

# “ XIN CHAO,

Welcome to daily activities throughout the rainy season at InterContinental Phu Quoc Long Beach Resort!

Don't let the occasional rain stop you and your beloved ones from creating memorable moments together on this vacation. Be it a laid-back and tranquil day, or a fun-filled, high-energy experience, we offer all you needs for a perfect journey.

Allow the dedicated team at InterContinental Phu Quoc to seize the chance to turn any frown upside down with the list of full-day excitement.

Kindly make your booking for the activities 1 day in advance. In case of no-show for the first 15 minutes, the activities will be canceled.

For further information & reservations, please contact our Planet Trekkers team at extension number 8305.

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## FOR ADULTS

### Vietnamese Specialties Cooking Class

Sign up for an elevated culinary journey hosted by InterContinental Phu Quoc talented chefs, where you gain hand-on experience and share our passion for Vietnamese Cuisine through fun and educational cooking class.



### Painting Workshop

Feel our resort's serenity while painting your masterpieces. Within only 2 hours, a professional artist will support and accompany you to achieve an artwork that makes you proud.

\*All art suppliers are provided

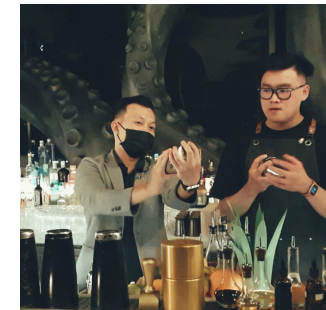
## FOR ADULTS

	FRIDAY	SATURDAY	SUNDAY
7am – 8am	Yoga class (G)	Meditation (G)	Yoga class (G)
8am – 9am	Stretching (G)	Core fitness (G)	Top fit (G)
10am – 12am	Painting (*)	Painting (*)	Make your own scrub (Spa workshop)
1pm – 3pm	Movie screening (T)		
2pm – 3pm	Napkin art (H)	Cooking class (S)	Wooden fish decoration (H)
4pm – 5pm	Mixology class (*)	Mixology class (*)	Mixology class (*)
5pm – 6pm	Felt ornament making (H)	Wooden fish decoration (H)	Napkin art (H)
8pm – 10pm	Movie screening (T)		

Venue: (G) Gym | (H) The Hideout | (T) The Theatre, Level 2 | (S) Sora & Umi Restaurant, Level 2 | (\*) Venue can be subject to change depend on availability

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY
7am – 8am	Yoga class (G)	Meditation (G)	Yoga class (G)	Meditation (G)
8am – 9am	Stretching (G)	Core fitness (G)	Top fit (G)	ABS Excercise (G)
10am – 12am	Felt ornament making (H)	Napkin art (H)	Felt ornament making (H)	Wooden fish decoration (H)
1pm – 3pm	Movie screening (T)			
2pm – 3pm	Wooden fish decoration (H)	Cooking class (S)	Bracelet making (H)	Cooking class (S)
4pm – 5pm	Afternoon foot reflexology (Spa workshop)	Kick boxing (G)	Afternoon foot reflexology (Spa workshop)	Kick boxing (G)
5pm – 6pm	Resin decoration making (H)	Bracelet making (H)	Resin decoration making (H)	Paper flower making (H)
8pm – 10pm	Movie screening (T)			

Venue: (G) Gym | (H) The Hideout | (T) The Theatre, Level 2 | (S) Sora & Umi Restaurant, Level 2 | (\*) Venue can be subject to change depend on availability



### Mixology Class – Master the Art of Cocktail

Join our experienced bartenders as they give you the expert insight into the skill behind crafting stunning cocktails. Let us guide you to create your perfect drink.

\*24 hours advance reservation is required

### Movie theatre – It's movie time!

Enjoying a relaxing time with your family while watching your favourite movie. A wide selection of movies is showcased every day, offering multiple options for family fun.



**Balloon Twisting Party**

Engage your children in the creative art form of colourful balloon creations. Our skilful balloon instructor takes them through the basics of balloon twisting in a fun and hands-on way.



**Towel Art Making**

From a simple bunny to a giant elephant, our workshop will instruct your little angels on creative ways of towel Origami. Give your children the chance to amaze you.

	MONDAY	TUESDAY	WEDNESDAY
9am – 9:45am	Origami	Drawing and coloring	Coconut leaf art
10am – 10:45am	Traditional Vietnamese games	Crocodile game	Skill challenge
11am – 11:45am	Colored sand painting	Bracelet making	Statue painting
2pm – 2:45pm	Hide and seek	Kids can cook	Shark attack game
3pm – 3:45pm	Towel art making	Balloon art	Arts & crafts
4pm – 4:45pm	Skill challenge	Zumba dance	Kids Yoga
5pm – 5:45pm	Yarn art making	Postcard making	Yarn art making
10am – 12pm	Kids movie screening (Theater, level 2)		

	THURSDAY	FRIDAY	SATURDAY	SUNDAY
9am – 9:45am	Origami	Drawing and coloring	Coconut leaf art	Drawing and coloring
10am – 10:45am	Traditional Vietnamese games	Crocodile game	Skill challenge	Who will be King?
11am – 11:45am	Balloon art	Bracelet making	Statue painting	Balloon art
2pm – 2:45pm	Kids can cook	Treasure hunt	Kids can cook	Fruit calling
3pm – 3:45pm	Towel art making	Colored sand painting	Arts & crafts	Colored sand painting
4pm – 4:45pm	Skill challenge	Zumba dance	Kids Yoga	Zumba dance
5pm – 5:45pm	Drawing and coloring	Yarn art making	Origami	Postcard making
10am – 12pm	Kids movie screening (Theater, level 2)			

**Kids Can Cook**

Ignite the inner chefs in your little angels with our fun kids cooking class. Under the guidance of our talented chefs, children will not only learn and practice preparing their favourite treats but also gain knowledge of local ingredients and some tips and tricks of the trade.

