



the
leap

GAP YEAR PROGRAMME

Leap to Cambodia

COMMUNITY DEVELOPMENT + JUNGLE EXPLORATION + HISTORIC SITES

Cambodia *Uncovered*

This extraordinary journey through Cambodia offers you the rare privilege of stepping beyond the typical tourist trail, thanks to exclusive access made possible through our trusted local partners.

LOCATIONS:

SIEM REAP + KRATIE + SEN MONOROM
+ KAMPOT + PHNOM PENH

ACCOMMODATION:

MIX OF HOSTELS/HOTELS

ENVIRONMENTS:

CITY + JUNGLE + BEACH

PROJECTS:

COMMUNITY DEVELOPMENT

TEAM SIZE:

12 PER DEPARTURE

SOCIAL:

BUZZY VIBES

FITNESS:

AVERAGE

STAY LENGTH:

4 WEEKS

Reserve your place

INFO@THELEAP.CO.UK / +44 1672 519922



“ Had an amazing experience and was given many opportunities to try new things, would definitely recommend for gap year students or even just a first time traveller.



From working on transformative community development projects to exploring Cambodia's vibrant culture and breathtaking landscapes, every moment of this adventure connects you to the heart of this incredible country.

You'll experience an inspiring contrast of activities and locations, from the bustling streets of Siem Reap and the iconic temples of Angkor Wat to the serene riverside town of Kampot and the unspoiled beaches of Rabbit Island. Add in the wild jungle landscapes of Sen Monorom, where you'll trek alongside elephants and discover hidden waterfalls, and the journey takes on an exhilarating sense of adventure. Each setting offers its own unique charm, blending cultural exploration with hands-on activities like cycling, paddleboarding, and even cooking Cambodian cuisine.

At the core of this journey are the impactful community projects made possible by our partnerships. Whether it's assembling water filters, mentoring students in cultural exchange programmes, or supporting vulnerable families through initiatives like ABC's and Rice, you'll leave a lasting impact while forging meaningful connections. This trip seamlessly combines adventure, contribution, and immersion, giving you unparalleled access to Cambodia's people, places, and spirit.

THAILAND

LAOS

Siem Reap

Arrival
Culture, Adventure +
Social Enterprise Projects

CAMBODIA

Kratié

Dolphins

Sen Monorom

Jungle + Elephants

4**Phnom Penh**

Departure
Temples + Killing Fields

Kampot

Adventure, Water Park
+ Sunset BBQ

5**6****Rabbit Island**

Beach Chill

VIETNAM

*GULF OF
THAILAND*

Cambodia *Itinerary*

Day 1 Siem Reap

Arrival

You'll land at Siem Reap Airport, where your guide will be waiting. After unpacking and refreshing, you'll head out for a relaxed stroll around this charming city, finishing with a delicious welcome dinner. Siem Reap will be your base for the first two weeks, and it's the perfect place to kick off your adventure. This vibrant city is brimming with opportunities for exploration, culture, and immersion in life-changing community projects.

Day 2 Siem Reap

Settle in + Explore

Your day kicks off with a visit to one of Siem Reap's iconic floating villages. You'll glide across the serene waters, marvelling at the unique stilted homes and daily life of the local fishing communities.

In the afternoon, you'll head back to town for a guided wander through Siem Reap's bustling streets. You'll explore the vibrant energy of Pub Street, known for its eclectic mix of markets, cafes, and street performers, before taking a more tranquil stroll through the stunning Royal Gardens. The gardens are a peaceful oasis, perfect for soaking in the beauty of Siem Reap's greener side, with its grand trees and colourful blossoms.



Cambodia *Itinerary*

Days 3-4 Siem Reap

Water for Cambodia – Transforming Lives

Siem Reap is renowned for its incredible community development projects, and through our local contacts, we're fortunate to gain unique access to many of these transformative initiatives.

The first one you'll experience is the "Water for Cambodia" project. Over the next two days, you'll play a hands-on role in addressing one of the region's biggest challenges—access to clean drinking water.

You'll help by learning about the innovative Bio Sand Filters, a simple solution that turns contaminated water into safe, drinkable water.

Working alongside the team, you'll help assemble these filters, ready to deliver and install the next day in local communities.

Witnessing families receive clean water for the first time will be an unforgettable moment, underscoring the importance of this project.







Amazing people. An eye-opening experience I
will never forget. Truly breathtaking.

Cambodia *Itinerary*

Day 5 Siem Reap

Cycling Adventures + Creative Connections

Your morning kicks off with a cycling tour through the Cambodian countryside. Pedalling past lush rice fields, traditional stilted houses, and charming rural villages you will soak in the peaceful rhythm of local life.

In the afternoon, you'll dive into a creative activity with a local t-shirt printing workshop, part of another social enterprise we are involved with. Guided by skilled artisans, you'll learn about traditional printing techniques while creating your own unique design. This workshop supports local livelihoods and showcases the innovative spirit of Siem Reap's community projects, giving you a chance to take home a tangible piece of your experience.



Cambodia *Itinerary*

Day 6 Siem Reap

Cultural Exchange with JWOC (Journeys Within Our Community)

Today you will spend the day with JWOC, a project championed by our local partners, dedicated to fostering meaningful connections between visitors and local students. This cultural exchange programme is all about sharing ideas, values, language, and history in a fun and interactive way.

Through engaging activities like storytelling, games, and collaborative projects, you'll connect on a personal level with students, learning about their lives and culture while sharing your own experiences. It's a unique opportunity to engage with Cambodia's younger generation in a way that's both impactful and rewarding.



Cambodia *Itinerary*

Day 7 Siem Reap

Culinary Delights + Farm Adventures

Your morning starts with a hands-on cooking class in the countryside, where you'll learn to prepare a traditional Cambodian dish using fresh, local ingredients, guided by skilled chefs. It's a chance to immerse yourself in the flavours and techniques that define Cambodia's rich culinary heritage.

After lunch, you'll take a tractor ride through the farm, getting a close-up look at rural life, exploring the lush fields where much of the region's produce is grown. It's a fun and authentic way to connect with the agricultural traditions that sustain the local community.



Cambodia *Itinerary*

Day 8 Siem Reap

Read Club Cambodia + Water Park Fun

On Sunday mornings, you'll take part in an inspiring project with ReadClub Cambodia, dedicated to nurturing a love for reading among local children.

Our main partner/guide, Sunak, plays a crucial role in this project, ensuring everything runs smoothly. During the morning session, you'll help students practice their reading and engage in lively discussions about their favourite books, providing an opportunity to encourage learning within the next generation.



In the afternoon, you can choose to unwind or amp up the excitement with a visit to the Wake Park Water Park (optional, small additional cost).

Whether you're wakeboarding across the water or simply soaking up the fun atmosphere, it's the perfect way to add some adventure to your day.



Cambodia *Itinerary*

Days 9 – 11 Siem Reap


ABCs and Rice – Transforming Lives Together

Over the next three days, you'll dive into the incredible work of ABCs and Rice, a project dedicated to providing free education, nutritious meals, and healthcare support to struggling families. This is your chance to make a tangible difference while connecting with the vibrant community of children and families who rely on this initiative.

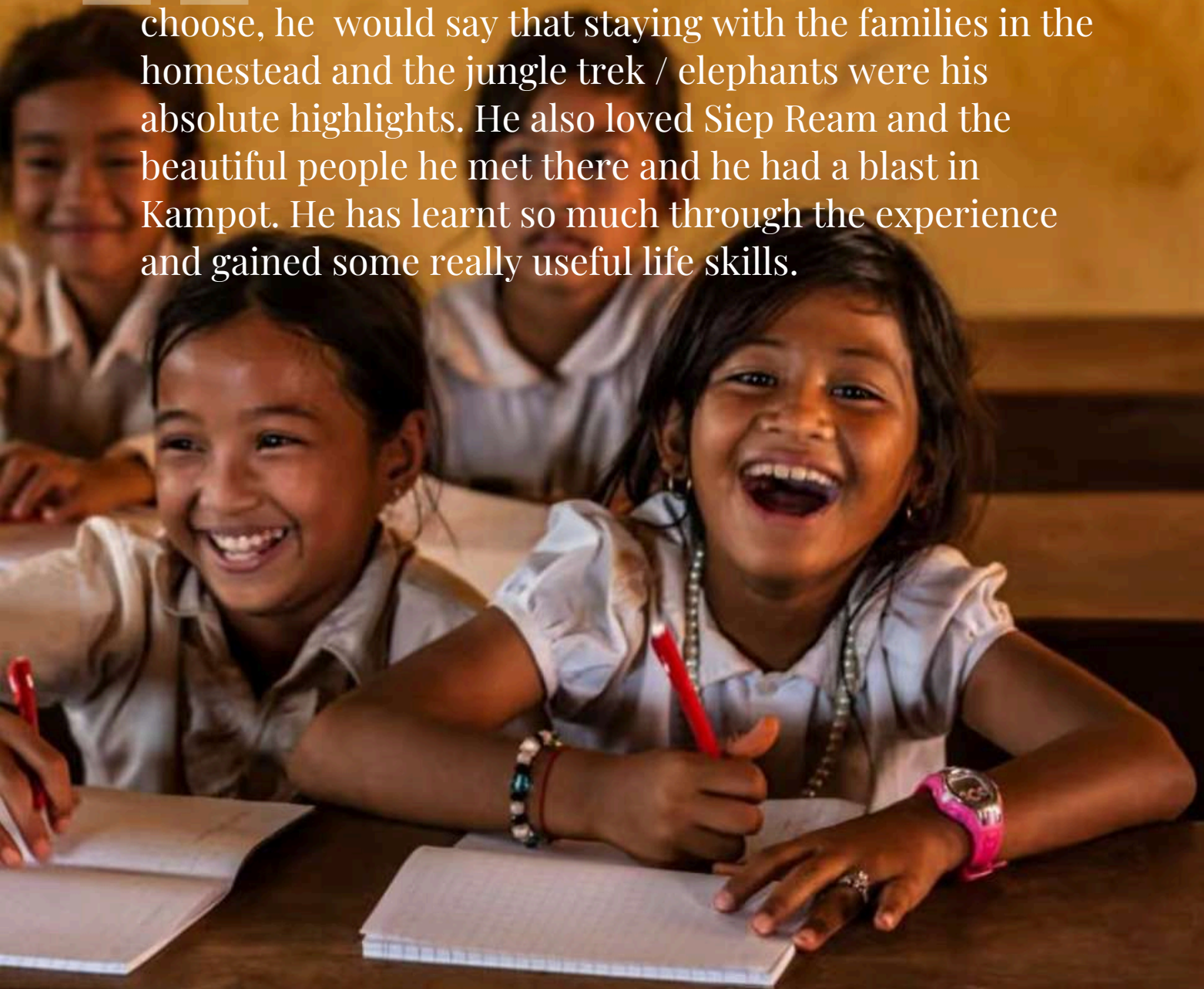
Your time will be spent teaching, playing sports, and organizing fun activities with the kids, whose energy and enthusiasm are sure to captivate you. You'll also help with gardening projects to support their sustainable food efforts and pitch in with practical tasks like facility upkeep and meal preparation for the food bank.

This immersive experience will leave you with a deeper understanding of the challenges these families face and the powerful impact of community-driven solutions. It's a truly rewarding opportunity to give back, learn, and build meaningful connections that will stay with you long after your time at ABCs and Rice.





He had an amazing time. He loved it all but if forced to choose, he would say that staying with the families in the homestead and the jungle trek / elephants were his absolute highlights. He also loved Siep Ream and the beautiful people he met there and he had a blast in Kampot. He has learnt so much through the experience and gained some really useful life skills.



Cambodia *Itinerary*

Day 12 Siem Reap

On day 12, you will have a free day to spend however you like. You could take this time to relax, explore and process all you have achieved so far on your journey.

Day 13 Siem Reap

Return to Cultural Exchange with JWOC

Spend one more day reconnecting with JWOC (Journeys Within Our Community) for another meaningful cultural exchange session. Building on your earlier visit, you'll dive back into engaging activities with local students, sharing ideas, stories, and perspectives.

This return session allows you to deepen the connections you've made and further explore the values, language, and history that make Cambodia so unique. It's a chance to reflect on the bonds formed and the mutual learning that makes this adventure so special. By the end of the day, you'll leave inspired by the resilience and warmth of the community and the impact of the work you've been a part of.



Cambodia *Itinerary*

Day 14 Siem Reap

Angkor Temples + Evening Circus

A showstopper of a day. You'll spend the day exploring the world-famous Angkor temples, a UNESCO World Heritage Site and one of the most awe-inspiring archaeological wonders on the planet. Here you will have the day to wander through the ancient ruins of Angkor Wat, Ta Prohm with its iconic tree roots, and the serene Bayon Temple with its enigmatic stone faces. Your guide will bring the history and stories of these breathtaking sites to life.

In the evening, you'll experience the magic of the Phare Cambodian Circus, a captivating performance blending acrobatics, music, and storytelling. This inspiring show supports young Cambodian artists and is the perfect way to celebrate the creativity and resilience of the local culture.



Cambodia *Itinerary*

Day 15 Siem Reap

Read Club + Relax

Spend your final morning back with the Read Club Cambodia, helping local children practice reading and share their love for books. In the afternoon, relax and enjoy Siem Reap one last time, before the adventure heads East the next day.



Cambodia *Itinerary*

Days 16–17 Kratie, The Jungle Phase

Transfer + Irrawaddy Dolphins

Your adventure continues as you travel from Siem Reap to Kratie, transitioning into the jungle phase of your journey. Sit back, relax, and enjoy the changing scenery as you make your way through Cambodia's lush landscapes, setting the tone for the next exciting chapter.

Kratie is a charming Mekong port town and your gateway to meeting the rare freshwater Irrawaddy dolphins. Here you'll hop aboard a traditional fisherman's boat and glide up to the dolphin pool at Kampi, the best spot to see these endangered creatures in their natural habitat.

On your way back, you'll stop by Sambok Mountain for breathtaking views over the Mekong River before cycling around Kratie's vibrant villages, lush rice fields, and peaceful riverside trails, immersing yourself in the charm and beauty of this tranquil region.



Cambodia *Itinerary*

Days 18–20 Sen Monorom

Coffee, Elephants + Jungle Adventures

Next up, you'll venture further into the heart of Cambodia to Sen Monorom. As you travel through the ever-changing scenery—forests, plantations, grasslands, mountains, and jungle—you'll reach Mondulkiri, known as "where the mountains meet" and home to traditional Phnong villages. Once in Sen Monorom, you'll enjoy a delicious lunch at a local coffee and pepper plantation, and explore the buzzing local market filled with fresh produce and unique handicrafts.

Your jungle adventure then continues as you visit a Phnong minority village. You'll meet your Cambodian elephant and local guide (a Mahout) early in the morning and embark on a trek through the jungle. Crossing rivers, passing local farms, and ending up at the Trok River. Here, you'll help your Mahout wash and cool off the elephants, followed by a cultural evening in the village with a BBQ dinner.



The following day, you'll hike through the jungle, discovering waterfalls and caves, and swimming at Leng Oung waterfall while a traditional BBQ is prepared for you all.

After lunch, you'll continue your trek to the Leng Ken before heading back to Pou Tang Village, where you'll spend some time with your guide's family before returning to your hotel for the night.



Cambodia *Itinerary*

Days 21-23 Phnom Penh

Transfer + City Vibes

After breakfast, you'll leave the peace of Sen Monorom and head to the bustling capital of Phnom Penh, arriving just in time for a sunset cruise along the Mekong River.

The next day starts with a cycling tour through Phnom Penh's vibrant streets, offering a close-up at local life. You'll then visit the stunning Royal Palace, a symbol of Cambodia's rich heritage, followed by a visit to the Tuol Sleng Museum, where you'll gain a deeper understanding of the country's challenging history.

Continuing South, you'll pause at the Killing Fields for a poignant visit, reflecting on Cambodia's past, before making your way to the charming riverside town of Kampot, ready for the final chapter of your journey.



Cambodia *Itinerary*

Days 24-27 Kampot, Kep + Rabbit Island

Coastal Charm


Your final phase will be in Kampot, to soak up the laid-back charm of this riverside town, where life flows as gently as the river itself. Your base is perfectly situated to enjoy the tranquil scenery, with lush greenery, colonial-era architecture, and a vibrant local culture creating a picturesque backdrop.

Interwoven into these days will be a full-day tour of Kep, a charming coastal town, where you'll visit the bustling Crab Market, famous for its fresh seafood delicacies, before taking a short boat ride to Rabbit Island, for an afternoon lounging on its pristine beaches.

Back in Kampot, you'll have the chance to paddleboard along the river, gliding through the calm waters, passing forests, mangroves, and traditional fishing villages.

For a touch of excitement, you'll be able to spend a day at the waterpark, which everyone loves, rounding off the day with a BBQ boat trip, where you'll feast on delicious local food while floating along the serene waterways making it a truly memorable experience.





“What an experience, what an adventure, what a brilliant time she has had. Many thanks to you and all your colleagues. It is a fantastic and very organized company to travel with.



Cambodia *Itinerary*

Days 28 Phnom Penh

Departure

On your final day you will be driven back to Phnom Penh airport for your departure. This journey will take you through the old and new town allowing you one final look at this vibrant city to reflect on the incredible journey you've experienced, filled with meaningful connections, unforgettable landscapes, and memories to last a lifetime. Safe travels.



Cambodia *Staying & Food*

Siem Reap

Super cool hotel called the **Blancsmith Residence Siem Reap** or **King Rock Boutique Hotel** (depending on numbers) which are in the centre of town– near pub street and the night markets which are great fun. For the first two days, all meals are included. After that, breakfast and lunch are provided, leaving your evenings free to explore the city's vibrant dining scene. On Sundays, lunch is not included after the kids' club to give you flexibility.

Kratie

Mekong Dolphin Hotel

All meals are included.

Sen Monorom

GreenHouse Retreat

Hongs House Homestay

All meals are included.

Phnom Penh

Home Chic Hotel

All meals are included, except for one evening, so you can enjoy the freedom to head out and sample the city's diverse restaurants.

Kampot

Arcadia Downtown Hostel

Two suppers and two lunches are not included so you have flexibility to go out.

Project *Background*



Our Cambodia programme is in partnership with See Asia Differently, which Peter & Eva Jones, began 8 years ago. "We wanted to create something a little different, something that matched our passion for the region. By spending time with our clients and offering a range of options, we help them avoid the well-worn path to the tourist traps and instead create bespoke experiences that capture the essence of their destination while matching their personal requirements".

They are passionate about encompassing sustainable responsible travel with lifting the lid on Cambodia. They have all the need-to-know contacts and have curated a unique adventure for us.

Cambodia *Costs 2026 & 2027*

2026 - £3690 (4-WEEK LEAP)

2027 - £3890 (4-WEEK LEAP)

INCLUDED:

- All volunteering project materials
- Transport throughout
- Food and accommodation as described
- Entrance fees to all activities
- Pre-departure briefing
- Leap T-shirt
- 24-hour emergency back-up, management and support by UK and Cambodian team
- Safety and induction course on arrival
- Airport pick-up and return transfers for team flight

NOT INCLUDED:

- International flights
- Travel insurance
- Medical expenses (reclaimable through travel insurance)
- Soft drinks and alcoholic drinks etc
- Food and accommodation if away from the programme
- Any excursions not listed above
- Laundry fees
- Private transfers to and from the airport if you do not arrive on the main team flight

SEE OUR WEBSITE FOR DATES & AVAILABILITY

A warm, golden sunset over a beach. In the foreground, a thatched roof of a structure is visible, with a woven basket hanging from it. Below the roof, a hammock is strung between two wooden poles. The beach is sandy, and the ocean stretches to the horizon under a sky filled with orange and yellow clouds. In the distance, a person is walking on the beach, and a folding chair is set up. The overall mood is peaceful and nostalgic.

The trip to Cambodia was so well organised,
great programme and fantastic experiences.

Thank you so much for everything. Our daughter
has made memories and friends for ever.

Cambodia *Nitty Gritty*

What to Pack?

Clothes

When packing, keep in mind that laundry services are widely available throughout Cambodia (except during the jungle phase) and cost approximately \$5 per kilo. This means you can pack light and refresh your clothes as needed.

Cambodia is a conservative country, and local communities tend to dress modestly. While you're free to wear casual clothes like strappy tops during your downtime, it's important to dress respectfully when visiting temples or holy sites such as Angkor Wat—covering your shoulders and knees is a must.

The climate in Cambodia is consistently hot and humid, so lightweight, breathable clothing is essential to keep you comfortable throughout your trip.

- A selection of lightweight trousers and shorts – cheap to buy in the local markets
- A selection of light weight t- shirts/tops – long and short sleeved
- 1 pair trainers
- 1 pair flip-flops
- 1 pair casual shoes
- Beach wear: sun hat, swimmers etc.

Cambodia *Nitty Gritty*

What to Pack?

Equipment

- 65-75 litre Rucksack - NO hard-shell SUITCASES
- Day rucksack
- Camera
- Plug adapter
- Sunglasses
- Beach towel + sarong
- Portable phone charger
- Reusable water bottle
- A reusable bag

Toiletries & Medical

- Basic everyday toiletries
- Sun cream/after sun
- Travel wash
- Hand sanitiser
- Insect repellent
- Antibacterial spray/cream for open wounds
- Rehydration powders
- Savlon
- Antihistamines
- E45/Sudocream
- Immodium
- Medioplasters
- Personal Medication: Bring extra supplies, know the generic names of your medication, and ensure you can manage allergies (e.g. carry an epipen if necessary).

Cambodia *Nitty Gritty*

Communication

We will provide you with the emergency numbers for both The Leap and our overseas team. Expect Wifi and phone reception to be patchy while in the jungle. If you have any issues or concerns at any point, please talk to your guides who will do all they can to resolve any issues or contact us.

Your Health

Each location will have first aid on site. For more serious emergencies: Volunteers need to pay for minor medical expenses on their credit card and then reclaim these expenses back through their travel insurance. This includes the cost of the host driving a volunteer to and from hospital. In an emergency, and where evacuation by air is necessary, the insurers will settle bills directly.

Your Team

Maximum of 12 and a minimum of 6 volunteers per departure. The programme cannot run with fewer than this. 5 to 6 weeks prior to departure, if the minimum group size hasn't been met, you will be offered an alternative placement or a postponement, depending on availability and preference. Anyone aged 18- 22 can participate.

Cambodia *Nitty Gritty*

Behaviour

This is a team experience and looking out and being respectful to one another is vital to create a positive experience for all. However, if anyone puts themselves or others at risk, does not listen to safety advice and is being disrespectful to the team and staff then we have to revert to our discipline procedures. These involve: a verbal warning, followed by a written warning, followed by a dismissal from the program – with no refund. Please do not be that person who ruins it for everyone else.

Managing Expectations

We do our best to describe our program as accurately as we can so that you have realistic expectations. It's important that you read this document carefully, and listen to the pre-departure zoom, so you are fully prepared with what lies ahead. Please remain flexible, as tasks and projects may change, depending on the needs of the communities, projects on the ground and weather.

Your Safety

We prioritise safety in our gap year programs through detailed risk assessments, safety audits, and adherence to industry standards such as BS8848, Trading Standards, the Year Out Group, and the Gap Year Association. On arrival, teams receive thorough safety briefings and are provided with secure accommodation, risk-assessed vehicles, medical evacuation access, and reliable emergency communications.

Accreditations

We're a member of the Year Out Group and the first UK company accredited by the Gap Year Association. Our safety procedures follow the UK Foreign and Commonwealth Office's 'Know Before You Go' advice.



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