

## CITY SITES AND SOUTHERN SUNSETS

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 <sup>th</sup> 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	> Kampot	Sunrise at Olympic Stadium, visit to local dev. org. Transfer to Kampot (approx. 4 hrs)	Development work and international aid in Cambodia
5	Kampot	Visit local grass-roots mangrove conservation project. Boat trip and possible mangrove planting	Challenges to environmental conversation in Cambodia (incl. corruption)
6	Kampot	Inclusive arts & performance workshop run by young deaf Cambodians	The experience of marginalised groups (particularly disabled) Reflections and transference
7	> Home	Transfer to Phnom Penh (approx. 4 hrs) and departure*	

**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. **There will also be a chance for a traditional Buddhist welcome blessing for those who would like to take part.** 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 20<sup>th</sup> 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 Cheung 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 spend the morning visiting a local development organisation to learn about their work, the challenges they face, and their stories of success. This will be a chance for us to start exploring the complexities of development work in Cambodia, a country with more than 3,000 registered NGOs.

After lunch we'll hop into the bus and make our way south, passing through some of Cambodia's most beautiful scenery to the charming little town of Kampot. Here we'll have time to settle in to our riverside home, before enjoying a seafood dinner while watching the sun set over the south coast.

Example framing questions: Why is Cambodia considered to be a 'developing country' and what does that mean? What is international development and how does it work? What are some of the arguments for and against international development? How do I know whether a development project is effective?

**Day 5:** Today will be dedicated to learning about Cambodia's on-going struggle with environmental conservation by spending time with an inspiring local organisation dedicated to protecting the mangrove forests along the south coast. We will visit their community centre (a maze of stilted buildings above the estuary), and take a boat trip to see the mangrove forest themselves. Depending on the time of year there may be an opportunity to assist with mangrove tree planting (only possible in dry season when water levels are low).

After dinner this evening there may be an opportunity to take a moonlit boat trip to watch the fireflies dance along the banks of the Kampot River.

Example framing questions: Why are mangroves so important in this area and why are they being threatened? How did this community organise themselves and how is their work funded? What are the key challenges to preserving the mangroves around Kampot and the south coast? What role do local authorities play in environmental conservation in Cambodia?

**Day 6:** Time to get our dancing shoes on, as this morning we'll be taking part in a fun-filled arts and performance workshop! The workshop is run by a local inclusive arts organisation working primarily with young disabled people, and delivered by a dynamic group of young deaf Cambodians. There will also be an opportunity to learn about the particular challenges young disabled people in Cambodia face, **as well as watch an original dance performance by some of the young people who study at the centre.**

As the sun sets we will gather together to spend some time reflecting on our adventure together, and consider all that we've learned and experienced.

Example framing questions: What is the understanding of disability in traditional Cambodian culture? What resources or opportunities exist for young disabled people here? How might the experience of a deaf person in Cambodia compare to a deaf person in my home country? Have any of my opinions or perspectives shifted? What have I learned about myself? How will this experience influence my future behaviour or choices?

**Day 7:** After a final breakfast together this morning it'll be time to hop back in the bus and make our way to Phnom Penh. Depending on flight times there may be an opportunity for some last minute souvenir shopping, before heading to the airport ready for the flight home.\*