



GAP ADVENTURE: VIETNAM & CAMBODIA (4 WEEKS)

ProjectsAbroad





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Embark on an extraordinary four week journey through Vietnam and Cambodia. Explore the delicate balance between ancient traditions and rapid modernisation, while discovering the vibrancy of cultures that have endured centuries of transformation.

Learn from local communities during rural homestay experiences and discover the region's rich history with guided tours of ancient sites. Challenge yourself with adventurous activities and embrace authentic cultural experiences. Travel as a team, embark on thrilling adventures, hone leadership skills, and foster collaboration.

This isn't a normal trip; it's a profound exploration of cultural resilience, environmental stewardship, and personal growth. You'll return home not only with unforgettable memories but also with a deeper understanding of Southeast Asian history, a nuanced appreciation for the delicate balance between tradition and progress, and the confidence to navigate an increasingly interconnected world. Prepare to unleash your inner explorer, expand your comfort zone, and complete a life-changing adventure!

Week 1 VIETNAM'S CULTURE AND TRADITIONS

- Explore Hanoi
- Live in a traditional stilt homestay
- Cycle through rice fields
- Float on bamboo rafts and swim at waterfalls

DAYS 1-2 | HANOI

Join a cultural orientation of Vietnam's capital city where you'll get to know your fellow travellers and practice some Vietnamese.

Learn about Vietnamese philosophy and religion during tours to the Temple of Literature and Temple of Jade. You'll explore Hoan Kiem Lake, the French Quarter, and then busy markets during a food tour. Try 'egg coffee' and watch a traditional water puppet show.

DAYS 2-6 | MAI CHAU

Journey to the mountains and rice fields of Mai Chau. Live with, and learn from, 'White Thai', Muong and Hmong minority groups. Support a women's social enterprise creating sustainable and organic fabrics. Learn traditional methods for dyeing, weaving and crafting. You'll practice making chopsticks, bamboo fans and baskets.

Cycle through rice fields, explore caves, kayak on the stunning Hoa Ban Lake and travel downstream on bamboo rafts. Spend a day hiking along the terraced rice fields of Pu Luong Nature Reserve, swimming at Hieu Waterfall and relaxing with views of giant water wheels in Tram village.

Play traditional games and practice bamboo dances at your homestay. In the evenings you'll also get involved in cooking classic Vietnamese dishes.



Week 2

LIMESTONE WONDERS

- Take an overnight cruise through Ha Long Bay
- Row through caves in Ninh Binh
- Learn about the Vietnam War and Imperial Empire

DAYS 7-8 | HA LONG BAY

Board a boat and explore the vast maze of karst mountain islands in Ha Long Bay. Visit large caves and kayak in the bay while watching the sunset. Fish for squid in the evening or join a karaoke party before sleeping overnight on the boat. Wake up in the bay and join a tai chi class on the boat deck. Hike to viewpoints looking across the bay and other islands. Join a cooking class as you sail back to the harbour.

DAYS 9-10 | HANOI

Gain insights into the history of Vietnam by touring the Imperial Citadel of Thang Long - this complex of palaces, temples and towers was home to Emperors and rulers of Vietnam for over 1,000 years. Then visit Ho Chi Minh Mausoleum and the Military History Museum to learn about the many wars and conflicts that have faced Vietnam. Watch soldiers parade outside the Mausoleum in the evening.

Explore Hanoi independently on your last day in the city. Discover hidden sights with your group mates or go it alone.

DAY 11 | NINH BINH

Journey by bus to Bai Dinh Pagoda - a huge complex of Buddhist pagodas. Continue to Ninh Binh for a traditional paddle boat ride along the river and through caves. Cycle through rice fields and hike to viewpoints of the valley. Travel back to Hanoi for the evening.

DAY 12 | HANOI TO PHNOM PENH

Fly from Hanoi to Phnom Penh, the capital of Cambodia.

Week 3

HERITAGE & CONSERVATION

- Support wildlife protection charities and prepare food for bears.
- Snorkel and relax on a tropical island
- Learn about the Khmer Rouge Genocide

DAYS 13-14 | PHNOM PENH

Join a cultural orientation of Cambodia's capital city and practice Khmer language skills. Understand the recent history of Cambodia through tours of the Royal Palace, Killing Fields and S-21 Genocide Museum. Learn about Buddhist practices by receiving a water blessing from monks and spend an evening meditating at a pagoda!

DAY 15 | WILDLIFE RESCUE CENTER

Witness conservation efforts first-hand. See efforts to rescue and rehabilitate trafficked and endangered animals. This includes breeding programmes for Siamese Crocodiles, Malayan Sun Bears, Moon Bears and Asiatic Black Bears. You'll help to prepare food and hide treats for the bears in their enclosures.

DAY 16-19 | KOH RONG

Take a bus to the coastal city of Sihanoukville and then a speed boat to the remote tropical island of Koh Rong. The small island has dense jungle and quiet beaches. Relax on white sand beaches or go snorkelling around the island. At night you have a chance to see bio-luminescent plankton sparkling in the warm water. Rest and relax in this paradise.

DAY 20-21 | PHNOM PENH

Support community development projects at schools around the city. Interact with Cambodian children, and help to make a positive impact.

Explore Silk Island, learning how silk is made and weaved. The group will also watch traditional Khmer boxing matches.





Week 4

WILDERNESS & ANCIENT WONDERS

- Visit a floating village on the Tonle Sap Lake
- Sunrise at the world famous Angkor Wat
- Hike and camp overnight in the jungle
- Learn jungle survival and navigation skills

DAYS 22-23 | SIEM REAP

Visit floating villages on the Tonle Sap Lake. Learn how communities live alongside nature, practice sustainable fishing, and how climate change is impacting lives as water levels become more unpredictable. In the evening, explore the PHARE social enterprise championing Cambodian art and culture among disadvantaged communities. Watch a performance by their award winning circus troop.

DAYS 24-25 | KULEN MOUNTAINS

Hike deep into the jungle. Explore hidden ruins far from tourist trails, meet rural villagers and monks, swim at waterfalls, and learn bush craft skills from professional trek leaders. The group will set up a camp, sleep in bivouac hammocks in the jungle and learn how to live in such a wild environment.

DAY 26-27 | SIEM REAP AND ANGKOR

Take a guided tour of Angkor Wat, Bayon Temple, and Ta Prohm. Learn about the Khmer Empire and explore the ruins of what was once the largest pre-industrial city on Earth. Angkor was at its peak between the 11th-13th centuries. You can visit other vast temples and ruins in the jungle during the afternoon, choosing your own path through the ruins. Explore freely on your last full day in Cambodia and watch ancient apsara dance performances in the evening.

DAY 28 | DEPARTURE

You'll be taken to Siem Reap airport for your onward travel.

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WHAT'S INCLUDED?

- All activities and tours highlighted in the schedule
- Three meals per day and drinking water
- Accommodation - a mix of hostels, hotels and camping
- All transport in Vietnam & Cambodia - a mix of public and private coaches and boat rides
- Your flight from Hanoi to Phnom Penh
- Airport pickup and drop-off
- A minimum of two Program Leaders with the group throughout the journey
- Visa support and advice

PROGRAM DESIGN

Five Gap Components provide the focus for the development of this program. They ensure the perfect blend of adrenaline, exploration and meaningful travel:

- Adventure
- Community
- Exploration
- People & Planet
- Transformation

We pride ourselves on our ability to deliver authentic, unforgettable experiences — with safety, support and the freedom to explore.

HOW DO I BOOK?

Contact us to discuss dates and secure your place, or ask any questions: info@projects-abroad.org

