



CAMBODIA 2025

CARRINGTON SCHOOL

Adventure awaits!

ADVENTURE LIFESIGNS

14 DAYS | CAMBODIA | SUMMER 2025



Expedition highlights



- ★ Discover Cambodia's awe-inspiring Angkor Wat temple and learn about the country's haunting history at the Killing Fields
- ★ Participate in exciting projects within the local community
- ★ Experience the richness of Cambodian culture by immersing yourself in the vibrant flavors and colorful atmosphere of the night markets.
- ★ Embark on a jungle trek with our team of highly skilled and qualified expedition leaders.

Cost £2,950



This was a great boost for building self-confidence and independence that I cannot experience from home. Experiencing the culture first hand gives you a great insight into a whole undiscovered world.

ACS Egham School





EYE-OPENING EXPERIENCES

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Sample Itinerary



DAY 1

The team should arrive at the airport 3 hours before departure for their flight to Cambodia.



DAY 2

Upon arrival in Phnom Penh, the team will be transported to a local guesthouse via TukTuk and have the opportunity to explore the surrounding area and immerse themselves in the local culture.



DAY 3

The team will have the opportunity to visit the Killing Fields or S21 Prison, learning more about Cambodia's dark history. Visiting the vibrant night markets in the evening.



DAY 4-10

Today the team will travel to the project site and spend the following week working with the local community on construction and education programmes.



DAY 11

This morning, the team will finish up at the project and say their goodbyes before heading to Siem Reap by bus.



DAY 12-13

Time for some well-deserved R&R and the opportunity to visit Angkor Wat and its temples, as well as the vibrant night markets, over the next two days. Angkor is a significant archaeological site in Southeast Asia, and exploring its wonders is an amazing experience.



DAY 14

Today the team will start their journey back to the UK ready to share their experience with their loved ones at home.





RESPONSIBLE TRAVEL

21 DAYS | CAMBODIA | SUMMER 2025



Local community engagement

Prior to teams departing the UK, Adventure Lifesigns' staff spend time discussing the local community's needs and risk assessing the area alongside local partners. Once we are happy that the project is a long-term, sustainable option that will benefit the community, our staff will create a working plan of action.

Reducing plastic waste

On a recent community project in Nepal, ACS Egham school saved over 4,000 plastic bottles across both of their teams during their two weeks in-country. Adventure Lifesigns will provide you with water purification kits, for the occasions when drinking water is not available.



Carbon offsetting

Your international flight releases approx 2 tonnes of carbon dioxide (the main gas responsible for climate change), making it the biggest environmental impact of the expedition. To reduce the impact of our flights, we have teamed up with Trees4Travel. The CO₂ absorbed by the trees planted by T4T will work towards off setting the carbon emissions of our expeditions.

EVOLVING EXPEDITIONS INTO SAFE, EDUCATIONAL AND FUN WAYS TO DEVELOP



Adventure Lifesigns specialise in providing bespoke UK-based outdoor programmes and overseas expeditions for both the youth and adult markets. If you are looking for an overseas expedition, medical, safety training course or team building session, you have come to the right place! We pride ourselves on high quality customer service.

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 www.adventurelivesigns.co.uk