



## **GROUP TRIP: LEADERSHIP & CULTURE**

**“If your actions inspire others to  
dream more, learn more, do more  
and become more, you are a leader.”  
- John Quincy Adams**

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**Better Lives mission is to help  
children grow up healthy, educated,  
and trained to earn an income. We  
collaborate with families that share  
this mission to find solutions that  
are holistic and sustainable.**

# GROUP TRIP: LEADERSHIP & CULTURE

## Overview

Gain leadership skills, learn about Cambodian culture, and develop creativity through service work, cultural exchange, and development education. This trip focuses on service work and cultural exchange.

## Service Work

5 days of project work with Better Lives' partners  
Practice organic farming techniques  
Work with a family to improve their food security

## Cultural Exchange

Cooking class with host communities

## Development Education

Learn about Better Lives' development framework  
Practice organic farming techniques

## Discovery

Explore the ancient temples of Angkor  
Learn about Cambodia's turbulent history

**Trip Length:** 14 days

**Capacity:** 15 students

**Service Hours:** 50 hours community service

**Accommodation:** Self-contained rooms & camping



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## Itinerary



Fly into Phnom Penh Int'l Airport and explore the city's socially responsible shops and restaurants.



Learn about Cambodia's turbulent past at Tuol Sleng and Killing Fields Museums, and its spirituality at the Royal Palace's Silver Pagoda.



Take a bus through the countryside to Siem Reap, the cultural center of Cambodia. Once there, explore the famous night market and practice your bargaining skills.



Wake up before the sun to watch a beautiful sunrise over the Angkor Wat temple. Spend the rest of the day exploring the oldest religious structures on earth.



Spend another day wandering the 150 square mile temples of Angkor or tour many of the socially responsible projects in Siem Reap's city center.



Drive to the village of Peaksneng and begin project work. Spend the night at Peaksneng Thormacheat's organic farm and enjoy a local meal.



Learn how to make compost from local materials and help a family build an organic garden, an important step on their path to food self reliance!



Our third working day is the most productive. We are in a rhythm and the projects are nearing completion.



Finish the good work we started and experience the joy of achievement with our new friends at Peaksneng Thormacheat Garden Shop! Return to Siem Reap for a good night's sleep.



Take a three hour drive to Battambang, visit the historical killing caves and witness the evening flight of millions of bats.



Ride on the famous bamboo train in the morning and learn how to cook a local meal using healthy organic vegetables with a family in the evening.



Spend the day working with Healthy Life Garden Shop, on their various community development projects. In the evening see the Phare Ponleu Selpak circus.



Have breakfast overlooking the Sengker River and say goodbye to your hosts before making your way from Battambang to Phnom Penh.



Before flying out of Phnom Penh Int'l Airport we'll go shopping at social businesses with unique souvenirs.