



www.feedingdreamscambodia.org

GROUP EDUCATIONAL & CULTURAL GRASS ROOTS TOURS Inclusions

FEEDING DREAMS SCHOOL ACTIVITIES

VOLUNTEER TEACHING

Feeding Dreams educates 800 students of all ages daily from very poor backgrounds. If you speak fluent English, you can contribute significantly in our classrooms of highly enthusiastic and happy kids. We have a great local Khmer teacher in every classroom who will guide you into assisting and becoming involved with the students. Creativity and interaction is encouraged.



SCHOOL MEALS

Help the cook distribute a meal to each student in your classroom. Many students will come back for seconds or thirds. Naturally our students get very excited with receiving their meal. In many cases, this is the only nutritious meal they will eat each day.



PLAY TIME & SPORT

Distribute balls, skipping ropes, elastics jum ropes to children and play games with children. There is a lot of energy needed during this time. Fridays – Join our exciting soccer matches with our 4 FC teams.



VISIT LOCAL VILLAGES & DISTRIBUTE RICE

At Feeding Dreams School, prepare 15 kg. bags of rice, in preparation for our trip into our slum villages. Distribute bags of rice and bottles of fish and soy sauces to approximately 50 poor families of our students.



TOURS & OUTINGS

OUTDOOR WAR MUSEUM TOUR

Walk amidst tanks, anti aircraft guns and aviation exhibits, and see a range of weapons and devices used by the Khmer Rouge during the Pol Pot era and the following many years of civil war. Local guides who are themselves victims of landmines give an intriguing insight to the turbulent past of Cambodia.



ANGKOR ARCHAEOLOGICAL PARK TOUR

The Angkor Archaeological Park extends over approximately 400 sq. kilometres and as well as the visual beauty and archaeological significance of Angkor Wat, encompasses numerous temple ruins, each reflecting their own unique façade, mystique and history.



ANGKOR WAT TEMPLE is the most magnificent and largest of all the monuments at Angkor. Its name means “City Temple” and it is considered to be the largest religious structure in the world.



BAYON TEMPLE features a sea of over 200 massive stone faces looking in all directions. Each face has an enigmatic smile, an instantly recognizable image of Angkor. Built in the 12th century by King Jayavarman VII, the Bayon was deliberately built at the exact center of the royal city.



TA PROHM TEMPLE is undoubtedly the most atmospheric and photogenic ruin at Angkor, with trees growing out of the ruins. Here you can still experience an Indiana Jones moment and feel like Angelina Jolie in the film Tomb Raider.

FLOATING VILLAGE TOUR – KAMPONG PHLUK

Take a leisurely Longboat trip onto Tonle Sap Lake, the largest inland lake in S.E. Asia and visit the floating village and discover the centuries-old lifestyle of the inhabitants of the lake. Visit Kampong Pluk village with its houses standing on stilts and board a pirogue to discover the seasonal floating trees.



WEST BARAY is the largest and deepest lake ever built by humans.

Nowhere in the world will you find a bigger one. It was made to sustain the water and to pour the water to the local rice fields and to grow crops for the population of Angkor Wat. King Jayavarman V gave the command to construct this enormous lake in the 10th century, but it took many years to finish. It had an outline of 2.5km by 8km and had a dike of five to eight meters high. It is now a popular picnic spot where locals swim and hire tubes, so bring your bathers. There are also many local food stalls serving local delicacies.



TRADITIONAL APSARA DANCE SHOW (and buffet)

It has been a tradition since the earliest days of tourism in the 19th century to treat visitors to Siem Reap with an ‘Apsara dance performance’ - a taste of classical Khmer culture. No visit to Cambodia is complete without attending at least one performance. A spectacular Buffet Dinner is combined with a one-hour dance drama.



SALA BAI TRAINING HOTEL & RESTAURANT (for lunch)

Opened to the public, they enable their students to work in real conditions. By having lunch in their restaurant we are actively contributing to the Sala Bai training project, and allowing the students to practice and become professional.



FLIGHT OF THE GIBBON

Flight of the Gibbon has been rated the top zipline eco-adventure in Thailand for years. Now, fly deep inside the ancient forest of Angkor Archeological Park Siem Reap. It is not just the exhilarating thrills of the zipline that leave guests breathless, you also get to experience parts of the rainforest few people ever get to see or experience.



PHARE - THE CAMBODIAN CIRCUS (optional)

A unique experience! An amazing blend of traditional and modern theatre, music, dance, acrobatic, juggling and contortion beautifully choreographed and performed in a story about Cambodian lives and society.



KHMER COOKING CLASS (optional)

Experience firsthand the secret of authentic Khmer culinary tradition by learning cooking in one of Siem Reap's finest restaurants. All cooking classes are lead by trained chefs who are devoted to the authenticity of the divine Khmer culinary tradition. Walk with them to the traditional wet market and learn about the fresh ingredients. Each student will cook their own three course meal and enjoy for lunch.



EXPLORE AND CHILL

Explore local markets for trinkets and cheap clothing. Shop, eat and drink for a cause at NGO cafes. Many boutique shops are run by not-for-profit organisations and sell their own unique locally made products so you can even shop for a purpose.



Delight in a \$3 oil foot massage or Dr. Fish nibbling foot massage. Enjoy a myriad of cheap local restaurants, or relax and swim in the hotel pool.

