



Travellers Worldwide is a leading International Provider of
Volunteering Programmes, Work Experience Internships
and Cultural Courses Abroad

CAMBODIA



TEMPLE CONSERVATION IN CAMBODIA

The secret and hidden area of Banteay Meanchey contains some of Cambodia's best kept secrets, the ancient temples of Banteay Chhmar. These are widely regarded as some of the most important archaeological complexities of the Angkor period.

On this voluntary temple conservation project you'll work with a local team to assist in the renovation and preservation of the temples.

Thank you for your interest in volunteering on this Project. Below is a description of what you can do and expect. You can volunteer whether you're taking a gap year, on a career break, retired, or on a holiday with a purpose. No matter what your age or experience, we look forward to welcoming you to the team!

WHAT DO YOU GET?

SELF-DEVELOPMENT:

- New skills, more confidence, a greater understanding of a different culture, invaluable personal and professional development.
- The enormous satisfaction of helping to restore a precious and irreplaceable link to the cultural heritage of the Khmer people.
- An entry on your CV or résumé that will put you head and shoulders above most others in the job market.

SAFETY AND SECURITY

- Your safety is our top priority. We risk-assess all destination countries, projects, accommodation and more to ensure that they are stable and safe.
- We have experienced local staff with 24/7 back-up and support who are there to assist you and look after you, starting with an in-depth induction on your arrival.

AN ADVENTURE!

- An exciting, never-to-be-forgotten adventure into Asia and the Cambodian culture, and best of all ... **an unforgettable experience!**

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SUMMARY

Prices: From **£645**, excluding flights. See our [Full Price List Online](#)

Duration: From 1 week to 12 weeks or longer, subject to visa requirements

Start Dates: All year round, you choose your start and finish dates.

Requirements: No qualifications or experience required, just lots of enthusiasm.

What's Included:

- ▶ Arranging your Programme,
- ▶ Payment Protection insurance
- ▶ Food
- ▶ Meeting you at the nearest airport
- ▶ Transport to and from your project
- ▶ 24-hr emergency support.
- ▶ Full pre-departure support and assistance,
- ▶ Accommodation
- ▶ Certificate of Completion
- ▶ Transfer to your accommodation
- ▶ Local in-country team support and backup
- ▶ Free T-Shirt.

What Not Included: Flights, Insurance, Cost of Visas (if a visa is required), Return transfer to airport.

PROJECT OVERVIEW

WORK CONTENT:

This project aims not just to restore but to conserve **the temple of Banteay Chmar** in its natural state. For the local people, this temple holds a special place within the community, not only as a place of common ground, but also as a sanctuary, and of course, somewhere to practice their worship.

The commune of Banteay Chhmar (in Banteay Chhmar Province) contains 14 villages and there are 4 villages around the temple with 6,312 people. The name was taken from the large temple, called Banteay Chmar, which translates to Small Base.

The massive temple of Banteay Chhmar, along with its satellite shrines and reservoir (baray), comprises one of the most important and least understood archaeological complexes from Cambodia's **Angkor** period. There are some other 9 smaller temples around the Banteay Chmar temple. They all are mostly hidden in the forest and covered with small bushes and trees because of the lack of conservation from the local people.

Banteay Chmar is one of the main tourist destinations in Banteay Meanchey Province, but not many people have explored those small satellite temples around this temple, despite them being really beautiful and having a rather secret history.

This project is important to the local people in this area. By these projects we hope to get more and more tourists, both Khmer and foreigners, to visit this area so that the local economy is boosted.

You'll receive instruction while on the project.

TYPICAL SCHEDULE EXAMPLE:

Sunday:

All volunteers will meet up in Siem Reap and travel to Banteay Chmar by taxi or bus. It takes 1.30 hours from Siem Reap to Banteay Meanchey (Sisophon) and another 1.30 hour from Sisophon to Banteay Chmar. You'll travel to your home stay in the town and arrive in time for dinner.

Monday:

In the morning, the coordinator will meet all the volunteers to introduce you to Banteay Chmar and to explain about the projects. You'll then explore the village and visit some satellite temples.

You'll return to the home stay to have lunch, then continue onto Banteay Chmar temple (the biggest temple in the area). You'll visit the local Handicraft Centre (scarf weaving) on the way back.



Tuesday - Friday:

You'll begin to work on the temple's main renovation and preservation. You work responsibilities could include:

- Clearing the temples by cutting back overgrown bushes, trees and grass in the surrounding area within the grounds.
- Cleaning up the temples, picking up trash, removal of some stones.
- Planting trees in the temple compound, making environmental signs.

Saturday - Sunday:

Weekends will be free time. You can stay at the home stay, visit temples and other tourist spots in the region, or go to some of the cities near to Banteay Chmar to do some exploring.

“I had never done such volunteering work in my life so it was indeed an eye-opener. It was extremely fulfilling.”

le Ting Tan

ACCOMMODATION

ACCOMMODATION:

You will be housed with a local home-stay family in a typical wooden Khmer-style house. You'll share a room with other volunteers. Electricity at the accommodation is available from 5.00 p.m. to 10.00 p.m. and life in the family home-stay is typically Khmer (e.g. fan in the room, shower and western toilet (but no flush) and no hot water).

FOOD:

All food is included during your stay. The meals will be typical Cambodian fare, including plenty of rice dishes.

A little about Cambodian food:

Cambodian food has generally been influenced by Chinese and French cuisine, and also shares many common dishes with Thai food, although not as spicy. The staple food for Cambodians is rice. Almost every meal includes a bowl of rice, although noodles are also popular. A wide range of curries, soups and stir fried are served with rice. Typically, Cambodians eat their meals with at least three or four separate dishes. A meal will usually include a soup, or salmon, served alongside the main courses. Each individual dish will be either sweet, sour, salty or bitter. Chilli is usually left up to the individual to add themselves.

Khmer cuisine also uses many vegetables, some of which are very unusual, such as different and unusual local varieties of melon, beans and squash. Fish is the most common form of meat in Khmer cuisine, including dried salted fish known as **trei ngeat**. Getting to taste and know local cooking is one of the many delights of living in a foreign country.



WHY TRAVELLERS WORLDWIDE?

- Over 20 years' experience of sending thousands of participants overseas, plus the largest variety of flexible projects that are value for money!
- Accredited projects helps appeal to future employers
- Excellent support!
- Your own dedicated Project Co-ordinator to answer all questions before, during and after your trip of a lifetime!
- Detailed information on your project and country and suggestions, safety guide, tips and checklists, via our EXTRANET, available from anywhere, 24/7.
- 24/7 emergency helpline for you and your family
- Free pick up from the nearest airport.

HOW YOU MAKE A DIFFERENCE:

By joining a Travellers Program you enable us to keep donating money to worthwhile projects around the world; from clothing and feeding school children, building playgrounds or funding vital conservation research - your participation makes these donations possible.

Donations to **Bridge The Gap Foundation**. This Foundation was set up by us to donate directly to particularly worthwhile and necessary projects for children and animals around the world, and partners with other NGO's to raise match-funding for worthy projects.

The price of this project is a reflection of the following costs:

- ✓ Accommodation and Food
- ✓ Free T-Shirt
- ✓ Meeting you at the airport
- ✓ Transport to and from your project
- ✓ Local in-country team support and backup
- ✓ 24hr emergency helpline
- ✓ Full pre-departure support
- ✓ UK administration
- ✓ Marketing (brochures, website design and maintenance, attending careers fairs, advertising, website listings and presentations)
- ✓ Project Research/Site Inspection
- ✓ Staff Training/Equipment
- ✓ Donations to worthwhile projects

"Caitlin, our in-country support, was amazing. She was really helpful, supportive, encouraging and enthusiastic. She was particularly helpful in getting the ball rolling in terms of sorting out flights with only weeks to go!"

Gemma Bleakley

ADDITIONAL INFORMATION

Got any questions? Please email us: info@travellersworldwide.com

Once you have applied for a placement, we'll contact you and send you our Welcome Pack. You'll also receive Log-on details and password for our Volunteer Extranet where you'll have access to all the documentation and information which we've put together to facilitate preparations for your adventure!

Your Project Co-ordinator for your country will liaise with you throughout the arrangements process, as well as while you're on your placement and on your return home. The documents you'll have access to also include a Country Fact file, Safety Guide and any manuals that may assist you on your particular programme (for example, Teaching Guide, Sports Manuals, Enrichment Suggestions for Animal Care, etc.). We do all we can to make your stay one that you'll never forget. As with all our destinations, the culture and heritage is different to what you're used to ... which, although one of the most exciting aspects of travelling, should be borne in mind.

Self-reliance and independence are highly appreciated in all our destinations and will help you to make the most of this wonderful opportunity!

On Arrival, your Introduction to the Country:

When you arrive you will be welcomed by a member of our representative staff who will take you to your accommodation and introduce you to everyone. During your first few days you'll be given an induction so that you can learn about the country and its culture, as well as other useful information, like how to use the transport system, banks, safety issues, tipping, and lots more.



THINGS TO DO IN CAMBODIA

LOCATION, EXPLORING AND SIGHTSEEING:

ANGKOR WAT: Surrounded by beautiful rice fields, lakes and jungles truly one of mankind's most incredible achievements, this ancient city of temples will take your breath away and leave you traipsing through a mystical magnificent past. Built between 800 - 1200 AD by the Khmer Empire, more than 200 temples have been restored, to some extent enabling you an insight into life from this time. There are more than 1,000 ancient sites of Angkor although several are now almost entirely gone. Angkor Wat is a symbol of Cambodia and is the country's prime attraction for visitors.

SIEM REAP: Is a lively stop off destination on the South Asia tourist trail! With the flat plane jungle ruins catapulted to fame via Lara Croft just over the outskirts, the town is geared up for travellers and this is no more evident than in 'Pub Street' a place to drink beer and make new friends. Siem Reap was a fashionable destination for the 1960's elite pack wanderers and, according to the Lonely Planet, is once again one of the most popular spots on the planet today having reinvented itself as the heart of Cambodia, scattered with guesthouses, superb food and a steady flow of tourists from near and far.

Although developing fast, Siem Reap retains its charm with colonial, Chinese and old-style French architecture, shady boulevards and a river amidst the upsurge of hotels and new resorts. In the city, you'll find traditional dance, craft shops, silk farms, rice-paddy countryside, fishing villages and markets of all kinds! Other local attractions include Angkor National Museum and the Cambodian Cultural Village.

This is a great time to be here. Siem Reap is a place you can get stuck, in the best possible way. The temples of Angkor are to be savoured leisurely and the city to be discovered and enjoyed at any pace you desire!

Although the second main city of Cambodia, the city itself is fairly small and feels more like a town than a city. Most people in this area are farmers. Despite the tourism industry, the people are generally extremely poor, even by South East Asian standards. Silk farming is particularly popular. The local population is 171,800 with Buddhism the major religion and Khmer the local language, although most people speak English and also some French.

There is an International Airport in Siem Reap and a very good bus service connecting to Phnom Penh.



HOW TO BOOK

TWO EASY WAYS ...

Complete a [booking form](#) online.

Telephone
01903 502595 (UK)
or
1-603-574-4935 (USA)



THANK YOU FOR YOUR INTEREST IN OUR PROGRAMME!

We hope you'll join us!

Don't hesitate to contact us with any questions.

We're happy to help you plan your exciting adventure!

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