



Program Summary

Date	Section & Activity	Meeting Place	Time	Registration Contact
Saturday 5 Oct	Arts&Antiquities: A talk by Dr. Mark Rapoport: Shamanism in the Northern Mountains of Vietnam English	54 Traditions Gallery, 30 Hàng Bún	10:00 AM (1.5 hrs)	John left-handed2hanoi@yahoo.com
Saturday 19 Oct	Traditional&Medicine: Grape seaweed - something new that's good for you English	DG Cafeteria, No. 66 Lane 12 Đặng Thai Mai St.	3:00 PM (2 hrs)	Trà My trmy.nguyen@gmail.com
Thursday 24 Oct	Film: Announcement coming soon!	Hanoi Cinematheque, 22A Hai Bà Trưng St	Please reserve the date on your calendar	
Friday 25 Oct	City Walk: Hàng Da market Japanese	In front of the main gate of Hàng Da market, on Hàng Da St.	9:30 AM (2 hrs)	Yuko Kanetaka herijapan@yahoo.co.jp
Saturday 26 Oct	City Walk: Thăng Long to Ba Đình Square: The Political Centre of Vietnam English	Part 1: Parking area across the street from 18 Hoàng Diệu St. Part 2: Café at approximately 36 Điện Biên Phủ St.	Part 1: 9:00 AM (3 hrs) Part 2: 1:00 PM (3 hrs)	Roman Szlam FVH.CityWalks.English@gmail.com
Sunday 27 Oct	Excursions: Phủ Nhài Church and Bùi Chu Archbishop's Palace English	Outside of Sofitel Plaza Hotel; On Yên Phụ Rd, at the corner of Thanh Niên Rd	7:15 AM (10.5 hrs)	Mai phmai@pfpt.vn

Friends of Vietnam Heritage (FVH) is a non-formal group of mainly Hà Nội residents from many countries who work voluntarily to promote and preserve Vietnamese cultural and historical heritage. With a cadre of dedicated volunteers and limited financial resources, FVH is proud to offer an array of events like those listed above and detailed on the following pages.

Due to financial obligations incurred by FVH while planning events, please register for events in advance as space is limited. If you must cancel fewer than 24 hours before the event, or if you do not show up, you are kindly requested to pay the event fee.

Program Details

Arts & Antiquities:

A Talk by Dr. Mark Rapoport: Shamanism in the Northern Mountains of Vietnam

Saturday, 5 October, 10:00 AM – 11:30 AM

(English)

Shamanism - the backbone of Tribal Culture. Join us as Mark Rapoport will discuss the tribal groups of Northern Vietnam and the persistence of their shamanisms traditions. The talk will focus on the importance of the old and new artifacts, paintings and ceremonial tools used by the shamans. Mark will also discuss the practice and ethics of being a collector of these fascinating objects.

We have a lot of expertise here. Mark is an avid collector of the tribal art of Vietnam (and Africa). His own substantial collection includes many paintings and tools used by tribal groups residing from Thái Nguyên to the mountains of the China border. Mark along with business partner Nguyễn Thị Nhung and the 54 Traditions Gallery staff, have assembled and prepared exhibits at two Major - major museums in Hanoi, as well as at the East-West Institute in Honolulu, Hawaii, USA.



Place: 54 Traditions Gallery, 30 Hàng Bún St

Cost: 150,000 VND

Limit: 15 people

Contact: John, lefthanded2hanoi@yahoo.com

Please leave your mobile number so you can be contact in case of any last minute changes.

Traditional Medicine:

Grape seaweed - something new that's good for you

Saturday, 19 October, 3:00 PM – 05:00 PM

(English)

Grape seaweed (rong nho) is a genus of seaweeds, called umibudo in Japanese. It is good for detoxifying and controlling blood pressure. It is also good for your skin and reduces body fat.

A traditional medicine expert with over 20 years' experience, Ms. Võ Thanh Biếu, will explain the many benefits of grape seaweed. You will also learn how to use grape seaweed in delicious, healthy, and easy-to-make recipes.



Grape seaweed is found in tropical and semi-tropical sea areas and grows by absorbing the nutrition from the sea water through branches and fronds. It is called grape seaweed or 'sea grapes' because it has a grape-like shape, parts of which are hanging on its branches.

Place: DG Cafeteria, No. 66 Lane 12 Đặng Thai Mai St.

Cost: 200,000 VND

Limit: 10 people

Contact: Trà My, trmy.nguyen@gmail.com, Phone: 0914539591



Discover Hanoi City Walk:

Hàng Da market area

Friday, 25 October, 9:30 AM - 11:30 AM
(Japanese)

Join us walking along the small lanes in the old quarter, between the Hoàn Kiếm Lake and the railway station. We will take you to the Yên Thái Temple, where the Empress of the 3rd Emperor of Lý Dynasty is enshrined. We will also visit the old mansion and the Protestant Church, located near the Hàng Da market.



Place: In front of the main gate of Hàng Da market, on Hàng Da Street
Cost: 70,000 VND
Limit: 8 people
Registration: Yuko Kanetaka, herijapan@yahoo.co.jp;
Please leave your mobile phone number so we can contact you in case of any last minute changes.

Excursion:

A Day with churches in the coastal area of Nam Định province: Phú Nhai Church and Bùi Chu Archbishop's Palace

Sunday, 27 October, 7:15 AM – 18:00 PM
(English)

95km away from Hanoi, belonging to Red River Delta and spread out along the coast, Nam Định province is one of the areas to which Catholicism was brought to Vietnam in the 17 century. This has made Nam Định famous for many beautiful churches. Our excursion this time will bring you to visit Phú Nhai Church (35km from Nam Định City), which was considered the biggest church in Indochina when it was finished in 1933. We will continue to discover Bùi Chu Archbishop's Palace which is considered one of centres of Vietnam's Catholicism. At the end of the day, on the way back to Hanoi, we will stop at Sở Kiện Church which is greatly influenced by French architecture styles.



The trip will also give us the opportunity to enjoy with beautiful landscapes of Nam Định with rice fields, rivers, peaceful villages, and its friendly people.

We aim to arrive back in Hanoi around 6 pm.

Place: Outside of the Sofitel Plaza Hotel; On Yên Phụ Rd, at the corner of Thanh Niên Rd
Cost: 490,000 VND (includes transportation, entrance ticket with booklet in English, 2 bottles of water, and insurance)
Limit: 25 people
Registration: Mai, phmai@fpt.vn or 0917-2949-23
Please leave your mobile number so you can be contacted in case of any last minute changes.
Notes: Lunch is not included. You can order lunch where we will stop at a local restaurant in Xuân Trường, specializing in the food of Nam Định with beef or fish. OR you can bring a lunch box from home.

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Discover Hanoi City Walk:

Thăng Long to Ba Đình Square: The Political Centre of Vietnam

Saturday, 26 October, Part 1 9:00 AM – 12:00 PM

Lunch 12:00 PM – 1:00 PM

Part 2 1:00 PM – 4:00 PM

(English)

The old citadel, first built by the Chinese in the late 600s AD, expanded into Thăng Long by the Lý, Trần, and 2 Lê dynasties, then dismantled and moved to Huế by one of the Nguyễns, then subsequently partially rebuilt with French support, then the French domination of Vietnam – the good and the bad, culminating in the defeat of the French by the Vietnamese under the direction of Hồ Chí Minh and Võ Nguyên Giáp, all these are part of this tour.



This walk will take place in 2 parts. In the 1st part, at 9:00am, we'll enter the archaeological dig of Thăng Long Palaces and spend about 45 minutes talking about the development of the site into an imperial citadel and Forbidden City. We'll then move on to the recently opened citadel where we'll continue to talk about the establishment of Thăng Long and its movement to becoming Hà Nội, and talk about the beginnings of French influence. We'll see some very early French architecture.

At this point, we should be at about 12:00 and we'll take a break for refreshments and lunch at one of the cafes near number 36 Điện Biên Phủ St. We can discuss the French occupation of Indochina.

In the 2nd part, at about 1:00pm, continuing from there both in history and in footwork, we'll make our way past some of the French Colonial villas which now mostly house embassies. We'll talk about the evolution of architecture from Victorian, the reasons for skipping Art Deco, to Indochine, and then the moderne or post-Art-Deco. And lastly, we'll move toward 1954 as we walk past the Hồ Chí Minh Mausoleum and visit the home from which he worked during and after the Revolution (if open). This is both a historical and an architectural tour.

You may participate in either or both parts. The entire tour should end around 4:00pm, but this is not a promise, just a goal.

Place: Part 1: 9:00 AM, meet at the small parking area directly across the street from 18 Hoàng Diệu St.

Part 2: 12:45 PM, meet at Café at approximately 36 Điện Biên Phủ St.

Cost: 70,000 VND for each session

Limit: 20 people

Contact: Roman, fvh.citywalks.english@gmail.com

Notes: It may be rainy; or it may be sunny and warm, so please bring a hat, sunshade (umbrella), and bottle of water. There will be places to sit down as well as toilet stops.

Film:

A film will be held at Cinematheque on 24th October

Please mark your calendar and save the evening! We will issue an announcement soon.

Get Involved, Volunteer!

Arts & Antiquities Section Head

Main Duties:

- Contact lecturers, experts and teachers to set up date, time and subject of lecture or demonstration (one lecture/demonstration to be held each month)
- Submit information for the newsletter and calendar
- Send a reminder to all who sign up for the activity (four days before activity)
- Attend lecture or demonstration
- Check attendees and collect money for activity
- Submit monthly section report and financial report for activity
- Attend monthly Governing Council meeting (first Tuesday of each month)

Expected output: Plan one activity each month; prepare an alternate activity two months in advance

Estimated workload: 5 hrs per month

For more information: Please email fvheritage@gmail.com

Films Co-Section Head

Main duties:

- Help choose a film for monthly viewing
- Assist the Section Head to set up a speaker to pair with the film (director, producer, actor, special speaker, etc)
- Schedule time and date with Cinematheque
- Submit information for the newsletter and calendar
- Keep track of sign ups
- Send reminders to all who sign up for the activity
- Check-in attendees and collect money for activity
- Contribute to the monthly section report and financial report for the activity
- Attend monthly council meeting when the Section Heads is unavailable
- Supports the Section Head with other FVH tasks upon request

Expected output:

- One program per month (except during summer months)

Estimated workload: 8 hrs per month

For more information: Please email fvheritage@gmail.com





Beliefs & Religions Section Head

Main duties:

- Contact a knowledgeable person
- Arrange for an introduction and participatory session
- Help find and arrange a suitable venue
- Attend the event, check-in attendees, and collect the event fee

Expected output: One activity each month if possible (except during summer months)

Estimated time: 5-10 hrs per month

For more information: Please email fvheritage@gmail.com



Walking Guide

Have you ever been on one of FVH's fabulous walks and thought to yourself: "Wow! I want to be a guide just like that!"? Well, now you too have the chance – we have a very limited number of walks that need guiding, and you could be the lucky person to guide one of these walks!

Main duties once every 3-6 months:

- Schedule the walk by sending in a pre-written template to the FVH newsletter publisher
- Register and keep track of attendees
- Send out a reminder e-mail before the walk
- Guide the walk, check-in attendees, and collect the event fee
- Submit a follow-up report



Expected output: One activity every 3-6 months (except during summer months)

Estimated time: 3 hrs per month

For more information: Please email fvh.citywalks.english@gmail.com

Museum Spotlight

Vietnam Museum of Ethnology

Bảo Tàng Dân Tộc Học Việt Nam

Nguyễn Văn Huyền Road, Cầu Giấy, Hà Nội

Tel: (84-4) 3756-2193

Email: vme18@vme.org.vn

www.vme.org.vn

Bus Routes: 7, 14, 27, 28, 30, 38, 45

Hours: 8:30 AM - 5:30 PM daily except Mondays

Ticket Price: 25,000 VND for regular admission

5,000 VND for children and students

Free for children under 6 years of age and people of Việt Nam ethnic minorities

Tour Prices: 30,000 VND for tours in Vietnamese, 50,000 VND in French and English

Water Puppets: Performances every Saturday and Sunday at 10:00 AM, 11:30 AM, 2:30 PM and 4:00 PM. Show tickets are 40,000 VND for adults, 10,000 VND for children, children under six are free, 15,000 VND for student. This fee is in addition to the regular museum entrance fee and goes directly to the puppet troupe. After the performances there are opportunities to talk to the artisans about traditional puppetry in Việt Nam. The performance is held in the outdoor exhibition space. Special performance for private parties and events can be arranged.





Hanoi Museum

Bảo Tàng Hà Nội

Phạm Hùng Street, Từ Liêm

The first two floors of the Vietnam National Museum of History house a permanent collection of bronzes, photos, plants, pottery and miscellaneous artifacts, along with a small cafe and shop. At the entrance to the second floor exhibits there is magnificent silk embroidery. The third and fourth floors are still under development but currently display an extensive temporary collection of ceramic pieces from 1000BC to the 20th Century, Đông Sơn drums and both metal and stone tools.

This new museum is completely wheelchair accessible. There is a ramp on the left of the stairs leading to the front door and a circular ramp spirals to each of the four floors. There is also an elevator.

Items are labeled in both Vietnamese and English and are well lit and displayed. Groups are welcome.

Location: Next to the Conference Center near the Mỹ Đình National Stadium
Hours: 8:30-11:30 AM, 2:00-4:30 PM. Closed on Mondays.
Admission: Free until further notice. English Translator available, donation requested
Bus Routes: 5, 29, 33, 39, 44, 50



Vietnam Museum of Fine Arts

Bảo Tàng Mỹ Thuật

66 Nguyễn Thái Học, Tel: (84-4) 3823-3084
www.baotangmythuat.vn

Bus Routes: 2, 18, 23, 25, 27, 32, 34, 38, 39, 41, 45, 50
Hours: 8:30 AM – 5:00 PM daily
Ticket Price: 20,000 VND for adults
7,000 VND for students and children under 12
FVH Liaison: John Reilly, left-handed2hanoi@yahoo.com

The Vietnam Museum of Fine Arts has an excellent collection of the following:

- Fine arts in the early historic times, pre-11th century
- Religious art
- Fine arts from 11th to 19th century
- Paintings and sculptures from the 20th century
- Lacquer paintings
- Paintings on silk
- Applied decorative arts
- Vietnamese ceramics from 11th to 20th century





The National Museum of Vietnamese History **Bảo Tàng Lịch Sử**

1 Tràng Tiền Street,

Tel: (84-4) 3824-1384 / 3825-7753

Email: banbientap@nmvnh.org.vn

www.baotanglichsu.vn



Bus Routes: 2, 3, 4, 9, 11, 23, 34, 36, 40, 45

Hours: 8:30 AM – 11.30 AM & 1.30 PM - 4:30 PM
(daily except Monday)

Guided tours: Available on request

Guide Contact: Mrs Nguyen Thu Hoan, Deputy of Exhibition and Education Department, office: (84-4) 824-1384, mobile: (84) 094-536-8086 tuyentruyenbt@baotanglichsu.vn

Ticket Price: 20,000 VND for adults
10,000 VND for students
2,000 VND for children

Photo/Video Charges:

Video: 800,000 VND per day if showcases are opened; 400,000 VND per day if showcases are not opened

Research photographs: 20,000-600,000 VND per day (depending on needs)

Personal video: 30,000 VND

Personal camera: 15,000 VND

“Vietnamese Ancient Jewelry” Exhibition

Date: from 30 Aug, 2013

Location: The National Museum of Vietnamese History, 1 Tràng Tiền, Hanoi

The exhibition honors the skilful manipulation techniques, creativity and subtle aesthetic sense of Vietnamese artisans and craftsmen. Over 100 items with various materials are on display.

The Vietnamese Women’s Museum **Bảo Tàng Phụ Nữ**

36 Lý Thường Kiệt, Tel: (84-4) 3825-9936

www.baotangphunu.org.vn

Bus Routes: Any bus that runs on Lê Duẩn,
Hai Bà Trưng, or Trần Hưng Đạo

Hours: Daily from 8:00 AM - 4:30 PM

Ticket Price: 30,000 VND for Expats



Publications

Friends of Vietnam Heritage produce a number of publications. All publications are **60,000 VND**. If you would like to purchase any of these books just contact FVH at fvheritage@gmail.com. Books are also sold at all FVH events or at Bookworm.

1. Bạch Mã Temple Guidebook (White Horse Temple)

Learn about King Lý Thái Tổ's dream and why the temple honors the White Horse Deity. This guidebook offers detailed information on the history of Bạch Mã Temple on Hàng Buồm Street, including temple layout, translation of panels written in Chinese characters, as well as information about the symbolism used in the temple. The guided walk contained at the end of this guidebook provides an opportunity to explore and experience some of the same streets where the craft guilds and merchants set-up within the third enclosure of the citadel.

Published 2001

2. Quán Thánh Temple Guidebook

This publication details the legends of Huyền Thiên Trấn Vũ, also known as the 'genie who guards the Dark Heaven.' This guidebook contains detailed information on the history of Quán Thánh Temple, as well as translations of the many parallel sentences and poems on the walls and columns of this magnificent Taoist Temple. A walking tour of the bronze-casting village of Ngũ Xá, with its Chùa and Đình and the enjoyable atmosphere around Trúc Bạch Lake is included.

Published 2002, reprinted 2008

3. Trấn Quốc Pagoda Guidebook

The Trấn Quốc Pagoda on Thanh Niên Road was founded some 1400 years ago, and it is one of the most ancient Buddhist pagodas in Hà Nội. Nestled between West Lake and Trúc Bạch Lake, the pagoda is considered a magnificent symbol of Buddhism in Việt Nam, and is one of the most visited sites in the capital. This guidebook covers the history of Buddhism, the temple layout, and describes in detail the different areas of the pagoda. A fascinating publication, which includes especially commissioned drawings and photographs.

Published 2003, reprinted 2006

4. Phủ Tây Hồ Guidebook (West Lake Palace)

Have you ever wondered who these doll-like statues in glass cabinets, in blue, white, red or green attire may be? Phủ Tây Hồ at the far end of the Tây Hồ peninsula is the most impressive pagoda dedicated to the cult of the Mother goddesses in Hà Nội, an indigenous cult that seems to permeate the lives of all Vietnamese women in varying degrees. The guidebook describes in detail the complex itself, then discusses the religion of the Mother goddesses, including its philosophy, pantheon and rituals.

Published 2004

5. Lãn Ông Street Guidebook (Traditional Medicine Street)

Traditional medicine is very much alive on this particular street of the Old Quarter. This guidebook not only describes the area in its historical context and current set-up, but also offers information on a variety of Vietnamese herbal teas for the health conscious as well as a comprehensive pictorial of Lãn Ông Street.

Published 2005, reprinted 2005



6. Bát Tràng Traditional Pottery Village: A Self-Guided Walk

This guidebook focuses on the old section of the pottery commune of Bát Tràng, a village with a long history hitherto unknown to many outsiders. The guidebook is based on a self-guided walk. There are three different circuits lasting from 45 minutes to two hours, all shown on a map.

Published 2006, reprinted 2009

7. Hoàn Kiếm Lake, its Legends and Temples: A Self-Guided Walk

The area around Hồ Hoàn Kiếm represents the physical heart and spiritual soul of Hà Nội. Continuing the tradition of FVH to promote the understanding of Việt Nam's history and culture, this guidebook focuses on the history and legends, the temples and pagodas surrounding the lake. Also included is information on the large Báo Ân Pagoda complex, which was razed between 1886-1889 and left only the Hòa Phong tower still standing today.

Published 2007

8. Vignettes of French Culture in Hà Nội

This guidebook provides an insight and appreciation of the influence on Hà Nội of the French colonial period from 1873 until 1954. The three guided walks contained in this guidebook provide an opportunity for the reader to explore and experience aspects of what the people of Hà Nội have absorbed and made their own as a result of eighty years of French presence in their city.

Published 2008

9. Hồ Tây – Walks Around West Lake

Hồ Tây continues to inspired writers, artists and photographers with its beauty, history, culture and religious aspects, but it also provides for its local residents a source of fish, water and a rich soil to cultivate a variety of plants and vegetables. This guidebook covers the legends of the lake, as well as its history and future plans for this rapidly expanding part of Hà Nội. Included are five self-guided walks identifying those places of interest both old and new around the entire West Lake shore.

Published 2009

10. Văn Miếu Walking Tour (Temple of Literature)

This guidebook introduces visitors to the Văn Miếu, or the Temple of Literature, one of the foremost architectural treasures of Việt Nam and its capital city Hà Nội. The Văn Miếu - Quốc Tử Giám ranks third in Việt Nam's register of national historic sites. A leafy oasis in the centre of the bustling city, it is a magnet for the citizens of Hà Nội and for visitors to the city who wish to spend a quiet moment contemplating its rich past. This guidebook contains a history of the school and the temple, a description of each courtyard and its meaning as expressed through its architecture, translations of all the plaques, as well as quick guides to Confucianism and the Royal Examinations

Published 2010

Resource Center

Hanoi City Library

Thư Viện Hà Nội

47 Bà Triệu, 4th floor
Hà Nội, Việt Nam

The Friends of Vietnam Heritage's Resource Center is on the 4th floor of the Hanoi City Library (Thư Viện Hà Nội), located on the corner of Trần Hưng Đạo and Bà Triệu streets. The FVH collection includes books and journals that focus on Vietnamese art, history and culture.

In order to access the collection you need to get a Reader's Card. Go to the office (just inside the main entrance of the library), fill out a simple form, and attach one photograph. You'll also need to show your passport and pay an annual fee of 22,000 VND. After becoming a member, show your card whenever you go in.



The FVH collection is for reference only. You cannot remove the books from the library. Please note that the Reader's Card does not authorize the holder to borrow other books from the main library. If you want a Borrower's Card for checking out non-FVH books, you will need to fill out another form to receive one.

Library Opening Times: Every day Monday to Friday except Thursday morning of the first and third week of the month. Daily times: 8:00 AM – 12:00 PM and 1:30 – 5:00 PM. Closed on weekends and national holidays.

Moving?

Say goodbye to FVH by leaving us your gently-used books about Việt Nam. Your donation will be added to our reference collection, housed inside the FVH Resource Centre, Hanoi City Library. Contact John Reilly (lefthanded2hanoi@yahoo.com) to arrange donation. Your books will be enjoyed by many people for years to come—thank you!



The Last Page

Friends of Vietnam Heritage (FVH) is a non-formal group of mainly Hà Nội residents from many countries, including Việt Nam. FVH's purpose is to enjoy, enhance and deepen the understanding of Việt Nam's cultural and historical heritage and thereby help with its preservation. There is no membership fee to join.

- Website:** www.fvheritage.org
Bookmark the Friends of Vietnam Heritage website where you will find the monthly program and further information about FVH, including a photo page and links.
- Email:** fvheritage@gmail.com
Address all correspondence to the Friends of Vietnam Heritage email address.
- Program:** To receive our free monthly program, please send an email to fvheritage@gmail.com.
- Participation:** Our programs are open to all people. FVH programs and events are in English or translated into English, unless noted otherwise.
- Volunteering:** If you are interested in serving on the FVH Governing Council or in volunteering for a specific section, please send an email to fvheritage@gmail.com. Also visit the "Get Involved" section of our website for current volunteer openings. FVH does not have an office, so all volunteers work from home.
- Council Meetings:** The FVH Council usually meets every first Tuesday of the month at the Fine Arts Museum. However, times and dates may change. Everyone who receives this program is welcome to attend the meetings as an observer. If you are interested in attending, please email fvheritage@gmail.com to verify date and time.
- Executive Committee:** John Reilly - Chair;
Roman Szlam - Vice Chair; Helen Whitle - Secretary

Student Invitation

FVH would like to invite Vietnamese students to join our events for half of the activity cost. Please contact the event coordinator to reserve a place (subject to availability, as determined by the coordinator). Students are required to present their current student identification card.

Off the Record, Disclaimer

All FVH activities, especially the lectures and discussions, are considered "off the record" and as such, may not be quoted in the press or other format. Exceptions will only be considered when proper requests for permissions and arrangements have been made beforehand with FVH and the individual speaker. In addition, all statements made during FVH programs belong to the individual presenter(s) and as such do not reflect the views or opinions of the organization, council or members of FVH.

HOPE TO SEE YOU AT OUR EVENTS!

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with "UNSUBSCRIBE" in the subject line.*

-END-