

Handicraft and Cultural Tours: Information for Visitors

Our centre is an exciting tourist destination in Vientiane. In a beautiful garden setting, it is situated on the banks of the Mekong just down the road from the Friendship Bridge. Women with disability come from all over Laos to live and study here, gaining life skills and vocational training to empower them to set up an independent life. Visitors can learn about Lao culture, meet some inspiring women and support a fantastic cause. Funded almost entirely through donations, your tour will provide crucial support to help us continue enabling the disabled in Laos.

Suksaa Tour – LDWDC01 (35 minutes)

‘Suksaa’ means ‘learn’ in Lao. Tour the centre and gain a unique insight into life in Lao. Learn about the history of the centre and see weaving, sewing and other handicraft demonstrations, including our distinctive recycled paper designs. Enjoy the gift shop with a great range of traditional and contemporary handicrafts.

Includes:	Refreshments (snacks and drink), tour guide
Format:	Welcome (5 minutes) Tour (30 minutes)
Price:	\$5 / 100.000 kip (1per person)

Surn Tour – LDWDC02 (1 hours 50 minutes)

‘Surn’ is the Lao word for ‘sit’, we say this when inviting people to join us in meals, our homes, workplaces, and other activities. This tour includes two activities for those who want to experience more Lao culture and life at the centre. Sit with our paper product team to learn how they turn recycled newspapers into beautiful handicrafts and make your own to take home and then learn sign language with a hearing-impaired person working at the Center. Then partake in a Baci ceremony, a national Lao custom to preserve good luck on your journey.

Includes:	Essential tour + handicraft teacher+ sign language teacher, baci blessing and ceremony
Format:	Welcome (5 minutes) Baci ceremony (15 minutes) Tour (30 minutes) Handicraft class (30 minutes) and Handicraft gift (<i>optional</i>) Sign language class (30 minutes) (<i>optional</i>)
Price:	\$52/1.100.000 kip (1 per person) if sitting in one activity only

Optional: Lunch (30 minutes)

Taste a delicious traditional meal made fresh with vegetables from our garden. Feel free to relax in the garden and play pétanque before heading to your next destination. This option can be added to all tours.

Includes:	Chicken laap, steamed vegetables, papaya salad, sticky rice, fruit and cold drinks
Price:	\$20 / 400.000 kip (1per person)

Educational Workshops: Information for Schools and Organisations

Women with disabilities face many barriers within society that restrict their equal access to human rights: such as education, health care and employment. Despite these barriers there are many remarkable women and initiatives that are helping to breakdown stereotypes about people with disabilities. Students and organisations can come and visit the centre to learn more about how they can be more inclusive to people with disabilities, understand the conventions and Laos National Laws that protect people with disabilities and participate in disability awareness raising games as well as hear the individual stories of the women at the centre. By participating, visitors can help breakdown the barriers in society by learning how to focus on one's ability rather than their disability. *Workshops can be tailored to meet the needs of the organization.

Hienhou Numkan Workshop – LDWDC03 (optional time)

'Hienhou Numkan' means learning together. In Laos we say this when we want someone to get to know us better. This workshop will include focus group discussions with some of the staff working at the centre, where you can understand about each person's individual story, their challenges and how they are helping other people with disabilities. Then partake in a disability awareness raising game, followed by optional lunch or refreshments.

Includes:	Essential tour + workshop facilitators + materials + game + lunch (optional)
Format:	Introduction to the LDWDC and disability issues in Laos (30 minutes) Stories from staff in focus group discussions (30 minutes) Group Activity on disability issues and game (1 hour), Tour (30 minutes), Lunch (1 hour) (<i>optional</i>)
Price:	\$30/600,000 kip (per person) with lunch

Disability Inclusion in the workplace – LDWDC04

Does your workplace or staff want to do more to support people with disabilities but lack the knowledge, skills or tools to do so? This one-day workshop will provide an understanding of disability, the language and etiquette and the benefits of inclusive workplaces. Through this workshop, management and staff will gain the knowledge and understanding to develop achievable steps to effect real change in their workplace.

Includes:	workshop + materials + refreshments (<i>optional</i>)
Format:	Optional half day, full day or short session on disability inclusion at your workplace
Price:	Dependent on length of workshop – please call to discuss options

Half Day and Full Day Handicraft Workshops: Information for Visitors LDWDC05

The Lao Disabled Women's Development Centre offers possibilities for spending a great time while enjoying beautiful and timeless handicraft. Make your special events memorable and organize your birthday at our centre, a school workshop or surprise your family and friends. The opportunities are endless with our many skilled women who can offer various handicraft

courses:

- Weaving workshop – we welcome complete novices, as well as experienced weavers.
- Sewing – have you always wanted to learn how to sew but never had the time? The women here have varied skills and patience and can help you to understand the basics. Or for those with some knowledge, perhaps you would like to practice or alter that one item of clothing that's been lying around.
- Paper handicraft – in addition to the 30-minute workshop you can elect to spend a half-day or full day at our centre.
- Recycled banana and mulberry papermaking - Banana paper is an environmentally conscious paper. Banana trees produce fruit only once a year and are then cut down, leaving abundant waste or by-product. Recycling the fiber from this by-product, into paper, helps to prevent the eco-system's rivers and forests from becoming polluted with waste.
- Or if there is a skill you would like to transfer to the women then please get in contact.



Includes: One on One Training + refreshments + tour + materials + lunch (*optional*)

Format: To be discussed based on handicraft chosen

Price: \$12/250,000kip (1,5 to 2 hours) weaving) + \$20/400,000 kip (lunch)

\$12/250,000 kip (1,5 to 2 hours) recycled paper making + \$20/400,000 kip (lunch)

Lao Disabled Women's Development Centre

Pottery - Khiean Phen Din Phao

Working with clay “Khan Hien Het Din” can be a wonderfully engaging and creative experience. Try your hand at making pottery and learn more about the ceramic process. LDWDC offers full day and half day hands-on pottery workshops. You will see how the clay is prepared, be introduced to various forming techniques, and have the opportunity to create your own clay masterpiece with guidance from the LDWDC pottery staff.



Includes: Materials and instruction + refreshments + tour

Format: Half-day available and will include hand-building and pottery wheel instruction.

Price: \$12/250,000 kip (2 ½ Hours) for per person.

\$20/400,000 kip (lunch) for per person

This price for coffee or tea cup, if you need to learn more about design you can contact to the Center.

Children under 10 receive a 30% discount



Cultural Activities – Laos Cooking, Bacci Ceremony, Music & Dancing.

The Lao Disabled Women's Centre not only offers visitors a chance to learn about Disability in Lao and the work that we do at the LDWDC, but we also offer visitors to join in some traditional Lao Cultural Activities.

Hian Het a Hgam Suay Namkan – Make Lunch Together – LDWDC 06

We offer a lunch option (as above) which can be added on to any tour or activity, but if you want to learn how to make lunch in the traditional Lao way, this activity is for you. There are two options with this Activity:

- **Basic Cooking Class** – We will have ingredients ready for you at the Centre, so you can come and learn how to make some traditional Lao food with our Master Chef! You can make a variety of tasty dishes, from papaya salad, traditional larb, soups and of course sticky rice!
- **Market Visit and Cooking Class** - When you arrive at the Centre, we will take you to the 'Talat', or Market, and



together we will choose different ingredients, meet and talk with stall vendors and take in the sensory experience of buying food in the Talat the Lao way. Please be aware that Lao Markets are full of every food you can imagine.

Our cooking classes can be modified for your food allergies, preferences and anything else you may require! We want you to not only enjoy learning about Lao food, but to enjoy eating it as well, Saep Lai Lai!

Includes: Personal or Group Food Cooking Class (Market visit optional)

Format: Times and dates of Cooking Classes & Market Visits must be pre-arranged/

Price: **\$20/400,000 kip – Basic Cooking Class & Ingredients for 1 person (2 Hour)**

Phon Dork Champa Lorlian - Wheelchair Champa Flower Dance – Laos Trutaments – LDWDC07

The Wheelchair Champa Flower Dance is one of the LDWDC's most loved activities. Our students combine traditional Laos costumes, traditional Laos dancing, music and the Lao national Champa Flower, with the wheelchair for an amazing dance performance for our guests. You can choose to have the Traditional Champa Wheelchair Dance as an added performance, or you can jump in a wheelchair and our expert dancers will teach you a few new dance moves! This activity supports not only the work of the Women at the Centre, but promotes our students to have confidence to perform and to be active!



In 2018 the Lao instrument the Khaen was added to UNESCO's cultural heritage list. There is a saying in Laos that to be truly Laos is to live in a house on stilts, eat sticky rice and play the Khaen. We want to celebrate this by offering you a chance to see a performance with the Khaen, as well as other Lao instruments like the Lanet ek, being played by our students & staff. To get more involved you can choose to learn the instruments as well, although we cannot promise you will be a master after only one day!

Includes: Traditional Music Performance (Optional Class to have class as well) and Wheelchair Champa Flower Dance Performance

Format: Performance must be pre-arranged when booking tour. 30 minutes

Price: \$2,5/50,000 kip – Music Performance only

\$5/100,000 kip – Performance & Music Lesson

Price: \$5/100,000 kip – Wheelchair Champa Flower Dance Performance &

Visitors can join our students after and learn some new dance moves!



Laos Traditional Bacci Ceremony – LDWDC08

The Ancient Baci Ceremony is an old Lao tradition, and even pre-dates Buddhist practice. We hold the Baci in times of celebration, spirituality, readiness and mourning. We believe that the body is made of 32 spiritual organs, which can leave you when they want.

The baci, and the tying of strings around each others wrist's calls these spirits back to you in times when you need them, such as marriage, birth, entering monkhood and other important times. Every time a string is tied around a wrist it is accompanied by moving the strings over the person's wrists & saying 'Haiy Kuad Nee, Dee



Kuad Khao', which means 'bad luck out, good luck in. The Baci is an experience that will give you good luck and fortune in your future, and we are very happy to share this amazing experience and give you this blessing from our students & staff at the Centre.

Includes: Traditional Lao Baci Ceremony. (Please advise if you are vegan, as eggs are used in ceremony as a blessed food). In the activities we are inclusion coffee break (Tea and coffee, some cake, fruit and water drinking).

Format: Ceremony must be pre-arranged when booking. Takes around 1 hour. For the

Price: it has 3 step packets to provide in the group, please below:

- Small group around 1 to 5 people = \$25/550.000 kip for per 1 people
- Medium group around 6-15 people = \$20/400.000 kip for per 1 people
- Big group 15 people up = \$15/300.000 kip for per 1 people.

Activity Discounts

Please note that if you combine two activities together, such as Music & dance, there are discounts available. Similarly, if you include one of the Cultural Activities with a sewing workshop, or guided tour, there are also discounts available.

School Group Activities – LDWDC09

The Lao Disabled Women’s Development Centre is a place of learning, for everyone! We welcome School groups of all ages, and encourage teachers, parents or school staff to contact us directly to arrange a tour for your students.

Our activities not only aim to be enjoyable, but also informative about what it is like to live with different types of disability. We will arrange a combination of our usual activities to suit your school group, but can include some of the following fun activities for school group:

- Wheelchair Race – Have a race in some wheelchairs in our garden, it’s a lot of fun, and also gives students a chance to see what life is like when you cannot use your legs.
- Closed Eyes Balloon Game – In this game students are blindfolded and have balloons tied to their legs. The other person has to pop that person’s balloon before theirs is popped! This game is lots of fun, and shows students what it is like to live with a visual impairment
- Charades – The classic game of Charades, where one person gives another person an activity, animal or something else to act out for the other people in the group to guess what it is– without using any words! This game is fun and shows how important non-verbal communication is, especially for people with hearing impairments

If you have any other activities which you would like to suggest please contact us and we will arrange for materials and anything else which we may need to provide a fun and educational experience for your students.





About the Lao Disabled Women's Development Centre

Established in 2002, the Lao Disabled Women's Development Centre is a non-profit organisation, run by women with disabilities, for women with disabilities and their families in Laos. The centre believes that everyone has unique abilities because everyone is different. Its mission is to empower women to engage their abilities through providing access to education and employment.

Since 2002, the centre has delivered vocational training to more than 400 women with disabilities from around Laos. It provides training in sewing, weaving, handicrafts, computers, healthcare, social development, small business, English and Lao language. These are offered as part of a nine-month comprehensive training program at the centre and as short courses run in different locations throughout Laos. Each year up to 30 new students undertake the comprehensive training program and live at the centre during this time.

Bookings

Bookings are required, please contact us by phone or email. We are open Monday to Friday from 8.30am to 4.30pm and Saturday and Sunday from 9.30am to 4.00pm.



Directions

We are located close to the Friendship Bridge on Thadeua Road and on the way to Buddha Park. It is 20km from downtown Vientiane, the drive takes approximately 30 minutes. You can find us on

<https://www.google.la/maps/@18.120054,102.5697984,10z?hl=en> or <http://maps.me/en/home>

