



RENCONTRES DU VIETNAM

Binh Dinh - Quy Nhon - ICISE

www.icisequynhon.com



General information

Located in the South Central Coast region of Vietnam, with a superficie of 6025 km², Binh Dinh has 1 provincial city (Quy Nhon), which is also its capital, and 10 districts. Binh Dinh's population is estimated at 1.51 million in 2013.

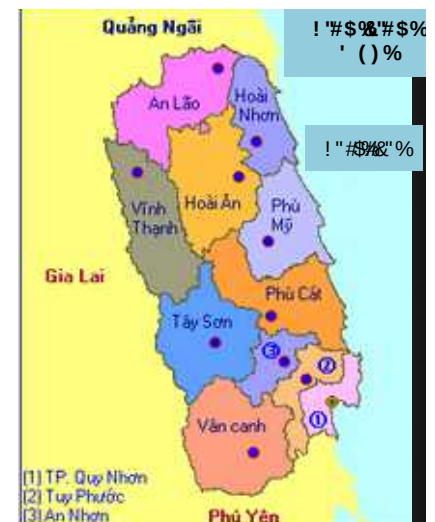
Mountains or hills cover the majority of Binh Dinh Province. Elevations range from 0 at the coast and 1200 meters above sea level in An Lao District in the northwest of the province. Most districts of Binh Dinh have topography of mountains or hills mixed with lowlands.

There are mountains throughout the province, even near the coast. The highest mountain in the coastal districts is Bà mountain (Nui Bà) in Phu Cat district, with a peak rising to 874 m, followed by a peak of 602 m in Phu My district. Mountains also form natural border to the neighboring provinces. The borders to Gia Lai and to Quang Ngai provinces are very mountainous, offering a majestic landscape.

The largest lowland area is located in the south of the province along the lower Con River, one of the four major rivers of the Province. This lowland encompasses much of Quy Nhon city and several districts : Tuy Phuoc, An Nhon, Phu Cat, Tay Son. Given its size and the access to a major port as well as Binh Dinh's major Con River, it has long been the place where most of Binh Dinh people and economic activities concentrate. The majority of Binh Dinh's population lives in the districts around this plain.

Binh Dinh, a land of historical and cultural heritage.

Binh Dinh was once the site of the state of Vijaya, one of the four states of the Cham kingdom. Vijaya was the capital of Champa kingdom for several centuries until the kingdom demise in 1471. The location of Vijaya was around the port of Thi Nai (now in Hai Cang ward at the eastern tip of Quy Nhon_city) and the main city, which was further inland. The port of Thi Nai is widely considered as the first port of Champa from the eleventh to the later of fifteenth century. It played an important role in the trading between Champa and countries like China, Southeast and Southwest countries. The civilization of Champa had been following a flourishing period before vanishing after the extinction of Champa in the fifteenth century. Scattering of tiered brick and stone towers as vestiges of this Cham period can be found in Binh Dinh province (including Quy Nhon) as



well as other ones. Even having been partially destroyed throughout the time, the remaining sculptures have often surprised the viewers by its beauty and symbols.

Binh Dinh is also the land where was born and grown Nguyen Hue, known as Quang Trung emperor, the national hero of Vietnam, having greatly contributed to the unification of the country after 100 years of division and to its independence against foreign invasions during the eighteenth century. Nguyen Hue is considered as a great military strategist of all the time. In the yard of Quang Trung museum in Quy Nhon, built on the foundation of Quang Trung emperor's old house, still remains standing the tree, grown since Quang Trung emperor 's childhood.

Let's have a nostalgic thought to Han Mac Tu, the most important of the Vietnamese romantic poets of the twentieth century, who had suffered from the leprosy and found refuge with the religious sisters in the Quy Nhon leprosarium. Dying, he had written in his own hand, distorted by the disease, in the honour of the religious sisters who had taken care of him, the following verses in French « *Anges du Ciel, anges de Dieu, anges de Paix et de Gaîté, / apportez-moi une couronne. / Je veux me baigner dans l'Océan de Lumière et d'Amour divin* » (NDRL: Angels of Heaven, Angels of God, Angels of Peace and Gaiety/ bring me a crown / I want to be bathed in the Ocean of Light and Divine Love). His grave now located in Gheng Rang (Quy Nhon), against a mountain site, overlooking the sea, becomes an unavoidable site to visit in Quy Nhon for many Vietnamese tourists.

It would be an omission not to mention Binh Dinh martial art, one of the cultural characteristics of Binh Dinh. Originated in Tay Son district in the fifteenth century, Binh Dinh's martial arts reached its most glorious period during the Tay Son dynasty in eighteenth century. Binh Dinh traditional martial art was recognized by the Vietnamese government as a national heritage in 2012. For its part, Binh Dinh Province hosts the International Vietnamese Martial Arts Festival in Quy Nhon, the last one being in 2016 with the performances of hundreds of foreigners.

Binh Dinh province is distinguished by its beautiful landscape: Ghềng Ráng, Đồi Thi Nhân (the Hill of Poets), Hầm Hô riverside, Cù Lao Xanh (Green Isles), Đảo Hòn Khô (Corail Island), Phuong Mai peninsula (well-known for its cliffs and caves and swallows nests), the port of My Lang, Vong Phu Rock (huge rock having the form of a woman carrying a baby in her arms. According to the legend, the woman and her baby were transformed into stone after a long-lasting time of waiting for her husband to come back from war)... And in Binh Dinh, Thi Nai Bridge of about 7 km long, which links the city of Quy Nhon with the Peninsula of Phuong Mai, is now the longest cross-sea bridge of Vietnam.

Quy Nhon, the capital of Binh Dinh Province

Situated in the south-east of the province, Quy Nhon, has a total area of 284,28 km² and a population of about 284 000 people (data in 2014). The topography of Quy Nhon is diversified with mountains, hills, lagoons, shorelines, peninsulas, islands, rivers, lakes, forest and lowlands. The city borders the East Sea along its 72 km coastline.

Since some decades, the economic activities of the city, based on the agriculture and the fishing, has been extended to furniture manufacturing, granite and wood processing as well as tourism and service industries. In the other hand, for the stable development policies and objectives of the province, Science and Education has always been a priority to Binh Dinh's authorities, who aim at making Quy Nhon, a reference destination of Science and Education not only at national level but also at international one. It is against this background that Prof. Tran Thanh Van created ICISE in 2013. Besides, an Explora Science Center composed of a planetarium (the first one in Vietnam) and an exploratorium is also expected to welcome the public in a very near future. Located within a few minutes walk from ICISE, the Explora Science Center is part of a project funded by the Vietnamese government and realized under the scientific advise of the Rencontres du Vietnam.

As regard to education system, Quy Nhon has one public university, many colleges, secondary and primary schools. For the academic year 2015-2016, Quy Nhon University has trained 15000 students in a large array of disciplines: mathematics, physics, chemistry, biology, informatics, medicine, technology and industry as well as history and geography.

TO ENJOY QUY NHON



International Centre for Interdisciplinary Science and Education (ICISE)

10 minutes from Seagull hotel

Based on the success of « Rencontres de Moriond » (since 1966) and « Rencontres de Blois » (since 1989), in 1993, Professor Tran Thanh Van has established Rencontres du Vietnam, allowing young Asian researchers to meet with world-class scientists.



ICISE, designed by famous architect Francois Milou, was inaugurated in August 2013. It locates on a site of 20-hectares (50 acres) between mountains and sea, provides a unique inspirational and energizing atmosphere.

The Center includes a 350-seat auditorium, a conference room, and intimate meeting rooms. These spaces showcase spectacular views out over the sea and nearby mountains.



Within a few minutes walk from ICISE, an Explora Science Center composed of a planetarium and an exploratorium, offers to the public, especially children and young people, the opportunities of exploring the Universe and Science in a fun and entertaining way. The inauguration of the Science Centre is expected in summer 2017.



Thap Doi – Twin Towers

4 km from Seagull hotel

Twin Towers is not far from the center of Quy Nhon. As a religious works of the Cham built from X to XV century, this monument consists of two adjacent towers. The tops of the towers are decorated with reliefs, carved with bird and animal genies according to the religious beliefs of the Cham people.



Thap Banh It - Silver Tower

18 km from Seagull Hotel.

Located on a high hill just outside Quy Nhon, Banh It tower is a group of four towers remaining from an ancient tower group. The biggest of the four towers is about 22 m high. Banh It tower is famous for its overall architectural complex and its natural hill. Banh It tower is the only surviving group that has many architectural styles. It is also one of the greatest tower groups of the Champa Kingdom. The stone statue of Shiva, one of the most impressive remains of the tower has been now kept in the Guimet museum in Paris, France.



Thap Canh Tien - Copper Tower

30 km from Seagull Hotel.

The tower is located on the place used to be the middle of the Do Ban Citadel (the last capital of the Champa Kingdom). It gets its name "Canh Tien", that means "fairies' wings", owing to its streamlined appearance.

The tower is of typical Binh Dinh architectural style (dating back to the 12th century). Its structure was composed of the front hall and shrine (now, the front hall has collapsed). The outer walls are decorated with pilasters and vertical, protruding frames. Different from other Cham Towers, the pilasters and edges of the roofs of Canh Tien Tower are built of sandstone.



Thap Phu Loc - Golden Tower

33 km from Seagull Hotel.

Located on a 76m-high hill, Phu Loc Tower, also known as Thoc Loc Tower, majestically overlooks two districts of An Nhon and Phu Cat. It provides a peaceful panoramic view of the surrounding areas, where buffaloes are grazing leisurely and white herons flying above vast green rice fields.



Quang Trung Museum

46 km from Seagull Hotel.

The Quang Trung Museum is built on the site of the Tay Son brothers' house and encloses the original well and a more-than-200-year-old tamarin tree said to have been planted by the brothers. Displays include various statues, costumes, documents and artefacts from the 18th century. Especially notable are the elephant-skin battle drums and gongs from the Bahnar tribe. The museum is also known for its demonstrations of "Vo Binh Dinh", a traditional martial art that is performed with bamboo sticks.



Long Khanh Pagoda

3 km from Seagull hotel.

Long Khanh Pagoda is one of the largest Buddhist centers of Binh Dinh. It attracts worshipping Buddhist monks and tourists all year round.

Founded in the beginning of the 18th century, it is rebuilt in 1956 in a style similar to that of Southern Chinese Pagodas.



Son long Pagoda

10 km from Seagull Hotel.

Built some 300 years ago, it is the second oldest pagoda in the province.

In its yard, there are 15 tomb towers that date hundreds of years ago but the most interesting is a Buddha statue sitting on seven dragon heads; the statue is made of stone weighing 1.5 metric tons and is 3.1m tall. According to archaeological studies, Cham sculptors made the statue in the 8th century.



Thien Hung Pagoda

27 km from Seagull Hotel.

Thien Hung Pagoda is a 127-year-old Buddhist temple. It's famous for its beautiful gardens and exquisite architecture.



Thap Thap Pagoda

32 km from Seagull Hotel.

One of the branches of "Shaolin temple" firstly built in Vietnam in 1677, Thap Thap Pagoda is known as the first "Shaolin temple" in Vietnam. Historically, all Shaolin monks mastered martial arts. Together with the other Shaolin temples in Binh Dinh, Thap Thap Pagoda has contributed to the development of Binh Dinh martial arts.



Cathedral of Quy Nhon

3 km from Seagull hotel.

Constructed in 1938, the cathedral of Quy Nhon, also known as Assumption Cathedral, was built in cruciform layout, 57.5 meters long, 22.6 meters wide. A special feature of the cathedral is its 47.2-meter-high pinnacle towering over the sky. The cathedral is the seat of the Diocese of Quy Nhon.



Long Song Cathedral

20 km from Seagull Hotel.

The church of Gothic-influenced style is located among fields and rivers. Under the kingdom of Champa, their southern capital at Vijaya (present-day Thi Nai lagoon) was a large trading port in the 11th - 15th centuries. Foreign missionaries firstly came to the place in the 17th century. It was told that one of the missionaries had been permitted to build a church to carry on missionary work. The religious establishment might have been constructed in 1864. One of the first books in Vietnamese alphabet using Latin alphabet has still been kept in the church.



Thi Nai Bridge

8 km from Seagull hotel.

Opened on December 22, 2006, Thi Nai Bridge connects Quy Nhon city to the Phuong Mai peninsula. It is the longest sea bridge in Vietnam with a length of 2477 meters, and width of 14.5 meters. It spans Thi Nai Lagoon, where the natural view is very beautiful and magnificent.



Ghenh Rang

5 km from Seagull hotel

Located at the centre of Quy Nhon, about 3 km to the southeast, Ghenh Rang is one of the most scenic regions of Binh Dinh Province.

Visiting Ghenh Rang, visitors will enjoy Thi Nhan Hill, Yard Eggs, Queen Beach, Vong Phu Rock, Tien Sa beach...

The great poet of Vietnam, Han Mac Tu, wrote his most famous poems during the years he lived in Ghenh Rang.



Fishing village Nhon Ly

22 km from Seagull Hotel

Nhon Ly village is impressive with imposing natural scenery, infinitive sea, pine forests, and sand dunes.

On tranquil sea days, equipped with lifebuoy jacket and goggles, visitors can go further out to sea, about 10 minutes drive by boat from the shore, to plunge and discover the fanciful beauty of underwater world with nice various species of coral. Driving 10' more, visitors arrive to a fabulous beach for swimming.

The excursion to Nhon Ly fishing village includes a nice lunch at local restaurant with fresh seafood and local specials.

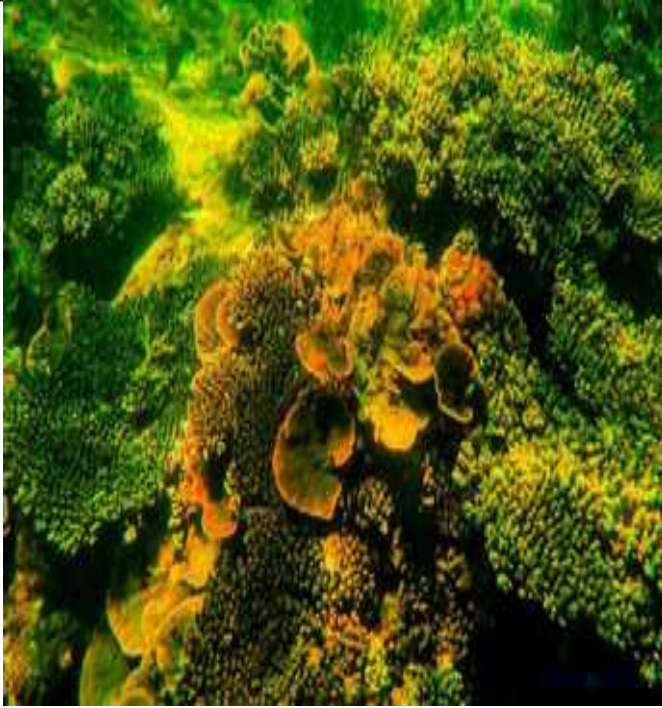


Hon Kho Island - an interesting destination

10 km from Seagull Hotel

Hon Kho Island is a small island located in front of Nhon Hai island commune (Quy Nhon city), defending this coastal village from wind and waves all year round.

A mini seaside resort together with white sand, clear and blue water make Hon Kho Island ideal for swimming. Visitors can also climb up mountains, crossing cliffs of various shapes to explore the vast ocean in the north- eastern part of the island.



Hon Seo Island

23 km from Seagull Hotel

As a beautiful uninhabited island, Hon Seo Island in Binh Dinh Province is an ideal destination for those who want to explore the sea and islands. They can enjoy seeing colorful pebbles on the beach, crossing large rocks, diving, fishing, and tasting freshly caught seafood.

In order to explore Hon Seo, you can use boat services from tour companies or hire fishing boats from fishermen in Nhon Ly.



Cu Lao Xanh – Nhon Chau Island

24 km from Seagull Hotel

Cu Lao Xanh (Nhon Chau Island) emerges as one of the most attractive destination for outdoor activities. It is famous for its beautiful beach, which is surely a must-see spot for those who come to Quy Nhon. In the evening, tourists can enjoy a poetic view with the moon rising behind the mountain and twinkling lights from the shore.



Ham Ho

50km northwest from Quy Nhon.

Ham Ho or " stone forest " is one of the must-see spots in Binh Dinh Province. It is also named as " the Gate of Heaven" due to its beautiful and majestic landscape composed of mountains, rivers and diverse forest ecosystems. Exploring along the river, visitors will be amazed by colorful natural marble pillars scattering along the riverbed or cliffs vertically emerging like walls covered of green moss and ancient roots. Arriving then at a place where the river is narrow and partially filled by a pile of rocks to form in this way a pool filled with fish that come to live here.



Traditional villages

1 hour from Seagull Hotel

The products of Binh Dinh traditional craft villages such as Bau Da wine, sedge, conical hat, horse hat, roll, wood and bronze sculptures... are becoming popular across the country by their unique cultural traditions and diverse designs. Some are even exported abroad.

The Bau Da wine village is one hour from Hai Au hotel. Visiting this village allow us to discover the famous local handwork method by which the nationally well-known Bau Da wine, a strong and smelling alcohol, is produced from rice.

The below list is only for your information. Please kindly do not take it as a recommendation.

Coffee

There are a lot of coffee shops in Quy Nhon. Some are cheap and popular, like those along the Pham Hung Street with coffee being served on tables set up on sidewalks along the street.

Or, you might try variant luxury coffee: some coffee drinks are blended with cream, tea, or alcoholic liqueurs. You can be also enjoyable with civet coffee. Please find below some famous addresses:

Café Nice's, 423-425 Nguyen Hue St., Quy Nhon

Espresso coffee, 172A Hai Ba Trung St., Quy Nhon

Café Cuội, 328 Dien Hong St., Quy Nhon

View Coffee, 417- 419 Nguyen Hue St., Quy Nhon

Café Nhạc Trịnh, 243 Cau Den St., Quy Nhon

Café Gia Lâm, 131 Tang Bat Ho St., Quy Nhon

Green coffee, 43 Le Thanh Ton St., Quy Nhon

Acoustic coffee

Become a singer with a local band. You can come here to enjoy other people singing and sing by yourself.

NORON acoustic Coffee & Tea Quy Nhon, 19 Nguyen Lac St., Quy Nhon

Đông Giao Café, 01 Le Duan St., Quy Nhon

Rõng Café, 278/3 Nguyen Thai Hoc St., Quy Nhon

Local Food:

Like many other Vietnamese regions, the province has its own special cuisine and traditions. Dishes that deserve to be included on the tourist culinary trail include *Bánh Xèo Tôm Nhảy* (fresh savory pancakes with shrimp), *Bánh Hời Cháo Lòng* (thin rice vermicelli with rice porridge), *Bánh Ít Lá Gai* (glutinous rice cake with white ramie leaves) and *Bún Song Thần* (dual-thread vermicelli). But Seafood is the most famous. There are different types of seafood, which is prepared in different ways. Please find below the list of restaurants of Quy Nhon local food :

Cây Vừng restaurant, 50 Hoa Lu St., Quy Nhon

Tư Hải restaurant, 07 Nguyen Hue St., Quy Nhon

Mộc và Hoà restaurant, 233-235 Le Duc Tho St., Quy Nhon

Pepsi restaurant, 197-200 Le Duc Tho St., Quy Nhon

Nướng Ngói Quê restaurant, Bridge 01, North Ha Thanh

Hai Lộc Restaurant, 42 Xuan Dieu St., Quy Nhon

114 Hải Sản (Seafood Restaurant), Xuan Dieu St., Quy Nhon

Cô Xí (Seafood), 25 Dao Duy Tu St., Quy Nhon (open from 2pm)

Bún cá Ngọc Liên, 379AB, Nguyen Hue St., Quy Nhon

Cine Restaurant, 94 Xuan Dieu St., Quy Nhon

Anh Nhật Gia Viên Restaurant, 1087 Tran Hung Dao St., Quy Nhon

Karaoke:

One of the popular leisure in Quy Nhon is Karaoke singing, you can choose any instrumental version of songs you prefer and sing follow on the lyric of the song. There are English songs and those in other languages. KIZZ also has Japanese songs.

Karaoke KIZZ, 16 -17 Truong Dinh St, Quy Nhon

Karaoke Hương Việt, 92 Nguyen Thai Hoc St.

Karaoke 317, 317 Đống Đa St., Quy Nhon

Karaoke 137, 137 Phan Dinh Phung St., Quy Nhon

Karaoke Thế Giới, 33 Nguyen Thai Hoc St., Quy Nhon

Karaoke Thùy Dương, 07 Le Duan St., Quy Nhon

PUB

Royal Club, 01 Han Mac Tu St., Quy Nhon

Top pub, 14 An Duong Vuong St., Quy Nhon

Surf Bar, Xuan Dieu St., Quy Nhon

Quy Nhon Plaza, 12-16 Do Doc Bao St., Quy Nhon

Style Pub and Bar, 10 Do Doc Bao St., Quy Nhon