



Cambodia

Culture and development aid

Esclusive journey of the foundation «mine-ex»

28. Januay to 09. February 2025

Cambodia, the kingdom of the Khmer, looks back on an exciting history and is considered one of the most fascinating countries in the world. Blessed with a rich culture and long tradition, Cambodia is well on its way to being explored and discovered by tourists. The people are friendly and keen to share their history with holidaymakers and open up.

The temple city of Angkor is the largest and most famous sacred building and a masterpiece of world architecture. The world of the Khmer gods carved in stone is complemented by numerous other sights: the bustling capital Phnom Penh with its wide, tree-lined boulevards, enchanting Buddhist temples, the imposing Mekong, picture-book tropical beaches and internationally acclaimed cuisine make for an unforgettable trip to Cambodia. The kingdom is home to around 15 million inhabitants - the feeling of being welcomed into your friends' home will immediately set in as you open yourself up to this country and its people and are eager to discover new things.

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Experience Asia with tourasia. Because we know what to expect, we can vouch for the quality of our partners in Asia at all times. We provide you with objective and comprehensive information about every destination, every hotel and every tour. The success of every successful group tour depends on the careful selection of services, reliable organisation and, ultimately, on the hotels and programmes in Asia. tourasia is one of the first Swiss tour operators with TourCert CSR certification for sustainable travel. We are committed to environmentally and socially responsible tourism in Asia and have also won various quality and performance awards. In recent years, we have received the prestigious Swiss Travel Award in the category "Best Tour Operator for Asia" several times in a row. On the one hand, these awards are an obligation and, on the other, they spur us on. As a specialist tour operator for Asia with our own organisation and local offices, we can guarantee you a particularly personal service.



Your travel companion on this trip:

Mine-ex President Reto Stump - The first trip to Cambodia took place in 2018. He was fascinated by this country with its history, culture, people's way of life and the victims of landmines. This was followed by many more trips to Cambodia, which led to some great and heartfelt encounters with the lovely people. The variety of aid projects, their impact and, above all, their enormous importance for the country fascinated him and motivated him to get involved. He has been President of the foundation since 2020 and thanks to his experience and contacts in Cambodia, he is able to offer valuable support. He would like to share his enthusiasm for the people, the country and the impact and importance of NGOs with you on this special trip.



ITINERARY

Date Programme

28. Januar 25 **Zürich – Singapore – Siem Reap**
Tuesday In the morning flight with Singapore Airlines via Singapore to Siem Reap.
Estimated flight times:

Zurich - Singapore* 10.35 -06.00 (flight duration: 12H25)
Singapore - Siem Reap 08.40 - 09.45 (flight duration: 02H05)

*Arrival the next morning

29. January 25 **Siem Reap (B)**
Wednesday Private transfer to the Boutique Hotel Vellita where your room is ready for you
to relax.

In the afternoon, visit the interesting APOPO Centre to see rats as heroes. Later, marvel at the Landmine Museum with thousands of decommissioned landmines and other explosive warfare devices. Learn more about the history of the conflict, how landmines came to be in Cambodia and what is being done to remove them. And learn how you can help rid the world of these heinous remnants of past and present wars.

An experienced chef will introduce you to the wide honoured Khmer cooking techniques. Unlock the ancient secrets of Khmer cuisine through this authentic culinary experience. After the demonstration, you will discover new flavours and concoctions with the help of our chef as you learn to prepare traditional dishes that you will enjoy for dinner. The recipes are yours to keep so you can recreate the Cambodian culinary experience in the comfort of your own home and impress your friends and family.

4 Nights at Boutique Hotel Vellita



30. January 25 **Siem Reap – Institute Khmer Traditional Textiles - Banteay Srei – Siem Reap**
Thursday **(B,L,D)**

In the morning you visit the Institute Khmer Traditional Textiles Silk Farm. The IKTT specialises in the revival of Khmer silk. Throughout history, Khmer silk weaving has been among the best in the world, but the years of war have caused this ancient art to almost disappear. The beauty of this silk has saved it. Founded in 1996 by Kikuo Morimoto, the company takes a purist approach to reproducing traditional textiles, not only imitating the style but also following traditional

practices from the Angkor Dynasty period a thousand years ago. Afterwards, we visit Banteay Srei Temple (10th century), considered the jewel in the crown of classical Khmer art.

In the afternoon, you will visit Child's Dream projects. They guide young people from primary school to vocational training or higher education.

For dinner, head to Phare Café Restaurant and then enjoy a circus show at the famous Phare Circus for an acrobatic performance. The show will amaze you. This project was created to provide disadvantaged children with training in the arts.

31. January 25
Friday

Siem Reap (B,L,D)

Your english speaking tour guide will show you the monumental splendour of Angkor Thom - the last capital of the great Khmer empire. You will see the South Gate with its huge statues, the impressive Bayon Temple - unique because of its 54 towers, which are decorated with 216 smiling faces of Avalokitesvara. Sit on the terrace of the elephants, as Jayavarman VII did, to watch the return of his victorious army. Admire and be enchanted by the famous Ta Prohm, a beautiful jungle temple that has been reclaimed by nature. The site has been relatively untouched since its discovery and the area has retained much of its mystery.

After lunch, you will visit the most famous of all temples, Angkor Wat. The largest religious monument in the world was declared a UNESCO World Heritage Site in 1992. The 12th century temple complex extends over 81 hectares. The five towers symbolise the five peaks of Meru, the enclosing wall the mountains at the edge of the world and the surrounding moat the ocean beyond.



01. February
Saturday

Siem Reap B,L,D)

You travel to the harbour early in the morning. The boat takes you through the flooded forest and the large lake to the floating village of Prek Toal. On the way, your guide will explain the unique hydrological system, the lake's ecosystem and its flora and fauna.

After arriving at the floating village, you will transfer to another boat to visit the bird sanctuary under the guidance of a local ranger.

For lunch, you will enjoy a special lunch prepared by professionally trained chefs from a floating restaurant.

In the afternoon, visit the water hyacinth workshop. Then, aboard a traditional Khmer rowing boat, discover how the local community adapts to its floating and ever changing environment. You will then visit the crocodile farms, fish farms, the floating school and the floating gardens.

02. February
Sunday

Siem Reap - Battambang (B,L,D)

Departure for Battambang. The picturesque journey takes around 3 hours and takes you through rural Cambodia.

In the afternoon, Kike Figaredo from Caritas Cambodia will tell you more about the many exciting projects. You will see a Caritas-run factory "MUTITA" for woven clothing such as jumpers. Most of the people working there are disabled or very poor. Recently, MUTITA has been trying to sell the garments directly. You can find out more about the background there.

Setting off for Phnom Sampeau. The panoramic view of the landscape from the summit is truly breathtaking. There is a pagoda and three natural caves on a 100 metre high mountain: Pkasla, Lakhaon and Aksopheak. The Pkasla cave is full of uprooted stones and is considered important because the people of Phnom Sampeou celebrate here after a wedding. There are several important mountain groups near Phnom Sampeou, including Phnom Kdaong, Phnom Krapeu (the Crocodile Mountain), Phnom Trung Moan, Phnom Trung Teat and Phnom Neang Romsay Sok. Visit a bat cave in the middle of the countryside. The atmospheric road with pink blossoming trees leads us past traditional houses. Visit the monastery at the top of the mountain and enjoy the view of the landscape. Afterwards, you can enjoy a sunset cocktail at the foot of the mountain while thousands of bats fly overhead.

2 Nights at Hotel OH Battambang

03. February
Monday

Battambang (B,L,D)

A day in the work of mine-ex.

In the morning there is a guided tour of the rehabilitation centre in Battambang. The centre was founded by the ICRC in 1995. The centre primarily looked after war wounded and victims of landmines. When mine-ex joined the centre in 1996, the aim was to provide people with amputated legs and arms with prostheses. Today it is the most important rehabilitation centre in Cambodia. One of the women's wheelchair basketball teams also trains on the centre's premises. With a bit of luck, we can see them practising.

Afterwards we see some projects for the social inclusion of landmine victims. The micro-economic projects have a big impact with little money. They involve the training or apprenticeship of adults to enable them to live independently. With one-off start-up funding, the business plan is then implemented and their independence is made possible.



04. February
Tuesday

Battambang – Smiling Gecko (B,L,D)

Drive from Battambang to the Farm House Resort & Spa. On the way, visit the pottery village in Kampong Chhang. After arriving at Smiling Gecko, you have the rest of the day at leisure.

2 Nights at Farmhouse Resort & Spa

05. February
Wednesday

Smiling Gecko (B,L,D)

Morning visit to the Smiling Gecko Cambodia Project Tour.

This tour is led by an English-speaking guide and lasts around 2 hours. You will receive detailed explanations about the history of Smiling Gecko and gain a deeper insight into the various projects. The tour includes a visit to the farm, the carpentry workshop and the education campus. This tour is a free offer for every stay at Farmhouse Smiling Gecko.



06. February
Thursday

Smiling Gecko – Phnom Penh (B,L,D)

05:30 Coffee and fruit juice.

05:45 Departure for the garment factories. You will watch as casual labourers are transported on open trucks from the countryside to the garment factories on the outskirts of Phnom Penh, where they work in very harsh conditions for very little money and barely make a living. This daily spectacle is a sad reminder of what lies behind the cheap products we buy in Asia. This tour is led by an English-speaking guide and takes about 2 hours.

08:00 am: Return to the Farmhouse Smiling Gecko for breakfast.

09:30: The tour guide from Phnom Penh will pick you up and take you to Phnom Penh. Lunch at the restaurant of La Rose Suites Hotel.

In the afternoon, you should definitely visit the Toul Sleng Genocide Museum and Cheung Ek if you are in Cambodia for the first time. During the Pol Pot regime, Toul Sleng, a former high school, was turned into a prison camp known as S21. After interrogation and often torture, the prisoners were taken to the "Killing Fields" where they were often tortured again and brutally killed. Continue Killing Field was a Chinese cemetery before it became the Khmer Rouge's most famous killing field. The remains of almost 9,000 bodies were excavated from the mass graves in this area. Today, Cheung Ek is a memorial site for Cambodians and visitors from all over the world who come to pay their last respects to the dead. A memorial stupa has been erected in which over 5,000 human skulls, bones and the clothing of the victims are on display. During the Khmer Rouge, thousands of Cambodians were tortured and imprisoned in detention centres across the country; the visit was a deeply moving but also depressing experience.

3 Nights at Hotel La Rose Suites

07. February
Friday

Phnom Penh (B,L,D)

Today you visit Exceed DPO, a school for orthopaedic technicians. The mine-ex foundation finances the studies of 9 trainees. The school's good reputation and internationally recognised training with a Bachelor's degree attracts students from a number of countries. At USD 12,000, the training programme is very expensive. Young people from poor backgrounds and rural areas are financed in order to ensure a sufficient number of specialists in the rehabilitation centres supported by mine-ex.

You will then gain an insight into a vocational school for tailoring, electrical engineering and mechanics at JCIA Japan Cambodia Interactive Association. This vocational school is currently the only one that also trains people with disabilities. The mine-ex foundation from the micro-economic projects sends people here for a one-year training programme. It was founded by the Japanese government to promote vocational skills in Cambodia. One of many, but a special school.

You will also have the opportunity to get to know the "Sea Hamster" project. The sea hamster cleans the Mekong of flotsam and jetsam. Plastic is particularly problematic as it also threatens the rare Mekong dolphins. An important project for nature and the climate.

You round off this eventful day with dinner during a cruise on the Mekong.



08. February
Saturday

Phnom Penh - Singapore - Zürich (B,L)

In the early morning, visit the Royal Palace, which was built by King Norodom in 1866. The palace consists of a series of buildings in a pagoda-like complex, one of which is the Silver Pagoda. The Silver Pagoda takes its name from the more than 5,000 silver tiles, and the building itself houses a number of national treasures, including a life-size golden Maitreya Buddha, which is decorated with 9584 diamonds and weighs 90kg, and a small 17th century emerald Buddha made of baccarat crystal. Continue to the National Museum, a building inspired by Khmer temples, which houses the world's largest collection of Khmer art sculptures, ceramics and bronzes from different periods of Cambodian history. Over 5000 objects are on display, including statues from the Angkor era, lingas and other artefacts, in particular the legendary statue of the "Leper King". Although the focus is on artefacts from the Angkor period, there is also a good collection of pieces from later eras, including a special exhibition of Buddha figures from the post-Angkor period.

Afternoon private transfer to Phnom Penh International Airport. Return journey with Singapore Airlines via Singapore to Zurich.

Estimated flight times:

Phnom Penh - Singapore 18.35 - 21.35 (flight duration: 02H00)

Singapore* - Zurich 01.30 - 07.50 (flight duration: 13h20)

09. February
 Sunday

Zürich (-)
 Arrival in Zürich – Kloten



Programme changes or adjustments are possible at any time and without prior notice!

Package price per person in CHF	From 15 persons
In a double room	CHF 4'530.00
Single room supplement	CHF 820.00
Flights Zürich – Singapore – Siem Reap / Phnom Penh – Singapore – Zürich in Business Class	CHF 4'150.00

tourasia services:

- Itinerary as described, from/to Zurich
- Flights Zurich - Singapore - Siem Reap / Phnom Penh - Singapore - Zurich with Singapore Airlines in Economy Class (Business Class with surcharge), incl. taxes and fees
- English-speaking tour guide
- Accommodation in the listed middle and first class hotels, including breakfast, service and taxes
- Meals as per programme (B=breakfast, L=lunch, D=dinner)
- All transfers and excursions as per programme in the best available air-conditioned vehicles incl. drinking water
- All entrance fees
- Accompaniment by Foundation President Reto Stump
- tourasia local representative on site

Not included:

- Voluntary annual travel insurance "Secure Trip Classic" from CHF 195.00 per person
- Meals not mentioned
- Drinks during meals
- Gratuities

Minimum number of participants: 15 persons (from 10 persons for an extra charge)

Climate

You can travel to Cambodia all year round. The climate is tropical with warm temperatures and high humidity. The best months for travelling are during the dry season from November to February. It is very hot and dry in March and April. During the rainy season from May to October, hot and humid temperatures prevail and heavy, tropical rain showers alternate with sunny hours.

entry requirements

Citizens of CH/FL/D/A/I/F:

Passport valid for at least 6 months after date of departure. Visa required, which is issued on entry at the main border crossings and airports. Costs US\$ 30 in cash (valid for 1 month); you will need a passport photo. It is also possible to apply for an e-visa at www.evisa.gov.kh. Please note the conditions on the website.

Subject to change, as of October 2022

Travel insurance

We strongly recommend that you take out cancellation and extra return trip insurance. As part of our collective agreement with ALLIANZ, we can offer you the "Secure Trip Classic" annual insurance package from CHF 195 (single person), CHF 299 (family insurance). The contract must be concluded immediately. Further information and details on benefits can be found under GTC | tourasia - The personal way of travelling.