

**SAILING CLUB PROGRAM and INFORMATIONS**  
**18/02/2019 to 22/02/2019**

**STAGE DE VOILE À KEP**  
du 18 au 22 février



**AU PROGRAMME :**

-  **5 jours de stage de voile**
-  **Baignade, paddle, randonnée**
-  **Activités ludiques et sportives**
-  **Visite de Kep**
-  **Cuisine (préparation de pizzas...)**
-  **Repas au Sailing Club**
-  **Nuitées au Kep Seaside Hôtel**

**INFORMATIONS**

**Détail complet du séjour** sur notre site : [descartes-cambodge.com](http://descartes-cambodge.com)

**Tarif** : 550\$ le séjour tout compris (stage, activités, repas, hôtel, transport...)

**Inscriptions** : jusqu'au 1er février 2019 au bureau du saf - paiement demandé à l'inscription

*Ouverture du stage sous réserve d'un nombre minimum de participants  
Places limitées à 12 inscrits*

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## 18/02/2019 to 22/02/2019

### 1. Program

#### Day 1

- Departure from Phnom Penh at 7:30 am
- Arrival in Kep at Sailing Club between 11 and 12 am
- Quick Check-in at Kep Seaside Guesthouse which is at walking distance of the Sailing Club
- 12 pm: Lunch at Sailing Club
- 1 pm: Introduction of Staff, Program and dividing in groups
- 1.30 pm: group A Theory and Hobie  
group B sailing introduction in Optimists
- 3.00 pm: Snacks + drinks
- 3.30 pm: group B Theory and Hobie  
group A sailing introduction in Optimists
- 5 pm: Back to Guesthouse (Hotel Seaside Kep)
- 7 pm: Dinner at the Sailing Club

#### Day 2

- 8.30 am: Breakfast
- 9.30am: National Park – Kep
- 12 pm: Lunch at Sailing Club
- 1.30 pm: group A Optimists  
Group B Hobie cats
- 3.00 pm: Snacks
- 3.30pm: : group B Optimists  
Group A Hobie cats
- 5 pm: back to Guesthouse
- 7 pm: Dinner at Sailing Club

#### Day 3

- 8.30 am: Breakfast at Sailing Club
- 9.30 am: Treasure hunt, Stand Up Paddle Boarding and swimming
- 12.00 pm: Lunch at Sailing Club
- 1.30 pm: group A Hobie cats  
group B Optimists
- 3.00 pm: snacks
- 3.30 pm: group A Optimists  
group B Hobie Cats
- 5 pm: Back to the guesthouse
- 7 pm: Dinner at Sailing Club

#### Day 4

- 8.30 am: Breakfast at Sailing Club
- 9.30 am: Pizza making and sustainability tour  
(Split the group and do 1 and a half hours of each)

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- 12 pm: Lunch at Sailing Club
- 1:00 pm: All Groups : Righting demonstration
  
- 2:00 pm: All Groups : Sailing races
- 3.30 pm: Juice + snack at Discovery Centre
- 4:00 pm: All Groups : Sailing exam
- 5:30 pm: Back to the guest house
- 7:00 pm: Dinner at the Sailing Club

### **Day 5**

- 8.30 am: Breakfast at the Sailing Club
- 9.30 am: Fun time: swimming, sailing, SUP
- 12:00 pm: Lunch at Sailing Club
- 1:00 pm: Certificates
- 2:00 pm Departure

## **2. Add-ons and possible changes**

If winds and weather are better in the afternoon the following will happen:

- 8.30 am: breakfast
- 9.30 am: Out of water program
- 12 am: lunch
- 1 pm: Water program 2 hours
- 3 pm: Snacks
- 3.30 pm: Water program 2 hours

We can only give more clarity about the program closer to the actual date due to weather dependency.

### **Staffing**

- There will always be at least 2 instructors of Knai Bang Chatt with the children/groups during daytime. We also require the chaperones/teachers to be with the group at all times.
- Chaperones will have to be gender sensitive. If girls attend the week we do need a female teacher/chaperone.
  - Angelique from LFRD will be always with the group

### **Out of water program**

We have some flexibility with this but due to the flexible nature of the program we are reluctant to book anything with third parties who will be less flexible with their booking times. Sailing is the priority of this camp.

### **Possible alternatives for Out of water program:**

- Quiz night (evening) \*\*
- Team building games (daytime)

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- Volleyball & Football (daytime)
- Cooking class (daytime)
- Sailing movies (daytime or evening)
  
- Campfire (evening)

**Children should bring their own:**

- Personal medication
- sunscreen
- hats
- swimming costumes and quick drying t-shirts for the water.
- water bottle
- water shoes (there are some little rocks in the water)

Our experience is that there is absolutely no need for the children to bring any money. Most of the program is held within the safe grounds of the Sailing Club.

We do advise the school/teachers to bring extra money for any emergency that may arise.