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

Cambodia Childcare Volunteers Phnom Penh

Adventure Relaxation Culture

Trip Name: Cambodia Childcare Volunteers Phnom Penh **Trip Code:** CMCV **Duration:** From 2 weeks

Trip Highlights

- Explore this cultural capital city and see its famous French architecture
- Use your skills to make a difference to the lives of the children
- Get to know the locals and their renowned hospitality and enthusiasm
- Be amazed by the warmth and friendliness of Cambodians despite their recent tragic past
- Feel the rewards of helping those who really need and appreciate it

Overview

This is an amazing opportunity to work in a Cambodia care centre and for you to give the children of Phnom Penh a chance of a brighter future. You will make such a difference to the lives of these disadvantaged children by providing them with the vital education and care they are in desperate need of.

Working at the Cambodia centr, which has been set up by a well respected team of locals, you will be able to help educate the children through teaching English, as well as teaching art, performing arts and sports. This rewarding experience will give you the opportunity to immerse yourself in the nation's culture, and see first-hand how Cambodia is moving forward

Destination Info

Cambodia lies on the Indo-Chinese peninsula. It is bordered by Thailand, Laos and Vietnam.

Still recovering from its turbulent past when nearly two million civilians died during the Khmer Rouge regime led by Pol Pot, Cambodia is a very deprived, yet fascinating destination that offers mesmerising sights to explore as well

as a diverse culture and an affable civilisation.

Phnom Penh is as exotic as it sounds. The Royal Palace and the Mekong River means Phnom Penh is one of Asia's undiscovered gems. Phnom Penh is a vibrant, busy city with motorbikes whizzing around and scents waft around from the market stalls. It is not just another modern Asian capital; it is a more traditional place that travellers flock to.

Itinerary

As part of this volunteer programme we work with two projects in Cambodia, a library and community project. You will be allocated on arrival to one or the other depending on the needs of the two projects at the time.

Community project
This is a small community project in Phnom Penh that works directly with families who are at risk of child trafficking. Through education, medical care, social support and community work, their children are given an alternative life.

The project is situated in a slum area close to the Tonle Sap river.The children are aged from 5 years of age to 20 years old. There are two classrooms, one holds children from 8 to 13 years of age. The other classroom has children from 14 to 17 years of age, this class studies through conversation.

Library project
A large proportion of the people in Phnom Penh city that live under the poverty line. This has lead to many children begging on the streets, scrap collectors or cart pullers which means that they do not have the time or money to be able to go to school and get a vital education; something that would truly help their families in the long run.

In 2009 an organisation decided to set up a library in the poor area to provide informal education to the children and provide English classes. The project also provides reading books for the children that can't afford them. There are approximately more than 100 children attending the library and are aged between 7 and 18 years of age. There are now 3 classrooms for teaching English.

As a volunteer you will provide the children with essential attention, support, care and the vital education they need. You'll be given the special opportunity to act as a role model to the children; encouraging them to develop an enthusiasm for education and helping them develop their skills.

Teaching will be the main focus of your role. Volunteer activities include:

- Arranging lesson plans
- Teaching English lessons
- Teaching drawing and painting
- Helping with health education
- Taking care of children during class

The working hours at the project will be Monday to Friday 9am-11am and 1pm-3pm, leaving your weekends free to explore the area. Transport to and from the shelter will be by tuktuk, which is one of the best ways to get around Cambodian cities.

Please note: Itineraries and activities are subject to change.

Cambodia Childcare Volunteers Phnom Penh

Cambodia has only recently started to recover from a civil war that affected the whole country, when the Khmer Rouge specifically targeted the educated people in the communities. The country however has proved to be strong and is slowly moving forward and aspiring to be accepted as part of the developing world. It is doing so by providing a decent education to everyone, so that Cambodia can compete with its neighbouring countries for trade and tourism. The Paris agreement of 1993 has allowed the people of Cambodia to have the opportunity to vote for the leader of their country, meaning they could move from a country of Communism into Democracy.

The effects of these tragic events can still be felt by some. Many people lost family members, children were left without parents or with parents that could not support them. Cambodia's need for volunteers is to provide assistance with the children of Cambodia, particularly their need for an education. The projects that we work with are privately funded however they do not have sufficuient funds to finance the number of teachers and carers that are needed for the number of children at the project. That is where you come in! By volunteering at these projects you will be in a position to improve the education of the students and provide them with a role model and coach.

Accommodation

You will be staying in a guesthouse. The guesthouse is located near a popular market. Your accommodation at the guesthouse will be twin share with a fan. All the rooms are equipped with a cable TV. Volunteers can use the guesthouse laundry service.

Programme Services and Facilities

Internet

Internet access is available for you to use at the lodge. For 500 riel you can use the internet for 15 minutes (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.

To make calls abroad you have two main options. You can use an Internet phone which is located 50 metres from your accommodation and costs from 200 riels / $0.05 per minute, or you can make a phone call direct from your accommodation, which will cost 2000 riels / $0.5 per minute.

Laundry

There is a laundry service available at your accommodation where it will cost $1.25 per kilogram of clothes.

Alternatively, if you would like to have it done a little cheaper there are other laundry services nearby for around $1 by hand.

Meals

Volunteers will need to arrange food for themselves, however there is a restaurant in the guesthouse and many more in the surrounding neighbourhood. Eating out in Cambodia is relatively cheap.

What's Included

- Airport pick-up
- Orientation on arrival
- Tuktuk transfer to and from the project
- All accommodation
- 24/7 emergency assistance, and full onsite support
- An English speaking project co-ordinator
- Project transportation

What's Not Included

- Tourist visa
- Travel insurance
- Flights
- Meals

Is This Trip For You?

You may be the only volunteer at your chosen project at any one time. However, you will still have the full support of your in-country team and those at the project. If you are looking for a group volunteering experience we have plenty of options for you to consider.

Additional Information

Project Requirement

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

Teaching Aids

- Flashcards
- Visual aids such as pictures
- Paper and pens
- Whiteboard markers etc.
- Pictures of yourself and the area you are from - useful when doing a self introduction

You will find these resources very useful when teaching the children. You may also want to budget a small amount of money to buy some materials when you are in Cambodia if you prefer.

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

18 years

Minimum Numbers

There are no minimum numbers on the trip.

Please note: you may be the only volunteer at your chosen project at any one time. If you have any questions about this, please feel free to contact us

Flights

Your flight to Cambodia should arrive at Phnom Penh International Airport on your programme start date, and your return flight should be arranged for your programme end date.Please note, there will extra transfer charge of $6 per person for those volunteers arriving late at night (from 20:00 - midnight).

To book your flights, please contact your travel advisor who will do their best to get you the best deal on the day. Please provide them with your full name as it is stated in your passport. Before you make the call please make sure you have your required departure dates, return dates and other details you may require.

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. **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.

2. **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.

3. **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.

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

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

6. **Do I need to take a mosquito net?**
   No, you will not need to take one with you.

7. **Is there a safe/safety deposit box for my valuables?**
   Yes, there will be somewhere available for you to keep your valuables.

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. 4,0000 Riel is equal to approximately US$1

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.

Please be aware that torn, drawn on and tatty US$ notes are often not accepted, so please take care of your notes at all times.

Coins are not used in Cambodia, which takes a bit of getting used to.

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 third world 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 to 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 are 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 6 hours ahead of GMT in the summer and 7 hours ahead of GMT in winter.

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.

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Web: www.realgap.com