



CASTrips

*Creativity,
Activity,
Service*

Cambodia Sample Itinerary



CAS Trips

Creativity, Activity & Service

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Please note, this is a sample itinerary - all destinations, activities and timeframes can be adapted. CAS Trips are 100% customizable to your needs. Contact us to find out more.

Carbon Neutral CAS Trips



Carbon Offsetting

The process of compensating for carbon dioxide emissions arising as a result of travel, by participating in schemes designed to make equivalent reductions of carbon dioxide in the atmosphere.

carbon neutral

Being Carbon Neutral

Means you do things, such as carbon offsetting, to reduce carbon dioxide by the same amount as you produce while traveling.

CAS Trips calculate each participant's carbon footprint using the  **South Pole** emissions calculator and offset your trip's carbon output by protecting rainforests around the world in partnership with **STAND FOR TREES**

Click to find out more about the incredible projects you will be supporting:





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Day 1 – Arrival in Siem Reap

Activity	Description
Arrival and Transport to Hotel	Your dedicated CAS Trips Cambodia tour guide will greet you at the airport before boarding private transport for the short drive to your hotel accommodation for check-in.
Check-in and relax	Check-in to your rooms, relax and freshen up following the long journey.
Welcome Ceremony – Apsara Dance Show	The Apsara dance is a centuries old traditional Khmer dance and an important part of Cambodian culture. This fascinating performance usually depicts a story about the Cambodian daily life or an historic event, originating from the 18th to 20th century.
Group Evening Meal	Enjoy traditional Cambodian meal as a group.



Day 2 – Creativity, Activity & Service

Activity	Description
Journey to rural homestay village	After an early breakfast, we will board private minibus transport to Phum Chan Sar, around one hour from Siem Reap.
Arrival, welcome and check in to Homestays	You will be greeted by the village community and welcomed by your local family homestay hosts, as they help you check in and ensure you are comfortable before meeting up with the group and starting the community project work.
Orientation Walk	Led by CAS Trips guides and host families, participants will take a guided tour of the village, schools and farm land to prepare for the next days' Service Challenges.
Service Challenge: The Community Project	<p>Before your arrival in Cambodia, you will be sent an information pack detailing the geographic, demographic, and social needs of the village in which you will be staying.</p> <p>As a group you must discuss, research and submit 2-3 proposals for service projects, which you feel would help the village. These will then be discussed within the village community and, after feedback, one proposal will be chosen to be implemented.</p> <p>This is the project you will fundraise for and work on when you arrive. Each participant must fundraise at least US\$50 towards the project. A full transparent system will be used to communicate and implement the project throughout.</p>



Project Work

In teams, you will be assigned vital tasks in the completion of the construction and implementation of your service project(s).

Lunch

Lunch will be eaten with your homestay hosts.

Local Student Collaboration

This afternoon you will visit a local NGO-run school and meet local students, who will teach you the steps to a traditional local dance.

Following this, it is your turn to teach them as you prepare ESL classes about your culture and traditions.

Evening Meal

Return to your local homestay to dine with your homestay families and classmates.

Reflections Workshops and Evening Activities

Following an invigorating first day in Phum Chan Sar, your CAS Trips tour guides will lead Reflections Workshops, as well as fun evening games and sports with local residents.



Day 3 – Creativity, Activity and Service

Activity	Description
Service Challenge: The Community Project	In continuation from the following day, your team will be assigned vital tasks as the village look to complete the Community Project, which your school has helped to plan, fund and build.
Lunch	After a demanding morning we have a wonderful group meal.
Organic Farming	Your assistance will lighten the daily load of the locals' jobs, and you can take this opportunity to learn from them by sharing in some cultural interaction with the family.
Creativity Challenge: Homestay Cooking	Students will return to their homestay families to help with the preparation and cooking of their evening meal, using crops and ingredients harvested during the afternoon.
Evening Reflections	Following evening meals with local host families, students will gather together to share reflections and impressions of their experiences.
Activity Challenge: Intercultural Team Sports	In a community setting, students meet local children and villagers, who will introduce them to traditional Cambodian sports and team games.



Day 4 – Creativity, Activity and Service

Activity	Description
Service Challenge: The Community Project	On the final day, your team will be assigned the final challenge for the Community Project, which your school have helped plan, fund and build.
Lunch	Lunch will be eaten at homestays.
Ox-Cart Ride to a Local Temple	<p>Experience the most common form of local transport: a traditional ox cart ride to the lost temple of Banteay Ampil.</p> <p>You will be able to speak with and be blessed by a local monk. This traditional Khmer blessing ceremony cleanses bad spirits from the past and brings good luck for the coming year.</p>
Evening Meal	Students will return to their homestay families to help with the preparation and cooking of their final evening meal together.
Service Challenge: UN Changemakers Challenge	In this unique CAS Trips workshop, students will learn about the UN Sustainable Development Goals, investigate how they could impact their own communities and receive the tools and frameworks to



plan, organize and implement a long-term collaborative CAS Project that will have a positive impact back home.

Teams can submit their projects for a chance to win an all-expenses paid CAS Trip to Prague, Medellin or New York!

Day 5 – Departure for Siem Reap

Activity	Description
Cambodian Blessing Ceremony	<p>After breakfast, the whole group will join together to enjoy a special traditional Cambodian Blessing Ceremony.</p> <p>This is your hosts' way of thanking you for the efforts in the Community Project and to wish you well on your journey home.</p>
Check-out & Departure	<p>After waving good-bye to your host families, we will board the private minibus transport back to the airport in time for your departure.</p>



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Have questions or need further information?

Get in touch



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