

Cambodia Expedition Summer 2025

A report for the Adderbury and Milton Feoffee Charity

Introduction

I would like to take this opportunity to thank the Adderbury and Milton Feoffee Charity for their generous donation of £900 to support my expedition to Cambodia in Summer 2025 with the Warriner school and Camps International. I am hugely grateful for their support which enabled me to work on some incredible projects benefiting the communities in Cambodia as well as giving me the chance to develop invaluable life skills.



Arrival

We started off in the capital city, Phnom Penh. It was amazing, we experienced true Cambodian city culture by eating traditional dishes and going to visit the killing fields and seeing the aftermath of the Khmer Rouge's repressive reign over the country.

Camp Beng Pae

After a couple of days, we arrived at the first camp by bus. In this camp, we did a lot of hard manual labour, such as digging large pits for toilets and wells. We also met one of my now very good Cambodian friends. The first camp was very intense,

as none of us were used to the blazing heat (it was above 40 degrees most days!) but we all pushed through and had the best time of our lives.

Camp Mealea

The next week in the second camp, it was more technical work, like building pots and chicken coops. Needless to say, we were still physically drained after a long day at work but it felt so rewarding knowing we are making such a huge impact for the local people.



Trek



After the second camp, we embarked upon our trek. In my opinion it was the best part of this whole trip. We made record time for progress on the first day and I started meditating to find inner control to keep pushing through on the trek. We stopped at historical sites and monasteries along the way and it was amazing trekking through the thick dense jungle with my friends.

Siem Reap

After the trek, we stayed at a hotel in the large city of Siem Reap, which is often referred to as Cambodia's 'city of love'. We spent four days exploring floating villages, eating fine cuisine at amazing restaurants and learning more about historical monuments, like Angkor Wat, one of the seven wonders of the world, which was gorgeous.

Camp Staung

After Siem Reap, we went back to work in the next camp, but this time we were in a town, so we would walk through markets to get to our work destination. We were based in a school, laying tiles. Being around the kids was so nice and heart warming especially when they tried to help us with our work, it was so sweet. The camp staff also made things much easier by cracking jokes and keeping our spirits up.



On the last few days, we went back to Phnom Penh to enjoy one last sleep and hotel visit before our long flight home. I got to share a room with my best friend.

That's it for my summary of my Cambodia trip. I would like to thank the charity for donating so I could have the amazing opportunity of experiencing this once in a lifetime trip.

Thank you!!

