



## Welcome to SOH

Số 95/3C Đường Âu Cơ, Ấp Mỹ An C, Xã Mỹ Thạnh An, Thành Phố Bến Tre, Tỉnh Bến Tre, Viet Nam; Local number: 0354527444 or Zalo Number/USA number +1808-699-6014; Email: SOH.bentre1@gmail.com

Saigon Open Hearts (SOH) was established by Karma2Motion (a DBA of the International Buddhist Society) , a nonprofit charitable organization based in California, USA to create a community of giving to the underprivileged and support relief efforts to disaster victims in the Mien Tay region of Vietnam. Our charities vision and projects include funding teen to college scholarships, support orphanages with educational funding and care for people who are challenged with life skills. Karma2Motion envisions project expansion beyond Vietnam into other Southeast Asian countries where people are in need. With your support Karma2Motion will continue to strive forward to fulfill its mission. Our website is [www.karma2motion.com](http://www.karma2motion.com)

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## Special Concerns for Volunteers/Interns

### Prior to Arrival

Please have the following:

1. A valid Passport with at least 6 months remaining to expiration
2. Visa: short term less than a month, get an online approval letter for tourist visa and get Visa on arrival. Remember to have 2 passport pictures
  - a. Longer term: (1-3 mos) we ask if you can get a business visa and we will assist you in acquiring one.
3. Immunization (Recommended)
4. Travel Insurance
5. SOH Release of Liability (Read/Approved)

### Upon Arrival

Upon arriving in Son Tan Nhat Airport, HCMC you would need to do the following:

1. A sim card with data and calling ability. Text or message SOH your number (around \$15, best one is Viettel for better coverage)
2. Self-Transport to SOH: Download Grab app (like Uber) and book a car to bus station (best to arrive earlier to get to Ben Tre same day if not you would go to District 1 to stay overnight for next day bus)

- a. Early Arrival: go to Minh Tam Bus Station,

**Address** : 204C Sư Vạn Hạnh, Phường 9, Quận 5, Hồ Chí Minh, Vietnam

**Phone** : +84 28 3830 6106

- b. Late Arrival: To book a hotel in District 1 and go to station the next day via grab bike or car

**Address** : 204C Sư Vạn Hạnh, Phường 9, Quận 5, Hồ Chí Minh, Vietnam

**Phone** : +84 28 3830 6106

- c. Bus fare around 70,000 d. 1.5 to 2 hour bus ride main station in Ben Tre. From there there will be immediary smaller vehicle which will take directly to SOH Ben Tre.

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3. Airport Pickup: depending on arrival time we can arrange for pickup but you ll cover the cost \$10-\$65 depending on if you need to stay over for the night, assuming you need one room or hostel bed(s) since bus stops running after 6.

## During Your Stay

# Saigon Open Hearts

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We are set up as a Hostel/Cafe/Restaurant with 6 bunk beds in one room and 2 in the other. The facility has a long and comfortable multi-purpose gazebo for reading and social and study time. You would be assigned in either the mixed dormitory or the double bedroom. The facility has an onsite manager. He can be reached at the above number.

## Transportation

We would assign you a bike to help you get around town. If you are not comfortable with bikes please let us know. Moped will be provided with proper licenses if activity is more than 10 KM from the facility. Also there are taxis and buses/moped rides.

## Food

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We have a full kitchen and chef onsite who would prepare breakfast and lunch/dinner. We will provide 2 meals per day. Dishes are on the menu to be provided.

## Cost

To assist in covering the cost of operation that offers you hosting services, transportation and activity coordinating, we require a fee of \$6-\$8 per day, and any exception to be considered case to case, depending on your diet needs. We provide water and all other beverages will incur additional costs to you. Please see SOH menu.

## Pastime Activity

Outside of your committed time allotment, (3-5 hours per day) you can freely explore on your own around town or ask us to organize tours. See more details about tourist destinations in Mekong Delta region or take the bike to coconut plantation on your own or with a local volunteers.

## <sup>1</sup>Safety/Rules

We expect everyone to follow the rules and the local law. This applies to both local or non local volunteers. These rules apply to both on or off premise. If anything does happen we are close to the police station and hospital. Here a short list of rules of conduct to ensure safety for yourself and others:

1. No drugs of any kind be present on or off premise
2. Alcohol consumption is allowed please do have it under control ( see conduct item 7)
3. Quiet hours: 10pm-7 am. Local law does not allow karaoke or loud music after 10 pm
4. No fight or quarrels among any volunteers on/off premise. Please have Program Mgr involved if you come across any situation you are uncomfortable with.
5. We have an onsite Program/facility Mgr and he/she is with the SOH phone at all time during business hours. Please make sure you have the number for any urgent issues.
6. We can intervene if you have encounter personal or legal issues but we can not be responsible (please see Release of Liability)
7. Your conduct is expected to be civil and abiding to the local laws at all times

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<sup>1</sup> All contents are strictly used by SOH. Please do not share and it is still WIP. Changes will be made. Please make sure you have the most updated one.

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8. We do our best to guarantee the safe environment on/off premise activities and you'll always with someone who can help
  9. We will thoroughly check the background of all volunteers and staff to ensure safety with a series of interview questions ( see Staff and Volunteer Hiring Procedure)
  10. No smoking or drinking in the rooms or anywhere inside the house. Please respect others and use the gazebo for social times.
  11. We expect that you understand the rules and your financial responsibility. You must take care of financial costs every week or prepaid before coming to the SOH.