



Empowering families and children to effect lasting change..... community by community www.sustainablecambodia.org

Rotarian Journey into Cambodia

10-Day Excursion – Rotarian Led

Feb 1-10, 2019

Participate from only USD \$925/pp

Join fellow Rotarians on a trip into ancient Cambodia...

Rotarians from various clubs around the world are joining together with Sustainable Cambodia on a journey into the heart of Cambodia.

Together, we will **explore the ancient temples** of Angkor Wat, and visit cultural sites and museums to gain an understanding of the challenges Cambodia has faced as it rebuilds from the tragedy of the Khmer Rouge genocide. We will travel to the schools and Rotary project sites of Sustainable Cambodia in central Cambodia, and while there each Rotarian can choose from various Rotary-supported projects, such as working with school children, visiting water filter construction sites, water well installations and community ponds. You will have the opportunity to meet first-hand the wonderful families and children in these rural villages, and for those who wish to do so, we can engage in hands-on projects with the families.



As we travel through the country, we will visit Battambang, the second largest city in the country, and Pursat in central Cambodia, the home of Sustainable Cambodia where you will meet the students, teachers and staff. Rotarians from the Rotary Club of Pursat will be your guides as you **meet the village families and the school children in the SC school projects**. You will have the opportunity to **visit and/or participate in various Rotary projects**.



The trip will include an excursion to Angkor Wat. Angkor is a temple complex built by Suryavarman II and Jayavarman VII from the 11th to the 12th century and is one of the seven wonders of the world. In Angkor Wat, you will be **led by experienced tour guides** who will share the rich history of these temple ruins, and will have an unparalleled

opportunity to **explore Cambodia's incredible heritage**. The visit will include a tour of the markets of Siem Reap, near the temples of Angkor, a silk factory, a floating village. **Rotarians who have made the journey previously can customize any portion of the itinerary**. We will enjoy a dinner at sunset together before leaving.

While in Siem Reap, you can choose a side-trip to the **Floating Village**, an amazing place where you will encounter hundreds of houses built on wooden platforms on the lake, including some homes that are built on old boats. The villagers have created a completely self-contained community, including a floating school, clinic, shops and places to eat.



About Sustainable Cambodia
Sustainable Cambodia (SC) is a Rotary-supported nonprofit organization working to help families in rural Cambodian villages create a sustainable quality of life through wells, irrigation systems, schools, training and empowerment. SC employs only native Cambodians, and all international officers, directors and consultants are unpaid volunteers. While SC is an independent nonprofit organization and is not formally affiliated with RI or TRF, active Rotarians are key volunteers and founders, and Rotarians make up a majority of the SC Board of Directors. Sustainable Cambodia aligns its values with those of RI, including RI's ideals of empowerment, peace through understanding, world service and community service.

The adventure will include a visit to Phnom Penh, the capital city situated at the confluence of three great rivers, the Mekong, Tonle Sap and Bassace Rivers. Phnom Penh is Cambodia's commercial and political hub, and offers several cultural and historical attractions, including the **Royal Palace, Silver Pagoda, National Museum, Wat Phnom and Toul Sleng Genocide Museum**, some of which will be included in the itinerary for the trip, and others available as optional visits.



Flights In/Out

Each Rotarian will pre-arrange their own travel by air into Phnom Penh airport (PNH). Flights out of the country can be booked to depart from either Phnom Penh or Siem Reap.

Arrangements will be made for arriving Rotarians to be picked up from the airport and taken to the hotel, and departures to the airport will be coordinated from the Siem Reap hotel.

- **Australian Rotarians** often coordinate flights into Phnom Penh (PNH) and out of Siem Reap (REP).
- **US/Canadian Rotarians** typically fly into AND return from Phnom Penh, taking a 45-minute regional flight from Siem Reap to Phnom Penh on the day before departure.



Trip Cost* (does NOT include flight to/from Cambodia):

- **If reserved by Oct 30, 2018** - **\$925/person Doubles/\$995 Singles**[^]
- If reserved AFTER Oct 30, 2018 - **\$995/person Doubles/\$1,065 Singles**[^]
- **Nonrefundable reservation deposit required of \$250 per person/\$350 per couple**
- **Balance of full payment due by December 7, 2018**

[^] Doubles = 2 people per room / Singles = 1 person per room

Questions?

Contact Gabor: Email GaborKarsai456@gmail.com

or call +1516-359-8028

Visit www.SustainableCambodia.org for information on projects

To Reserve your Trip...

Instructions for Wiring or Electronic Transfer:

Bank Account Name: Sustainable Cambodia
Bank Account Number: Bank of America 0054 8304 3621
Bank Routing Number for **Wire Transfers**: 026009593
Bank Routing Number for **Electronic Transfers**: 063100277
Bank SWIFT CODE: BOFAUS3N
Contact Information: Richard Allen; rallen@synogen.com; US +1(352) 317-2954

Instructions for paying by cheque:

Payable to: Sustainable Cambodia (in USD, please, or equivalent amt if not USD)
Address: Sustainable Cambodia
101 SE 2nd Place, Suite 201-B
Gainesville, FL 32601 USA

Instructions for paying by credit card:

1. Visit www.sustainablecambodia.org/donate
2. Enter the \$ amt in the field "Education & Community Development Support"
3. Page 2 of the Donation form will collect credit card information
4. In the Questions/Comments field enter the words "February Trip to Cambodia with Gabor"
 - *You will receive an automatic thank-you email from the website, thanking you for your "donation", but you can ignore that... We will know the payment is for the Rotary Trip by the amount and your "Trip to Cambodia" in the Comments field.*

* **A Note on Trip Pricing:** The organizing Rotarians have priced this trip based on the hard costs of bus, drivers, fuel, hotels, meals and guides. **It is a non-profit trip**, organized by unpaid volunteer Rotarians. Roughly 25% has been added to the expected trip costs to cover contingencies and project costs, and **100% of funds not used for trip costs will be used for SC Rotary-funded project work** onsite in the villages and schools we will be visiting. Cost includes all hotel stays, transportation, all breakfasts & lunches, and dinners where marked in itinerary (a few dinners are optional & ala carte).

➤ **Trip prices above do NOT include flights into or out of Cambodia** (see below)

****Recommended Flights:** Speak with a local Rotarian to coordinate flights if you wish.

NON-ROTARIANS? Don't be shy! Come along! Although this is a Rotary Trip organized by volunteer Rotarians, we follow the Rotary 4-Way Test, an ethical guide for Rotarians in which we ask ourselves four questions of everything we think, say or do... The 4th question is: "Will it build goodwill and better friendships?". This trip certainly passes that test! Come along! Hopefully by the end of the trip you'll be interested in joining your nearest Rotary Club or Rotary E-Club. (...and you may be curious what the other 3 test questions in the 4-Way Test are...). ☺

Daily Itinerary – FEBRUARY 2019 TRIP

We recommend to arrive by Thursday, so you can rest or explore a little on Friday morning.
Early arrival for those who can come on Thursday. Whether arriving Thursday, Friday or Saturday, we will be at the airport to meet you and get you to the hotel in Phnom Penh.

Thu, 31-Jan: Free time. Hotel accommodation and meals on your own. However let us know if you arrive on Thursday, so we can put you in the same hotel (the **Billabong or Mito Hotel** usually) as the rest of the Phnom Penh time.

Fri, 1-Feb: Breakfast at the Phnom Penh hotel for those already here, followed by a morning to unwind from the long trip. After lunch will begin the adventure with a short afternoon of activities in Phnom Penh, including a tour of the National Museum or the Royal Palace. Dinner will be optional, as some may wish to catch up on sleep before the next leg of travel.



Sat, 2-Feb: Breakfast at the hotel, followed by a tour of the Killing Fields museum. Lunch in Phnom Penh followed by an afternoon of optional visits either to the Toul Sleng Genocide site or the Central Market or the historic Wat Phnom temple. Dinner at a local restaurant with SC scholarship students who are attending University in Phnom Penh.

Sun, 3-Feb: Breakfast at the hotel, followed by travel (by air-conditioned bus- 4+ hours travel time) to Pursat Town in central Cambodia. Late lunch at the hotel (**KM Hotel** usually) in Pursat followed by an afternoon to relax and explore the town market and Koh Sampov Meas, the “Golden Ship Island” where the locals go for relaxation. Dinner that evening with Rotarians from the Rotary Club of Pursat.

Mon, 4-Feb: Breakfast in Pursat, followed by a visit to one of the main Sustainable Cambodia schools, which is also SC headquarters, to meet many of the children. Late morning we will begin several side trips to the villages with a visit to “before” villages, where the Rotary projects are just beginning. Lunch in various locations. Side trips to various of the villages to see the many projects underway. Dinner in the evening with each group sharing stories and photos of their experiences.



Tue, 5-Feb: Breakfast in Pursat, followed by another day of side trips to the villages to see or work with various Rotary projects. Lunch in various locations depending upon side trips. Dinner in evening with each group sharing stories and photos of their experiences.

- Wed, 6-Feb: Breakfast in Pursat, followed by more side trips, and hands-on involvement for those who have chosen specific projects. Some Rotarians may have planned trainings for families and staff. Other Rotarians can choose to meet some of the families. The day will conclude with dinner with members of the SC Pursat Youth Club and members of the Rotary Club of Pursat.
- Thu, 7-Feb: After an early breakfast at the hotel we will visit village preschools, and then visit a local high school where Rotary provides a computer room, and then stop at the main school to say goodbye to the school children and the SC team members who have been guiding our side trips. Then we travel (again by air-conditioned bus) to Siem Reap, the location of Angkor Wat. Along the way we will pass through Battambang, the second largest city in Cambodia. Dinner that evening in Siem Reap followed by a free night to explore the markets.
- Fri, 8-Feb: Breakfast in the hotel (**Ta Prohm Hotel** usually) in Siem Reap, followed by guided tours of Angkor Thom, Bayon Temple, Ankor Wat, Ta Prohm and other temples in the world cultural site. Lunch during the tours, followed by dinner with sunset over Angkor (this dinner is ala carte & optional).
- Sat, 9-Feb: Breakfast in the hotel, followed by several options:
1. Visit the Silk Factory to see silk produced
 2. Visit the Floating Village
 3. A visit to other Rotary projects in the Siem Reap area
 4. Additional tours of the historic Angkor temples and museums
- ...with a Cambodian Feast at the end of the day, celebrating our friendship and the good works being done in Cambodia.
- Sun, 10-Feb: Leisurely breakfast at the hotel as we prepare for departure flights back to our homes. Note: US flights typically depart late in the day or evening. Aussies and others may be departing earlier in the day. We will arrange to have access to the hotel for freshening up before the flight.
- *Note: Some Rotarians may wish to stay longer in Siem Reap. As the trip coalesces and the participants commit, we will happily connect anyone who wants to stay longer with others who wish to. Note also that for those who haven't experienced Bangkok or other SE Asia destinations, this is an excellent opportunity to do so.*

On the various side trips (3-7 February) into the villages and schools, you can expect to experience:

Global Grants in-progress

Water Wells

Community Ponds

Latrine Projects

Home Gardening

Livestock and Animal Pass-on

Alternative Agriculture

Crop Loans & Income Generation

Microcredit projects

Kravanh Bright Future Centre (KBFC)

Village Self Help Groups

Village Preschools

Meeting with Village Development Committees

Meeting children, teachers and families

Visiting SC Sylvia Lasky Memorial School

Visits to Classrooms and School Libraries

Experiencing the Computer Labs

Meetings with Youth Club members

Visits with Sewing Club

Community Schools

Questions?

Contact Gabor: Email

GaborKarsai456@gmail.com

or call +1516-359-8028