

# **FUTUREDOCS**

## A B R O A D

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**Vietnam July 13 - July 28, 2024**

**Student and Parent Webinar No. 2 Transcript**

**Hosted by: Anna Rossi, International Programs Director**

Okay, so you guys, so exciting. What a great, great trip you all signed up for. I mean, if I may be, I'm a little biased, but I think it's my favorite. It is by far the program and the destination of FutureDocs Abroad that gets the highest rave reviews.

Our partners are ready. Everybody's ready to serve you and make sure that you have a great time abroad with us. Now, the first thing that I'm going to bring to your attention is the WhatsApp group. Now you may have received an email a few days ago about this application called WhatsApp.

And if you don't have it already, it is a, it is a Facebook product, Meta, if you will, if you're in the know, and I'm putting a [link](#) in the chat right now. If you are a student and a student only - parents, this does not apply to you.

Students go ahead and click on that link that I just posted in the chat and join or request to join. And then Marija and myself will make sure that you are indeed a student and then we will accept you into the group.

Now this is going to be a place for us to get together on communications, make sure that you're at the loop, post announcements, and get to know one another. Our chaperone, D, actually went in and introduced himself right away.

We had one student that went in and introduced herself. And then when you get in there, tell us a little bit where you're from, what you're interested in, little things about yourself, nothing crazy.

Just a good way to kick off the discussion here at Future Docs Abroad. The second thing that I want to bring to your attention, and this is critical. This is even more critical than the WhatsApp situation.

All right. The second thing that you need to know is that you must, and I mean must, submit a copy of your insurance. And that is because, very, very important, international health insurance is covered by your tuition.

But if we don't have your domestic insurance, pending that you are covered with health insurance, which all of you are, we are not able to apply for international health insurance for you. And that's just missing out on a huge opportunity.

Now this was due March 31 for good reason because we need time to process. Make sure you get that to us right away. The majority of you have, but this is the one outstanding thing that really, really still matters in the onboarding section of our portal.

So go ahead, I'm going to go ahead and stick another [link](#) in the chat. This is where you submit your health insurance card to us. You can also email it to us directly if that's tricky. You just go ahead and snap a photo and [email](#) it to Marija in our admissions office and she will email you back confirming with our thanks that we have received it and then you'll be all covered.

So if something happens while we're abroad, you're all set. So again, health insurance ASAP, please join the WhatsApp group. ASAP please. All right, and students only in the WhatsApp group, no parents.

We'll get more on communications for parents later in this discussion. Let's kick things off with talking a little bit about the flight information for our departure day. Now, departure day is technically Sunday, July 14, but you will be coming in on your domestic travels on the 13th of July.

Why is that? Because the flight on the 14th is at 12:50 a.m. So we would like you to arrive, please, between the hours of 12:00 PM and 8:00 PM. on Saturday, July 13th. We will be departing from JFK, all this information on the portal, by the way, in your [handbook](#), which is posted in the chat here.

We will be departing on Korean airlines. We've flown Korean before. They're a trustworthy, safe airline with pretty good food and pretty comfortable seats, actually. That is KE86 is the flight number.

We've taken care of your flight arrangements. Everyone has a seat on the plane. Everyone has a Visa. Thanks so much for getting all your passport information in on time, by the way. We will be flying 15.5 hours to Seoul.

All right, that's a long time, but we are going to the other side of the world. So there's a whole thing there. Six-hour layover in Seoul, and between that layover, we'll make sure that, you know, we have opportunities to get snacks at the airport.

It's a pretty good airport. We'll be there about four o'clock in the morning, so that means that things will be pretty much closed in the airport, but they'll open up while we're there. Five hours from Seoul to Da Nang, Vietnam.

All right, so again, 15 and a half hours to Seoul, departing on JFK, on flight number KE86. That's Korean Airlines. 15.5 hours to Seoul. Six-hour layover in Seoul. Five hours to Da Nang, and we will arrive in Da Nang, Vietnam at approximately 1:50 PM local time on Monday, July 15. So, arrival at JFK. What do you do? Well, like I mentioned, you arrive between the hours of 12 p.m. and 8 p.m. on the 13th. That's the preferred window. Certainly no later than 8 p.m. please.

Why? Because that's about the time when we get ready to load up and drop our bags and move through security as a group. We always move as a group. That's something you'll come to learn. Between 12pm and 8pm you arrive. Terminal 1, JFK. There are eight of them, eight terminals. You're going to Terminal 1. That is international departures. And you're going to want to find the Korean Airlines desk.

Now, no worries because you're going to be in the WhatsApp group and we're going to post all of that information for you. In the WhatsApp group, including pictures and videos of how to find the desk, what it looks like, what we look like, everything.

Find the Korean Airlines desk in terminal one. We'll be set up in the morning well before the first student's flight lands to collect you. And we will post all the information on the WhatsApp group that morning.

Our team is going to be coming in the night before. So we'll be there no matter what. Everybody will be there first thing in the morning. Now, when you come over to terminal one, Korean Airlines desk, you're going to pick up your, well, first before you get there, you're going to pick up your bags, right?

Because that's what you need your bags to go to Vietnam. You're going to get off your domestic flight. You're going to go to baggage claim, get your bags and then make your way over to terminal one. If you have any anxiety surrounding this, you just get in the WhatsApp group and we will contact you directly and we'll get you started.

If you're coming with your parents, maybe your parents can help you with this, get you over, drop you off. Also local drop-offs, you can come to the international terminals and you can just drop off right at the curbside and walk in to the Korean Airlines desk.

Now, when you find us with your bags and you're there at the desk checking in, the right department, let me tell you, there's only one international trip taking off that afternoon. So you will be in good hands.

We will give you your name badge, which displays your name. You will wear this the entire time you are in Vietnam, including in the hotel, at least for the first week. And certainly every time you're out of the hotel, really the only time you take it off is when you are sleeping and when you are showering, please.

All right, your name badge, a copy of your flight itinerary so that you know kind of what's going on. That's not your ticket. It's just the flight itinerary. Just a little confirmation that you're going to get there and that you're booked on the ticket.

Your Visa, which is all set and ready. I wish I had a sample here because they're pretty awesome. So your visa. And then your international health insurance card, which we will provide you after you provide your domestic health insurance card to us via the portal or by emailing us directly.

Thank you. You will meet your chaperone. We have four of them they're all on the line tonight everybody if you have your cameras on wave again, everybody's here. Excellent. And your chaperones will all be waiting for you.

You will meet them get into your groups, everybody's going to be assigned a chaperone group, of course, there will be four of them because there's four chaperones, you'll meet your chaperone the other folks in your group, and that will be kind of your home base inside the group for the entire duration of the trip.

So, that is very important to know when you have your chaperone, you go to your chaperone with any questions, any concerns, anything that bugs you, anything that makes you awesome.

That is, that is where you go. All right. So we'll hang out, you'll hang out with your chaperones, get to know everybody in the group until a little bit before 9 p.m. on the 13th.

That's when security is going to open and the bag drops are going to open for this flight. At that time, what's going to happen is we are going to get in line by our chaperone groups kind of like ducks in a row with the bags.

We're going to walk up to the backdrop, drop the bags. Get your actual ticket, put it in your name badge. It's kind of like there's a little like, there's like a little case on the, on the name badge.

It's almost like a little pouch. You can put stuff in it like your Visa. That's really important to keep with you. You're going to put your ticket in there. You're going to have it on you. And then we're going to move through security, just like you did on your domestic flight.

We're just going to do it as a group in your chaperone groups. We're going to get onto the other side of the terminal. We'll go to the gate, hang out. You'll check in with your chaperone, maybe do a little bit of last minute shopping, get a neck pillow, some hydration, which we'll talk about later, things of that nature.

Then we will board the plane. We'll get on the plane and it's time to go to sleep. 15 and a half hours. So I recommend sleeping. If you have not yet submitted, or I'm sorry, you all have submitted your medical information, the medical history form, because that was too long ago.

But if anything has changed, please let us know if you have any new allergies, dietary restrictions, anything of that nature, because we have time now to update the airlines and our catering partners in Vietnam.

Anyone who's already done it, I know about it. And we're all set with your flights and we're all set with your tickets and your dietary restrictions and accommodations have been made with the airlines.

But if there's anything new or anybody who has not submitted or maybe you forgot, now would be a good time to let us know. So then we can alert the airline and they can provide you with a specialty meal.

All right, cool. Now, before we move on to our travel planning, I do want to just touch on domestic travel. If you have not yet booked your domestic travel, that means to and from JFK on departure and arrival back into the United States, now is the time to do so.

And how are you gonna do it? You're gonna do it through our partners at Atlas Travel. Here is a link to get started in the chat, all right? That is where you get started to book your domestic travel.

Now, why is it required that you use Atlas? Atlas has been our partner in crime, no, has been our partner in travel and transportation for a good time now. Let me tell you, they are the best in the business.

We have absolutely no financial incentive to use them. We do not get paid by them or anything like that. We truly believe in them. And they're an amazing resource for you for a myriad of factors. Number one is that they are able to get you greater discounts and kind of preferred seating on your domestic flights because they are a travel agency.

So they kind of are in the know with some of the big carriers coming in. Number two. They're in communication with us and they know about our flight plans. In fact, they were instrumental in getting our international flights.

That means that they know when you should arrive and depart. So that sheet that I posted just now in the chat will alert them. It's especially just for students on this program, meaning they know you're supposed to arrive in terminal one between 12 PM and 8 PM.

Therefore, you don't have to tell them that. So they're going to provide you with options to make sure that you are best prepared and that is really cool because it really means that you don't do any of the heavy lifting.

So better deals on flights, preferred patterns, and you get, uh, greater surveillance of your flights. If anything's canceled, they will let us know. So you don't have to call us. We work with Atlas on the back end.

They provide us with your flight information. So we all work together. So please utilize Atlas, get started. If you haven't already, jump into that smart sheet and get started. The smart sheet is the link that I just posted in the chat.

All right, how to plan for your trip. Now, the first thing I want you to do is, um, it's just, again, a reminder that we will be keeping an eye on your flight in collaboration with Atlas Travel. So once you've booked your domestic flight, there's no need to then provide that information to us separately.

They will provide it to us. All right. Very good. Number two, make sure you review in the handbook, what should be in your carry-on bag and what should be in your checked bag. So what should you have with you?

You should have a carry-on bag, which is pretty self-explanatory, right? And you should have a checked bag. The checked bag can be large, but it has to be 50 pounds or under. All right. So we can do it, folks.

Anything that is heavier than that, that is on you to pay for. But one bag, one checked bag, uh, will be sufficient 50 pounds or less. Make sure you weigh it beforehand if it's kind of on the edge there.

All right. And then you can also bring a personal item. So you can bring a backpack or a laptop bag, or a fanny pack or like whatever you want. And that is what you travel with. Now make sure that you get into the handbook and review what should be in your checked bag and what should be in your carry-on.

Remember that we have a layover in Seoul and things happen. So make sure that you're packing most importantly, your medication or supplements or anything of that nature that you take on a daily basis in your carry-on bag.

Number two, set of scrubs, set of business casual clothes, some PJs, enough clothing for maybe a day or two. If anything is to happen with your checked baggage, that means that you're set for a couple of days.

Well, we work on the end, on our end to locate your bag. And a little sidebar tip, put an air tag in your checked bag. And that is a travel hack because the air tags are pretty, pretty cool and pretty easy and moderately cheap and if the airline is having a hard time tracking your bag for any reason that they've gotten better at it, the air tag can sometimes be very handy.

That actually helped us one time on a prior trip when we were going to Europe. I think it was actually Vincent on this trip. He's one of our chaperones and we used an air tag in his bag to locate his bag and we got it faster than probably the airline could have on its own.

So that's pretty cool. All right, next, drink water, drink water, H<sub>2</sub>O, wherever you go, all the time, as much as you can, keep drinking water. You know, when we're traveling to the other side of the world, when you're up at the altitude that we're going to be flying at, it's so important.

Add electrolytes if that makes things more tasty, whatever it takes. Drink water before the flight, during the flight, after the flight, when you get to Vietnam, the entire trip just to have water on.

Very important. Very good and a good habit overall to maintain. Make sure that you're getting enough sleep on your way. I mean, I would say like at least a week out, make sure you're getting those because this trip is, it's intense.

I mean, I'm not going to lie about it. It's really intense and we're all in this together and we're going to lift you up and help you, but you have to help yourself. So make sure that you get some good sleep.

I would say, again, I would say a good seven days beforehand if you can swing it at least the last two, get yourself to bed early. Get a good night's sleep, recharge those batteries, and you will see the results pay off in dividends.

Next, a little bit of a sidebar, but I know this question is going to come. If you miss your international flight, what happens if there's a delay, a cancellation, anything of that nature? If you miss your international flight, we have a full protocol in place.

First of all, Marija here on the call today is going to be on the phone. So we're going to know about it. In communication with me, we're going to be able to triage this for you. We will come up with a plan, but you must know that if there are any rebookings, so that means we have to push you on the flight the next day, we forfeit that first flight.

Now we'll go to bat with Atlas, we will go to bat with the airlines for you, but to be able to get you or your child if your parents are here on the next flight, there is going to be an expense.

So I always recommend, first of all, purchasing travel insurance for this trip. Also, making sure that your domestic flight is maybe a little earlier on the earlier side, okay, not pushing it. So if there's a delay of a couple of hours that you missed the flight, like maybe not as close to the 8 p.m. window as possible,

Maybe you start it like you would have a morning flight or something like that, because if you miss the international flight, you're going to have to get on to the next one. And you know, that's just kind of the way it is.

We will coordinate this with you, and we will also have a team member arranged in the New York area to be able to facilitate overnight accommodations if that happens to be in the next day. Usually it is the next day, and if we can get the next day, which we will, we will, you won't miss a day of rotations, but you will be quite tired.

So we will need to get some sleep at a hotel nearby, and we will have a team member local to the area there on that evening to kind of take control of the situation and be able to kind of guide you that evening.

So we handle this on a case by case basis, but you're all you will take good care of you and point you in the right direction on what to do but the name of the game here is traffic travel insurance and secondly, definitely pick a flight that's on the earlier side of things.

Okay, when we get to Da Nang. So we've gone to Seoul, we've had what I say like a six hour layover. Now we're on the flight. And it's five hours to Da Nang. We get to Da Nang at 150 local time. Alright, on that, what did I say Monday, yeah, Monday.

We go through immediately following this immigration, and then baggage claim, and then we go to the buses. What do you need to know, listen to your chaperone. Get in your chaperone groups, stay with your chaperone, stay with your groups.

That's all I need to do, we will tell you what to do, as long as you stay with your chaperone and in your chaperone groups, you're set. We'll give you all the instructions, what to take out, get your visa ready, get your passport ready, all of that, but you won't know unless you're with your chaperone. So stay together, move as a group.

Listen to the WhatsApp group, get that up and open. And we'll move through baggage claim. So we'll go to baggage claim, get our bags, make sure every bag is accounted for. And then again, moving as a group out.

Sidebar. I would call your phone carrier, if you haven't already, and get an international phone plan, or talk to them about options on maybe getting a burner phone or something of that nature, like a second phone.

to use as a hotspot because you want to make sure that you can use WhatsApp because that is going to be where we do communications. So make sure that you have a phone that operates in a foreign country.

Call them, they'll take care of you, just say what's going on, you're going out of the country for two weeks. You need an international phone plan to do X Y and Z and they will take care of you. So that way when we land in Eng and your phone buzzes you'll be able to get the information if there is anything right away with the rest of the group.

All right so then we're gonna go to the buses. The buses are just a quick walk around the corner now. Water is very important, very important water, get your water out cuz it's gonna be hot when we go outside all right it's always hot in Vietnam this time of the year.



We go out, we get on the buses and it's about a two hour drive to Hue City which is where we are going. It's our final destination. Now let's just do the math here. That's a lot of travel. Yes it is we are all in this together guys all right here.

all in this together, including your chaperones, all right? We are going to lift each other up. We're gonna get through it. We're gonna get to that hotel. And when we get to that hotel, it is gonna be wonderful.

We are staying at the beautiful Parkview Hotel. It's clean, modern, think like Marriott or Hilton or something like that. Rock and air conditioning, great internet, everything you need. The water in the hotel is fine to brush your teeth with.

I wouldn't drink it. We will provide you with bottles of water as needed in the room to make sure that you have enough bottles of water to drink, you know, like those big liter bottles. But I would not drink out of the tap.

You can, you can feel fine too, you know, if a little bit gets in your mouth when you're showering, you can certainly brush your teeth with it, no problem. In fact, there's gonna be a notice next to it to remind you water is safe to drink, but it's just not like the best water.

So just don't drink it, drink it, okay? Like just don't do that to yourself. So when we get to the hotel, you're going to obviously get your baggage, go into the lobby, we'll gather in our chaperone groups again, and you're gonna get your rooming assignment.

And as a reminder, rooms will be single gender, double occupancy, and you will meet your roommate upon arrival, all right? So you'll meet your roommate, you'll go to your room, you'll get your keys. Don't lose your keys, all right?

You're only gonna get one or two per room, all right? So we'll have more information on this, but just be prepared, have a discussion with your roommate on who is going to keep the keys, all right? All right, good, just keep that in the back of your mind.

Keys, do not lose them. It's not like a hotel where you can just get a new key. That doesn't really happen in Vietnam. Like there are specific rooms, keys, keys to specific rooms, and it's not super easy like staying in a standard Marriott or Hilton.

So just remember that, keep good control of your keys and make sure you have someone assigned to keep it. All right, so we get to the hotel, we get some dinner, make some announcements, and then it's off to bed.

Shower, please. And then that, all right. So what happens on Tuesday? We're just gonna talk about the first couple of days to get things started. Tuesday's orientation day. We're gonna have breakfast at the hotel.

We're gonna get into our business casual clothing. We're gonna walk over to the university hospital. The university hospital has an orientation room, a big theater space. We're gonna do our opening ceremony.

We're gonna dress to impress. So when you pack business casual, ensure that you are wearing clothing, ladies or gentlemen, whatever really suits your fancy here that passes your knees. There is a dress code on campus, and the technical dress code is pants.

Everyone needs to be wearing pants, no matter what gender you are. But there is a special allowance on orientation day when we're doing our opening ceremony where ladies or gentlemen may wear dresses, but they need to go past the knee.

Very important. And also very important. you must have your shoulders covered, okay? So no tank tops, no mini skirts, cover the knees. And if you have a nice, you know, a nice chino or a nice pants suit or something like that, that's good too, because technically the dress code is pants.

And yeah, that's very important. So business casual, closed -toe shoes, please. We are in a hospital and we are going to do our opening orientation, meet our facility partners. We're gonna dress to impress, okay?

Dress to impress, all right? I want this to be the best looking group that we have. We are gonna walk back to the hotel after we do a little bit of a tour of the campus. So you get your wits about you.

And we will have lunch back at the hotel. Afterwards, we will do a separate orientation led by myself and one of our chaperones, our lead chaperone for this program, D. And we will then walk back to the campus and have a kind of condensed afternoon seminar with the staff over there.

Now at this point, it's gonna be pretty jet lagged, culture shock, heat shock, all this stuff. But by the end of this day, we should be rocking and rolling because Wednesday, I'm getting a little ahead of myself.

Obviously we come back. We have dinner, a little bit of debriefing, and some free time. Okay. And then the next day is Wednesday. It's our first day of rotations. You will have rotation groups that are separate from your chaperone groups.

There are going to be a different number of rotation groups. And I will post the rotation schedule on orientation day. We're still finally up the rotation schedules based on the availability for different departments.

But so far, I gotta tell you, it's looking great. And we will all have the big three, which is shadowing of doctors, viewing surgery, and gross anatomy access. It is going to be awesome. You will be impressed.

But we will... get the actual schedule on orientation day. That's Tuesday. You will get your rotation schedule that's on Tuesday and your groups that you're assigned with. So you guys, you will all have two assignments.

You will have your chaperone group, which is the chaperone that you're with, one, two, three, or four. And then you will have your rotation groups. Typically there are six of them. So if they're smaller groups, but we will, we will finalize that on rotation day.

And I'll be sure to let you know in the WhatsApp group and in person. Now, after rotations, we will have debriefs with your chaperone before dinner. Typically that's around 5:45. Dinner's usually around six.

So what happens in this 15 minute debrief? Well, this is a great time to get something off your chest, something you saw today, something that really touched you, something that you liked, something that you didn't like.

Feedback from the day, your chaperones going to prompt you and make sure that they guide the discussion. But this is a great time to, you know, get your thoughts a little bit more concrete about the day and reflect and kind of process things.

And it's also a great catalyst for a journal entry. I really encourage you to journal for this entire experience because you're going to want to remember almost every detail. And debriefs can be a great kickoff point for that.

So each chaperone group, of course, a chaperone has a different tone that they bring to their debriefs. But generally, this is a great place to kind of explore the day and reflect and process things and bond with your groups.

It's brief, you know, it really is a debrief. Then we'll go to dinner and we'll do some announcements, if anything, from your chaperone or from me. And we'll talk about the next day. Now, after dinner, we always have a little bit of free time.

All right. What is free time? Free time is inside the hotel only. Now, we are in a foreign country. We do not go outside by ourselves. If you are 18, it does not matter. You are on this program and you stay with us.

Okay. So you're going to wear your name tag, at least for the first week when you're in the hotel so that the hotel staff and we and everybody, we're still getting to know each other. We get to know your names.

We get to identify you. Everybody knows who you are. Nobody leaves the hotel. This is very, very important. And part of your code of conduct that you signed on your enrollment for this program. If you need to do a convenience store run.

If you want to go to a coffee shop next door. If you want to go to an ATM, talk to your chaperone. No problem at all. All right. They will organize it with you. But I only have free time in the hotel. What's in the hotel?

Well, there's a pool. So bring your bathing suit if that sounds fun to you. There's a gym there so you can bring your workout stuff if you want to. And there's also, you know, there's spaces to hang out, read.

You don't have to stay in your room, you know, just kind of explore and. and in the hotel and you'll be fine. We have a specific set time for bed checks. What are bed checks? Bed checks are you are in your room and you do not leave your room.

And I tell you, all right, nobody leaves their room after bed checks. And we have cameras all over the hotel and the hotel staff is really good at knowing you guys. So no one leaves their hotel room after bed checks.

Again, code of conduct. All right, super easy. We'll do bed checks, make sure everybody's good and tucked in for the night. And then you stay in your room for the evening. Doesn't mean you have to go to bed.

You can watch a movie, you can get on your computer, read a book, whatever, you just have to be in your room. And that's typically at like 9:30. Okay, so it's not like super duper early. And believe me, you're gonna be wiped from that day.

You're gonna be wiped out because we're here to learn. We're here to engage. And if you're really, if you're applying yourself, you should be a little tired and you should take all the sleep you can get.

All right. So another note, there is room service available in the hotel. Now we will provide you with breakfast, lunch and dinner. We're going to meet all of your dietary requirements that you submitted to us.

Again, if we don't know, we don't know. So make sure you tell us if you haven't already. We're going to provide you with meals, water. But if you're still hungry, you can get more food. And again, that is at your expense, and the hotel room, the hotel will bill you when you get there.

So when you order, so you order from the front desk, I want a hamburger. They deliver it to your room, you just pay right there. You can pay with cash. Again, ATMs, as aforementioned, talk to chaperones, and have a little bit of cash.

In the handbook, there's a suggested amount of cash to bring, cash to have on hand. I recommend you bring it on a debit card. Now, why is that? Because, because in Vietnam, they want to risk dollar bills.

I mean, like brand spanking new. I don't know. I don't know why. You know, it's a government thing. I'm not in charge, but it's always best to bring it on your debit card or ATM card. The ATMs there are fine.

No one is going to get scammed or whatever. There's one at the end of the block. We can go, we can go every day if you want. You just have to ask your chaperone to go with you. Bring cash. That way you can order room service and, you know, get, get a Coke or something in the afternoon if you really want to.

No problem. All right. Like room service is open late. After bed check, you could get room service. You just have to stay in your room. Okay, you get my drift. It's all good. All right. So if you're hungry, eat.

If you're thirsty, drink. And if you need anything, get with your chaperone and they will provide information on how to contact them directly on WhatsApp. You'll have individual WhatsApp group chats.

Everybody will be available to you. All right. We've got you. We are all in this together. Some of your chaperones actually might come in on some of your rotations with you. Because as I mentioned, one of our chaperones happens to be an EMT.

This is very interesting to him. Another one is a labor and delivery nurse. That's very interesting to her. So they're going to be taking advantage of this trip too. So they'll be shoulder to shoulder with you.

And that's pretty cool. I really like that about our chaperones. They're very engaged. Okay, cool. Well I'm on the topic of cash, well I was on the topic of cash. Another thing that is going to be at your expense paid with cash is, well generally with cash, is laundry.

Laundry is available in a hotel, by the hotel, super easy. We have one laundry day per week, all right? One laundry day per week. You gather your laundry, we'll give you this information again on site.

You gather your laundry, you put it in a bag, you put your name on it, you give it to the front desk. And this is amazing, especially for you parents out there. Get a load of this. Laundry load, get it.

for three and a half U.S. dollars per kilogram of laundry. All right, the laundry is delivered washed, folded, and delivered back to the front desk in 24 hours. Deal of the century, okay? Now we do it once a week, so it's not expensive.

But that is not included in the tuition, so it's not that much, and it's really efficient, but that is something that's an extra cost. So just plan for cash for that as well, that's going to be utilized for laundry.

And a note on that, we do have a preferred packing list on the handbook. You'll note that it includes five to six pairs of scrubs and two lab coats, and I recommend two lab coats because if you send one to the laundry and then the next day you go to rotations, then you have a lab coat, which is required by most rotations.

And because you don't know your rotation schedule yet, it's always best to have two. So if you only bring one, now's the time to maybe think about bringing two. I would recommend that. I personally would after doing this for a couple of years, all right?

So let's talk about the weekend, all right? Rotations are going to go during the week, and then the weekend. Well, on one of the days of the weekend, we're going to do a full day of touring, and that is really exciting.

It is going to be all day. We went out. We start with a boat ride down the river. The perfume river is what it's called. We will see pagodas. We will go to mausoleums. We will have lunch at a local restaurant.

We will do a little shopping at a local market. Again, it's hot out there. This is actually a record-breaking heat summer in Vietnam. So make sure that you're covering up because, believe it or not, when you cover up, you actually stay cooler than if you are exposed.

And also note on that, because we're going to places of worship, you're going to need to cover your knees and cover your shoulders, both genders. All right, great. Always think about that. Cover your knees, cover your shoulders.

That's it, great. Big hats, very important. Sunglasses, sunscreen, bug spray, sometimes very important. Local restaurants, good. Again, they'll have your dietary restrictions, everything of that nature.

So we'll take a break in the middle of the day, then we'll get back out there. And then on the second day of the weekend, we will do kind of a half day, and the second day will be dedicated to rest, free time at the hotel.

But the first part of the day will be, it'll be a cultural immersion and more on that to come. But I'm excited about the possibility of a couple of options that we're exploring. We work in collaboration with the university and we get into the community and help serve the community, make ourselves useful.

I think that's really important to serve communities and to integrate a little bit on this trip. So that'll be great. Think like community service meets integration, all right? Okay, so we've talked about cultural immersion, we talked about ATM runs, we talked about laundry.

Make sure you're packing five to six pairs. I mean, technically dress code wise, you can have any color of scrubs. I think pediatrics is pretty cool to wear like some fun scrubs. But if you haven't already purchased your scrubs, consider buying ours.

All right, cool. Next, Wow, we really covered everything. I mean, if you have any additional questions, you can just give us a call or send us an email that's [admissions@allaccessmed.com](mailto:admissions@allaccessmed.com) or call Marija in the admissions office.

She would love to talk to you. And I will just sort of close this evening. I'm not going to sort of close. I will close with just a few reminders. The first is to submit your health insurance ASAP if you have not already to book your domestic travel with Atlas.

Both of these links are in the chat. And to join WhatsApp students only parents. This is something that needs to be covered. Two weeks prior to liftoff, we're going to distribute an emergency number.

That number is going to be a number for you to call 24 hours a day, if there is an emergency. Now, what constitutes an emergency? We are talking about something that cannot wait for regular business hours.

I'll leave that to your discretion, but if it is an administrative issue or a request pertaining to your child that is not urgent, you can give us a call in our admissions office or I will answer the phone, regular business hours, all right?

But if it is a time sensitive emergency, there's a 24 hour number to call and we will triage that for you. But we will distribute that number for parents 24 hours, I'm sorry, two weeks beforehand. All right, cool.

Back to my final reminders. Take care of yourself, all right? Water, think about how you're gonna drink a lot of water. You're gonna have plenty of rest. And you're going to practice self-care, practice being kind to yourself because this is a really long trip.

I'm not gonna sugar coat it. It is long, it is hot over there in Vietnam, but this is going to be the most memorable experience. And I'm just gonna say it, it's gonna be the most memorable experience that you are gonna have to kickstart your professional career, all right?

To be able to get every ounce out of that is to be able to show up as your best self. So make sure that you're equipping yourself with every slight edge that you can to achieve that. Make sure that you're rested, make sure that you're hydrated, make sure you've done everything in that handbook, read it cover to cover, join the WhatsApp group, introduce yourself, be that star student, okay?

Because it will matter. And our number one priority is to keep you safe. So everything that I'm telling you today is ultimately to make sure that you are safe and taken care of during this trip. Because we believe in you and we want you to have the best experience possible, all right?

And we want you to get out there and do great things. Can only do that if you're set up for success. And whatever that means to you, it means to you. So practice that. And when you get there, check in with one another.

Check in with one another, find a friend, bond with those in your chaperone groups. Really, you know, show up and get in there and take advantage of every opportunity. Squeeze every ounce out of that lemon.

And you will find yourself walking away with tremendous memories to last a lifetime. We cannot wait to see you on the 13th of July. And any additional questions, reach out to the admissions office, please.

But for now, I'm gonna log off, and send a recording of this webinar to you on Monday. Along with an official transcript. So you haven't also put it in the portal. For now, have a great evening and we will see you.

And I speak on behalf of myself and our chaperones here. We will see you in just a few weeks, all right? Take care, everybody. Have a great night. Bye -bye.