



PAYING IT FORWARD CAMBODIA

OVERVIEW + PARTNERS

Our Paying it Forward program to Cambodia focuses on supporting youth in Phnom Penh (PP) and Siem Reap (SR).

We are partnering with Rotary E-Club of Outback Australia, District 9560 on their RAWCS project the Les Restaurants Des Enfants (L.R.D.E.) school in Phnom Phenh and Vision Cambodia in Siem Reap.

Les Restaurants Des Enfants (L.R.D.E.) school is about breaking the poverty cycle by providing food, education and medical supplies to the street children. We will spend the week within the school as well as delivering food supplies to the slum areas, going to markets, preparing food, working within the classroom and assisting with medical and educational programs.

IN SR we partner with **Vision Cambodia** where the core of their efforts is to give the wonderful people of Cambodia hope for a better life by providing them with clean water, education, and growth opportunities.

Whilst in PP we will aim to get a better understanding of why Cambodia is in the position they are in through a visit to **The Tuol Sleng Genocide Museum** – A memorial site of the S21 interrogation and detention centre of the Khmer Rouge regime. Located in the heart of Phnom Penh, it preserves a tragic period in history with the aim to encourage visitors to be messengers of peace. In SR we visit the **APOPO Visitor Center** - part of a unique global initiative that employs African rats, otherwise known as HeroRATs, to sniff out the explosives used to set off landmines. The landmines are remnants of Cambodia's 20th century conflicts and while it is now safe for tourists to visit the country, daily life in its rural areas is still fraught with danger. The Cambodian Mine Action Centre (CMAC) estimates that there may be as many as six million landmines and other pieces of unexploded ordnance across the country.

PROGRAM

Sunday 9th February

Arriving at PP in the afternoon you will be collected and transferred to your hotel (refer to your tickets as we have different departure times)

Monday 10th – Friday 14th

Working at LRDE

Saturday 15th

We will travel to Siem Reap by bus, stopping at the Spider markets and also for lunch along the way (fancy a fried spider?)

Sunday 16th

Watch the sunrise over Angkor Wat with this truly unforgettable experience. Explore the Angkor Wat before the crowds arrive and get some amazing pictures. Take in the highlights of the Angkor complex including the jungle temple of Ta Prohm.

Monday - Wednesday 17-19th

Vision Cambodia

We will work on sustainable projects with lasting impact drive change and improve lives. All projects are executed at the local level, with locals supporting and sustaining each other through the projects and initiatives.

Thursday 20th project work and overnight in Kulen Mountains

We undertake project work in the morning before heading to Kulen Mountains. We will stay overnight in tents after visiting Rotary E-Club of Outback Australia local programs designed and funded to keep an ancient skill of weaving alive. We will get the opportunity to see how this hill tribes live.

The mountain is home to amazing waterfalls and massive reclining Buddha.

Friday 21st Siem Reap project work and Phare Circus

Head back to Siem Reap in the morning and finish off our project work and in the evening we visit Phare Circus - a circus with a purpose offers students and graduates somewhere to hone their skills and a place to earn a decent wage. Money that will take them out of poverty and give them self-respect and freedom.

Saturday 22nd airport and home

We begin our trip home with transport to airport to catch your flight (Melbourne group departs 10.40am)

OTHER ACTIVITIES

River Cruise in Phnom Penh

Enjoy a relaxing sunset cruise in Phnom Penh as you cruise along the majestic Tonle Sap, Mekong, and Four Faces Rivers.

Floating Village Tour in Siem Reap

Witnessing the daily routines of local families engaged in fishing, farming, and souvenir crafting. The community sustain themselves mainly on catching fish and shrimp, but also harvest some land crops during the dry season.

All activities are included for the purpose of learning about Cambodia's history which is essential for the context in which these projects exist.

COST

\$2200 including:

- 12 nights accommodation
- Daily breakfasts and dinners
- Bus transfers to and from airports
- Tips for hotels
- Tuk Tuks in Phnom Penh
- Guide Fees and Tips
- Bus from Phnom Penh to Siem Reap
- Bus in Siem Reap and driver tips
- Tour of Tuol Sleng
- River Cruise in Phnom Penh
- Floating Village Tour in Siem Reap
- Angkor Wat Sunrise tour and breakfast
- Tour of Apopo
- Phare Circus
- Kulen Mountain
- PIF shirt
- Medical supplies for team
- 2 x Hive Rotary chaperones trained in Youth Mental Health First Aid and general First Aid.

NOT INCLUDED

- Flights ex Australia
- Cambodia Visa
- Meals outside those indicated

PAYMENTS

\$1300 to secure your post – registration form must be returned along with copy of passport

\$795 balance 1 November 2024

\$400 fundraising 5th January 2025

Please note if you change your mind once your deposit is paid, and plane ticket purchased there is no refund from the Hive. It is up to the airline if they wish to offer you a credit.

GENERAL INFORMATION

- Cambodia is hot and humid all year, you can expect to feel hot and sweaty most of the time.

- Breakfast is at each motel, and this is included in the trip cost, along with dinner each night. Lunch is at own cost.
- Most things in Cambodia are cheap. Allow for US\$5-10 per lunch as a guide.
- In Phnom Penh we will utilise tuk tuks to travel, and this requires getting in and out of them several times per day. There is also a lot of walking.
- If you use a backpack, you must consider your ability to carry this for hours at a time while touring.
- We will be accompanied by our Cambodian friends for most of the trip.
- It is illegal to criticise or insult the King or monarchy.
- You can get money from ATM's but this will usually be in US\$100 notes and they are hard to break. Consider bringing \$1,5,10 USD
- There is a problem in Cambodia with counterfeit money, so it is recommended you bring your money with you. There is an exchange at the Melbourne International airport as a last resort, but we recommend ordering your cash from your relevant exchange in advance of the trip. Aus post offer a great service.
- Cambodian authorities enforce modesty laws at religious sites, such as Angkor Wat. At these sites, you will need to wear clothing that covers your knees and shoulders. We will advise when this is required.
- Don't touch animals. There is an abundance of dogs, and we also come across monkeys.
- Be careful when taking photos. Don't photograph people, including monks, without permission. Don't take photos near sensitive sites, such as military areas, transport hubs or government buildings. Our guides will let us know what is suitable.
- Visa cards are essential. Mastercard, American Express or phone apps will not work at a lot of places.
- For more information on travelling to Cambodia, visit: <https://www.smarttraveller.gov.au/destinations/asia/cambodia>

TRAVEL INSURANCE + OTHER REQUIREMENTS

- We are covered by Rotary insurance under RAWCS
 - You need to register as a volunteer, and you will be emailed a link upon receipt of your registration form and deposit
 - You need to provide Fit for travel letter to RAWCS– you need to provide a copy of itinerary and get GP letter by 5th January 2025.
 - If over 18 you need to provide an up-to-date WWCC in the state you reside
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ACCOMMODATION

- Accommodation in Phnom Penh is at Ohanha Phnom Penh Palace

- Accommodation in Siem Reap is at Central Suite Residence
 - We will stay at Kulen Mountains in tents on Thursday night
 - We all leave Cambodia for home on Saturday the 22/2/2025
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VISA

Cambodia has implemented an electronic Arrival Card. If you're flying into Cambodia, you must complete and submit the Cambodia e-Arrival Card within 7 days before arrival

You will need a valid visa to travel to Cambodia. If you remain in Cambodia beyond the date of your authorised stay, officials may stop you from leaving Cambodia. In cases of excessive overstays, you may be arrested and detained for violating immigration laws

You can apply for your e-visa one month prior to travel at <https://www.evisa.gov.kh/>

WHAT TO BRING

- Light jumper/coat for the airport and flights
- Clothes suitable for hot and humid temperatures
- Clothes suitable for covering shoulders and knees for visiting culturally sensitive areas (everyone)
- Enough underwear (laundry options available at motels or handwash in sinks)
- Shoes suitable for a lot of walking
- Set of nice clothes for final dinner together
- Backpack for daily outings to carry passport, water, hat etc. as needed (shoulder bag/bum bag also useful and optional)
- Swimmers for pools at both motels
- Raincoat/poncho/umbrella (just in case)
- Packet tissues for squat toilets/toilets at schools etc.
- Toiletries
- Medication – carry enough from Australia for what you use/need and potentially may need
- Hydrolyte/electrolyte replacement powder or tablets (optional but helps prevent heat stress)
- Sunscreen & insect repellent
- Hand sanitiser in small bottles or sanitising wipes
- Water bottle
- Hat and sunglasses
- Washing powder/liquid for any handwashing (optional, at your discretion)

- Money in small denominations (USD\$1, \$5, \$10, \$20 – avoid anything larger, check to ensure there are no rips or tears and no writing on notes as these will not be accepted in Cambodia). Allow for USD\$200 in total to cover meals, tuk tuks for ad hoc activities and any shopping you may do. Cambodia accepts USD but you may get your change in local currency. But if you do you cant change back when you go to depart.
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LUGGAGE

- 1x 25kg bag of donations (suitcase can return with you)
- 1 x 7kg carry on bag

DONATION ITEM OPTIONS

- Medical supplies
- Children's clothes in small sizes
- Toys that benefit a group of children (e.g., balls)
- Pencils and books
- Toothpaste & brushes (bamboo please)

REMEMBER

- No liquids accepted in carry-on luggage above 100ml and this includes water
 - Must bring 2 x copies of e-visa and 1x copy of passport
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FUNDRAISING

All participants are required to fundraise \$400 to help us purchase our supplies that we need for the project. Your \$400 fundraising money is to be deposited by the 5th January 2025.

Hive Rotary Club

BSB:640 000

ACC: 111 322 535

Ref: your name

How are you fundraising will be spent:

Your fundraising helps us cover additional projects costs such as purchasing medical supplies in bulk, extra luggage allowance to get our donations to Cambodia and subsidise youth mental health and general first aid training for our chaperones.

QUESTIONS

All project and travel queries should be directed to payingitforward@hiverotaryclub.com.au
M0422165271

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