



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

- 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