

INSIDE CAMBODIA: MEETING THE PEOPLE – MAKING A DIFFERENCE

Trip Itinerary for November 21st – December 3rd 2011

(subject to minor changes based on availability)

Monday, November 21

Arrive in Siem Reap, Cambodia. As of January 2010, Korean Air had the least expensive airfare and the most direct flights, arriving around 10 pm in Siem Reap. This is subject to change. Eva Air also had direct flights. Most other airlines required an overnight stop in Bangkok. The Friendship with Cambodia Travel Coordinator, Carol Gleason, will help trip participants with pre-trip questions, registration, and travel advice. She is a travel agent and can help you book a flight for the standard travel agent's fee or you can make your own travel arrangements. For those of you who want to arrive early or stay after the FWC tour, she is a great resource.

Tuesday, November 22 (B, L, D)

Breakfast at the hotel.

Morning: Orientation meeting and introductions. Participate in a traditional Buddhist “water blessing” as we begin our journey together. *Cambodia is 95% Buddhist and Buddhism creates a foundation for Cambodian traditions, holidays, and culture.*

Lunch: Sala Bai Restaurant – an NGO* training center for disadvantaged young Cambodians.

Afternoon: We will visit Angkor Hospital for Children. *This hospital was built by Friends Without a Border after the founder, famed photographer Kenro Izu, visited Cambodia. The hospital has given free treatment to over a half million children since opening in 1996. Only 50 doctors survived Cambodia's genocide and there is still a lack of medical care.* Then we will stop at one of the Killing Fields Memorial Sites. *The killing fields are mass gravesites from the genocide (1975 - 1979) and are found all over Cambodia. After the genocide ended, Cambodia had a civil war that lasted 20 years. Today, the country is finally at peace and in the process of recovery.*

Dinner –at the hotel.

*NGO = Non-Governmental Organization - a charitable non-profit organization

Wednesday, November 23 (B, L, D)

Breakfast at the hotel.

Morning: Visit Angkor Thom, a thousand year-old temple with fascinating stories about daily life carved into the stone walls. You will have the option to ride on an elephant. We will also see the wild monkeys.

Lunch: Paul Dubrule Hotel and Tourism School. *Half the students are from poor families.*

Afternoon: Following lunch and a rest, depart for the famous temples of Angkor Wat.

Dinner and evening: Enjoy dinner at La Noria Restaurant, followed by a traditional dance or shadow puppet performance by orphans from the NGO Krousar Thmey, one of Friendship with Cambodia's partner organizations.

Thursday, November 24 (B, L, D)

Breakfast at the hotel.

Morning: Visit Bantey Srey (The Citadel of the Women), one of the most beautiful of the ancient temples, followed by a palm sugar making demonstration, and a stop at the Landmine Museum. *Cambodia has 4 – 6 million landmines in the ground, as the result of 30 years of war. Almost*

everyday someone steps on a mine in Cambodia. But you will be safe; the areas we visit are free of mines.

Lunch: Peace Café – in a garden setting serving fresh and healthy vegetarian cuisine. We will have a guest speaker from About Asian Travel Company, who will talk about their efforts to support the people of Cambodia. *They built the first secondary school in Prey Chrouk about 45 miles from Siem Reap. Cambodia lacks secondary schools in rural areas.*

Afternoon: A short trip out to view Ta Prohm, an enchanting temple ruin still covered by jungle (film site for Tomb Raider starring Angelina Jolie).

Dinner: Shinta Mani.

Friday, November 25 (B, L)

Breakfast at the hotel.

Morning: This morning you will take a boat trip on the Tonle Sap Lake, a unique ecological and cultural treasure where you will see a floating village and visit the Gecko Environmental Center.

When the Mekong River floods during the annual monsoon season, it forces the Tonle Sap River to flow backwards and expands the Tonle Sap Lake five times its normal size. This unusual ecosystem supports over 150 species of fish and has helped make Cambodia the fifth richest fishery in the world.

Lunch: Butterfly Garden Restaurant – building a promising future for underprivileged youth.

Afternoon: This afternoon we will have an optional visit to Artisans d'Angkor silk farm and craft shop, where you will follow the creation of fine silk fabric from the silkworm to the finished product. Artisans d'Angkor is part of an effort to employ rural youth and revive Cambodia's traditional arts, including carving stone sculpture, weaving, and silk painting.

Dinner: For your last evening in Siem Reap, dinner will be on your own, for a little variety.

Saturday, November 26 (B, L, D) Siem Reap to Phnom Penh

Breakfast at the hotel.

Morning: We leave early for the drive to Phnom Penh, the capital city of Cambodia. We will stop to see an 800 year old bridge and stone carving along the way.

Lunch: Picnic on the way Cambodian-style: in a breezy thatch-covered pavilion with hammocks overlooking a lake.

Afternoon: We will check into Frangipani or a similar hotel.

Dinner: Del Gusto Restaurant.

Sunday, November 27 (B, L, D)

Breakfast at the hotel.

Morning and afternoon: Today, we will tour the Royal Palace where Cambodia's king resides. Following the palace, we will have an optional visit to the infamous Tuol Sleng Genocide Museum, a former high school that the Khmer Rouge converted to an interrogation center and prison in 1975 during the genocide. *More than 17,000 people were tortured there before being murdered at the killing fields outside of the city. Pol Pot's brutal attempt to create a society without class resulted in nearly 2 million people dying from execution, starvation, or disease.*

Lunch: Boddhi Tree Restaurant.

Afternoon: We will meet with some of the students we are supporting in university through our partner organization Southeast Asia Development Program.

Dinner: Dinner this evening is at the Friends Restaurant. This restaurant is staffed by former street children (age 16 and older) who are under the tutelage of an Austrian Chef. They serve international tapas and main dishes.

Monday, November 28 (B, L)

Breakfast at the hotel.

Morning: This morning we will visit the Cambodian Women's Crisis Center, a partner organization with Friendship with Cambodia, where we will learn about their program. Human trafficking and domestic violence are major problems in Cambodia. *One out of ten girls is deceived and sold to a brothel. This counseling and vocational training program helps women restore their dignity and confidence to start a new life.* Next is a visit to a fair-trade shop run by a NGO vocational training school for landmine survivors, Rehab Craft Artisans. *Many landmine survivors are farmers and now need a new way of earning a living.*

Lunch: Le Rits Restaurant - a training program for vulnerable women.

Afternoon: The afternoon is free and tuk-tuks (covered open-air carriage pulled by a motorcycle) will be provided for your adventures around town. You can ride along the riverfront and stop for a drink at the breezy Foreign Correspondents' Club, visit Wat Phnom – a local park with wild monkeys and an elephant. Get another massage by the blind, write postcards, or go shopping.

Dinner: On your own.

Tuesday, November 29 (B, L, D) Phnom Penh to Kampot

Breakfast at the hotel.

Morning: We will visit the street children's shelter run by Krousar Thmey, an organization that Friendship with Cambodia supports. *There are more than 10,000 street children in Cambodia. Poverty and domestic violence drive children to leave their homes and live on the streets. Some of the children are orphaned from AIDS. These children are vulnerable to trafficking, where they could be sold to a brothel and kept as slaves. Friendship with Cambodia supports a shelter that helps the children stabilize their lives and gives them a loving home and an education.* Then we will drive to Kampot, a provincial capital city near the coast, with a stop to see roadside prayer shrines.

Lunch: Box lunch.

Afternoon: After arriving, we will check into Little Garden Guesthouse or a similar hotel. Kampot is in rural Cambodia and accommodations will be comfortable but basic. En suite bathrooms are provided.

Dinner: Little Garden Restaurant.

Wednesday, November 30 (B, L, D)

Breakfast at the hotel.

Morning: We will meet rural women's self-help groups and visit the homes they built through their savings and micro-credit program supported by Friendship with Cambodia. Our hosts are the staff of DKA, one of the 10 small rural NGOs assisted by Southeast Asia Development Association (SADP). *Friendship with Cambodia works closely with SADP to help people living in extreme poverty in rural areas. We provide small loans for women; start-up funds for rice banks and women's self-help groups; support for children to attend school; seed money to build houses, wells and schools; matching grants to buy cows, fishing boats, or motorcycles; and partial operating costs for community forestry and fishery associations.*

Lunch: Ta Ouv Restaurant, which is located on stilts over the river.

Afternoon: The afternoon is free to explore on your own.

Dinner: Rikitikitavi Restaurant.

Evening: A sunset boat ride in the shallow tidal flats. We will see the night fishermen wading through the water with their nets under the stars.

Thursday, December 1 (B, L, D)

Breakfast at the hotel.

Morning: This morning you will have the unique opportunity to learn about village life and meet a few of the students Friendship with Cambodia is sponsoring in school. *In Cambodia, only 12% of the students who start school graduate from high school. Generally they are pulled out of school to work the family farm or elsewhere. We help them continue their schooling and encourage them to go to college.*

Lunch: Epic Arts Café.

Afternoon: This afternoon we will have a “wrap-up” meeting and discuss ideas for post-tour activities and presentations.

Dinner: Jasmine Restaurant.

Friday, December 2 (B, L, D) Kampot to Phnom Penh

Breakfast at the hotel.

Morning: We leave early this morning to drive back to Phnom Penh.

Lunch: Lotus Blanc Restaurant – a training program for youth who used to live off the garbage dump but now have promising futures.

Afternoon: We will visit the National Museum (ancient stone sculptures) and the Ta Prohm fair-trade gift shop.

Dinner: Romdeng Restaurant - farewell dinner.

Saturday, December 3 (B)

Breakfast at the hotel.

Check out of your hotel. We will transfer you to the airport for your return flight home.

For those of you with evening flights, we will have optional activities.

* * * * *

Trip Dates: November 21st – December 3rd, 2011.

Trip cost: \$2500 includes meals as stated, hotels, guides, and in-country transportation and is based on 8-20 trip participants. Airfare is additional. *\$1000 of the trip expense is tax-deductible.*

Register early with a non-refundable deposit of \$250 to reserve your place. The deposit deadline is August 21, 2011. Late applicants maybe accepted based on availability. Full payment is due September 21, 2011.

Friendship with Cambodia is a non-profit organization that supports humanitarian projects in Cambodia.

For more information: Carol Gleason, Travel Coordinator (541) 752-3959 cigleas@comcast.net
Friendship with Cambodia, PO Box 5231, Eugene, OR 97405 www.friendshipwithcambodia.org