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Cambodia Youth Development Phnom Penh

Adventure



Relaxation



Culture



Trip Name: Cambodia Youth Development Phnom Penh **Trip Code:** CMTV **Duration:**

Trip Highlights

- Exploring this cultural capital city and seeing its famous French architecture
- Using the skills you have to make a difference to the lives of the children
- Getting to know the locals and their renowned hospitality and enthusiasm
- Being amazed by the warmth and friendliness of the local people despite their recent tragic past
- Feel the rewards of helping those who really need and appreciate it



Overview

Travel to Phnom Penh and offer children your skills and experience to help them out of poverty. Teach English, take drawing and painting lessons, draw up lesson plans and encourage children to develop their vocational skills. Your help and hard work will give them a chance of a better future.

You will have an extremely rewarding experience, with ample opportunity to explore beautiful Cambodia. In your free time you can hire a tuktuk and explore Phnom Penh as well as visiting the National Museum, Genocide Museum or the famous Killing Fields to learn more about the country's turbulent past.

Destination Info

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

Still recovering from its turbulent past where it witnessed a loss of nearly two million civilians during the Khmer Rouge regime, Cambodia is a very deprived, yet fascinating destination that offers mesmerising sights to explore as well as a diverse culture and an affable civilisation.

Cambodia Youth Development Phnom Penh

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



You will work at a centre set up by the local community. The project is based at a refuse site and you will be teaching children whose parents work at the site. These children are not able to access mainstream education due to educational costs.

As a volunteer you will provide essential assistance with lessons, while also helping with the general running of the project. The skills that you teach will go a long way to enable these youths to become more independent and help others with their knowledge.

As a volunteer your activities will include teaching English (if you have your TEFL qualification - please see programme requirements), drawing and painting, and helping to arrange lesson plans. You will also be helping give the children valuable health education advice and ensuring that the classroom is clean and tidy.

Aside from teaching English, as long as you have the relevant experience and for some areas, the right qualifications, you can get involved with teaching many different vocational skills. These include:

- Nail painting
- IT*
- Management
- Healthcare*
- Gardening
- Painting and decorating

*Qualification required

Accommodation

During your placement you will be staying at a guesthouse in a great location near a popular market. The room at the guesthouse will be on a twin share basis with another participant on the project. All the rooms are equipped with a cable TV and a fan to keep you cool. You will be able to use the guesthouse laundry service.

Meals

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

What's Included

- Airport transfer on arrival
- Orientation on arrival
- Tuktuk project transfers
- Accommodation
- 24/7 emergency assistance
- Full onsite support
- Project transportation



What's Not Included

- Tourist visa
- Travel insurance
- Email and telephone calls
- Any extra activities
- Meals



Minimum Age

Minimum age 18 years old.

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 5 and 15 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.

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 programmes have been visited and assessments have been conducted to ensure any major risks have been minimised.

In addition, you will have access to a 24 hour emergency contact number so you can contact one of our UK 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 and Real Travel are part of TUI Travel Plc, one of the largest travel organisations in the world, and these days in the travel industry, large means secure.

Beware: Don't book with an organisation that has no financial protection for their clients. Not only are they breaking the law, you could lose all your money or be stranded overseas.

Our ATOL licence (6527), offers complete financial protection for any flight inclusive trips. To acquire an ATOL licence we have to undergo a very rigorous inspection from the Civil Aviation Authority, so you know that we tick all of the boxes. The ATOL license means that no matter what happens to us, your money will either be returned or if you've already left, your trip will be guaranteed.

We are also a Member of ABTA which means you have the benefit of ABTA's assistance and Code of Conduct. Many of the travel arrangements that we sell are protected in case of the financial failure of the travel company. If you have any questions about the financial protection that applies to your booking then please ask our team and they'll be happy to help.

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

Cambodia Youth Development Phnom Penh

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.

Whilst 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 General Practitioner 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.

A useful website to visit in the first instance is <http://www.fitfortravel.scot.nhs.uk>

Zika Virus

Zika virus is transmitted by Aedes mosquitoes and whilst the infection often occurs without symptoms it can cause an illness similar to dengue fever. There has recently been reported a possible link between exposure to Zika virus (ZIKV) in pregnancy and microcephaly and other congenital malformations and investigations are ongoing. We recommend you visit the [FCO website](#) and select your destination country for the latest travel advice prior to booking.

If you are already pregnant it is recommended you seek medical advice from your GP as [The National Travel Health Network and Centre \(NaTHNaC\)](#) advises you should consider avoiding travel to areas where ZIKV outbreaks are currently reported.

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...nouy 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 Foreign and Commonwealth Travel Advice.

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

Volunteer numbers

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.

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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