A stone carving of a Buddha face, likely from an ancient Cambodian temple, is the central focus. The carving is set within a recessed, arched niche on a dark, heavily moss-covered rock wall. The Buddha's face is serene, with closed eyes and a slight smile. The surrounding rock is covered in vibrant green moss and small plants, suggesting a lush, jungle environment. The overall scene is one of ancient history and natural beauty.

PHUM JOURNEYS
ADVENTURE WITH PURPOSE
CAMBODIA

Who we are

Phum Journeys is an experiential education organization based in **Siem Reap**, Cambodia, designing curriculum-aligned learning journeys in partnership with international schools. “**Phum**” means village in Khmer, a reflection of our belief that meaningful travel begins with genuine connection to local communities. We believe that without stepping into a village, travelers may arrive at a destination but never truly experience it. Rooted in this philosophy, and shaped by more than a decade of guiding travelers and students, our programs combine cultural immersion, leadership development, mindful service learning, and outdoor experiential learning.



Each journey is co-created with community partners and guided by strong safeguarding, ethical engagement, and risk management standards to ensure safe and responsible learning. Aligned with the IB framework and the UN Sustainable Development Goals (SDGs), our programs help students develop resilience, intercultural understanding, and responsible global citizenship through real-world experiences that extend beyond the classroom.

What we do

We design immersive, place-based learning journeys rooted in Cambodia's history, culture, landscapes, and lived realities. Through mindful engagement, participants learn by listening, reflecting, and acting with intention. Our programs combine outdoor experiential learning, cultural immersion, and ethical service learning to build resilience, teamwork, empathy, and humility. All service initiatives are grounded in dignity, reciprocity, and locally led partnerships.



Guided by local voices and peacebuilding traditions, participants explore themes of conflict, healing, and shared responsibility. Learning is embodied and relational, connecting inner awareness with ethical action and a deeper sense of global responsibility.



Our vision

To become a leading provider in Cambodia in ethical experiential education, where learning fosters compassion, critical thinking, and responsible global citizenship.

Our Mission

To design and deliver immersive, community-centered learning journeys that cultivate empathy, self-awareness, and ethical leadership; honor Cambodian history, culture, and lived experience; support local communities through dignity and reciprocity; and bridge global learners with local wisdom.

Safeguarding & Risk Management

At **Phum Journeys**, safeguarding is not a checklist, it is a way of working. We believe meaningful learning happens only when participants feel safe, respected, and supported. This belief shapes how our programs are designed, led, and delivered, and guides every interaction with students, communities, and partners. Our safeguarding and risk management approach is grounded in care, clear boundaries, accountability, and continuous reflection.

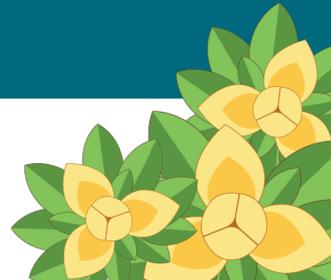
Our approach includes

- A clear Safeguarding Policy and Code of Conduct
- Zero tolerance for abuse, exploitation, or harassment
- Defined boundaries for appropriate behavior and relationships
- Clear reporting and response procedures





Participant Travel Guide(Pre-Departure) & Before You Go: What to Expect



Participant Travel Guide (Pre-Departure)



Welcome to Cambodia. We're genuinely glad you're joining us.

This guide is here to help you feel well cared for, confident, and prepared before you arrive. Traveling to a new cultural context can be exciting, meaningful, and sometimes challenging. Our intention is to support you practically, culturally, and emotionally, so you can focus on learning, connection, and presence during your journey with , Phum Journeys.



Before You Go: What to Expect



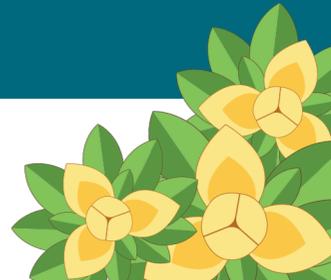
Preparing well before departure makes a real difference. When participants arrive informed and grounded, it allows the group to move with more ease and respect, and helps local partners feel genuinely met.

Cambodia is a warm, vibrant, and deeply relational country shaped by resilience, Buddhism, and strong community values. Life here moves at a different rhythm , one that invites patience, humility, and attentiveness.

You will be learning with communities, not observing them from the outside.



Climate & Weather



Climate & Weather

Cambodia is tropical year-round. Expect heat, humidity, and seasonal rain.

Jan-Feb



16–30°C

Cooler, dry, breezy

Mar



23–33°C

Hot and increasingly
humid

Apr-May



23–33°C

Very hot,
occasional rain

Jun-Sep



21–33°C

Rainy season, humid,
lush landscapes

Oct



20–32°C

Rainy mornings,
green countryside

Nov-Dec



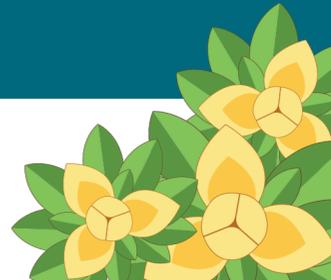
16–31°C

Cooler, dry,
comfortable

Rain rarely lasts all day, and daily life continues as usual.



Packing Essentials



Packing Essentials

Packing thoughtfully helps you stay comfortable and reduces stress once you arrive. Cambodia's climate and daily rhythm are different from many visitors' home countries, so simplicity and practicality go a long way.

Clothing: Staying Comfortable & Respectful

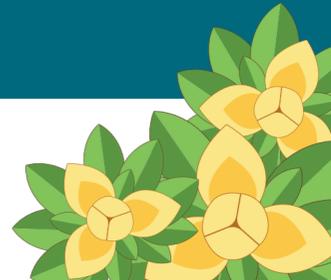
Cambodia is hot and humid. Clothing that is **loose**, **lightweight**, and **breathable** will help you stay comfortable and regulate your body in the heat. Natural fibers such as cotton or linen are strongly recommended.

We also suggest bringing clothes that are **practical** rather than **precious**. Travel here often involves walking on uneven ground, sitting on floors, riding tuk-tuks, and spending time outdoors. Dust, rain, and wear are part of the experience.





What to Bring (Additional Essentials) & Optional but Helpful



What to Bring (Additional Essentials)

- Light rain jacket or compact poncho (especially during rainy season)
- Reusable water bottle (strongly encouraged to reduce plastic use)
- Small daypack for daily activities and excursions
- Lightweight towel or quick-dry travel towel
- Sunscreen (reef-safe if possible)
- Insect repellent
- Personal toiletries and hygiene items
- Hand sanitizer or wet wipes
- Basic personal first aid items (band-aids, blister care, pain relief)
- Any personal medications (in original packaging)
- Copies of important documents (passport, insurance, emergency contacts)
- Power adapter (Cambodia uses 230V; plug types A, C, and G are common)
- Portable power bank for long day trips
- Headlamp or small flashlight (useful in rural areas or during power cuts)
- Notebook or journal for reflection and learning
- Pen or pencil
- Small amount of cash for personal expenses
- Zip-lock or waterproof bags for electronics during rain

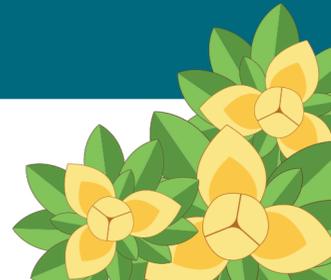
Optional but Helpful

- Light sweater or thin layer for air-conditioned buses or classrooms
- Earplugs (shared rooms can be lively)
- Small gifts from home for group sharing or cultural exchange (optional and simple)
- Camera (if desired — always used respectfully)





Health & Vaccinations, Spending Money



Health & Vaccinations



Your wellbeing matters to us. Taking care of health basics before departure helps prevent avoidable issues on the ground.

- No vaccines are required for entry into Cambodia
- Yellow fever vaccination is required only if arriving from a high-risk country
- Routine vaccinations should be up to date

Please consult a healthcare provider 6–8 weeks before departure.

Spending Money

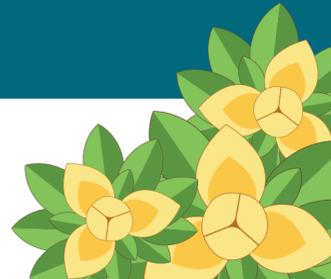
- Plan for **USD \$30–50 per week** for personal expenses
- Bring a debit card for ATMs
- Bring clean, untornd USD bills
- Credit cards are rarely accepted outside major cities

Cambodia uses **USD and Khmer riel**. Riel is mainly used for small change.





Community Values: The Collective First



Community Values: The Collective First



Cambodian culture places strong emphasis on caring for the group.

- Elders are served first
- Food is shared family-style
- Offering the best seat to others is customary
- Quiet consideration for those around you is appreciated

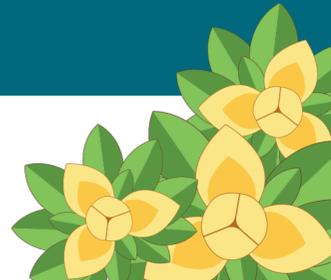


A genuine smile, patience, and humility go a long way.





Cultural Life: Moving with Respect



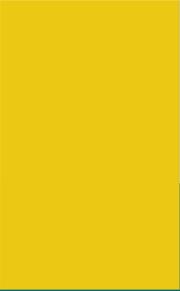
Cultural Life: Moving with Respect

Cultural awareness is not about being perfect, it's about being attentive, humble, and willing to learn. Small gestures of respect are deeply felt and often open doors to genuine connection.

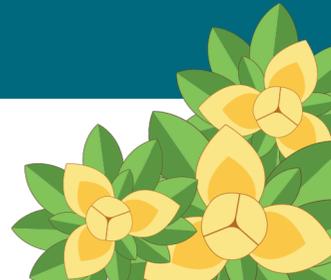
- Dress modestly, especially in temples and villages (cover shoulders and knees)
- Remove shoes and hats when entering homes and sacred spaces
- The head is considered sacred; avoid touching it
- Feet are considered unclean; never point them at people or religious objects
- Keep your voice calm and demeanor gentle
- Public displays of affection between couples are uncommon and best avoided
- Use an open hand rather than a finger when pointing or calling someone over

You're not expected to know everything. Observe, ask questions, and follow the lead of those around you.





Gender, Identity & Social Context



Gender, Identity & Social Context

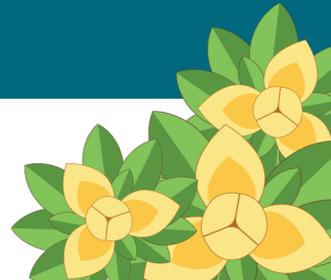
Cambodian society is diverse and evolving, shaped by tradition, religion, and rapid social change.

- Gender roles have traditionally been clearly defined, though this is changing
- Women are active in education, business, and community leadership
- LGBTQIA+ people are increasingly visible, especially in urban areas
- Rural communities may hold more conservative views
- Same-sex marriage is not legally recognized

Most Cambodians value respect, discretion, and relational harmony over labels. Your facilitators will help you navigate conversations and situations with care and cultural sensitivity.



Food, Water & Heat



Food, Water & Heat

Food

Please let us know **before arrival** if you have dietary restrictions or allergies. We can accommodate most needs, but in rural areas meals are traditional Khmer cuisine, where vegetarian or vegan options may be limited due to common use of fish sauce and shrimp paste.

If you have strict dietary needs, we recommend bringing a few familiar snacks or supplements. Participants with severe allergies must carry their own epi-pens at all times.



Water

Staying hydrated is essential in Cambodia's heat and humidity. Clean drinking water will be provided throughout the program, and ice at the places we visit is made from purified water. Drink regularly, even if you don't feel thirsty.

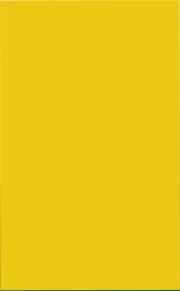


Heat

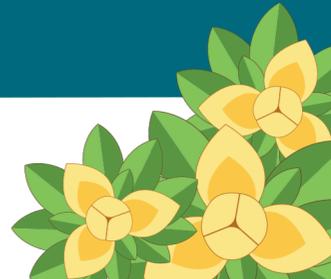
The sun can be intense, especially midday. Wear , rest in the shade, and drink water often. If you feel dizzy, nauseous, weak, or unwell, tell a facilitator immediately , early care makes a big difference.

Quick reminder: Eat thoughtfully, drink water often, protect yourself from the sun, and tell a facilitator early if you feel unwell.





Responsible & Ethical Travel with , Phum Journeys



Responsible & Ethical Travel with , Phum Journeys



Responsible travel is central to how we work and the relationships we maintain.

Giving & Children

Giving money or gifts directly to children can unintentionally reinforce harmful systems. We encourage supporting community-led initiatives recommended by , Phum Journeys.

Orphanage Tourism

Phum Journeys does not visit or support orphanages or residential childcare centers. Protecting children's dignity and wellbeing is non-negotiable.

Environmental Care

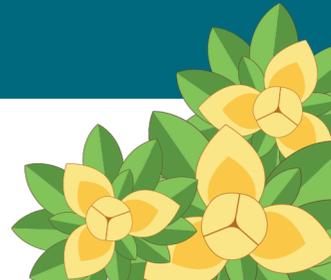
- Carry a reusable water bottle
- Reduce plastic use
- Be mindful of electricity and water consumption

Photography & Consent

Always ask permission before taking photos. A smile does not always mean consent. We encourage occasional camera-free moments to be fully present.



Health, Safety & Wellbeing, Transportation & Road Safety



Health, Safety & Wellbeing

Your safety and wellbeing are shared responsibilities.

- Bring personal medications and a small first aid kit
- Program leaders are trained in first aid but cannot provide medication
- Participants with severe allergies must carry epi-pens

Travel insurance covering medical care and emergency evacuation is required. Insurance details must be shared before arrival.



Transportation & Road Safety

Travel between locations is part of the journey and allows participants to experience Cambodia's landscapes and daily life.

Our approach includes:

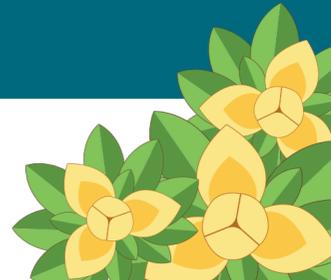
- Licensed and experienced local drivers.
- Private vehicles appropriate for group travel.
- Seatbelts used whenever available.
- Clear safety briefings before transport.
- Helmets required for cycling or motorbike activities (if applicable).

Road conditions and travel times may differ from what participants are used to, and flexibility is part of traveling responsibly.





Accommodation & Daily Life, Travel Logistics



Travel Logistics

Accommodation during the program is comfortable, clean, and selected for safety and cultural authenticity. Depending on the location, facilities may vary.

Participants should expect:

- Shared rooms with fellow participants.
- Basic but comfortable amenities.
- Air-conditioning or fans depending on location.
- Occasional power cuts in rural areas.
- Limited or slower Wi-Fi outside major cities.
- Early mornings and active days.

Travel in Cambodia may feel simpler than at home this is part of the learning experience and helps us connect more closely with place and community.



Travel Logistics

Passports & Visas

- Passport must be valid for at least **6 months** beyond departure
- Most nationalities can obtain a 30-day tourist visa on arrival or via e-visa

Arrival Forms

You will complete immigration and customs forms on arrival. You will need your first-night accommodation details.

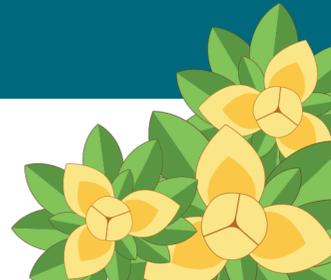
Electricity & Power

- Standard voltage: 230V
 - Power cuts may occur, especially in rural areas
- Bring a flashlight or headlamp.





Documents to Carry, Learning Before You Arrive & Final Note



Documents to Carry

- Passport and photocopy
- Digital scan of passport
- Travel insurance details
- Emergency contacts
- Visa photos (if applicable)



Final Note

Travel can be transformative not because everything is easy, but because we meet new situations with care, curiosity, and support.

Our team and community partners are deeply invested in creating an environment that feels safe, respectful, and human. If you are unsure, uncomfortable, or simply curious at any point, please ask, you are not expected to know everything. We're honored to host you, and we look forward to walking this journey together.

Learning Before You Arrive

Light reading or viewing on Cambodian history, culture, and contemporary life will deepen your experience. Additional resources may be shared by your program facilitator.

Here are some suggested book and Documentaries:

- Slow Noodle by Chantha Nguon (book)
- First They Kill My Father by Loung Ung (book, Netflix documentary)
- Don't Think I Have Forgotten, directed by John Pirozzi (documentary)
- A Proper Woman by Thon Thavry (Book)
- "Step by Step" maha ghosananda (book)
- The missing picture



ขอบคุณ!
THANK YOU!

FOR MORE INFORMATION VISIT OUR WEBSITE

Phumjourneys.com

