

**FINAL ITINERARY**  
**Camberwell Girls Grammar School**  
**Global Learning Expeditions - Cambodia**  
**Supporting the Global Learning Foundation and Green Gecko**

**Day 1 – Thursday 12<sup>th</sup> September (D)**

Meet together as a group at **Melbourne International Airport**. Please ensure that all travellers meet at the **Vietnam Airlines** check-in area by no later than **7:30AM**. Please consult the departures board for applicable check-in counters. **A GLE Representative will assist with the group's check-in. Do not check-in individually.**

**Flight:** VN780 on **Thursday 12<sup>th</sup> September 2019**  
**Depart:** Melbourne **10:35AM**  
**Arrive:** Saigon **4:20PM on Thursday 12<sup>th</sup> September 2019**

Upon arrival in Saigon, follow the signs that say “Transit Passengers or Transfers”. You will go through a security checkpoint and then go upstairs to where the departure gates are located. You will be met at the departure gate by a GLE representative (Dong) who will escort you to Siem Reap in Cambodia. They will attend to all customs formalities upon your arrival in **Siem Reap**.

**Flight:** VN815 on **Thursday 12<sup>th</sup> September 2019**  
**Depart:** Saigon **7:25PM**  
**Arrive:** Siem Reap **8:35PM on Thursday 12<sup>th</sup> September 2019**

Upon arrival and after clearing customs, the group will be transferred to your hotel for supper at **Palm Tree**.  
**Overnight: City River Hotel**

**Day 2 – Friday 13<sup>th</sup> September (B, L, D)**

Transfer to **Green Gecko** after breakfast. Begin with a tour at **9:30AM**, guided by one of the **Green Gecko** young adults on arrival. They will show you around, telling the **Green Gecko** story, their personal stories of their past, present and their dreams for the future.

Today lunch is at a **Yellow Mango**.

After lunch, split into two groups. *Group A* will participate in **Rehash Trash**, a social enterprise which is providing a sustainable future not only for the children and their families but also for the beautiful Siem Reap environment. Gecko mothers make unique items like bracelets, handbags and baskets out of roadside rubbish and are involved in every step of the **Rehash Trash** process, from the collection and washing of plastic bags, to the preparation and crocheting amazing products, to promoting **Rehash Trash** in Siem Reap.

*Group B* will go to the **Silk Screen Printing Lab** – a Green Gecko social enterprise where you will print our own personalised GLF/Gecko Tour T-Shirt.

In the afternoon take a walk around the city and explore the food markets and the “**Pub Street**” section of town. **Dinner** will be where you choose tonight. Transportation tonight will be via **Tuk Tuk**.

**Overnight: City River Hotel**

Phone +61 3 9830 4877 Toll Free 1800 009 377 Fax +61 3 9836 0015 Email [info@glexpeditions.com](mailto:info@glexpeditions.com)

Postal PO BOX 129 Surrey Hills VIC 3127 Office Suite 2, Level 1, 441 Canterbury Rd, Surrey Hills VIC 3127

GLE ABN: 42 620 458 782 / GLF ABN: 77 165 619 698

[www.glexpeditions.com](http://www.glexpeditions.com) / [www.glfoundation.org](http://www.glfoundation.org)

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### **Day 3 – Saturday 14<sup>th</sup> September (B, L, D)**

Today, with your new Gecko friends, visit one of the **Seven Wonders of the World**, listed by UNESCO as a world heritage site, the **Angkor Wat Temple**. One of the largest religious monuments in the world, it was originally constructed as a Hindu temple before gradually transforming into a Buddhist temple toward the end of the 12<sup>th</sup> century. Today, it has become a symbol of Cambodia, appearing on the country's national flag and it is now a prime tourist attraction for visitors.

Enjoy lunch at **Khmer Wooden House** with the Geckos today.

After visiting **Angkor Wat**, the group will also visit the **Ta Prohm** and **Angkor Thom Temples**.

- **Ta Prohm** is a temple with photogenic and atmospheric combination of trees growing out of the ruins and the jungle surroundings. Ta Prohm was also used in the filming of 2001's action film; Lara Croft: Tomb Raider.
- **Angkor Thom** is the last and most enduring capital city of the Khmer empire.

Dinner is at **The 24 Square**.

**Overnight: City River Hotel**

### **Day 4 – Sunday 15<sup>th</sup> September (B, L, D)**

This morning, visit the **Landmine Museum**. Tourists began hearing stories about a young Khmer man, Aki Ra, who cleared landmines with a stick and had a house full of defused ordnance. Ra began charging a dollar to see his collection, using the money to help further his activities. Thus began the **Cambodia Landmine Museum**.

This museum shows some of the recent war torn history of Cambodia. In particular, the devastation the country has suffered through the use of land mines during 30 years of war. Some 6 million land mines remain today in the countryside and unfortunately are regularly detonated by farmers and children, causing their deaths or loss of limbs.

The Cambodia Landmine Museum exists for 3 reasons:

- To tell Aki Ra's story
- To tell the world about the horrors of landmines and explain that war is only half the problem. The aftermath of war continues long after the battle stops
- To care for the children who live at the museum

Lunch today will be at **Asian Square**.

This afternoon, visit the **Bantey Srei Temple**.

- **Bantey Srei** is a 10th-century Cambodian temple dedicated to the Hindu god Shiva. Banteay Srei is built largely of red sandstone, a medium that lends itself to the elaborate decorative wall carvings which are still observable today. The buildings themselves are miniature in scale, unusually so when measured by the standards of Angkorian construction. These factors have made the temple extremely popular with tourists, and have led to its being widely praised as a "precious gem", or the "jewel of Khmer art."

If time permits, walk to the **Made in Cambodia Markets** for some shopping.

Dinner tonight will be at **Phare Café** with your Gecko friends, followed by a Circus Show. The **Phare Circus Show** is uniquely Cambodian and daringly modern. It is Siem Reap's most unique, authentic, top rated evening entertainment. This unique Cambodian show is more than just a circus. Phare performers use theatre, music, dance and modern circus arts to tell historical and modern Cambodian stories. The young circus artists will astonish you with their energy, emotion, enthusiasm and talent.

**Overnight: City River Hotel**

**Day 5 – Monday 16<sup>th</sup> September (B, L, D)**

**Green Gecko Project Day One – Footprints Farm Work – 8:45AM – 11:00AM.** This could include anything from weeding to building. Be prepared to sweat and get dirty! The Gecko's may be able to join depending on the completion of their homework.

After lunch at **Queen Cuisine**, split into two groups again. *Group A* will go to the **Silk Screen Printing lab** and *Group B* will participate in **Rehash Trash**.

Tonight's dinner will be at **Crystal Angkor**.

**Overnight: City River Hotel**

**Day 6 – Tuesday 17<sup>th</sup> September (B, L, D)**

**Green Gecko Project Day Two – Geckos teach YOU! – 8:45AM – 11:00AM.** There will be a selection of Khmer activities taught by the Geckos. You will be taught Khmer writing, Khmer counting and Bokator. – Be sure to wear your new Silk Screen Printed t-shirt today.

Head into town for lunch at **Sister Srey Café** and watch a presentation on **Tnai Samrap Srey** – A Green Gecko Peer Education Program. The girls love questions, so please try to have some ready!

This afternoon participate in an hour talk with **Michael Horton**, the Chairman and Founder of **CONCERT** (Connecting Communities, Environment & Responsible Tourism).

Transfer back to your hotel for some refreshments. Travel by **Tuk Tuk** tonight for dinner at **Neary Khmer**.

**Overnight: City River Hotel**

**Day 7 – Wednesday 18<sup>th</sup> September (B, L, D)**

**Green Gecko Project Day Three – Run your FUN activities with the Geckos – 8:30AM – 11:30AM.**

– Be sure to wear your new Silk Screen Printed t-shirt today.

9:00AM – 10:00AM

*Group A:* Art/Craft Activities

*Group B:* STEMlogic Activities

10:00AM – 11:00AM

*Group A:* STEMlogic Activities

*Group B:* Art/Craft Activities

Following your activities there will be some free time to play games with the Geckos.

Enjoy a **boxed lunch** today.

This afternoon, there will be a **secret challenge** that will take place in either the **Old Market** or **Psar Leur**.

Tonight's dinner will be at **Marum**.

**Overnight: City River Hotel**

### **Day 8 – Thursday 19<sup>th</sup> September (B, L, D)**

Today, travel by coach to **Ton Lé Sap Lake** where the group will take a boat cruise to see the vibrant and bustling floating fishing villages! Many people here spend their entire life living on the lake, never going ashore to dry land! A fascinating insight into a very different way of life to what we know, with floating homes, shops, temples and markets.

Today's lunch will be at **Bopha Taprohm**.

In the afternoon, visit **"Plastic Free Cambodia"**. You'll be briefed on the massive problem facing Cambodia with plastic trash.

Depart the hotel for an early **dinner** of your choice by **Tuk Tuk**. After dinner, explore the colourful **night markets** of Siem Reap on foot before we return to the hotel by Tuk Tuk.

**Overnight: City River Hotel**

### **Day 9 – Friday 20<sup>th</sup> September (B, L, D)**

Check out of the hotel this morning and visit **APOPO (Anti-Persoonsmijnen Ontmijende Product Ontwikkeling OR Anti-Personnel Landmines Removal Product Development)**. Here you will experience the realities of humanitarian demining and how they train rats to save lives. You will learn about the mine clearance process and how Cambodia became one of the most mine affected countries in the world.

Afterwards continue your journey by coach to your **Kulen Mountain Home Stay**. The home stay is approximately two hours' drive from the city of Siem Reap. It is set in a beautiful mountainous area 50 kilometres from Siem Reap, located in the heart of this tranquil area of streams and waterfalls.

Reflect upon your recent visit to the **Green Gecko Project**, while enjoying lunch with your host family today.

This afternoon will be free for the group. Your Local Guide will suggest some fun things to do today. Perhaps visit the **impressive waterfalls at Phnom Kulen National Park**, a 5-8 minute walk from your home stay, go shopping or visit some of the nearby temples.

Continue on a short distance to visit the **Grand Reclining Buddha**, a 16th century Buddhist pagoda. It is a sacred site for pilgrims from all over Cambodia to come to worship. Off with your shoes! And up the stairs leading to honour the eight metre Buddha statue!

In the evening, you may help to prepare dinner with a local family. Perhaps learn how to cook traditional food while chatting with the family about their life.

**Overnight: Kulen Mountain Homestay**

### **Day 10 – Saturday 21<sup>st</sup> September (B, L, D)**

Today is free to relax or debrief with the group about your experiences at Green Gecko Project or perhaps take a relaxation or meditation class.

Your guide is available to assist making additional suggestions for the groups' activities today.

**Overnight: Kulen Mountain Homestay**

**Day 11 – Sunday 22<sup>nd</sup> September (B, L)**

After breakfast, say goodbye to our host family before returning to **Siem Reap**.

Upon arrival in Siem Reap, participate in a **Cambodian cooking class**. Before you begin cooking, visit the Old Market, where you will learn about the locally grown fruit, vegetables, herbs and spices that are used in daily Cambodian cooking. Head back to the kitchen where you will cook and enjoy your own Cambodian meal!

Should time permit, enjoy relaxing at your Siem Reap hotel.

In the afternoon, transfer to the airport for our return flight to Australia (via Saigon).

**Flight:** VN812 on **Sunday 22<sup>nd</sup> September 2019**  
**Depart:** Siem Reap **6:20PM**  
**Arrive:** Saigon **7:35PM on Sunday 22<sup>nd</sup> September 2019**

After arriving in Saigon, again follow the transfer signs through security to upstairs and your departure gate for Melbourne.

**Flight:** VN781 on **Sunday 22<sup>nd</sup> September 2019**  
**Depart:** Saigon **9:05PM**  
**Arrive:** Melbourne **8:35AM on Monday 23<sup>rd</sup> September 2019**

**Overnight: In transit**

**Day 12 – Monday 23<sup>rd</sup> September**

Arrive in Melbourne at **8:35AM**.

# TRAVELLERS: CONTACT LIST

## AUSTRALIAN CONTACTS

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**MELBOURNE HEAD OFFICE:** +61 3 9830 4877 (Business hours only)  
**EMERGENCY CONTACT (24 hours):** +61 437 008 878

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## HOTELS

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### SIEM REAP

City River Hotel  
0531 Ahasva Street  
Wat Bo 00855 Cambodia  
**PHONE** +855 63 763 000

### SIEM REAP

Kulen Mountain Homestay  
Svay Leu District  
Siem Reap Province, Cambodia

## AUSTRALIAN EMBASSY - CAMBODIA

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16B National Assembly Street  
Sangkat Tonle Bassac, Khan Chamkamon  
Phnom Penh  
**PHONE:** +855 23 213 470  
**FAX:** +855 23 213 413

## MEDICAL

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Royal Angkor International Hospital  
National Route #6, Phum Kasekam  
Khum Sra ngea Siem Reap, Cambodia  
**PHONE:** +855 63 761 888  
**FAX:** +855 63 761 739

## TRAVEL INSURANCE

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Camberwell Girls Grammar School is responsible for the traveller's International Travel Insurance.

# TRAVEL INFORMATION

## WEATHER

Average Temp in Cambodia in September	
Max.	31c
Min.	26c
Average Rainfall in Cambodia in September	
Total for month	218mm
Rain Days > 0.1mm	15 days

## TIME DIFFERENCE

Cambodia is three hours behind Melbourne, Australia.

## PACKING SUGGESTIONS

Keep in mind you might buy clothes that you will wear on tour. GLE recommends packing the following, along with any other items/clothing/uniform required for your specified tour:

### CARRY-ON LUGGAGE:

**ONE** piece of carry-on baggage weighing no more than **7kg** (and total linear dimensions length + width + height of 118cm)

## SUMMER

- Comfortable shoes
- Clothing - 1 x T-Shirt, 1 x Pair of Shorts, 1 x Pair of Underwear, 1 x Pair of Socks, Cap/Hat
- Roll-on deodorant, toothbrush, toothpaste (100mL or less!)
- A small supply of any medications you require
- Lollies—chewing food helps equalise your ears to cabin pressure changes
- iPhone, book, magazine, etc.

Remember that all **liquids**, **aero-sols** and **gels** packed in your carry-on luggage need to be carried in containers of 100ml or less, and they all need to fit into a clear plastic zip-locked bag, no larger than 20 x 20cm.

### CHECKED-IN LUGGAGE:

**ONE** piece of checked in baggage weighing no more than **23kg** (and total linear dimensions length + width + height of 158cm).

- 3 X T-Shirts + 2 X GLE T-Shirts
- 1 X Light Long Sleeved Shirt
- 1 X Light Jumper or Light Cardigan
- 1 X Jacket (Light Weight/Waterproof) or Poncho
- 1 X Pair of Jeans
- Project & Temple Clothes – Shorts/Long Skirts
- 1 X Lightweight ¾ / Long Pants
- 3 X Shorts
- 7 X Socks and Underwear
- 1 X Swimwear
- 1 X Pyjamas
- 2 X Long Pants / Harem Pants
- 2 X Runners (1 X Old Pair For Project)
- 1 X Pair of Comfortable Shoes and 1 X Pair of Thongs
- 2 X Pairs of Gardening Gloves
- Dirty Washing Bag(s)
- Toiletries
- Torch
- 1 X Towel and 1 X Beach Towel
- 1 X Hat/Sunhat and Sunscreen/Mosquito Repellent

It is also recommended to pack the following for your trip:

- Mosquito repellent
- First aid kit (Band-Aids, Betadine/some type of antiseptic cream, Panadol etc., Imodium, Hydrolyte/Gastrolyte, tissues, eye drops)

**Girls – please note:**

Appropriate project clothing. For sightseeing to the temples, females are required to have covered shoulders and knees as a minimum for clothing.

**MEDICATION**

Each traveller is allowed to take “over the counter” medications such as Panadol, Antihistamines, etc. Please try to keep all medications in its original packaging to avoid questions by custom officials. If you are carrying **prescription medication**, please ensure it is in its original packaging and/or a doctor’s certificate is enclosed, proving the medication is yours.

**DOCUMENTS**

Please keep a colour copy of your passport and travel insurance card/policy number separate from the originals. (E.g. a copy in your travel wallet and a copy in your suitcase.) Should your original passport get lost or stolen, having a copy always comes in handy when needing to obtain a new one.

**INTERNATIONAL DIALING CODES**

Calling Australia from Cambodia:

00 – 61 – 3 – Land Line Phone Number

00 – 61 – 9 digit mobile number (drop the ‘0’ at the beginning of the mobile number)

Calling Cambodia from Australia:

0011 – 855 – Area Code – Land Phone Number



There might be very limited mobile coverage unless roaming has been arranged.

**SPENDING MONEY**

It is up to each traveller how much spending money they want to carry. However, there will be very limited opportunities to shop. Travellers might like to purchase snacks or soft drinks and a few souvenirs or gifts to take home. While Cambodian Riel is the country’s currency, US dollars is preferred, however change may be given in Cambodian Riel.

**CAMBODIA ARRIVAL & DEPARTURE CARD**

Please use this as a guide to complete both cards.

 <b>សណ្ឋាគមន៍កម្ពុជា</b> <b>ARRIVAL CARD</b>		 <b>សណ្ឋាគមន៍កម្ពុជា</b> <b>DEPARTURE CARD</b>	
C 5946283		C 5946283	
PLEASE COMPLETE WITH CAPITAL LETTER		PLEASE COMPLETE WITH CAPITAL LETTER	
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ឈ្មោះ Given name	JANE	ឈ្មោះ Given name	JANE
ថ្ងៃខែឆ្នាំកំណើត Date of birth	01/01/01	ថ្ងៃខែឆ្នាំកំណើត Date of birth	01/01/01
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លេខបណ្ណាញយានយន្ត Flight / Vessel / Vehicle N°	VN815	លេខបណ្ណាញយានយន្ត Flight / Vessel / Vehicle N°	VN812
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បំណងធ្វើដំណើរ Purpose of Travel	TOURISM	បំណងធ្វើដំណើរ (Cambodian only)	
រយៈពេលស្នាក់នៅ Length of stay	7 DAYS	ស្តាប់អនុវត្ត ព័ត៌មានដែលបានផ្តល់ជូនខាងលើ គឺពិតប្រាកដ និងត្រឹមត្រូវ I declare that the information I have given is true and correct.	
អាសយដ្ឋាននៅកម្ពុជា Address in Cambodia	CITY RIVER HOTEL	ហត្ថលេខា Signature	X
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	25 / 08 / 2016		

## ORIENTATION BRIEFING

Welcome to your **GLF Community Service Project** and thank you for being part of a team that is making a difference!

Before the **GLE Team** can begin work on the project all **GLE Team Members** are required to participate in an orientation briefing outlining the project site rules and requirements.

Your **GLE Expedition Leader(s)** and the **GLE Project Manager** are responsible for all members of the team throughout the project. During each visit to the project site they will provide you with instructions on the work to be completed and how the work will be done.

The common safety rules that apply to all **GLE Team members and GLE Project Managers** are:

- Team members are required to wear appropriate footwear, clothing and safety or gardening gloves on any building project at all times.
- Team members are only to complete tasks as directed by Expedition Leaders.
- Team members are to remain at the project site at all times under the supervision of the Expedition Leader(s).
- Team members are not to use any power tools at any time during the project.
- Team members will be instructed on site on how to use other tools (e.g.: hammer) as required.
- Team members are required to maintain relevant sun smart practices throughout the project, in particular hydration, sun block and shade.
- Team members who need to leave the project site at any time must be accompanied by an Expedition Leader.
- Team members are not to provide personal or team information to any person not a member of the school team or GLE.
- Team members must communicate any question, issue or concern they have with their Expedition Leader(s) as soon as possible.

**The safety and wellbeing of every Team member is paramount – take care and support each other throughout the project and have fun.**