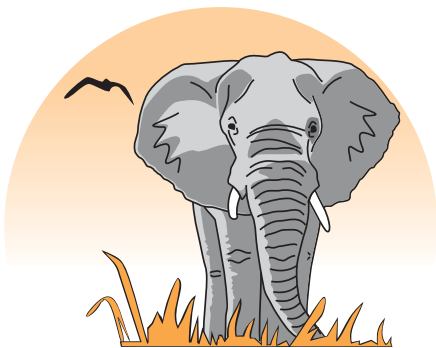


CAMBODIA



**INCREDIBLE
JOURNEYS**
TRAVEL INC.

Itinerary

Day 01-02 In Transit

Depart in the evening for Vancouver. There you will transfer to the international departures area for your onward connection with China Airlines. Your China Airlines flight departs Vancouver very early in the morning for Taipei and onward to Phnom Penh, Cambodia. With the crossing of the International Date Line, you arrive and connect in Taipei early in the morning the following day.

Day 03 Phnom Penh

Upon arrival you will be met at the airport and transferred to your local hotel. After lunch, you will take a cyclo tour through the old colonial streets of Phnom Penh and get a glimpse of urban life in Southeast Asia. Noteworthy Cyclo Centre, a local NGO, has been working with cyclo drivers since 1999 to promote healthy lifestyles. It provides accommodation, English classes, and even courses on quitting smoking for the drivers, many who are veterans from the war conflicts that consumed the country. You will stop at the Champey Academy of Arts (CAA), a local non-profit school focused on training in the traditional Cambodian arts. The school supports students from impoverished and vulnerable conditions and is totally free. Its mission is to promote self-empowerment and preserve traditional Cambodian arts and culture. At the end of the afternoon, you will visit Wat Than handicraft store to observe an organization that trains disabled land mine victims. Your final stop will be at Central Market which showcases a vast selection of bargain souvenirs like clothing, silverware, and silk, bags, DVDs, CDs and ceramics.



Day 04 Phnom Penh

After breakfast, you will head off on a full day tour of the Phnom Penh region, including visits to the Silver Pagoda, the Royal Palace, the Toul Sleng Museum, and the Khmer Rouge Killing Fields of Choeung Ek, a mass grave for victims of the Khmer Rouge regime killed between 1975 and 1979. Focusing on history, spirituality, and human rights violations, each of this day's sites will prove unique and important in its own way. Students may recognize some of these sites from their Social Studies 20 and/or 30 classes and may be humbled by their significances, both within and beyond Cambodian culture.

Day 05 Phnom Penh

Today you begin work on the project located at the Cambodia Organization for Living and Temporary Care (COLT). Founded in 2005 as a small shelter in Phnom Penh, COLT provided temporary and long-term care for children that could no longer live at home. Within three years, COLT opened a school and started providing



community children English and computer classes. In 2015, COLT opened the gates of its community centre, allowing them to broaden their services and support families on several levels, improving the opportunities for underprivileged children significantly and providing them a real chance for a better future.

On this first day, you would meet the community, establish working groups and start the work assigned. You will travel back to your hotel in the city at the end of the afternoon. Dinners for the following days will be at local

Day 06-08 **Phnom Penh**

These days will be devoted to working at COLT and will center on renovating and repairing their classrooms. This will involve general repair on the roofs, walls, windows, floors and doors, painting on the external and interior areas of the building and improvement of the school garden. You will be working along with professional trades' people to complete the facilities. Let your imagination take flight as you leave your imprint with the children of the school. Depending on the group size you have, there will be some opportunities to have classroom interaction where you could help teach English, Art, Music or just play games. Please note that any for classroom related activities you will need to bring teaching aides or materials with you. The days will start early as the weather is very hot here and you will finish mid- afternoon. Your hotel will have a pool in case you want to cool off and relax at the end of the day.

Day 09 **Phnom Penh**

Your work is now complete, and it is time to enjoy some other aspects of Cambodian culture. After breakfast you will have the opportunity to enjoy a half-day Cambodian cooking class and learn how to cook real Khmer cuisine in a traditional Khmer setting, with a skilled and friendly chef who can impart the secrets of Khmer cooking to you. Visit the market and interact with the stall holders and purchase fresh ingredients for the day's meals. After completing the shopping, return back to the kitchen where the chef will demonstrate how to prepare a variety of Khmer dishes; you can boost your cooking skills and knowledge under the chef's guidance.

At the end of class, you will be delighted by your own prepared meal which you get to eat!



In the afternoon, embark on another adventure as you head over to the Areyksat ferry pier, where you take a short ferry to Areyksat, then hop on bicycles and cycle around Areyksat to visit a traditional Khmer weaving village. You will see how the villagers produce their own dyes and weave silk on old looms and learn about the local way of life as you go through the village. This is a chance to meet local people, learn about their lives and interact in a respectful and meaningful way. Your guide will show you about the local way of life and answer any questions that you have.

Day 10 **Siem Reap**



You will check out of your Phnom Penh hotel in the morning and transfer to the airport for the short flight to Siem Reap departing at 9:55AM. There you are met by your local guide and taken to your new hotel for check in. After lunch your guide will take you to the 'Wisdom from the Forest' project 35 kilometres north of Siem Reap. Here, the Institute for Khmer Traditional Textiles (IKTT) focuses on the restoration of the natural environment for producing materials to make traditional textiles and cultivates a vegetable garden to feed 30-40 families working on its 22 hectares. Here you can see all the trees that are needed to produce the natural dyes for silk, as well as the Mulberry trees that are vital in the production of silk. You can see silk worms munching on the Mulberry leaves and forming the all-important cocoons.

As you wander around the site you will discover the entire silk process from boiling the cocoons, to pulling out the silk thread, dyeing the silk and finally weaving it into beautiful designs. From there you will head into the central area of the city where you have time to visit the Old Market (Phsar Chas) before walking to a nearby restaurant for dinner. You then get to travel back to the hotel by Tuk Tuk!



Day 11 Siem Reap

This morning, you explore part of the ancient city of Angkor as you enter Angkor Thom via the Southern Gate. You will visit the ruins at Bayon, Baphoun, Phimeanakas, the Royal Palace, the Elephant Terrace and the Leper King Terrace. After lunch, your final stop will be at the dramatic Ta Prohm Temple which is mystically enveloped in the jungle and made famous in various movies. After lunch your exploration continues as you visit four interesting outer temples, hidden further into the jungle: Preah Khan, Neak Pean, Prasat Karavan and Pre Rup. The drive to and from these temples takes you through the countryside giving you great photo opportunities with the many rice paddies lining the roads. On returning to the city, there will be a late dinner and back to the hotel.



Day 12 Siem Reap



Today, after breakfast, you will depart early after breakfast and drive to a meeting point where once again you hop on bicycles to explore the local countryside. You will be riding on small dirt paths through the scenic countryside that takes you past farms, rice paddies and villages. You will see palm wine and sugar production, possibly basket weaving, rice farming and all sorts of activity that keeps the countryside buzzing along. After lunch it is back on the bus to go visit the graceful 11th century Temple of Shiva – Banteay Srei – and the Banteay Samre Temple. To wrap things up, dinner tonight will be at a local restaurant and will include an Apsara Dance Show.

Day 13 Phnom Penh

For your last full day in Cambodia, your morning will have you visiting the stunning and mystical Angkor Wat with its extraordinary architecture and incredible bas reliefs. After returning from the temple complex, you will have lunch and then it is time to head to the airport for the short flight back to Phnom Penh departing at 4:15PM. On arrival there, you will be met and transferred to your hotel to check in. Then for your last evening in Cambodia you will enjoy dinner and a fun activity before heading back to the hotel to get ready for your departure the next day.

Day 14 In Transit - Taipei

Your final morning will have you departing the hotel after breakfast back to the airport. Your China Airlines flight will be departing at 10:50AM for Taipei and will have an onward connection from there to Vancouver. Your flight lands at 3:20PM but you do not depart till 11:35PM so why not head out and experience a little of what Taipei has to offer! Your luggage is checked all the way home so you will depart the airport with just your carry on luggage. Once through immigration, you will be met by a local guide who will escort you to your bus for the excursion into the city. Your first stop will be at Taipei 101, once the world's tallest building from 2004 until 2010 when it was beaten out by Dubai's Burj Khalifa. Regardless, Taipei 101 is still considered the tallest green building in the world for its innovative and energy-saving design and your visit includes a trip to the observation deck on the 91st floor! Once down from the observation deck, your next stop will be at the Raohe Street Night Market. One of the oldest night markets in Taipei, the Raohe Street Night Market is a must visit destination! The epitome of a traditional Taiwanese night market, this 600 metre path along Raohe Street in Songshan District is packed with fun and interesting night foods and snacks, quaint shops and stalls. There will be time to have dinner and visit the market before heading back to the airport to get back on your plane to Vancouver. There you will clear customs and make one final connection on to the flight home.



Includes:

Round trip international airfare and taxes
Cambodia tourist visa
All accommodations and meals
Domestic flight
All local transfers and transportation
All sightseeing and entrance fees as described
Local English speaking guides
Project materials and supplies
Medical and cancellation insurance
Tips and gratuities

HOTEL CONTACT INFORMATION:

Cambodia

Ohana Phnom Penh Palace Hotel

#4 & 6 Street 148, Sangkat, Phnom Penh
Tel: 855 – 23 – 989672

Angkor Holiday Hotel

Corner of Sivutha Blvd and National Road No.6, Siem Reap
Tel: 855 – 63 – 966777

