



# 🕈 Cambodia - Road Trip

Explore the best of Cambodia by going on an adventurous road trip taking you to floating villages, learning about Buddhism and more! Enjoy amazing activities, social programs, a stay in authentic rural village, learn about Buddhism, visit Angkor Wat, learn Khmer Rouge history in Phnom Penh, enjoy the beautiful beaches at Kampot province, Kep province and the Rabbit Island. This unique 30-day adventure will give you an experience of a lifetime!



# **Program Description**

This four week long road trip will show you the best of this Southeast Asian country. Not only will you visit well-known places in Siem Reap, Phnom Penh, Kampot province, Kep province and the Rabbit Island (which cannot be missed on a tour through Cambodia!), but you will also experience the traditional culture of the countryside. Whilst visiting and participating in local community projects, sleeping in rural villages and coming into close contact with the locals, this will be a truly life-changing experience that will bring you closer to the people and culture of Cambodia. The road trip consists of four weeks, each with a different theme and setting.

### Week 1: Culture Week

Culture week is designed to introduce you to the culture and pace of Cambodian life. You will get to know your town and its facilities as well as everything required to make your stay comfortable.

You will also be given basic "survival" language classes, as well as learn traditional Cambodian cooking techniques (sampling your work as you go!).

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

The rural town of Samraong is where you will live during the culture week. The relaxed and slow paced way of life is sure to leave a mark on all travelers. You will have maximum interaction possible with local people, and they will be keen to learn about your culture too.

## Week 2: Village Experience

Get stuck into one of our rewarding projects, either farming or social-work based depending on the season. During rainy season, you can try ploughing, rice planting, dam building, grass cutting in the rice fields, rice sowing and harvesting.

You will soon realize that you have nurtured a close bond with, and are a welcomed member of your homestay family as you share meals with and assist them in their daily routine. You have the chance to help them with making chicken/duck huts, build fences, constructing toilets, planting trees or repairing damaged areas of their home and bathing spaces. What could be a better way to get to know and understand a culture than to live as a part of it?

### Week 3: Central Cambodian Tour

Explore some inspiring temples including Bayon Temple, Taprom Temple adorned with trees and once a library for the ancients, Angkor Wat (the largest Khmer temple complex in the entire world).

There will be a relaxing boat trip during which you shall see some incredible floating villages. After this, you will visit the Cheung Ek Killing Fields notorious for its display of human skulls. Then on to visit the exquisite Royal Palace and the National Museum: Cambodia's largest museum of cultural history and the country's leading historical and archaeological museum. All of this is topped off by a trip to the beautiful places of Kampot province, Kep province and beach of Rabbit Island.

### Week 4: Beach Week

Soak up the golden rays of sunshine as you unwind, reflect upon and contemplate your experiences of the last three weeks. Travel to the tourist attractive places in Kampot, Kep and relax, read, swim in the sparkling ocean Rabbit Island.

# **Program Duration & Availability**

Min duration (weeks): 4

# **Aims & Objectives**

- Offer you a complete experience of Cambodia in 4 weeks
- Help you get familiar with your local surroundings
- Teach you helpful phrases in the local language
- Give you a unique experience giving back to the community while you learn about local culture

# Schedule

### Week 1: Culture week Monday

- Breakfast
- Introduction to The organisation, 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

- 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

- Breakfast
- Depart for Samraong
- Lunch
- Introduction to The organisation, House rules, Health and Safety Advice and handling of documents
- Walk around and discover the local rural Cambodian village
- Dinner

### Thursday

- 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

- 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
- Overnight stay at our center in Samraong

# Week 2: Village Experience

### Sunday

- Bruch
- Travel to the village by taxi in the afternoon. Arrive at the homestay in the village and get to know each other in the family.
- Dinner at the homestay.

### Monday

- The coordinator will talk to you and introduce you to the village life in Cambodia. You will learn how natives and inhabitants of the area make a living, etc.
- Visit local market, visit Banteay Chmar Temple, Visit Mebon temple and long wooden bridge.
- Dinner at the center

### Tuesday to Thursday

• Community work all day. The activities for the day depend entirely on the needs of the village at the time as well as the season. From May to November, work in the fields takes priority because it is the rainy season, but from December to April, hardly any time is spent in the fields at all as it is dry. During the wet season, you will engage in activities such as ploughing, planting rice, building dams to control water flow, cutting grass in the rice fields, sowing rice and harvesting. You will work directly with one family in particular, helping to make chicken/duck huts, building fences, planting trees, constructing toilets and repairing damaged areas of the house or bathing space, etc.

#### Friday

- After working through the morning, you will have lunch with the family and then return to the center in Samrong.
- Overnight stay in our center in Samraong.

### Week 3: Central Cambodia Tour (Siem Reap + Phnom Penh) Sunday

#### Junuay

- Brunch
- Leave Samraong for Siem Reap
- Check in at Siem Reap Centre and dinner

### Monday

- Breakfast
- Visit floating village
- Back to the Siem Reap Centre
- Dinner
- Head to pub street and the night market
- Overnight stay at Siem Reap Centre

### Tuesday

- Breakfast
- Explore Bayon Temple
- Visit Taprom Temple, adorned with trees and once a library for the ancients
- Wander around the famous Angkor Wat, the largest Khmer temple complex in the entire world
- Lunch at Angkor Wat
- Back to Siem Reap Centre
- Dinner at Siem Reap Centre
- Overnight stay at Siem Reap Centre

### Wednesday

- Breakfast at the guest house
- Leave to Phnom Penh
- Lunch on the way to Phnom Penh
- Arrive at Phnom Penh
- Dinner at the guest house
- Overnight stay at guesthouse in Phnom Penh

### Thursday

- Breakfast
- Visit the biggest killing field under the Pol Pot regime (Cheung Ek) where you will see thousands of stacked human skulls belonging to the thousands of victims killed here, as well as some mass graves. Watch a short movie on the Pol Pot regime
- Visit Tuol Sleng genocide museum, which used to be a high school before Pol Pot transformed it into a prison where soldiers imprisoned and tortured victims prior to their deaths at the Killing Field
- Back to the guest house
- Overnight stay at guesthouse in Phnom Penh

#### Friday

- Breakfast
- Visit the Royal Palace, the National Museum and some markets
- Overnight stay at guesthouse in Phnom Penh

#### Saturday

- Brunch
- Leave Phnom Penh to Kampot
- Dinner in Kampot

# Week 4: Beach Week

#### Sunday

- Free Day
- Brunch
- Dinner

### Monday

- Breakfast
- Visit Bokor Mountain
- Lunch at Bokor Mountain
- Back to Kampot
- Dinner on the boat along the river

#### Tuesday

- Breakfast
- Visit pepper plantation
- Lunch
- Visit Mangrove conservation project
- Dinner and overnight stay at mangrove conservation project

#### Wednesday

- Breakfast
- Leave for Koh Tonsay
- Lunch at Koh Tonsay
- Relax at the beach
- Dinner

#### Thursday

- Breakfast
- Lunch
- Dinner

#### Friday

- Breakfast
- Lunch
- Dinner

#### Saturday

- Breakfast
- Departure to Phnom Penh, Siem Reap

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

# **Starting Dates**

### During 2019

Jan 7th	Feb 4th	Mar 4th	Apr 1st	May 6th	Jun 3rd	Jul 1st	
Aug 5th	Sep 2nd	Oct 7th	Nov 4th	Dec 2nd			
During 2020							
Jan 6th	Feb 3rd	Mar 2nd	Apr 6th	May 4th	Jun 1st	Jul 6th	
Aug 3rd	Sep 7th	Oct 5th	Nov 2nd	Dec 7th			

# **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**

- Towel
- Sleeping bag