



Travellers Worldwide is a leading International Provider of  
Volunteering Programmes, Work Experience Internships  
and Cultural Courses Abroad

# CAMBODIA



## MEDICAL WORK EXPERIENCE IN A HOSPITAL IN SAMRONG

Give back to the local rural community and at the same time gain valuable medical work experience in a variety of tasks at the Samrong hospital in Oddar Meanchey Province. The hospital offers affordable health treatment and has also recently introduced a free HIV testing facility. Consequently they are inundated with patients, which is not helped by being under-staffed.

You'll absorb new knowledge and information from the medical staff and the hospital.

**Thank you for your interest in 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 people in a hospital that is struggling with a shortage of staff.
- 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!**

2A Caravelle House, 17/19 Goring Road, Worthing, West Sussex, BN12 4AP, UK  
Tel: UK +44 (0)1903 502595, USA: 1-603-574-4935. Email: [info@travellersworldwide.com](mailto:info@travellersworldwide.com)

TravelQuest Ltd t/a Travellers, registered in England & Wales, Registered Office: 7 Mulberry Close, Ferring, West Sussex, BN12 5HY, Reg. No. 3072191, VAT Registration: 786540201

## SUMMARY

**Prices:** From **£695**, 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:** You should either be studying at University or to be qualified.

**What's Included:**

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

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

## PROJECT OVERVIEW

### WORK CONTENT:

The hospital you'll work at aims to offer affordable health treatment to the inhabitants of the town of Samrong. The hospital has recently introduced a free HIV testing facility. Consequently they are inundated with patients, which is not helped by the fact that they are under-staffed.

You'll be able to help by transferring your own knowledge and you'll be able to absorb new knowledge and information from the medical staff and the hospital.

A variety of options and experiences are available to you on this medical placement. Depending on your skill level and experience, we will find the correct role for you in which to fully optimize your abilities and enable you to contribute to the hospital.

You'll begin your programme by observing and monitoring daily hospital practices. After this you will progress to a more "hands on" role at the hospital. How 'hands-on' you'll be will depend on your level of study, qualifications or experience.

This specific program is designed to give you the maximum level of interaction in the hospital. In accordance with Cambodian law, this will always be under the supervision of a doctor. The hospital is equipped with the following:

- There are 84 beds
- Staff is currently made up of: 15 doctors, 36 nurses, 2 mid-wives
- There is a maternity ward
- This hospital is known as a Level 2 hospital, known as CPA 2, which means Completed Package Activity 2. Some diseases they can't treat here so they need to transfer to other hospitals that are on Level 3.
- Only emergency operations take place here, such as appendectomy and Cesarean Section.
- There are some kinds of diseases / cases where the patients need to be transferred to some other hospitals, such as cancer, diabetes, meningitis and serious traffic accidents.

The hospital director and many of the staff have a reasonable level of English. You'll usually also be accompanied with our coordinator, who will ease the process of cultural exchange on both sides.

Volunteering and intercultural travel share a common trait: the more you put into it, the more you get out of it. This program is designed for proactive individuals and groups who are prepared to adapt to the local environment and the current needs. Naturally, the scheduling and activities of our program are subject to change. Alterations in activities are mainly due to changes in local conditions, which we believe is part of what makes overseas programs the interesting adventure and incredible learning experience that it is.



## Schedule and Activities

### Monday-Friday

The schedule for this programme is highly flexible and depends a lot on local needs and your skills. You can expect to accompany the doctor on his rounds at around 7.30 a.m. every morning and be prepared to assist in various tasks based on your own level of experience.

The Hospital Director will schedule your programme when a resume and qualification certificates have been received.

### Weekends

Weekends are always free on the Hospital Medical programme. 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 to Siem Reap for the weekend.

Friendly staff are always there to make your choice easier with advice.



**“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 a local home-stay family in a typical wooden Khmer-style house. You'll share a room with other volunteers. Electricity at the accommodation is available from 5.00 p.m. to 10.00 p.m. and life in the family home-stay is typically Khmer (e.g. fan in the room, shower and western toilet (but no flush) and no hot water).

### 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                            | ✓ UK administration                                                                                                               |
| ✓ Food                                     | ✓ 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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