



CASTrips

*Creativity,  
Activity,  
Service*

Cambodia Sample Itinerary



# CAS Trips

## Creativity, Activity & Service

### Cambodia Sample Itinerary

*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:





**CAS**Trips

## Day 1 – Arrival in Phnom Penh

Activity	Description
<b>Arrival and Transport to Hotel</b>	Your guide will meet you at your arrival gate, where you will then transfer to the hotel by private coach.
<b>Check-in and relax</b>	Check-in to your rooms, relax and freshen up following the long journey. An opportunity to use the hotel swimming pool.
<b>Evening Meal</b>	Enjoy a traditional welcome meal at a local restaurant.



## Day 2 – Activity & Service

Activity	Description
<b>Think Childsafe Workshop</b>	Our partners at Childsafe have been advocating for responsible travel that keeps children safe for years. Tourism brings a lot of opportunities to local populations, but there can be many negative impacts. This dynamic and challenging workshop will educate students on some of the unseen harmful impacts of travel, and show students how they can have a positive impact wherever they go. A true lifelong lesson.
<b>Lunch</b>	We eat lunch with the leaders of the morning's workshops.
<b>Historical Walking Tour of Phnom Penh</b>	We explore the fascinating capital city of Phnom Penh. Beginning with a breathtaking visit to the Royal Palace and Silver pagoda. We then continue our tour to the Central Market as we wander through the warren of stalls and learn more about the everyday life of modern Cambodians.
<b>Evening Meal</b>	We eat dinner as a group at a restaurant near the hotel.
<b>Reflections Workshops</b>	Following an invigorating first day in Phnom Penh, your CAS Trips tour guides will lead Reflections Workshops.



## Day 3 – Service

Activity	Description
<b>Service Challenge: Phnom Tamao Wildlife Rescue Centre</b>	<p>Today we visit the Phnom Tamao Wildlife Rescue Centre run by the Free the Bears organization. Lend a paw at the largest Sun Bear sanctuary in the world, while acting as a bear keeper for the day. You will go behind the scenes to see what it takes to care for more than 100 rescued bears on a daily basis, and work alongside their keepers to prepare special treats to keep the bears happy and healthy in their forested sanctuary. The best part? By taking part in this unique experience you will know that you have contributed directly towards helping care for hundreds of bears and other animals rescued from the wildlife trade.</p>
<b>Lunch</b>	<p>Lunch will be eaten at the rescue centre</p>
<b>Service Challenge Continues</b>	<p>We continue with a morning of work at the sanctuary.</p>
<b>Evening Meal</b>	<p>After a long and rewarding day we eat dinner at the hotel restaurant.</p>



## Day 4 – Creativity & Service

Activity	Description
<b>Visit to S21 Prison and the Killing Fields</b>	We learn of the horrors of the Khmer Rouge regime by visiting the infamous S21 prison before making our way to the Killing Fields. This is an enormously impactful experience, as we reflect on the dark side of human nature and how these horrific acts are committed.
<b>Lunch</b>	We eat lunch at the central market.
<b>Transfer to Knapor Village</b>	We make the scenic five-hour journey by private coach to Knapor Village.
<b>Check-in to our homestays</b>	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.
<b>Evening Meal &amp; Cross-Cultural Reflections</b>	Following evening meals with local host families, students will gather together with key members of the village community to share reflections and impressions of their experiences.



## Day 5 – Service

Activity	Description
<b>Community Orientation and Farming Work</b>	Led by CAS Trips guides and host families, participants will take a guided tour of the village, schools and farm land. Students will have the opportunity to participate in fishing, farming or animal husbandry activities, depending on the time of year.
<b>Lunch</b>	We gain a sense of the importance of community when eating as a group at the community center.
<b>Local School Visit</b>	We visit the Knapor High School and participate in a range of activities and games with local students. Afterwards there will be a traditional exchange of gifts ceremony. Students are encouraged to bring traditional items to exchange from their homeland.
<b>Sunset BBQ Dinner</b>	We enjoy a wonderful BBQ dinner in the middle of the rice patties. The perfect way to say farewell to our hosts.
<b>Transfer to Siem Reap</b>	After waving good-bye to your host families, we will board the private minibus transport to our hotel in Siem Reap.



## Day 6 – Creativity & Service

Activity	Description
<b>Angkor Wat</b>	Setting off from the outskirts of Siem Reap, we hike along the spectacular jungle trail arriving at the East Gate of the Temple complex. Breaking off into small groups, each team will receive an envelope containing a series of photo-based riddles which they will need to solve. Tasks are completed by taking a team photo at specific points of the temple complex.
<b>Lunch</b>	After our award ceremony for the winning teams from the photo challenge, we eat lunch at a tasty restaurant close to the temple.
<b>Ta Prom and Bayon Temple</b>	After lunch, we hike to see the Jungle temple of Ta Prom, continuing on to see the Bayon Temple featured in the “Tomb raider films”
<b>Circus Show</b>	We enjoy an introduction to a significant part of Cambodian culture. The show includes a mix of traditional and modern theater, music, dance, acrobats, juggling, contortion, balancing and tight rope walking.



# CASTrips

## Day 7 – Departure

Activity	Description
<b>Changemakers Challenge</b>	In this unique CAS Trips workshop, you will learn about the UN Sustainable Development Goals and the tools and frameworks to plan, organize and engage in a long-term collaborative team CAS Project. The project will have a positive impact on your community back home.
<b>Check-out &amp; Departure</b>	We say our goodbyes and board a private minibus back to the airport in time for your departure.



# CASTrips

Have questions or need further information?

## Get in touch



+420 255 71 26 52



[info@castrips.org](mailto:info@castrips.org)



[castrips](#)



[facebook.com/castrips](https://facebook.com/castrips)



[instagram.com/castrips](https://instagram.com/castrips)



[twitter.com/castrips](https://twitter.com/castrips)