

## MISHCAM ESSENTIAL EXPERIENCES

### In Phnom Penh

#### **Visiting the Killing Fields and Toul Sleng Genocide Museum**

The Killing Fields memorial and Toul Sleng Genocide Museum tell the tragic story of Cambodia's history. It is a heart-breaking experience, and yet, we believe, an important one for all Mishcamers in order to understand how the situation came to be for Cambodia and why the country is in need of our support.

#### **Local Market Shopping**

Phnom Penh is a city filled with bustling markets, each with their own speciality and style. We love the Central Market and Russian Markets in particular, but depending on what our Mishcamers are looking for, we will take you to the best market for the job!

#### **Boat Party**

We love to start Mishcam with a bang and the Mishcam boat party is the best way to do just that. We'll hit the Tonle Sap river on a double-decker party boat and enjoy fabulous views of Phnom Penh, with some delicious food, cold drinks and all of our new Mishcam friends!

#### **Private Movie Screening**

Mishcamers are pretty special people, so we think we deserve the cinema all to ourselves! We'll head to "The Popcorn" private cinemas and to check out "First They Killed My Father". A sad story but another important step in understanding Cambodia's history.

#### **ONE Day Spa Visit**

ONE Day Spa is CKF's vocational training project that aims to provide employment and teach women skills and trades in the beauty industry, while providing an income stream for the organisation. It also happens to be the best place to relax and recharge after a long plane journey before you head to the village! In fact, it's also great at the end of an exhausting Mishcam too - let's go twice!

### In Soksan Village

#### **Teaching**

Soksan International School uses a Project-Based Learning model of education, which means that our students are always working on a huge variety of projects that appeal to their own interests, this means there's always something that matches the skills of our



## CAMBODIAN KIDS FOUNDATION

Mishcammers. We'll pair you up with some students that are working on projects in your area of expertise, so you can be their mentor for a few weeks.

### **Fishing**

Cambodian fishing is an experience! Be prepared to get muddy and wet as you head to the local dam for some net-fishing. Whatever you bring back is lunch, so make sure you catch plenty!

### **Cooking**

SIS has a team of local ladies that cook every day for our staff and many of our students, and they love it when our Mishcammers come to help out. You'll head to the local market to pick out the best produce and ingredients, then spend the morning cooking up a storm. They'll teach you all their tricks and recipes (except for Soksan Sauce, that stuff is top secret).

### **Sambor Prei Kuk Temples**

Did you know that Kampong Thom Province is home to Sambor Prei Kuk, an ancient temple complex that pre-dates Angkor Wat by hundreds of years? We'll visit these incredible temples lost to time, and get shown around by our students who will tell you all about the history and significance of the landmark.

### **Bike Riding**

The best way to explore the countryside around Soksan Village is on wheels and we'll hit the tracks on some mountain bikes with a team of students. Depending on interest and ability we can go for a cruisey short ride, or if you're feeling a little more extreme maybe something longer and more technical.

### **Soksan's Got Talent**

SIS students LOVE a talent show and on your final night in the village, that's just what you're in for. We finish the trip with a party and performance and as the Mishcam team, you will be the headlining act. So get practising! You'll also get to see our students and staff performing their own songs and dances, a truly beautiful way to end your trip.

## Siem Reap

### **Angkor Wat**

Visit the ancient city of Angkor, the pride of Cambodia. A UNESCO World Heritage Site that dates back to the 12th century, Angkor Wat is truly an awe-inspiring experience. We'll spend the day touring all the sites in the complex including Angkor Thom, Bayon, and Ta Prohm.

## GENERIC ITINERARY

Day 1 - Arrival Day (Friday)	
10am	Mishcam Group arrives - Picked up at the Airport
11am	Arrive to CKF House, get settled into rooms and unpack
12pm	Lunch at CKF House, prepared by our team
1pm - 6pm	Visit ONE Day Spa and Russian Market
6:30pm	Movie and Dinner @ The Popcorn - "First They Killed My Father"
9:00pm	Home

Day 2 - Saturday	
8:00am	Breakfast at CKF House
8:30am - 12:30pm	Killing Fields and Toul Sleng Museum
12:30pm	Lunch at CKF House, prepared by our team
1:30pm	Shopping at local markets
6:00pm	Boat Party
10:00pm	Home

Day 3 - Sunday	
8:00am	Breakfast at CKF House
8:30am - 12:30pm	Shopping for any materials and supplies needed for Mishcam project
12:30pm	Lunch at CKF House, prepared by our team
1:30pm	Head off in the bus to Soksan Village, 4-hour drive
5:30pm	Arrive to Soksan Village, settle in to rooms in Mishcam Place.
6:30pm	Dinner in the Village, prepared by our team



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Day 4 - Monday	
6:00am	Breakfast at Mishcam Place - You can get up as early as you like to prepare your own breakfast from what's in the kitchen. Cereal, Muesli, Toast, Eggs, Coffee/Tea, etc.
6:45am	Greet the Students - This is how we begin each and every day at SIS by welcoming all our students to school with high-fives and big smiles. Make sure you're on time, 6:45 sharp at the front of the school.
7:00am - 11:00am	Tour of the Village and School. Our SIS student leaders will take you on a tour of their village and some projects CKF has set up. It will be hot so don't forget your hat and plenty of water! When you get back, we'll tour the school and classrooms.
11:00am - 12:00pm	Lunch at the Kim Yeng Centre.
12:00pm - 1:00pm	Teacher meeting. Meet all the staff and teachers at our school and discuss our plans for the week.
1:00pm - 5:00pm	Planning our Construction project
5:30pm	Dinner at Kim Yeng Centre
5:30pm	Pick-up soccer in the Stadium or visit the night classes.
7:00pm	Catch-Up / Reflection Time
7:30pm	Downtime and Bed

Day 5, 6, 7, 8 - Tuesday, Wednesday, Thursday, Friday	
<b>All other days in the village should follow a similar format</b>	
6:00am	Breakfast at Mishcam Place - You can get up as early as you like to prepare your own breakfast from what's in the kitchen. Cereal, Muesli, Toast, Eggs, Coffee/Tea, etc.
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7:00am - 11:00am	Activity Rotations: Cooking with the Women's team Fishing Construction Project Teaching in Classrooms
11:00am - 12:00pm	Lunch at the Kim Yeng Centre.
12:00pm - 1:00pm	Downtime / Teacher Meeting
1:00pm - 5:00pm	Activity Rotations: Cooking with the Women's team Fishing Construction Project Teaching in Classrooms
5:30pm	Dinner at Kim Yeng Centre
5:30pm	Pick-up soccer in the Stadium or visit the night classes.
7:00pm	Catch-Up / Reflection Time
7:30pm	Downtime and Bed

<b>Day 9 - Saturday</b>	
<b>Visit Siem Reap</b>	
8:00am	Breakfast at MishCam Place - You can get up as early as you like to prepare your own breakfast from what's in the kitchen. Cereal, Muesli, Toast, Eggs, Coffee/Tea, etc.
10:00am	Head to Siem Reap by bus (2.5-hour drive)
1:00pm	Check in to a hotel at Siem Reap
2:00pm - 5:00pm	Downtime to chill out in Siem Reap, swim in the pool, hang out.
5:00pm - 7:00pm	Visit the Siem Reap night markets



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7:30pm	Dinner at Sister Srey - An ethical, social enterprise restaurant that specialises in organic food made from local produce.
8:30pm	Free time to explore Siem Reap Night markets more, or head back to the hotel to swim/relax.

<b>Day 10 - Sunday</b> <b>Angkor Wat</b>	
6:00am	Breakfast at hotel
7:00am	Head to Angkor Wat, we'll want to get out nice and early before it gets too hot.
7:30am - 12:30pm	Explore Angkor Wat temples.
1:00pm	Lunch
2:00pm - 4:00pm	Shopping in Siem Reap for materials and supplies needed for Mishcam project.
4:00pm	Drive back to Soksan Village (2.5-hour drive)
7:00pm	Dinner at Mishcam Place
7:30pm	Catch-up and Reflection.

<b>Day 11, 12, 13 - Monday, Tuesday, Wednesday</b> <b>All other days in the village should follow a similar format</b>	
6:00am	Breakfast at Mishcam Place - You can get up as early as you like to prepare your own breakfast from what's in the kitchen. Cereal, Muesli, Toast, Eggs, Coffee/Tea, etc.
6:45am	Greet the Students - This is how we begin each and every day at SIS by welcoming all our students to school with high-fives and big smiles. Make sure you're on time, 6:45 sharp at the front of the school.



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7:00am - 11:00am	Activity Rotations: Cooking with the Women's team Fishing Construction Project Teaching in Classrooms
11:00am - 12:00pm	Lunch at the Kim Yeng Centre.
12:00pm - 1:00pm	Downtime / Teacher Meeting
1:00pm - 5:00pm	Activity Rotations: Cooking with the Women's team Fishing Construction Project Teaching in Classrooms
5:30pm	Dinner at Kim Yeng Centre
5:30pm	Pick-up soccer in the Stadium or visit the night classes.
7:00pm	Catch-Up / Reflection Time
7:30pm	Downtime and Bed

<b>Day 14 - Thursday</b> <b>Last day in Soksan Village</b>	
6:00am	Breakfast at Mishcam Place - You can get up as early as you like to prepare your own breakfast from what's in the kitchen. Cereal, Muesli, Toast, Eggs, Coffee/Tea, etc.
6:45am	Greet the Students - This is how we begin each and every day at SIS by welcoming all our students to school with high-fives and big smiles. Make sure you're on time, 6:45 sharp at the front of the school.



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11:00am - 12:00pm	Lunch at the Kim Yeng Centre.
12:00pm - 1:00pm	Downtime / Teacher Meeting
1:00pm - 5:00pm	Activity Rotations: Cooking with the Women's team Fishing Construction Project Teaching in Classrooms
5:30pm - 7:30pm	Soksan's Got Talent Party and Talent Show in the Village!
8:00pm	Head back to Phnom Penh by bus (4-hour drive)
12:00am	Arrive to CKF House, Phnom Penh





# CAMBODIAN KIDS FOUNDATION

Day 15 - Departure	
8:00am	Breakfast at CKF House
9:00am - 12:00pm	Free Choice day Visit ONE Last minute shopping at Markets Cooking with Srey Touch  Group should pack bags before heading out for the day
12:30pm	Lunch
1:30pm	Head off to the airport
5:00pm	Flight Departs