

Example Itinerary

FAST FASHION & ETHICAL CONSUMERISM IN CAMBODIA



**The following is an example itinerary. Please note arrangements change from year to year and session to session based on the goals of the programme, need of the community, and size of the groups. Please use this itinerary as a general guide to the structure of the Ethical Consumerism Projects.*

DAY NO.	WEEKDAY	TIME	ACTIVITY
1	Sunday	8:00am – 12:00pm	ARRIVAL
		12:00pm – 1:00pm	TRADITIONAL CAMBODIAN BARBECUE
		1:00pm – 2:30pm	Country induction and local tour
		2.30pm – 5:00pm	Visit the Royal Palace
		6:00pm – 7:00pm	DINNER
2	Monday	8:00am – 9:00am	BREAKFAST
		9:00am – 12:00pm	Visit the Russey Keo textile district
		12:00pm – 1:00pm	LUNCH
		1:00pm – 5:00pm	Talk to ex-factory workers
		6:00pm – 7:00pm	DINNER
3	Tuesday	8:00am – 9:00am	BREAKFAST
		9:00am – 12:00pm	Visit silk weavers on Silk Island
		12:00pm – 1:00pm	LUNCH
		1:00pm – 5:00pm	Silk production tour
		6:00pm – 7:00pm	DINNER
4	Wednesday	8:00am – 9:00am	BREAKFAST
		9:00am – 12:00pm	Meet local NGOs and experts
		12:00pm – 1:00pm	LUNCH
		1:00pm – 5:00pm	Assist with community clean up
		6:00pm – 7:00pm	DINNER
5	Thursday	6:00am – 7:00am	BREAKFAST
		7:00am – 12:00pm	Travel to Siem Reap
		12:00pm – 1:00pm	LUNCH
		1:00pm – 4:00pm	Learn about the Fair Trade Village
		4:00pm – 7:00pm	Visit ethical Night Market
		7:00pm – 8:00pm	DINNER
6	Friday	8:00am – 9:00am	BREAKFAST
		9:00am – 12:00pm	Visit Angkor Wat
		12:00pm – 1:00pm	LUNCH
		1:00pm – 5:00pm	Visit Angkor Wat
		6:00pm – 8:00pm	FAREWELL DINNER
7	Saturday	ALL DAY	DEPARTURE