



challenges
abroad

CAMBODIA HEALTH PROMOTION CHALLENGE

www.challengesabroad.com.au



futureSense
FOUNDATION



About Us

Greater Social Equality. A More Sustainable Environment. A More Secure World for Everyone.



Challenges Abroad is a social enterprise that provides impactful customised overseas learning programs for students. Our mission is to develop the next generation of Global Citizens who as future leaders will help shape a better future for everyone.

We have had over **8,000** participants from both Australia and the UK join our programs!

The Challenges Abroad Difference



Creating a
community of
Global Citizens



Sustainable community
impact through our
partnership with the
FutureSense Foundation



Full pre-departure
support (on campus and
online), as well as 24/7
support in-country

Supporting our Charity

The FutureSense Foundation

Challenges Abroad supports international development through our partner charity, [the FutureSense Foundation](#). They have a team based in-country year-round that not only ensures that our programs form part of a sustainable development plan that will benefit the community long-term, but they also support you throughout your program. Our teams act as mentors in helping you develop key skills and competencies. Our partnership ensures that your work is meaningful and gives you a chance to make a real difference.



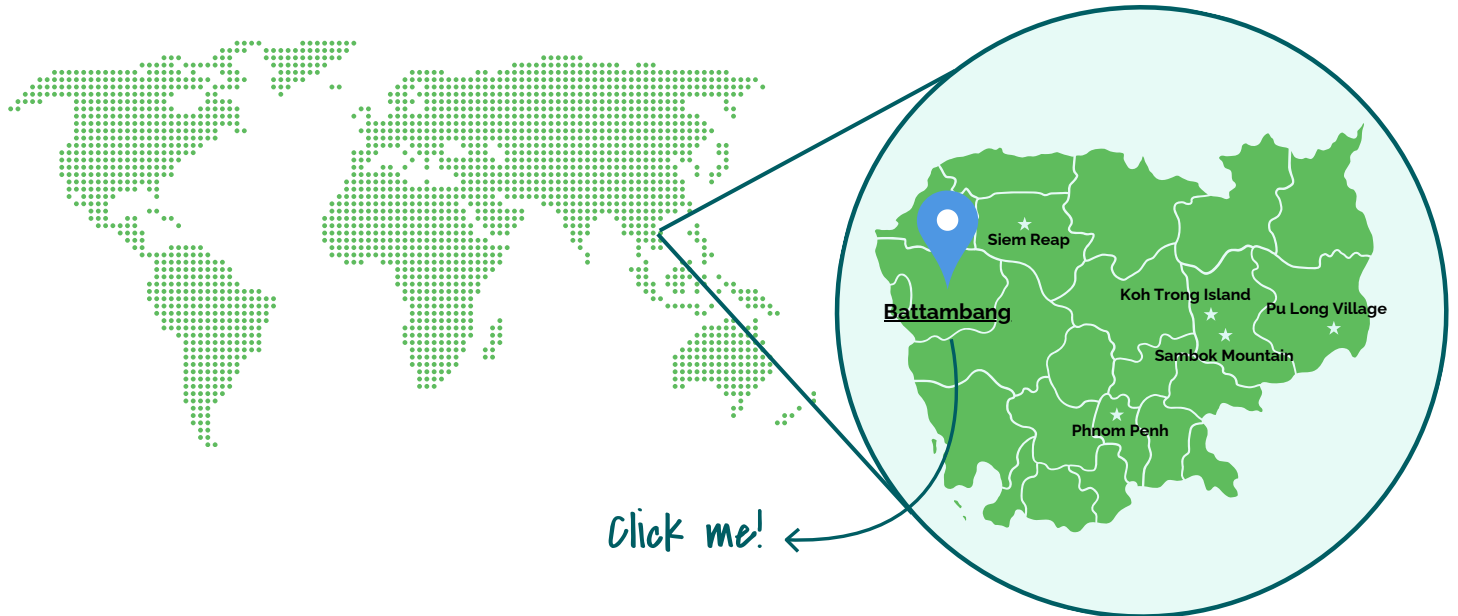
Going Carbon Neutral

We have partnered with an organisation called [Evergreen](#) to neutralise the carbon footprint generated by your trip. With Evergreen, we will be planting trees in Kenya and Nepal, supporting the local community in the area, generating employment and neutralising carbon emissions. In addition we encourage students to participate in activities such as tree planting and reducing their use of plastic.



The Essentials

Our Cambodia Health Promotion Challenge is the perfect opportunity to explore Cambodia's picturesque landscape, experience its fascinating culture, learn about its recent history and make a real impact through our health education projects...



Location:

Battambang,
Cambodia



Dates:

Dates TBC
through the
[website](#)



Cost:

\$2,700
(possible credit/funding
options [here](#))



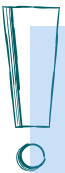
Duration:

15 days



Extension trip:

1 week tour of
Cambodia
\$900



If you have a passion for global health, work experience or are studying a field related to medicine, nursing, public health, biomedicine, allied healthcare or science, the Cambodia Health Promotion Challenge is perfect for you.

Over 2 weeks, you will work with our team on the ground to design and deliver community workshops. By covering topics such as hygiene, food safety, water & sanitation, disease transmission and prevention, female hygiene & menstruation and habits for a healthy lifestyle, your goal is to help to improve overall community health!





Program Itinerary

Days 1 & 2: Saturday & Sunday

When you arrive at Siem Reap International airport you'll be welcomed by a member of our team to kickstart your adventure! They'll take you to your accommodation in Battambang, help you settle in and organise your welcome dinner. The next day you'll have a full orientation to your project and our team will show you around town so that you can get your bearings. There will be plenty of time to explore and get to know your new home!

Our Hub!



Days 3-7: Monday - Friday

Your project days will include planning sessions, workshop delivery and debriefs and reflections. Your workshops will help to spread knowledge about key health issues, build capacity and improve overall community health. You will also have the opportunity to observe at local health clinics to gain an understanding of the challenges facing the Cambodian health system.

#leaveyourhandprint on the world



Days 8 & 9: Saturday & Sunday

The weekend is free for you to explore! Whether you choose to stay local or venture back to Siem Reap, there's so much to do: Angkor Wat and its incredible surrounding temples, spas, cooking classes, an elephant sanctuary... there's so much to do and see! Just make sure you're back in time for Sunday dinner...



Days 10 - 14: Monday - Friday

This week will be structured the same as the week before. You might continue to be working with the same community partner or meeting new ones.

You will have evenings to relax and explore... we recommend trying a traditional Cambodian cooking class at Coconut Lyla!

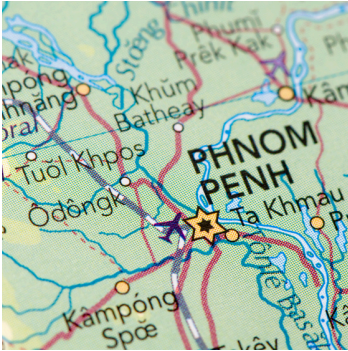


Day 15: Saturday

Today you'll either catch the morning transfer to the airport or continue with the extension trip!

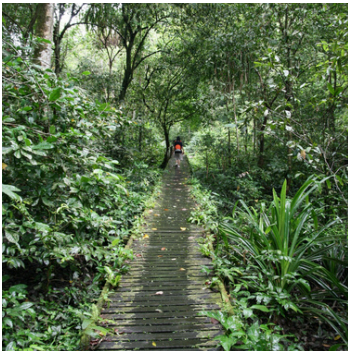


Extension Trip Itinerary



Day 1: Phnom Penh

On the way, you'll stop off in Kampong Chang where you'll be able to see how the locals make traditional Khmer pottery. When you arrive in Phnom Penh you'll go on a cyclo tour of the city before free time in the evening.



Day 2: S-21 & The Killing Fields

You'll visit some of the most famous sites in Phnom Penh: Toul Sleng Museum (S21) and Choeung Ek (Killing Fields). You'll learn about Cambodia's turbulent history as you're guided around these sombre sites.

Day 3: Jungle & Waterfall Trekking

The day begins with a jungle trek through beautiful mountainous areas. As you near the centre of the jungle you'll reach a waterfall and cave which you can explore, before walking to a natural pool that you can swim in while a traditional bamboo soup and BBQ is prepared.



Day 4: Pu Long Village Homestay

At Pu Long village you'll learn about the traditional ways of the Bunong community. In the afternoon, you will head to a waterfall where you can relax and swim before visiting a coffee plantation. In the evening you will return to the village to spend the night, sleeping in a hammock!



Day 5: Koh Trong Island

Today you'll explore the virtually untouched island by bicycle. Koh Trong is even home to one of the world's largest turtles that you might meet if you're lucky!

Day 6: Sambok Mountain & Dolphins

You'll cruise to the dolphin pool of Kampi, the largest on the Mekong River and the best place to spot the Irrawaddy dolphin! On the mainland, you'll explore the majestic Sambok Mountain before heading back to Siem Reap to spend your final evening.



Day 7: Home Time

You'll be taken to Siem Reap International airport to catch your flight home or continue your Global Citizenship journey elsewhere!



Details

Cost inclusions:

✓ Accommodation & meals

You will stay in our hub accommodation in shared dorm-style rooms and bathrooms. While you will be provided with home comforts, these will be different to your usual standards, but all part of the challenge! There are plenty of spaces for group planning or relaxing after project, and the potential to meet other Global Citizens from across Australia and the UK. We provide 3 vegetarian meals per day Monday-Friday and can accommodate further dietary requirements (vegan, gluten free, allergies etc). You are free to explore local restaurants at the weekend!

✓ In-country transport

Any required transport for project work, as well as airport transfers. Our tuktuk drivers are also happy to help you explore the area in your free time.

✓ Pre-departure support

We will provide you with a Welcome Pack, Packing List and Program Brief to help you prepare for your travels. Our team are there every step of the way for extra support, and we'll organise a pre-departure meeting 6-weeks before you go to make sure everyone is on the same page and ready for the adventure.

✓ In-country support

As well as supporting you in your project work, our team will be a 24/7 contact for you during your time overseas... they'll also have the best recommendations on how to spend your free time!

Independent costs:

- ✿ International flights
- ✿ Travel insurance (might be covered by your university)
- ✿ Visas
- ✿ Vaccinations - refer to smarttraveller.com.au and consult with your doctor

“

The most amazing experience. I could not recommend this trip more! This was a lifechanging experience that has taught me so much about not only Cambodia, but also about myself!

Global Citizen, Isabella

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Follow us on:



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Sign up!

All you need to do is apply on our [website](https://challengesabroad.com) and pay the \$250 booking deposit. Once accepted, you can pay the remainder of your program fee in fortnightly, monthly or quarterly instalments leading up to your challenge. Your final payment is due eight weeks before departure.

Our programs have limited numbers, and places fill quickly. Apply online as soon as you're ready to avoid missing out!

If you have any questions or need any further support, please get in touch with our team:

chloe@challenge-sabroad.com.au



More food for thought...

What's in it for you...

This once in a lifetime program is the perfect opportunity to;



Meet other Global Citizens from across Australia



Set yourself up for future success as you gain unique experience in your field



Use your skills and knowledge to make an impact on the world



Have an unforgettable travel experience

Become a Challenge Leader!

If you're keen to take on an extra challenge, becoming a challenge leader will help you develop your leadership and team management skills, as well as a whole heap of other qualities that will set you up for your career or future study.



Work with a leadership mentor to build your own community of people who care



Connect with other global leaders from across Australia



Attend 2 leadership weekend conferences in Melbourne



Have the opportunity to receive a discounted program



Ready to become a global leader? Find out more and apply [here](#).



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