



Eat. Pray. Love.

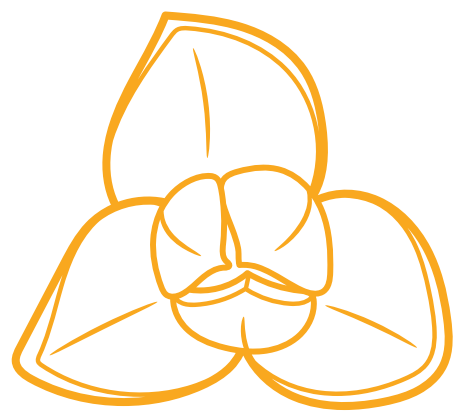
BATTAMBANG, CAMBODIA
FEBRUARY 5 - 12, 2025



**Cambodian
Children's Trust**



Welcome



We're so excited that you're joining the 'Eat, Pray, Love' adventure in Battambang, Cambodia with us!

The experiences on this trip are so unique they are only available to this intimate group. This once-in-a-lifetime ethical travel opportunity will raise funds for the Village Hive projects you will be visiting, as well as support the local economy by only using local providers.



**Cambodian
Children's Trust**



Highlights

For eight magical days, we will be uncovering secret recipes to savour the finest delicacies of Khmer cuisine, experiencing the power of meditation with Buddhist monks, exploring an ancient temple and sacred cave, and engaging in proactive community empowerment.





About

The adventure lasts 8 days, from February 5th to 12th, 2025. This is an exclusive opportunity for just 20 people, away from well-trodden tourist tracks.

Includes:

- All accommodation in Battambang
- Transport from Siem Reap and all transport in Battambang
- All breakfasts, lunch, and 1 special dinner in Battambang
- All Eat, Pray, Love activities





Accommodation



Private rooms at Bambu, a boutique hotel offering the ultimate accommodation experience with its luxurious bedrooms arranged in 4 traditionally inspired buildings in Battambang. All rooms have en suite bathrooms, air conditioning, telephone, WiFi, cable TV, and a private terrace or balcony.



**Phum Romchek 5
Sangkat Rottanak
KO Street
Battambang,
Kingdom of Cambodia**

[LEARN MORE](#)

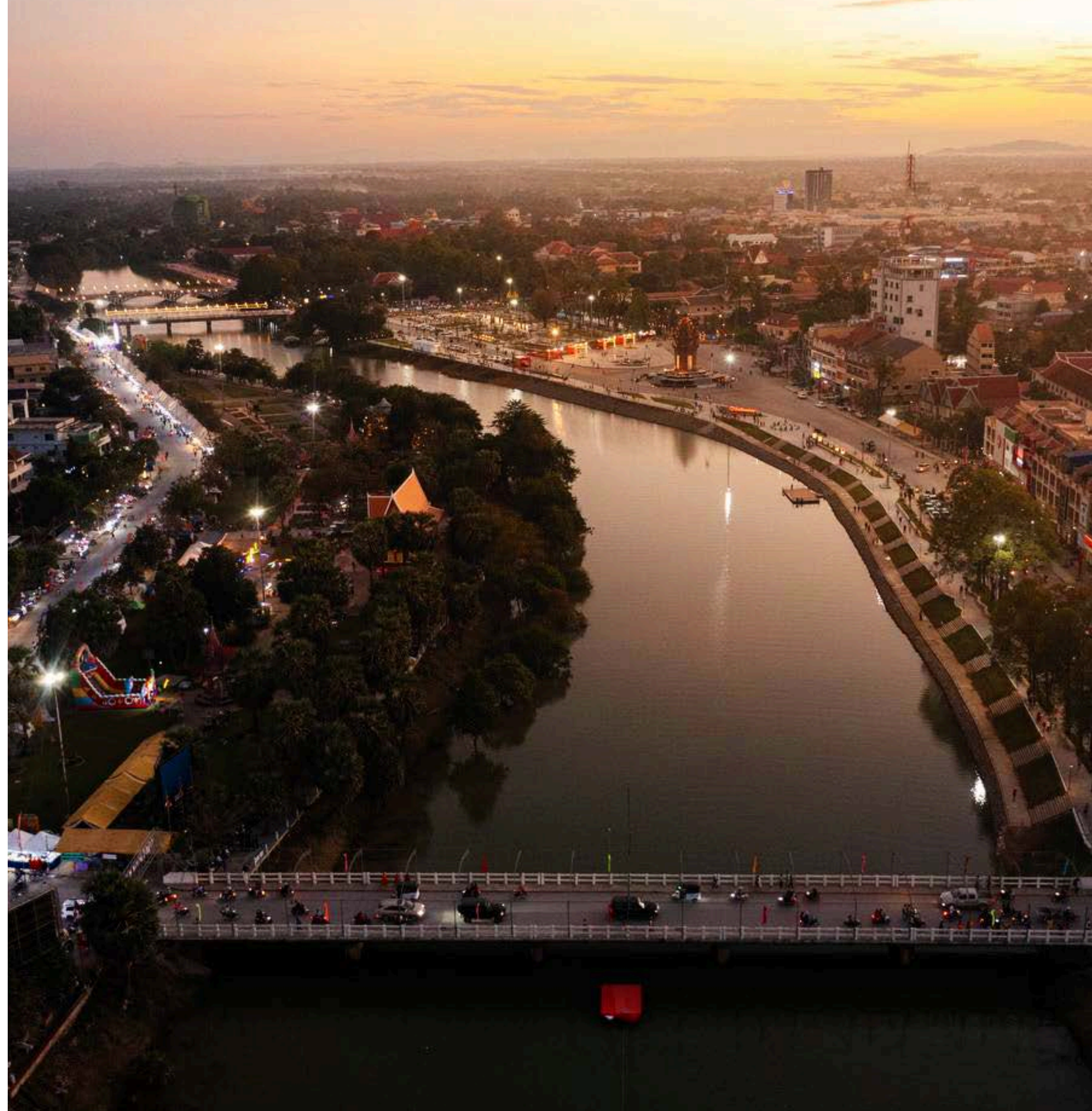
Itinerary

Day 1

Feb 5

Arrive into Battambang

Fly into Siem Reap, and we will arrange your transport to Battambang, a charming riverside town nestled in the northwest corner of Cambodia.



Fat

Battambang has always been the 'rice bowl' of Cambodia and is the first Cambodian city to be designated by UNESCO as a creative city of gastronomy.

The first part of the Eat, Pray, Love adventure involves exploring winding countryside roads and tasting the country's most delicious dishes, flavourful fruit and vegetables, award-winning rice, artisanal products such as fresh traditional rice noodles and rice paper, and tasty street food sold at markets, roadside stalls, and rustic eateries.

You will be given cooking lessons in traditional Khmer cuisine and learn how to cook Jaan Bai restaurant's secret recipes, and then indulge in a delicious Jaan Bai feast.



Faith

Itinerary

Day 2

Feb 6

Morning countryside food tour

Jump on a bicycle or in a tuk-tuk and explore the beautiful countryside in the north of Battambang. Visit Cambodian families and learn how they produce traditional products, such as rice paper, dried banana, bamboo sticky rice, fish paste and rice wine, made in the same way they have been for generations. Taste and experience the pleasures of these products fresh off the fire.



Fat

Itinerary

Day 2

Feb 6

Afternoon banquet

After exploring the countryside, we'll head to Jaan Bai, CCT's renowned eatery, to learn the secrets of making their most well-loved recipes: the four secret sauces and the amok curry, Cambodia's national dish. After, you will enjoy a feast of sharing plates. Jaan Bai's menu features dishes by celebrity chefs made with seasonal produce.



Fat

Itinerary

Day 3

Feb 7

Morning Khmer cooking lesson

Your cooking class begins at 9 a.m. with a market tour at Battambang's Central Market, Psar Nat. There, you will buy fresh ingredients for the class and taste various Cambodian herbs, fruits, and vegetables. You'll then be taught how to cook each of your dishes before sitting down to eat your creations for lunch.



Fat

Itinerary

Day 3

Feb 7

Afternoon street food tour

You will cycle or tuk-tuk through the southern countryside to graze at half a dozen food stalls and small family-owned eateries along the winding riverside road. You will taste exotic delicacies and hand-crafted Khmer desserts.

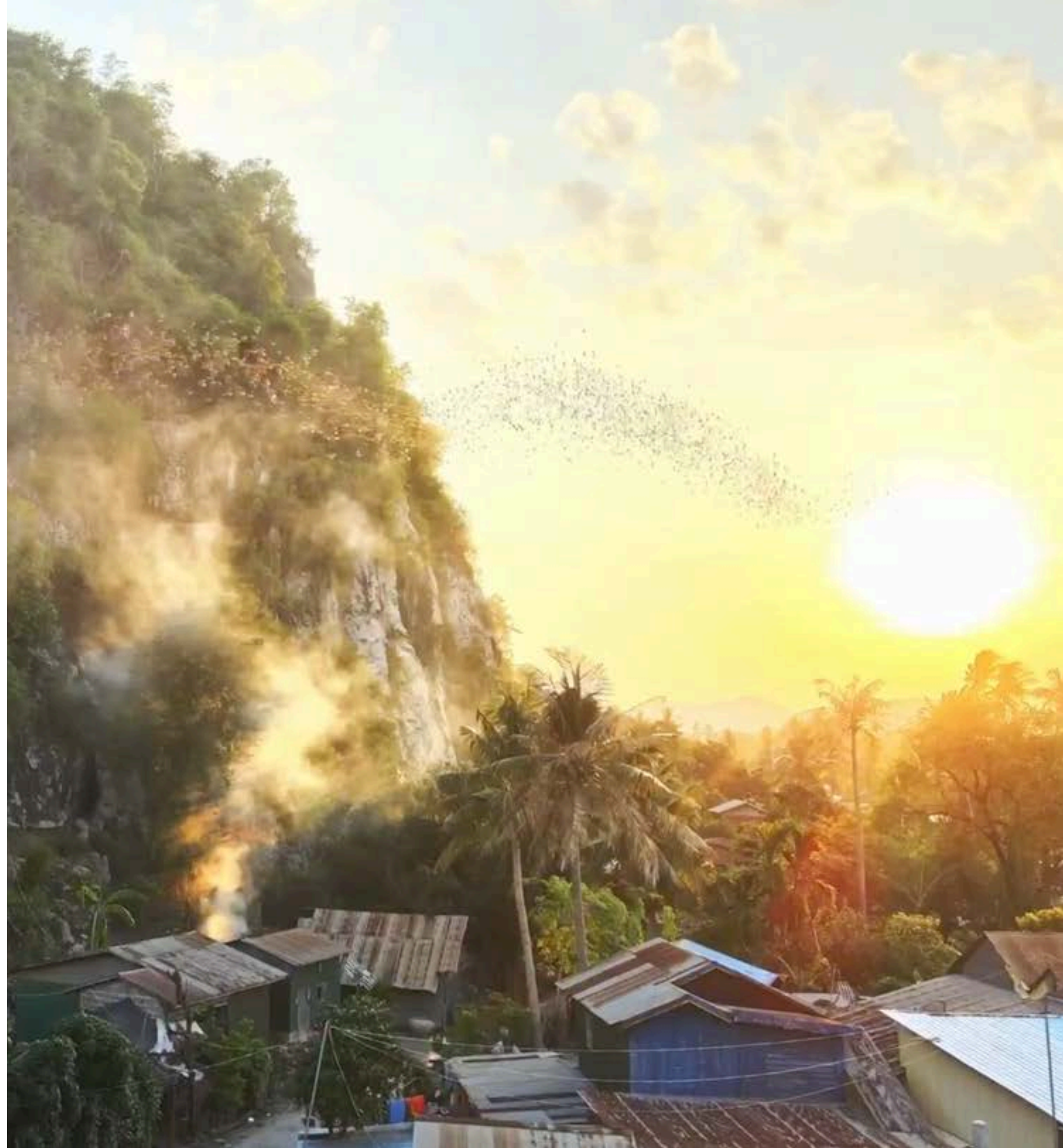


Pray

Battambang's history stretches back over a thousand years, with its origins rooted in the 9th-century Khmer Empire. Buddhism has played a crucial role in shaping the culture and society.

The second part of the Eat, Pray, Love adventure involves insightful teachings from monks on self-enlightenment and meditation at a tranquil monastery on the outskirts of town. The monks will invite you to unwind and find an inner calm with meditative chanting and guided meditation.

You will also visit an ancient temple built in the 11th century, before Angkor Wat, and explore a limestone cave that cradles a large stalactite with sacred sparkling water dripping from it, which legend says brings knowledge of the past, present, and future.



Pray

Itinerary

Day 4

Feb 8

Morning meditation with monks

Arrive in the morning at a tranquil monastery for lessons in enlightenment from Buddhist monks, followed by a Q&A session. The monks will invite you into meditative chanting and guided meditation in a group, creating a deeply transformative experience.



Pray

Itinerary

Day 4

Feb 8

Seeing Hands Massage

After lunch, you will experience a traditional Khmer Seeing Hands massage by blind masseuses who have a heightened sense of touch and can intuitively feel out and relieve deep tension. Or join the CCT team for a fresh fruit shake by the river. Then we will head to Phnom Sampeou to witness the spectacle of a stream of millions of bats pour from caves and zooming into the sunset.



Pray

Itinerary

Day 5

Feb 9

Meditation with Monks

Return to the monastery for further lessons from the monks in self-enlightenment. Followed by a Q&A session and a guided group meditation.



Pray

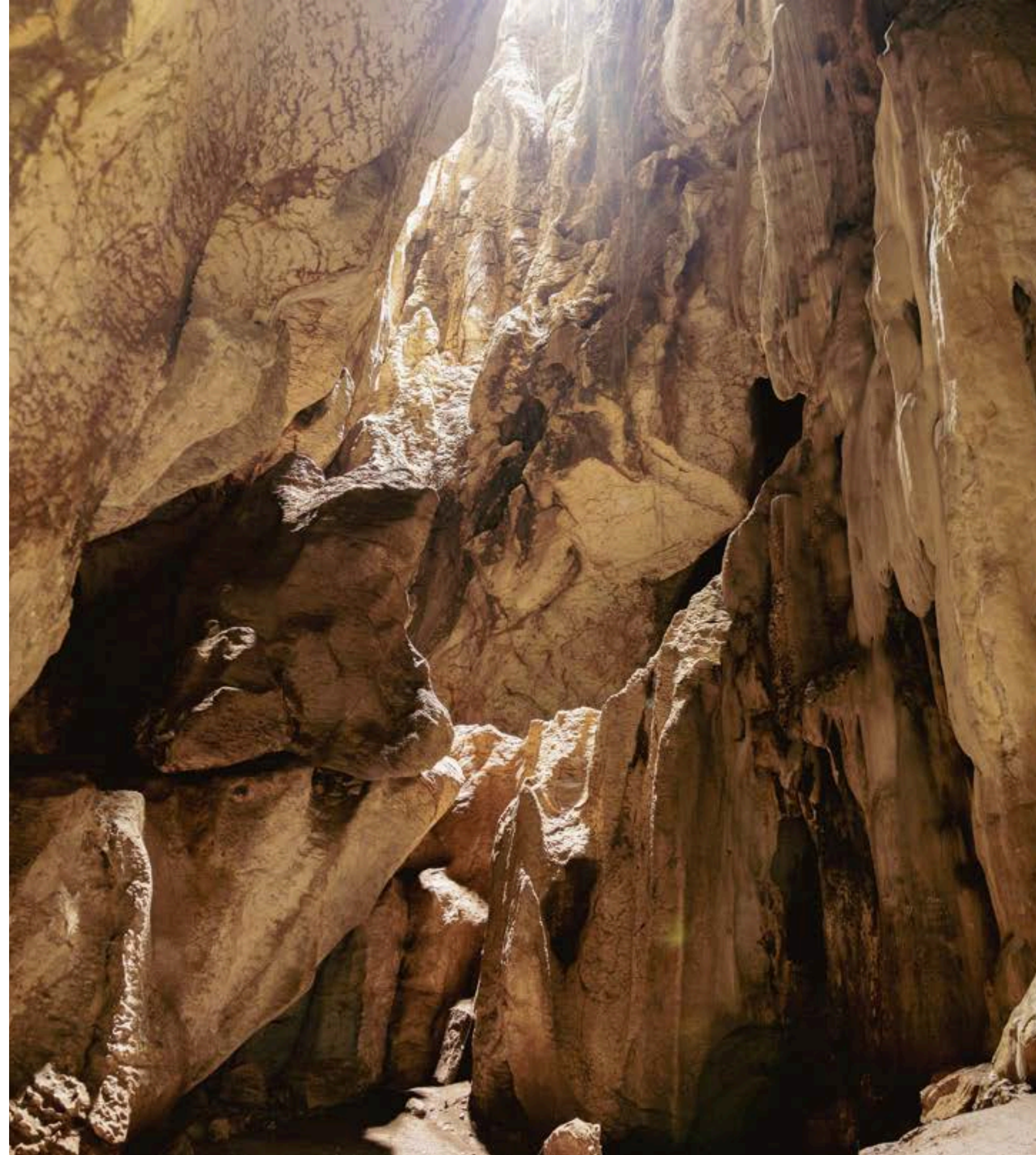
Itinerary

Day 5

Feb 9

Wat Banan & L'Ang But Meas

Enjoy a traditional Khmer lunch while lazing in the bamboo pavilions that overlook the lake at Wat Banan for a quintessentially Battambang experience. After lunch, explore Wat Banan, with a guided tour and visit a cave called L'Ang But Meas with a large stalactite hanging from the ceiling. Legend has it that the sacred sparkling water dripping from it into a bowl below brings knowledge to guide you into the future.



Love

The last part of the trip involves witnessing the Village Hive's proactive community empowerment to lift families out of poverty.

You will learn about the value of your support through interactive visits to CCT's Village Hive communities. You will gain a deep understanding of the impact of the Village Hive on the wider community, frequent the small business enterprises set up by Village Hive families, assist the community in building a garden to promote food security and learn from them about the power of community-driven change.



Love

Itinerary

Day 6

Feb 10

Village Hive Visits

CCT leadership and local community leaders will give you an in-depth presentation on the Village Hive. You will have the opportunity to ask questions and gain a deeper understanding of the upstream philosophy that underpins the Village Hive Project. You will attend community meetings, hear the community talk about the Village Hive's impact on their lives and have the opportunity to ask them questions.



Love

Itinerary

Day 6

Feb 10

Village Hive Visits

You will visit the Village Hive public schools and health clinics and meet the Village Hive social workers who implement the first-of-its-kind early intervention journey that successfully transforms families from poverty to empowered self-reliance. You will hear families tell their stories of transformation. You will also visit the ICT classes in High School, where you will hear the story of how this project inspired the Village Hive.



Love

Itinerary

Day 7

Feb 11

Village Hive Visits

You will then go on a tour to visit the small business enterprises set up by families that have completed the Village Hive early intervention journey and are now thriving. You will have the opportunity to try fresh sugarcane and snacks and purchase gifts for loved ones from these proud families.



Love

Itinerary

Day 7

Feb 11

Village Hive Visits

You will work with a Village Hive community to build a communal garden to create on-going food-security.





Itinerary

Day 8

Feb 12

Return to Siem Reap

After a life-changing week, we will transport you back to Siem Reap. You might decide to stay on another day to tour of the Angkor Wat temples, one of the most magnificent architectural achievements in the world.





Price

Adult

- **Trip cost – Double occupancy** \$ 1,650
- **Trip cost – Single occupancy** \$ 1,950
- **Fundraising minimum** \$ 3,000

\$500 deposit to secure your place. The remaining balance is to be paid by October 31.

\$3000 fundraising target must be met before you depart.

NB* Flights, travel insurance, and dinners are not included. All activities are locally owned, ensuring your funds stay in Cambodia and benefit the local economy.

What to bring



- Lightweight, light-coloured clothing to reflect the sun
- If cycling, bring clothes you will be able to ride a bike in.
- Comfortable sandals or shoes that are easy to take on and off.
- Refillable water bottle
- Sunscreen
- A comfortable broadbrimmed hat
- Earplugs to block out the noise
- Unlocked mobile phone for use with a Cambodian SIM card (roaming charges are very expensive, it's worth buying a cheap SIM upon arrival)
- Some USD currency
- Enough medication (while there are pharmacies in Battambang, the quality and supply of medicines aren't guaranteed).

Fundraising

Raising the \$3000 to power the Village Hive is easy with support from us and your own personalised URL.

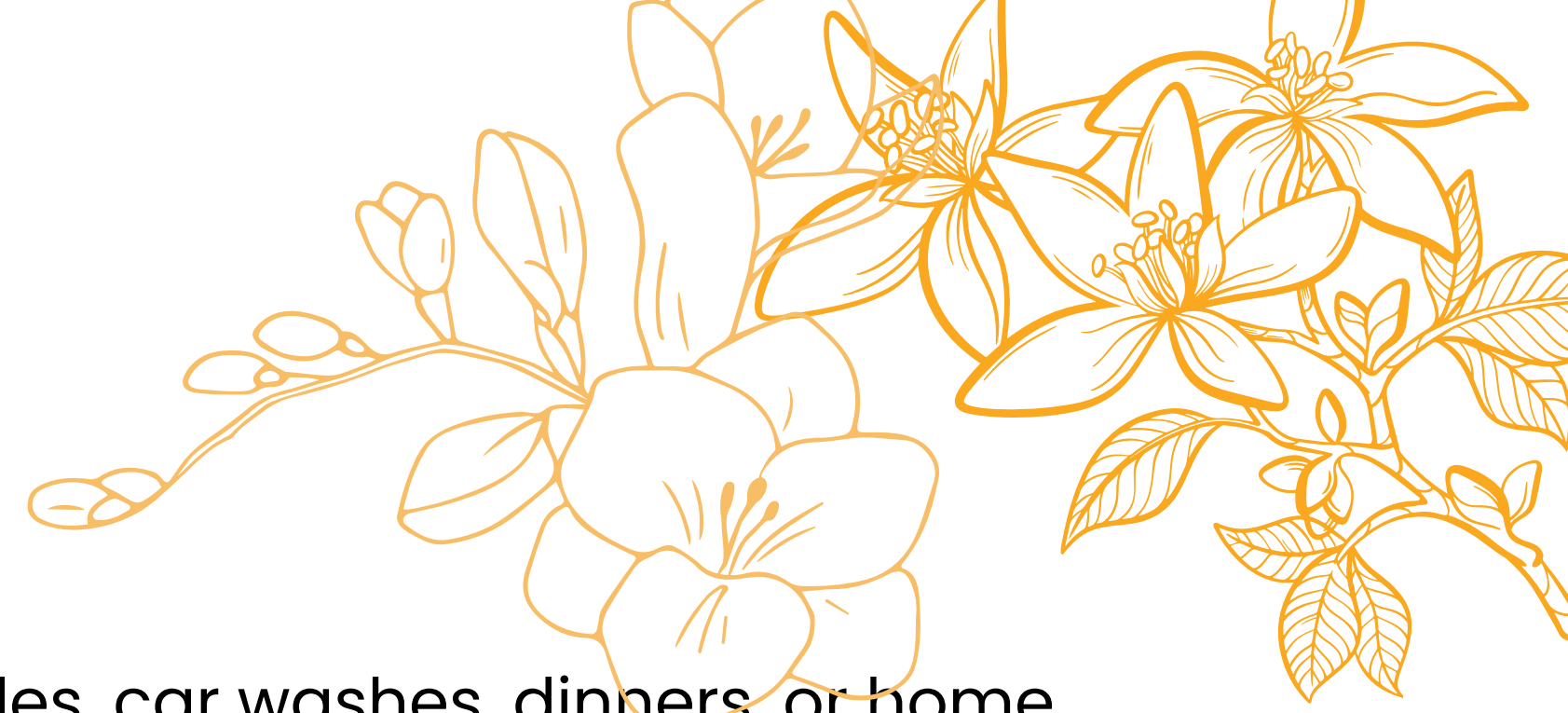
To set up your fundraiser, follow the link below to set up your very own fundraising portal. You can easily share it with friends and family via social media and email.

If you need any assistance with this, please don't hesitate to contact us.

[Set up your fundraiser](#)



Fundraising Ideas



- Host your own mini-event: bake sales, garage sales, car washes, dinners, or home concerts.
- Virtual Fundraising Events: Host online events like webinars, virtual runs/walks, or live-streamed performances where participants can engage from anywhere.
- Video Messages: create a personal video message explaining why you are fundraising and share it widely.
- Email Campaigns: Use CCT photos and videos to personalise emails to your network explaining the Village Hive and asking for support.
- Personal Challenges: Set personal challenges (e.g. set a running challenge, hit a step goal, give up a favourite activity, reach a personal best) and ask for donations in support of your efforts.
- Birthday Fundraisers: Ask for donations instead of birthday gifts.
- Corporate Partnerships: Ask your company to match donations to your fundraiser to double the impact of donations.

Flights

Flights to Cambodia are not included in the trip cost, so you need to arrange your own flights and accommodation in Siem Reap.

The group will depart for Battambang from the Prince D'Angkor Hotel at 3 p.m. on February 5th. If you arrive on February 4th, please book your own accommodation for that night.

Once booked, please share your flight and accommodation details. If arriving on February 5th, join us at the hotel for a cocktail by the pool until our 3 p.m. departure.

*Tip: if transiting overnight through Singapore, it's well worth booking the transit hotel in Changi airport in the terminal you're departing from when you book your flights.



Prince D'Angkor
Sivatha Blvd, Mondul II, Sangkat Svay
Dangkom, Siem Reap 93136
+855 63 763 888
info@princeangkor.com

[LEARN MORE](#)



Travel Insurance & Visas



You will need to purchase travel insurance before departure for the entire duration of your trip.

World Nomads is an easy, cost-effective option with an easy claims process and comprehensive emergency support service.

World Nomads

Please send us a copy of your travel insurance policy.

You can apply for your visa online following the link below. Or you can get your visa on arrival.

[eVisa Application](#)

What you will need:

- A passport that is valid for six months or more
- Two empty pages in your passport
- A completed Cambodia visa application form; supplied on the plane, or, at the airport or land border crossing
- The visa fee in US dollars
- One recent passport photograph (4 x 6)

Code of Conduct



There is some important etiquette to keep in mind when visiting Cambodia.

Always be respectful at a Buddhist site. When visiting temples, cover up to the knees and elbows, and remove shoes and any head covering when entering temple buildings. Sit with your feet tucked behind you to avoid pointing them at Buddha images. It's also good to leave a small donation. Women should never touch a monk or his offering bowl – it is contrary to a monk's sacred vows to be in close proximity to a woman who isn't a relative.

It's important to dress modestly. Avoid wearing swimsuits or scant clothing around towns in Cambodia, even in beach destinations. Wear a sarong or krama to cover up.

Try to haggle modestly. While it's expected practice to bargain or haggle in Cambodia, try to refrain from approaching it like a fun sport. Remember that most families are living only just above the poverty line. A few cents makes very little difference to you but makes a considerable difference to Cambodian families.

Use the local greeting when meeting new people. Called The sompiah is the local greeting in Cambodia. It involves putting your hands together in a prayer-like manner. Use this when introduced to new Khmer friends. When beckoning someone over, always wave towards yourself with the palm down.

Code of Conduct cont.

Avoid taking photos of adults and children without permission. CCT's photographer will be joining the trip and, with your permission, will be taking photos of the adventure. We are happy to share these photos with you.

Don't pick up children. Cambodian people are very friendly. The children are very sweet and welcoming of foreigners, but please avoid picking them up or inappropriate touching. Observing the same behaviour you would in a kid's park at home is also appropriate in Cambodia.

Familiarise yourself with CCT's code of conduct and child protection policy. We will be going through this policy and our visitor agreement when you arrive, but it's a good idea to familiarise yourself with it before departure. Be respectful when taking photos. When taking photos, try to observe the same etiquette that you would at home.



[CCT's Child Protection Policy](#)

A note from Tara



CCT is committed to offering a meaningful experience on the Eat, Pray, Love adventure while remaining grounded in the principles of ethical travel.

CCT's current mission in Battambang, Cambodia sees us blazing a trail into uncharted territory. We are working to build an evidence base to prove it's possible to dismantle neo-colonial systems of development to address the root causes of poverty so that local communities are no longer dependent on charities and can rise to the challenge of transforming their world.

Thank you for being part of this movement.



Some deeper issues to consider before your trip

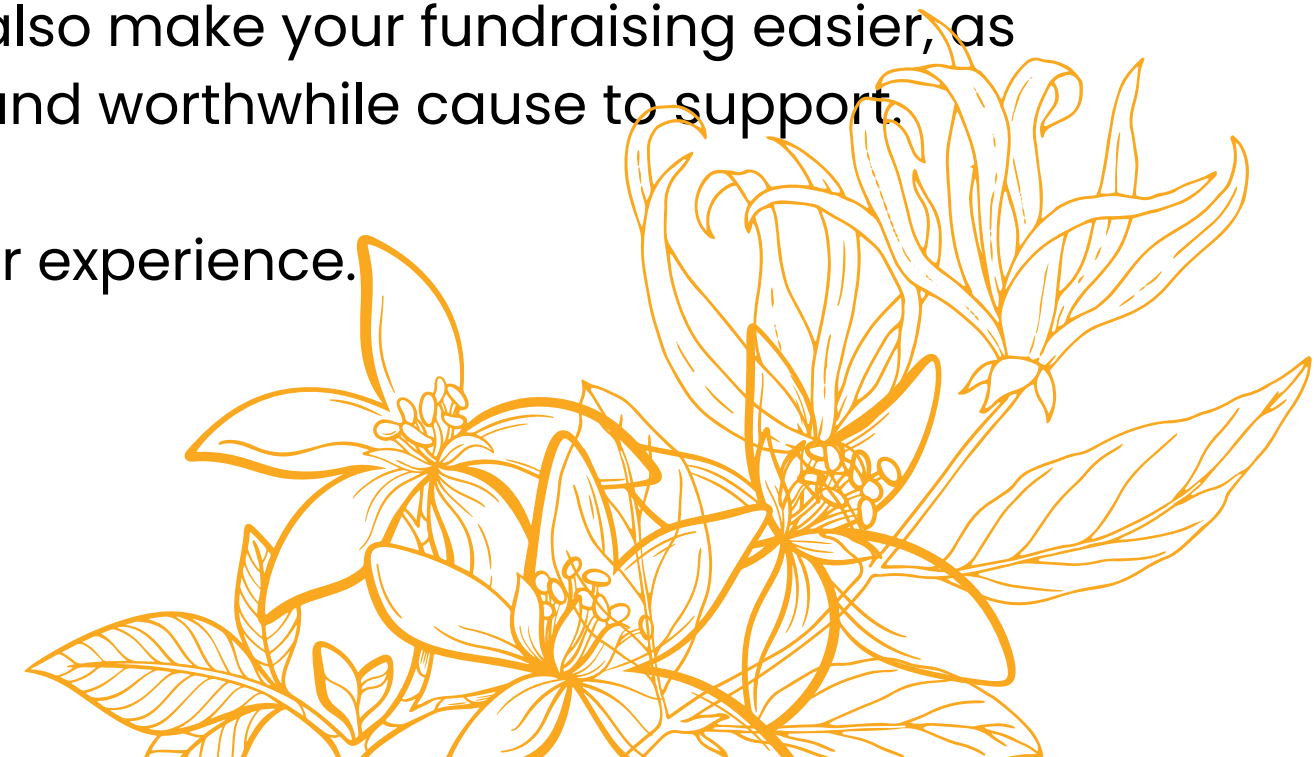
CCT has taken a strong stance against voluntourism and spoken out against unethical travel due to the harm it creates in local communities and the white saviourism ideologies that underpin it.

This is why we have put together this short booklet to ensure you are well-versed in these prickly issues before you depart.

After taking some time to absorb all the information in this booklet, we're sure you'll have a renewed fire in your belly to strive for global equality and a passion for dismantling the current global systems of power.

For those who are interested, CCT will offer a short webinar and Q&A on the ethos behind our Village Hive project to give you the opportunity to learn and ask questions. Being informed and inspired will also make your fundraising easier, as you'll be able to explain to your friends and family why this is such an important and worthwhile cause to support.

In this document, you will find explorative questions along the way to deepen your experience.



Privilege

Every conversation about international aid and development, whether subtle or explicit, contains an underlying discussion about power and privilege. The two are inextricably linked.

Before you embark on a trip to Cambodia, we are offering an opportunity to unpack our privilege so we are entering Cambodia as informed and considerate guests.

Understanding your own position of power, privilege and unique identity, while also understanding how this impacts other people and countries, is critical.

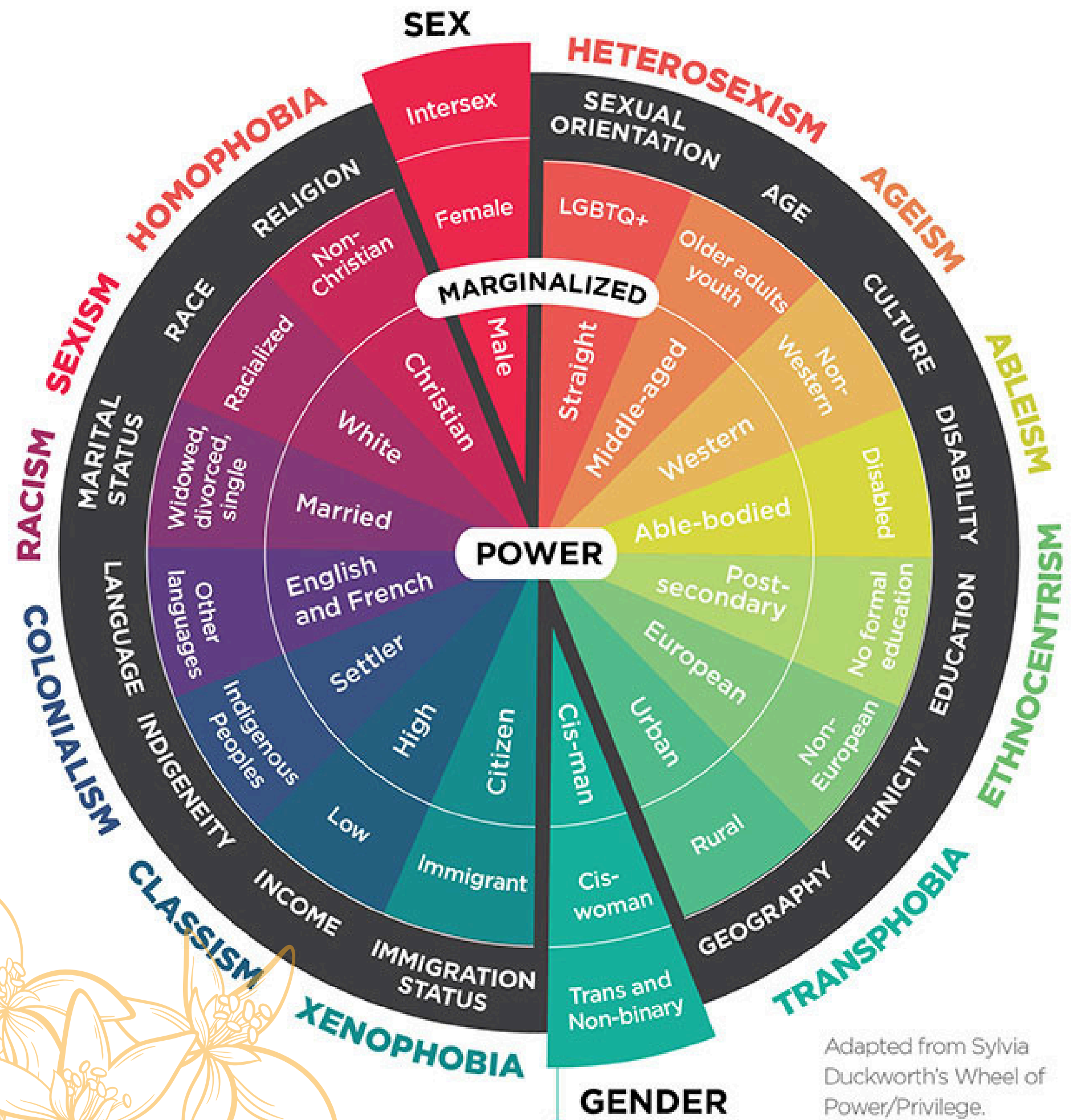
Unchecked power and privilege, especially for white, cis, able-bodied folks, is a large part of why the international development and tourism sectors end up creating unintended harm. Engaging in learning about this topic is a moral responsibility and a way to begin to unveil the global power dynamics that continue to keep the majority of the world oppressed.



The Wheel of Intersectionality

The Wheel of Intersectionality is a conceptual tool used to illustrate and understand how various forms of social stratification, such as race, gender, sexuality, class, and others, intersect to shape individual experiences and societal dynamics. It is rooted in the theory of intersectionality, which was first articulated by Kimberlé Crenshaw in 1989 to describe how race and gender interact to create unique dynamics of oppression and privilege.

The wheel visually represents how identity categories intersect and overlap rather than existing in isolation. It shows that individuals simultaneously belong to multiple social categories, and these intersections create unique experiences of privilege or oppression.



Adapted from Sylvia Duckworth's Wheel of Power/Privilege.

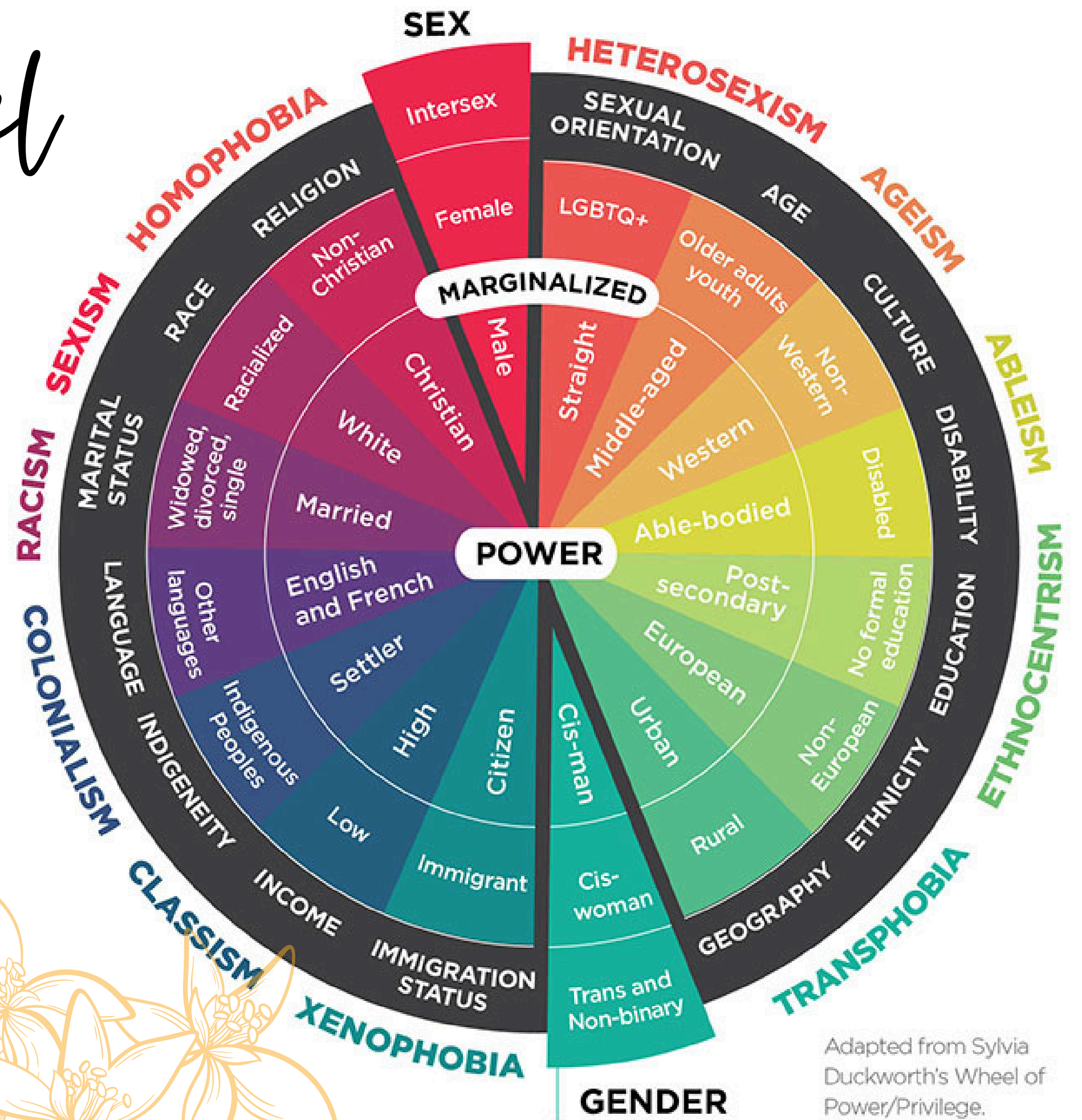


Using the Wheel

Use this wheel to examine your own identity and how different aspects of your identity intersect. Consider how your race, gender, class, and other categories interact to shape your experience of the world and your perspectives.

This can help us understand the diverse experiences of others, recognising that people's experiences and identities are multifaceted and cannot be understood by looking at a single category in isolation.

We can also use the wheel to analyse how systems of power and oppression operate, understanding that systems such as racism, sexism, classism, and ableism are interconnected and reinforce each other. By considering these points you can avoid the pitfalls of white saviorism and contribute to more equitable and respectful interactions with the communities you visit.



Adapted from Sylvia Duckworth's Wheel of Power/Privilege.



Activity

If you're keen to deepen your understanding of your own intersecting identities and how they shape your experiences and perspectives, grab a pen and paper.

1. Identify your core identity categories

a. Begin by labelling the sections of the wheel with your core identity categories

2. Map Your Identities

a. Write down your specific identity within each category. For example, under race, you might write "Asian"

3. Reflect on Each Identity

a. For each identity category, take a few moments to reflect on your experiences related to that identity.

b. Ask yourself questions like: How does this identity influence how I see the world? How does this identity impact how others perceive and treat me? What privileges or disadvantages come with this identity?

4. Consider the Intersections

a. Reflect on how these identities intersect, then how they combine to shape your overall experience.

5. Ask yourself

a. How do my various identities compound or mitigate experiences of privilege or oppression?

b. Are there particular situations where one identity becomes more salient or influential?

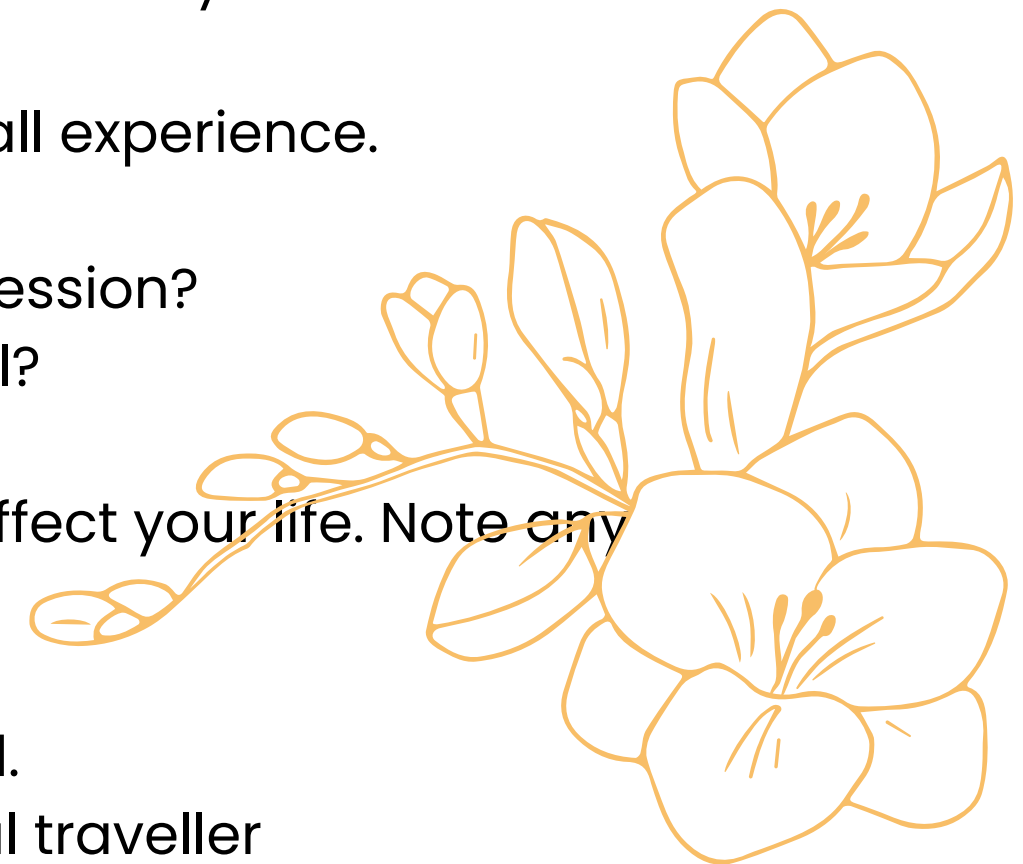
6. Journal Your Insights

a. Write down your reflections. Include insights about how your intersecting identities affect your life. Note any patterns, surprises, or significant realisations.

7. Reflect on Impact and Actions

a. Think about how your insights can inform your actions and attitudes moving forward.

b. Consider how you can use your understanding of intersectionality to be a respectful traveller



Travelling Mindfully

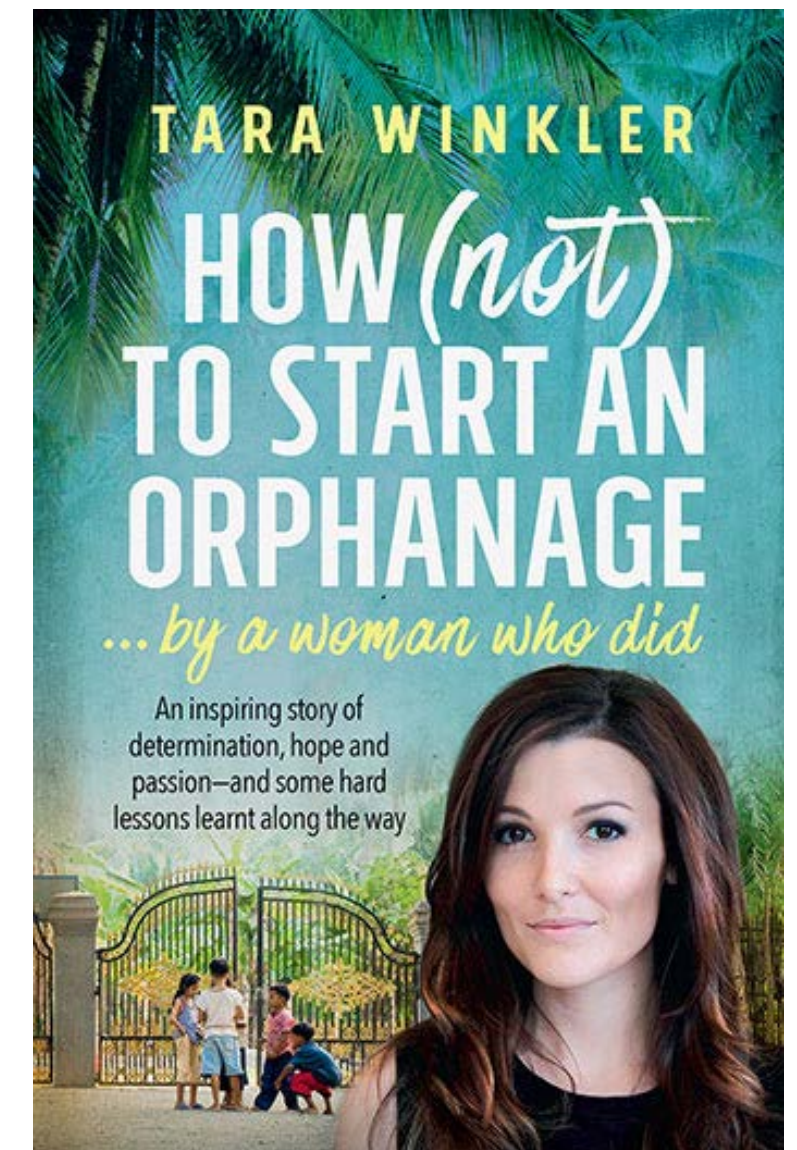
Avoiding the white saviourism mindset while travelling requires a conscious effort to engage respectfully and thoughtfully with the local cultures and communities. Here are some strategies to help avoid falling into this mindset:

1. Educate yourself before you go

- a. Research Cambodian culture and history to gain a deeper understanding of the context of the place you're visiting to help you appreciate the complexities and nuances of the community. This includes learning about colonial history and its lasting impacts.
- b. Learning a few phrases of Khmer can demonstrate respect and a willingness to connect on a deeper level.
- c. Read Tara Winkler's book. As a part of your welcome pack, you will receive a signed copy of *How (NOT) to Start an Orphanage*. This will provide insights, learning from Tara's own mistakes so that you don't have to make the same ones.

2. Listen to local voices

- a. On the 'Love' days on the trip, you will have the opportunity to listen to locals' perspectives and experiences. This is how CCT has evolved, by understanding local needs and viewpoints. What is best for other people and for the wider community might not always align with your own personal beliefs, and that's ok. We're all different, and there are many roads to Rome.



Avoiding the 'white saviour' trap



Supporting the local economy

On the Eat, Pray, Love Cambodia trip you will be supporting local businesses and artisans rather than large international chains. This ensures that your spending benefits the local economy directly rather than unintentionally leaking back out through multinational corporations.

The activities we are engaging in on the Eat, Pray, Love Cambodia trip, are all operated by locals and promote sustainable practices.

Go in with a learning mindset

On the 'Love' days of the trip, you will have the opportunity to learn from locals. Recognise that they are the experts in their own lives and communities. Be open to learning from them and exploring what might be relevant to contributing to your community at home. The Eat, Pray, Love Cambodian trip will offer the opportunity to build authentic relationships with the local CCT team. This can lead to more meaningful and reciprocal exchanges.

Advocate for systemic change

Recognising that poverty is almost never due to a personal failing or an inherent flaw in the character of a person or culture of a community. Poverty is almost always a systems issue. On the Eat, Pray, Love Cambodian adventure, you will have the opportunity to support an initiative that tackles the systemic root causes of poverty rather than just responding to the symptoms. On the 'Love' days of the trip, the local team will explain how we are advocating for a more just and equitable system to help communities in Cambodia.

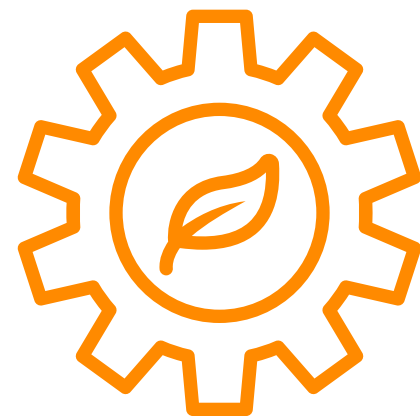


Exclusive Access to Webinars

As part of your Eat, Pray Love Cambodia adventure, you will also have exclusive access to webinars to prepare you for your trip.



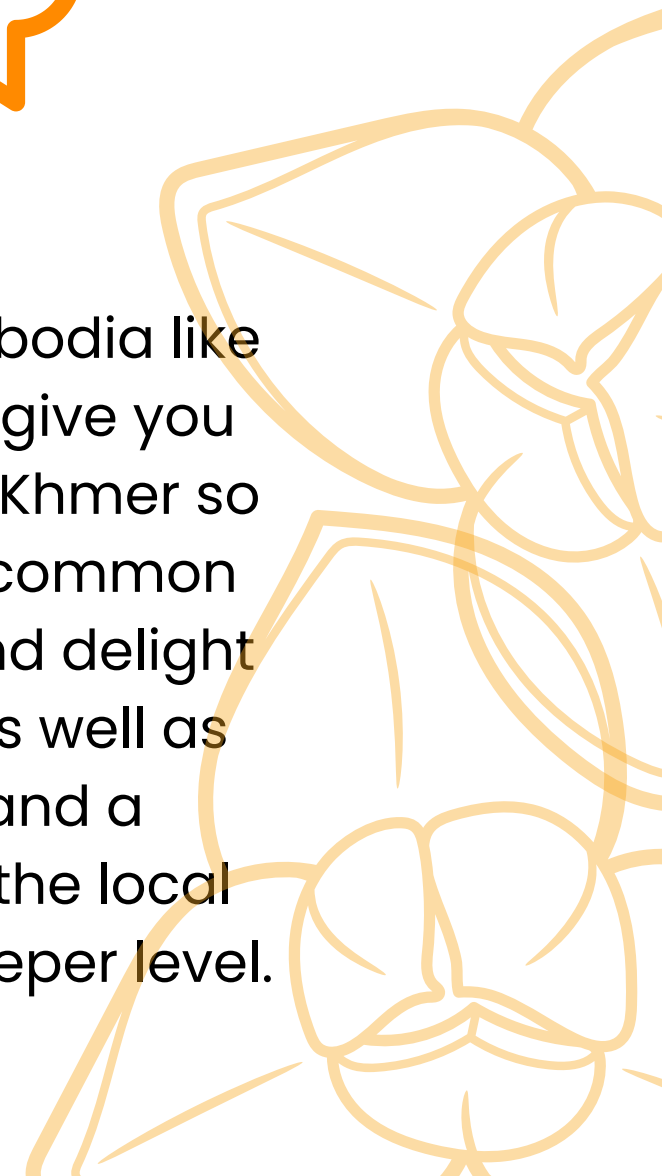
Dr Freya Higgins-Desbiolles is a multi-award winning researcher, lecturer and change agent. Her original ideas on “tourism as a social force”, reconciliation through tourism and many others, have shaped an engaging stream of work that has had a positive impact globally. An original thinker, a provocative analyst and a charismatic speaker who will ensure you are well-informed about how to travel ethically in Cambodia and beyond.



The CCT team will provide a brief webinar on the Village Hive and the ethos that underpins it. We will be happy to answer any questions you might have to ensure you are as informed as possible to aid you in your fundraising efforts.



To help you adjust to Cambodia like a local, the CCT team will give you language lessons in basic Khmer so that you are confident in common phrases that will charm and delight your Cambodian hosts, as well as demonstrate respect and a willingness to connect to the local people and culture on a deeper level.



Questions?

Please don't hesitate to contact us if you have any questions at anytime.

Contact:

info@cambodianchildrenstrust.org

1300 664 799







Tell me, what is it you plan to do with
your one wild and precious life?

