

# PRE – DEPARTURE GUIDE FOR PATIENTS

## IMPORTANT INFORMATION

### 1. Passport / Marriage Certificate

Foreign patients are required to present their **original passport** for hotel check-in. For treatment registration at the hospital, both the **passport and marriage certificate** (if applicable) must be provided.

In some cases, you may need to contact your country's Embassy in Vietnam to notarize the marriage certificate if it is not in English or name change after marriage.

### 2. Medical Report

Please bring your **medical report** along with all previous test results (blood tests, imaging, or other gynecological/obstetric records, including IUI/IVF treatment results if available). These documents will support your treatment at **OLEA Fertility**.

During the course of treatment, you may be required to sign additional consent forms as agreements for consultation and treatment.

### 3. Vietnamese e-VISA

- **Apply Online**
  - Official website: <https://evisa.xuatnhapcanh.gov.vn>
  - Prepare: passport photo (white background), passport scan (valid at least 6 months).
  - Processing time: ~3 working days.
- **Approval Letter**
  - Download the e-Visa PDF from the portal once approved.
  - Print at least **2 copies** (digital copy also recommended).
- **Check Entry Point**
  - Ensure your e-Visa states the correct **airport / border gate**.
  - Only valid for **single entry, 30 days** (unless otherwise stated).
- **Before Traveling**
  - Carry your passport (valid  $\geq 6$  months,  $\geq 2$  blank pages).
  - Bring e-Visa printout + travel insurance + hotel booking.
  - Recommended: some USD cash for emergencies.
- **Upon Arrival**
  - Go to **"E-Visa" immigration counter**.
  - Present passport + printed e-Visa.
  - Get entry stamp (check validity dates).

👉 Tip: Apply at least **2 weeks before travel** to avoid delays.

### 4. Airports



### Tan Son Nhat Airport (SGN) → OLEA Fertility, Vinmec Central Park, Ho Chi Minh City

- Distance: ~8 km (20–30 mins by car)
- By Taxi/Grab:
  - Taxi counters available at arrival hall (Vinasun, Mai Linh).
  - Or book Grab via mobile app (cheaper, cashless).
  - Estimated fare: 150,000 – 200,000 VND (~6–8 USD).
- Address: 208 Nguyễn Hữu Cánh, Bình Thạnh District, HCMC.
- Tip: Avoid unofficial taxis outside the terminal. You should not join the traffic in rush hours (about 7 – 9 am and 5 – 7 pm) or on crowded big streets because Ho Chi Minh City has traffic jam almost in every day

### Cam Ranh Airport (CXR) → OLEA Fertility, Vinmec Nha Trang International Hospital

- Distance: ~35 km (45–60 mins by car)
- By Taxi/Grab:
  - Airport taxi counter available at exit.
  - GrabCar may be limited at airport; best to book taxi at counter.
  - Estimated fare: 350,000 – 450,000 VND (~14–18 USD).
- Address: 42A Trần Phú Street, Nha Trang City.
- Tip: Pre-book a private car via hotel/clinic for fixed price.

## 5. Laws and Regulations

- Vietnam currently does not set a legal age limit for IVF or egg freezing. Egg/sperm donation or reception with Vietnamese involvement may require specific legal procedures—please contact us before traveling.
- Please note that **OLEA does not provide surrogacy services, sex-selection or access to foreign sperm bank.**

## 6. Currency Exchange

While most hotels, transport services, and hospital payments accept **credit cards / VISA cards (Mastercard, AMEX, JCB, Union Pay, Applepay ...)** or **bank transfers**, it is advisable to exchange some cash into **Vietnamese Dong (VND)** for local transportation, meals, and daily expenses.

- Reference rate: **VND 25,000 ≈ USD 1**
- Suggested amount: enough for 15–20 days in Vietnam
- Currency exchange counters are available at the airport.

## 7. Mobile SIM Cards

You can easily purchase a local SIM card (Mobifone or Viettel) at:

- The airport
- Circle K or VinMart+ convenience stores



**Average cost:** VND 100,000 – 200,000 (4–8 USD)

**Note:** 4G/5G SIM cards are widely available in Vietnam.

## 8. Travel Insurance in Vietnam

### International Insurance Providers

Most travelers purchase insurance before arriving in Vietnam. Well-recognized global insurers include:

- Allianz Travel
- AXA Assistance
- AIG Travel Guard
- World Nomads (popular for long-term travelers, backpackers)
- Cigna Global
- Pacific Cross (Asia-focused, also operates in Vietnam)

These usually cover:

- Emergency medical treatment
- Hospitalization (including private hospitals like Vinmec)
- Trip cancellation / interruption
- Lost luggage, flight delay

### Vietnamese Insurance Providers (local purchase possible)

- **Bao Viet Insurance** – one of Vietnam’s largest insurers, offering travel packages.
- **PVI Insurance** – provides travel & health insurance.
- **PTI Insurance** – international travel insurance plans.

## TRAINING VENUES & NEARBY ACCOMMODATION

OLEA Fertility (VINMEC CENTRAL PARK)

Address: Gate 3, 720A Dien Bien Phu Street, Ward Thanh My Tay, Ho Chi Minh City.

Working hour: Monday – Saturday (7:30 – 12:00 , 13:00 – 16:30)

### 1. Vinpearl Landmark 81, Autograph Collection (Marriott)

- 📞 (+84) 028 3971 8888
- 🌐 Hotel Website
- 📍 720A Dien Bien Phu Street, Thanh My Tay Ward, Ho Chi Minh City
- From **\$264/night** (includes free breakfast and airport pickup)
- **0.1 km** from OLEA Fertility

### 2. The Myst Dong Khoi



- (+84) 028 3520 3040
- Hotel Website
- Ho Huan Nghiep Street, Ben Thanh Ward, Ho Chi Minh City
- From **\$160/night** (includes breakfast, free pickup & drop-off)
- **4 km** from OLEA Fertility

### 3. Novotel Saigon Centre

- (+84) 028 3822 4866
- Hotel Website
- Hai Ba Trung Street, Xuan Hoa Ward, Ho Chi Minh City
- From **\$100/night** (includes free breakfast)
- **5 km** from OLEA Fertility

OLEA Fertility (VINMEC NHA TRANG)

Address: 4th Floor, Tran Phu Street, 1 Tay Son Cluster, Nha Trang city, Khanh Hoa

Working hour: Monday – Saturday (7:30 – 12:00 , 13:00 – 16:30)

### 1. Vinpearl Beachfront Nha Trang

- (+84) 258 3598 900
- Hotel Website
- 78–80 Tran Phu Street, Loc Tho Ward, Nha Trang City
- From **\$90/night** (includes free breakfast)
- **3 km** from OLEA Fertility

### 2. Vinpearl Resort Nha Trang

- (+84) 258 3597 777
- Hotel Website
- Hon Tre Island, Vinh Nguyen, Nha Trang City
- From **\$100/night** (includes free breakfast)
- **10–15 km** from OLEA Fertility

### 3. Hon Tam Resort

- (+84) 258 3597 777
- Hotel Website
- Hon Tam Island, Vinh Nguyen, Nha Trang City
- From **\$120/night** (includes free breakfast)
- **13–15 km** from OLEA Fertility

## Restaurants (HO CHI MINH CITY)



### 1. Oriental Pearl – Vinpearl Landmark 81 (Autograph Collection)

- Address: 66th Floor, Vinpearl Landmark 81, Binh Thanh District, Ho Chi Minh City
- Hours: Daily 06:00 – 22:00
- Cuisine: Premium buffet and à la carte featuring elevated Vietnamese specialties (e.g., Wagyu “Landmark Pho”, Iberico pork “Cơm Sườn”), plus international dishes—served with sweeping city and Saigon River views. Dress code: Smart casual. [Marriott](#)

### 2. Saigon Café – Sheraton Saigon Hotel & Towers (Marriott)

- Address: Level 1, Sheraton Saigon Hotel & Towers, 88 Dong Khoi Street, District 1, Ho Chi Minh City
- Hours: Lunch 12:00 – 14:30; Dinner 18:00 – 22:00
- Cuisine: International and Vietnamese buffet with premium seafood stations—including live lobster flambé, crabs, prawns, and wok-fried shellfish with local sauces. Casual yet elegant buffet-style dining. [Marriott Bonvoy Asia](#).

### 3. The Lounge – Sheraton Saigon Hotel & Towers (Marriott)

- Address: Adjacent to the lobby, Sheraton Saigon Hotel & Towers, District 1, Ho Chi Minh City
- Hours: Happy hour daily 17:00 – 20:00 (bar service); standard dining throughout afternoon/evening hours
- Cuisine/Highlights: Lounge ambiance offering drinks, pastries, and comfort food in a refined setting. Guests have praised dishes like bánh xèo and Pan-Asian-inspired pan-fried chicken breast. [Marriott Bonvoy Asia](#)

## Vietnamese Traditional FOOD – RESTAURANT (HO CHI MINH CITY)

### 1. Oriental Pearl (Vietnamese-Inspired Dishes) – Vinpearl Landmark 81

- **Address:** 66th Floor, Vinpearl Landmark 81, Binh Thanh District
- **Hours:** 06:00 – 22:00 daily
- **Cuisine Highlights:** Elevated Vietnamese classics like Wagyu “Landmark Pho,” Iberico “Cơm Sườn,” and Dalat burrata—crafting local flavors with premium ingredients and panoramic views. [Marriott](#)

### 2. Saigon Café – Sheraton Saigon Hotel & Towers (Marriott)

- **Address:** Level 1, Sheraton Saigon Hotel & Towers, District 1
- **Hours:** Lunch 12:00 – 14:30; Dinner 18:00 – 22:00



- **Cuisine Highlights:** Offers a diverse buffet with authentic Vietnamese dishes across live stations, among other global cuisines, under a refined yet relaxed atmosphere. [Marriott Bonvoy Asia](#)

### 3. The Lounge – Sheraton Saigon Hotel & Towers (Marriott)

- **Address:** Lobby-level lounge at Sheraton Saigon, District 1
- **Hours:** Happy hour 17:00 – 20:00; standard lounge service during afternoon/evening
- **Cuisine Highlights:** Fusion of light Vietnamese street-food elements and bar classics—like bánh xèo and pan-fried chicken breast with Asian herbs—paired with crafted drinks and pastries. Friendly, sophisticated service. [Marriott Bonvoy Asia](#)

*\*\*\* Please be informed that the restaurant information could be changed without previous notification.*

## Restaurants (NHA TRANG CITY)

### 1. Jasmine – Vinpearl Resort Nha Trang

- **Address:** Vinpearl Resort Nha Trang, Hon Tre Island.
- **Opening hours:** 11:30 – 22:00
- **Highlights:** Premium à la carte menu with French–Mediterranean style, served in a contemporary, elegant setting with sea views. ([vinpearl.com](#))

### 2. Blue Lagoon – Vinpearl Luxury Nha Trang

- **Address:** Vinpearl Luxury Nha Trang, Hon Tre Island.
- **Opening hours:** 06:00 – 10:30, 12:00 – 18:00
- **Highlights:** International and Asian–European buffet, featuring local seafood specialties, served by the luxury 2,800 m<sup>2</sup> infinity pool. ([vinpearl.com](#))

### 3. Feast – Sheraton Nha Trang Hotel & Spa (Marriott)

- **Address:** Sheraton Nha Trang Hotel & Spa, 26–28 Tran Phu St., Nha Trang.
- **Opening hours:**
  - Breakfast: 06:30 – 11:00
  - Dinner: 18:00 – 22:00
- **Highlights:** International buffet and à la carte options with rich flavors, paired with panoramic bay views. ([marriott.com](#))

## Vietnamese Traditional FOOD – RESTAURANT (NHA TRANG CITY)

### 1. Huong Viet – Vinpearl Luxury Nha Trang

- **Address:** Vinpearl Luxury Nha Trang, Hon Tre Island.
- **Opening hours:** 18:00 – 22:00



- **Highlights:** Traditional Vietnamese dishes reinterpreted with refined techniques, using local ingredients, served in a warm wooden interior. ([vinpearl.com](http://vinpearl.com))

## 2. Nha Trang Bay – Vinpearl Resort & Spa Nha Trang Bay

- **Address:** Vinpearl Resort & Spa Nha Trang Bay, Hon Tre Island.
- **Opening hours:**
  - Breakfast: 06:00 – 10:30
  - Lunch: 12:00 – 14:00
  - Dinner: 18:00 – 22:00
- **Highlights:** International buffet fused with Nha Trang specialties, served in an airy beach-view setting. ([vinpearl.com](http://vinpearl.com))

## 3. Steam n’ Spice – Sheraton Nha Trang Hotel & Spa (Marriott)

- **Address:** Sheraton Nha Trang Hotel & Spa, 26–28 Tran Phu St., Nha Trang.
- **Opening hours:**
  - Lunch: 11:00 – 14:00
  - Dinner: 18:00 – 22:00
- **Highlights:** Elegant Asian street-food and traditional dishes, prepared with premium ingredients in a modern dining space. ([marriott.com](http://marriott.com))

## USEFUL MOBILE APPS

- Commuting: XANH SM (Taxi)
- Food delivery: ShopeeFood, GrabFood
- Restaurant Finder: Foody, Lozi...

## RECOMMENDED COSTUME

### Ho Chi Minh City (HCMC) – Southern Vietnam

- **Weather:** Tropical, hot and humid year-round (25–35°C).
- **Seasons:**
  - Dry (Dec–Apr): Sunny, less rain, still warm.
  - Rainy (May–Nov): Heavy but short showers, humid.
- **What to Wear:**
  - Light, breathable clothes (cotton, linen, dry-fit).
  - Comfortable walking shoes/sandals.
  - Light raincoat or small umbrella (especially May–Nov).
  - Modest clothing when visiting temples/pagodas (cover shoulders and knees).

### Nha Trang – Coastal Central Vietnam

- **Weather:** Tropical coastal climate, slightly cooler than HCMC.
- **Seasons:**
  - Dry (Jan–Aug): Sunny, great for beach trips (26–34°C).



- Rainy (Sep–Dec): Frequent rain, some storms (22–28°C).
- What to Wear:
  - Swimwear, beachwear, light cotton clothes.
  - Sun hat, sunglasses, sunscreen (strong UV).
  - Flip-flops / sandals for beach, sneakers for city tours.
  - Light jacket or cardigan for evenings (sea breeze can feel cooler).

### General Tips

- Always carry a hat, sunglasses, sunscreen.
- Bring a light scarf/shawl (useful for temples or sun protection).
- For medical visits (e.g., Vinmec hospitals), casual but neat clothing is recommended.

### SUPPORT CONTACT

If you need further information about the course or support during your stay in Vietnam, please contact:

- Ms. Tam Dao: (+84) 902 998 502. Email: [tam.dao@oleafertility.com](mailto:tam.dao@oleafertility.com);
- Ms. Tu Le: (+84) 902 998 793. Email: [tu.le@oleafertility.com](mailto:tu.le@oleafertility.com);

*We hope your time in Vietnam is not only successful in terms of treatment but also filled with memorable experiences. Wishing you the very best in both your journey and your treatment.*

— OLEA Fertility Team