sure everybody's okay.

Be there for your friends, be there for future colleagues. We're all in this together. And we're going to get through it. And you're gonna see patients on the best days of their lives, the worst days of their lives.

And it's all a beautiful thing, but it takes a little bit of inner reflection to know your own limits and there's nothing to be ashamed of if you see something that you don't like or that you feel queasy about you just step out out of respect for the entire experience you step out into the hall no big deal and I'll reiterate this in person but that said it's an incredible experience and i hope that you grasp every ounce of it and just get ready for the trip of a lifetime truly.

Once again, this has been the last 55 minutes. Thank you for joining me. This is for our Vietnam program, FDA. Thank you for joining this afternoon. I'm gonna send a recording of this webinar as well as the transcript to you on Monday.

So look out for that. And then we will have a second webinars with some important pre -lift off details, a little bit closer to the trap. Just keep an eye on that inbox. You'll have everything you need to know and we'll take great care of you.

So thank you again. Have a great night. See you soon. Bye, everybody.