

**PROJECTS  
ABROAD.**

**Culture & Adventure for Teenagers in**

# Cambodia

**Cultural immersion, historic  
discovery, and exciting  
adventure**

Certified



Corporation

4 QUALITY  
EDUCATION



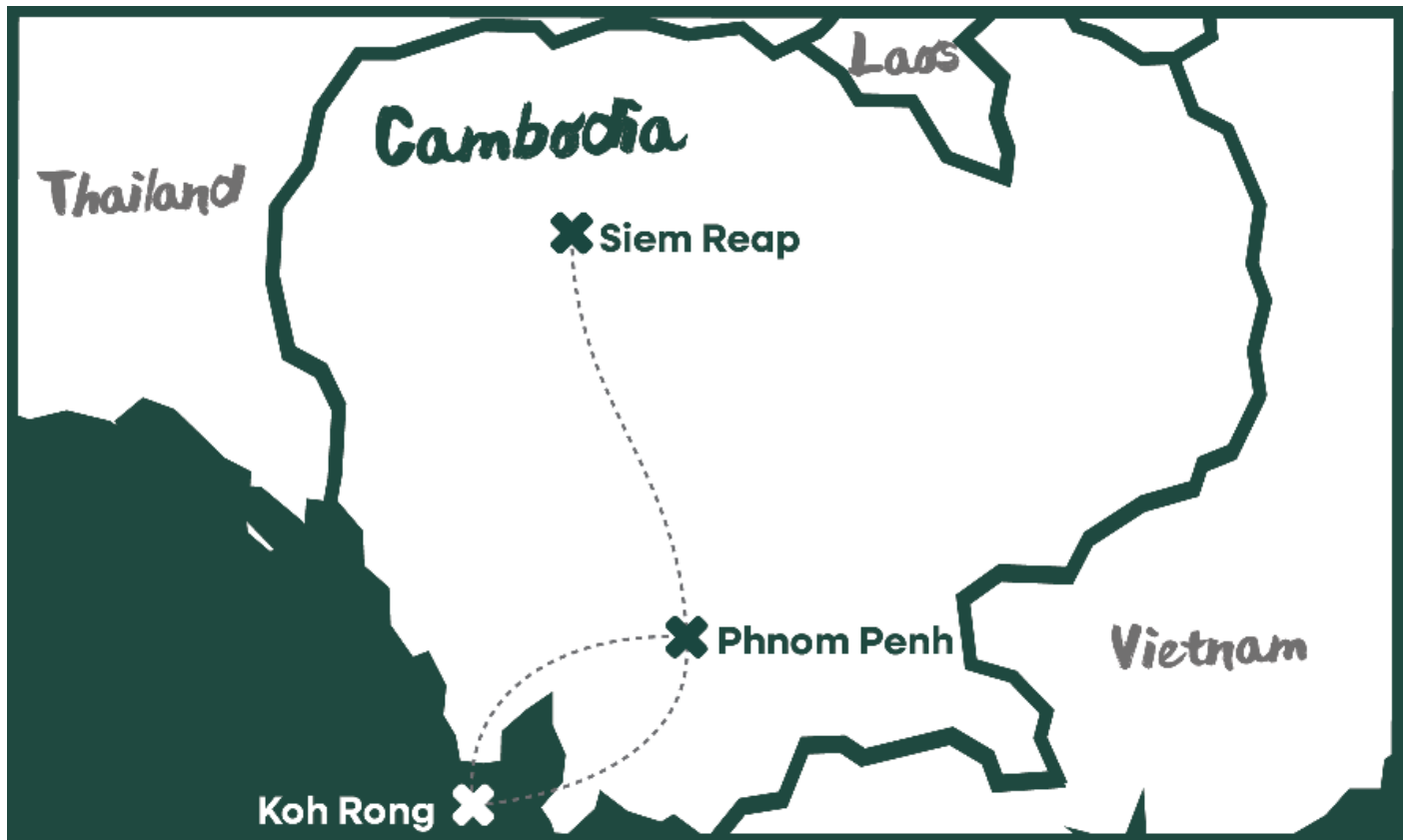
10 REDUCED  
INEQUALITIES



15 LIFE  
ON LAND



**SUSTAINABLE  
DEVELOPMENT  
GOALS**



## Trip highlights:

- ➔ Fully immerse in the unique culture of Cambodia, joining cultural workshops and engaging in traditional activities like Khmer boxing and meditation.
- ➔ Live and work alongside the local community, contributing to bear conservation efforts and supporting the education of children in Phnom Penh.
- ➔ Explore areas of cultural significance, including the Killing Fields, Angkor Wat, and the Royal Palace, and areas of natural beauty, like Koh Rong and the Tonle Sap Lake.
- ➔ Develop your confidence, independence, and global perspective as you are introduced to new traditions and lifestyles with other teens from around the world.

 **LENGTH**  
14 Days

 **SUPERVISION**  
24/7

 **TRANSPORT**  
Bus

 **ACCOMMODATION**  
Guesthouse, Hotel

 **SERVICE**  
24 hours



## Days 1 - 2

# Arrival

Touch down in Phnom Penh where you'll be met by our team at the airport. They'll help you to settle into your accommodation and new surroundings. Gaze over the capital's skyline and enjoy a meal filled with local flavours.

Our team will then take you on a tour of the local area, help you exchange your money if you need to, and ensure that your phone is connected to the local network and internet.

The next day, attend a comprehensive cultural induction session to find out about Cambodian customs and learn some basic Khmer phrases. This knowledge will help you make the most of your experience.

Then dive straight in with a city centre tour and visit to the Royal Palace, receive a water blessing from a Buddhist monk, and watch the 1984 movie "The Killing Fields" at a private cinema.

## Days 3 - 4

# Khmer Rouge

Visit the Choeung Killing Fields and S21 Genocide Museum to find out about the brutal Khmer Rouge regime and how it has shaped modern Cambodia. Afterwards, browse the Russian Market, meditate with monks at Wat Langka, and enjoy a night-time walking tour of the riverside.

The next day, support local conservation initiatives at a wildlife rescue centre to help rehabilitate bears that have been trafficked.



## Days 5 - 7

# Island paradise

Take a ferry to the tropical island of Koh Rong for a relaxing beachside excursion. Spend the next few days resting on white sand beaches and snorkelling around beautiful marine life and coral reefs.

Enjoy beach sports, games, and a barbecue with your new friends as you soak up the sun before travelling back to Phnom Penh to explore the pedestrianised riverside area.



Days 8 - 10

# Community work

Visit Silk Island and find out where and how clothes are made using traditional weaving techniques. Work with local children to tend to a vegetable garden and support their education with fun learning games.

Outside of your service work, get a traditional Khmer boxing lesson, watch a match live, enjoy a Mekong River boat tour, and wander the night markets.





**Days 11 - 13**

# Angkor Wat adventure

Travel to Siem Reap, the second-largest city in Cambodia and your final destination of this adventure. This area was the capital of the ancient Khmer Empire and is now the gateway to the magnificent Angkor Wat temple complex.

Still steeped in history, Siem Reap is the best place to experience Cambodian culture. Enjoy an Apsara dance performance over a buffet dinner with the chance to explore artisanal night markets.

Visit a tranquil floating village on the Tonle Sap Lake and learn the importance of the waterways, like the lake and the Mekong River, for local livelihoods. Enjoy a cooking class teaching you how to prepare traditional dishes and deserts.

Round out your visit with a tour of the Angkor Wat temples starting at sunrise. Gaze upon more than a thousand years of history as you explore the ancient ruins before heading to the nearby APOPO Centre and circus show.

# Departure

Reflect on the once-in-a-lifetime journey you've undertaken as you head to Siem Reap airport, ready to return home. Don't forget to pack your souvenirs to remind you of your time in Cambodia!

As you pack your bags, think about your newfound confidence, skills, and memories from your journey — you'll be taking these home too.

# Destination

The story of Cambodia is one of brutality and resilience. The Khmer people, about 95% of the population, have lived in the area for thousands of years, creating the vast Khmer Empire in the 9th to 15th Centuries.

However, between 1975 and 1979, 25% of Cambodia's population were killed by the Khmer Rouge regime, eventually overthrown by a Vietnamese invasion.

Now, Cambodia is one of the world's fastest growing economies with strong prospects of future growth.



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## LANGUAGE

Khmer

## CURRENCY

Cambodian Riel

## NATIONAL DISH

Fish Amok

## POPULATION

18 million

## TIMEZONE

GMT +7

## NATIONAL ANIMAL

Kouprey

## CAPITAL

Phnom Penh

## COUNTRY CODE

KH

## NATIONAL BIRD

Giant Ibis

# PROJECTS ABROAD.



## Adventure with Purpose.



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