

A HELPING HAND FOR CAMBODIA

Sample Trip Itinerary – 12 Nights

Monday

Arrive in Siem Reap, Cambodia and check into Frangipani Green Garden Hotel

Tuesday

Breakfast at the hotel.

Morning: Orientation meeting and introductions. Visit Wat Bo and 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 take a brief city tour.

Dinner: At our hotel.

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

Wednesday

Breakfast at the hotel.

Morning: A trip to Ta Prohm, an enchanting temple ruin still covered by jungle (film site for Tomb Raider starring Angelina Jolie). We will stop and listen to traditional Cambodian music and played by landmine survivors and talk to the band members.

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 and shadow puppet performance by orphans from the NGO Krousar Thmey, one of Friendship with Cambodia's partner organizations.

Thursday

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.

Afternoon: Visit Angkor Thom, a thousand year-old temple with fascinating stories about daily life carved into the stone walls. We may see the wild monkeys.

Dinner: At Marum (a training program for former street children run by Friends International)

Friday

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. *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: Common Grounds Coffee House – run by a humanitarian aid organization

Afternoon: This afternoon we will visit 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 youth with disabilities and youth from rural areas to 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 so you have time to explore.

Saturday - Travel from 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: Lunch will be Cambodian vacation style: in a breezy thatch-covered pavilion with hammocks overlooking a lake.

Afternoon: We will check into Frangipani Royal Palace Hotel - located near the National Museum, the Royal Palace, and the Riverfront.

Dinner: Bodhi Tree Umma Restaurant.

Sunday

Breakfast at the hotel.

Morning and afternoon: Today, we will tour the Royal Palace where Cambodia's king resides. Following the palace, we will 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: Sugar and Spice – a rehabilitation program by Daughters of Cambodia for former sex-workers

Afternoon: We will meet with some of the students we are supporting in university.

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

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 programs to address human trafficking and domestic violence. *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 after their accident they need a new way of earning a living.*

Lunch: Café Yejj - a training program for vulnerable women.

Afternoon: Visit the Killing Fields Memorial. *The killing fields are mass grave sites 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.*

If you prefer to have the afternoon off, you can relax at the hotel or we will help you hire a tuk-tuk (covered open-air carriage pulled by a motorcycle) for your adventures around town.

Dinner: On your own.

Tuesday - Travel from 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 this 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 from Java Café.

Afternoon: After arriving, we will check into Kampot Riverside Hotel. Kampot is in rural Cambodia and accommodations will be comfortable but basic. En suite bathrooms are provided.

Dinner: At our hotel.

Wednesday

Breakfast at the hotel.

Morning: We will visit a village, learn about rural life, and meet with one of Friendship with Cambodia's Women's Self-Help Group and learn about their micro-credit program. *Friendship with Cambodia works to empower people living in extreme poverty in rural areas.*

Lunch: box lunch

Afternoon: Cooperative service project in the rural village. Details to come.

Dinner: Rikitikitavi Restaurant.

Thursday

Breakfast at the hotel.

Morning: Travel to the quiet seaside town of Kep. Take a 20 minute ride in a long tail boat to Rabbit Island. Enjoy this undeveloped island with beautiful beaches, swimming, and snorkeling. Relax in the shade in a hammock.

Lunch: On Rabbit Island

Afternoon: On the way home we will visit a pepper plantation (*Kampot grows world famous black pepper*).

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

Friday - Travel from 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: Visit Tabitha's fair trade craft shop that trains and employs destitute women. Tabitha is one of Friendship with Cambodia's partner organizations. We have contributed to their Savings Program and to the construction of the first women's hospital in Cambodia.

The rest of the afternoon is free. You can hire a tuk-tuk to ride along the riverfront and stop for a drink at the breezy Foreign Correspondents' Club, visit Wat Phnom – a popular local park with a temple, a monument to Madame Penh, wild moneys and an elephant. Get a massage by the blind, write postcards, or go shopping. Some of you may want to go to the National Museum to see sculptures and artifacts from Angkor Wat.

Dinner: Romdeng Restaurant (run by Friends International - helping street children) - farewell dinner.

Saturday

Breakfast at the hotel.

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

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

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