



15 May 2017

RE: YEAR 12 CAS TRIP TO CAMBODIA – GROUP 1

Dear Year 12 Parent/Guardian

With just a month to go until the Year 12 CAS trip to Cambodia, please see below for final details.

FLIGHT DETAILS:

Saturday 17 June Flight MU759 from Pudong, Terminal 1 to Phnom Penh, departing at 20.00

Sunday 25 June Flight MU514 from Siem Reap, arriving at Pudong, Terminal 1 at 04.00 on Monday 26 June.

Students taking the bus from school to Pudong Airport should meet Ms Rickford and Mr Housham at 3:00pm on Saturday 17 June outside Secondary. If students are making their own way to the airport, they need to meet Ms Kernaghan, Mr Gale and Mr Tilley at Pudong Airport, Terminal 1, by the China Eastern Departure desks, by 5:00pm. They must have their passport (this must be the document submitted to us for booking the flight – if you are in any doubt, please contact me so we can check), a visa for Cambodia (if applicable) and a valid Chinese visa.

Students must bring sufficient and appropriate clothing and equipment for the 9 days (see packing checklist attached). All meals will be provided. It is important that your son/daughter brings mosquito repellent, a sun hat and sun screen, and lightweight long sleeved tops/long trousers to minimise the risk of mosquito bites.

ACCOMMODATION DETAILS:

Accommodation in Phnom Penh (3 nights, check in 17 June, check out 21 June)

Town View Hotel II (Address: 722-228 No.53, St. 113, Sangkat Boeung Pralet, Khan 7 Makara, Phnom Penh, Cambodia Telephone: +855 23 991 139, 023 991 129)

Accommodation during the community project (4 nights, check in 21 June, check out 24 June) will be at Camp Beng Pae in Kampong Thom Province Telephone: +855 99 900 911)

Accommodation in Siem Reap (1 night, check in 24 June, check out 25 June)

Sovann Angkor Hotel (Address: # Road 06th, Banteay Chas Village, Slor Kram Commune, Siem Reap City, Cambodia, Telephone: +855 92 737 369, +855 12 893 272)

Ms Rickford will be leading Group 1, if you need to contact her or your son/daughter during the trip then please call +855 17 881230.

Please fill in the reply slip to confirm transport to and from the airport. Unfortunately, due to the national traffic policy the earliest time the school bus can reach Pudong airport will be 6.15am. I hope this assists you with the planning for the trip. A full detailed itinerary will be available for all students on ManageBac before the trip.

Please feel free to contact me via email at l-coong@bisspuxi.com with any questions you may have.

Yours faithfully

Ling Coong
CAS Coordinator

www.bisspuxi.com



REPLY SLIP: YEAR 12 CAS TRIP – GROUP 1

Please return to Secondary Reception by Friday 2 June, FAO Ms Coong

Student name.....Form.....

- My son/daughter will take the school bus to Pudong Airport from school on Saturday 17 June.
- My son/daughter will take the school bus to school from Pudong airport on Monday 26 June.
- I give my permission for my son/daughter to make his or her own arrangements to return home.
- I will arrange for my son/daughter to be picked up from Pudong airport, Terminal 1

I agree that my son/daughter can participate in the visit and planned activities, and can receive the necessary emergency treatment should the need arise; this includes receiving any medication that is recommended by International SOS (www.internationalsos.com). If you have any queries about this, please feel free to contact me to discuss this further.

Parent Signature..... Date.....



PACKING LIST

You should consider that whatever you pack, you will have to carry with you. Therefore, be careful not to get too excited and take too much. Ideally you should have a 60-80 litre rucksack or holdall and a small day sack (30-35 litres). You should use the following checklist as a guide:

Essential Items

- Passport and Visa
- Spending money (suggested no more than 50USD)

Suggested Items

Clothing/Footwear for Project work

- 1-2 sets of lightweight, quick drying, loose fitting long-sleeved tops and trousers for evenings
- 2 pairs of long shorts or cropped trousers
- 3 loose-fitting t-shirts
- A warm top (fleece or hoody)
- Well worn, comfortable and sturdy walking shoes/boots/trainers
- 1 pair of heavy duty gardening/work gloves
- Clear protective eye goggles (flexible moulded ones are better than the brittle variety)



- Socks
- Hat, ideally with wide brim to protect head, face and neck from the sun, and/or bandana
- Sunglasses (with high UV protection)

Please note that you may be working in areas where the locals expect a certain dress code. In these cases you are asked to respect their customs and wear the appropriate levels of dress, e.g. long sleeves. Camouflage/military clothing is also not suitable.

Project Supplies

- Small day sack/rucksack (30-35 litres)
- Dry bag or plastic sealable bags (good at protecting equipment such as camera from dust, humidity and water)
- Notebook and pens or pencils
- Insect repellent spray (ensure contains DEET or equivalent)
- Sunscreen lotion with SPF 30 or higher
- Water bottles (1 litre capacity minimum)
- Antibacterial hand sanitiser
- Head torch or small hand torch with spare batteries

Personal Supplies

- Underwear – enough for 9 days, plus a spare pair
- Anti-malarial tablets (if applicable)
- Personal first aid kit (see below for suggested contents)
- Earplugs & eye mask if you are a light sleeper
- Lip balm with high SPF
- Wet wipes/baby wipes/tissues
- Contact lenses & solution (if applicable)

Bedding and Bathing

- Pyjamas/nightwear
- Personal washing kit (we recommend bringing biodegradable soaps and shampoos)
- Lightweight travel towel
- Optional - lightweight sleeping bag or sleeping bag liner (mattress, pillow, blanket, and mosquito nets are provided)

Personal First Aid Kit

Below is a suggested contents list. However, this is only a guide and you should consult a GP should you have any questions. You should also consider sharing a kit between 2 or 3 of you or at least share specific items.

- Personal medication e.g. prescription drugs/inhalers
- Plasters
- Painkillers
- Antiseptic wipes & iodine solution for wound/bite cleaning/sterilising
- Antihistamine cream and tablets
- Anti-diarrhoeal tablets (e.g. Loperamide, Imodium)
- Decongestant (e.g. Sudafed)
- Throat sweets
- Re-hydration sachets x 10 (e.g. Diarolyte)
- Antacids