

## June and July Retreat

- 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

Fieldtrip 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

19- travel to airport and fly to Siem Reap

20-Angkor Watt

21 Angkor Watt and Rest

22-Fly to Chiang Mai

23-Arrive and travel to Pai

24-26 Permaculture workshop

27-Kwah Dao Orientation and Activities

28-Trip to local Thai market and cooking class with local guide

29-4 Eco and Natural Building workshop

5-Jungle and Elephant Conservation

6-Hike to waterfall in the jungle

7-Fieldtrip with Kwah Dao

8-Cave exploration

9-11-Meditation Retreat

12-Hot Springs, mud baths and Goodbye ceremony

13- travel to Chiang Mai airport

## August Retreat

- 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

4-25 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  
26- travel to airport and fly to Siem Reap  
27-Angkor Watt  
28 Angkor Watt or Floating Villages or rest by pool  
29 Kulen Temple and waterfall  
30-Goodbye ceremony and fly out in the evening