T: 1-800-985-4852
E: info@realgap.com
P: Real Gap Experience, 8 Essex Center Drive, Peabody, MA 01960

Cambodia Childcare Volunteers near Angkor Wat

Adventure Relaxation Culture

Trip Name: Cambodia Childcare Volunteers near Angkor Wat **Trip Code:** CMOV **Duration:** From 2 weeks

Trip Highlights

- Make a difference helping underprivileged children in Cambodia
- Explore one of the most beautiful countries in the world
- Visit the awe-inspiring Angkor temple complex
- Enjoy the distinctive cuisine of this part of the world
- Bag yourself a bargain at a local market

Overview

Choosing to be a childcare volunteer in Cambodia could be a life-changing decision, for both you and the children in your care. You could really make a difference to the underprivileged children in the Siem Reap area of the country.

You will also have the opportunity to tour the breathtaking nearby Angkor Temples, including the incredible Angkor Wat temple.

Teaching is the main focus of your role and the work could not be more varied. From arranging structured lesson plans and taking English classes to teaching the children songs or a new sporting skill. The project is based in a small school near a pagoda (temple).

Destination Info

With a population of over 14 million Cambodia is a small country bordered by Thailand, Vietnam and Laos. It has

long been a place of great interest for travellers from far and wide and for good reason with its incredible cultural diversity.

Cambodia is a fascinating country to tour with the rich history of the Khmer Empire influencing world-renowned sites like the temples surrounding Angkor. Sadly its more recent, turbulent past witnessed the loss of nearly two million people during the Khmer Rouge regime.

In spite of this, the country remains an enthralling place to explore with friendly locals, tropical climate and beautiful wildlife.

Itinerary

You can sign up for the Cambodia Childcare volunteering for anything from 2-8 weeks. The volunteer work available to you is varied and you will soon find that the more you get involved, the more you will get out of this inspiring project. Some of volunteer activities that you may get involved with include:

- Arranging lesson plans
- Teaching English
- Teaching the children songs
- Teaching sports skills
- Teaching art lessons
- Playing with the children
- Creating new activities for the children
- Encouraging personal hygiene
- Helping with administration of the project
- Teaching farming skills

While you are volunteering in Siem Reap you will stay in a unique and peaceful hotel. It is situated away from the hustle and bustle of Siem Reap yet just a short drive from Angkor Wat. You will be working with the children from Monday to Friday 8am-11am and 2pm-5pm. Your weekends are free for you to explore the local area. Daily transport to and from Angkor Wat is provided by tuktuk, a sort of motorized rickshaw and it really is one of the best ways to tour Cambodian cities.

Accommodation

Whilst you are on your project, you will stay in a unique family run guesthouse. It is situated in the centre of Siem Reap in a quiet area, not too far from the hustle and bustle of the bars and shops so that you can explore in your free time.

You will share a fan room with up to two other volunteers. You will either have an ensuite in your room or it will be adjacent to your room and access will be exclusive to the occupants in your room. The guesthouse offers internet access and a restaurant. The guesthouse has a free safety deposit box for you to keep any valuables

Programme Services and Facilities

Internet

Internet access is available for you to use at your accommodation. It will cost approximately 500 riel for 15 minutes usage (1000 riel = 0.25$USD). On some occasions, you may be able to use the internet in the office for free of charge. Please be prepared that internet service may be slow and often intermittent.

Telephone

The international telephone access code for Cambodia is +855. To place an outgoing, direct dialled international call, dial +44 for the UK, followed by the telephone number. For example to call Real Gap dial +44 1892 516164.

Laundry

There are laundry facilities that you can use at the accommodation. It costs $1.25 for 1kg of clothes.

Meals

Breakfast will be provided for you. For lunch we recommend that you buy something from the village and take it with you to the project. For dinner, you can either eat at the guesthouse restaurant or head into the city and try the wide variety of foods on offer at the many restaurants including Khmer, Chinese and western meals. The local food is very cheap to buy and a two-course meal will cost next to nothing compared to eating out in the UK!

What's Included

- Airport transfer on arrival
- Orientation
- Shared room accommodation
- Swimming pool
- Breakfast
- Tuktuk transportation to the project only
- 24-hour emergency contact in-country and in the UK

What's Not Included

- Flights
- Lunch and dinner
- Tourist visa and departure tax
- Travel insurance

Is This Trip For You?

Creativity, child friendly behaviour and an educational background are important but not essential elements to work with our children. The activities will be held in our basic classrooms or even at the kitchen together with one of our coordinator or one of the senior students. Painting, drawing and singing are the main activities, but we welcome any other creative ideas for special workshops. Please be advised that materials for workshops will need to be provided by you and some by our in-country team. Most of which can be found in Siem Reap.

Additional Information

Orientation

Once met by a representative of our overseas partner, you will be transferred from the airport to your accommodation where you can relax and familiarise yourself with your surroundings.

The following day the co-ordinator will provide you with information about Siem Reap, Cambodia, your placement, safety and emergency, restaurants, Internet cafes, and anything else you would like to know.Please take this opportunity to ask any questions that you may have about the area or your placement.

Please note: You will need to send us a copy of your CV to pass onto the project to take part in the volunteering.

What to Pack

Please note that this kit list is intended to help you plan what you may need to take with you and therefore, you may not need all of the listed items on your travels nor is it exhaustive.

Personal Admin

- Passport, insurance certificates and personal documentation
- Photocopies of all the above to be left at home with your next of kin
- Spending money
- Cash for airport departure tax
- Proof of inoculations (please speak to your doctor about necessary immunisations)
- Guidebook on country – recommended Lonely Planet or Footprints

General

- Camera / Film / Batteries
- Notebook and pen / diary
- Torch / Extra Batteries
- Sunglasses
- Pocket-knife (comes in handy for general use)
- Water bottle – at least 1 Litre
- Day pack/rucksack for everyday use
- A 3-Season Sleeping bag (especially useful when on weekend excursions)
- Mosquito Net (if required)
- Personal enjoyment - books, cards, music, to enjoy with your fellow volunteers etc.
- Personal hygiene items (deodorant, soap, shampoo, toothbrush etc)

Clothing

- Hat
- Sandals
- Waterproof Jacket
- Fleece/pullover (for cool evenings)
- Long trousers
- Warmer clothing for winter
- Swimwear
- Towel

Medical Kit

- Personal Hygiene Kit (ex. Antihistamines, Anti- diarrhoea tablets, headache tablets)
- Personal Toiletries
- Sunscreen
- Mosquito and insect repellent

Do we need to prepare anything before we arrive?

The more preparation you do beforehand, the better equipped you will be to 'handle' the kids before they 'handle' you. Please try and remember your childhood games or activities and bring them along to share. Keep in mind most will need to be adapted to overcome language and developmental barriers. The simpler the better! Interactive lessons and games involving props, drama and fun are especially good. Initiative is our most needed resource! Please come prepared to think on your feet and give it your all.

Minimum Age

Minimum age 18 years old, maximum decided on potential participant's health.

Flights

Your flight to Cambodia should arrive at Siem Reap on your programme start date, and your return flight should be arranged for your programme end date.

To book your flights, please contact your Travel Advisor who can look into the best flight quote for you.

It is important that once you have booked your flights you add these details to your Online account, or alternatively, you can contact us with your departure date, the flight number and arrival time at your destination.

FAQs

1. **What are the typical group sizes?**
   Groups sizes vary depending on the time of year, but generally you can expect to be with between 4 and 8 fellow travellers.

2. **How much spending money would you recommend I take?**
   If you are on a tight budget you can get away with £80 Per week. If you want to do some travelling in your free time then you will need a bit more.

3. **What are the average ages of travelers on this trip?**
   The majority of participants on this program are aged between 18-30, however it is popular with travelers of all ages.

4. **I am a first time traveler, and a bit apprehensive about travelling on my own. Do many people do this by themselves?**
   The majority of our participants are solo travelers, so you will be one of many in the same position. We e-mail out a buddy list 2-3 weeks before you start, so you can begin to get to know one another beforehand.

5. **Is Cambodia safe?**
   Absolutely, and you have co-ordinators with you at all times to ensure your safety.

6. **Do I need to take a sleeping bag?**
   No, all bedding is provided for you.

7. **Do I need to take a mosquito net?**
   No, this is not necessary as you will be in a main city.

8. **Will there be a safe/safety deposit box?**
   Yes, there will be somewhere available for your to keep your valuables safe.

Police Check

This trip requires a Police Check to be carried out - please contact us for further information on how to do this.

Support & Advice

Your safety is paramount which is why all our programs have been visited and assessments have been conducted to ensure any major risks have been minimized.

In addition, you will have access to a 24 hour emergency contact number so you can contact one of our staff at any time should you need to. In addition our overseas partners and coordinators are on hand in-country to assist you.

Financial Security

We know that the last thing you want to worry about when you're planning your trip of a lifetime is whether your money is in safe hands. As a leading global gap year provider it's our job to make sure your finances are secure, so when you book with us you can be confident that we do just that.

Real Gap Experience is part of TUI Travel Plc, one of the largest travel organisations in the world, and these days in the travel industry, large means secure.

Insurance

Whether you're traveling for two weeks or two years, trekking the Amazon in Ecuador or on safari in Africa, insurance is an essential part of your adventure and will help you enjoy your travels, secure in the knowledge that you have the protection you need. In fact, everyone traveling with us must have adequate cover before their trip begins.

Of course you are free to buy insurance from any provider, however at Real Gap Experience, we have partnered with World Nomads to offer policies that have been specifically designed to meet the needs of global travel. If you think you're already covered by an existing policy, such as those offered by credit card providers, check the policy wording very carefully to ensure it covers you for your Real Gap Experience.

For more information on travel insurance please contact us to speak to one of our travel advisors.

Money Matters

The unit of currency in Cambodia is the Riel (KHR; symbol CR) with notes in denominations of CR100,000, 50,000, 20,000, 10,000, 5,000, 2,000, 1,000, 500, 200 and 100.

The US dollar tends to be more widely used by travellers and is accepted all over Cambodia – make sure you carry your US dollars in low denomination notes. However, it is always best to have about US$10 worth of riel kicking around, as it is good for motos, remorque-motos and markets. If you pay for something cheap in US dollars the change comes in riel. In remote areas of the north and northeast, locals only deal in riel or small dollar denominations.

There are credit-card-compatible ATMs (Visa and MasterCard only) in most major cities and the machines all dispense US dollars.You'll find your money goes a very long way if you purchase local foods and drinks.

Meal, Inexpensive Restaurant 2.75 $

Domestic Beer (0.5 litre draught) 1.55 $

Coke/Pepsi (0.33 litre bottle) 1.00 $
Water (0.33 litre bottle) 1.00 $

(Prices quoted in US Dollars)

Passports and Visas

Passports and visas are the responsibility of the individual traveller. The visa requirements for your trip vary depending on where you are from and where you are going. As a general rule most countries expect that you will have at least 6 months' validity on your passport beyond your intended stay. It is your responsibility to have the correct personal documents and to obtain your own visa, if one is necessary, and you should consult the relevant embassy.

Cultural Considerations

Cambodia is a developing country and you will see places and people far less fortunate than yourself. The accommodation you will be staying in is very basic and you will not have the luxuries that you may be accustomed too in this country. Please respect that this is the way locals live and take the opportunity to experience this new way of life.

The friendly people, the great atmosphere and beautiful location will more than make up for this. Most travellers enjoy this change in life style. It is very healthy, refreshing and opens your mind to a new world.

Upon meeting one another, Khmer people greet each other with a bow, with the hands meeting in prayer. As commonplace throughout Southeast Asia, you should welcome others with your palms together in a prayer with your fingers facing upwards. It is not acceptable to pat others on the head, please refrain from doing so, as locals believe it to contain the persons' soul.

Please be prepared that you may be asked many questions by the local community such as 'How are you?' or 'Are you married?' or 'How old are you?'. Please do not take offence to these personal questions- the locals are always trying to learn the English language and trying out their new conversational skills with visitors to the area.

Tipping

Tipping is not customary in Cambodia, however the locals will appreciate any gratuities if they provide you with a good service.

Religion

Hinayana Buddhism is the principal religion in Cambodia with around 90% adhering to this faith. Monks with alms bowls are quite an ordinary sight in Cambodia.

Clothing

Please ensure you respect the local etiquette when visiting the wats (temples), by following the guidelines below:

- Refrain from wearing shorts or tank tops
- Remove your hat and shoes upon entry to a wat or vihara (sanctuary)
- Khmer women dress fairly conservatively, and you expected to do the same, long sleeved shirts and trousers or skirts for women are preferred

Smoking, Alcohol and Drugs

Smoking and drinking is acceptable in Cambodia and readily available. However, please respect other people. Smoking is not permissible in volunteer apartments or the host families' homes. Drinking is only permissible in moderation and must not impact upon any volunteer work you undertake. While we want you to have fun in your free time, antisocial behaviour will not be tolerated.

Bathroom Facilities

You will experience a range of different shower and toilet facilities. Unless you are staying in a hotel you will rarely have hot water. The cool water takes a little getting used to but I'm sure you'll find it refreshing after a hot and humid day. Toilets will be a combination of western and Asian. Remember to put all toilet tissue in the bin provided and not in the toilet.

Whist on excursions you will notice that many places do not have a western toilet and will have a typical Asian toilet; again this is all part of the Asian culture. Also, many places do not have soap in the bathrooms. It is a good idea to take a small bottle of soap gel and keep it in your day bag. This is an antibacterial gel that you don't need to rinse off. These are available in chemists in the travel section.

Vaccinations & Health

Travel health can often be something people forget about before going away, but a little preparation and knowledge can go a long way to help you stay fit and healthy while abroad. The risks to your health whilst travelling will vary depending on your general health and the type of activities you are going to be partaking in and the length of your stay.

Since we are not medically qualified, it is recommended that you consult with your Doctor or a recognised Travel Medical Advisory Service who will assess your particular health risks before recommending vaccines and/or anti-malarial tablets and advising you on what precautions you should take.

Safety

As in most countries, there are locals in Cambodia that will always take advantage of tourists; the following advice is intended to help you stay safe:

- Always keep your personal items such as passport, money and camera with you or in a safe place. You can buy mini padlocks to prevent people from going into your backpack without your permission.
- Try not to carry more than USD $50 with you at any one time
- Always walk around in groups
- Stick with the escorted trips. If you do go out in the evening unescorted, you do so at your own risk. Please tell the co-ordinator or your home-stay family where you are going and what time you will be back.
- A tuk tuk is the most common mode of transport used in Cambodia, we recommend that you use this type of transport to visit local attractions.

This information is not intended to scare you. Unfortunately, bad things can happen, as they can do in any country and we want you to be prepared. We want you to stay safe and have a good time.

Khmer people are generally very friendly people and easy to get along with. Please be friendly, respectful and stay aware and you will have a great time.

We advise that you check your government's advice before travelling abroad. For UK, American and Australian customers please see the relevant links below;
UK: www.fco.gov.uk
USA: www.travel.state.gov
Australia: www.smartraveller.gov.au

ATM Theft

It is very likely that you will need to withdraw cash at some point during your travels. Please be cautious when withdrawing money from an ATM and ensure that you are vigilant of other people near the ATM, especially those that offer unsolicited assistance if your card is detained. It has been recognised that individuals are operating unlawful withdrawals by placing 'traps' in ATMs whereby personal bank cards are being detained, causing the victim to believe their card transaction has not been completed, and leaving their bank card in the ATM which is then later retrieved by the thief.

If your card is confiscated or you are concerned that your card has been tampered with, please report immediately to the bank or cancel your card. Every now and then, some ATMs in Cambodia run out of money, if this happens during a transaction, please contact a member of staff at the bank in Cambodia and contact your bank at home, taking note of the time it happened.

Language Guide

Khmer is the official language in Cambodia; however, English and French are widely spoken. We suggest you obtain a Lonely Planet or language guide for the destination(s) you are travelling to.

Below are some useful Khmer phrases to remember when you get to Cambodia:

Hello - *joom reab sour/sour sdei*
Please - *suom*
Excuse me - *suom tous*
Thank you - *ar kun*
Yes (by women) - *jas*
Yes (by men) - *bat*
No - *te*
How are you? - *tau neak sok sapbaiy jea te?*
Goodbye - *lear heouy*
Where is a/the…? - *tau…nouv eir na?*
How much is a room? - *chnoul mouy bantuop tleiy ponmann?*

Food & Drink

Khmer cooking is very similar to the food you would find in Thailand just without the spices. Rice and fish are the main staple foods in Cambodia and most dishes are cooked in a wok, known locally as chhnang khteak. The local delicacy is Amok (fish cooked in coconut milk) though many dishes are prepared with chicken, pork or beef. You will find an array of tasty shrimps and crab along the coast. Phnom Penh offers a cosmopolitan variety of food, where you will be able to try original recipes or for those less adventurous, Western food is also available. Please remember to let us know before you depart if you have any special dietary requirements.

Public Holidays

When planning your trip, you should be aware of the major national holidays celebrated throughout the country. However, although businesses and government offices are closed on public holidays, tourist attractions and shops are almost never closed. The main impact on the tourist of these holidays is the increased competition for travel and accommodation from Cambodians who use long weekends to get away from the big city.

To view a list of the public holidays for Cambodia please see the link below:

www.worldtravelguide.net/cambodia/public-holidays

Weather

The climate of Cambodia is tropical. There are two different seasons, the wet and the dry season. The wet season runs from May through to October, where the southwestern monsoon carries strong winds, high humidity and heavy rain-though mainly in the mornings. The dry season, carried by the northeastern monsoon lasts from November to April and brings little rain.

Time

Cambodia is 8 hours ahead of GMT

Electricity

Electricity in Cambodia uses 230 volts, 50Hz. There are two types of plug sockets used in cambodia;

Flat blade

or

Two round pins

Trip Note Disclaimer

The information contained in this trip note has been compiled with great care and is provided in good faith. Any itinerary featured is correct at time of release. However, our itineraries may change as make improvements that result from travellers' comments, our own research or from time to time as a result of reommended travel advice.

You can rest assured that it is always our goal to provide you with the most rewarding trip and experience ever!

Our Details

If you have any questions about this trip please do not hesitate to contact us and we'll be happy to answer them.

Phone: 1-800-985-4852
Email: info@realgap.com
Post: Real Gap Experience, 8 Essex Center Drive, Peabody, MA 01960
Web: www.realgap.com