



# CAMBODIA - KULEN MOUNTAIN, ANGKOK WAT & ELEPHANT CONSERVATION (13 NIGHTS)













We believe in the power of extraordinary experiences. They allow us to see ourselves, others and the world differently, and develop our confidence, independence and resilience.

#### 13 NIGHT EXPEDITION & CAMBODIA

Explore Kulen Mountain, experience Angkor Wat and contribute to elephant conservation. With you and your team tackling fresh challenges each day, this once-in-a-lifetime experience proves just how much you're capable of. It could change the way you see yourself and the world, forever.



# DAY 1

ARRIVE IN SIEM REAP

Sleep: Hostel



Touch down in the cultural city of Siem Reap. You've made it to Cambodia – home of the historic Khmer Empire and the mighty Mekong River.

Make sure you get some rest after your flight. You're about to take the road less travelled and experience the places you've been dreaming about.

Ancient treasures, welcoming communities and colourful cities – they're all here, waiting to be explored.



#### TRAVELLING RESPONSIBLY

REMEMBER, YOU'RE MORE THAN A TOURIST IN THIS PLACE. YOU'RE PART OF A TEAM OF GLOBAL CITIZENS, EMBRACING DIVERSITY AND COMMITTED TO LIFELONG LEARNING.

STAY OPEN TO OPPORTUNITIES, CONTRIBUTE WHERE YOU CAN, AND CONNECT WITH THE MANY PEOPLE YOU MEET ALONG THE ROAD.



Wake up Siem Reap and jump into expedition life. Meet the ground team, get to grips with the currency (Cambodian riel) and head out to buy a SIM card for the team phone.

Jobs done, it's time to explore. Siem Reap's name means 'Siam defeated', which refers to a 16th-century Khmer victory over what is now Thailand. As you walk along the city's tree-lined boulevards, look for the old French shop-houses and 'naom banchok'



noodle stalls - these thick rice noodles are served with seafood broth or chicken curry. Yum!

Next, head to the boutiques and riverside walkways, or join an optional boat or kayak trip on Tonle Sap Lake – the largest freshwater lake in Southeast Asia.

#### PLAN AHEAD

NOW'S YOUR CHANCE TO BOOK ANY OPTIONAL ACTIVITIES. CHAT WITH THE GROUND TEAM AND GET PLANNING!

# DAY 2



Sleep: Hostel





## **DAYS 3-5**

#### KULEN MOUNTAIN

Sleep: Hostel, camp

Travel: Transfer 1.5hrs to start point, transfer 1.5hrs back to Siem Reap

Trek: 3 days

Boots on, time to trek – you're about to tackle Cambodia's most sacred mountain range, where Jayavarman II is said to have founded the Khmer Empire.

Your team just got bigger. Meet your local guides and cooks. They're insanely experienced, so listen to their stories and learn everything you can from these mountain masters.

Travel to your start point at the base of Kulen Mountain and set off past villages, waterfalls and bat-filled

caves. Take it in turns to lead the team as you trek deeper into the forest.

Along the way, you'll discover the Beng Mealea temple ruin, the Sras Damrei elephant shrine, and a huge reclining Buddha. At night, pitch your tents, chat with your guides and help out with the cooking.

After three days of trekking, crash out on the journey back to Siem Reap. You'll sleep like a log tonight.

# DAY 6

#### ANGKOR WAT

Sleep: Hostel

Back in Siem Reap, prepare to timetravel to the greatest city of the Khmer Empire - Siem Reap sits right next to the famous Angkor temples.

Maximise your time by watching the sun rise over this mindblowing complex. Angkor Wat is just incredible, and you may recognise Ta Prohm temple from the Tomb Raider movie. There's also the Terrace of the Elephants, Palace of the Leper Kings and 54 towers of the Bayon Temple.

#### ANGKOK WHAT?

THE ANGKOR COMPLEX BOASTS JAW-DROPPING RELICS OF THE KHMER EMPIRE. WITHIN THE RUINS, ANGKOR WAT IS ONE OF THE WORLD'S BIGGEST TEMPLES.









## **DAYS 7-10**

# ELEPHANT CONSERVATION

Sleep: Hostel, dorms

Travel: Transfer 8-10hrs to Mondulkhiri province, transfer 30mins to the sanctuary This is the moment you've been waiting for. It's time to meet the elies. First, you'll need to travel to the capital of Mondulkhiri province. After a night in the town, it's a short trip to the sanctuary (30mins).

The first of its kind in Cambodia, the sanctuary rescues elies from harmful tourist activities, like elephant riding, and helps to rehabilitate them.

Meet the conservation experts, learn about the elies' stories and find out how they're nursed back to health. Follow your guide into the forest and look for the herd - there they are, grazing in the clearing. Observe the elies, follow them on foot and learn more about their forest home.

Next, join the staff to help keep the sanctuary running – lend a hand with reforestation, have a go at banana harvesting and help out with maintenance work at the basecamp.

#### LIFE ON LAND

CONTRIBUTE TO AN INITIATIVE THAT AIMS TO REVERSE BIODIVERSITY LOSS AND PROMOTE THE SUSTAINABLE USE OF ECOSYSTEMS.

### DAYS 11-13

## PHNOM PENH & THE SUN BEARS

Sleep: Hostel

Travel: Transfer 6hrs to Phnom Penh, day trip from Phnom Penh



Pile back into the transfer vehicle and strike southwest to Phnom Penh welcome to Cambodia's capital!

Take a day trip south of the city (a 90-minute drive) to a special sanctuary that supports endangered sun bears, saved from the illegal wildlife trade. Meet the keepers and help out with conservation work - this could involve anything from cleaning the bear dens to preparing food.

Back in the capital, you've got a full day to discover the buzzing streets,



French-colonial architecture and ornate temples. Feeling hungry? Seek out some fish curry and mango salad.

Learn more about the Khmer Rouge regime and Cambodia's tragic history – it's a disturbing but important story. Take a deep breath and enter the Tuol Sleng Genocide Museum – this former school was a torture centre, where more than 20,000 people were held. Continue to the Choeung Ek Memorial, where the stupa contains thousands of human skulls. This is the site of the Killing Fields.

# **DAY 14**

\*\* TRAVEL HOME FROM PHNOM PENH

After the best two weeks of your life, it's time to travel home. Cram everything into your backpack and head to the airport.

Check in, sit back and let it all sink in. You've just experienced something incredible. Cambodia has opened your eyes and challenged you more than

you ever imagined. You've fast-tracked your life skills and connected with locals; you've led your team and made new friends for life.

These experiences will shape who you are and put you on the path to becoming a true global citizen. Prepare to return home forever changed.



# WE CARE ABOUT EDUCATIONAL OUTCOMES.

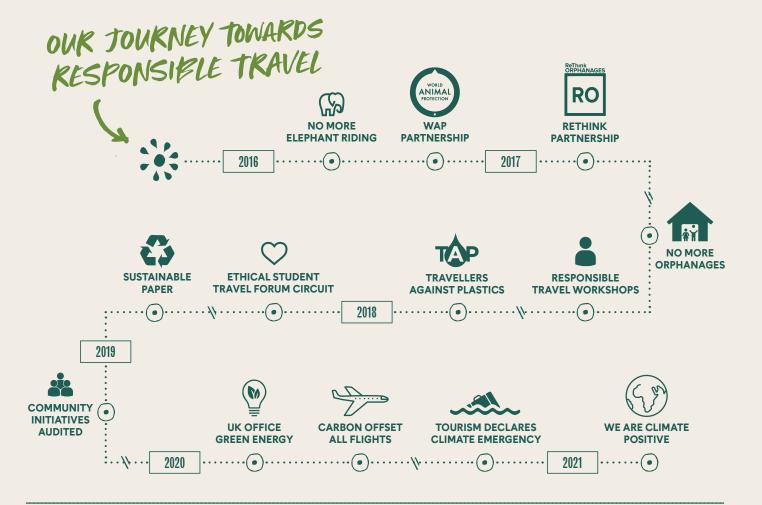
- Students will gain a greater understanding of how to act for a more sustainable future, at both local and global levels.
- Students will be immersed in different cultures and experiences, growing to understand their role within our global community.
- Students will be **challenged to think critically about topical issues** that affect
  our past, present and future around the
  world.

- Students will be **empowered to build on their self-care strategies,** enhancing their
  physical and mental wellbeing.
- Students will experience and reflect on the power of being pushed outside of their comfort zone, allowing the development of initiative, confidence, and resilience.
- Students will **build a deeper connection to their own identity & personal values**,
  developing their independence and sense
  of self.



EXPERIENTIAL LEARNING

SUSTAINABLE DEVELOPMENT GALS





# SPARKING GREATER POSSIBILITY

CONTACT US

weareworldchallenge.com