

# Community Challenge Cambodia

24 NOVEMBER –  
4 DECEMBER 2007

**On this amazing NEW community challenge you will have the opportunity to work shoulder to shoulder with a local community, building a much-needed village centre. You will gain a unique insight into the lives of local villagers, and will complete your challenge with the chance to explore Siem Reap and the magnificent temples of Angkor.**



## **DAY 1 SATURDAY 24 NOVEMBER**

Depart from London Heathrow.

## **DAY 2**

Arrive at Bangkok and transfer by coach to Poipet (approx 3 hours). We will have time to relax and enjoy the hotel facilities, before our welcome briefing.

## **DAY 3**

We start work today after a full health and safety briefing. We return to the hotel for dinner, and enjoy a free evening.

## **DAYS 4, 5 & 6**

Every day we leave the hotel to work on the project and return in the evening. Your work will include digging, plastering, painting, moving and laying bricks, and the working day will be split up with a morning break with refreshments, late lunch and then an afternoon break with refreshments. In the evenings we will visit places of local interest. You will experience cultural music and dance, food and drink. We will also have the chance to ask the local community questions so that we can understand local issues. Dinner will be taken in the hotel or local restaurants to support the local economy.

## **DAY 7**

After our last day of work we celebrate with a local Khmer barbecue together with some of the villagers we have been working with.

## **DAY 8**

We depart from the hotel to travel by road to Siem Reap (approximately 4-5 hours), where we check into our centrally located hotel. This afternoon you can either relax at the hotel and enjoy the facilities or explore Siem Reap. This evening you will dine at the Apsara theatre and enjoy a cultural dance show.

## **DAY 9**

Today we visit the magnificent temple complex at Angkor, which was built in the golden age of the Khmer empire, from 879-1191AD. In 1992 the city of Angkor became a UNESCO World Heritage Site.

## **DAY 10**

Today there will be a full day guided visit to one of ActionAid's projects in order for you to see for yourselves a working project on the ground and meet the local people who are benefiting from it.

## **DAY 11**

We depart from the hotel and transfer to Siem Reap airport to fly back to London, via Bangkok.

Places are available on a first come first served basis. You will automatically be allocated a space on the next available departure date. If you have a specific date in mind please request this on your registration form.

© Charity Challenge. The itinerary is complex and subject to change.

# Where on Earth am I going?



## You and your health

You must take precautions against malaria whilst in Cambodia and ensure that you wear a good quality insect repellent. Drinking water must be bottled or filtered and please drink plenty throughout the day. Ensure you wash your hands regularly using antibacterial hand wash. Both hotels and all restaurants have been inspected thoroughly by our representatives in Cambodia – the food is extremely healthy and nutritious! Seek advice from your local GP regarding vaccinations.

## ActionAid in Cambodia

ActionAid has been working in Cambodia since 2000, and the first fully-fledged country programme was established in July 2004. ActionAid Cambodia works with community-based organisations in the most inaccessible and underdeveloped provinces, focusing on issues of women's rights, food, HIV and AIDS, just and democratic governance and education.

This information is correct at the time of going to print. You will be advised of any changes before departure. ActionAid is acting on behalf of Charity Challenge, ATOL 6546.

Charity Challenge aims to set responsible tourism standards within the charity expeditions industry. Every trip aims to benefit local communities whether through the employment of local people, using locally owned accommodation, providing participants with notes on environmental and cultural respect, or contributing to local community projects.

## Fundraising top tip!

“ Try a summer ball in a local hall.  
I laid on food and two bands, as well as  
a welcome glass of champagne. ”

GILL SWAIN ACTIONAID TREKKER



## Money Matters

**REGISTRATION FEE: £300 (can be paid in two monthly instalments)**

**MINIMUM SPONSORSHIP: £3,000**

The trip costs of £1,320 will be taken from your minimum sponsorship. Trip costs will cover:

- flights and transfers
- accommodation
- all meals and drinking water
- passenger service charge and UK airport tax
- group first aid supplies
- an English-speaking expedition leader and full local support team.

Additional extras you will need to cover:

- any additional airline imposed fuel surcharge
- Cambodia visa (approx £10)
- any optional activities not mentioned in the itinerary
- personal spending money
- travel to/from UK airports
- any required vaccinations/malarial prophylactics
- tips for the local support team.

Travel insurance is included in your trip costs (this is a specialist insurance, which covers work on a building site.)

