



the  
leap

GAP YEAR PROGRAMME

# *Leap to Cambodia*

COMMUNITY IMPACT + JUNGLE ADVENTURE + ANCIENT WONDERS

# Cambodia *Uncovered*

Cambodia is one of Southeast Asia's most fascinating countries. Ancient temples rise from the jungle. Floating villages drift across vast lakes. Bustling markets overflow with colour, incredible food and smiling faces, while quiet countryside roads lead to remote communities where traditions have changed little for generations.

Over four unforgettable weeks you'll experience every side of this remarkable country, from the iconic temples of Angkor Wat and the vibrant streets of Phnom Penh to elephant-filled forests, hidden waterfalls and Cambodia's beautiful southern coastline.

It's a country that welcomes you with warmth, surprises you every day and stays with you long after you've returned home.

**LOCATIONS:**

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

**ACCOMMODATION:**

MIX OF HOSTELS/HOTELS

**ENVIRONMENTS:**

CITY + JUNGLE + BEACH

**PROJECTS:**

COMMUNITY DEVELOPMENT

**TEAM SIZE:**

UP TO 18 PER DEPARTURE

**SOCIAL:**

BUZZY VIBES

**FITNESS:**

AVERAGE

**STAY LENGTH:**

4 WEEKS

# *Beyond The Guidebook*

This programme has been designed to take you far beyond the places every tourist visits.

You'll spend time alongside local communities, discover hidden corners of the country with expert local guides and experience everyday life in a way that's simply impossible on a whistle-stop tour.

Every destination has been chosen for a reason. Every experience reveals another side of Cambodia.

By the end of four weeks, you won't simply know where you've been. You'll understand why this extraordinary country leaves such a lasting impression.



THAILAND

LAOS

Siem Reap

Arrival  
Culture, Adventure +  
Social Enterprise Projects

CAMBODIA

Kratie

Dolphins

Sen Monorom

Jungle + Elephants

Phnom Penh

Departure  
Temples + Killing Fields

VIETNAM

Kampot

Adventure, Water Park  
+ Sunset BBQ

Rabbit Island

Beach Chill

*GULF OF  
THAILAND*



# *Where It All Begins*

## **Siem Reap – Days 1 – 15**

*Community • Culture • Connection*

Your adventure begins in Cambodia's vibrant cultural capital. Over the next two weeks you'll become immersed in local life, balancing meaningful community projects with unforgettable cultural experiences.

You'll help install Bio Sand water filters with Water for Cambodia, support children's education through ABCs and Rice and Read Club Cambodia, and take part in cultural exchanges with local students.

Away from the projects you'll discover bustling markets, floating villages, incredible street food and, of course, the magnificent temples of Angkor Wat.

By the time you leave Siem Reap, you'll already feel connected to both the people and the country.

### *Highlights*

Water for Cambodia – ABCs & Rice – Read Club Cambodia – WOC Cultural Exchange – Angkor Wat – Floating Villages – Phare Cambodian Circus – Local Markets





# *Into The Wild*

## Jungle Adventure – Days 16 – 20

*Wildlife • Waterfalls • Remote Cambodia*

Leaving the city behind, Cambodia reveals another side of itself. Follow the Mekong River in search of the rare Irrawaddy dolphins before heading deep into Mondulkiri Province, where rolling hills, dense forests and spectacular waterfalls replace busy streets.

Spend time with rescued elephants, trek through pristine jungle, meet indigenous communities and discover landscapes that few visitors ever experience.

The pace slows. The scenery becomes spectacular. And the adventure reaches another level.

### *Highlights*

Irrawaddy Dolphins • Elephant Conservation • Jungle Trekking • Waterfalls • Coffee Plantations • Indigenous Communities • Campfire BBQ • Homestay Experience





# *The Heart of Cambodia*

## Phnom Penh – Days 21 – 23

*History • Culture • Capital City*

Every great journey should deepen your understanding of the places you've explored. Phnom Penh offers exactly that. Explore magnificent temples and bustling markets, cruise along the Mekong River at sunset and discover Cambodia's remarkable resilience through respectful visits to important historical sites.

It's a thought-provoking chapter that brings greater meaning to everything you've experienced throughout the programme.

### *Highlights*

Sunset River Cruise • Royal Palace • Street Food • Local Markets • Cycling Tour • Cambodia's History





# *The Perfect Finale*

## Kampot & Rabbit Island - Days 24 - 28

*Coast • Adventure • Reflection*

Your final chapter unfolds on Cambodia's beautiful southern coast. Swap jungle trails for rivers, beaches and island life as you relax in the laid-back town of Kampot.

Spend your days paddleboarding through mangroves, exploring Kep's famous Crab Market, relaxing on Rabbit Island and enjoying sunset BBQs with your team.

After four unforgettable weeks, it's the perfect place to reflect on everything you've achieved before heading home.

### *Highlights*

Paddleboarding • Rabbit Island • Kep Crab Market • BBQ Boat Trip •  
Riverside Cafés • Sunset Evenings



# Real Projects. Real People. Real Impact.

This programme is made possible through our long-standing partnership with See Asia Differently and an inspiring network of Cambodian charities, educators and community organisations.

Together we've created experiences that go far beyond volunteering. Every project has been carefully chosen because it addresses genuine local needs while giving students the opportunity to work alongside the people leading that change.

Whether you're helping install safe water filters with Water for Cambodia, supporting children's education through ABCs and Rice and Read Club Cambodia, or sharing ideas with local students through JWOC, you'll be contributing to projects that are making a real difference every day.

This isn't volunteering for the sake of it. It's an opportunity to learn from inspiring people, contribute to meaningful projects and gain real-world experience that stays with you long after you've returned home.

# More Than Just Memories.

Adventure fades into stories.  
The sunsets become photographs.  
The strangers become lifelong friends.

But perhaps the biggest thing you'll bring home is something much harder to pack.

Throughout your Leap you'll work alongside inspiring conservationists, community leaders and environmental organisations, solving real challenges, stepping outside your comfort zone and discovering what you're capable of achieving.

Along the way you'll build confidence, resilience, leadership, teamwork and a global perspective, not through classrooms or lectures, but through real experiences that stay with you long after you've returned home.

**Those experiences become something incredibly valuable: genuine evidence that can strengthen university applications, CVs and future careers.**

Because the best souvenirs aren't things.  
They're the person you become.

**Not Just Where You Go. What You Come Back With.**

A person is standing on a white paddleboard in a calm, dark green lagoon. The lagoon is surrounded by dense tropical vegetation, including many palm trees. The sky is blue with scattered white clouds. The person is wearing a dark shirt and shorts, and is holding a paddle. The water reflects the surrounding greenery and the sky.

“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.

# *Your Home in Cambodia*

## 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.

# Cambodia *Costs*

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 WEBSITE FOR DATES & AVAILABILITY**





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.



## Not Sure Which Leap Is Right for You? Let's Find Your Perfect Fit

BOOK A FREE 30-MINUTE ZOOM WITH ZOË  
FOR PERSONALISED ADVICE ON DESTINATIONS, PROJECTS,  
TEAM SIZES AND THE EXPERIENCE THAT WILL SUIT YOU BEST.

[CLICK TO BOOK A FREE ZOOM CHAT](#)

No pressure. No hard sell. Just honest advice from  
someone who knows every Leap inside out.