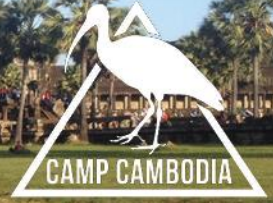




# Cambodia Scuba Itinerary



## Team Krosar

21<sup>st</sup> July – 18<sup>th</sup> August

22<sup>nd</sup> – 23<sup>rd</sup> July

Arrival & Phnom Penh

Following your arrival at Phnom Penh Airport you will be met by our in-country staff. They will transfer you to your accommodation, feed you and let you freshen up before the adventure really begins! During your time in the city, you will visit the emotionally charged site of the S21 prison and the Killing Fields. It helps to understand the Cambodian people and is a challenging yet moving experience. You will have the opportunity to visit the local markets, where you will probably be offered the local delicacy - deep fried tarantula! During your stay in Phnom Penh, you'll stay in a hostel.

24<sup>th</sup> – 28<sup>th</sup> July

Camp O'Romchek

It's time for your first camp - Camp O'Romchek. This camp is located in a small village north of Siem Reap. The villagers here are farmers, growing cashew nuts, tapioca and rice. During your stay, you will work on a variety of projects, including water storage construction at the local house and repairs the back road to local school. You will also get the opportunity to learn how the locals grow rice. Your accommodation here will be a homestay in traditional longhouses.

29<sup>th</sup> – 30<sup>th</sup> July

Siem Reap

You'll leave the rural countryside behind and head to Siem Reap for the next few days. Siem Reap is a bustling town with a certain charm. Over the next few days, you'll visit several temples including the famous ruins of Angkor Wat, as well as having the opportunity to visit the night market to buy a few souvenirs. During your stay in Siem Reap, you'll stay in a small hostel in the outskirts of town and eat in an authentic, local restaurant.

31<sup>st</sup> July – 4<sup>th</sup> August

Camp Beng Pae

Next stop is Camp Beng Pae. This camp has two traditional longhouses built to maximise ventilation on a warm Cambodian day. The camp has trees with hammocks strung between them spread throughout providing a shaded place to relax after a hard day's project work. It is close to a small but vibrant village and the children will be keen to introduce themselves. The project work at this camp is focused on addressing the basic needs of the community, by providing a source of clean water to families through the construction of wells and by building toilets for each household, reducing the risk of disease spread through poor sanitation.

5<sup>th</sup> – 9<sup>th</sup> August

Sihanukville, Sunset Beach Camp & PADI Open Water Scuba Course

Today, you'll begin your transfer to Sihanukville. This transfer will take the whole day, and your accommodation will be in a hotel. In the morning, you'll head to the island and arrive at Sunset Beach Camp. This camp is located on the island of Koh Rong Samloem, off the coast of Sihanoukville. During your stay, you will complete your PADI Open Water Diver course over several days. Those who are not diving will have the chance to do alternative activities such as beach cleans, cooking classes and learning about the local marine life. Your accommodation here will be traditional longhouses.

10<sup>th</sup> – 15<sup>th</sup> August

Phnom Penh & Camp Beng Mealea

It's time to head to your final camp - Camp Beng Mealea. In order to break up the journey, you will stay overnight in Phnom Penh. Dinner will be in a local restaurant and your accommodation will be in a hotel. After breakfast, you'll continue your journey to camp. Beng Mealea is a typical Cambodian village and even has its own small temple! Here, you'll sleep in traditional longhouses and get stuck in with a wide variety of local projects, typically focused on food and water security, such as creating traditional rainwater storage pots to donate to families in the community and providing families with small chicken farms to enable the community to raise chickens for food and to supplement their income. There are also environmental projects such as tree planting and working in the jungle garden.

16<sup>th</sup> – 17<sup>th</sup> August

Phnom Penh & Departure

Today, you'll head to Phnom Penh ahead of your departure. Upon arrival in the city, you'll check into your hotel and have some time to freshen up. You'll have the opportunity to do some last-minute souvenir shopping at the markets before a final team meal. It's a lovely chance to reflect on all you have accomplished. On your day of departure, our staff will head with you to the airport, and wave you off ahead of your flight home.

Please note that due to the nature of expeditions all itineraries may be subject to change.

## A typical day in camp

Each day of your expedition will bring new adventures, and there's no average day with Camps! But here's a taste of what life in camp is like.

### 7am – Time for breakfast

You'll wake up early in time for a delicious meal cooked by our local cooks, which will prepare you for your action-packed day ahead.

### 8am – Head to project site

Lace up your boots and head off to the project site. You'll be staying right within the heart of the community so it's just a short trip over to projects – often accompanied by the children of the village who love to join in with our volunteers.

### 9am-12pm – Project work

You'll spend your morning getting stuck into important project work with the help of one of our awesome local project leaders.

### 12pm-2pm – A well-deserved afternoon break

After all your hard work at the project site, you'll have a couple of hours free to have some lunch and write in your travel journal or just chill out and relax at camp.

### 2pm-5pm – Back to projects

You'll head back to your project site for the afternoon, maybe swapping tasks with some other members of your team to work on a different part of the project. On many days, in the late afternoon or evening, you will play football with community members, enjoy a cultural or culinary experience or take part in an organised session focusing on conservation or our projects.

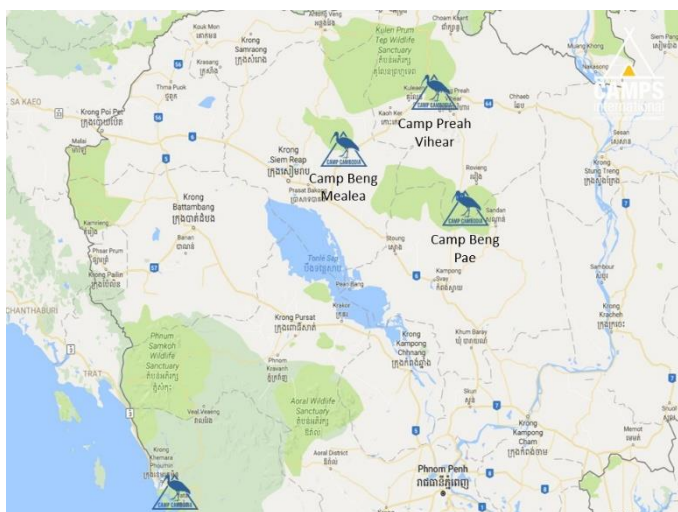
### 6pm – Dinner at camp

Kick off your boots and take a nice refreshing shower before tucking into a tasty dinner prepared by our Camps cooks. This could be a traditional dish from the local area or sometimes a familiar meal from home.

### 9pm – Time for bed

After a long and full day, you'll tuck yourself into bed and fall asleep to the peaceful sounds of camp.

## Map of key locations



Transfer times: (Please note all transfer times are approximate)

Phnom Penh → Camp O'Romchek: 7 hours

Camp O'Romchek → Siem Reap: 2 hours

Siem Reap → Camp Beng Pae: 3.5 hours

Camp Beng Pae → Sihanukville: 7 hours

Sihanukville → Phnom Penh: 3 hours

Phnom Penh → Camp Beng Mealea: 7 hours