

CAMBODIA HIGHLIGHTS

Day	Location	Activity	Learning Focus
1	> Phnom Penh	Welcome to Cambodia! Arrival at Phnom Penh Airport and transfer to guesthouse*	Welcome and settling in
2	Phnom Penh	Orientation and market exploration; traditional arts workshop	Orientation; preparing and setting intentions. Traditional arts and culture
3	Phnom Penh	Introduction to Cambodia's 20 th century history with visits to S.21 and the Killing Fields	Khmer Rouge history and its impact on modern day Cambodia. The on-going trials and ideas of 'justice'
4	> Siem Reap	Sunrise aerobics and departure north by bus (approx. 6 hrs). Overnight at 'Eco Village'	Community based tourism and impact of tourism in 'developing countries'; voluntourism and 'service'
5	Siem Reap	Morning learning about village life and taking part in typical village activities. Landmine museum and wheelchair building	Daily life in a Cambodian village. Continued impact of landmines
6	Siem Reap	Mighty Temples of Angkor and visit to the Phare Social Enterprise Circus	Ancient Khmer history and religion. Mass tourism at world heritage sites
7	> Home	Traditional blessing followed by reflections and departure*	Reflections and transference

Day 1: Arrive into Phnom Penh International Airport in the late afternoon, where your PEPY Tours trip leaders will greet you. Transfer to a locally-owned guesthouse to check in and freshen up, before we head out for a welcome dinner and our first taste of Cambodian food!*

Day 2: This morning we will gather together at a local temple for a welcome orientation. Here there will be an opportunity to think about our apprehensions and goals for the journey ahead, and what we are most looking forward to experiencing and learning. It will then be time to head to the local market – a cornerstone of daily life in the 'Kingdom of Wonder' – **where we'll take part in a fun market scavenger hunt!**

After lunch at a local restaurant we'll spent the afternoon stretching both our minds and bodies with an arts workshop, delivered by a local NGO dedicated to preserving

traditional dance and music almost lost during the Khmer Rouge period. Dinner this evening will be at a funky social enterprise restaurant offering hospitality training and employment opportunities for former street children.

Example framing questions: Why did I come on this trip? What do I hope to learn from my time in Cambodia? What can I bring to this experience? How can I make the most of this learning opportunity? What does ‘culture’ mean? Why are cultures different, and are some ‘better’ than others? How do we preserve culture?

Day 3: Understanding Cambodia’s 20th century history is crucial to understanding its present day, so today we’ll be taking a sobering look at the Khmer Rouge regime. We’ll begin our day with an introductory overview of key events, before visiting the Toul Sleng Genocide Museum, also known as S21. Located in a quiet Phnom Penh suburb, this group of buildings was once a school but was turned into a prison and a torture centre by the Khmer Rouge.

After lunch and a chance to reflect on our experience this morning, we will visit the ‘Killing Fields’, also known as Cheoung Ek. Located 15 kilometers outside of Phnom Penh, this site is where Tuol Sleng prisoners were forcibly marched and then executed, and is now a memorial site located in a tranquil setting. **As the sun sets we will reflect on our day’s experiences on a boat cruise along the riverfront, sharing our thoughts and any questions we might have.**

Example framing questions: What happened in Cambodia during the 1970s? How did this link to other regional and global events? What impact does the Khmer Rouge period continue to have? How has Cambodia sought to recover from this period? Has there been ‘justice’, and according to whose definition? What impression do tourists have of Cambodia when visiting S.21 and the Killing Fields?

Day 4: What better way to spend our last morning in Cambodia’s vibrant capital than with sunrise aerobics at the Olympic Stadium (optional). Built in the 1960s to host games that unfortunately never happened, this stadium is now a popular meeting spot for people to socialise and exercise as the sun rises – a real taste of local living! After

breakfast we'll hop in our bus make our way north to Siem Reap, stopping on the way to try a famous Cambodian delicacy – **fried tarantula!**

Rather than heading straight to the city we'll be spending this evening in a rural village located approximately 1 hour outside of Siem Reap. This is a relatively 'new' community of families who have voluntarily relocated from the Angkor Archaeological Park. Here we will have a chance consider the impact of tourism on 'developing' countries, before spending the night sleeping in traditional wooden houses on stilts.

Example framing questions: What does 'community' mean? How does this rural village compare to life in Phnom Penh? How does this community engage with tourism? How do I feel about 'community tourism' and homestays? What is 'voluntourism', and what are some of the arguments for and against this type of travel?

Day 5: Today will begin with breakfast together in the local community centre, before we spend the morning learning about daily life in the Cambodian countryside (where 80% of the Kingdom's population live). This could include a research project shadowing local farmers for the morning, or even helping to plant rice.

After lunch and bidding farewell we'll hop back on the bus and head to Siem Reap via the world famous Landmine Museum. Founded by a child soldier turned expert deminer, this incredible place offers a powerful opportunity to learn about the legacy of landmines in Cambodia. On arrival in Siem Reap we will check in to a tranquil inter-faith reflection centre, where we'll have a chance learn about the team's work in areas of advocacy and human rights. **There may even be a chance to assist the team in building locally-designed wheelchairs to be distributed to landmine victims and other disabled individuals living in rural areas.** After dinner this evening there will be a chance to test our Khmer skills with a visit to the Siem Reap Night Market!

Example framing questions: What does 'human rights' mean? How might access to (or protection of) human rights differ from country to country? Why haven't all countries signed the agreement against the use and production of landmines? What does 'inter-faith' mean and is it important?

Day 6: A trip to Cambodia wouldn't be complete without visiting the mighty Temples of Angkor! We'll start our day by watching the sun rise over the magnificent Angkor Wat, before exploring its intricate carvings and hidden corners. After breakfast at a local restaurant we'll spend the day exploring the Archaeological Park's most beloved temples, including the many smiling faces of Bayon and the increasingly tree-root strangled Ta Prohm (also known as the 'Tomb Raider' temple).

In celebration of our adventure, this evening we'll visit the **Phare Ponleu Selpak Circus** - an organization training talented but vulnerable Cambodian youths to become professional performers.

Example framing questions: What is 'mass tourism' and can we see any examples of it at the Angkor Temples? What benefits do the popularity of the Angkor Temples bring to local people? What could the advantages/disadvantages of 'mass tourism' be? What could happen if a heritage site isn't carefully managed? How important is it to understand local culture and customs when we travel?

Day 7: This morning there will be a chance for us to reflect on our adventure together, and consider all that we've learned and experienced. **Afterwards there may be time for a traditional Buddhist blessing** before we gather our bags and head to Siem Reap International Airport, ready for our trip home.*

Example framing questions: What has most surprised me about Cambodia? Have any of my opinions or perspectives shifted? What have I learned about myself? How will this experience influence my future behaviour or choices?