

OPEN COMMUNITY CHALLENGE CAMBODIA 2011



Sign up to take part in the 2011 Community Challenge for £349!

www.maginternational.org/cambodia

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THE ITINERARY - COMMUNITY CHALLENGE CAMBODIA

This challenge is one that brings you into the real essence of Cambodia. We spend two days trekking around the 800 year old temples of the greater Angkor Wat region and climbing Kulen Mountain before returning to Siem Reap to commence on a community project building stilt houses for landmine-affected families. The history, trekking, building project combined with the warmth and friendliness of the Cambodian people will undoubtedly resonate with us many years after we have left this magical country.

DAY 1 03 NOV DEPARTURE

We depart London in the afternoon on an overnight flight to Cambodia.

DAY 2 04 NOV SIEM REAP

We arrive into Siem Reap in the north of Cambodia early evening and transfer to our hotel. This evening we finish the day with a briefing by the local guides on the week ahead.

DAY 3 05 NOV KULEN MOUNTAIN

Our first day we wake early to take advantage of the cooler morning and transfer to the base of the famous Kulen Mountain, where we have a steep 350m ascent to Tapeanh Village, the highest point of our challenge. For the rest of the day we trek through jungle, into villages and past “the Big Buddha” statue, that overlooks the whole of Siem Reap Province, before ending the day at the Kulen River waterfalls where we are able to relax and unwind at our riverside campsite.

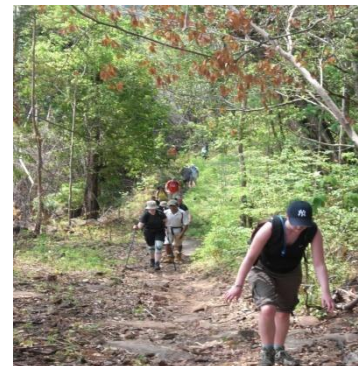
DAY 4 06 NOV SIEM REAP

After breakfast we break camp and trek through the jungle before emerging on the edge of the Kulen plateau from where the plains of northern Cambodia extend beneath us. Climbing down the steps that lead off the mountain we pass through a small Buddhist community before continuing our walk through paddy fields to our support vehicles. On the transfer back to Siem Reap we take a small detour off the main road to visit the community where we will spend the coming days building the houses. Here we enjoy a box lunch with local community before returning to Siem Reap we have the rest of the afternoon free to prepare for the start of our challenge proper.

DAY 5, 6, 7, & 8 07-10 NOV PROJECT WORK

Today, after breakfast and a full briefing on how our community challenge will be run, we transfer 30 minutes to the district of Puok/Angkor Thom where our village project will be based.

For 4 days we continue our work on the house building. Throughout the days there will be water, snacks and fruit available to replenish energy levels and at midday we have a good Cambodian lunch. In the afternoons we finish work at about 1700, dinner will be at various local restaurants.



ITINERARY - COMMUNITY CHALLENGE CAMBODIA CONTINUED.....

On our last afternoon at the project, local Buddhist Monks will perform a blessing ceremony to officially hand the homes over to the families. There will then be a chance to visit the local school and some time to meet the children before we say goodbye to the whole community and return to Siem Reap.

DAY 9 11 NOV ANGKOR WAT

This morning after breakfast we transfer the short distance to the World Heritage Site of Angkor Wat, which, along with its surrounding temples, are justifiably regarded as one of the wonders of the world. Here we enjoy a guided tour of the intricate complex before sitting down to lunch. The afternoon is then free to explore the outlying temples before sitting down to our celebratory dinner to reflect upon our achievements.

DAY 10 12 NOV FULL FREE DAY IN SIEM REAP

Today is free for optional excursions and you may choose to explore the outlying temples of Angkor by Tuk-Tuk, or perhaps visit the floating villages on nearby Tonle Sap lake.

DAY 11 13 NOV FLIGHT HOME TO UK

Please note this is an open challenge event which means that representatives from other charities will take part alongside those from MAG. The event will be run by specialist events company Action Challenge UK LTD



Please note that this is a complicated itinerary and may be subject to change.

FAQS

WHEN CAN I GO IN 2011?

03 – 13 November

HOW MUCH WILL IT COST ME?

1. The initial registration fee is £349 which can be paid by cheque or bank transfer, and should accompany your registration form. Alternatively you can pay by credit card online at www.maginternational.org/cambodia11
2. Choose from one of the following two payment options:

Option 1: Self Funding

Pay a further £1546 10 weeks before you go to cover all of your event costs (separate to the £349 already paid) – total cost is £1895. Then fundraise as much as you can for MAG.

Option 2: Minimum Sponsorship

Fundraise a minimum of £3100 for MAG (separate to the £349 already paid).

WHAT IS MINIMUM SPONSORSHIP?

You choose to raise money for MAG and we agree all the formalities with them. They will help with your fundraising plans. Your minimum sponsorship target covers:

- >The balance of the event cost for your place
- >£1554 minimum donation to MAG

All fundraising must be sent directly to MAG - setting up a web donation page is the best way of doing this. They will require at least 80% of the minimum sponsorship 10 weeks prior to departure and the remaining 20% before you go 2 weeks prior to departure.

WHAT IS INCLUDED IN THE COST?

- ✓ International flights
- ✓ ACUK guides
- ✓ English-speaking local guides
- ✓ All accommodation
- ✓ All meals, including the celebratory dinner
- ✓ All transfers
- ✓ A 1 day pass to Angkor Wat

WHAT IS NOT INCLUDED?

- ✓ Alcoholic drinks
- ✓ Meals during “free time”
- ✓ Travel insurance
- ✓ Items of a personal nature
- ✓ Single supplement
- ✓ Visa costs
- ✓ Local departure tax (around US\$20)

WHERE WILL I SLEEP?

Accommodation will be based on 7 nights camping (with fixed facilities) and 2 nights in a 3* hotel accommodation. All accommodation will be on single sex twin/triple share basis.

HOW FAR WILL I TREK AND WILL I NEED TO BE FIT?

Yes! This challenge requires a good level of fitness to complete the route, and the days are long and hot. You will be trekking approximately 36km in total before visiting the community project base on day 5.

HOW DO I SIGN UP?

Simply complete the attached booking form, and send it to us either along with a cheque for the deposit or make a bank transfer into our bank account (see the booking form for full details). Alternatively you can register online at www.maginternational.org/cambodia11

On receipt of your form and deposit, we will then confirm your place on the event and send you an Event Welcome Pack.

You will also be invited to attend a challenge briefing in the lead up to the event where you will be given the chance to meet the Action Challenge team and ask any questions you might have on the event, and you will receive regular newsletters from us about the challenge.



Action Challenge UK Ltd is fully bonded under ATOL number 6296.

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