

CAS Week – Phnom Penh, Cambodia – Logistics

Dear Parents,

It's just over a week until we set off to Phnom Penh for CAS Week! Mr Hogan and I are looking forward to working with your sons and daughters and supporting them in their efforts at the Indochina Starfish Foundation.

I just wanted to send a brief email home to confirm some of the logistics. The students have been told much of this already, but just so you know what is happening.

We will depart on Friday November 11th directly from school.

We have hired a bus to take us from RCHK at 12.30pm to HK Airport.

Students will attend classes from periods 1-6 (inclusive).

Therefore, students are required to bring their suitcases, passports etc with them to school.

Students should come to the CAS Office when they arrive on the Friday morning, from 8-8.15am, we will store the bags and I will lock up their Passports and HKID cards so they don't lose them around the college!

Flights

We are flying with Dragon Air directly to and from Phnom Penh

Friday 11th November

KA 206

Departing Hong Kong 4pm

Arriving Phnom Penh 5.35pm

Friday 18th November

KA 207

Departing Phnom Penh 7pm

Arriving Hong Kong 10.30pm

Please note that students will be dismissed from HK Airport when we arrive back on November 18th.

Please ensure you check flight times and are at the airport in good time to

pick up your son/daughter.

If you wish your son/daughter to find their own way home from the airport, please reply to this email stating that.

Visas

Students must already have a visa for Cambodia in their passport.

Hotel

We are staying at Eureka Villas in Phnom Penh.

There is a swimming pool at the hotel and although we will be very busy during the week, there might be some free time in which the students may want to cool off in the pool.

Please reply to this email and acknowledge you are aware of this and that you give per There is no paid lifeguard at the pool and all students will be required to swim with a b

Meals

Breakfast is included each day at the Eureka Villas.

We have budgeted about \$15US for lunch, dinner and snacks.

We will be eating at a variety of restaurants run by NGOs and fair trade cafes during the week.

Each student will be given \$15 each day for meals. They do not need to bring this.

Suitcase or backpack?

Since we are staying in one hotel, either is fine.

The baggage allowance is 20kg per person.

However, we will need each student to bringing over a variety of resources for the week and Indochina Starfish Foundation.

I suggest they will not need to pack any more than 10kg of clothes and toiletries.

I would encourage the students to pack their own bags, but parents might need to have a quick check to make sure they aren't taking too much clothing and toiletries for a week!

Clothes

Temperature ranges between 22 and 30 degrees on average during November. Light summer weight clothing and maybe a sweater or jacket might come in handy and perhaps a rain jacket. A hat and sunscreen is recommended, as we will have long periods outside working with the kids from ISF.

The Khmer people are quite conservative and more than 90% of the population in Phnom Penh is Buddhist, hence it is only respectful that **when we are in school, both boys and girls will need to cover their legs and shoulders.**

Outside of school it is not a requirement, however, discretion and modesty is advised.

Students are also asked to pack a pair of flip-flops to wear when going to the Stung Meanchey community, as it could still be quite muddy after the Wet Season. One pair of running shoes and maybe one other pair of flat, comfortable walking shoes is all that is needed.

Other

Mosquito spray – I would recommend bringing some form of mosquito repellent.

Phones and valuables – Phnom Penh is relatively safe, but as in any developing country, there is some petty theft that comes when many are living in poverty.

Students have been told to not bring anything they would not be willing to lose...i.e. only bring very limited and inexpensive jewellery, simple mobile phones (if necessary), small denominations of USD.

Computers, iPods etc are not recommended and Mr Hogan and I will **not** be looking after valuables besides passports and HKID cards! Students bring valuables at their own risk.

Register with appropriate consulate – we recommend, as with any trip, students register with the appropriate consulate.

Spending money

We will be visiting a range of markets, but this is NOT a shopping expedition! However, students may want to bring back some souvenirs and spending

money has not been budgeted for.

I would bring small denominations of USD. Change will often be given in Cambodian Riel.

As of today 1000 riel = 1.90HKD = \$0.24US

Insurance

Just a reminder that we have taken out travel insurance with Zurich on your behalf. If you need to make an insurance claim, you will need to contact myself and Ms Heidi Kwok, within one week of us returning to Hong Kong.

Communication during CAS Week

You will be given a number to contact the school in case of an emergency.

This is 9178 4247

The students will also be blogging about their experiences during the week and the link will be sent to you and published on the college website so you can keep up-to-date with what they are doing.

Please do not ring Administration staff during this time. All contact with the school regarding the CAS Week trips should be made through the number above.

Many thanks for your patience and understanding at this busy time of year!

Kind regards,

Kathryn Bignold and John Hogan