



Discover Cambodia: No Barriers Leadership & Service Expedition 2019

Monks stroll by clad in saffron-colored robes and magnificent temple ruins tell the story of a bygone era. From the country's delicious cuisine and heart-wrenching history to its compelling spirituality and warm and welcoming people, Cambodia is a truly unique and powerful destination. Travelers come from all over to explore Angkor Wat, the world's largest religious monument, often referred to as the "temple that is a city." Cambodia is a cultural and sensory delight sure to reward the intrepid traveler. This program gives an authentic look at the heart of a vibrant and resilient culture, illuminates community development efforts and economic empowerment issues, and highlights the connections between our planet and all of humanity. Through it all, you will discover yourself as a leader who serves and a passionate global citizen.

DATE	OVERNIGHT LOCATION
Day 1 -Wednesday, June 5	Travel Day
Travel Day - Depart Denver for your international flight to Cambodia!	
Day 2 - Thursday, June 6	Travel Day
Travel Day - In Flight with typical layovers in Thailand, China, or South Korea.	
Day 3 - Friday, June 7	Phnom Penh
<p>Morning</p> <ul style="list-style-type: none"> Arrive in Phnom Penh where you will be met by your Local Guide and No Barriers Expedition Leader, who will transfer you to your hotel to drop off luggage and freshen up. <p>Afternoon</p> <ul style="list-style-type: none"> Safety and orientation briefing with your Local Guide, followed by lunch at a local restaurant and then a walking tour of the area, including a visit to a local market. <p>Evening</p> <ul style="list-style-type: none"> No Barriers Opening Ceremony with your Expedition Leader. Dinner and overnight in Phnom Penh at Asia Tune Hotel or similar. 	
Day 4 - Saturday, June 8	Phnom Penh
<p>Morning/Afternoon</p> <ul style="list-style-type: none"> Breakfast at the hotel before spending exploring the city and spending time with students from the SSI Leadership Academy. Tour of the neighborhood Pagoda, where you will have the opportunity to receive a blessing of good fortune during your time in Cambodia, followed by a walk through the local market and lunch at a nearby restaurant. Return to the SSI Leadership Academy for an afternoon of cultural exchange, including cultural show & tell, trying the students' favorite dishes, and playing games. SSI is a Colorado-based, 	



non-governmental organization founded in 2001 that works to bridge gaps in access to education in Cambodia.

Evening

- Overnight Phnom Penh at [Asia Tune Hotel](#) or similar.

Day 5 - Sunday, June 9

Phnom Penh

Morning

- Explore Phnom Penh with your Local Guide, starting with a visit to the **National Museum of Cambodia** and then walk next door to the **Royal Palace** complex, which was built in the 1860s and is still in use today!

Afternoon

- Enjoy lunch at the **Friends Restaurant**, which provides underprivileged street children with the opportunity to gain first-hand experience in hospitality. Not only is the food delicious but all profits are reinvested into the Training Centre activities.
- Visit the **Tuol Sleng Prison**, housed in a high school, to glimpse the devastating horrors that prevailed during Cambodia's ultra-radical Marxist movement. This excursion may prove distressing for some, but it is an important piece of Cambodia's recent past.
- Finish your afternoon with an excursion to **Choeung Ek**, also known as the "killing fields."

Evening

- Enjoy a traditional Cambodian dinner in the city before returning to your hotel for a **Group Reflection Activity**. Overnight Phnom Penh at [Asia Tune Hotel](#) or similar.

Day 6 - Monday, June 10

Phnom Penh

Morning/Afternoon

- Enjoy a boat ride to Silk Island (30-45 mins from Phnom Penh) and **service project with local school or non-profit**.
- Finish your project around midday then do some classroom activities with local students (computer lesson/ English class).

Evening

- Dinner at a local Cambodian restaurant followed by free time.
- Overnight Phnom Penh at [Asia Tune Hotel](#) or similar.

Day 7 - Tuesday, June 11

Village Stay

Morning/Afternoon

- Depart for the **village of Sambor Preikuk** and stop at Skun along the way. This is a great place to experience the local specialty of **fried spiders and grubs** - this is optional, of course, but does make for a great photo!
- After checking in to your guesthouse and getting to know your hosts, you will have an opportunity to visit the ruins of the local temple in Sambor Prei Kuk. This region was once the important capital of the Chenla Kingdom. The temple ruins are vast and not frequently visited so you will have the opportunity to really explore. Then continue to get to know more about rural life in Cambodia, including the **amazing craft of making rice noodles**, browse the handicrafts of local artisans and visit the local market.

Evening

- Enjoy a traditional Khmer-style dinner together and get to know the community. The families



are very excited to share their culture with you and also love to learn about your interests and life back home. Return to your guest house and rest - most people go to sleep pretty early in the village and wake up early!

Day 8 - Wednesday, June 12

Village Stay

Morning

- Breakfast at guest house and prepare for the day in the village. You will help the family you are staying with **make bamboo sticky rice** - a popular local Cambodian snack. Your work includes cleaning and cutting bamboo, cleaning the sticky rice, preparing the ingredients and making a fire to cook with. After the rice is perfectly cooked, you can enjoy your snack!
- Activities this afternoon may include **fishing, visiting the local pagoda to learn about buddhism or playing soccer with local students** at Kampong Chheuteal high school.

Evening

- Group dinner and return to your guest house for your second night in the village.

Day 9 - Thursday, June 13

Siem Reap

Morning

- Enjoy a group breakfast before beginning your drive to Siem Reap. Along the way, stop briefly at the **ancient bridge of Spean praptos**.

Afternoon

- Stop for lunch on the way to Siem Reap. In the afternoon, join a workshop at **Phare, the Cambodian Circus**. Phare is a social enterprise developed by locals to help some of the poorest young people find a way of income and give them hope. In this one-hour workshop, meet a few of the performers, who have become local celebrities, and have a lesson on one of the disciplines of being a performer, which include juggling, balancing and many others.

Evening

- After the workshop, enjoy dinner and then **see the actual Phare show**. See stunning acrobatics, thrilling storylines and great humor for a fantastic night out!
- Overnight in Siem Reap at [Mother Home Inn](#) or similar.

Day 10 - Friday, June 14

Siem Reap

Morning/Afternoon

- Explore the remote Cambodian countryside seen by few travelers. Experience a special day of interaction with local children who participate in projects sponsored by the [Cambodia-Dutch Organization](#) (CDO), a non-profit that works on community development projects. Tour the health center and then proceed to a primary school to meet with a class, if school is in session. The children of this school are eager to learn English and to learn about the world outside Cambodia and welcome visitors with enthusiasm!

Evening

- Visit the **Old Market** (Psar Chaa) and have free time to explore or shop.
- Relax at hotel, enjoy a dip in the pool, and dinner and overnight in Siem Reap at [Mother Home Inn](#) or similar.

Day 11 - Saturday, June 15

Travel Days



Morning

- Visit the **South Gate of Angkor Thom** and the temples of Bayon, Baphoun, Phimean Akas, The Royal Enclosure, Terrace of Elephants and Leper King.

Afternoon

- The whole afternoon is set aside for a visit to the main temple, **Angkor Wat**. Angkor Wat is one of mankind's greatest achievements, and the intricate carvings at the temple of Angkor Wat demonstrate the skill of the Khmer builders. It was constructed in the jungle in the early 12th century, then - two centuries later - was mysteriously abandoned by the Khmer civilization. Lunch and continue to explore Angkor Wat and its vast temples after lunch.

Evening

- Finish the day with an unforgettable sunset atop one of the special places Angkor Wat and have your **No Barriers Closing Ceremony**.
- Overnight in Siem Reap at [Mother Home Inn](#) or similar.

Day 12 - Sunday, June 16

Travel Days

Travel Day - Depart Siem Reap for international flight home, arriving the same evening.

WHAT'S WITHIN YOU IS STRONGER THAN WHAT'S IN YOUR WAY.

**This is a draft itinerary and is subject to change until final itinerary is confirmed approximately 60 days prior to departure. We will stay as close as possible to the outlined itinerary, and we ask that the group be flexible in unpredictable circumstances.*

Price per Participant: \$3495 with registration prior to 9/30/18. \$3695 for registration from 10/1/18 - 12/16/18.

Price includes:

- Pre-departure programming with an experienced Group Leader who also travels with the group
- No Barriers t-shirt, water bottle, and journal for each participant, as well preparatory materials
- Round trip international airfare
- No Barriers Expedition Leader with the group full time from arrival in the country to departure
- Private ground transportation (bus or van) in country from arrival to departure
- Overnight accommodations during the expedition
- All group meals (B/L/D) and bottled/purified water throughout program
- Professional English-speaking guides with group each day
- Customary tips for expert guides, coach drivers, supporting guides/experts, etc.
- Cultural/educational activities (subject to availability in specified location)
- Entrance and activity fees to important sites, museums, landmarks, etc.
- Emergency contact list of hotels, hospitals, and police stations in locations to be visited
- Registration of all US residents with the US State Department Smart Traveler Enrollment Program
- 24/7 emergency support team on call to support all groups in the field

Price does not include:

- Required travel documents - Passport, visas, etc.
- Optional Travel / Trip Cancellation insurance
- Airline fees (baggage fees, upgrades, etc) *if applicable*
- Personal spending money & expenses, and food and snacks apart from the meals provided