

# CAMBODIA



## CONSTRUCTION VOLUNTEERING IN THE COMMUNITY IN SAMRAONG

Get your hands dirty and help the poorer communities in Oddar Meanchey Province in Cambodia with their construction projects. The main construction site of this construction effort project is at a local school allocated to the poor, but also can take place on another 'site' in the area where development construction assistance is needed.

While assisting the local community with their developments you will gain valuable experiences and cultural exchanges together with the Cambodian people.

**Thank you for your interest in volunteering on this Project. Below is a description of what you can do and expect. You can volunteer whether you're taking a gap year, on a career break, retired, or on a holiday with a purpose. No matter what your age or experience, we look forward to welcoming you to the team!**

## WHAT DO YOU GET?

### SELF-DEVELOPMENT:

- New skills, more confidence, a greater understanding of a different culture, invaluable personal and professional development.
- The enormous satisfaction of helping the local community and the local school and knowing you made a difference to them.
- An entry on your CV or résumé that will put you head and shoulders above most others in the job market.

### SAFETY AND SECURITY

- Your safety is our top priority. We risk-assess all destination countries, projects, accommodation and more to ensure that they are stable and safe.
- We have experienced local staff with 24/7 back-up and support who are there to assist you and look after you, starting with an in-depth induction on your arrival.

### AN ADVENTURE!

- An exciting, never-to-be-forgotten adventure into Asia and the Cambodian culture, and best of all ... **an unforgettable experience!**

## SUMMARY

**Prices:** From **£495**, excluding flights. See our [Full Price List Online](#)

**Duration:** From 1 week to 12 weeks or longer, subject to visa requirements

**Start Dates:** All year round, you choose your start and finish dates.

**Requirements:** No qualifications or experience required, just lots of enthusiasm.

**What's Included:**

- ▶ Arranging your Programme,
- ▶ Payment Protection insurance
- ▶ Food
- ▶ Meeting you at the nearest airport
- ▶ Transport to and from your project
- ▶ 24-hr emergency support.
- ▶ Full pre-departure support and assistance,
- ▶ Accommodation
- ▶ Certificate of Completion
- ▶ Transfer to your accommodation
- ▶ Local in-country team support and backup
- ▶ Free T-Shirt.

**What Not Included:** Flights, Insurance, Cost of Visas (if a visa is required), Return transfer to airport.

## PROJECT OVERVIEW

### WORK CONTENT:

This projects aims to improve the quality of live for under-privileged people in Samrong, and this construction project, with volunteer help, greatly improves the environment of poverty-stricken people.

In particular, much of the local school has been built with the help of previous volunteers and local tradesman and you'll be able to continue to assist in the construction of a new pathway, toilets as well as building walls and renovation of the nearby area.

We are also set to work on some "educational art", so if you also have some artistic talent, your skills would be gratefully received! The objective is to have several walls on which to display images and sketches of volunteers' home countries.



### Schedule:

#### Monday-Friday

On your arrival, you'll have a meeting with the Coordinator to discussing what will be required during your stay at the project.

There is a focus on light construction work and you will be expected to help with some or all of the following activities:

- paint the school buildings,
- work in the vegetable garden, and the flower garden,
- make tables and chairs,
- build various elements in the playground,
- help to construct pathways,
- build toilets,
- repair the school wall,
- help build the new classrooms

Construction and renovation work is available where required. Tools and equipment, as well as instructions will be provided.

**Weekends:** are always free after each project. You can relax at your Home stay accommodation, take a bicycle into town, or expand your sightseeing and visit the many more sites in the Oddar Meanchey Province. You could also take a taxi into Siem Reap for the weekend and visit the amazing Angkor Wat Temple. Friendly staff are always there to make your choice easier with advice.

*“My girlfriend wanted to have a meaningful birthday so she encouraged me to take up this volunteer opportunity in Cambodia.*

*I had never done such volunteering work in my life so it was indeed an eye-opener. It was extremely fulfilling.”*

le Ting Tan

## ACCOMMODATION

### ACCOMMODATION:

You will be housed with local home-stay families, at the volunteer house or in a guest house where this is not feasible (for example in the case of larger groups).

There are limited laundry facilities so expect to wash your clothes by hands at the volunteer house or at the home stay, but there are some places that you can do laundry in the town too. You will be encouraged to be environmentally aware and to use all resources with restraint, especially water, paper and electricity.

### Transportation

In Samrong you can easily get a motorcycle to go anywhere, or you can borrow a bike at the centre. The roads in and to Samrong are very good now. It takes much less time to go somewhere compared to few years ago.

### Money issues

In Samrong you can exchange money and traveller's checks at the bank. The nearest ATM is in Siem Reap, so please make sure you have enough money with you before leaving to go the town. However, you will probably not need much money there!

### Weekends:

Are always free after each project. Relax at your Home stay accommodation, take a bicycle into town, or expand your sightseeing and visit the many more sites in the Oddar Meanchey Province or take a taxi to Siem Reap for the weekend. Friendly staff are always there to make your choice easier with advice.

### FOOD:

All food is included during your stay. The meals will be typical Cambodian fare, including plenty of rice dishes.

### A little about Cambodian food:

Cambodian food has generally been influenced by Chinese and French cuisine, and also shares many common dishes with Thai food, although not as spicy. The staple food for Cambodians is rice. Almost every meal includes a bowl of rice, although noodles are also popular. A wide range of curries, soups and stir fried are served with rice. Typically, Cambodians eat their meals with at least three or four separate dishes. A meal will usually include a soup, or salmon, served alongside the main courses. Each individual dish will be either sweet, sour, salty or bitter. Chilli is usually left up to the individual to add themselves.

Khmer cuisine also uses many vegetables, some of which are very unusual, such as different and unusual local varieties of melon, beans and squash. Fish is the most common form of meat in Khmer cuisine, including dried salted fish known as **trei ngeat**. Getting to taste and know local cooking is one of the many delights of living in a foreign country.



## WHY TRAVELLERS WORLDWIDE?

- Over 20 years' experience of sending thousands of participants overseas, plus the largest variety of flexible projects that are value for money!
- Accredited projects helps appeal to future employers
- Excellent support!
- Your own dedicated Project Co-ordinator to answer all questions before, during and after your trip of a lifetime!
- Detailed information on your project and country and suggestions, safety guide, tips and checklists, via our EXTRANET, available from anywhere, 24/7.
- 24/7 emergency helpline for you and your family
- Free pick up from the nearest airport.

## HOW YOU MAKE A DIFFERENCE:

By joining a Travellers Program you enable us to keep donating money to worthwhile projects around the world; from clothing and feeding school children, building playgrounds or funding vital conservation research - your participation makes these donations possible.

Donations to **Bridge The Gap Foundation**. This Foundation was set up by us to donate directly to particularly worthwhile and necessary projects for children and animals around the world, and partners with other NGO's to raise match-funding for worthy projects.

The price of this project is a reflection of the following costs:

- |  |   |
|--|---|
| ✓ Accommodation and Food                   | ✓ UK administration   |
| ✓ Free T-Shirt                             | ✓ Marketing (brochures, website design and maintenance, attending careers fairs, advertising, website listings and presentations) |
| ✓ Meeting you at the airport               | ✓ Project Research/Site Inspection  |
| ✓ Transport to and from your project       | ✓ Staff Training/Equipment  |
| ✓ Local in-country team support and backup | ✓ Donations to worthwhile projects  |
| ✓ 24hr emergency helpline                  |   |
| ✓ Full pre-departure support               |   |

*"Caitlin, our in-country support, was amazing. She was really helpful, supportive, encouraging and enthusiastic. She was particularly helpful in getting the ball rolling in terms of sorting out flights with only weeks to go!"*

**Gemma Bleakley**

## ADDITIONAL INFORMATION

Got any questions? Please email us: [info@travellersworldwide.com](mailto:info@travellersworldwide.com)

Once you have applied for a placement, we'll contact you and send you our Welcome Pack. You'll also receive Log-on details and password for our Volunteer Extranet where you'll have access to all the documentation and information which we've put together to facilitate preparations for your adventure!

Your Project Co-ordinator for your country will liaise with you throughout the arrangements process, as well as while you're on your placement and on your return home. The documents you'll have access to also include a Country Fact file, Safety Guide and any manuals that may assist you on your particular programme (for example, Teaching Guide, Sports Manuals, Enrichment Suggestions for Animal Care, etc.). We do all we can to make your stay one that you'll never forget. As with all our destinations, the culture and heritage is different to what you're used to ... which, although one of the most exciting aspects of travelling, should be borne in mind. Self-reliance and independence are highly appreciated in all our destinations and will help you to make the most of this wonderful opportunity!

# THINGS TO DO IN CAMBODIA

## LOCATION, EXPLORING AND SIGHTSEEING:

**ANGKOR WAT:** Surrounded by beautiful rice fields, lakes and jungles truly one of mankind's most incredible achievements, this ancient city of temples will take your breath away and leave you traipsing through a mystical magnificent past. Built between 800 - 1200 AD by the Khmer Empire, more than 200 temples have been restored, to some extent enabling you an insight into life from this time. There are more than 1,000 ancient sites of Angkor although several are now almost entirely gone. Angkor Wat is a symbol of Cambodia and is the country's prime attraction for visitors.

**SIEM REAP:** Is a lively stop off destination on the South Asia tourist trail! With the flat plane jungle ruins catapulted to fame via Lara Croft just over the outskirts, the town is geared up for travellers and this is no more evident than in 'Pub Street' a place to drink beer and make new friends. Siem Reap was a fashionable destination for the 1960's elite pack wanderers and, according to the Lonely Planet, is once again one of the most popular spots on the planet today having reinvented itself as the heart of Cambodia, scattered with guesthouses, superb food and a steady flow of tourists from near and far.

Although developing fast, Siem Reap retains its charm with colonial, Chinese and old-style French architecture, shady boulevards and a river amidst the upsurge of hotels and new resorts. In the city, you'll find traditional dance, craft shops, silk farms, rice-paddy countryside, fishing villages and markets of all kinds! Other local attractions include Angkor National Museum and the Cambodian Cultural Village.

This is a great time to be here. Siem Reap is a place you can get stuck, in the best possible way. The temples of Angkor are to be savoured leisurely and the city to be discovered and enjoyed at any pace you desire!

Although the second main city of Cambodia, the city itself is fairly small and feels more like a town than a city. Most people in this area are farmers. Despite the tourism industry, the people are generally extremely poor, even by South East Asian standards. Silk farming is particularly popular. The local population is 171,800 with Buddhism the major religion and Khmer the local language, although most people speak English and also some French.

There is an International Airport in Siem Reap and a very good bus service connecting to Phnom Penh.



## HOW TO BOOK

### TWO EASY WAYS ...

Complete a [booking form](#) online.

Telephone  
01903 502595 (UK)  
or  
1-603-574-4935 (USA)



**THANK YOU FOR YOUR INTEREST IN OUR PROGRAMME!**

**We hope you'll join us!**

**Don't hesitate to contact us with any questions.**

**We're happy to help you plan your exciting adventure!**

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