

# Help for a Day Field Guide



Ponheary Ly Foundation

Thank you for  
your interest  
in sponsoring a  
Help for a Day  
program!

\$370\*

\* Cost not including temple pass for foreigners @ \$37 per person). An English speaking tour guide can be arranged for \$45, to be paid directly to the guide.

This event is available May-March, only on a Sunday or school Holiday.

Your Activity:

## “Hands on History” Field Trip to Angkor Wat

Many children who live within immediate proximity of the temples have not had the opportunity to visit them and are not yet aware of the richness of their own culture and heritage. Not only that, many rural children have never been to the city of Siem Reap and many of today's experiences will be “firsts” for them. You will accompany 20 primary school students, their teacher, and one licensed tour guide (giving the tour in Khmer) on a tour to Angkor Wat Temple with a lunch stop in Siem Reap City.

**Itinerary:**

**DEPART: Between 7-8 am, depending on the school.**

Experience the wonder of Angkor Wat & Bayon Temples, along with a group of 20 excited children. Join the students for lunch and enjoy the novelty of the experience for them as they eat in a Siem Reap restaurant. Visit Lucky Mall where they will see amazing things like sliding glass doors and ride escalators for the first time as well as visiting a bookstore and choosing a book to take home.

**RETURN: 4.00pm. To Siem Reap**

Thank you in advance for wanting to sponsor a Help for a Day Program!

For more information or to book your excursion please email: [volunteer@plf.org](mailto:volunteer@plf.org).



# Helpful Tips

- Cambodians are conservative and dress modestly. We ask that you dress modestly as well. Shorts are acceptable but should be knee-length and shoulders must be covered. Mini skirts, tank tops and low-cut tops are not acceptable attire in the countryside.
- Please be punctual.
- During your Help for a Day experience you will be considered a member of the PLF team; please be respectful to the Khmer teachers and set a good example for the students at all times.
- There is no smoking on school grounds.
- Please do not buy anything or give money to children on the street or temples. Many children are rented out by their parents for a pittance and are controlled by an overseer. We encourage you not to support or sustain child labor and exploitation.
- PLF can provide tax receipts for participants from the USA, Canada and the UK.





PONHEARY LY  
Founder

*School is the  
Answer.*

## About the Ponheary Ly Foundation

Guided by a UN human rights approach, our goal is to promote access to quality education for children and youth across Northern Cambodia.

Ponheary Ly Foundation relies primarily on private donations and support. Together with the tireless work of local and international volunteers, your gifts are significantly improving the futures of these children by giving them access to meaningful education. Ponheary Ly Foundation is a registered organization in Cambodia, the USA, Canada and the UK.

Make secure recurring or one-time donations on our [website](#) or mail us a check. We will put your dollars to work. The right way.

Ponheary Ly Foundation

Post Office Box 17034

Austin, Texas 78760 USA

[www.theplf.org](http://www.theplf.org)

Ponheary Ly Foundation

Seven Candles Guesthouse

#0307 Wat Bo Road

Siem Reap, Cambodia

For more information or any questions email: [volunteer@plf.org](mailto:volunteer@plf.org).