



Recycle 2015

Footprint's 4th annual trip to raise the awareness of environment protection. This year, we combine company holiday with recycling event. The trip is a perfect time to get into the spirit with fun and meaningful activities including planting trees in Pu Luong Retreat – our sister company, charity event, cultural exchange and team building.

Day 1 (17/10): Hanoi – Pu Luong – overnight at Don Village

08:00: Depart from Hanoi, **at Footprint Office** (PLEASE BE ON TIME, WE WON'T WAIT),

12:00: Arrive at Don Village, check in Pu Luong Retreat, lunch

14:00: Visit the village and plant tree in Don village

16:30: Donate old/new clothes, school equipment (notebooks, books, pens and so on)

17.30: Back to the stilt house, free at your leisure to rest

19.00: Dinner and enjoy cultural exchange activities with local (music performances)

Day 2 (18/10): Don Village – Mai Chau

07:00: Breakfast

08:00: Team building activity - bamboo rafting on river (it is far 7km from the lodge)

12:00: Lunch at the lodge

13:00: Drive to Mai Chau, check in Sol Bungalow

15:30: Bike to explore the surrounding areas

18:30: Dinner will be served at a local restaurant nearby the lodge. Stay overnight here

Day 2 (19/10): Mai Chau - Hanoi

07:00: Free at your leisure

12:00: Lunch time, then back to Hanoi. Trip ends



Inclusion: Van, pro. bikes, water, all meals, trees plantings, stilts house, rice wine.

Exclusion: Not mentioned above. Insurance for any type of injury is at your own cost.

What to bring: Sunglasses & hat, toiletries, sun-block, insect repellent, flashlights, rain coats, sport shoes and your own bottle for water (we will have water for you to fill).

----- RESPONSIBLE TRAVEL -----

What is Recycle? Recycle one of the 5Rs that we are encouraged to do save our mother planet, they are: Reuse, Recycle, Reduce, Renew and Respect.

Why ReCycle at Footprint? Cycle is one of our core products in the recent years and more to come. And everyone knows many great benefits of cycling so together with our responsible travel initiatives, in 2011, we decided to make this our annual event where the team, partners, friends can cycle, recycle at the highest possibility and support to the poor communities.

What can you do on this trip?

- Participate in various physical activities. This is good for your health and our mother earth.
- Bring your own water bottles (according to the survey by Graeme Glen, each person, in average, is using 167 plastic bottles per year, results to 1,5 million ton of trash).
- Take only photographs! Do not pick plants or flowers from a nature reserve or protected site without permission.
- Do not litter, please collect trash whenever possible,
- Keep to designated trails.
- Bring your smile along and ready to say hello to the locals.

And some quick notes for safety:

- Know your gears and your bike before you ride: <http://www.youtube.com/watch?v=0FaRdiWpCBE>
- Test your bike and your brakes well,
- Always wear a helmet,
- Do not use headphones while cycling and never use phone,
- Look left, right and behind you before you turn, overtake or stop,
- Make good hand signals with others on road, use eye contacts to make sure they understand you,
- Position yourself for the downhill. Keep your weight over your saddle on downhill.
- Keep away from the trucks.
- DRIVE SAFE & ENJOY!