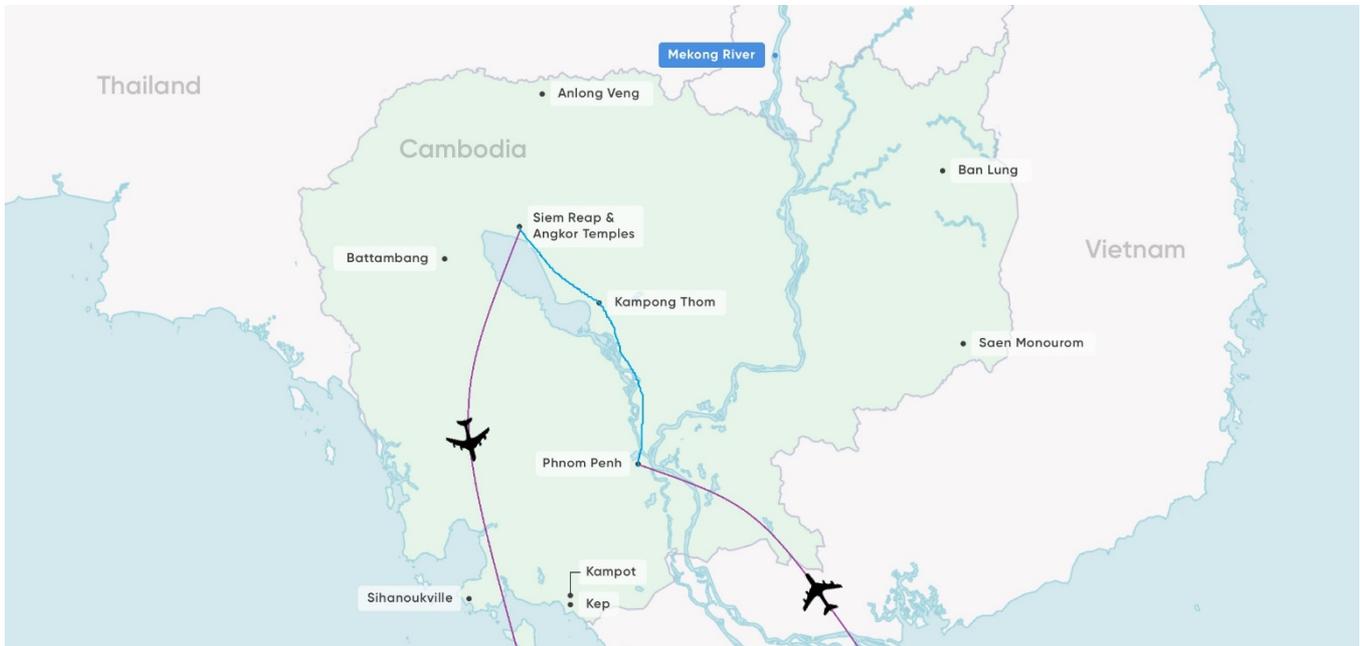


Cambodia Week without Walls (7 days)



Departs anytime (2018 - 19)



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

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

A visit to Cambodia promises a roller coaster of emotions and experiences. As you admire the beauty of what was once the most prominent empire in Southeast Asia, you must simultaneously come to terms with one of history's most tragic events when around a quarter of the country's population perished under the Pol Pol regime. Today Cambodia is a safe and welcoming nation and a wonderful destination for students interested in development and ecological issues, politics and Southeast Asia history.

This 7- day educational tour to Cambodia has been designed to provide students with several unique travel experiences including authentic interaction with their Khmer contemporaries, a 'Great Race' urban challenge, a hands-on cooking class, as well as the chance to meet a survivor and collaborators of the Khmer Rouge Regime.

As this trip is intended to be of a service learning nature, it will further entail a challenging service program working alongside villages in a remote district to assist a local community in a sustainable agricultural project.

Most importantly, this trip is designed to be highly enjoyable and provide students with a very memorable and fulfilling introduction to one of the friendliest countries in Asia.



Billy Penfold
Director

Day 1

Arrive Cambodia (Phnom Penh)

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 itinerary, we head downtown to enjoy our first taste of Khmer cuisine followed by a short orientation walk.

The skyline of Phnom Penh changed dramatically during the French colonial period when the cluster of pagodas and wooden structures along the riverfront were replaced after 1863 by the French colonial period buildings interspersed throughout the city today. At the height of the colonial period, Phnom Penh was reputed to be the most beautiful city in French Indochina – a beauty lost during the years of hardship and neglect, although which can still be sought out today by the keen observer.

This evening we take a quick stroll out to see life on the banks of the Tonle Sap River which typically includes impromptu aerobics classes and a rap performance by the city's youth. (dinner) **Flight details to be advised**

Day 2

Phnom Penh



After breakfast, we set out to explore some of Phnom Penh's most important places of interest including a visit to Tuol Sleng Genocide Museum, a former high school which was used by the Khmer Rouge as a security prison (S-21). From 1975 to 1978 some 17,000 people were incarcerated in this school, interrogated and often tortured before finally being taken away to be executed. Like the Nazis, the Khmer Rouge were meticulous in keeping records of their barbarism, evidence of which can be readily viewed as can testimonials of survivors as well as guards. Tuol Sleng (and similar sites across Cambodia) are now considered places of vital historical significance

that serve to remind future generations of the horror of this tumultuous period in history. Students will also have the rare opportunity to meet a Khmer Rouge photographer or prison survivor to learn of their experiences during this dark period in history.

During the afternoon we will journey to the outskirts of Phnom Penh to visit the *Killing Fields* – a stark reminder of Cambodia's tragic recent history during the Khmer Rouge reign. It was during this relatively brief time a little known teacher called Pol Pot instituted a reign of terror over the country and implemented a plan to turn Cambodia into an agriculture-based society, systematically emptying the cities and forcibly moving the people onto collective (state-owned) farms where they performed hard labour. It is estimated that during this time over a fifth of the country's population perished by overwork, starvation and execution many of whom were buried in killing fields such as the one we visit.

To finish the day off on a lighter note we will visit the Russian Market – famous for its textiles, musical instruments and knock-off antiques. After a swim at the hotel pool, we head out for a walking tour of this dynamic city. (breakfast, dinner)

Day 3

Phnom Penh



This morning we visit the Silver Pagoda in the grounds of the Royal Palace. Here we will learn about the Cambodian Royal family and French colonial influences. The current king resides here, King Sihamoni. His father the previous king Sihanouk was under house arrest in this very palace during the Khmer Rouge reign over Cambodia.

For lunch, we will visit Friends charity restaurant and workshop run by disadvantaged youth before heading across the river this afternoon to visit a slum area of the city. Here we will meet a Missionary who has been living and working in Phnom Penh where he runs a small T-shirt printing business which aims to employ street kids to help get their lives back on track. We will learn about life in Phnom Penh and the opportunities and aspirations of some of its less fortunate residents.

Later in the day, we take a *tuk-tuk* ride around the city passing the diplomatic quarter to view the city diplomatic quarter, Independence Monument as well as Diamond Island. Our excursion will afford us an after dark glimpse of this city of significant contrasts that has seen significant Chinese investment in recent years amid the poverty which still characterises much of the city and indeed, country. Whilst in Phnom Penh we will also enjoy a sunset

boat cruise on the Mekong & Tonle Bassic Rivers to learn of the importance of this water resource, hydro damming projects upstream and the impacts of human activity along the river banks. (breakfast, lunch)

Day 4

Phnom Penh 🚗 Siem Reap



After breakfast, we will begin our journey to Siem Reap in the country's central region. While today's journey is a long one, it is also a chance for us to gain an insight into the rural conditions of most Khmer people. En route we will stop on a few occasions, our most anticipated rest stop being a break at a spider village where we may try eating a fried tarantula or crickets.

En route today we will visit a local Non-Government Organization (NGO) established in a very remote province which receives little of the economic benefits that are accessible in other parts of Cambodia. Here we learn about the Cambodian education system and glean from our interaction with

our Khmer contemporaries of opportunities (or lack thereof) available for Cambodian youth and how girls are disadvantaged and what is being done to rectify the problems.

We will arrive in Siem Reap towards the end of the day. Our tour leader will take us on a walking tour before dinner. Tonight, we take in a performance of the local circus where legends and folk stories are re-enacted as the performers use dance, fire sticks and acrobatic displays to convey their performance. This circus performance is highly enjoyable and provides students with an insight into this unique Cambodia art form. (breakfast, dinner)

Day 5

Siem Reap (Temples of Angkor)



This morning we will set out to explore the magnificent Temples of Angkor and on sturdy and environmentally friendly mountain bikes (NB; a support vehicle will be provided for students/staff who cannot ride).

Often mistakenly referred to as Angkor Wat (which simply denotes the name of the largest temple in the complex), the Angkor Temples are a multifarious 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 crowned by five lotus-like towers.

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

Sometime today we will visit the beautiful Bayon Temple and time permitting, some other less visited sites. Dinner will be at one of the local restaurants that also provides a show after the style of the Court Apsara dancers.

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 16-20kms. 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 (up to 3) if they are not able to ride. Students will be required to carry their own water during this activity. (breakfast, lunch dinner).

Day 6

Siem Reap (rural agricultural project)

We will travel outside the limits of Siem Reap this morning to undertake our community project assisting a rural village to establish an agricultural enterprise. This effort will entail the construction of greenhouses and garden beds in cooperation with the local inhabitants to produce crops that can be sold in the local market to provide an additional income for the village.

Whilst Siem Reap has enjoyed much prosperity in recent years, the hinterland surrounding enjoys little of this prosperity, and daily incomes are often under \$2 a day.

This project will entail the building of a series of bamboo-framed greenhouses complete with wiring and suspended pots filled with cow manure. Other tasks will include planting established fruit trees and establishing a water well for irrigation. This program will entail a series of labouring tasks as we break into groups to digging, hammering, planting and transporting of materials. We will also try out a local form of transport – ox cart rides around the village.



At the completion of the project there will be a short hand over formality before we return to Siem Reap in the late afternoon. On our return there will be time to freshen up before we take part in a highly enjoyable Khmer cooking class to learn the intricacies of this delicious and little know Asian cuisine. Dinner this evening will be a feat of chicken *amok*, Khmer spring rolls and whatever else we cook for ourselves! (breakfast, lunch, dinner)

Day 7

Siem Reap (Student initiated activities) Depart Siem Reap ✈

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:



Mediation with monks: Cambodia is a deeply religious Buddhist country with Buddhism impacting on so many aspects of the country's culture and history. Today we will visit a local pagoda where we will have the opportunity to talk to novices and senior monks about the significance of the various religious monuments to glean an insight into this rich ritual. We will also partake in a mediation session before enjoying a meal in the monastery. (breakfast, lunch)

OPTION 2:

Cambodian Martial art session: Today we will enjoy an enjoyable and physical session of the ancient Cambodian martial art of Bokator. The martial art nearly went extinct under the Khmer Rouge regime. Some of the masters survived and continued to teach this historic part of Cambodian history. Bokator predated Muay Thai and was indeed used against Thai invaders throughout Cambodia's history. You also will receive an introductory lesson and learn some of the techniques of the martial art. Bokator warriors can be seen on many of the Angkor temple carvings. (breakfast, lunch)

Option 3:



Apsara School: Apsara dance is a classical, graceful dance performance in Cambodia to narrate historical stories. The performance is done in elegant, handmade costumes and can be seen in many establishments in Siem Reap today.

Today we will have the chance to see the young performers being trained as well as take part in a classical dance class, gleaning insights unavailable to other travellers. As we are shown around the school, we will see various classes at different levels as they train to become the next generation of Apsara performers.

Later in the day, we head to the airport for our homebound flight where our tour leader will wave us farewell. (breakfast, lunch) **Flight details to be advised**

Summary

Grading

Moderate: Students & staff 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 work diligently during the community service project. 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.

Service-Learning Programs

All service-learning programs initiated by *Student Educational Adventures* are conducted after careful consultation with the local community and with the local People's Committees.

These projects are initiated based on a model of mutual learning and designed as an immersion experience. An understanding of the importance of an integrated approach to community development is useful to frame what students and teachers might see, learn or experience during a student immersion.

Cambodia – Week without walls (7 days)

Inclusions

- All accommodation, transport, activities, entrance costs and other programs as described 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
- **Cost of community project**

Exclusions

- International flights to/from Cambodia
- Meals not listed in the itinerary
- Cambodia Visa (if required)