

ETHICAL SCHOOL ADVENTURES SINCE 2006





# Cambodia

# Halong Bay to Angkor Wat Explorer

We hope you will join us on this amazing adventure into two vibrant and very different South East Asian countries. Vietnam and Cambodia are a world away from life at home: the sights, sounds, history, tastes... we could go on! This itinerary explores many of the highlights and history for which this region is famous, while also giving students a 'local's perspective' through engaging activities, hands-on experiences and thrilling journeys by train, speedboat and motortricycles! While both countries are beautiful and the activities fascinating, there is no doubt that it is the Vietnamese and Cambodian people who will be the real highlight. This adventure is the perfect introduction into South East Asia and offers a great opportunity to stretch your global horizons.

# 16 Days



Learn more about our Carbon Labels

# **Your Recommended Educational Journey**

### Depart UK on overnight flight to Hanoi Day 1 Depart London, fly overnight and arrive in Vietnam on the following day. BLD Arrive Hanoi – pick up at the airport. Relaxing afternoon. Day 2 Chao Ban! Welcome to Hanoi, our local expedition leader will meet you at the airport and take you to your hotel for check-in and a quick freshen up. The rest of today is free to rest or explore the local surroundings and get used to the busy pace of life in Hanoi. Overnight in Hanoi. Hanoi walking tour and transfer to Ninh Binh BLD Day 3 This morning we have a walking tour around the Old Quarter of Hanoi. We'll see the Hoan Kiem Lake and Hanoi's fascinating Old Quarter. This is your chance to soak up the sounds and smells of typical Hanoi life and Vietnamese culture. Later in the afternoon we travel by bus to Ninh Binh, a small city in the Red River Delta of northern Vietnam. Overnight in Ninh Binh. BLD Day 4 Ninh Binh – Trang An River trip - Hoa Lu temple – Hai Phong After breakfast in the hotel we have a short transfer to Trang An dock. In small groups we board local rowing boats and meander along the river amongst an amazing karst limestone landscape. We float through various local caves on an adventure that will sure to be a highlight of our time in Vietnam. After returning to the dock, we drive to Hoa Lu, Vietnam's 9th century ancient capital, for some cultural sightseeing and storytelling of past kings. We have lunch at the local restaurant, then transfer to Hai Phong, gateway to Halong Bay. Overnight hotel in Hai Phong city. Hai Phong – Halong Bay – overnight cruise BLD Day 5 We leave our hotel this morning and after a quick highlights tour of Hai Phong City transfer to the harbour in Halong Bay, where our junk crews welcome us on board at around midday. Our cruise starts and we'll enjoy a lunch of fresh local seafood while cruising to Ha Long bay. The scenery is amazing and along the way we'll admire the fascinating sea cliffs and karst formations, as well as get off the boat to enjoy some kayaking and swimming. Dinner and overnight on our junk. BLD Day 6 Halong Bay – return to Hanoi – overnight on train to Danang This morning is for relaxing amongst the UNESCO World Heritage scenery of Halong Bay. Activities include a visit to one of the most beautiful caves and discovering the geological marvels of Halong Bay with its thousands of islands and islets. We have lunch on board as we cruise back to the harbour. Once back on land we head by road to Hanoi railway station where, after dinner, we board the Reunification Express night train to Danang. We'll be sleeping in 4 berth AC soft sleeper cabins.

Day 7

Arrival Danang, transfer to Hoi An

O/n on board the train.

We arrive into Danang at around noon and are met by our driver. After lunch we head to Hoi An,

BLD



visit the Cham museum and Marble mountain en-route. Once checked into our accommodation in Hoi An we head out for a walking tour around this ancient town. Dinner will be at a local restaurant in the old town. Overnight in Hoi An.

#### Day 8 Hoi An – fishing, farming and cooking class – night train to Saigon

BLD

BLD

BLD

An early start from our hotel in Hoi An takes us to Cam Nam fishing village to learn how the locals fish. We'll get to try our hand at throwing the net into the river, just how the locals do! Next, it's off to Green Bay Mau water coconut forest. On the way, we have chance to row a 'basket boat' and enjoy the tranquil atmosphere of the water ways. We'll explore the revolutionary base of Hoi An during the Vietnam War before heading to Tra Que Vegetable Village where we'll be welcomed with the friendly smiles and special drink: "E" water or local tea. We'll join a cooking class with the family and, under their instruction, learn how to prepare ingredients to cook Hoi An specialty foods. We eat what we've cooked!

Next, it's time to get out into the fields. We put on our traditional farming clothes, take a short walk around to visit the garden where local farmers work and see the traditional methods used. After that we'll be under the instruction of a local farmer who will show us how to prepare and make the land, fertilize the soil using green manure before watering the vegetables we've planted. Once our work in the fields is done, it's back to the farmhouse to relax and refresh ourselves by soaking our feet in Vietnamese herbs.

Heading back to Hoi An, we have dinner at a local restaurant before transferring to Danang station for the overnight train to Hoi Chi Minh (HCM, formerly Saigon). Overnight on the sleeper train.

#### Day 9 Ho Chi Minh City & Cu Chi tunnels

Arrive HCM early morning, where we are picked up and taken to a local restaurant for a freshen up and breakfast. Once done, we head to the Cu Chi countryside to see what life was like for the guerrilla warriors who lived and fought underground during the Vietnam War. For those not scared of small spaces, there is the opportunity to crawl through 50 m of the 200 km tunnel system below ground. Later in the afternoon, we head back to HCM where we visit the bustling streets and historical significance of this famous city. We have dinner in town and are then dropped back at our hotel.

#### Day 10 HCM - Mekong Delta tour – Chau Doc

First thing this morning we have a two hours transfer to My Tho, the first town on the main branch of the mighty Mekong River. On arrival, we visit the Rach Mieu suspension bridge with its panorama view of the Mekong and various islands.

Continue to Ben Tre, where we have a short cruise on the Ben Tre river, a tributary of Ham Luong – the 4th branch of Mekong river. Sit back and relax on board, drift down the busy branch of the Ham Luong and into the peaceful canals. We visit a brick kiln and a coconut shell husking workshop. Here we see the daily life of farmers and try the hard work of taking shells off the coconut that is unique to the region.

As we cruise the natural waterways, we visit a coconut-candy workshop, a main product that made Ben Tre famous. We disembark at the local market of Nhon Thanh commune and explore the market on foot. We'll visit a workshop making sleeping mats - an old tradition weaving mats by hand. Then, the Mekong adventure is on, we see what life is really like for locals by explore this quiet island by hoping on a "Lambretta Tri Porteur" an old 1960 traditional motor-tricycle in South Vietnam. Our Lambretta adventure takes us winding around the coconut palms, bitter melon or cucumber farms to a farmer house where we break for lunch and relax.

In the afternoon, we explore a bit more of coconut farms and fruit orchards of this village on foot. Before the villagers welcome us on their wooden sampans to try the unique experience of paddling these amazing boats on the small lush waterways. Bobbing in our hand-rowing sampans, we slowly cruise under the canopy of water coconut palms along the canals. Our boat picks us up again and we cruise back to the boat landing in Ben Tre town before driving to Chau Doc, ready for our speedboat journey into Cambodia tomorrow.

[	Day 11	<b>Chau Doc - Phnom Penh by speedboat, Killing Fields</b> After an early breakfast at the hotel we walk to the dock to catch our speedboat to Phnom Penh. This is a thrilling way to enter Cambodia. Boats departs at 7:30 am and arrive Phnom Penh at 12:30 pm. On arrival in Phnom Penh we are met and transferred to a local restaurant for lunch before going to check in at our hotel. This afternoon we visit the Killing Fields Museum – a sombre reminder of the atrocities that afflicted this part of the world not that long ago. The museum aims to honour and remember the victims and survivors of the Khmer Rouge holocaust. Overnight in Phnom Penh.	BLD
C	Day 12	<b>Phnom Penh</b> This morning we visit Phnom Penh city – taking in the National museum, Royal Palace, Silver Pagoda and Wat Phnom. Phnom Penh, Cambodia's busy capital, sits at the junction of the Mekong and Tonlé Sap rivers. It was a hub for both the Khmer Empire and French colonialists. On its walkable riverfront, lined with parks, restaurants and bars, is the ornate Royal Palace, Silver Pagoda and the National Museum, displaying artefacts from around the country. At the city's heart is a massive art deco Central Market. It's a busy, buzzing capital and we can spend a leisurely afternoon exploring the city further or relaxing at our accommodation.	BLD
[	Day 13	Phnom Penh – Siem Reap by bus We have an early start today and depart for Siem Reap by around 8:00 AM. Today will be a long driving – around 6hrs – but we will have stops en-route, including lunch, before arriving into Siem Reap in the late afternoon. We check into our hotel and relax before dinner and overnight in Siem Reap	BLD
	Day 14	Siem Reap, Angkor Thom, Bayon & Angkor Wat This morning we drive to the UNESCO World Heritage areas and explore some of Angkor's most beautiful temples. Depending on how early the group want to get up, we can visit a variety of sites including Ta Prohm and the West Gate of Angkor Thom – largely undiscovered by mass tourism - then Angkor Wat itself, the longest continuous bas-relief in the world. After a full day sight-seeing we return to our hotel for dinner.	BLD
[	Day 15	Siem Reap, Tonle Sap – Silk Farm, depart Cambodia and fly to UK This morning we visit Tonle Sap floating village which includes a school, crocodile farm and fish farm. Time allowing (depending flight times which are yet to be confirmed) we may have time to visit Artisan d'Angkor & the local silk farm. During our visit, guides provide details on the mulberry trees, silkworm farming, cocoon unwinding, preparation of the silk threads, ikat technique (tie- dyeing of the threads) and silk weaving.	BL
		Our South East Asia adventure comes to a close as we transfer to airport for our flight back to the UK. We leave full of memories of amazing sites and wonderful adventures.	
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### Day 16

**Arrive UK** 

After our overnight flight, we arrive back into the UK today tired but exhilarated from our South East Asia adventure.

# Look what's included:

### · International flights

- · All accommodation, transportation and activities
- $\cdot$  All food as described above
- · Local, bi-lingual, first-aid qualified STC tour leader
- · Parent and student trip launch presentation
- · Pre-travel training programme
- $\cdot$  1-day offsite safety INSET day for school staff
- $\cdot$  ATOL financial protection
- Emergency Medical & Repatriation Insurance

- · Group first aid kit and prescription meds pack
- · BS8848 safety management and risk assessments
- $\cdot$  Detailed pre-departure information and kit lists
- Comprehensive teacher travel packs
- · Permanent operations team in your destination
- · 24-hour UK operational support whilst overseas
- $\cdot$  Donations to two carbon & conservation charities
- $\cdot$  Free Fairtrade t-shirt for every participant and teacher
- Free travel guide book to your destination

# What's not included:

- Transport to airport in UK
- · Drinks (advice will be given on purification of water)
- Visas or tourist cards if required
- Any required inoculations or Covid tests

- Personal spending money
- Tips for guides, drivers and porters (ask for guidance)
- Airport departure taxes paid locally
- · Personal effects and cancellation insurance

# A word about Responsible Tourism

On our expeditions and educational journeys, we strive to connect teachers and students with the people they meet, nurture the cultures they experience and protect the beautiful environments they are lucky enough to explore.

Many companies talk the talk, few truly walk the walk. While we are far from perfect, we are leading the way in sustainability in the school travel sector. In 2018 we were the first UK travel company to become **Travelife Certified** – a verified sustainability certificate formally recognised by the Global Sustainable Tourism Council.



Trees for Lyfe

This is our passion, and we'd love to tell you more about it in due course. In the meantime, for more information on some of the steps we take as a company to make our operations more sustainable, please visit: https://www.thestc.co.uk/travel/what-do-we-do/

## Physical Rating for this trip: Grade 2



Some low level physical activities included in your trip, including walking on uneven terrain, maybe a morning/afternoon trek of two to four hours. That said, no physical preparation is required to make the most of the tour. High humidity and temperatures can occur at certain times of the year.

## Cultural Rating for this trip: Grade 3



Students should expect some culture shock. You'll be exposed to signs of poverty. The food will be quite different to home and English, whilst still spoken, will be less prevalent. Respecting the local culture will make it easier to fit in and get the most out of your trip. We're likely to visit remoter locations on this tour where access to western style services may be sporadic. Often on trips of this grading there are parts of the itinerary which are more remote, interspersed with sections which are more 'comfortable'.



# **Travel Safety & Other Pre-Travel Training**

Preparing students and teachers for their upcoming adventure is an opportunity to teach important life skills and a vital part of our overall approach to safety management. Please ask for your quote for the training schedule specific to this educational journey. Topics covered will include:

### **Responsible Tourism workshop**

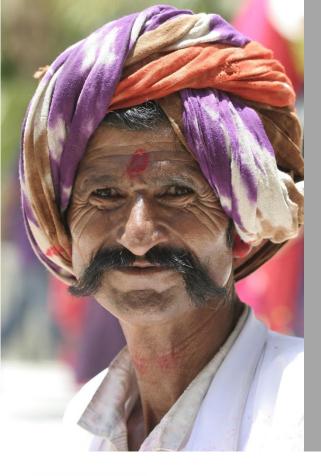
An interactive workshop covering ethical and sustainable travel dilemmas as well as:

- Long term positive and negative impacts of travel
- Water usage & other resource management
- Cultural considerations
- Ethical volunteering and cultural imperialism

### **Travel Safety Training**

This is delivered through a series of talks, games, discussions, activities and videos:

- Safety approach and attitude to risk
- Being open about problems
- Health & hygiene
- Specific hazards related to your expedition e.g: dehydration, altitude, bite avoidance etc.
- Money management
- Kit selection, luggage and packing
- Water purification
- Itinerary & activity specific issues
- Fitness expectations / training ideas



# A journey of 1,000 miles...

# **Starts with a single step...** Contact us now to start your educational journey

### **1** Ask for your personalised quote & further information

If this itinerary doesn't quite scratch your adventure itch then let us tailor-make one for you. Our wealth of experience and expert in-country contacts means we can design an adventure that's just right for you and your students. Contact us for more information and a detailed quote.

### 2 Ask for risk assessments and marketing materials

We can provide initial risk and threat assessments to help you with your trip approval process. Ask for posters and your Pre-Booking Information Pack too.

### 3 Arrange a trip launch evening

This is a chance for students and parents to hear more about the planned adventure with comprehensive information covering the itinerary, safety management, the build-up to he trip and lots more. There is also plenty of opportunity for questions.



The home of the modern, innovative school expedition, where a sustainable, ethical approach guarantees unique experiences and a life enhancing adventure.

Our school trips and educational tours are all about maximising the learning opportunities of travel. It's all here, the

humble school tour has just come of age.





**EDUCATIONAL** 

Adventures, holidays and cultural journeys for teachers looking to 'Escape the Classroom' and discover more about our amazing world, its people and places. "I am being completely serious when I say that I won't ever run a school trip without you guys. I trust you and your team completely - and the incountry staff that you carefully cultivate and train are a cut above the rest." **Teacher feedback,** King's High Warwick

# **Contact Us:**

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