

Cambodia Adventurer

Travel around the exotically beautiful country of Cambodia. Teach underprivileged children, work in a local school, discover khmer culture and relax on paradise beaches.

Explore the alluring and exotic country of Cambodia and discover its incredible combination of dramatic landscapes, stunning beaches, captivating cultural and historical heritage and friendly people. Make a positive and rewarding contribution to the lives of underprivileged and disadvantaged children, discover Khmer culture and traditions, relax on white sandy beaches and contribute to coral reef conservation.

Cambodia, the sacred kingdom, is a country truly in touch with its ancient roots. This is the home of the once mighty Angkor empire, which ruled over a vast area of land from its centre in Angkor Wat. One glance at the region's spectacular environment and you'll see why they chose Cambodia for their base. Terraced rice paddies ring gently rolling hills, lush tropical forests are alive with the calls of hornbills and gibbons and mile upon mile of fabulous untouched beaches skirt the coast. Cambodia is a welcoming land and immediately you'll feel at home in this fabulous, exciting country.

The beauty of this project is that you combine the experience of a community project with a conservation project, with the vibrant town of Siem Reap and the serene beaches of Koh Rong Samloem ultimately leaving you with many unforgettable memories. You will spend the first part of your project in Siem Reap, before transferring down via Phnom Penh to the island beach camp.

PROJECT HIGHLIGHTS

- Teach, inspire and improve the opportunities of fun-loving, hard-working, disadvantaged children
- Contribute to the community in Siem Reap, and then chill on a perfect beach and assist with terrestrial and reef conservation efforts
- Explore this wondrous and welcoming corner of the world
- Fully immerse yourself in a very different culture. Working in remote areas off the beaten track you get to explore scenes and meet people you will never forget

FAST FACTS

Location	Cambodia - Siem Reap and the Khmer village of M'Pai Bai on the island of Rong Samloem
Activities	Teach English to children Help take care of disadvantaged children Explore the local culture Relax on the beach Assist with coastal conservation project, beach clean-up and recycling project

	Recreational activities Sightseeing
Transport	Pick-up from the airport (if arriving on Monday in Siem Reap) Transport to the Siem Reap project site (if arriving Monday in Siem Reap)
Accommodation	Frontier house in Siem Reap and Frontier bungalows in M'Pai Bai

WHAT DOES THE PROJECT DO?

This project allows you to decide how you would like to help the people of this poor yet beautiful country. Poverty and the lack of education that results from it traps the children of Cambodia in a cycle of deprivation that causes many problems in their lives, including becoming vulnerable to child labour markets where they can be forced to work hazardous jobs or even be sold into prostitution.

Poverty also results in malnourishment, homelessness and lack of access to healthcare and sanitation. With nearly one in three of Cambodia's 7-14 year olds unable to attend school, the prospect of escaping this 'poverty cycle' is bleak indeed.

You can bring hope to these impoverished children by giving them the education, attention and affection that they have been denied for much of their lives. Literacy is key to education and future jobs for these children, so you will be helping them to move beyond subsistence farming. Illiterate children have few educational options and your presence will give them the gift of English, the language of commerce and tourism, allowing them access to more stable and secure jobs and potentially even high school and college scholarships.

Cambodia's coastal and marine wildlife and ecosystems are under threat. The rate of habitat destruction here is the third highest in the world and the animals and birds that depend on these habitats are being decimated. We are working in the marine ecosystem on the island of Koh Rong Samloem to research and protect some of the country's most endangered coastal habitat. This project gives you the chance to spend part of your time helping with that vital work.

WHAT WILL I BE DOING?

You will spend the first part of your project in Siem Reap contributing to teaching projects, before transferring down to Koh Rong Samloem for the second part. We are flexible on how much time you spend on this project, and what you do with your time on each placement:

Teaching in a school in Siem Reap (minimum 1 week) ([CBT](#))

You will be a teaching assistant helping to support teaching in a local school at the heart of Siem Reap. Siem Reap is a captivating location that is known as the 'gateway' to the millennium old ruins of the Khmer empire. It encompasses the awe inspiring temple complex of Angkor Wat, an ancient and world famous monument that is yet untarnished by development. It is a vibrant and cosmopolitan centre popular with travellers.

We recommend that volunteers stay for three to four weeks to maximise the benefit of your presence within the classroom and have a chance to build a strong relationship with the teachers. Those

volunteers staying for less than four weeks may not have the opportunity to teach English to their own class but will play a key part with the younger children as well as arts and crafts exercises.

Beach conservation and relaxation (minimum 1 week) ([CMM](#))

Cambodia's coastal paradise is home to some of the most spectacular marine life and gorgeous beaches in the world. The coral reefs support a dazzling array of tropical reef fish and seahorses and provide rich feeding grounds for turtles and a wealth of other marine creatures. The deep blue offshore waters support reef sharks and majestic whale sharks, as well as vast shoals of cruising pelagics. You will stay in the Frontier beach camp on the island of Koh Rong Samloem alongside local, coastal communities and spend time soaking up the sun or swimming in the dazzling blue waters whilst helping to support our marine and coastal conservation project.

Transport between Siem Reap and the island of Koh Rong Samloem can cost up to **\$200USD / US\$170GBP** and is not included. We will arrange the transfer for you and you will make a direct local payment for transport and accommodation on the journey.

WHAT HAPPENS WHEN I ARRIVE?

You will start your trip with the teaching component and you will be met in Siem Reap airport on Monday by your project representative and escorted to the Frontier volunteer house. You are welcome to arrive at other times and make your own way to the house, and this should be arranged with field staff prior to arrival. We will give you advice on how to do this along with contact details of your local staff. At the end of your teaching component you will transfer unaccompanied to Koh Rong Samloem (**additional cost applies of \$200USD / US\$170GBP**); we will book the journey for you, put you on the bus and meet you at the other end and you can pay the transfer fee direct. At Koh Rong Samloem a staff member will meet you and transfer you over to the island camp.

WHERE WILL I BE STAYING?

For the teaching project you will stay in a guest house in Siem Reap, a 10 minute cycle from the town and the school. It has Western style bathrooms and dorm style bedrooms. In contrast, on the beach camp project you will be given the chance completely to immerse yourself in the Cambodian way of life. Beach camp life is very simple, unsophisticated and fun. You'll be staying in communal accommodation and your washing facilities will be a local well or maybe a bucket shower. You will be cooking over an open campfire, so get ready to embrace a basic, unencumbered lifestyle! As well as completing the research and conservation activities you will help with daily camp duties, taking turns to cook, maintain the equipment, collect firewood and purify water.

WHAT WILL I BE EATING?

Food in Cambodia is delicious, varied and inexpensive. You can enjoy sampling traditional Cambodian cuisine, including dishes such as delicately spiced curries, fresh local market produce and delicious meat, fish and vegetables. Specialities to try are: Amok curry, based on coconut milk or a herb and spice paste known as kroeung, oriental squash, unusual vegetables such as winter melon, luffa and yardlong bean, and ngam nguv, a chicken soup flavoured with whole preserved lemons. If you are slightly more daring, you could try a variety of local delicacies such as locusts and crickets.

On Koh Rong Samloem you will be provided with three meals per day consisting of a basic diet of mainly of rice, beans, vegetables and noodles. When you are teaching or travelling breakfast and lunch is provided plus you will be able to cater for yourself from a wide range of dishes available from street stalls and local restaurants. A budget of about \$25 per week should cover your evening meals.

HOW WILL I GET TO WORK?

Transfers between each of your placements will be arranged for you (local payment applies to transfer between placements) and will be by local bus and boat to Koh Rong Samloem. Transport from your accommodation in Siem Reap to your school each day will be by bicycle or for those who don't cycle you can either walk or pay for a tuk tuk yourself.

COSTS

2 weeks	US\$ 1,145
3 weeks	US\$ 1,445
4 weeks	US\$ 1,795
Extra week	US\$ 345

DEPARTURE DATES

Weekly every Monday

Please note that there will be a number of public holidays throughout the year when the school will be closed. During school holidays a modified programme will run with adult education classes and one to one coaching.

DURATION

You can join this project for a minimum of 2 weeks

WHAT'S INCLUDED

Before you go

- Pre-departure support
- Travel & medical advice & documentation
- Advice on visas & equipment
- Discounted medical kit
- Free Frontier T-shirt

In-country

- Breakfast and one other meal. You will also receive dinner on Koh Rong Samloem

- Accommodation volunteer house & beach camp
- Project orientation & training
- Airport pick-up (if arriving on Monday in Siem Reap)
- Transport from Siem Reap airport to Siem Reap Frontier house
- In-country emergency support
- 24-hour international HQ backup

AIRPORT INFORMATION

Nearest airport(s): Siem Reap (REP)

CONTACT INFORMATION

Call us on 020 7613 2422 (UK) / 1 949 336 8178 (US)

Mail us on info@frontier.ac.uk

Check out our social media here:

Project details were correct at the time this document was generated. Price, dates and other details are subject to change. Please see our website for current details for this project.