



# SOCIAL CONTRASTS in SOUTHEAST ASIA

## Thailand and Cambodia

January 1–16, 2015

### ITINERARY

**\*\*\* The following itinerary information is tentative and subject to change \*\*\***

The countries of S.E. Asia are as different as they are similar.

Thailand is a land of contrasts: gorgeous countryside of rice fields, mountains, hills, and ancient temples and bustling cities. A largely Theravada Buddhist society, Thailand's population is varied with many tribal and ethnic groups, as well as recent immigrants from neighboring Burma (Myanmar). The Thai portion of the program is based around IPSL operations in Chiang Mai, the ancient Lana capital. Chiang Mai has the advantages of a city but with the feel of a small town where the traditions of Thai living are preserved. Here, program participants will learn first-hand about many different aspects of human rights and development efforts in Northern Thailand.

The country of Cambodia, officially known as the Kingdom of Cambodia, is located in the southern portion of the Indochina Peninsula. The capital and largest city of Cambodia, Phnom Penh, is the political, economic, and cultural center of the country. Cambodia's ancient name is "Kambuja." The Khmer Empire, which flourished for over 600 years built monumental temples such as Angkor Wat (Angkor Temple) in Siem Reap and facilitated the spread of first Hinduism, then Buddhism to much of Southeast Asia. The Vietnam war (or, more accurately, the American War in Vietnam) extended into Cambodia, giving rise to the Marxist Khmer Rouge regime, which took Phnom Penh in 1975 and whose rule resulted in political executions, starvation, forced labor and displacement. Liberated by the Vietnamese in 1979, the war-ravaged nation was reunited under the monarchy in 1993 and has seen enormous changes as a result of rapid globalization. The social and economic fallout from this globalization is the focus of IPSL's work in Cambodia. Participants will have the opportunity to learn about the amazing array of NGOs that have formed to address the challenges of modern Cambodia.

**Departure Day:** Thursday January 1, 2015

**Arrival Day:** Friday January 2, 2015 @ 11:00pm Siem Reap (REP) Cambodia

### SIEM REAP, CAMBODIA

**Day 1 – Friday January 2, 2015: Arrival**

Upon arrival you will be met by a representative who will take you to your guesthouse.

**Accommodation: Locally owned Hotel/Guesthouse**

**Day 2 - Saturday January 3, 2015: Orientation, Classroom and Cambodian Cultural Dinner Show**

The group will meet for orientation and class time. In midafternoon you will be free to explore the town and have lunch. The group will depart the hotel in the late afternoon for a short drive to attend a Cambodian Cultural Dinner Show.

**Accommodation: Locally owned Hotel/Guesthouse**

### **Day 3 – Sunday January 4, 2015: Angkor Wat, Angkor Thom and Ta Prohm Temples**

You will depart your hotel early and be transported to one of SE Asia's most important archeological sites. An expert guide will lead you through the magnificent remains of the different capitals of the Khmer Empire (9th to the 15th century) which include the famous Temple of Angkor Wat and, at Angkor Thom, the Bayon Temple with its countless sculptural decorations which UNESCO has set up a wide-ranging program to safeguard. There will be a break for lunch before your continued exploration of these fantastic ruins. You will be transported back to your hotel in the mid-afternoon. The group will dine at a nearby restaurant that evening.

**Accommodation: Locally owned Hotel/Guesthouse**

### **Day 4 – Monday January 5, 2015: Tonlé Sap, Floating Village and Landmine Museum**

You will depart early for a boat tour of SE Asia's largest lake, the Tonlé Sap and its surrounding Floating Villages. Though this is the largest freshwater lake in South East Asia, this unique body of water changes drastically throughout the year in size and direction of the current. Your guide will explain its importance to Cambodia and the reasons that it was designated a UNESCO biosphere. After lunch, you will visit the Landmine Museum to learn more about the recent history of the Khmer Rouge and the Cambodian civil war. That evening you will dine at one of Cambodia's social enterprise restaurants.

**Accommodation: Locally owned Hotel/Guesthouse**

## **PHNOM PENH, CAMBODIA**

### **Days 5 – Tuesday January 6, 2015: Depart Siem Reap for Phnom Penh**

The group will depart Siem Reap, via private van, for the 6-1/2 hour journey to Phnom Penh. There will be a stop for an 'on your own' lunch along the way. By mid-afternoon you will check into your accommodations and then have a few hours to explore the surrounding area. The group will convene in the early evening for a group dinner.

**Accommodation: Locally owned Hotel/Guesthouse**

### **Day 6 – Wednesday January 7, 2015: Classroom and University visit**

Your day starts with a morning transport to Pañnasatra University of Cambodia for class time and interaction with students. After lunch, at a traditional Burmese restaurant, you will return to the University or other location for continued class time. After returning to your hotel in the late afternoon, the group will dine at a nearby restaurant that serves traditional Khmer fare.

**Accommodation: Locally owned Hotel/Guesthouse**

### **Day 7 – Thursday January 8, 2015: Tuol Sleng Genocide Museum and Choeung Ek Genocidal Center**

In the morning you will be transported to the site of the infamous "S21" Prison, which now houses the Tuol Sleng Genocide Museum. A guide will take you through the museum. You will then be transported to the Choeung Ek Genocidal Museum where you will take a self-guided walk through one of Cambodia's many 'Killing Fields'. From here, the group will stop for lunch and thoughtful reflection and discussion about Cambodia's recent history. The group will then depart for the Documentation Center of Cambodia, a non-governmental organization whose mission is to research and record the era of Democratic Kampuchea (Khmer Rouge) for the purposes of memory and justice. If there is time, you will be free to further explore downtown Phnom Penh before returning to the hotel. Your day will conclude with a group dinner at one of Cambodia's many 'Social Enterprise' restaurants.

**Accommodation: Locally owned Hotel/Guesthouse**

### **Day 8 - Friday January 9, 2015: Service-Learning NGO and School Visit**

You will be picked up in the morning to visit one of Cambodia's leading NGOs dedicated to providing education, training, and work experience to disadvantaged children and youth in Cambodia. While at the headquarters you will meet with the Managing Director and some of the kids that work for the

organization. The group will then be transported out to one of the city's 'slums' and to the school that the NGO has started. You will visit one of the classrooms and meet some of the children. Your group will break for a quick lunch (on your own) before heading back to town to observe and interact with children living in one of the inner city 'slums'. The group will head back to the hotel in the late afternoon and then convene for dinner.

**Accommodation: Locally owned Hotel/Guesthouse**

## **CHIANG MAI, THAILAND**

### **Day 9 – Saturday January 10, 2015: Transport to Chiang Mai, Thailand**

There will be an early morning departure to the Phnom Penh (PNH) International Airport for your flight to Chiang Mai, Thailand. You will arrive and check in to your hotel by the late-morning, which will be followed by class time at the hotel or nearby. Afterward you will be free to explore and have lunch. The group will convene at the hotel then enjoy a traditional Thai dinner together.

**Accommodation: Locally owned Hotel/Guesthouse**

### **Day 10 – Sunday January 11, 2015: Elephant Camp**

A representative from an elephant rescue camp will pick up your group in the morning. After an hour drive to the camp, will you be treated to a day with these magnificent animals. You will learn about the camp's efforts to save and protect the elephants and will be taught how to ride and guide an elephant through the jungle. After lunch you will take your elephant on a journey through the surrounding area and finish up by bathing your elephant at one of their pools. The group will return to Chiang Mai in mid-afternoon. The group will meet for an early dinner and then you will be free to explore Chiang Mai's famous 'Sunday Walking Market'.

**Accommodation: Locally owned Hotel/Guesthouse**

### **Day 11 - Monday January 12, 2015: City Tour, Doi Suthep Temple and Monk Chat**

The day will start with a tour of Chiang Mai and a trip up the mountain to the Doi Suthep temple. There will be ongoing discussion and instruction, by your guide, in Theravada Buddhism and its importance to Thai society. There will be a quick stop for you to get lunch (on your own). In the late afternoon, you will have the opportunity to visit a Buddhist university and speak with monks about the role of Buddhism in modern Thai society. (This is also an important opportunity for the monks to practice their English!). 'Monk Chat' will be followed by a group dinner.

**Accommodation: Locally owned Hotel/Guesthouse**

### **Day 12 – Tuesday January 13, 2015: University, Service-Learning Site Visit and Khantoke Theater**

Your day will start with IPSL partner faculty at ISEAA (Institute for South East Asian Affairs), located at Chiang Mai University. Here you will have an orientation, tour and lecture. You may dine with the university's students in the school cafeteria. This will be followed by a visit to one of the many service-learning sites in the area. You will be treated to an evening of cultural dance and food at one of Chiang Mai's famous Khantoke Dinner theaters.

**Accommodation: Locally owned Hotel/Guesthouse**

### **Day 13 – Wednesday January 14, 2015: Thai Farm Cooking School and Farewell Discussion**

You will be picked up in the morning for a trip to a Thai Farm in the countryside. You will visit a local market to learn about the ingredients you will be using in your class. After the market visit you will be transported to the organic farm. After preparing some of your favorite Thai dishes you enjoy your culinary creations then have a chance to relax (in hammocks!) before returning to the kitchen to create a few more dishes. The group will return to the hotel in the late afternoon and then gather for a light dinner in the early evening.

**Accommodation: Locally owned Hotel/Guesthouse**

**Day 14 - Thursday January 15, 2015: Departure @ 11:20pm**

The group will gather, in the morning, for final classroom and discussion time. In the afternoon you will have the chance to further explore this beautiful city. The group will gather in the early evening for a final dinner together. Afterward, the group will return to the hotel to pick up luggage and then depart for the Chiang Mai (CNX) International Airport to catch your flight home.