



Brought to you by the Rotary Club of Gainesville, the Rotary Club of Pursat and Sustainable Cambodia

## Rotarian Journey into Cambodia

### Jan 26th - Feb 5th, 2023

Participate from only USD \$995/pp

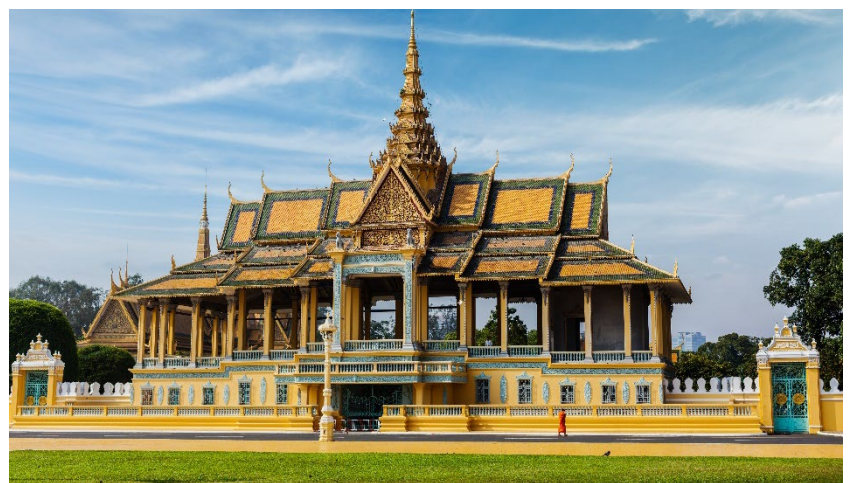
#### Join fellow Rotarians on a trip into ancient Cambodia...

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

This 10-day excursion is a truly unique experience of traveling into Cambodia. Located in Southeast Asia, this beautiful country is rich with history and culture, and this trip will be much richer and more meaningful than a mere tourist trip. We will travel to the must-visit places in Cambodia including the heart of Cambodia, Phnom Penh, and we will walk amongst the ancient temples of Siem Reap. But tourism is not the sole purpose of this trip. We will go far off the “tourist routes” to visit village families and experience the impact of Rotary projects in the remote villages of Pursat Province. For those who haven’t gone before, **you will have the adventure of a lifetime while helping rural families and children in ways you may have never dreamed possible.**

### Phnom Penh

The adventure will include a visit to Phnom Penh, the capital city situated at the confluence of four great rivers, the Upper and Lower Mekong, the 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. Together, we will **explore** these 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.

## Villages in Pursat Province

As we travel through the country, will visit 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**. 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. Also, we hope to ride the Bamboo Train – a unique way to see and experience the breathtaking Cambodian countryside. As rail lines advance in Cambodia, the Bamboo Train will soon be a thing of the past.



## Ancient Temples in Siem Reap

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, Angkor panorama and national museum, near the temples of Angkor and a silk factory.

While in Siem Reap, you may want to join fellow Rotarians at a Sunrise over Angkor Wat. The dawn light gives this World Heritage site a unique silhouette against the morning sky. Yes, it is an amazing experience. But those who go will need to brave a 3:30 am start to the day so you can be near the first row. Is it worth it? “Absolutely!”, exclaimed a Rotarian from last year’s journey. (But it’s an option if you choose!)



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

- Nonrefundable reservation deposit required of \$250 per person/\$350 per couple
- For the 2023 Trip:
  - If reserved by **August 20, 2022** - **\$995/pp dbls** - **\$1,070 Singles**
  - Reserved AFTER August 20, 2022 - **\$1,070/pp dbls** - **\$1,145 Singles**
- **Balance of full payment due by 75 days prior to starting date of trip...**  
*Doubles = 2 people per room / Singles = 1 person per room*

## 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 (or to boat or bus) 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.



**Email [rallen@synogen.com](mailto:rallen@synogen.com) with any questions**

**Visit [www.SustainableCambodia.org](http://www.SustainableCambodia.org) for information on projects**

### 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.

## 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](mailto:rallen@synogen.com); US (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 [SustainableCambodiaTrip](#)
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 "Trip to Cambodia"
  - *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 page 3)

**\*\*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 4<sup>th</sup> 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 – Jan-Feb 2023 Trip Dates

- Thu, 26-Jan: 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.
- Fri, 27-Jan: 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 Royal Palace and around the city. Dinner will be optional, as some may wish to catch up on sleep before the next leg of travel.
- Sat, 28-Jan: 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, 29-Jan: 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 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, 30-Jan: 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, 31-Jan: 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, 01-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, 02-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, 03-Feb: Breakfast in the hotel in Siem Reap, followed by guided tours of the Panorama 3D Museum, and then on to Angkor Wat, Angkor Thom, Bayon Temple and Ta Prohm in the world cultural site. Lunch at one of the temple restaurants between the tours, and dinner in the evening at Ku Len Restaurant where traditional Khmer dance will be performed during dinner.
- Sat, 04-Feb: Breakfast at the beautiful Sala Bai Restaurant & Hotel School, where young underprivileged Cambodians receive free social and professional training in hotel and restaurant management, followed by several options:
1. A visit to the Silk Factory to see silk produced
  2. A visit to the Angkor National Museum
  3. A visit to other Rotary projects in the Siem Reap area
  4. Additional tours of the historic Angkor temples
- ...with a Cambodian Feast at the end of the day, celebrating our friendship and the good works being done in Cambodia.
- Sun, 05-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 into the villages and schools, you can expect to experience:

Global Grants in-progress	Village Self Help Groups
Water Wells	Village Preschools
Community Ponds	Meeting with Village Development Committees
Latrine Projects	Meeting children, teachers and families
Home Gardening	Visiting SC Sylvia Lasky Memorial School
Livestock and Animal Pass-on	Visits to Classrooms and School Libraries
Alternative Agriculture	Experiencing the Computer Labs
Crop Loans & Income Generation	Meetings with Youth Club members
Microcredit projects	Visits with Sewing Club
Kravanh Bright Future Centre (KBFC)	Community Schools