

OUTLOOK  Reedy. For Life.

EXPEDITION GUIDE

Cambodia



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Why Go On Expedition?

Expeditions allow you to spread your wings, see and experience the big wide world and discover what you're truly capable of.

Take the leap and step outside your comfort zone to achieve more than you ever imagined:

- ✕ Accelerate your learning and life skills development
- ✕ Gain a deep understanding of other cultures and global issues
- ✕ Uncover your strengths and discover new passions
- ✕ Challenge yourself to meet new like-minded adventurers or sign up with a friend
- ✕ Build character, resilience and the confidence to face life's challenges
- ✕ Boost your CV for university and job applications

OUTLOOK



Ready For Life.

The 4 Cornerstones of an Outlook Expedition

No matter where in the world you go on expedition, there will be a rich mix of experiences from which to choose.

And ALL of our expeditions will include elements from each of the '4 Cornerstones of an Outlook Expedition'.

We work with your school and expedition team members to understand needs and wants, and then we co-create an expedition itinerary.

Components of your expedition, will be dependant upon destination and duration.

EXAMPLE COMPONENTS



COMMUNITY ENGAGEMENT

Meet indigenous communities and stay in village homestays
Take part in service-learning and community projects
Support conservation and wildlife protection efforts



PHYSICAL CHALLENGE

Trekking to altitude
Jungle treks
PADI dive qualification
White-water rafting and more...



LEADERSHIP

In-country leadership roles
Self-leading: budget management, booking transport, accommodation, activities and more
Leader-In-Me online course



ACTIVITIES / R&R

Sightseeing
Jungle camp
Kayaking
Cycling
Beach day and more...

The Outlook Programme

An Outlook expedition doesn't just start when the plane takes off. It starts the moment a team goes live!



Starting up to 24 months prior to travel

WEBINARS - LEADER IN ME - NEWSLETTERS - SOCIAL MEDIA UPDATES - EMAIL NOTIFICATIONS



EVENTS WITH A STAR NEXT TO THEM MAY BE COMBINED
BASED ON THE NEEDS OF THE EXPEDITION

Welcome to Cambodia

The breathtaking natural beauty, rich cultural history and warm, friendly people make Cambodia an unforgettable destination.

Explore vibrant towns and rural villages, where traditional ways of life thrive.

Discover the legacy of the Khmer Empire at the grand temples of Angkor, a UNESCO World Heritage Site and one of the most remarkable wonders of the world.

From bustling markets to serene landscapes, Cambodia offers a journey filled with discovery and inspiration.

Alongside its famous landmarks, Cambodia offers meaningful opportunities to connect with local communities and gain insight into the country's resilience and development. Time spent learning about Cambodia's recent history and sharing everyday experiences with local people helps bring the destination to life, leaving visitors with a deeper understanding of the country and its future.



WHY CAMBODIA FOR AN EXPEDITION?

- Contribute to a community or ecotourism initiative
- Explore the sights and sounds of Cambodia's capital city
- Marvel at the beauty of Angkor Wat
- Trek the Ratanakiri trek trekking through forests, waterfalls and volcanic landscapes
- Work with bears at a sanctuary

The Kingdom of Wonder

WHAT TO EXPECT



Physical Challenge



Community Engagement



Activities / R&R



Leadership



SAMPLE ITINERARY: 21 DAYS

SEASON: ALL YEAR

[other itinerary options are available for this expedition,
in addition to itineraries for expeditions of varying durations]

Day 1 and 2: Depart the UK and arrive in Cambodia

Day 3: Orientation in Siem Reap, gateway to Angkor

Day 4: Travel to Banlung in remote Ratanakiri province

Day 5 to 9: Trek through Ratanakiri's jungles, waterfalls and minority villages

Day 10: Return to Siem Reap and enjoy street food and night markets

Day 11: Explore Tonlé Sap Lake and its floating communities

Day 12 and 13: Sightseeing at Angkor Wat, Bayon, Ta Prohm and early Angkor temples

Day 14: Travel to Phnom Penh

Day 15 to 18: Service learning at a Bear Wildlife Rescue Centre

Day 19: Phnom Penh sightseeing and final team dinner

Day 20 and 21: Depart Cambodia and return to the UK





Your Expedition Starts

Day 1-2

Arrival in Cambodia

Depart the UK and begin your journey to Cambodia, the Kingdom of Wonder. After landing, you will make your way to Siem Reap. Settle into your accommodation and take time to rest after the long journey. These first days allow you to adjust to the heat, humidity and vibrant atmosphere of Cambodia.

Day 3

Orientation in Siem Reap

Spend today acclimatising and settling into your new environment. Siem Reap is known as the gateway to the ancient temples of Angkor, and offers a lively mix of markets, cafés and riverside areas. You will also prepare for the next phase of your expedition and make contact with in-country providers.



Begin Your Trek

Day 4

Travel to Banlung

Take a scenic journey northeast through Cambodia's rural heartlands. You will arrive in Banlung, the gateway to Ratanakiri province — an area known for its remote jungles, volcanic lakes and Indigenous minority communities. Overnight here before your trek begins.

Day 5-9

Ratanakiri Jungle Trek

Begin your multi-day trek deep into the forests of Ratanakiri. Follow trails past waterfalls, crater lakes and lush rainforest. Along the way you may meet members of the Tampuan or Kreung communities and learn about traditional lifestyles, farming practices and forest use.

You will camp in hammocks, making this a fully immersive cultural and wilderness experience. Keep an eye out for wildlife and enjoy cooling swims in natural pools after a day on the trail.



Day 10

Return to Siem Reap

Travel back to Siem Reap where you can enjoy street food along the riverside and explore the night markets. This is a relaxed evening to unwind before the cultural highlights ahead.



Day 11

Tonlé Sap Lake

Today you will visit Tonlé Sap, Southeast Asia's largest freshwater lake. A boat journey will take you through floating villages where homes, schools and markets rest on the water.

Learn about life on the lake, its unique ecosystems and the importance of this environment to local communities.





Day 12-13

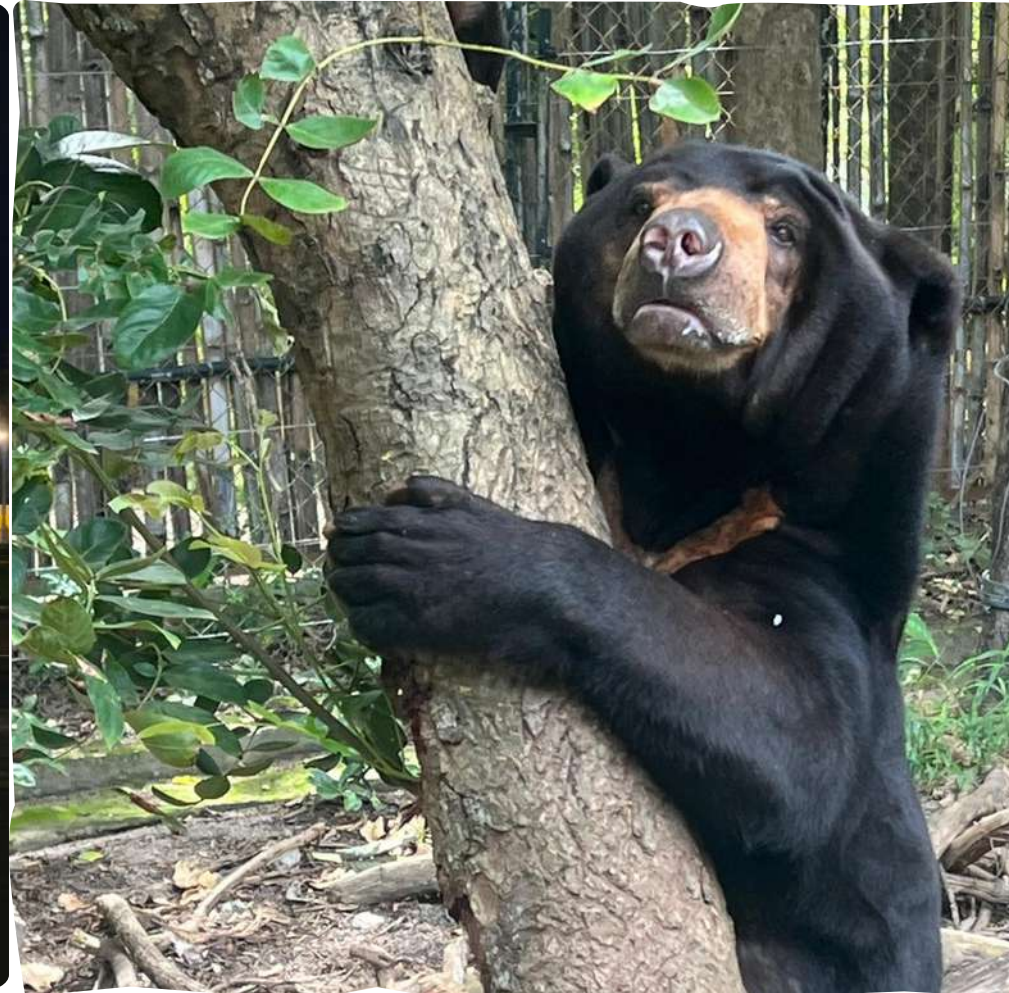
Angkor Temple Complex

Spend two days exploring the world-famous Angkor Archaeological Park, a UNESCO World Heritage Site. Highlights include:

- Angkor Wat – the largest religious structure in the world
- Bayon Temple – with its giant carved stone faces
- Ta Prohm – the atmospheric “jungle temple” wrapped in tree roots
- Roluos Group Temples – among the earliest Angkorian structures

These days offer a deep dive into Cambodia's ancient civilisation and architectural wonders.





Day 14

Travel to Phnom Penh

Depart Siem Reap and journey south to Cambodia's capital. The route passes rice fields, small market towns and traditional stilt houses, offering a final look at rural Cambodian life.

Day 15-18

Service Learning at Phnom Tamao

Begin your service learning placement at Phnom Tamao Wildlife Rescue Centre, supporting the Free the Bears project. You will help care for rescued sun bears and moon bears, preparing food, creating enrichment, cleaning enclosures and assisting with daily routines. You will also learn about wildlife conservation in Cambodia and efforts to combat the illegal wildlife trade. This phase offers meaningful hands-on experience with an inspiring conservation initiative.

Day 19

Phnom Penh Sightseeing

Spend your final full day exploring Phnom Penh. Key places you may visit include:

- Royal Palace and Silver Pagoda
- Tuol Sleng Genocide Museum
- Killing Fields Memorial
- Central Market for shopping and souvenirs

In the evening, enjoy a final Cambodian dinner as you celebrate the end of your expedition.

Day 20-21

Depart Cambodia

Say goodbye to Cambodia and begin your journey back to the UK. After an expedition filled with culture, jungle trekking, wildlife conservation and history, you will return home with unforgettable memories.



What's Included

- ✕ An Outlook team T-Shirt
- ✕ International Flights
- ✕ Comprehensive overseas medical insurance
- ✕ All overseas transport
- ✕ All food and accommodation
- ✕ All activities including any entrance fees
- ✕ A highly qualified and experienced Expedition Leader, supported by an Assistant Leader
- ✕ 24-7 support from our UK-based Operations Room
- ✕ Access to the full Outlook Programme
- ✕ A license to the renowned 'Leader In Me' online personal development course



Payment Guide

A deposit is necessary to secure your place.

The balance may be made by equal monthly payments or in 3 larger staged payments, with final payment for both required no later than 2 months prior to travel.

Refer to our Terms and Conditions for cancellation charges.

If there are insufficient expeditioners for the expedition to proceed, Outlook reserve the right to cancel, and any payments, including the deposit would be refunded.

Encourage a friend to join and we'll say 'thank you' in a useful way

What's Excluded

- ✕ Cancellation and personal belongings insurance
- ✕ Transport to and from the UK departure airport
- ✕ Personal equipment (e.g. rucksack, walking boots, waterproof clothing)
- ✕ Spending money for gifts/souvenirs
- ✕ Inoculations, prophylaxis and personal medicines
- ✕ Visas and passports

We are Outlook Expeditions

Outlook was formed in the foothills of Snowdonia in 2001, by a group of passionate enthusiasts who believed in the outdoors and expeditions as a vehicle for building character and increasing resilience.

Since then, we've taken tens of thousands of students on life-changing journeys to over 60 countries on five continents across the world.

WHY DO WE EXIST?

To help young people get ready for life.

WHAT DO WE DO?

We create overseas expeditions that deliver inspirational, immersive 'outside the classroom' learning experiences, that accelerate core skills development in young people

On our expeditions, individuals become team players, growing and learning through challenge, developing character, building resilience, and improving wellbeing.

We encourage responsible travel and meaningfully connect young people with the communities their visit, creating global citizens with a keen awareness of the world and their place in it.

WHAT'S DIFFERENT ABOUT AN OUTLOOK EXPEDITION?

We believe that the real destination is the personal development of a young person.

We don't fit your needs to an 'off-the-shelf' product. Quite the opposite. We listen first, ask questions and listen again to your answers. And then, we carefully craft itinerary and destination solutions that align to your school's and participants' unique needs and wants.

From a 'bag of cash' student-led age-old expedition in Peru, to a more curated activity-driven experience in Malaysia, we co-create expedition journeys with you.

The Outlook Way

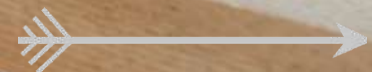
We believe that what we do and how we do it are of equal importance.

We aspire to behave in the same way that we encourage our expedition teams to behave.

Our core values are our guiding principles for working as a team and in interaction with schools, parents, suppliers, partners and expeditioners. They are embedded into every aspect of our company culture.

We call it the 'Outlook Way'.

- ✕ We have a positive growth mindset
- ✕ We work together
- ✕ We find new ways
- ✕ We believe in kindness



How we create an Expedition



EXPEDITION DEVELOPMENT

- We send experienced leaders to potential destinations to undertake recces, for both risk assessments and for expedition development.
- We'll check existing and new accommodation, transport, activities, treks, dives and more.
- We're looking at safety and potential safeguarding risks, as well as assessing the level of challenge and enjoyability.

ITINERARY DEVELOPMENT

- We work with school leaders to understand what the school and expeditioners need and want before a booking is made.
- We share example of existing itineraries, but it is not until we have a team that we together create a draft itinerary closely tailored to the expeditioners' needs and wants, in an Outlook Programme workshop we call 'Map Your Journey'.
- We will continue to refine that until issuing a Final Itinerary a month before travel.
- For our Indi Expeditions [i.e. expeditions not connected with a specific school], we use our experience to create a best-in-class itinerary for the independent expeditioners.



Nothing Worth Doing Is Ever Easy

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ACCREDITATIONS

BSI 8848 Compliance: British Standards Institution spec. for adventurous activities outside the UK

ATOL Certificate 6679: Financial protection for all flights and trips booked through Outlook

Learning Outside the Classroom (LOtC) Quality Badge: Independently assessed for effective risk management & educational value

Expedition Providers' Association (EPA): Founding & full member, promoting safety and quality in overseas expeditions

Adventure Activities Licensing Authority (AALA): Licensed to provide outdoor adventure activities to under-18s in the UK

Approved Activity Provider (AAP) for the Duke of Edinburgh's Award