



Cavendish Bear Asia Travels

The journey to Song Saa



Song Saa Foundation

Hopes and Dreams Montessori Nursery School are proud to be supporting a charity very close to their hearts, the Song Saa Foundation in Cambodia.

The Song Saa Foundation is a non-profit organisation established in 2013 to protect the habitats of the Koh Rong Archipelago and improve the welfare of its communities. The Foundation has launched a broad range of conservation and humanitarian initiatives including medical missions, education programmes and a wide array of marine conservation projects.

In their local community of Prek Sway, Song Saa Foundation has a long history of leading successful community engagement projects. These include building of the local school and ongoing support of the children's education; the creation and management of the island's first waste management centre; livelihood and farming capacity-building; and partnership with the local community fishery.

Susan Bingham, our Founder, visited Song Saa and their local community of Prek Sway in February 2019. Susan immediately felt an overwhelming heartfelt need to support the school and charity. Alongside Cavendish Bear, our Hopes and Dreams mascot, we are working together with the Foundation to make a difference to the children's lives.

Education

One of the most important projects is the continual delivery of high-class education to over 250 children within the local community. The charity runs weekly workshops and activities from the Song Saa Sustainability Centre, with a broad curriculum ranging from climate change and marine conservation, to personal hygiene and English language – and everything in between!

Your contribution could support:

- School supplies, to aid our educational outreach
 - School uniforms, for the local children
- Workshops and activities, that we run with the local children

Pack for a Purpose

The Song Saa Foundation is working with the schools of the Koh Rong Archipelago to help over 700 students receive the supplies they need for a quality education.

Due to the island's remote location and the low-income levels of their families, many struggle to afford simple school supplies. Supplies provided by Pack for a Purpose travellers will make an immeasurable contribution to the learning capacity and academic well-being of the children of the Archipelago.



www.hopesanddreams.co.uk



www.songsaacollective.com



www.packforapurpose.org/destinations/southeast-asia/cambodia/song-saa-private-island/

Hong Kong

The **Hong Kong Special Administrative Region** is one of two Special Administrative Regions (SARs) of the People's Republic of China (the other is Macau). It is one of the richest and most highly developed places in China and even the world. Hong Kong grew quickly in the decades after World War II. It is now a famous world class financial centre.

The population of Hong Kong is more than seven million. The economy has rapidly grown from a trading port to a very rich city.



Hong Kong is divided into 3 main parts:

Hong Kong Island

Kowloon

New Territories (including 235 outlying islands)

Hong Kong was a British colony from 1842 to 1997 because China lost the Second Opium War. After the Handover, Hong Kong became a part of China.



Facts about Hong Kong

Climate

Hong Kong is in a tropical area, and has monsoon winds. It is cool and wet in winter (Jan-Mar), hot and rainy from spring through summer (Apr-Sep), and warm, sunny and dry in the autumn (Oct-Dec). The rainy season is from May until September. In summer and early autumn, there is a frequent threat of typhoons.

Population and language

The population of Hong Kong reached **7 million** in 2009. Most of the people in Hong Kong are Chinese. Hong Kong is one of the most densely populated countries in the world. It has an overall density of **6,300 people per square kilometre**.

Hong Kong has one of the world's lowest birth rates—1.11 per woman of child-bearing age as of 2012. This is far below the rate needed to replace each person, 2.1.

People from Hong Kong mainly speak Cantonese. Many learn English as an additional language. Ever since Hong Kong became a part of China, the number of people who speak Mandarin has increased because Mandarin is the official language of the PRC. Some schools have a different track for each of the three languages, depending on the language the student is most comfortable with, and teach all of the subjects of the school in the language of the track.

Currency

There are coins from 10 cents to 10 Hong Kong dollars; and bank-notes from \$10 to \$1000. One American dollar is equal to about \$7.75 in Hong Kong dollars, at the official bank exchange rate.





Cavendish Bear is
on the airplane to
Hong Kong.



Cavendish Bear says
Hello to Hong Kong.



After a very long flight from
London Heathrow,
Cavendish Bear is now at the hotel in
Hong Kong and its time for bed.



Montessori
Nursery School



Night Night...

[illegible]

Thailand

Thailand is said to be shaped like an elephant's head. One fifth of Thailand is covered by monsoon forests or rainforests. Thailand has a dry season and a wet season.

Bangkok is Thailand's largest city. It is home to nearly 10 million people. Wat Pho is one of the oldest and largest temples in Bangkok. It was built over 200 years ago. Thailand's beautiful temples draw many tourist each year. The architecture and culture fascinate many who come to this country. Boats are often the fastest form of transportation in Bangkok. There are many canals and waterways that people use everyday. Roads in Bangkok can often be jammed for hours with traffic. Floating markets are more convenient for many people.



Facts about Thailand

- On the second Saturday of July, Thai children celebrate a day just for them called Children's Day. On Children's Day, Thai kids get to go out for special activities. Many places such as movie theaters may offer half-price for children's admissions. Most towns have special activities or festivals for the children. Children's Day is celebrated because the people of Thailand feel that children are an important resource of their country. A Thai proverb says, "Children are the future of the nation, if the children are intelligent, the country will be prosperous."

Area: 198,455 sq mi.

Capital City: Bangkok



Population: 60 million

Main Language: Thai

Currency: Baht



Industries: tourism; textiles and garments, agricultural processing, beverages, tobacco, cement, light manufacturing



Cavendish Bear visits the
Wat Phra That Doi Suthep
temple in Chiang
Mai Thailand.



Cavendish Bear looking around the
Wat Phra That Doi Suthep
Temple In Chiang Mai
Thailand.



Cavendish Bear enjoying some
Leisure Time in
Chiang Mai Thailand.

Laos

Hundreds of years ago, Laos was called Lan Xang, which means “kingdom of a million elephants.” Sounds like a fun place to visit, doesn't it? Elephants still live in Laos today, along with Asiatic black bears, tigers and cobras, but the forests are disappearing quickly. Most of Laos is covered by forests and mountains, which are hard to live and travel in. The people are poor and need food. They are cutting down the forests in the low lands to make room for farms. Here they grow rice, strawberries, pineapples and vegetables. Fishermen catch fish.



People have lived in Laos for more than 10,000 years. In 1779, the Siam from Thailand conquered Laos. Later, the French arrived in 1893. During the 1960s and 1970s, Laos was involved in the Vietnam War. Many people left the country. Today, Laos is a very poor country. Most people don't have electricity or running water. The Laos people are happy, though. They believe in close families and worship in the Buddhist religion.



Facts about Laos

- 5,924,000 people live in Laos.
- Currency: Lao Kip



- The country has 91,429 square miles.
- Laos capital: Vientiane



- People here speak Lao, French, English and various languages.
- Most people are Buddhist or worship animals.
- People in Laos can expect to live 54 years.
- 53 percent of adults can read.



Exploring Lang Prabang in Laos.



Visiting the Black Bears in
Lang Prabang in
Laos.



Cavendish Bear visits the
Royal Palace Haw Pha Bang in
Lang Prabang in Laos.



Cavendish Bear goes on a
sunset cruise down the
Mekong River in Laos.



Cavendish Bear Visits
The waterfall Called Kuang Si Fall
in Lang Prabang in Laos.

ກ່າວວ່າຊີວິດຂອງຄົນເຮົາຈະເປັນແນວໃດຖ້າບໍ່ມີໂຕຫມີ?
 CAN WE LIVE A LIFE WITHOUT BEARS?



All the Bears ...
 And Our very own
 Cavendish Bear.

Vietnam



Vietnam is located in southeaster Asia. A flight from London/UK takes roughly 12 hours. Vietnam is situated on the Indochinese peninsula and borders Cambodia, China and Laos. The capital city of Vietnam is **Hanoi** and the biggest city is **Ho Chi Minh City** in the south.



Facts about Vietnam

- **Population:** 90 million people live in Vietnam (2019)
- **Capital:** Hanoi with 1 million inhabitants
- **Name:** Socialist Republic of Vietnam or Viet Nam
- **Government:** Communist
- **National Holiday:** 2 September (Independence Day)
- **Language:** Vietnamese, with English and French the most common second languages
- **Literacy:** 95% of the adult population can read and write
- **Religion:** Folk religions or non-religious (75%), buddhism (10%) christianity (7%)
- **Currency:** 1 Vietnam Dong equals 100 Xu. However, coins are no longer accepted in shops. Mainly banknotes from 1000 Dongs upwards are used. 1000 VND equals 40 US cents or 30 British pence!



- **National Symbols:** five-pointed star on red field, lotus blossoms (national flower). The national colours are red and yellow.





Cavendish Bear arrives in
Hanoi in Vietnam and goes on a
Vespa tour, hold on to your hats



Cavendish Bear sets sails on
a cruise around
the Halong Bay in Vietnam.



Cavendish Bear was amazed
at the rocks in the river along
Halong Bay Vietnam.



Cavendish Bear visits the
Temple "My Son"
Hoi An
In Vietnam.



Cavendish Bear Visits a
Nursery School on the
Mekong River in Vietnam.



Cavendish Bear Visits a
school on the
Mekong River in Vietnam.

Cambodia

Cambodia is officially known as the Kingdom of Cambodia and gained independence from the French in 1953. Tropical forests cover almost half of Cambodia however these are at great risk from deforestation.

The Elephant and Cardamom Mountain ranges can be found in the southwest and western regions of the country and the Dengrek Mountains in the north. The mighty Mekong River crosses from north to south.



Tourists travel to Cambodia each year to visit the famous temples at **Angkor Wat**. These temples were built in the 12th Century and are the largest in the world.



Facts about Cambodia

- **Continent:** Asia
- **Capital city:** Phnom Penh
- **Leader of country:** King: Norodom Sihamoni Prime Minister: Hun Sen
- **Major towns:** Bat Dambang, Phnom Penh, Siem Reab
- **Population:** 14,138,000 people
- **Size:** **68,154** square miles (176,520 square kilometres)
- **Currency:** Riel



- **Official language:** Khmer
- **Major religions:** Buddhism, Islam
- **Life expectancy:** **62** years (men) 65 years (women)
- **Time zone** When it is 12.00 in London it is 19.00 in Phnom-Penh (UTC+7).

Festivals/Celebrations in Cambodia

- **Water Festival:** Over the 3 days at the end of October and beginning of November over a million people come to the banks of the Tonle Sap and Mekong Rivers in Phnom Penh. They come to watch hundreds of brightly coloured boats cruise along the river to mark the changing of the flow of the river and to say thanks to the river for giving them fertile land and lots of fish
- **Khmer New Years Day:** Mid April
- **Independence Day:** 9th November



Cavendish Bear arrives at Siem Reap
in Cambodia and catches a kissing
pose with the symbol of Buddha at the
famous Angkor Wat Temple.



Cavendish Bear arrives on the Island of Song Saa Cambodia and visits the school on the island.



Cavendish Bear meets the local
Children from the Song Saa Island
School
“Say Hello everyone”



Cavendish Bear decides to stay on the Song Saa Island to help the children with the support of all the children at Hopes and Dreams.



These are our new friends
of Hopes and Dreams
Montessori Nursery School.

The Asia Adventures of Cavendish Bear

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