

Cambodia First Hand Experience Itinerary **Saturday 26 October – Sunday 3 November 2013**



An ActionAid First Hand experience is a unique challenge like no other. It gives you the opportunity to experience first-hand the work we do, and see the difference you can make by working alongside the people you are helping and being immersed in their culture.

Taking place in the Siem Reap province of Cambodia, the gateway to the Angkor region, this challenge entails building a much-needed library for a village primary school. Tasks will include excavating ground, mixing cement and laying bricks.

No experience is necessary to take part: just enthusiasm and the desire to help make a difference!

Day 1: Saturday. International Departure

You will depart from London Heathrow to fly to Siem Reap, Cambodia on an overnight flight (probably via Bangkok or Kuala Lumpur). Your ActionAid representative will be at the airport to give you your tickets, assist you with check-in and travel with you.

Day 2: Sunday. Arrival in Cambodia

Upon arrival in Siem Reap you will transfer to your hotel. Depending on flight times, we will hopefully pay a visit to some of the nearby temples this afternoon, including viewing Angkor Wat at sunset. Enjoy a welcome dinner tonight with group. This evening there will be a short briefing on the work of ActionAid and the timetable for the forthcoming week from your charity representative, construction supervisor and challenge leader.

Days 3 (Mon)-7 (Thurs). Building Library at Norodom Ranarith Sna SangKream Primary School

Every morning, breakfast will be served and you will travel to the small village of Sna Sangkream each day to work on the Action Aid project (approximate journey time 45 minutes each way).

You will be fully briefed on site at the beginning of each working day on the challenge ahead and all safety and training aspects will be covered.

Over the next five days your challenge will involve helping to build the library. Tasks will depend on the stage of building you arrived for, but you could be digging foundations, clearing land, mixing concrete, laying bricks, or helping to install window or door frames. You will be working alongside the local people and you will be under the direction of a construction supervisor and skilled local craftsmen. There would be no requirement to have any specific training or skills in advance of travel, and we find the sharing of local techniques just a small part of the engagement between community members and participants. You will never be asked to do anything outside your physical capabilities and teamwork will be encouraged at all times. There are many tasks on a building site so ask the supervisor for jobs you feel comfortable with.

The days will be scheduled around local working hours and appropriate temperatures throughout the day. Lunch will be provided on site and evening meals will be eaten back at the hotel. During the course of the week, you will have an afternoon off to visit an ActionAid project in the area. Here you shall gain a broader insight into ActionAid's work in the area, have a chance to ask questions and meet the local people involved.

Day 8: Friday. Project visit and gala dinner

This afternoon you will finish work a little early to say goodbye to the people you have been working with. You will then relax and recover from your week of hard work and celebrate your achievements!

Day 9: Saturday. Siem Reap

A final day in Siem Reap for you to explore more of the temples before transferring to the airport for the return flight to the UK (N.B. depending on flight times we may stay overnight in Siem Reap and transfer to the airport early on Sunday morning).

Day 10: Sunday.

Arrive back in London

Money Matters:

Registration fee: £300 (this will be matched by Bibby Line Group)

Minimum sponsorship: £2,999

Your trip costs are £1,600 and will be taken from your registration fee and minimum sponsorship.

Trip costs cover: Flights from the UK (including all current airport taxes & fuel supplements), all transfers & transport in Cambodia, accommodation in 3 star hotel in Siem Reap, all breakfasts, lunches & dinners throughout (packed lunches provided on project days), water, local guide/translator to accompany the group throughout, Tour Manager, charity representative.

In addition, you will need to budget for: any optional activities not mentioned in the itinerary, personal spending money, alcoholic and soft drinks, travel to/from UK airports, any vaccinations required (please see your GP for advice), visa, tips for the support team.

To sign up for this challenge, please complete and return the registration form to us with your registration fee.

Optional extension- itinerary TBC