

# Cambodia Pilot Program Addendum



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# 1. PROGRAM INFORMATION

## STAFF



### **Daniel Scott Smith or "DSS" (Program Director, Founder)**

The PD will conduct the orientation at the start of service and will be in Thailand *approximately half of the time of your service*. DSS will always be available by mobile phone and will have access to Internet. He will frequent each teaching site and will be generally available for whatever questions, concerns, or gossip you may have.

**E-mail:** [danielscottsmith@gmail.com](mailto:danielscottsmith@gmail.com)

**Skype Name:** danielscottsmith

**German mobile number:** +49 063 745 9695 (April thru June)

**Cambodia mobile number:** To be given at orientation.

**Bio:** Daniel Scott Smith became intimately involved with LE through the Egypt Program in 2008. Not a stranger to service or teaching (he's taught in Thailand and volunteered extensively in high school and college), Daniel instantly became infatuated with the LE mission and started to think of more ways he could truly "expand horizons through global volunteerism." To that end, he inquired about, proposed, and succeeded to create a pilot program in Thailand. After a successful Pilot in 2009, and its subsequent official recognition and sponsorship by LE, Daniel, with the help of many other inspiring people, founded the LE Cambodia Pilot. Currently, Daniel is in Berlin working for the Pergamon Museum (Museum für Islamische Kunst) but will return to Stanford in April.

**PD Responsibilities:** Coordinating sites, selecting volunteers, pre-service programming, arranging accommodations, conducting volunteer orientation, organizing mobile phones and other in-country amenities, general assistance with problem-solving while in Cambodia, preparing next year's Program Director (PD), ensuring a volunteers' successful service projects.



### **Lori Carlson (Country Coordinator)**

The Country Coordinator will co-conduct and host orientation at her house and will serve as a partner not just to the PD but also to all the volunteers. Lori will always be available by phone and Internet. She will often help with teaching, but most importantly, she will serve as a service-, teaching-, and cultural-mentor.

**Address (USA):** PO Box 17034, Austin, Texas, USA  
78760-7034

(Cambodia): 307 Wat Bo Road, Sala Kamreouk,  
Siem Reap , Cambodia

**Email:** [girlseesworld@yahoo.com](mailto:girlseesworld@yahoo.com)

**Cambodia Mobile:** 855-(0)92-848695

**Bio:** Lori founded the Ponheary Ly Foundation upon her return to the US after spending time in Cambodia with Ponheary Ly, a native of Siem Reap, helping her organize rural schools for the children in the poorest communities. Prior to moving to Siem Reap in 2007 to run the Foundation full time, Lori was Director of Prepress at a multimillion dollar printing/publishing company in Austin, Texas for 18 years.

## **PROGRAM HISTORY**

This is LE Cambodia Pilot Program's first year in operation. This year's PD and volunteers, in cooperation with the Country Coordinator, will trailblaze and establish a groundwork that will build the foundation and establish LE Cambodia as a sustainable, meaningful, and full-fledged Program. In addition, the volunteers selected will continue a new trend of "service-teaching" in addition to "English-teaching" that will be a model for other future pilots as well as currently operating programs within Learning Enterprises.

## **PROGRAM SUMMARY**

### **Important Dates**

- Arrival in Siem Reap: 6/16 (**firm date-- no sooner, no later**)
- Orientation in Siem Reap: 6/18-20
- Teaching Begins: 6/21
- Midpoint Meeting: 7/10
- Teaching Ends: 8/13
- Post-Service Wrap-up: 8/14
- Departure from Siem Reap: 8/15

### **Orientation Overview**

Orientation will take place in Siem Reap. This orientation will be to familiarize volunteers with the Ly family, provide some information about education in Cambodia, gather lesson ideas, and promote team-building. **Volunteers will also participate in a detailed discussion and brainstorming session about roundtables/seminars.**

*Pre-Orientation (June 16 thru 17)*

Lori and PD will pick up volunteers and Siem Reap International and drive directly to the Guest House.

Volunteers will have the rest of June 17 to rest, shower, and eat.

### Day One (Fri, Jun 18)

Session One:

*Topics:* Cambodia and Khmer 101—how to survive as a *servant-volunteer*: courteousness, compassion, considerateness, and conscientiousness.

*Homework:* study Khmer and prepare to solve culturally-sticky situations.

Session Two:

*Topics:* Learning Enterprises 101, Expectations, and Volunteerism; review Day 1's homework

*Homework:* study Khmer, "review 'To Hell with Good Intentions'?"

## Day Two (Sat, Jun 19)

### Session One:

*Topics:* Day 2's homework. Teaching... what, who, where, why, and how? A look at classroom strategies, problem solving, curriculum development, resourcefulness, resources, and much more.

*Homework:* create a six-week lesson plan, create a lesson plan on anything to teach the fellow volunteers (make it exciting and provocative!)

### Session Two:

*Topics:* Serving-teaching...what, who, where, why, when, and how? A comprehensive look at the required seminar component and what it means to equip people with the means to improve themselves. We will follow up with Day Three's homework.

*Homework:* create your first seminar topic; be sure to include discussion questions, ideas to ensure participation from teachers, tips from your experience. The trick for each seminar is to focus on a topic, allow for discussion, and allow for questions and many tangents.

## Day Three (Sun, Jun 20)

*Topics:* Hammer out details for seminars. Goal Setting and Planning Ahead; devise a timeline for teaching and serving. This will be the day volunteers move in with host families.

## **Site Information**

Wat Bo Primary School  
Wat Bo Village  
Siem Reap, Cambodia

Wat Bo School is one of the best equipped primary schools in Cambodia. There are 4600 children in grades k-6. The school is very well supported by the community, but not so much by the government. At this school, you will find mostly the city's wealthier children in attendance, but also 600 children living in urban poverty who are sponsored by the Foundation.

We'd like to offer supplementary English classes to the older children, who are attending English classes at school, but are not financially able to get any tutoring, like the wealthier children. These will be held at the school.

## **Seminar Component**

Each member is required to host seminars for the English teachers from the school above. These are meant to be complementary to the volunteers' teaching of the students and to essentially discuss effective strategies in the classroom for teaching English. These strategies will come from the volunteers' personal experience before and during the LE Program. In addition, a computer lab is set up at the school and the teachers could also use some training in programs such as word, excel, powerpoint and email. They are also keen to learn how to use Facebook!

## COUNTRY INFORMATION

### **WEATHER & CLIMATE**

For the Western visitor there is no such thing as "cool." Just cooler than "hot" and "drier than humid," so light cotton clothing is the order of the day. The tropical sun can be quite fierce, so a hat is useful, and don't forget to use a good sunscreen. Nights usually cool down with rain, but don't put your money on it. Temperature and humidity averages June through August: low 90s F/30s C and 6.5 in/ 113 cent.

### **FOOD & DRINK**

Being a vegetarian or vegan in Cambodia is not a problem, but keeping strict Kosher or eating accordance of *halal* will probably be nearly impossible. Open-air markets are centrally located at walking distance. However, there are vendors on every street selling food and drinks. See security concerns below for information regarding eating street food. Always drink bottled water, which is easy to acquire and affordable.

The city is a major tourist hub, so all types of food can be found. There is also a plethora of grilled meats, rice, noodles, snacks, shakes and FRUIT! Take advantage of the fruit, and don't be afraid to try ALL of it, but be sure to peel it yourself.

### **LANGUAGE**

Cambodia people speak *Khmer*. Most visitors to Cambodia don't speak Khmer and have never heard it spoken. Be prepared to use your hands a lot and to be encouraged to learn a lot in a little bit of time!

### Useful Phrases in Khmer

<b>English</b>	<b>Khmer</b>
Hello	jum-reap soo-a
How are you?	tau neak sok sapbaiy teh?
Good morning	arun sour sdei
Good afternoon	tiveah sour sdei
Good night	reah-trey sour sdei
My name is.....	k'nyom tchmouh...
Yes	baat (for man) Jhaa (for woman)
No	dteh
Please	suom mehta

Thank You	or-koon
Excuse me	sohm dtoh
Goodbye	joom-reap leah
I don't understand	k'nyom men yoo-ul tee

## **CULTURE/RELIGION**

According to the most recent census in 1998 (the most concurrent from CIA), Buddhist 96.4%, Muslim 2.1%, other 1.3%, unspecified 0.2%. Cambodia is a constitutional multiparty democracy under a constitutional monarchy.

Cambodians live inside a culture built largely on "status". All foreigners and especially Americans are considered to be of the highest class and the people defer to them in all cases. It is challenging to ever feel like you are working "side by side" with them.

The most important issue is that the country experienced a massive "brain drain" during the genocide, where all educated people were targeted for extermination. Volunteers will be taken aback by how very few critical thinking skills there are among the general population.

The vast majority of adults in the rural areas are illiterate.

Modesty is critical. Volunteers must keep covered up as much as feasible, especially women. No short shorts, no tank tops, etc.

Cambodians think it's impolite to ever say "no". They will answer all questions with yes, even when they mean no. This has to be taken into consideration when posing questions and collaborating on projects.

The concept of "losing face" is very important in the culture. At no time should any foreigner lose their cool, become angry, or raise their voice.

Cambodians smile when they are nervous or think they might be in trouble. In fact, the more nervous they are, the more pronounced this becomes. It sometimes seems that they are laughing in situations that are sad or stressful and to foreigners, this seems inappropriate.

## **POTENTIALLY UNCOMFORTABLE SITUATIONS**

### **A. CULTURAL EXPECTATIONS**

- Alcohol consumption in the public areas of the house should be avoided as the family is Muslim. Please do your drinking outside or in your room. Drugs are absolutely forbidden anywhere, anytime. If you end up in some scam, some Cambodian jail, or some alley, no one will be able to help you.

- Generally, males have extreme preferential treatment

## **B. GENERAL**

- Cigarette smoke, pollution and other unpleasant odors should be expected in the urban areas.
- Days are HOT and HUMID. Expect yourself to be incessantly wet.
- Students will initially be very shy and then overly enthusiastic.
- Cambodia is a country with vast economic disparities and, consequently, Westerners are perceived as rich, regardless. See yourself through their eyes.
- Toilets, or lack of them. Most public toilets are not Western standard. That being said, be prepared to squat and flush with a bucket.

## **SECURITY CONCERNS**

*The information below is graciously and perhaps over-protectively provided by the US Department of State.*

The State Department is concerned that individuals and groups may be planning terrorist actions against United States citizens and interests, as well as sites frequented by Westerners in Southeast Asia, including in Cambodia. Extremist groups present in Southeast Asia have transnational capabilities to carry out attacks against locations where Westerners congregate. American citizens traveling to Cambodia should therefore exercise caution in clubs, discos, bars, restaurants, hotels, places of worship, schools, outdoor recreation venues, tourist areas, beach resorts, and other places frequented by foreigners. They should remain vigilant with regard to their personal security and avoid crowds and demonstrations. From time to time, the U.S. Embassy places local establishments off limits to Embassy personnel due to safety and security incidents. You can contact the Embassy for notification on the current restrictions in place for Embassy personnel.

National Assembly elections in July 2008 were peaceful. Political tensions have eased, and the current situation is relatively stable; however, Cambodian political activities have turned violent in the past, and the possibility for politically motivated violence remains.

On July 29, 2007, three improvised explosive devices (IEDs) were planted at the Vietnam-Cambodia Friendship Monument in Phnom Penh. One of the IEDs partially exploded, but the others failed to detonate and were recovered by Cambodian authorities. No one was injured, primarily because the explosion occurred during the early morning hours. Police subsequently arrested several individuals suspected of constructing the devices and planning the bombings. On January 2, 2009, three explosive devices were found near the Ministry of National Defense in downtown Phnom Penh. One of two alleged suspects was later arrested. While there is no indication these incidents were directed at U.S. or other Western interests, the possibility remains that further attacks could be carried out, harming innocent bystanders.

The U.S. Embassy has been receiving a growing number of reports of random gunfire incidents, frequently in the vicinity of bars, nightclubs, and other entertainment venues. While U.S. citizens have not been injured, and do not appear to have been targeted, the potential exists for serious injury, and American citizens are cautioned to be vigilant in

these areas. The U.S. Embassy also advises U.S. citizens to avoid large public gatherings and crowded public areas.

The U.S. Embassy recommends that American citizens defer travel along the Cambodian-Thai border in the area of the Preah Vihear temple because of a border dispute between the two countries. Thai and Cambodian soldiers have been stationed along the border in this area since July 2008 and exchanged gunfire on October 15, 2008. Until the situation has been resolved, American citizens should exercise extreme caution if they must travel to areas along the Thai-Cambodian border where troop activities are reported.

Land mines and unexploded ordnance are found in rural areas throughout Cambodia, and especially in Battambang, Banteay Meanchey, Pursat, Siem Reap, and Kampong Thom provinces. Travelers should never walk in forested areas or even in dry rice paddies without a local guide. Areas around small bridges on secondary roads are particularly dangerous. Travelers should not touch anything that resembles a mine or unexploded ordnance; they should notify the Cambodia Mine Action Center at 023-368-841/981-083 or 084.

## **MEDICAL CONCERNS**

*The State Department also relates:*

Medical facilities and services in Cambodia do not meet international standards. Both Phnom Penh and Siem Reap have a limited number of internationally-run clinics and hospitals that can provide basic medical care and stabilization. Medical care outside these two cities is almost non-existent. Local pharmacies provide a limited supply of prescription and over-the-counter medications, but because the quality of locally obtained medications can vary greatly, travelers should bring adequate supplies of their medications for the duration of their stay in Cambodia.

*The British Foreign and Commonwealth Office shares:*

There has recently been a steady and prolonged increase in the number of dengue fever and dengue haemorrhagic fever cases in Cambodia, due to an earlier-than-usual start to the wet season, and there have been a number of deaths. Dengue fever is transmitted by mosquitoes, which are present near standing water, and are active during the day. It is also prevalent in both rural and urban areas (including, in particular, Phnom Penh). There is no vaccination against dengue fever, but there are preventive measures that you can take, as advised on the National Travel Health Network and Centre ([NaTHNaC](#)) website.

Malaria is also present in rural areas of Cambodia. If you are planning to travel outside the major towns, you should seek advice from your GP on the need for malaria prevention tablets and take other preventive measures, as advised on the NaTHNaC website.

In the 2008 Report on the Global AIDS Epidemic the UNAIDS/WHO Working Group estimated that around 70,000 adults aged 15 or over in Cambodia were living with HIV; the prevalence rate was estimated at around 0.8% of the adult population. This compares to the prevalence rate in adults in the UK of around 0.2%. You should exercise

normal precautions to avoid exposure to HIV/AIDS. For more general information on how to do this see [HIV and AIDS](#).

## **DANIEL'S TAKE-HOME MESSAGE**

**Dress for sweat and be professional about it. Don't eat uncooked meat. Drink bottled water. Don't have sex. Watch out for mosquitos. Make friends with Khmer people and check-in with other volunteers regularly. Be outgoing, freethinking, and accommodating. Most of all, be of service.**

### **US Embassy Information**

U.S. Embassy Phnom Penh  
#1, Street 96 (Near Wat Phnom)  
Sangkat Wat Phnom  
Khan Daun Penh  
Phnom Penh, Cambodia.  
Tel: (855)-023-728-000  
Fax: (855)-023-728-700  
Email: [ACSPHnomPenh@state.gov](mailto:ACSPHnomPenh@state.gov)

### **UK Embassy Information**

27-29 Street 75  
Sangkat Srah Chak  
Khan Daun Penh  
+ 855 (0) 23 427124 / 428153  
+ 855 (0) 23 428153  
<http://ukincambodia.fco.gov.uk/en/>

## **GUIDELINES FOR HOUSING ACCOMMODATIONS/HOME-STAYS**

The host families with whom Learning Enterprises works are self-selecting and are excited to have foreign students live with them. They see it as an opportunity to learn about other countries and cultures as well as a chance to improve their own English skills (you will probably have host brothers or sisters – if not host parents! – who are studying the language).

- Be kind, considerate, and gracious. Your host family will accommodate you as best as they can, but also remember that you are a guest in their house.
- Make an effort to communicate with your host parents and host siblings, even if the language barrier prevents you from having long philosophical conversations. Gestures and facial expressions are universal and usually get the message across. Learn a few words in Arabic and use them whenever you can. Your host family will greatly appreciate your attempts to understand their culture!
- Spend time with your host family. Although they will encourage you to get to know your students as well as your peers in the village, they will also want to get the chance to see you. Don't use your host family's house simply as the place where you eat and sleep.
- Follow the rules that your host family outlines for you (if they don't give you any, use common sense). Don't challenge your host parents if they tell you that you can't stay out past hour X or if you should avoid going to Y. Even if you think that something they tell you might be unreasonable (such as keeping your distance from certain people), understand that disregarding their advice shows utmost disrespect to them.
- Make sure that your host family knows about your plans ahead of time. If you accept a student's invitation to dinner at her/his house or plan to spend the weekend traveling, let your host family know.
- If you have serious conflicts with your host family, please contact your Program

Director or country coordinator **immediately!**

## **EXCURSIONS**

It is important to keep in mind that the main purpose of this trip is to serve. To that end, excursions and sight-seeing will be mostly focused on cultural-exchange and learning; what **free time you do have should be spent with your host family and/or students**. You will have the opportunity to shop and explore during orientation and the post-service wrap-up but during your teaching, **you are not permitted to leave the town for more than one night**.

## **PREPARING FOR YOUR TRIP**

### **FINDING A FLIGHT**

Buy your ticket as early as possible, as prices tend to increase rapidly. Let your fellow volunteers know about any cheap flights you find. Volunteers flying from the US should note that the most affordable flights can be found departing from Atlanta. Though there are probably as many sites as there are flights you can take, some good places to start looking for cheap student flights include:

kayak.com  
studentuniverse.com  
statravel.com  
discountfares.com  
ba.co.uk  
EVA Airlines  
Singapore Airlines  
Korean Air  
Cathay Pacific

### **PASSPORTS & VISAS**

Passports: Everyone must have a valid passport to travel. **If you do not have a passport, start the process now** - they may take a while to process. Your passport should be valid **up to six months after the trip is completed**. If you are not a US or UK citizen, please let the Program Director know.

Visas: EVERY VOLUNTEER MUST HAVE A VISA **BEFORE** ARRIVING IN CAMBODIA. **Each volunteer is responsible for researching and obtaining their own visa**. Learning Enterprises can supply any helpful documents.

Please go to the Cambodia Embassy **USA** website to apply for a visa:

<http://www.embassyofcambodia.org/visa.htm>

Please go to the Royal Embassy of Cambodia **UK** website to apply for a visa:

<http://cambodianembassy.org.uk/index.php?menu=5>

Send a scanned copy of your passport with your visa to your PD ASAP; there will be a

deadline posted via email in the upcoming months to departure.

NOTE: Tourist visas are \$25 for 30 days and can be extended for 30 days only. If anyone wants to stay in country for longer than 60 days, they will need to get a BUSINESS visa, not a tourist visa. Or pay the overstay fine, whichever is cheapest.

## **HEALTH & SAFETY**

*Please reread the section about Health Safety by the American and British governments above.*

Routine vaccines are suggested for all international travel. I assume that you were required to have these to attend university, but these include measles/mumps/rubella (MMR) vaccine, diphtheria/pertussis/tetanus (DPT) vaccine, Hepatitis A (or immune globulin, IG), influenza, chickenpox (or varicella), measles/mumps/rubella (MMR), Hepatitis B, and the rabies vaccination.

All LE volunteers are advised to also consider bringing:

- Iodine tablets and portable water filters to purify water if bottled water is not available. See [Preventing Cryptosporidiosis: A Guide to Water Filters and Bottled Water](#) and [Safe Food and Water](#) for more detailed information.
- Sunblock and sunglasses for protection from harmful effects of UV sun rays. [See Skin Cancer Questions and Answers](#) for more information.
- Antibacterial hand wipes or alcohol-based hand sanitizer containing at least 60% alcohol.

Malarone is the recommended anti-malarial for this area, if you choose to take them. Please research thoroughly before making this decision. Dengue is much more common than malaria in Siem Reap Province, and there is no prophylaxis for Dengue, so 30% DEET must be applied at all times. In this case, the malaria mosquitos wouldn't be biting you either. Up to you. There is no data on long term use of Malarone. I don't know anyone living here that takes it.

Anyone experiencing a headache and/or fever will be well advised to never ever take aspirin or ibuprofen. These will thin the blood and if, on the off chance you have dengue, they will increase your chances of internal hemorrhage, shock and/or death. Tylenol is the drug of choice. Bring it with you. A fever and/or headache lasting more than 24 hours should be reported to Lori immediately. It costs about \$10 to be tested and in this case, knowledge is power, as either disease can be treated quickly and easily. If left untreated, malaria or dengue can cause death. Don't fool around. All rashes or fungus problems should be reported immediately as well. Most things you can become infected with can be treated easily when caught early.

A delicate subject:

Bring immodium AD with you but please don't take it at the first sign of trouble. It's a good idea to let your body do what it needs to do for about 24 hours. During this time, it's imperative to stay hydrated and rested. If it doesn't clear up in 24 hours, then it's good to start with some immodium and get yourself to the clinic. Amoebic dysentery is common as are many other types of parasites. Easy to treat with the right antibiotics, but can land you in the hospital if you don't get it cleared up pretty quick. Taking the immodium right away and keeping whatever evil your body wants to expel inside your body can only make things worse.

Powdered electrolytes are available in the pharmacy in Siem Reap. Recommend everyone buy them or bring them from home and carry with you at all times.

Any volunteers going to work in the countryside should also be aware of the possibility of getting body lice and exposure to TB. Recommend a TB test on return to the US.

Recommended all volunteers arrive with a course of a good strong antibiotic. Cipro is a common choice, but consult your doctor. You need something that can take care of gastrointestinal and/or respiratory infections.

Stay hydrated! Heat exhaustion is very common. Drink only bottled water. Brush your teeth with bottled water. Use electrolytes. Drink coconuts whenever you find them; better than water.

Do not swim in any local lakes, rivers, streams, etc, with the exception of Phnom Kulen..

All volunteers should carry medical evac. The nearest hospital of note is in Bangkok or Singapore. There is an international hospital in Siem Reap but it is very expensive and doesn't care about your insurance. It's an accredited hospital however, for minor stuff you could go there, pay them on a credit card and then get reimbursed on arrival home. Check with your insurance company. The name of the Hospital is Royal International Hospital.

Under no circumstances should a volunteer seek their own medical treatment in Siem Reap or buy any medications over the counter. Seek advice before proceeding with any medical undertaking and know that many drugs here are counterfeit, and not only do they not help, they can be harmful. Local clinics here are not sterile and practitioners often buy their licenses under the counter.

## **Insurance**

Learning Enterprises requires that all participants have valid insurance coverage that will cover them while in country. Check your existing plans (ask your parents or call your insurance company) and many of you will find that you already have international travel insurance - or at least an international coverage policy called "airlift", or "international evacuation coverage." Basically, this policy means that you are covered should something serious happen to you and you need to be flown either back to the US or to a nearby hospital facility in your volunteer region.

If you do not have international coverage, a good temporary travel insurance is STA international student travelers insurance ([www.statravel.com](http://www.statravel.com) or [www.statravel.co.uk](http://www.statravel.co.uk)) or CISI international student travelers insurance, though feel free to shop around.

Most importantly, we don't want to see anyone stuck in a situation where they have no way of covering medical treatment. Be smart - get an international insurance plan. Let us know if you have any problems and we'll be happy to provide whatever advice and answers we can.

However it is not uncommon to be in a medical situation where you cannot activate your insurance coverage at the time of treatment. Have an extra \$500-1000 (**£250-500**) available to you in a checking (current) account, or a credit card which you can put expenses on even if you don't have the money, in case of emergency. Often when you are treated for any illness or injury abroad, you cannot be reimbursed immediately with your insurance coverage. Instead you pay for these treatments yourself, keep the receipt, and then file for a reimbursement with your insurance company.

### **Communication**

Volunteers are not required but highly recommended to invest in a Cambodian sim card. They will function in any UN-LOCKED mobile phone. My suggestion is to buy everything in Cambodia. Volunteers can use this sim-card to call within Cambodia, to Thailand (where I will be frequently), as well as to call home very affordably. Internet access is available at internet cafes. See below for prices.

### **PACKING LIST**

LE suggests that you pack in a large backpack or duffle/hold-all. Additionally, pack extra clothing and prescriptions in your carry on whenever traveling.

#### **Clothes:**

*Let's Go* has an excellent piece of advice: *lay out only what you absolutely need, and then take half the clothes.* Simple-professional is ideal.

#### Class:

- Five to six professional-looking shirts (blouse for women, collared for men)
- 3-4 pairs of pants (and/or skirts for women)
- Closed-toe shoes
- *There will be no sandals, no t-shirts, no jeans, and no shorts in the classroom*

#### Town:

- Four to five t-shirts
- Three or four pairs of shorts, socks, underwear, and pajamas.
- Sandals.

#### Miscellaneous:

- A swimsuit. You might decide to travel to the south to see the beaches.
- Bring one larger towel for showering and a smaller towel for hands and face.

Please note: **while style must be business-casual**, be sure to get easily maintained materials (linen, cotton, light, easily dryable, cool)

### Hygiene/Medical Items:

Most of the following can be easily purchased at the grocery store in town.

- Toothbrush & toothpaste
- Razor & shaving cream
- Deodorant/**Antiperspirant**
- Shampoo, conditioner, soap.
- Hand sanitizer
- A roll of toilet paper or pack of tissues for public restrooms (toilets) (Do not assume that toilet paper will be there!)
- Feminine Products (Tampons can be awkward to purchase or hard to find)
- Sunscreen
- Mosquito repellent (MUST BE 30% DEET, NATURAL PRODUCTS DO NOT WORK. 100% DEET IS OVERKILL)
- BRING THIS FROM HOME: Glasses, contact lenses, contact lens solution (as well as a copy of your prescription)

You should also put together a **basic first aid kit** that includes the following:

- Tylenol (Paracetamol)
- Neosporin
- Band Aids (plasters)
- Dayquil (Day Nurse)
- Tums (Gaviscon)
- Diarrhea or upset-stomach medication
- Allergy medication
- Prescription medications (see Health & Safety)

### Teaching Material:

The trick is to bring what you think would be nice to teach with that will most definitely not be in Cambodia—and bring a lot. Also, it is always a good idea to bring extra school supplies and teaching materials (these should take up at least half of your luggage space!) so you can give them away at the end of the summer.

- Notebooks (for lesson plans and other notes)
- Tape, markers and/or crayons.
- **Map of the world and/or your home country (US, UK, etc)**
- **Small ball** and/or Frisbee (or something else to throw).
- **Something small to give away as prizes.** *I recommend you burn mixed CDs of American/British music... English Music*
- Anything else from the local dollar store (the pound shop) or CVS that is fun, not bulky, and can be used in a lesson.
- Second hand children's books
- **Magazines from the U.S. (UK).** Try to get 'younger' magazines with pictures of celebrities (Tiger Beat, Teen People, etc.) (The Beano, Dandy, Twinkle etc). Of all the items on this list, you will probably get the most mileage out of these.
- **Photos from home.** These can be used in class and can be shared with people in

- the village and with your host family.
- Read over the teaching manual and see if any of the games/activities you would like to do require additional materials.

### General Items

- A small, school-sized backpack: This is nice for carrying teaching supplies and when traveling. *I recommend a **shoulder bag or large purse** as it doesn't scream tourist... though Lori says, "THIS IS HYSTERICAL. NOTHING IS GOING TO KEEP YOU FROM LOOKING LIKE A TOURIST"*
- A journal
- **Gifts** for your site coordinators for when you leave (small tokens of gratitude)
- **Electronic voltage converter and plug** The outlets at the house will accept either flat pins or round pins, but everything is 220v. This is okay for most camera chargers, etc but not for blow dryers, razors, etc.
- **A camera.** You will want to record all of your wonderful memories from this summer! If you have a film camera, try to buy all your film in the States (UK). It is a lot cheaper, especially if you buy it in bulk. If you have a digital camera, make sure that your memory chip has enough memory. If not chips are available locally at about the same price as at home. You can also burn chips off to disk at any internet café. *Try not to bring a flashy fancy camera unless you plan on making serious photographic endeavors (definitely possible in Cambodia) but something small and digital is best.*
- (optional) A small travel pillow for traveling. You will be sleeping a lot in vans if we travel.
- (optional) A guidebook: The Lonely Planet, or Let's Go are good options. Around town you'll find plenty of free books about what's going on in town. "Out and About" is one as is "Siem Reap Tourist Guide" and "Drinking and Dining"

### Documents

- Passport! *I recommend scanning it and keeping a copy in your email.*
- Student ID: Good for occasional discounts. If you have an ISIC (International Student Identity Card), bring it. If not, do not get it unless you have to.
- Your Insurance Card
- Itineraries: Make sure to print all of your itineraries, especially the hostel information.
- Make sure that your parents have copies of all the documents that you plan to take with you (in case they're lost or stolen). You should also have copies for yourself that travel with you in case the originals are lost or stolen. It is especially important to travel with a copy of your passport. If you can scan them and email them to yourself, you will always have a copy easily accessible. *I usually keep a list of all my credit card and account numbers and the phone numbers to call if I lose them in my email.*

### Things Not To Bring

DO NOT pack valuables. While danger of robbery exists in all countries, it can be particularly prevalent in poorer areas. Danger varies from country to country, but please do not bring anything on any LE program that you would be devastated to lose or damage. Please leave all I-pods, laptops, hair dryers at home. If you decide to bring a laptop, you should back up all your photos, work, and music before leaving.

**Seemingly contradictory note:** *iPods are dreadfully useful for lessons and to abate any*

homesickness. If you have packable speakers that are compatible with it, bring them for your students.

## Money and Banking

- Alert your bank that you will be traveling because some banks put a hold on accounts when cards are used abroad.
- Do not bring traveler's checks! They are hard to cash (especially if you are outside of major metropolitan areas), and most places will charge you 2% fees to cash them.
- The best way to get local currency is through ATMs. You may be charged a fee of \$1 to \$5 (~£2) per transaction, but the exchange rate is much better than what you would get from a currency exchange booth. ATM's dispense USD.
- It is a good idea to bring some cash as well (~\$100/ £50). This can be your emergency backup money. Make sure the bills (notes) are not torn, dirty, etc., or people won't take them. You might also want to buy a money belt from a travel store/agency in order to carry around some backup cash.
- Cambodia has its own currency, but no need to convert any dollars-- USD are accepted everywhere.
- A chart of how much taxis should cost will be provided at orientation but below are examples of how much things will cost... You can email the PD for approx. cost of specific items.
  - \* A bowl of fried noodles or noodle soup \$1.50
    - Plate of khmer food, rice and a soft drink at local restaurant \$4
    - A good sized pizza \$7
  - \* KFC meal (the only western chain food) \$4
    - Can of soft drink or beer in restaurant \$1, in store \$.50
    - Large bottle of water (from a store) \$1
    - Tuk tuk fare to anywhere in town \$2
    - Motobike fare to anywhere in town \$1
    - Bike rental \$2 a day or buy a bike for \$38 and donate it when you leave.
    - Day pass to a nearby pool \$3.50
- Plan on spending between \$100-150 (£38-75) at orientation
- Plan on spending 8/£5.5.

Additionally, have \$500-1000 (£250-500) personal emergency funds available during the program. If you don't have this kind of money, we encourage you to get a credit card for emergencies only. If you get caught in an emergency, it is better to have a means to buy a ticket out (and deal with the costs when you get home) than be stuck in country.

## ADDITIONAL READINGS/LINKS

State Department:

[http://travel.state.gov/travel/cis\\_pa\\_tw/cis/cis\\_1080.html](http://travel.state.gov/travel/cis_pa_tw/cis/cis_1080.html)

British Foreign and Commonwealth Office

<http://www.fc.gov.uk/en/travel-and-living-abroad/travel-advice-by-country/asia-oceania/cambodia>

CIA World Factbook:

<https://www.cia.gov/library/publications/the-world-factbook/geos/cb.html>

Cambodia News in English: <http://www.phnompenhpost.com/>

Human Rights Watch: <http://www.hrw.org/en/asia/cambodia>

Wikipedia: <http://en.wikipedia.org/wiki/Cambodia>

This has been a crash course to Cambodia. For the ultimate, semi-superfluous guide, please see the Playbook!