



Community Project Cambodia

4 – 14 November 2010

- Trek through the jungle region of Angkor Wat
- Build stilt houses for landmine-affected families in Cambodia
- Raise vital funds for Scope's work with disabled people

Time to get equal

scope

About cerebral palsy.
For disabled people achieving equality.

Congratulations!

You've taken the first steps along an incredible journey to reach the heart of Cambodian life.

After a two day trek through the jungles of the Angkor Wat region, we commence on a community project building stilt houses for landmine affected families. Following years of war, thousands of Cambodians have lost limbs due to landmines.

We will be immersed in village life and this rewarding experience is one that will stay with you for many years. By taking part, not only will you be providing houses for families in Cambodia but you will have raised vital funds for Scope's work with disabled people in the UK. We will ask you to raise a minimum sponsorship of £3,100, payable eight weeks before the departure date. This may

seem like a lot of money, but we'll send you a detailed fundraising pack with loads of ideas and we'll help you every step of the way – that's what we're here for! And remember – you will be helping to change lives.

How to register

All you need to do now to take part in Community Project Cambodia is fill in the enclosed application form and send it along with a non-refundable registration fee of £199 (cheques made payable to Scope) to the Events Team, Scope, 6 Market Road, London N7 9PW or sign up online at www.scope.org.uk/adventures

Why choose Scope?

"My name is Laura and I'm a support worker for Scope, supporting disabled children with cerebral palsy and other impairments within their communities."

I'd like to tell you about Ginny. Ginny is nine years old and has muscular dystrophy. At the moment, Ginny needs a respirator 23 hours a day to help her breathe, but with the right sort of help that doesn't mean she can't enjoy herself or learn. I've been working with Ginny for two years now – getting her ready for school, helping out at lunchtimes with her feeding tube and visiting her at home three evenings a week. During this time I've seen her develop and become so much more confident.

I work as part of a new Scope service that shows that with the right support and care across a wide range of activities, disabled children can be included with, rather than separated from, other children. This service supports disabled children in reaching their full potential and provides the best chance of leading a more independent life.

I've seen Scope make such a difference to disabled children like Ginny and their families. There's so much demand for more support workers like



myself that we've just hired 10 new people, but there are still children and families on our waiting list who we want to help. We'd love to expand the service further."



Want more information?

Call us now on 020 7288 9590 or email events@scope.org.uk – we can talk you through every aspect of this once-in-a-lifetime challenge.

www.scope.org.uk/adventures

Itinerary

Day 1

Departure 4 November 2010.

Day 2 | Siem Reap

We arrive in Siem Reap in the north of Cambodia early evening and transfer to our hotel. We finish the day with a briefing by the local guides on the week ahead.

Day 3 | Kulen Mountain 21km

Our first day we wake early to take advantage of the cooler morning and transfer to the base of the famous Kulen Mountain, where we have a steep 350m ascent to Tapeanh Village, the highest point of our challenge. For the rest of the day we trek through jungle, into villages and past “the Big Buddha” statue, that overlooks the whole of Siem Reap Province, before ending the day at the Kulen River waterfalls where we are able to relax and unwind at our riverside campsite.

Day 4 | Siem Reap 15km

After breakfast we break camp and trek through the jungle before emerging on the edge of the Kulen plateau from where the plains of northern Cambodia extend beneath us. Climbing down the steps that lead off the mountain we pass through a small Buddhist community before continuing our walk through paddy fields to our support vehicles. On the transfer back to Siem Reap we take a small detour off the main road to visit the community where we will spend the coming days building the houses. Here we enjoy a box lunch with the local community before returning to Siem Reap.

Day 5, 6, 7 & 8 | Project work

Today, after breakfast and a full briefing on how our community challenge will be run, we transfer 30 minutes to the district of Puok/Angkor Thom where our village project will be based. Upon arrival there will be a welcome by Mr Channarith a double-amputee and life-long anti mines campaigner. In 1997 Mr Channarith accepted the Nobel Peace Prize on behalf of MAG and the HALO trust and now works closely with mine affected families throughout Cambodia.

This is a complicated itinerary and could be subject to change.



After meeting the families whose houses we will be working on we will split into teams and commence work on the build – under the careful supervision of Mr Channarith and his team.

For 4 days we continue our work on the house building. Throughout the days there will be water, snacks and fruit available to replenish energy levels and at midday we have a good Cambodian lunch. In the afternoons we finish work at about 1700. Dinner and accommodation will be in or near the village.

On our last afternoon at the project, local Buddhist Monks will perform a blessing ceremony to officially hand the homes over to the families. There will be a chance to visit the local school and some time to meet the children before we say goodbye to the whole community and return to Siem Reap.

Day 9 | Angkor Wat

This morning after breakfast we transfer the short distance to the World Heritage Site of Angkor Wat, which, along with its surrounding temples, are justifiably regarded as one of the wonders of the world. Here we enjoy a guided tour of the intricate complex before sitting down to lunch. The afternoon is then free to explore the outlying temples before sitting down to our celebratory dinner to reflect upon our achievements.

Day 10 | Full day in Siem Reap

Today is free for optional excursions and you may choose to explore the outlying temples of Angkor by Tuk-Tuk, or perhaps visit the floating villages on nearby Tonle Sap lake.

Day 11 | Flight home

14 November 2010.



FAQs

How do I register?

Please send your £199 registration fee along with a completed registration to Scope, 6 Market Road, London N7 9PW. You can also register online at www.scope.org.uk/adventures.

How much do I have to raise?

There is a non-refundable registration fee of £199 and a minimum sponsorship of £3,100, which is due 8 weeks before the trek. This can sound like a daunting amount to raise, but it is all part of the incredible challenge and we will support you every step of the way.

How much training will I need?

A good level of general fitness is advisable for the two day trek and the project work.

Do I need building skills?

You do not need any specific building skills to take part in the project. You will be supervised by a site foreman from the local community who will instruct the team in traditional building techniques and oversee the construction.

What equipment will I need?

A packing checklist will be sent to you at a later stage, which will include a good pair of walking boots and sleeping bag.

Where will I sleep?

Four nights hotel accommodation and five nights camping.

Can I stay on?

Yes. We will put you in touch with our tour operator Action Challenge, who will be offering trip extensions – at your own expense.

What is covered by the minimum sponsorship?

- International and domestic flights
- Action Challenge guide and local guides
- Medic / Doctor and full support team
- All accommodation
- All meals apart from during 'free time'
- Boiled drinking water on trek
- All transfers in local vehicles

What is not included in the minimum sponsorship?

- Travel insurance
- Visa
- Items of a personal nature
- Local airport taxes
- Tips for guides



Community Project Cambodia: 4 – 14 November 2010

Join Scope on this rewarding community project and help raise much-needed funds for our work with disabled people.

Please complete the form below and send along with a non-refundable registration fee of £199 (cheques made payable to Scope) to the Events Team, Scope, 6 Market Road, London N7 9PW or fax to 020 7190 5896.

Your details

Title: _____ Forename: _____

Surname: _____

Contact information

Address: _____

City/Town: _____

County: _____

Postcode: _____

Country: _____

Telephone no: _____

Mobile phone no: _____

Email address: _____

It saves us money if we can communicate with our supporters by email.

Please tick here if you are happy to receive further emails from Scope. You can opt out at any time.

Please tick the box below if you are happy to receive free messages about our work to your mobile. You can opt out at any time.

I am happy to receive free messages to my mobile.

We will provide a t-shirt to assist you in your fundraising. Please select your size:

S M L XL XXL

Where did you see the event advertised?

Please confirm that you have read and agree to the conditions of entry for this event.

I have read and agree to the conditions of entry

Please confirm your commitment to raise at least the minimum sponsorship amount.

I commit to raising the minimum sponsorship of £3,100

Please provide your payment details

Non-refundable registration fee: £199
Cheques made payable to Scope or credit card details below:

Card Type _____

Issue no. (if shown) _____

Cardholders name and address if this is not your card

Card No. (long number in centre of strip)

Security Code _____

Expiry Date ___/___ Valid From ___/___

Signature _____ Date _____

Continued

Community Project Cambodia: conditions of entry

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1. We require a registration fee (non-refundable) and you must also undertake to raise at least the minimum sponsorship money for Scope. Your minimum sponsorship of £3,100 must be received by Scope eight weeks prior to departure. If you raise £3,100 over the minimum sponsorship your registration fee will be returned to you if you wish.
2. If you are unable to meet these sponsorship requirements, you may forfeit your place on the event – or you may choose to make up the balance yourself.
3. Should you, for whatever reason, not take up your place, all sponsorship forms and sponsorship monies collected should be forwarded to Scope.
4. You must be at least 18 before the departure date of the event.
5. Entry conditions into countries vary but you must not suffer from alcohol or drug dependency. You should not have any criminal convictions.
6. Your passport must be valid for at least six months from date of return to the UK. You are responsible for ensuring that you have a valid passport and appropriate visa for the challenge. Passport control and in-country authorities will reserve the right to refuse entry.
7. Scope's Community Project Cambodia is organised by Action Challenge. By registering, you agree to be bound by these terms and conditions and the tour operator's booking conditions. If you require a copy of these please contact the events team on 020 7619 7272.
8. All funds raised for Scope through the event must be paid to Scope.
9. You must be covered by insurance for health, accident and loss.
10. All participants take part at their own risk.
11. For health and safety reasons the tour operator, ground agents and/or medical staff reserve the right to stop any person from participating.
12. Scope, tour operator and local staff should not be subject to inappropriate behaviour; either verbal or physical. We reserve the right to stop any person from participating in the event should we feel that boundaries have been crossed.
13. I consent to Scope passing my details to the tour operator for this event.
14. I agree to pay my non-refundable registration fee. I have read and agree to the above conditions.

Signed _____

Date _____