

“XIN CHÀO” FROM THE PEARL ISLAND!

Summer is here, signifying the ideal season of endless coastal joy for all ages. From the engaging local craft sessions to mindful yoga classes, every activity is complimentary for your complete pleasure.

Kindly reserve your booking for the activities 24 hours in advance. In case of no-show for the first 15 minutes, the activities will be canceled. For further information and reservations, please contact our Planet Trekkers team at extension number 8305.

InterContinental Phu Quoc Long Beach Resort
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FOR CHILDREN

Kids Can Cook

Invites your little chefs to a fascinating adventure to the flavoursome culinary world.

Be A Little Scientist

Let your little ones discover the amazing world around them through engaging experiments.



Kids Yoga

An exciting activity for the young athletes to experience with easy postures.



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY
9 am – 9:45 am	Origami	Indoor Plant Garden	Foam Art Making	Vietnamese Class
10 am – 10:45 am	Cat & Mouse Game	Indoor Obstacle Course	Hot Seat Game	Hide & Seek
11 am – 11:45 am	Nameplate Decoration Workshop	Statue Painting	Tote Bag Drawing Workshop	Bracelete Making
2 pm – 2:45 pm	Magic Tricks	Kids Can Cook	Sand Painting	Kids Can Cook
3 pm – 3:45 pm	Balloon Volleyball	Catch The Snake's Tail Game	Blind Man's Buff	Frozen Game
4 pm – 4:45 pm	Arts & Crafts	Balloon Art	Vietnamese Hat (Non La) Painting	Be A Little Scientist
5 pm – 5:45 pm	Kids Yoga	Yarn Art	Nail Painting	Rock Art
10 am – 12 am	Kids Movie Screening 📍 Theater, Level 2			

FOR CHILDREN

Vietnamese Hat (Non La) Painting

The ideal session for those with an artistic soul as they explore a Vietnamese fashion charm.



	FRIDAY	SATURDAY	SUNDAY
9 am – 9:45 am	Handmade Tree Decoration	Indoor Plant Garden	Be An Artist
10 am – 10:45 am	Shark Attack Game	Indoor Obstacle Course	Hot Seat Game
11 am – 11:45 am	Nameplate Decoration Workshop	Statue Painting	Tote Bag Drawing Workshop
2 pm – 2:45 pm	Magic Tricks	Kids Can Cook	Sand Painting
3 pm – 3:45 pm	Balloon Volleyball	Ring Toss	Zumba Dance
4 pm – 4:45 pm	Arts & Crafts	Balloon Art	Vietnamese Hat (Non La) Painting
5 pm – 5:45 pm	Kids Yoga	Vietnamese Class	Be A Little Scientist
10 am – 12 am	Kids Movie Screening 📍 Theater, Level 2		



FOR ADULTS

Tai Chi

Subtly warm up your day and feel the energy of rejuvenation through every moment.

Pilates for Beginners

Dive into a whole new experience with a pilates session for beginners to bring the lifestyle home.

	MONDAY	TUESDAY	WEDNESDAY
7 am – 7:45 am	Relaxation Meditation ♥ Spa	Taichi ♥ Spa	Stretch & Mobility ♥ Gym
8:30 am – 9:15 am	Yoga Foundations ♥ Spa	Power Yoga ♥ Spa	Core Fitness ♥ Gym
10:30 am – 11:30 am	Wooden Fish Decoration ♥ The Hideout	Lacquer Painting Workshop ♥ The Hideout	Body Scrub Workshop ♥ Spa
1 pm – 3 pm	Movie Screening ♥ Theater, Level 2		
2 pm – 2:45 pm	Candle Making Workshop ♥ The Hideout	Paracord Bracelet Making ♥ The Hideout	Mosaic Art ♥ The Hideout
4 pm – 4:45 pm	TABATA ♥ Gym	Kickboxing ♥ Gym	Step Up & Burn ♥ Gym
8 pm – 10 pm	Movie Screening ♥ Theater, Level 2		

FOR ADULTS

Candle Making

Let your inner artist takes the stage and craft your unique candle as a one-of-a-kind souvenir for this joyful journey.

Movie Time

Pamper your palates with tasty snacks and uncover the art of cinematography together.

From 1 PM – 3 PM at Theater.



	THURSDAY	FRIDAY	SATURDAY	SUNDAY
7 am – 7:45 am	Taichi ♥ Spa	Vinyasa Yoga for Beginners ♥ Spa	Stretch & Mobility ♥ Gym	Pilates ♥ Gym
8:30 am – 9:15 am	Pilates ♥ Gym	Relaxation Meditation ♥ Spa	TABATA ♥ Gym	Yoga Foundations ♥ Spa
10:30 am – 11:30 am	Vietnamese Hat (Non La) Painting ♥ The Hideout	Body Scrub Workshop ♥ Spa	Vietnamese Hat (Non La) Painting ♥ The Hideout	Lacquer Painting Workshop ♥ The Hideout
1 pm – 3 pm	Movie Screening ♥ Theater, Level 2			
2 pm – 2:45 pm	Wooden Fish Decoration ♥ The Hideout	Candle Making Workshop ♥ The Hideout	Mosaic Art ♥ The Hideout	Paracord Bracelet Making ♥ The Hideout
4 pm – 4:45 pm	Kickboxing ♥ Gym	Step Up & Burn ♥ Gym	Cardio Power Yoga ♥ Spa	Core Fitness ♥ Gym
8 pm – 10 pm	Movie Screening ♥ Theater, Level 2			



UNWIND & OPEN
TO A WORLD OF FASCINATION



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