

A DAY IN THE LIFE OF AN INTERN IN...

HO CHI MINH CITY, VIETNAM

CREATED BY

GREGORY LJ HOLLAND

Photographer/Architect



JULY - AUGUST 2018

All photographs are original pieces Copyright © 2018.

THE MORNING

06:30

The early morning welcomes a typical run, Either outside in the mild dawning sun or inside in the empty gym.

07:30

After an hour's run and light workout it's time to head back to my apartment to get ready for the day ahead.

08:00

There are various methods of transportation to my workplace, including; walking, taxiing or cycling.

08:30

Being only 15 minutes away from my accommodation I arrive to work in a timely manner. There are various places to get a morning coffee around my office building but nothing quite beats one you can get for free, in the office's break room. Free edibles taste better anyway.

09:00

After a quick chat with fellow colleagues and interns, it's time to get the day started. Work in the morning mainly consists of proof reading my documents from the day before, I also like to plan out what I'll be doing in the afternoon so I am ready and raring to go after lunch!

All photographs are original pieces
Copyright © 2018.

Pro Tip: CRCC Asia set up shuttles for you to commute to and from work. They typically depart at 08:00 and 18:00.

Download an app called 'Grab' it's Asia's leading taxi cab company! They provide comfy rides at low rates.

Pro Tip: Attempting to learn the local language and being the first person to start a conversation on your first day is, in my opinion, the best way to approach new people. First impressions are everything.

Fun Fact: It's scientifically proven by me, Gregory, that free food tastes much better than anything you might purchase. It's like triangle and square sandwiches, the triangle ones taste better.



THE AFTERNOON

12:00

Pro Tip: Packing your own lunch will almost always work out cheaper, depending on what you pack of course.

Fun Fact: Royal HaskoningDHV is a global company founded in the Netherlands. It specialises in sustainable design utilising the LEED v4 Certification system in Vietnam. This is what I was mostly working on.

There are two main places to eat where I work at, Royal HaskoningDHV. The first is a place called 'Oxygen', it features lots of little restaurants, cafes and bakeries that sell their own unique edibles. A typical lunch here will set you back around 50,000 Dong, which is cheap given you get a drink and a dessert with your meal. Secondly, there are roughly 20 street food shops dotted around the building where you can Grab (pardon the pun) rice with various meats and noodles with various sauces. Eating in these places typically costs around 30,000 Dong and given my budget, this is where I end up most of the time. Affordable and delicious.

13:00

Pro Tip: Vietnam is a very hot and humid place, be sure to keep yourself hydrated throughout the day. Drinking only coffee and hot chocolates does the opposite of that.

Fun Fact: It's part of the Vietnamese culture to have a nap during lunchtime. It's common to return to your desk after having had a lovely, well-deserved lunch and find that the lights are off, legs are sticking out from under tables and people are sleeping in their office chairs.

After filling up on delicious food and perhaps treating myself to a smoothie from one of the street vendors, I head back up to the office to start the work I'd laid out for myself in the morning.

Making sure to take regular walking breaks around the office to stretch my legs, I sometimes head for the break room to fix myself a cheeky hot chocolate.

17:00 - 18:00

Depending on how much work I have to do, depends on what time I leave work but generally I leave between 5 and 6. I walk home because it's only 15 minutes away and I usually stop by VinMart to pick up some groceries for my dinner.

All photographs are original pieces
Copyright © 2018.

THE EVENING

18:30

Around this time I'll have my dinner or I'll have it elsewhere with the other interns. There's plenty of tasty places to eat in Ho Chi Minh. Just about any vendor will sell yummy foods at extremely low prices.

19:00

Afternoon activities are either organised by the other interns and I or CRCC Asia. For example, us interns may decide to head to a bar called ' Buddha Bar' where there is a range of board games and and typical pub games like pool and darts to play. Or we may opt to have dinner together, have a chat and drink a beer or two (but definitely not three). CRCC set up weekly events in which all interns are able to take part in. Some of said events include; a boat ride along the Saigon River, dinner in a local expat restaurant, networking events, general meet ups.

22:30

Having been out and about all day, being very social, interacting with many people and collecting many photos, I head back to my accommodation, brush my teeth, watch an episode of something and collapse onto my bed where I have no problem falling straight asleep. Ready to rise bright and early for the next day's adventure.

All photographs are original pieces
Copyright © 2018.



Pro Tip: Utilise the Calendar app on your phone. You'll find yourself being invited to many events either by interns, CRCC or your colleagues from work.

Fun Fact: Ho Chi Minh City was formerly named 'Saigon'. It was renamed after the revolutionary leader Hồ Chí Minh. He was the leader of the Viet Minh who successfully defeated the French Union in 1954 after which the city took on its new name.

Pro Tip: Before leaving for your evening gathering, leave a bottle of water in the fridge. It's a lustrous taste having ventured home from an event in the hot and humid climate to an ice cold bottle of water.

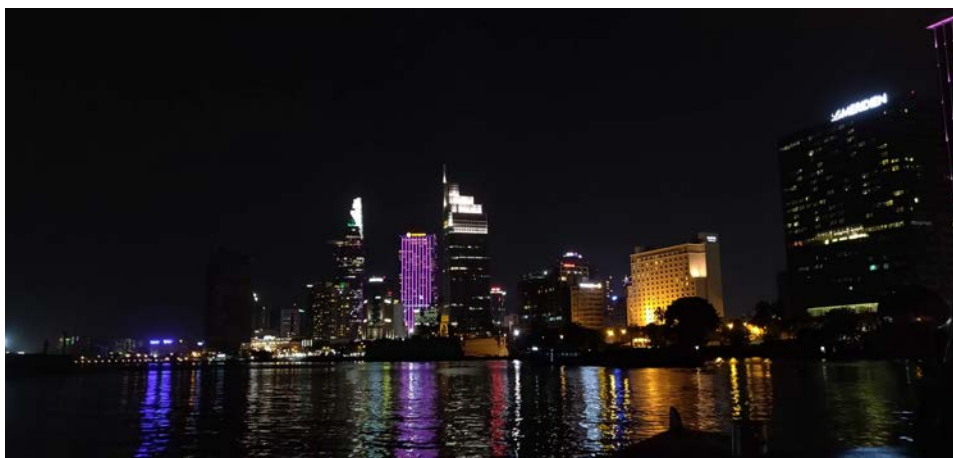
A DAY IN THE LIFE OF AN INTERN IN HO CHI MINH CITY, VIETNAM



Artwork showcased in the break room of the sustainable and infrastructural achievements of Royal HaskoningDHV in VN.



CRCC Asia, Ho Chi Minh City Interns of 2018, July - August.
I am the ginger one in the centre, in the image to the right.



A view from the boat the other interns and I were on as part of a goodbye ceremony for the interns who were in Vietnam for only one month

JULY - AUGUST 2018

All photographs are original pieces
Copyright © 2018.

A DAY IN THE LIFE OF AN INTERN IN HO CHI MINH CITY, VIETNAM



'GLOW' is a skybar bar in which some colleagues and I went to, to chill out after a long week of hard work.



VCP or Viet Children's Picture is a non-profit organisation which travels to orphanages around Vietnam to help children discover their creative side. This was a community outreach event setup by CRCC.



The Royal HaskoningDHV office in District 2, HCMC VN. The office consists of various construction-based disciplines ranging from Architects (Me), Engineers, Structural Engineers, Quantity Surveyors, LEED Specialists (Also Me) etc.

JULY - AUGUST 2018

All photographs are original pieces
Copyright © 2018.

A DAY IN THE LIFE OF AN INTERN IN HO CHI MINH CITY, VIETNAM



Site trips are always fun and a great opportunity to put what you've learnt into something more physical. This was a company site visit to a soon-to-be juice factory.



These are group photographs of myself, my supervisor and my colleagues on site and in BM Window's factory.



This amazing selfie of myself was taken on a company visit to BM Window's factory. BM Window's are a company who are bidding to be the window contractor on a confidential project I am working on.

JULY - AUGUST 2018

All photographs are original pieces
Copyright © 2018.

A DAY IN THE LIFE OF AN INTERN IN HO CHI MINH CITY, VIETNAM



A networking event setup by the lovely CRCC Asia. This is a photo of me (far right), my supervisor (centre right) and my two other colleagues Vang (centre left) and Michelle (far left)



@GREGORYLJHOLLAND



**GREGORY LJ HOLLAND
MEDIA**



GREGORY LJ HOLLAND



**[HTTPS://GREGORYHOL
LAND97.WIXSITE.COM
/GLJHOLLANDMEDIA](https://gregoryholland97.wixsite.com/gljhollandmedia)**

This is an awesome selfie of me, if I do say so myself, on a tour of the Mekong Delta. This is a trip the interns and I organised together, covering a weekend. Final Fun Fact of the Evening: These stereotypical hats of Vietnam are only worn by the Vietnamese women, which might explain why I was getting funny looks and laughed at by the locals.

JULY - AUGUST 2018

All photographs are original pieces
Copyright © 2018.