

# Cambodia - Siem Reap and Samraong

This action-packed week will get you sightseeing, learning about Buddhism, interacting with the local people, enjoying Cambodian culture and more!

Explore the lively Siem Reap, a backpacker's hotspot in the North of Cambodia with lots to do, a world famous temple close by and a vibrant nightlife. Then, dive into the untouched Samraong in the quaint Cambodian countryside. This is your chance to experience Cambodia from a local perspective, while you see and feel how most of the population live.



## **Program Description**

This culture week is designed to introduce you to Cambodian customs, traditions, and pace of life. By getting to to know the surrounding town and its facilities, you will have everything you need to make your stay memorable, as well as comfortable.

Cambodia is arguably most famous for its glorious and magnificent temples. Siem Reap and Samraong are no exception and you will be taken to the finest temples in the area. We also carefully arrange a Q&A session with local monks to enhance your understanding of Buddhism.

During the culture week you will be staying in the famous city of Siem Reap and the rural town of Samraong. You will be given basic "survival" language classes and learn traditional Cambodian cooking techniques, with the chance to sample your work.

Cambodia's relaxing, slow paced way of life will allow the maximum interaction between you and the local people, who are keen to learn about your culture too!

Modest clothing (covering your legs and shoulders) is requested outside of the accommodation for respect of the community.

### **Program Duration & Availability**

Min duration (weeks): 1 Max duration (weeks): 1

### **Aims & Objectives**

- Help you familiarise yourself with the local surroundings
- Teach you helpful Cambodian phrases
- Broaden your knowledge of Cambodia's customs, history and culture
- Provide a full induction, preparing you for a longer stay!

### Schedule

#### Monday Siem Reap

- Breakfast
- Introduction meeting, House rules, Health and Safety Advice and handling of documents
- Khmer Do's and Don'ts, Khmer Culture Lessons and Khmer Language Lessons.
- Tour around the compound and local area; where to find local shops
- Lunch
- Visit old market, super markets, bank, ATM , Sim-card if necessary.
- Excursion to Wat Preah Prom Rath and Wat Thmey, a small pagoda
- Dinner
- Evening at Pub Street and the night market, the liveliest area of Siem Reap

#### Tuesday Siem Reap

- Breakfast
- Excursion to a silk farm and West Baray, a popular place for swimming
- Lunch
- Visit to the Museum of War dedicated to the Civil War, guided by ex-soldiers
- Explore Artisant D'Angkor, a craft shop that brings ancient Khmer arts and crafts back to life
- Khmer massage salon
- Dinner

#### Wednesday

#### Samraong

- Breakfast
- Depart for Samraong
- Lunch
- Introduction to the projects
- Walk around and discover the local rural Cambodian village
- Dinner

### Thursday

#### Samraong

- Breakfast
- Visit the rural Greenway School, built from scratch over the years by previous participants
- Tour around Samraong and visit surrounding villages
- Lunch
- Cambodian cooking lesson
- Dinner

## Friday

#### Samraong

- Breakfast
- Excursion to the local temple: assist the monks with the chores
- Discussion and Q&A about Buddhism with a local monk
- Lunch
- Free time all afternoon to relax
- Dinner

This schedule can be changed and/or amended depending on weather conditions, local conditions and unforeseen circumstances.

## **Starting Dates**

### During 2019

This program starts every week.

### During 2020

This program starts every week.

## Participant Criteria & Requirements

Minimum age:	-
Maximum age:	-
Minimum English level:	Basic
CRB required:	On Signup
Passport copy required:	No
Resume copy required:	No
Required qualification:	None

#### **Additional Requirements**

There are no further requirements for this program.

## **Additional Equipment**

No specific equipment required for this program.