

4 November 2011

Dear Parents

It's just over a week until we set off to Phnom Penh for CAS Week! Ms Nankivell and I are looking forward to working with your sons and daughters and supporting them in their efforts at the United World School project.

On Friday 11 November our CAS group will be heading on a fantastic service experience to Ratanakiri, Cambodia. The following newsletter is to outline our final details of the trip.

Can I please reiterate that you **PLEASE ENSURE STUDENTS HAVE A VALID PASSPORT, HKID AND CAMBODIA VISA TRAVEL DOCUMENT REQUIREMENTS** packed.

It is anticipated that students will bring their luggage to Mr Broome and Ms Nankivell at the PE office between 8:00am -8:20am for safekeeping before we depart on the bus to the airport in the afternoon.

EQUIPMENT LIST

The students have been given an equipment list and it is their responsibility to pack their gear for the CAS trip.

Please note the baggage allowance is 20kg per person however i would strongly recommend as a guideline that 10-12 kgs is more than enough as we will have to hike for some of our expedition. However we are weary that each student may need to bring over a variety of resources for the week and United World Schools.

Temperature ranges between 22 and 30 degrees on average during November. Light summer weight clothing, similar to the Black Kite and PE shirts are encouraged. A polar fleece jacket/ jersey might come in handy during travel times and a light weight rain jacket will possibly be needed with some rain anticipated. A legionnaire style or wide brimmed hat and sunscreen is strongly recommended as we will have long periods outside working with the kids from United World Schools. Mosquito spray – I would recommend bringing some form of mosquito repellent with a high DEET content.

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 the school project it is not a requirement, however, discretion and modesty is advised.

Phones and valuables – Cambodia 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. Computers, iPods etc are not recommended and Mrs Nankivell and I will **not** be looking after valuables besides passports and HKID cards! Students bring valuables at their own risk.

Parents might need to have a quick check to make sure they aren't taking too much clothing and toiletries for a week!

MEALS

We have budgeted about \$15US for breakfast, 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.

SPENDING MONEY

We will be visiting a some markets at the conclusion of the trip 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 strongly recommend bringing small denominations of USD. Change will often be given in Cambodian Riel. As of today 1000 riel = 1.90HKD = \$0.24US

TRAVEL AND MEDICAL 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.

It recommended to register with appropriate consulate – we recommend, as with any trip, students register with the appropriate consulate.

COMMUNICATION DURING CAS WEEK

The number to contact the school in case of an emergency is 9178 4247. 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.

BASIC ITINERARY

11th Nov Arrive in Phnom Penh

12th Nov 6.00am Mini bus to Ratanakiri Swim in Lake upon arrival. Supervision by RCHK staff.

13th Nov Project preparation. Travel to Village. Stay in village overnight.

14th Nov Project at United World Schools

15th Nov Project at United World Schools

16th Nov Project at United World Schools in the morning and return to Bunlung in the afternoon.

17th Nov Return to Phnom Pehn.

18th Nov Day in Phnom Pehn. S21; Russian Markets,River Front, night markets. Accompanied by United World Schools representative.

19th Nov Return to Hong Kong.

RATANAKIRI FLIGHT ITINERARY DETAILS

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

DEPARTURE DETAILS

DATE	DEPARTURE TIME	Estimated time of arrival	TRANSPORTATION	JOURNEY
Friday 11 November	16:00	17:35	HK → Phnom Penh	DEPARTURE KA 206

Please note students will be catching a bus from RCHK to **HONG KONG INTERNATIONAL AIRPORT AT 12:30**. This is to ensure the students and staff have time to check in as a group for their flight. **Students will attend classes from periods 1-6.**

ARRIVAL DETAILS

DATE	DEPARTURE TIME	Estimated time of arrival	TRANSPORTATION	JOURNEY
Saturday 19 November	11:30am	15:00	Phnom Penh → HK	ARRIVAL KA 207

Upon arrival students are to be picked up and collected by their parents from Hong Kong International Airport. If there are any changes to this arrangement parents **must** contact Mr Alex Broome and let us know. Please understand that it is very important to us that your son returns safely to you after the CAS trip.

TO DO LIST

Please ensure you use the BASIC KIT LIST and pack the following:

- Pack all items suggested on the kit list keeping the weight of your backpack under 12 Kg's
- TRAVEL DOCUMENTS
- Traveling clothes (Collared polo and travel pants)
- Medication (Inhalers etc)
- CAS teaching resources for the UWS project
- Money in small denomination \$US notes. Please try to exchange this before we go as we will not have any time to do so in Cambodia.

We are very excited to be able to offer this overseas service opportunity to our students and to begin the United World Schools program that we hope will develop and encourage awareness of lack of formal education in developing countries amongst the Renaissance College community. We hope this experience will continue a growing enthusiasm for the SP@RC projects abroad. If you would like any further information or if you have any concerns or enquiries about the CAS trip, please contact us at the College.

Regards

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