



ITS Newsletter April 2017

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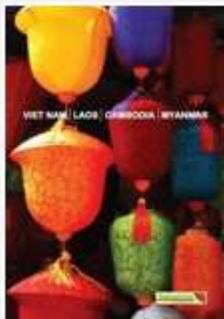
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ITS NEWS

AGTC-Asia Golf Tourism Convention 2017

The 6th Asia Golf Tourism Convention (AGTC) will take place in Danang, Vietnam, from 7th to 10th May 2017. AGTC is considered as the premier golf travel event in the Asia Pacific region and Vietnam, the highest trending golf destination in Asia at the moment.



ITS Vietnam, a proud member of the IAGTO association, is your most valuable potential partner when it comes to golfing in Vietnam and the rest of Indochina, with a very developed network with the best golf courses in the area. If you are planning to come here and want to set up a meeting with us, don't hesitate to [contact us!](#)

ITS Fam Trip 2017

ITS Vietnam is delighted to inform you that we are going to organize a private Fam Trip organize upcoming Vietnam FAMTRIP, from 5th to 13th May 2017. The trip will give you the opportunity to visit the highlights of Vietnam through some of our most stunning sights of the country. Also, you will have chance to take part in the 6th Asia Golf Tourism Convention (AGTC) hold in the beach resort city of Danang. This is a special offer only available for travel agents who plan to extend their market to Vietnam or Indochina. For further information, contact us at info@itsvietnam.com or call us at + 84 4 62514052



Mekong Delta and its magnificent sunsets are one of the places that you can visit with us!

ITS PRODUCTS

April suggestions in Vietnam

Now that we are approaching summer, what would be better to whet your appetite than a few beach recommendations? This is our list of suggested places to be visited in April:

Phu Quoc island

April is probably the best month of the year to visit Phu Quoc, the biggest island in Vietnam, often called as the Pearl Island.

With its crystalline waters and remote beaches, this is one of the best places to disconnect from your reality for a few days. If you want to know more about it, [contact us](#) and we will give you our best recommendations.



Phu Quoc is what you need for your next holidays!

Co To island

The best time to visit Co To island, next to Halong Bay, is between April and September, after the winter finishes. Co To fascinates travelers because of its wild nature and its beautiful underdeveloped beaches. Come to discover this hidden gem before it's too late! [Contact us](#) for more information.

Vinh Hy bay

Located in a convenient position, Vinh Hy is one of most charming bays nationwide. Turquoise waters, white sands, delicious food and nice local residents are all you need for a relaxing trip. [Contact us](#) should you need more information.

Tra Su forest

We know that this is not a beach, but this place is too nice to not be recommended! Located at the south of Mekong Delta or the South-western region, Tra Su forest is another place only known for locals and people who have spent a long time in Vietnam. An 850-hectares ecosystem of cajuput trees that is the home of 140 species of flora and more than 70 species of birds!



Tra Su, the best-kept secret in Mekong Delta

If you want to know more about this beautiful place and how to reach it, [contact us](#) for more information.

Réhahn opens Heritage Gallery-Museum in Hoi An

Réhahn, the famous French photographer who lives in Hoi An, opened in January the Precious Heritage Gallery-Museum. The museum is a visual tribute to Vietnam and its ethnic minorities, that displays over 200 photographs of his personal catalog, as well as more than 30 unique traditional costumes and artifacts such as pipes, earrings etc. Don't lose the opportunity to learn a bit more about Vietnam's cultural variety while visiting this little gem in central Vietnam!



Réhahn Museum, a perfect opportunity to have a better Vietnam understanding

ITS TIPS

How to avoid jet lag

If you are going to travel long distances (like coming to Indochina from Europe or the US), have a look at this list of advices to deal with this modern life sicknesses. Here we have some tips to avoid the feared jet lag:

Nature will do the trick

- Try to take in some bright sunlight early in the morning for a few days at the time you want to be awake.
- Avoid light in the evening, making sure you are in a dark environment by bedtime. - Morning exercise may help too.
- Taking supplemental melatonin, a pill packed with a synthetic version of the natural hormone, for a short period may help instill "bedtime cues" for some people.

Dealing with jet lag

- Figure out when your body temperature naturally hits a minimum. If you normally sleep for seven hours or fewer, that point should be around two hours before you wake up. If you sleep longer than that, figure it's around three hours before your alarm.
- To come to Asia, your best choice will be to advance your circadian rhythm. Then, try to avoid light for three hours before your core temperature hits its minimum and expose yourself to light for at least three hours after that time. To delay your rhythm, you'll do the opposite — expose yourself to light before hitting that core minimum, and staying in the dark for a few hours after.
- To shift your core temperature minimum, start from your home time zone and change the periods in which you're avoiding and exposing yourself to light day by day. Make that time earlier by one hour each day.