



*heart of Cambodia*

TRAVEL ITINERARY FEBRUARY 7-16, 2009

**WORLD PULSE™**

A World Pulse journey of healing and understanding.



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Day of Arrival / Leisure / Delegation Dinner

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Genocide Museum Mekong Sunset Cruise / Tonle Sap

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Siem Reap Angkor Temple Complex

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12 **Day 8-Feb 14:**

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13 **Day 9-10 /Feb 15-16:**

Temple Circuit: Banteay / Kdei / Ta Prohm

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**The Heart of Cambodia Tour** is World Pulse's first international trip linking global women social entrepreneurs with committed women who want to partner to make a difference.



**LOUNG UNG**, visionary author, anti-landmines activist and survivor of the Cambodian killing fields. See Cambodia through the eyes of Cambodia's leading social activist.



**JENSINE LARSEN**, international journalist and Founder of World Pulse.



**ILA ASPLUND**, World Pulse Director of Communications, and Cambodia correspondent.

***Plus 9 other extraordinary World Pulse friends and founding backers.***

Two or more of the these invited speakers will be joining us throughout the trip.



**Sochua Mu**, one of only two female cabinet ministers of the 2nd Royal Government of Cambodia from 1998-2004, is a social activist, elected representative, and nation-builder who has dedicated her life to the advocacy of the rights of women in Cambodia and around the world. She is considered the principal founder of the women's movement in Cambodia. She was co-nominee for the *Nobel Peace Prize* in 2005.

[http://www.thewaveproject.org/Sochua\\_Mu.html](http://www.thewaveproject.org/Sochua_Mu.html)

<http://www.vitalvoices.org>

<http://eomega.org/omega/faculty/>



**Phymean Noun**. In 2004, her organization -- the People Improvement Organization (PIO) -- opened a school at Phnom Penh's largest municipal trash dump, where children are a large source of labor. Today, Noun provides kids from the trash dump a free education, food, health services and an opportunity to be a child in a safe environment. Noun was among the top ten CNN Heroes of 2008. PIO serves 600 children a day through a variety of programs that include, non-formal education and vocational training. Through these programs they provide some of the most vulnerable women and children in Cambodia with hope for the future.

<http://www.peopleimprovement.org/>



**Oung Chanthol**. Born in Kampot, Cambodia in 1967, Oung lost her father to the Khmer Rouge and spent many years of her youth in a Thai refugee camp. There she studied law and public administration and led a job-training program for widows. Returning home in 1992 under the United Nations Transitional Authority in Cambodia (UNTAC), she worked as an interpreter and joined a human rights task force. Here she became acquainted with the magnitude of sex trafficking and other gender-related crimes in Cambodia. Following a period of study at Columbia University and an assignment with the Cambodia office of the United Nations High Commissioner for Human Rights, she decided to act. With the support of friends and of Terre des Hommes (Germany and the Netherlands) she founded CWCC in 1997.



**Reang Putsata** is a young anti-corruption journalist and author of a true crime novel called *“Deadly Secrets.”* She opened a pioneering investigative reporting program in Cambodia and is about to open a similar program in Afghanistan. Born in Cambodia thirty years ago, she has now returned to the country of her birth to help train investigative reporters of the future in Phnom Penh, having received much acclaim for her own books. She returned to Cambodia in February 2005 on a journalism fellowship through the Alicia Patterson Foundation to write a series of stories on land issues (namely land grabbing). Now living in Phnom Penh, Putsata is currently working as the resident advisor for the Internews Network, which has implemented a series of journalism training activities for Khmer-language print journalists and editors. The project’s core focus has been on strengthening the ability of Cambodian journalists to pursue in-depth, balanced, investigative reporting.



**Somaly Mam** is President and spokesperson of the **Somaly Mam Foundation** and is one of the most prolific activists fighting sexual slavery today. Sold into slavery at the age of 12 she later escaped and made it her mission to rescue others. The result was **AFESIP**, an organization that has rescued, rehabilitated, and reintegrated over 3,400 women and children since its inception in 1996. **AFESIP** was recently recognized by the U.S. state department for best practices in the battle against human trafficking. Somaly has been the recipient of several awards including the *Prince of Asturias Award for International Cooperation*, *Glamour Magazine Woman of the Year for 2006*, *CNN Hero*, and recognition from the U.S. Department of Homeland Security.

[www.somaly.org](http://www.somaly.org)



**Tive Sarayeth** is the Executive director of the Women’s Media Centre in Cambodia: WMC. One of her major achievements has been setting up a media watch dog committee, monitoring the representation of women in media. The results of this work are distributed to media owners, editors, journalists, related NGO’s and institutions, aimed to exact change and reform in their negative reporting and portrayal of women. She has worked as a journalist working for Kampuchea Newspapers; secretary for a Provincial Information Office; a farmer under Khmer Rouge regime; nutrition aid supervisor for CRS; and an English teacher in a private school.

[www.wmc-cambodia.org](http://www.wmc-cambodia.org)



#### RATES:

##### Double Occupancy

\$5,250 (airfare not included).

##### Single Occupancy

Add \$1,120 for single occupancy throughout trip.

#### WHAT'S INCLUDED

- All transfers and tours by air-conditioned car with English speaking station guide
- All entrance fees for sightseeing and visits as per above program
- Accommodation with daily breakfast in twin or double sharing room as per above mentioned
- Boat trip as per program
- Domestic flight from Phnom Penh - Siem Reap (one way)
- Meals full board from Feb 6—Feb 16, 2008 (group meals only. If you choose to eat separate from the group, you will pay for your own meal).
- Mekong sunset cruise
- Water and cold towels during visit per whole trip
- Service charges, room tax and baggage handling 10% to speakers and programs

#### WHAT'S NOT INCLUDED

- \* Other flight tickets\*
- \* All airport taxes
- \* Tourist Visa (approximately \$25 USD, can be purchased upon arrival in PNH)
- \* Other meals not mentioned in "What's Included"
- \* All kinds of drinks
- \* Personal expenditures, such as drinks, souvenirs and laundry etc.
- \* Travel insurance  
We recommend you have your own travel insurance to cover such items as cancellation charges, personal property and medical expenses, including repatriation, in the event of accident or illness.
- \* Optional services  
**OPTIONAL:** PUPPET SHOW IN SIEM REAP AT RICE FIELD: USD 350 per group.

\* NOTE: Journey ends in Siem Reap. Consider booking your flight from your home city to Phnom Penh (PNH), returning out of Siem Reap (REP). Otherwise you will pay an additional \$130 - \$150 for domestic return from REP to PNH.

**DAY FOR EARLY ARRIVALS**  
**Friday, Feb 6**

Day for early arrivals in Phnom Penh, Cambodia.

Situated at the confluence of the Mekong, Bassac and Tonle Sap Rivers, Cambodia's capital Phnom Penh has a population of approximately 1.5 million people. Despite decades of war, the city retains its traditional Khmer and colonial charm. French villas along tree-lined boulevards remind the visitor that the city was once considered the gem of Southeast Asia.

[www.phnompenh.raffles.com](http://www.phnompenh.raffles.com)

**RAFFLES HOTEL LE ROYAL**

is the premier hotel in Phnom Penh, a hotel with those rare attributes of history and style. It was first established in 1929, and in its early hey day enjoyed an international clientele comprising globetrotters and adventurers, writers and journalists, royalty and dignitaries. Top 50 hotels in Asia World's Best Awards, Travel + Leisure, 2006, Award of Excellence, Wine Spectator Award, Restaurant Le Royal, 2006, World's Best Places to Stay, Condé Nast Traveler Gold List, 2006, 500 Best Hotels in the World, Travel + Leisure, 2007



**DAY 1—Saturday, Feb 7**

Arrivals. Day at leisure.

**Day:** Sleep in, lounge by Le Royal exquisite pool, shop, or treat your body to a revitalizing massage, aromatherapy, facial, body scrub at the hotel or at the gorgeous French Spa Bliss.

**Evening:** Delegation dinner and cocktails.

**RESTAURANT LE ROYAL** offers a wide selection of modern French and Royal Cambodian cuisine in a refined and elegant atmosphere here and is patronized by the who's who of Phnom Penh.

Patrons of Restaurant Le Royal will enjoy traditional Khmer and Western cuisine under a brilliant ceiling of lotus and honeysuckle paintings devised and executed by an Asasax painter and commissioned by His Majesty King Sihanouk. His work is based on the ceiling of the Dance Pavilion at the Royal Palace in Phnom Penh.

## DAY 2—SUNDAY, FEB 8

Breakfast at hotel

**8:00 am:** Yoga with Isabelle

**9:30 am:** Depart for The Royal Palace and The Silver Pagoda

**11:15 am:** Depart for Toul Sleng Genocide Museum

**12:45 - 2:30 pm:** Lunch Speaker, **Sochua Mu** (Hotel or Mith Samlanh, TBA)

**2:30 pm:** Visit Wat Ounalom or Wat Langka

**6:00 pm:** (exact time may change) Depart for Sunset Cruise on the Mekong & Tonle Sap

**7:30 pm:** Dinner at Foreign Correspondence Club

**9:00 pm:** back to Hotel



### **Yoga Instructor:** **ISABELLE SKABURSKIS**

In August 2004, Isabelle opened NataRaj Yoga, Cambodia's first yoga studio. Isabelle has worked with groups of Cambodians from many different backgrounds—from orphans, to young women who are survivors of trafficking, to gainfully employed young people who grew up on the streets, to regular Cambodian professionals. Her projects serve to spread respect for our world and for ourselves and each other as the beautiful living beings that make it all up as we go along.

### **ROYAL PALACE**

Built by King Norodom in 1866 on the banks of the Mekong River, the Royal Palace sits on a former citadel. Inside its gleaming yellow walls are the Throne Hall; the Chan Chaya Pavilion, specially made for performances of classical Cambodian dance; the Napoleon III Pavilion, offered to King Norodom by Queen Eugenie, wife of Napoleon III, and the King's and Queen's residential quarters. Nowadays, only the Silver Pagoda can be visited.

The Silver Pagoda, also called the Emerald Buddha, is located in the compound of the Royal Palace.

Inside its floor is constructed of 5000 silver tiles. In the center of the pagoda there is a magnificent 17th-century emerald Buddha statue made of baccarat crystal. The walls enclosing the pagoda are covered with frescoes depicting episodes from the Khmer version of the Ramayana.

### **TOUL SLENG GENOCIDE MUSEUM**

Prior to 1975, Toul Sleng was a high school. When the Khmer Rouge came to power it was converted into the S-21 prison and interrogation facility. Inmates were systematically tortured, sometimes over a period of months, to extract confessions, after which they were executed at the killing fields of Choeung Ek. S-21 processed over 17,000 people, seven of whom survived. The building now serves as a museum, a memorial and a testament to the madness of the Khmer Rouge regime. Much has been left in the state it was when the Khmer Rouge abandoned it in January 1979. The prison kept extensive records, leaving thousands of photos of their victims, many of which are on display. Paintings of torture at the prison by Vann Nath, a survivor of Toul Sleng, are also on display.

**WAT OUNALOM** is another of Phnom Penh's five original monasteries (1422). Until 1999, it housed the Institut Bouddhique and library. On the riverfront about 250 meters north of the National Museum.

### **SUNSET BOAT CRUISE**

Sunset Cruise on the Mekong & Tonle Sap. A one-hour cruise from the capital takes you along the river to watch the daily life of the people living on and around the rivers. You'll enjoy a magnificent sunset, when the reflected rays of the setting sun cast a golden glow across the river.

### **WELCOME DINNER**

Celebrate the beginning of our journey together. Sit in beautiful balcony overlooking the Mekong river and enjoy the FCC's sweeping views of the Mekong River and delicious food. Loung and Ila and the group will set intention for our journey.



## DAY 3—MONDAY, FEB 9

### 7:00 am-8:00 am:

Yoga with Isabelle  
Breakfast at Hotel

**9:00 am:** Depart for PIO Center  
(or other school/ center visit)

**11:30 am:** Depart PIO, possibly  
Mith Samlanh restaurants

**12:00 - 1:30 pm** Lunch  
(possible speaker time)

**2:30 pm:** Arrive back at  
Le Royal Hotel.

### Free Time:

Optional Russian Market shopping trip

**7:30 pm:** Dinner Speakers:  
**Somaly Mam + Sina Vann**  
(Location to be determined)



### PIO Center

The People Improvement Center, founded by **Phymean Noun**, serves 600 children a day through a variety of programs that include, non-formal education and vocational training. Noun was inspired to begin this program when she tossed out a chicken bone to a dumpster and saw the children rushing to eat her discarded food.

Through PIO's programs, some of the most vulnerable women and children in Cambodia can gain hope for the future. PIO is run solely by Cambodians for Cambodians. PIO strives to develop the workforce and empower local people to become the leaders of the future.

*"Phymean is saving these children from slavery...by educating these children she is unfolding their potential and making them the leaders of tomorrow."*

-Deepak Chopra

### MITH SAMLANH

is a Cambodian Non-Governmental, non-political and non-denominational organization. They run twelve interlinked programs for street children in Cambodia. Friends restaurants provide vocational training for street youth, building improving their self-confidence and allowing them to achieve gainful employment. All training workshops are organized as businesses. Specific businesses were created: Friends The Restaurant (Western-Asian fusion), Romdeng (Cambodian food from the provinces), Café du Centre (French style café), Friends'N'Stuff (a shop selling production from the Training Center and second hand goods), The Nail Bar (manicure and pedicure).

The profits are shared between the students, the teachers and Mith Samlanh. This allows students to value their training and pay special attention to the quality of their training. It also allows for the students who need some income to join in the training.

Food is phenomenal!

### RUSSIAN MARKET (PHSAR TOUL TOM POUNG)

So-named because of the prevalence of items from the Eastern Bloc in past times, the Russian Market today is a treasure trove for tourists. Particular items worth seeking out include CD's, fabrics, jewellery, carved handicrafts and ceramics. There are also a large number of clothing outlets and adjustments can be done readily via the tailors and seamstresses.

## DAY 4—TUESDAY, FEB 10

Breakfast at hotel

**9:00 am:** Depart KWest for Choeng Ek Killing Fields Site (1 hour drive into the country)

**10:00 am:** Arrive Choeng Ek

**12:30 pm:** Depart Choeng Ek, for Romdeng Restaurant or other lunch location TBA

**1:30 pm:** Lunch Speaker:  
**Reang Putsata**

**3:00 pm:** Center Visit: Khien Khleang Rehabilitation Center, or, Women's Media Centre, or other, depending on confirmations.

**5:00 ...Evening—Free for your last day in Phnom Penh.**

Bliss Spa Optional, Speakers invited to join in self-nurture. Or, choose to browse markets and Artists street, or Ambre Boutique

**Dinner:** Malis (reservation required).

**7:00 pm:** Depart hotel for Malis

**9:00 pm:** Depart for Hotel.

### CHOEUNG EK KILLING FIELDS

From 1975-1979 the ultra-Communist Khmer Rouge regime, led by Pol Pot, controlled Cambodia. During their short reign, between 1 and 2.5 million Cambodians perished, some killed outright, others dying from disease, malnutrition and mistreatment. Many of the dead ended up in “killing fields” that can be found across the country. The memorial at 1 Choeng Ek just outside Phnom Penh was an orchard! and a Chinese cemetery prior to 1975. During the Khmer Rouge regime it became one of the killing fields the site of the brutal executions of more than 17,000 individuals, most of whom first suffered through torture and deprivation in Toul Sleng Prison. Choeng Ek is now a group of mass graves and a memorial stupa containing thousands of skulls.

### ROMDENG RESTAURANT

Another Friend's restaurants which provide vocational training for street youth, building improving their self-confidence and allowing them to achieve gainful employment. Try the fried tarantulas!

### KIEN KHLEANG

Located on the outskirts of the capital city of Phnom Penh, was originally a repository for disabled individuals who were provided only with a place to live. In late 1991, however, VVAF opened a prosthetic workshop at this site to fabricate and fit amputees with prostheses. Additionally, the center trained Khmer in prosthetic production technology and sent several students to the Cambodia School for Prosthetics and Orthotics (CSPO). During the following years, additional services were offered including production and training in wheelchair fabrication, orthotics production, rehabilitative support services and an outreach follow-up program to provide rehabilitative services to clients where they live. To date, the center has provided aid to thousands of individuals with hope of reaching more.



### WOMEN'S MEDIA CENTRE

is Cambodia's premier non-governmental, non profit media organization. WMC was born from a movement to increase the participation of women in the democratic process during the UN-sponsored elections in 1993. The WMC delivers innovative, national awareness and informative programs on a diverse range of issues affecting contemporary Cambodia, with a special focus on the roles and rights of Cambodian women.

Since 1995, the WMC has produced high quality, innovative radio, television and video productions designed to educate and inform Cambodians on a wide range of issues impacting on women's rights and human rights including HIV/AIDS, trafficking, elections, domestic violence, decentralization and poverty

### ARTISTS STREET 240

Stroll and shop at beautiful boutique stores for Khmer & Western one-of-a-kind artwork, silk products, clothes, and jewelry. Book in advance for a facial, body scrub, foot rub and massage at Bliss Spa Or just sit, read, relax at one Street 240 beautiful café.

## DAY 5—WEDNESDAY, FEB 11

Leaving for Siem Reap today!

Morning—Breakfast at Hotel

**8:30 am:** Possible Center visit or speaker

**10:00 am:** Visit Wat Phnom temple, one of the Phnom Penh's oldest temples for offerings of gratitude, burn incense (walking distance from hotel).

**11:00 am:** Back to hotel

**11:45 am:** Easy lunch, Pack for flight departing PNH

**1:15 pm:** Leave hotel for airport

**3:45 pm:** Afternoon flight for Siem Reap (30 minutes)

Evening: Check in, free time,

Possible Group dinner at Meric world famous hotel restaurant (reservation required).

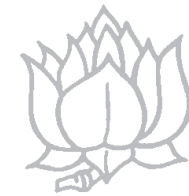
## HOTEL DE LA PAIX

[www.hoteldelapaixangkor.com](http://www.hoteldelapaixangkor.com)

Cambodia is the most stylish of the Siem Reap hotels—its hip combination of art deco and traditional Khmer design, will inspire and excite you. Its romantic and luxurious Spa Indochine, will relax and revive you, whilst it's eco-tourism projects and community support, will motivate and move you.

Of all the Angkor hotels, it is unique in concept and operation and regularly provides guests with a once-in-a-lifetime, spiritually uplifting experience. Representing a unique and inspirational approach to travel, Hôtel de la Paix offers guests the opportunity to meet, experience and enjoy the true essence of Cambodia.

Responsible Tourism Awards November 2006 - Hôtel de la Paix received one of the two Highly Commended Awards, for "Best Large Hotel," at World Travel Mart, London, whilst its sister hotel, Shinta Mani, received one of the two Highly Commended Awards for "Best for Poverty Reduction". Shinta Mani also received an award from the British Guild of Travel Writers for the "Best Overseas Tourism Award."



## DAY 6—THURSDAY, FEB 12

**7:00 am:** Breakfast, Yoga, Early Swim, Meditation - on your own, you decide your morning ritual.

**9:00 am:** Depart Hotel de La Paix for Angkor temple complex

**12:00 pm:** Depart temples for Hotel de la Paix—lunch TBA

**12:30 pm:** Arrive at Hotel

**4:30 pm:** (Depending on Sunset Time, departure time may change) Depart for Phnom Bakheng temple for Sunset

**6:30 pm:** World Pulse hosts drinks & hors d'oeuvres. Q & A, sharing our Vision for the Future, and how *you* can be involved!

**7:45 pm:** Group dinner



### ANGKOR TEMPLE COMPLEX

The world-renowned temples of Angkor are situated in the north-western province of Siem Reap. Within an area of approximately 600 square kilometers, over 100 temples have been discovered. All were built between the 9th and the 13th centuries, and those remaining temples constitute the skeleton of what was once the religious and administrative centre of the Khmer Empire.

The constant building program undertaken by successive Khmer kings can be compared favourably with the pyramid construction projects of the Pharaohs in Egypt. Similar to the Pharaohs, the Khmer kings made use of a vast force of slave labour. Each new “project” was made possible by the 750,000 people estimated to have lived at Angkor during the 12th and 13th centuries. Then the people left. Most credit for the “discovery” of Angkor has fallen to French botanist Henri Mouhot, whose visit to Angkor in 1860 was posthumously documented in Paris in 1868. During the remainder of the 19th Century and into the 20th Century several French expeditions visited the temples and work was carried out to clear the jungle, which had enveloped most of the monuments.

In 1907, Thailand returned control of Angkor to Cambodia and in the same year the first tourists arrived. In the early days of tourism visitors to Angkor followed one of two circuits to see the temples, the Little (Petit) Circuit or the Big (Grand) Circuit. These were often undertaken on the back of an elephant. Today things are different, and air-conditioned vehicles make the experience significantly more comfortable.

### ANGKOR THOM

Explore Angkor Thom, the ancient political city, including South Gate of Angkor Thom, Bayon, Baphoun, Terrace of the Elephants, Terrace of the Leper King, and former Royal Palace. Angkor Thom

This Royal city was first built under the reign of Udayadityavarman II in the 11th Century. It was destroyed when the Chams from Vietnam rose up against the Khmers and invaded, sacking the city, and was subsequently renovated by King Jayavarman VII at the end of the 12th Century. Inside its walls there are many monuments including: Terrace of the Elephants & Terrace of the Leper King. At the North of the Baphoun lies the Royal city, of which very

little remains except these two Terraces. The first owes its name to the outstanding depiction of elephants, while the second gets its name from the magnificent sculpture of King Yasovarman, popularly known as the Leper King. The original of this statue is now in the National Museum in Phnom Penh.

### TA PROHM

This temple was a monastery built by Jayavarman VII as a residence for his mother. Ta Prohm has been controversially left to the destructive power of the jungle by French archeologists to show how nature can destroy man’s work. It has been largely overgrown by the jungle and as you climb through the dilapidated stone structures you see many giant trees growing out of the top of the temple itself. It’s the sort of place where you’d expect to see Indiana Jones step out from behind a fallen pillar. (Van can take you back early if you like).

### BAKHENG

At Bakheng, you can walk up very steep steps to climb up the mountain or ride an elephant. An adventure you won’t forget.

## DAY 7—FRIDAY, FEB 13

Breakfast at Hotel

**9:00 am:** Depart Hotel for Floating Village & Market

**12:30 pm:** Depart Floating Village for FCCC SR for lunch

**2:30 pm:** Depart FCCC for D'Artisan

**4:30 pm:** Depart D'Artisan for Hotel de la Paix

**5:00 pm:** Arrive at Hotel de la Paix

**6:15 pm:** Depart Hotel de la Paix for Royal Sofitel Hotel for an evening of Khmer traditional dance performance while savoring delicious Western/Khmer food.

**8:30 pm:** Depart Sofitel for Hotel

### FLOATING VILLAGE / TONLE SAP LAKE

Siem Reap is situated not far from the northern edge of the large Tonle Sap Lake. Many villages abound along its shores, but because of the lake's seasonal size variations and regular flooding, the most interesting villages are those that float.

Here houseboats dot the canal banks leading from the lake to permanent solid ground. Watch small boats deliver supplies to the floating community and see children paddling their canoes to and from school.

### FCCC SR

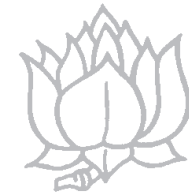
Renovated from the old French Governor's mansion, art deco embraces chic hotel to create an atmosphere of refined luxury and casual elegance — a place to determine your own path through a magnificent maze of mysterious temples, and stand in awe of the mighty Angkorean Empire. The Western/Asian fare food is yummy!

### D'ARTISAN

When the Angkor Empire with its regal builders was at its glorious zenith, thousands of craftsmen erected what is now considered one of the wonders of the world—the Angkor temple complex. D'Artisan, a professional training school, was founded to help young Cambodians rediscover traditional handicrafts and give them the opportunity to take part in the rebuilding process their country had undertaken. Artisans d'Angkor was established as a school-to-work transition for the young craftsmen that had been trained. The skilled artisans could thus be organized into a self-sustaining handicraft network. First Stop: Stone carving and wood working shop.

The art of stone carving goes back to the glorious epoch of the Khmer empire and its monumental constructions that gave rise to the Angkor temples. Like the work of craftsmen from previous centuries, stone carving is done on sandstone. Artisans d'Angkor mainly uses sandstone from Siem Reap province

As for wood sculpture, the types of trees are selected based on ancient woodwork found in buildings, small furniture items and pagoda ornamentation. Artisans d'Angkor uses precious timber for some items in its collection but the majority of the wood used is from the rubber tree, notably for lacquered and gilded items.



## DAY 8—SATURDAY, FEB 14

Happy Valentine's Day!

**5:30 am:** Depart Hotel for Sunrise & morning at Angkor Wat. (You won't regret it!)

**11:00 am:** Depart for buffet brunch at Grand D'Angkor (delicious Khmer/Western food)

**1:00 pm:** Depart Grand D'Angkor for Hotel de al Paix

**3:00 pm:** Depart Hotel de la Paix for D'Artisan Silk Factory & Shop

**3:30 pm:** Arrive at Silk factory

**5:00 pm:** Depart Silk factory for Hotel de la Paix

**5:30 pm:** Arrive back at Hotel de la Paix  
Evening—Free.

Group dinner to be announced.

### ANGKOR WAT

There are few places anywhere on earth to match the splendour of Angkor Wat. The temple is one of the largest monuments to religion ever built and is truly one the wonders of the world. Believed to have been constructed as a temple and mausoleum for King Suryavarman II at the peak of the Khmer empire in the first half of the 12th century, Angkor Wat is probably the best-preserved of the Angkorean temples. Angkor Wat was built with to a central tower surrounded by four smaller towers. The central monument represents the mythical Mount Meru, the holy mountain at the centre of the universe, which was home to the Hindu god Vishnu. The five towers symbolise Mount Meru's five peaks. It is difficult to express in words the enormous scale of Angkor Wat, but it can be explained in part by a look at the dimensions of the complex.

The temple is surrounded by a moat which makes the one around the Tower of London, built at roughly the same time, look like nothing more than a garden trench. At 190 metres wide and forming a rectangle measuring 1.5 km by 1.3 km, it is hard to imagine any attacking force overwhelm-

ing the defences. But the moat was more than just a defensive bulwark, in line with the temple's Hindu origins it represented the oceans of the world. The whole complex covers 81 hectares.

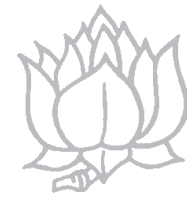
### BAYON

This temple mountain built by Jayavarman VII is situated in the centre of the city of Angkor Thom. It is a three-tiered pyramid with its entrance facing East. The central shrine is surrounded by 54 towers all crowned by gigantic faces, representing Lokiteshvara but with the features of Jayavarman VII. They gaze out to the North, South, East and West, and wherever you are in the temple, you are surrounded by these enigmatic faces, smiling at you all the time.

### D'ARTISAN SILK FACTORY

Silk weaving is a tradition that seems to have been introduced to Cambodia back in the 13th century thanks to the Silk Road that once wandered through Southeast Asia. This craft is practiced by women in rural villages using traditional looms set up below their stilted houses during the dry season when the women are not out working in the fields.

Cambodian silk comes in a rich variety of textures, motifs and complexions: phamung (silk fabric in plain color), chorebap (silk brocade), h l (silk with colorful patterns) and h l Iboeuk (h l combined with a brocade fabric).



**DAY 9—SUNDAY, FEB 15**

**8:00 am:** Depart Hotel for Banteay Srei Temple of Women.

Explore a few temples on the grand circuit including Banteay Kdei, Ta Prohm in the original collapsed state which is crippled by the big trees and gigantic roots, and Ta Keo.

**9:00 am:** Arrive at Temple of Women

**11:00 am:** Stop at Aki Ra Landmine Museum.

**12:30 pm:** Arrive back at Hotel de la Paix.

Lunch on own.  
Afternoon & Evening Free  
Optional spa visit  
-Or-  
Last Group Dinner together.  
Closing ceremony. TBA

**DAY 10—MONDAY, FEB 16**

Group departure day.

(Depending on your schedule, our guide can also organize activities for you).

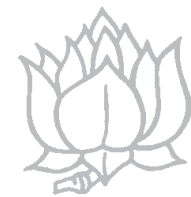


*Thank you for joining  
this inspiring journey  
to the heart of  
Cambodia.*

*May it stay in your  
heart and mind as you  
take action to transform  
the world.*

**AKI RA'S LANDMINE MUSEUM**

provides education and support for dozens of at-risk, landmine-affected children rescued by the CLMMRF NGO. Many children who are part of this family have suffered overwhelming hardships. The Landmine Museum was created so that it might serve as a place of healing for bodies, hearts and minds. We believe that love, support, and education will help secure a better opportunity for the children that live here.





## THINGS TO KNOW BEFORE YOU GO...

### Khmer Useful Phrases

(spelled phonetically for English speakers):

**Hello:** "Sour sa day"

**Thank you:** "Aw koon"

**Help:** "Joy Pong"

**Yes:** "Ja"

**No:** "odd te"

**Khmer means:** "Cambodian"

### Recommended Books, Films, Websites

#### Books by Loung Ung:

*"First They Killed My Father"*

*"Lucky Child"*

[www.LoungUng.com](http://www.LoungUng.com)

#### Somaly Mam Foundation

[www.somaly.org](http://www.somaly.org)

#### Film: *New Year Baby*

[www.khmerlegacies.org](http://www.khmerlegacies.org)

### Travel information

#### Lonely Planet Cambodia

[www.lonelyplanet.com/cambodia](http://www.lonelyplanet.com/cambodia)

### VISA & PASSPORT

You must have a valid passport with at least 6 months prior to expiration. Some people like to keep a photocopy of passport separate from passport in case it is lost.

Tourist visas can be purchased at the airport for around \$20 US. Bring an extra passport sized photo or you will be charged an additional \$5. Expect additional airport taxes, payable in US dollars.

Consider getting your Visa in advance at this website:

<http://www.cambodia-travel.com/information/cambodia-visa.htm>

### SUGGESTED ITEMS TO BRING:

- Expect hot weather! Light weight, quick drying clothing. Laundry service available at hotels for additional cost
- Comfortable walking sandals.
- Wear whatever you like, but consider more modest clothing (cover shoulders and knees) for temple visits
- Camera, Journal
- Your necessary prescriptions and other supplements to keep you healthy
- Your business card or a name card
- Swimsuit
- Sunscreen
- Insect Repellent
- If bringing electronics, a universal plug adaptor

### MONEY

- Tell your bank that you will be using your card abroad to avoid security holds on your account.
- Check rates your bank's rates for foreign transactions
- US dollars are commonly used for purchases. Some ATMS in PNH distribute US dollars, others dispense local currency: Khmer riels 1 USD = 4000 riels
- Keep your credit card and bank contact numbers separate from your cards



All participants are invited and encouraged to connect with one another through the Cambodia group on PULSEWIRE: <http://worldpulse.com/pulsewire/groups/5028>

Share photos, observations, journal entries and more.

**LOUNG UNG**, visionary author of *“First They Killed My Father”* and *“Lucky Child”*, anti-landmines activist and survivor of the Cambodian killing fields. See ([www.loungung.com](http://www.loungung.com)).

Loung was born in 1970 to a middle-class family in Phnom Penh. Five years later, her family was forced out of the city in a mass evacuation to the countryside. By 1978, the Khmer Rouge had killed Loung’s parents and two of her siblings and she was forced to train as a child soldier. In 1980, she and her older brother escaped by boat to Thailand, where they spent five months in a refugee camp. They then relocated to Vermont through sponsorship by the US Conference of Catholic Bishops and Holy Family Church parish in Burlington.

Her memoir, *“First They Killed My Father: a Daughter of Cambodia Remembers”*, published by HarperCollins in 2000 is a national bestseller and recipient of the 2001 Asian/Pacific American Librarians’ Association award for “Excellence in Adult Non-fiction Literature” (APALA). The book has been published in eleven countries and has been translated into German, Dutch, Norwegian, Danish, French, Spanish, Italian, Cambodian, and Japanese. Loung has been the subject of numerous television programs, including documentary film broadcasts on NHK Television in Japan and by WDR in Germany.

Loung is a featured speaker on Cambodia, child soldiers, women and war, domestic violence, and landmines. Ms. Ung continues to serve as National Spokesperson for the **Campaign for a Landmine-Free World**. She has been featured in The *New York Times*, *Washington Post*, *USA Today*, *Boston Globe*, the *London Sunday Times* and in *Biography*, *Glamour*, *Jane, Ms.*, and *People* magazines. Loung has been featured on National Public Radio’s *The Diane Rehm Show*, *Talk of the Nation*, *Weekend Edition*, and *Fresh Air* with Terry Gross; *The Today Show* with Matt Lauer and Katie Couric, and has appeared on *ABC NEWS Nightline*, *CBS*, *NBC*, *CNN*, *FOX* and *C-SPAN*.

## DOROTHY ABBOTT

Dorothy has spent more than two decades as a multimedia producer, activist, and writer, specializing in radio and print with an emphasis on social justice, feminism, peace, women's culture, and human rights. She is the former assistant director of the literature program for the **National Endowment for the Arts** and the author of seven literary anthologies. With Julie Parker Benello, she is the co-founder of the **Women's Media Fund** ([www.womensmediafund.org](http://www.womensmediafund.org)), a field of interest fund at the **Global Fund for Women**. Last year she completed a 241-mile peace pilgrimage in India, a re-enactment of Mahatma Gandhi's 1930 Salt March. In addition to long walks, she enjoys time with family and friends, her peace and justice community, reading books by women from around the world, foreign films, travel, laughter yoga, canoeing on backwaters and rivers, listening to music, biking, and the oldest medium of all, conversation.

## BARBARA BRIDGES

Barbara Bridges has been an entrepreneur, businesswomen, philanthropist and mother of two sons. Her family foundation focuses on issues involving women, children and peace. She is on the board of the **White House Project**, chairs the advisory board for **PeaceJam**, which was just nominated for the **Nobel Peace Prize**, and most recently the **Women's Foundation of Colorado**. After being the executive producer of a feature film, Barbara joined the board of the **Denver Film Society** and created the **Women and Film program**.

## CHRISTINE AUSTIN

Christine Austin was CEO and Group Publisher of **New Mass. Media, INC.**, publishing six progressive weekly papers in MA, CT and NY. She and her partner sold the company in 1998 after 25 years of publishing. Recently Christine founded the **Kuan Yin Media Project**, an interactive media project to share stories of transformative efforts that engage people in positive action throughout the world and to foster dynamic connections among exemplary individuals and communities. She is Chair of **First Night Hartford**—a New Years Eve event which has won the **Governor's Tourism Award** and a national award for its **Architectural Awareness Program** with school children. Christine Austin served as the Chair of the **Friends of the United Nations** throughout the development and implementation of the **We the Peoples: 50 Communities Awards Program**. In addition to her work with **Friends of the United Nations**, Christine Austin serves on the Board of Directors of the **International Alliance of First Night Cities** and is a member of the **Social Ventures Network** and **Business for Social Responsibility**. Christine now lives in Tucson, AZ.

### GILLIAN PARRILLO

Gillian Parrillo grew up in England and moved to the U.S. in 1965 where she was in the first wave of women who broke the corporate 'glass ceiling'. As Group President for Sterling Software, Inc., she was responsible for a \$200M+ worldwide organization. Since retiring, Gillian has served on numerous non-profit boards including: the Sacramento Angels, a private equity investment club, which awarded her the Angel of the Year Award in 2005; the Sacramento Area Regional Technology Alliance, Sacramento Entrepreneurship Academy. She has founded The Sacramento Executive and SacWomen, which links executives and amplifies the voice of women in the Sacramento area. Today, Gillian lives in Dallas, where she is an active member of the Dallas Social Venture Partners.

Unable to sit out the monumentally important 2008 political process, Gillian became a super volunteer with the Obama campaign, devoting herself fulltime for almost a year to running the voter registration project for Obama Dallas and spending the three weeks before the election in the battleground county of Arapahoe County, CO. She served as a national Obama delegate from Texas to the Democratic National Convention. She will attend the Inauguration and plans to continue her leadership roles in local and national grassroots activities.

### ILA ASPLUND

Ila is a Mistress of Amalgamation and a True-Beauty Seeker with an eye to social justice for and by women. As the Communications and Publishing Director at **World Pulse**, she supports global outreach, marketing & advertising, and manages concept and production of published materials. She enjoys channeling the innovation of her team and the worldwide women's community into World Pulse's media offerings. Her love of music, languages, and the arts has translated professionally into: educational software and internet training & development (from tiny independent businesses to giants like **Amazon.com**); international language and literacy teaching of teachers; and marketing consulting for providers of women's self-defense and domestic violence prevention. She wrapped up her B.A. from the University of Washington, Seattle while living in Uganda. She speaks conversational Bahasa Indonesian and French. She surfs like a kook in the icy waters off the Oregon Coast and is constantly stoked by the enthusiasm that surrounds the World Pulse vision.

### **KATHRYN REED**

Kathryn Reed is a practicing obstetrician/gynecologist and Maternal Fetal Medicine subspecialist at the University of Arizona in Tucson Arizona. She is professor and head of the department, and teaches students and residents, does research, and cares for patients. One of her research interests is the health care of women - why it is the way it is, and how it can be improved so that all of us benefit

### **BETH KLEIN**

I am a mother, wife, friend and lawyer. I am committed to the safety and well being of children, and most all of my work is dedicated to that end. I work on cutting edge of the law, and I have received a number of great honors because of the outcomes of my cases and my approaches. <http://www.law-colorado.net/about-us/biography.html> I serve on the Board of the Somaly Mam Foundation <http://www.somaly.org/whoweare/board.php>. I am grateful for everything that I have and can do.

### **DANA FAWCETT**

Dana Fawcett is a change professional with over 20 years experience partnering with individuals, teams and organizations to facilitate well-being. Her work has traversed the private and public sectors through: the establishment of safe houses for homeless teens, counseling trauma survivors, managing educational services for a YWCA, developing wellness programs and organizational consulting and coaching. Recognized as a spirited, connective and compassionate facilitator, coach, teacher and therapist, Dana's portfolio career exemplifies that transformation is truly possible. Dana's current passions include developing a coaching model for global women leaders, raising her two wild and wonderful boys, organic gardening and exploring family travel that combines adventure and service.

### **KELLEY BRUGGERE**

World Pulse Founding Backer, philanthropist, and world traveller from Oregon. (Complete bio to be provided electronically).

### **MARIA BRUGGERE**

Maria grew up traveling with her family, and is inspired to go to new places around the globe. A sophomore at Oregon State University, majoring in New Media Communications, Maria works for the Barometer (campus newspaper) as a sports reporter. She aspires to work in journalism and the media someday. She has always dreamed of going to Cambodia and looks forward to gathering with such amazing women, including her Mother, Kelley Bruggere.



## IMPORTANT CONTACTS

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