



TRIP NOTES

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# BELIEVE ACHIEVE INSPIRE

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**CAMBODIA COMMUNITY  
CHALLENGE  
CAMBODIA**

Sat 06 Oct - Sun 14 Oct 2018







## In aid of Age UK & Barnardo's

06 Oct - 14 Oct 2018



### 9 DAYS | CAMBODIA | CHALLENGING

Cambodia is one of the poorest countries in Southeast Asia. Limited education in rural areas is a major impediment to realising development goals. The limited access does not only affect the quality of education but also healthcare, economic and community development. Rapid population growth exacerbates the problem. You will be contributing to the strengthening of the community. The reduction of poverty throughout a community by starting with education benefits everyone from the young to the elderly.

- Help build a new school for community in need
- Raise vital funds for Barnardo's and Age UK
- Embrace and learn about a new culture
- Contribute to strengthening a rural community
- Get out of your comfort zone and challenge yourself

## YOUR CHALLENGE DAY BY DAY

### DAY 1 Sat 06 Oct

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#### International departure

Your Charity Challenge leader will be at the airport to welcome and assist you with your flight check-in plus answer any last minute questions before your flight from London to Siem Reap, via Bangkok.

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### DAY 2 Sun 07 Oct

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#### Arrival in Siem Reap

You will land in Bangkok, Thailand and then catch a connecting flight to Siem Reap, Cambodia and transfer to your hotel. This evening, the local community Challenge Leader will brief you on the Community Project build with your UK team and any local health and safety procedures of which you should be aware.

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### DAY 3 Mon 08 Oct

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#### Introduction to community and build site

Breakfast will be served early and you will then head out to the building site. At the beginning of each working day, you will be briefed on the specifics of the challenge and tasks ahead including the respective safety and training aspects of each activity. The days will be scheduled around the local working hours and appropriate temperatures. Lunch, water and snacks will be provided on-site and shared with all members of the building team. Overnight in the homestay.

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### DAY 4 Tue 09 Oct

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#### Building lessons

After breakfast and your morning brief, you will be split into teams and tasks will be delegated to you by the construction managers. The tasks will be physical and may include a range of activities from; digging foundations, chipping rocks, lifting and laying blocks, rendering walls, mixing cement, concrete or render, sieving sand, moving materials around the site, and setting window or door frames. Overnight in village homestay.

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### DAY 5 Wed 10 Oct

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#### Progress

Another day of good old-fashioned but satisfying hard graft. With some newly learned skills, you will be progressing with the construction of the school alongside the community members and your teammates. Lunch may provide you with an opportunity to exchange stories within the community, relax or if you are feeling energetic enough to kick a ball around for a quick game of five-a-side. Football is an international language and loved by all. Overnight in village homestay.

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**DAY 6** Thu 11 Oct

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**The bigger picture**

You should start to see your team's work come together and the shape of the building slowly taking place. An open mind and enthusiasm are key; every task you undertake whether it is sifting sand, removing or placing dirt, mixing cement by hand or passing buckets of mortar to another team member contributes to the bigger picture of providing sheltered education. It is a tremendously inspiring process to be involved in. Overnight in village homestay.

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**DAY 7** Fri 12 Oct

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**Last day of the build**

Today will be your last day on the worksite. You will have forged new friendships within your team and the community, so emotions will be running high as the time comes to say goodbye. Transfer back to Siem Reap and spend an evening of celebration and relaxation in your hotel.

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**DAY 8** Sat 13 Oct

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**Angkor Wat**

The day begins at the South Gate of Angkor Thom to explore the centrepiece of this ancient city, the Bayon. The Bayon encloses 54 towers decorated with more than 200 enigmatic, smiling stone faces. The morning tour also visits the Royal Enclosure, Phimeanakas, the Terrace of Elephants and Terrace of Leper Kings, as well as Ta Prohm Temple. Afterwards, enjoy a relaxed lunch in Siem Reap before heading to the famous Angkor Wat - best preserved of all the Angkor temples. In the afternoon transfer back to your hotel, freshen up and get ready to leave for the airport and return to the UK via Bangkok.

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**DAY 9** Sun 14 Oct

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**Arrive back UK**

Reflect on your experience, the team's achievements and start thinking about your next challenge.

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**NB**

This itinerary may change depending on accommodation availability. We will do our very best to keep to the set itinerary; however, we cannot be held responsible for any last minute changes that might occur. In all such circumstances, your expedition leader will have the final say.

### Minimum sponsorship

Registration fee of **£395** when you book.

Raise a minimum of **£4,000** for Age UK & Barnardo's (includes £2000 match fund from Santander)

Please note that you can pay your registration fee in two instalments. Refer to 'The Details' below.

### What's included?

#### Before you go:

- Discount on personal equipment from Outdoorhire and Cotswold Outdoor.
- Access to your own password protected account including support materials

#### On your challenge:

- All ground staff including English speaking challenge leader and construction supervisor, drivers, cooks and homestay hosts
- Entrance fees to national parks or other places of interest visited on the itinerary
- Accommodation during the challenge
- A Charity Challenge T-Shirt
- Three meals a day (unless otherwise stated in the itinerary)
- International flights to and from the UK
- Full support including first-aid qualified staff and first-aid supplies
- All internal transfers

### What's not included

#### Before you go:

- Travel to and from the UK airport of departure
- Visa
- Personal items listed on the kit list
- Vaccinations (please check Trip Notes for requirements)
- Travel Insurance (you can buy at the time of booking or in your Account Area, or provide your own policy details)

#### On your challenge

- Tips
- Departure Tax (if applicable)

## The details

### Registration fee in instalments

The first instalment of £200.00 is due at the time of booking. The second instalment of £195.00 will automatically be debited from your credit/debit card 31 days after you book. We can only accept payment for your registration fee by instalments if you book and pay online. Please note that when paying your registration fee in instalments, a £10 admin fee will be added to your first registration fee payment. Please note that your booking will not be processed (and we will not send an authorisation request to your charity) until we receive the payment for your second instalment. Your place on the challenge will only be held until 31 days from your initial booking. If we are unable to take your second instalment, your booking will be cancelled and normal cancellation terms will apply.

### Typical group size

The typical group size is 21 - 40 participants

### Optional extras

- Single room supplements for hotels
- Business class upgrades\* (\*subject to availability)
- Travel insurance

We can provide a comprehensive travel insurance policy for this challenge which provides cover for medical (emergency, evacuation and repatriation), cancellation and curtailment and specifically covers the activities undertaken during the challenge. You can take this out when booking. The cost is £78.00.

### Why do a community challenge?

"Education is a fundamental human right and essential for the exercise of all other human rights. It promotes individual freedom and empowerment and yields important development benefits. Yet millions of children and adults remain deprived of educational opportunities, many as a result of poverty." UNESCO

Cambodia is one of the poorest countries in Southeast Asia, with limited education in rural areas and a rapidly growing population. This is leading to overcrowding in classrooms and stretching resources within schools.

This challenge will see participants help construct buildings at a school located near Siem Reap. You'll live and work with the local community to help increase the school's capacity and improve the quality of learning for its students.

It will be both physical and emotional but all you need is an open mind, a lot of enthusiasm and a willingness to make a difference. By helping build these classrooms you'll not only be helping its current 432 students but ensuring the school is well equipped as the numbers rise to almost 600 in the next 5 years.

You will never be asked to do anything outside of your physical capabilities and teamwork will be encouraged at all times. No volunteer will ever be made to feel they have to do something they are not happy or comfortable doing. If you feel you are unable to do what you have been asked, please speak to your construction supervisor or challenge leader and they will do their best to find you something else.

### Accommodation & Toilets

During the project, accommodation will be in homestay style community house with dormitories. Your homestay will be hosted by a member of the community who has volunteered their home and been through a vetting process. Mattresses, pillows and mosquito nets will be provided. You will be sharing with people of the same gender. When staying in towns or cities you will be staying in hotels on a twin share basis. Toilets are either squat style or western.

### Climate

The dry season in Cambodia runs from October to April, and the wet season from May until September, with the heaviest rainfall generally in August & September. Average temperatures range from 24°C in the cooler months of October, November & December to 35°C at the hottest time of the year from March until June.

### Passport

Your passport should be valid for a minimum period of 6 months from the date of entry into Cambodia. Entry is normally refused if you have a damaged passport or pages missing.

Your passport should also be valid for a minimum period of 6 months for any subsequent renewal or extension of your visa applied for from within Cambodia.

## Money

ATMs are available in Siem Reap and in some other major towns. Take care when withdrawing cash and be aware of your surroundings. Not all ATMs and banks accept foreign debit and credit cards. Check with your bank before you travel. Credit cards aren't widely accepted, but some hotels and businesses in larger cities will accept them. Travellers cheques can be exchanged at some banks and bureaux de change.

The US dollar is the main currency used in Cambodia. Prices in hotels, shops and restaurants are quoted in US dollars. Cambodian Riels are used only as small change at a rate of around 4000 Riels/US\$1.

## Flights

You will be flying from London to Siem Reap via Bangkok. Your flight info can also be found in your Account Area under 'Flights'. Your flight tickets will be issued to you upon departure at the airport.

### Outbound

Thai Airways TG911

Depart London Heathrow T2 on 06/10/2018 at 12:30

Arrive Bangkok on 07/10/2018 at 05:45

Thai Smile Airways TG2588

Depart Bangkok on 07/10/2018 at 07:45

Arrive Siem Reap on 07/10/2018 at 08:50

### Return

Thai Smile Airways TG2591

Depart Siem Reap on 13/10/2018 at 21:25

Arrive Bangkok on 13/10/2018 at 22:30

Thai Airways TG910

Depart Bangkok on 14/10/2018 at 00:55

Arrive London Heathrow T2 on 14/10/2018 at 07:55

If you choose to book your own flights please confirm with the Charity Challenge office prior to booking any flights, otherwise, you may be liable for your included group flight cost. Contact [flights@charitychallenge.com](mailto:flights@charitychallenge.com) for any further info or intent on booking your own flights. For any general flights questions, please refer to our main FAQs page.

## Visa

Tourist visas are available on arrival at the Phnom Penh or Siem Reap international airports, for \$30. If you wish to get a visa on arrival you should arrive with a passport photograph. You can also [get an eVisa online](#) before you travel.

Visa fees, conditions and photograph requirements are subject to change. Check the [Royal Cambodian Embassy](#), or the [Ministry of Foreign Affairs & International Co-operation website](#) for the latest information on fees, conditions and photograph requirements and on how to apply for an e-visa.

Tourist visas issued by a Royal Cambodian Embassy abroad may appear to have a longer validity than 1 month. The



validity of the visa refers to time you have to enter Cambodia. The visa is valid for 30 days from the actual date of entry into Cambodia. Make sure your passport is stamped on arrival, and keep the departure form. If you lose your departure form, you'll need to let your challenge leader know and contact immigration officials before you leave the country to make alternative arrangements.

### Vaccinations

For up to date vaccination information please check the Travel Health Pro website  
[https://travelhealthpro.org.uk/country/49/china#Vaccine\\_recommendations](https://travelhealthpro.org.uk/country/49/china#Vaccine_recommendations)

The Charity Challenge team are not medical experts and we would encourage you to visit your GP or travel nurse to discuss vaccination requirements. Your GP may ask questions about the specific locations that you are visiting so it may be useful to take a copy of your itinerary with you.

### Insurance

It is a condition of travelling with Charity Challenge that you have a suitable travel insurance policy which covers you for your entire challenge. We have a special policy which covers among other things, medical (emergency, evacuation and repatriation) arrangements, cancellation and curtailment of the challenge, and more specifically for the adventurous activities undertaken on this challenge.

If you have your own travel insurance policy, you must ensure that it provides at least the same level of cover as our recommended policy, including protecting the charity in the event of your cancellation 56 days or less prior to departure. If you choose not to purchase our recommended policy when you book we will send you a disclaimer which you must complete and return to Charity Challenge prior to travel.

### Luggage

The luggage allowance is 1 piece at 23kg. Please only pack what you really need for the trip. It is also easy for loading into the coaches to have a soft-shelled bag. You may also wish to consider having a padlock for your bag.

### Leadership

There will be a UK leader and UK construction supervisor who will be managing the group and leading the project build. There will also be a local foreman and several local construction workers to help with the teams. In addition, there will be a Santander representative overseeing the trip.

### Clothing & equipment

You will be provided with a kit list with recommended clothing and the appropriate personal protective equipment (PPE), which you will need to purchase.

Please also dress with cultural sensitivity, when visiting temples and in the homestays you will need to cover your legs and shoulders.

### Food & drink

Food will be provided by the local community and will be typically Cambodian. There will be vegetarian options provided, although the choice is more limited. All participants but especially those with personal eating restrictions should bring snacks to supplement their meals. You may also wish to bring additional treats like marmite, peanut butter etc. The tap-water is not safe to drink. Boiled water will be provided during the challenge, you may wish to bring some fruit squash with you to add to water to encourage you to drink more. You can buy bottled water or soft drinks in hotels and lodges for meals.

Please let Charity Challenge know prior to departure if you have any specific dietary requirements or allergies.

### Safety

Charity Challenge considers the safety of all of our participants and staff to be a top priority, and as such we have set up Challenge Safe, one of the most advanced and thorough safety management systems in the industry. Challenge Safe formalises our ethos when it comes to safety, and brings together the procedures and risk management strategies that we use to audit all aspects of our challenges, from vehicles to accommodation to the challenge activity itself. Your welfare is absolutely paramount.

# CH>RITY CH>LLENGE

**Any more questions?**

Contact us:

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