



## July Retreat 2019 (4 Week Program)

- Arrive in Phnom Penh
  - Killing fields, lunch in capitol, travel to Kampot
  - Local market, local food, venture to the countryside to volunteer at The Red Road Foundation
  - Orientation @ TRRF
  - Earthship Workshop with Earthship Cambodia Day with Sustainable Housing Project
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- Field Trip with the kids (Volunteer's choice) Khmer cooking class available
  - Implementing Trash system in the village
  - Learning how to make upcycled glass products
  - Organic Farming
  - Tutoring English and extracurricular activities and classes
  - Learning how to make natural products for health and wellness
  - Hike to secret jungle waterfall
  - Kayaks and stand up paddle boarding through mangroves and learning about replanting the mangroves
  - Arcade or spa day
  - Travel to airport and fly to Siem Reap
  - Angkor Watt
  - Angkor Watt or Floating Villages or rest by pool
  - Kulen Temple and waterfall
  - Goodbye ceremony and fly out in the evening

## August/September Retreat 2019 (5 Week Program)

- Arrive in Phnom Penh
- Killing fields, lunch in capitol, travel to Kampot
- Local market, local food, venture to the countryside to volunteer at The Red Road Foundation
- Orientation @ TRRF (we will stay here until the 19)
- Earthship Workshop with Earthship Cambodia Day with Sustainable Housing Project
- Field Trip with the kids (beach or animal sanctuary) Khmer cooking class available
- Implementing Trash system in the village
- Learning how to make upcycled glass products
- Organic Farming
- Tutoring English and extracurricular activities and classes
- Learning how to make natural products for health and wellness
- Hike to secret jungle waterfall
- Travel to airport and fly to Siem Reap



- Angkor Watt
  - Angkor Watt and Rest
  - Fly to Chiang Mai
  - Arrive and travel to Pai
  - Permaculture workshop
  - Kwah Dao Orientation and Activities
  - Trip to local Thai market and cooking class with local guide 29-4 Eco and Natural •
- Building workshop
- Jungle and Elephant Conservation
  - Hike to waterfall in the jungle
  - Field Trip with Kwah Dao
  - Cave exploration
  - Meditation Retreat
  - Hot Springs, Mud Baths and Goodbye Ceremony
  - Travel to Chiang Mai airport