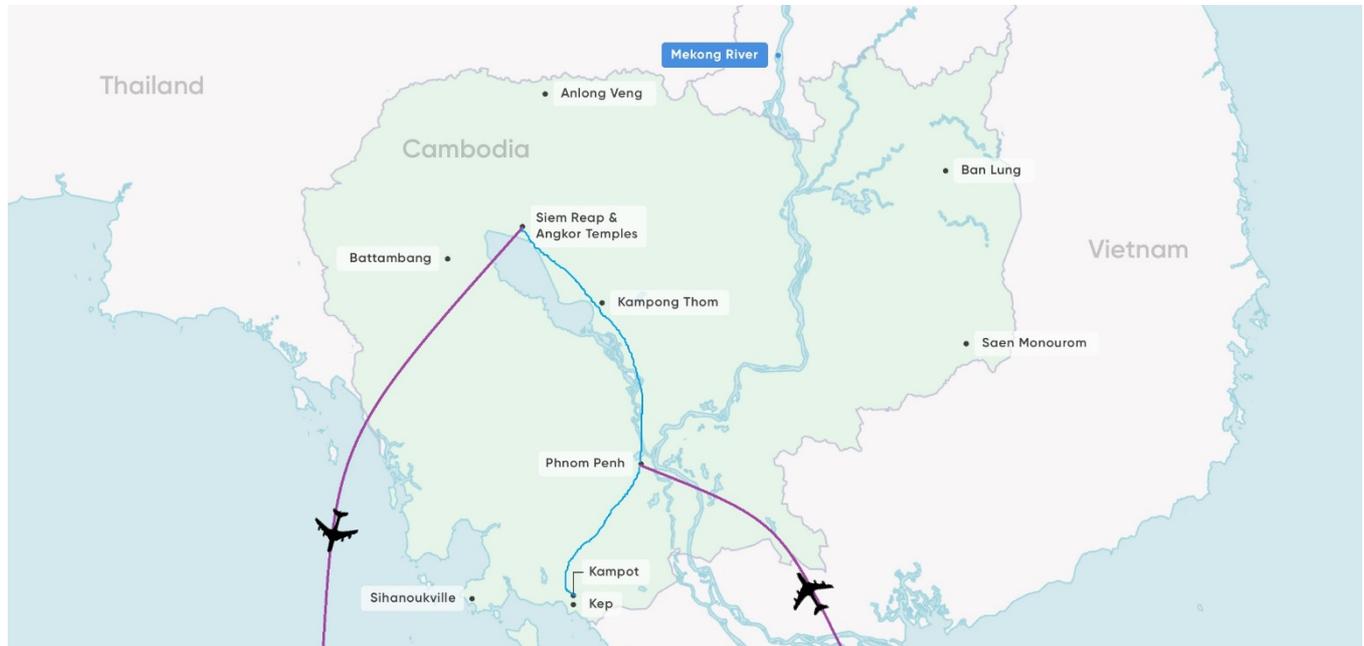


Cambodia: People & Perspective (8 days)



Departs anytime (2018 – 19)



Please note: This itinerary can be modified in any way to best suit your school's particular aims, learning objectives and budget.

Please contact us detailing any changes you'd like to make.

While most people would imagine that the Temples of Angkor are Cambodia's greatest asset, in fact, the country's real treasure is its people. The Cambodians have been to hell and back, struggling through years of violence, poverty and political instability and yet despite this, the Khmer display perseverance and optimism that is as endearing as it is inspiring to all those who visit.

This carefully initiated 8-day trip of Cambodia is specifically designed for students seeking insights into the lifestyle of the Khmer people, their values, traditions and environment. It includes activities that examine the country's performing arts, ecological challenges and efforts to reestablish after many decades of social neglect.

Taking in the country's most important places of interest as well as its less travelled coastal region, this trip is designed to be highly enjoyable and features numerous inclusions to provide students authentic interaction and educational opportunities as part of the trip that is above all, highly enjoyable.



Billy Penfold
Director

Day 1

Arrive Cambodia (Phnom Penh)



On arrival in Cambodia this morning we will be greeted at Phnom Penh International Airport by our tour leader and escorted to our hotel. After a brief meeting to discuss the coming day's activities. We will head straight out later this morning to one of the city's vibrant markets. These sweltering bazaars are a must when travelling in Phnom Penh and whilst we can't vouch for the authenticity of everything, the experience, colour and interaction are the real attraction of these markets.

In the afternoon we will visit Wat Phnom located on a small hill overlooking the city where we will learn of the legend of Mrs Penh and the founding of the capital city in the 15th Century. It is here that we will enjoy panoramic views of the city. It is here that we will enjoy panoramic views of the city.

This evening we take a highly enjoyable *tuk tuk* tour to view this vibrant city by night to view its pop-up neighbourhoods, French inspired buildings as well as some of the city's iconic landmarks. Our *tuk tuks* will then drop us at a popular restaurant where we will enjoy our first taste of fine *Khmer* cuisine before heading back to the hotel later this evening for a much anticipated night's rest. (lunch, dinner) **Flight details to be advised**

Day 2

Phnom Penh



This morning we again set out to visit the infamous Tuol Sleng Prison and the *Killing Fields*, tragic remnants of Cambodia's recent history during the Khmer Rouge reign from 1975-1979 when an estimated two million people perished from overwork, starvation and execution.

Today we will also visit the city's Russian Market where we can practice our bargaining skills as we browse the many and varied stalls of this rambling fair. Later we will visit the Silver Pagoda situated alongside the Royal Palace to learn about the royal family and French colonial influences.

As the sun sets we take an evening boat cruise on the Bassac and Mekong Rivers to see the city skyline from another perspective and see how the city is developing in all directions. (breakfast, lunch, dinner)

Day 3

Tamao (Kampot)



This morning we will journey out of the city for a special excursion to the Ta Mao Wildlife Sanctuary. Upon arrival, we set off on bicycles to explore the myriad of animals that are residents of the park including Asian bears. We will also learn of the issues developing countries face in preserving their fragile environments where competition for resources is particularly acute. We then begin an adventurous journey to the country's southwest region to the township of Kampot near the coast.

Here we explore a local cave and visit a nearby Buddhist monastery to learn about the daily routine of the monks living here. In the evening we stroll around this sleepy town with its crumbling French colonial buildings then walk over the beautifully lit bridge. (breakfast, lunch, dinner)

Day 4

Mt Bokor, Preah Monivong National Park 🚗 Phnom Penh



The legacy of some ninety years of French Colonial rule is today still evident throughout Cambodia, including in the remote regions that we will visit today. First established by the French in 1917, the picturesque Mt. Bokor Hill Station was built by engaging convict labourers that were routinely exploited by French provincial governments throughout their colonies. On top of the mountain, the French established a casino, post office, school and other French colonial buildings as a resort for French citizens before civil war broke out that led to the settlement being abandoned. This site in more recent times was used by the Khmer Rouge and later the Vietnamese Army during the 1980s & 90s

Today we will also visit Preah Monivong National Park Cambodia is home to an incredible collection of wildlife. While many of the amazing species are on the endangered or at-risk list, there are numerous initiatives across the country to boost dwindling populations which we will learn of today. In the late afternoon, we will return to Phnom Penh and perhaps enjoy a swim in our hotel pool before heading out for dinner and a final scenic *tuk-tuk* tour to enjoy the city's nightscapes. (breakfast, lunch, dinner)

Day 5

Phnom Penh 🚗 Siem Reap



Following breakfast, we walk a short distance to the Silver Pagoda within the grounds of the Royal Palace. Here we will learn about the Royal family and French colonial influences while touring some of the royal buildings and residences.

Mid-morning, we will set off for our bus trip travelling north to Siem Reap. While long, this journey will afford us a wonderful glimpse into the lives of those who subsist in what is still an overwhelmingly agricultural based society. We will stop at a mid-way point where we can taste some special local delicacies including durian and for the more adventurous amongst us – deep-fried spiders.

After checking into our hotel this afternoon, we will head out to visit a highly engaging Non-Government Organisation (NGO) that works actively to empower Cambodia's youth by giving young Cambodians a hand up - rather than a hand out. We will join in the effort of the NGO today who have initiated highly successful programs throughout the city and its hinterland in the field such as women's health, nutrition vocational training. (breakfast, lunch, dinner)

Day 6

Siem Reap 🚲 (Temples of Angkor)



This morning we will set out to explore the magnificent Temples of Angkor and enjoy roaming this inspirational and ancient expanse on sturdy and environmentally friendly mountain bikes.

Often mistakenly referred to as 'Angkor Wat' which merely denotes the name of the largest temple, the Angkor Temple complex is a diverse arrangement of some 112 structures that began construction in the early to mid-12th Century and is dedicated to several gods as the Khmer Empire developed and its culture transitioned from a predominately Hindu to a Buddhist philosophy.

Beginning our activity with a visit to the aesthetically and architecturally breathtaking Angkor Wat Temple, we will explore this massive three-tiered pyramid dedicated specifically by the Khmer King Suryavarman II to the Hindu god, Vishnu.

After lunch we will visit the Jungle temple - Ta Prohm made famous in the Hollywood movie Tomb Raider. This quiet, sprawling complex is only partially cleared of jungle overgrowth. Intentionally left somewhat unrestored, large fig and silk-cotton trees grow from the towers and corridors offering some of the best photo opportunities at Angkor. (breakfast, lunch, dinner)

NB: The bike ride is a highly enjoyable activity suitable for any student of average fitness with the ability to ride a bike. The activity will cover a total distance of around 15-20kms. The bikes we will use are new, sturdy mountain bikes with helmets provided. We also employ a support crew to following our group to make running repairs and carry students if they are not able to ride. Students will be required to carry their own water during this activity.

Day 7

Siem Reap (Student-initiated activities)



Prior to travelling, a Student Educational Adventures staff member will talk to teachers and students about specific activities that your students might like to add to their overseas experience. These activities can be included based on students' knowledge of the country or their interests or passions for any aspect of a country's culture. The activities we can include are many and varied. These may include; an introduction to a country's creative or performing arts scene, visits to local schools, great race activities, outdoor educational pursuits such as hiking, bike riding or a plethora of cultural programs. Please contact us for further ideas.

OPTION 1:

Cambodian Circus This traditional Cambodian performance makes for great entertainment, leaving the spectator in awe at the talents of these brilliant young performers. A fantastic blend of traditional and modern theatre, music, dance, acrobatics, juggling and contortion all beautifully choreographed in a story about Cambodian lives and society. The show is a project of a non-profit organisation founded by eight young Cambodian ex-refugees of the Khmer Rouge regime, committed to reviving the Cambodian arts. (breakfast, lunch)

OPTION 2:



Arts and Crafts: Around Siem Reap there are various arts and craft centres where we may try our hand at painting, weaving or even traditional dancing. We can also learn about lacquerware techniques, charcoal paintings and bas-relief temple rubbings. Time can also be spent out in the villages helping with weaving baskets, fishing nets and thatched roofing. After a swim in the hotel pool, our tour leader will escort us downtown for dinner. (breakfast, lunch)

OPTION 3:



Mt. Kulen water wall: This morning we will enjoy a day trip to the sacred Cambodian site of Mt. Kulen. En route we will stop at a landmine museum to learn more of the terrible legacy of conflict in Cambodia from last century. Here we will see many inert examples of this terrible weapon that continues to cause so much suffering and the ongoing efforts to eradicate them. Following this we will visit a spectacular waterfall to enjoy a refreshing swim. Late afternoon we will return to Siem Reap and spend time at one of the local markets to refine our bargaining skills. (breakfast, lunch)

Day 8

Tonle Sap Lake - Depart Siem Reap ✈ home



We will depart our hotel early on our final day in Cambodia to take a morning boat trip on the Tonle Sap Lake to visit subsistence fishing villages. The inhabitants of these communities fled to this part of the lake during the war years and are now home to several generations of Cambodian and ethnic Vietnamese. We have the chance to learn about conditions of the local inhabitants who live a subsistence lifestyle. While on the lake we pass floating schools, football fields and floating petrol stations. We will also visit Phnom Krom Hill revealing views across Tonle Sap Lake.

This afternoon we will transfer to the airport for our flight home. Our group leaders will take care of all flight re-confirmations, assist with check-in and wave us farewell. (breakfast) **Flight details to be advised**

Summary

Grading

Moderate: Students will be required to be in good health to get the most out of this trip while any one of reasonable fitness will be able to take part. There are no real physical difficulties however students will be expected to walk every day. You will also be expected to be able to ride a bike. It will be necessary for you to carry your own luggage throughout the trip but only for short distances.

Accommodation

Student accommodation is on a twin/triple share basis. Teacher accommodation is on a single room basis. Hotels hold a 3-star equivalent rating.

Transport

Modern air-conditioned bus, boat, bicycle.

Group Size

Minimum group size 20 students & 2 staff members travelling *free of charge*.

▲ [Smaller group sizes can be quoted upon application](#)

Your Tour Leader

Your tour leader is probably the person who most influences the success of your trip. Thus, *Student Educational Adventures* employs our own team of meticulously trained student dedicated, local tour leaders - not foreigners, imported at your students' expense with no language skills or insight into your host culture.

These nationals are not only the best folk to show you their country. They are your teachers, translators and an enthusiastic purveyor of authentic experiences. They are there to facilitate your immersion into new cultures and are the bridge between you and the world of education and new experiences.

Your tour leader is always with your students and is thoroughly versed in safety protocols and duty of care responsibilities. This ranges from assisting in the most basic of health and safety measures to ensuring that teachers & students are well looked after during our trips. All have been chosen because of their ability to deal with the needs and unique issues associated with escorting young people through this wonderful and at times, most foreign of regions.

What makes us safer than other companies?

We are by your side throughout your trip - Unlike travel companies that advocate student lead trips and who are dependent on foreign call centres should any issues arise; our staff are people with a thorough knowledge of their county and will connect you quickly to the best medical care across Asia and will serve as professional interpreters to local medical staff.

Our local tour leaders and on-the-ground staff can respond immediately to any crisis, with real-time information, detailed knowledge of local emergency and medical services, and the agency to act swiftly.

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Inclusions

- All accommodation, transport, activities, entrance costs and other programs as describe in the itinerary
- *Student Educational Adventures* tour leader throughout the trip & additional specialist guides
- Meals (+ drinking water) as listed in the daily itinerary
- Pre-departure support, briefings & planning meetings for students and parents
- 24/7 in-country support

Exclusions

- International flights to/from Cambodia
- Meals not listed in the daily itinerary
- Cambodia Visa (not required by some nationalities)