# HELP+CAMBODIA





# 13 DAY CAMBODIAN ADVENTURE

## 1<sup>st</sup>-13<sup>th</sup> November 2025

<u>HELP Cambodia</u> is a Wagga Wagga NSW based charity run by Wagga locals. In 2017 HELP Cambodia built the <u>DCC school</u> in Phnom Penh and funds the ongoing running of the school through local fund raising and a student sponsorship program. The school was also registered as a <u>Rotary Australia World Community Service (RAWCS) project</u>, sponsored by the Rotary Club of Wollundry Wagga Wagga.

Since 2017 we have taken a small group of interested Australians to Cambodia annually to visit our school as well as other small charity projects we support and to see the wonderful sights and learn the terrible history of Cambodia.

Cambodia is an adventure as much as a holiday, and despite its headline attractions like Angkor Wat, its greatest treasure is its people. Even though Cambodia is a very poor country by western standards, the people are warm, welcoming and always happy! Come join us exploring this beautiful spiritual country.

This trip is a truly unique experience as we go far beyond the tourist routes to visit small schools and village families and see the positive impact of Australian and Cambodian charities working in Cambodia.

We will travel to the must-visit places like the capitol Phnom Penh and the spiritual centre Siem Reap, but tourism is not the focus of this trip. You will also spend some of your trip volunteering at our school in Phnom Penh and with other projects that we support including <u>Heartprint</u>.

Start in Siem Reap for 9 nights staying in the luxury of the Bygone Boutique Hotel (a social enterprise of Heartprint), a short tuk tuk ride from the centre of Siem Reap. Siem Reap is a regional hotspot for dining, bars and all things spiritual. Siem Reap is a place to be savoured, not rushed, and Siem Reap will win your heart.

The last three nights of our time in Cambodia is spent in its capital city, Phnom Penh - a name that can't help but conjure up an image of the exotic. Despite its horrific genocidal past, the city has risen from the ashes and is a fascinating place to learn its sad history.

Below (L-R): Students at DCC School. Ankor Wat at sunrise









### **ITINERARY** Sat 1/11 Arrive Siem Reap in the evening. Transfer to Bygone Boutique Hotel Sun 2/11 AM Kampong Phluk water village tour Mon 3/11 AM Heartprint tour, House build handover to recipient family PM (Afternoon) APOPO landmine clearing information centre PM Phare Circus dinner/show Tue 4/11 **AM** Kulen Elephant Sanctuary PM Bon Om Touk (Water Festival) at night Wed 5/11 Rest day (we find with the heat and humidity that a rest day is always welcome) Bon Om Touk (Water Festival) continues and time to visit markets Thu 6/11 AM Angkor Wat sunrise with guide and Tuk Tuk tour of other temples PM Lotus Farm Fri 7/11 Heartprint Community Centre volunteering then a quiet evening before a big day on Saturday Sat 8/11 All Day (depart 7am) - Rural village. Assist with Cambodian Rice Run Lunches with Love program for school students. Elderly Care program tour and visit the Elderly Care Mother House project Sun 9/11 All Day - Kulen Mountain Mon 10/11 All Day - Travel by private bus to the Ohana Hotel, Phnom Penh PM visit our DCC school for a presentation from the students including their traditional Khmer dance Tue 11/11 AM Silk Island + lunch with "locals" on the banks of the mighty Mekong River PM Visit DCC school to observe afternoon/evening classes Killing Fields and Tuol Seng, S21 genocide museum Wed 12/11 PM back to DCC school to deliver a HELP Cambodia lead activity eg mock careers expo Thu 13/11 **AM Markets**

#### TRIP COSTS

PM depart for home.

Trip participants must arrange their own flights to and from Cambodia. Return flights cost around \$1,000 if booked in advance. Accommodation at the Bygone and Ohana Hotels is paid for by guests upon checkout and comes to around \$600 in total. Preferred travel dates are as per the above itinerary, however we can accommodate alternate dates if you let us know in advance.

Each person contributes USD\$500 to the trip "kitty" which covers the costs of many group activities, transport, transfers, meals and participation fees for volunteering activities at DCC school and Heartprint.

Our trips also include a fund raising focus. In 2025 this will be a drive to collect period pants to support a menstrual education program at Heartprint and raise funds to cover the cost of uniforms and school supplies for the DCC students.

#### Pricing Note:

This is a non-profit trip. Pricing reflects the actual costs of transport, drivers, fuel, hotels, meals and guides. All kitty funds not used for trip costs will be donated to DCC school and/or our charity partners.

Places are limited. The group will be capped at 12 to 14 people.

### TRIP PREPARATION

A few months prior to the planned trip date, detailed information will be distributed to all participants covering currency, vaccinations, passports/visas.

We will also hold a pre-trip meeting so that everybody can meet and discuss the details of the trip and ask questions.

All participants must have a Working with Children Check (this can be applied for easily online for no cost for a volunteer).

For more information or to have a chat about the trip please contact Kathy Wallace on 0411 453 016 or email us at help@helpcambodia.com.au

Below (clockwise from top left):
Siem Reap water festival activities. Kulen Elephant Santcuary. Shrine near Preah Ang Thom (Reclining Buddah) pagoda. Tour group, students & teachers at DCC School







