challenges abroad

Supporting the futureSense FOUNDATION

CAMBODIA HEALTH PROMOTION CHALLENGE

Your Passport to Global Citizenship!



www.challengesabroad.com.au

Certified B Corporation

CARBON NEUTRAL

About Us

Greater Social Equality.
A More Sustainable Environment.
A More Secure World for Everyone.

Challenges Abroad is a social enterprise that provides impactful, customised overseas learning programs for students. Our mission is to develop the next generation of Global Citizens, who as future leaders will help shape a better future for everyone.

Through our programs, we ensure that students not only develop a global mindset but gain vital life and employability skills, enabling them to have a positive impact on the world through their future endeavours.

We are proud to be a Certified B Corporation!
It reinforces that together, we're delivering programs that are not only transformative for students, but also beneficial for communities and respectful of the planet.

The Challenges Abroad Difference

Student Impact
Developing the next generation of Global Citizens.

Community Impact
Delivering long-term development projects that support local communities.

Enviornmental Impact
We are working on becoming a carbon neutral organisation.



Short-Term Programs, Long-Term Impact.

Our Health & Well-Being Challenges enable students to step out of their comfort zone whilst developing global perspectives, learning about new cultures and fostering meaningful connections with the local community.



Global Citizenship:

Broaden your perspectives, embrace cultural diversity, and ignite a lifelong drive to make a difference in the world.



Cultural Immersion:

Discover, connect & experience - dive into vibrant local cultures, learning through meaningful cross-cultural exchange.



Community Engagement:

Lead, inspire & create change - deliver hands-on projects, building skills and leaving a lasting impact on local communities.

Every Challenges Abroad program supports the goals and objectives of our international development charity, the FutureSense Foundation.

Participants on a Challenges Abroad program are therefore, not only directly impacting the community through their project, but are part of a sustainable community development initiative that will have a long lasting, positive impact.

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Cambodia: Land of Wonder

Our programs are based at our Hubs in **Battambang and Kampot.** These areas are known for their laid-back charm and preserved French Colonial architecture.

Since 2013, we have supported a Supplementary Education Centre in Battambang, which provides free education to children from low-income backgrounds. Over the years, 700 children have graduated from this program, and **we have seen primary school pass rates grow from 20% to 99%!**

Day 1
Arrival

Touch down in Cambodia! Where welcoming communities, ancient temples, and the rhythm of local life set the tone from the moment you land.

After being welcomed at the airport by your group mentor, you'll travel to our Hub - your home for the next two weeks. As evening settles in, explore the town and gather for a welcome dinner. Tomorrow, the real adventure begins.







Week 1

Days 2-3
Program & Cultural Orientation

The first couple of days are all about building confidence, connection and excitement. You'll get to know our Cambodia team, dive deeper into Khmer culture and language, learn more about the communities you'll be working alongside and how your challenge contributes to long-term community development initiatives, and start planning as a team for the impactful journey ahead.

Days 4-7
Battambang

Spend four immersive days embedded in the local community, contributing your skills, knowledge and passions to our long-term health promotion initiatives. With dedicated time to plan as a team, we'll help to make sure you're ready to contribute in a meaningful way - learning just as much from the community as you share. This hands-on experience builds confidence, uncovers new strengths, and leaves a lasting, sustainable impact.

Beyond your workshops, switch off and soak up Battambang's laid-back charm and experience local culture in the most authentic way - Khmer cooking classes, local temples and bat caves.

Potential workshop topics:
Mental, Social & Emotional Wellbeing (confidence, leadership, teamwork), Nutrition, Healthy Lifestyles, Hygiene & Sanitation, First Aid & Safety, Non-Communicable Diseases, Reproductive & Women's Health.







Week 2

Days 8-9
Your Free Weekend to Explore!

This is your time to make the most of everything Cambodia has to offer:

👉 Sample local restaurants
👉 Wander through the infamous night markets
👉 Take a ride on the bamboo train
👉 Explore the bat caves at sunset
👉 Spend a night at the local circus (a local not-for-profit supporting local students in performing arts)

There are endless ways to soak up the culture!

We recommend spending your free weekend in Siem Reap, where you can dive into the city's rich culture and heritage. Don't miss bucket list experiences like sunrise at Angkor Wat and the floating villages of Tonle Sap - the perfect mix of adventure, culture and discovery!





Days 10-14
Battambang

These five days follow a similar rhythm to the first - contributing to health promotion activities, leading workshops, and coming together as a team to reflect on the impact you're making. The difference? You return with stronger skills, growing confidence, and deeper connections, stepping back into the community with a clearer sense of purpose. Somewhere between the first day and the last, you'll begin to recognise your own growth as a Global Citizen.



The Angkor Archaeological Park is home to over 1,000 temples - ancient wonders waiting to be explored, from the world-famous Angkor Wat to hidden ruins tucked into the jungle!

Departure & Extension Trip

Day 15
Departure

The final day offers time to reflect on the skills you've developed, the experiences you've shared, and the perspectives you've gained. Our team will drop you off at the airport for you journey home or onwards travels. Or you might even want to extend your time in Cambodia with us!

Days 15-22
Extention Trip!

Day 1: Phnom Penh. On the way to Phnom Penh, stop in Kampong Chhnang to see traditional Khmer pottery-making. Once in the city, enjoy a guided cyclo tour before free time in the evening to explore on your own

Day 2: S21 and Killing Fields. Visit Phnom Penh's key historical sites, Toul Sleng (S21) and the Killing Fields, to learn about Cambodia's tragic past.

Day 3: Jungle & Waterfall Trekking. Start with a jungle trek to a waterfall and cave, then swim in a natural pool while enjoying bamboo soup and BBQ.

Day 4: Pu Long Village. Explore and learn about Bunong traditions. In the afternoon, relax and swim at a waterfall, visit a coffee plantation, then return to the village to spend the night, sleeping in a hammock.

Day 5: Koh Trong Island. Today, explore the untouched Koh Trong island by bike. You might even spot one of the world's largest turtles!

Day 6: Sambok Mountain & Dolphins. Cruise to Kampi's dolphin pool to test your luck to spot Irrawaddy dolphins, then explore Sambok Mountain before heading to Siem Reap.

Day 7: Siem Reap. Start early at 5am to see Angkor Wat sunrise. Explore the temples, then enjoy free time in the city before your departure the next day.







The Essentials

Accommodation & Meals

You'll be staying in dorm-style accommodation, sharing your room with up to 3 other participants. There are western showers and toilets, as well as communal spaces for relaxing. While the amenities are basic, the accommodation is safe, clean, and in a great location for exploring the surrounding area!

We provide 3 vegetarian meals per day Monday-Friday (weekends being your free time to explore local restaurants!).

In-Country Transport

Any required transport for project work and airport pick-up and drop-off. Our team can also help you organise transport so you can explore the area in your free time.

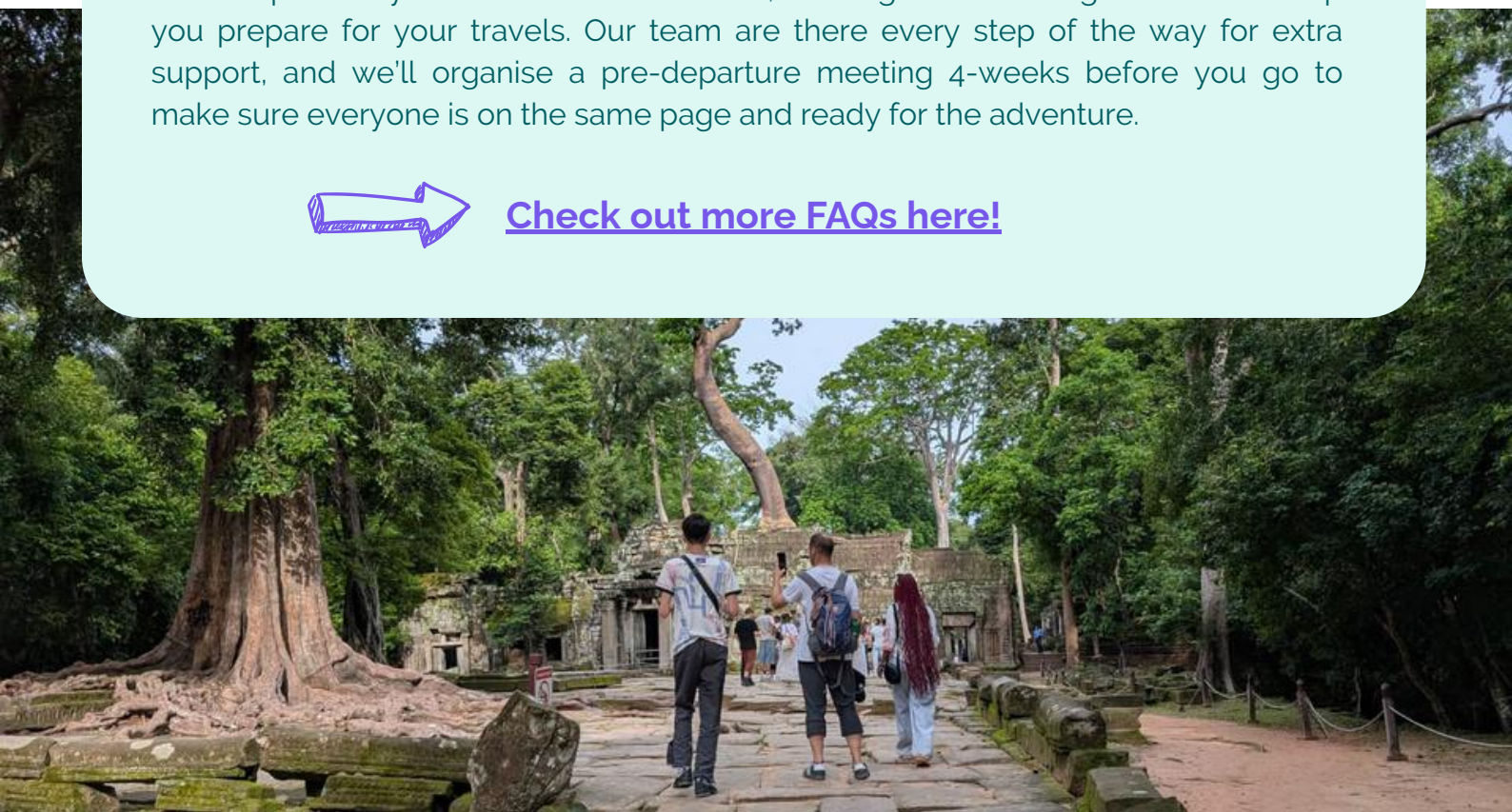
In-Country Support

As well as supporting you in your project work, our team will provide 24/7 support during your time overseas... they'll also have the best recommendations on how to spend your free time!

Pre-Departure Support

We will provide you with a Welcome Pack, Packing List and Program Brief to help you prepare for your travels. Our team are there every step of the way for extra support, and we'll organise a pre-departure meeting 4-weeks before you go to make sure everyone is on the same page and ready for the adventure.

Check out more FAQs here!



What's Next?

Sign up!

All you need to do is apply on our **website** and pay the **$250 booking deposit.** Once accepted, you can pay the remainder of your program fee in fortnightly, monthly or quarterly instalments leading up to your challenge. Your final payment is due eight weeks before departure.

If you have any questions or need any further support, please get in touch with our team:

hello@challengesabroad.com.au

We can also add you to a group chat on WhatsApp so that you can connect with others who are interested in joining the challenge or are even signed up and preparing to travel!

Things to start considering:

- **International flights**
- **Travel insurance**
- **Visas**
- **Vaccinations**

Dates:
Dates TBC through the website

Cost:
$2,950
(possible credit/funding options here)

Extension trip:
1 week tour of Cambodia $1,570

Elevate your Experience

If you're keen to take on an extra challenge, becoming a **Challenge Leader** will help you develop your leadership and team management skills, as well as a whole heap of other qualities that will set you up for your career or future study. Find out more and apply **here.**

"The pre-departure support is unparalleled. There is a lot of room for challenging yourself and personal growth - definitely a once in a lifetime opportunity that shouldn't be passed up!"

Global Citizen, Natan'El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