



## CAMBODIA: TEACH DESERVING CHILDREN NEAR ANGKOR WAT IN SIEM REAP

Teach at an NGO school situated within walking distance of Cambodia's most exceptional national treasure, **ANGKOR WAT!** Angkor Wat is "one of the most beautiful and fascinating places on the planet". It's a Khmer term literally meaning (Buddhist) Temple City. It's one of the main attractions in the whole of South Asia.

You can teach English, Music, Sports, Drama and Healthcare. Your supervisor is the school's Buddhist Monk and this very friendly school really wants you to come and help out! You'll live in a sociable and lively guesthouse in **Siem Reap**, commuting daily (possibly by tuk-tuk!) into the heart of the ancient **Angkor Wat** ruins.

### WHAT DO YOU GET?

- An **exciting, never-to-be-forgotten adventure** into beautiful Cambodia and the fascinating culture of the Angkor Wat ruins.
- The **enormous satisfaction** of helping disadvantaged children and knowing that you made a difference to them.
- **New skills, more confidence, a greater understanding** of a different culture, invaluable personal and professional development.
- An entry on your CV or résumé that will put you **head and shoulders above** most others in the job market
- Experienced local staff with 24/7 back-up and support who'll meet you at the airport on your arrival - helps you **feel safe and never alone!**
- An opportunity to make lifelong friends from all over the world.
- And best of all ... **an unforgettable experience!**



### ► SUMMARY FACTFILE

<b>Start Dates</b>	All year round - you choose your start and finish dates.
<b>Duration</b>	Minimum stay 2 weeks and up to 1 year, subject to visa requirements
<b>Requirements</b>	You don't need any qualifications to do this project, just lots of enthusiasm.
<b>Price</b>	For up-to-date prices, please check our website <a href="http://www.travellersworldwide.com">www.travellersworldwide.com</a>
<b>What's included</b>	► Accommodation ► Meeting you at the Airport ► Transfer to your accommodation ► Transport to and from your project Monday to Friday (one trip per day) ► Full pre-departure support ► Local in-country team support and backup ► 24-hr emergency support. ► Two free T-shirts ► Transport to and from your project
<b>What's not included</b>	Flights, Insurance, Costs of Visas (if a visa is required, but we'll provide necessary documents and assistance), Return transfer to airport.
<b>Who can do this Project?</b>	All projects are open to all nationalities. Unless otherwise stated, you need to be aged between 17 and 70+

## PROGRAMME OVERVIEW

This extremely friendly school is a non-government organisation and is very keen to have volunteers. The NGO was established and recognised by the Cambodian Government in February 2006. The school is based in Siem Reap Province in the north western region of the country where 45% of people live in deep poverty. You offer the children at this school the chance to learn conversational English skills that may enable them to create better futures for themselves within this culture-rich region that thrives with tourism opportunities.

## WORK CONTENT

You'll teach classes by yourself to children ranging in ages from 4-15, whose English is about Beginner level. You'll primarily teach English alongside other subjects of your choice, including Sports, Art, Drama, Music and Primary Healthcare.

There are around 370 children at the main school and hundreds of children in the surrounding local schools. The classes are quite large, although exact numbers vary from day to day as many of the kids work in the fields with their families on certain days. The school has no real English teaching resources and if you can take any useful teaching resources, equipment or props with you, this is very much appreciated.

You'll teach around 4 hours a day, Monday to Friday, and you'll compile the lessons yourself. We do provide you with a *Teaching Suggestions Guide* which will help you to prepare lesson plans. If you're nervous at the thought of taking classes yourself, you could do a [1-Day or Weekend TEFL course](#) - it's not a requirement, but it will help you to boost your confidence as well as giving you some teaching skills.

The school has basic sports facilities and a library, but there is no DVD player, computers or internet currently at the school.

The NGO is also involved in other issues concerning the local people who live in poverty. Depending on how long you spend on the project, there are other types of projects that you can also help with, such as:

- Construction of simple wooden houses for the poorest families.
- Helping to build the village school library for the kids.
- Painting the classrooms and the library.

For now, teaching the children some English, Sports, Painting, Primary Healthcare, Drama and/or Music to local kids at their school is the main project, with the building and construction options being potential future goals.

**THE SCHOOL:** The school opens on Mondays to Fridays from 07:00 - 11:00 and then again from 14:00 – 17:00, excluding the official holidays of the kingdom of Cambodia. School Exam period is 26th June - 28th June. There are 8 full time teachers, one of whom is the English teacher.

**SCHOOL HOLIDAYS:** School holiday period is from 31st July - 1st Oct

**SPORTS PROJECTS:** There is no sports teacher at this school so if you have a love of sports, you should get the kids involved - they love it! You are likely to teach the older age range of 10-15 year olds and the sports that you could coach them include football, tennis, volleyball and body exercise, amongst others. Sports classes would take place after school hours and you would coach independently.

## A TYPICAL DAY

You will teach around 4 hours a day Monday to Friday from lessons that you have designed yourself. There is plenty to do in your free time from exploring the ancient temples to discovering Siem Reap, checking out the markets and socializing or relaxing at the hostel and plenty of tours and trips available into the surrounding areas. Each day is likely to be different on this project!

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## OPTIONAL MEDICAL PROJECT THAT YOU CAN COMBINE WITH TEACHING

If you're interested in Medicine, a part time medical project is available at a Medical Centre alongside the nearby community teaching project in Angkor Wat. This project is only available as a combined project with teaching because there wouldn't be sufficient medical involvement to keep you busy all day.

This optional project would suit people with some experience in medicine already. More information is coming soon, but in the meantime, please contact us directly for more details - +44(0)1903 502595, or email [Andy Kemp](mailto:andy.kemp@travellersworldwide.com).

## LOCATION

**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.

Climate data for Siem Reap													
Month	Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec	Year
Average high °C (°F)	32.0 (89.6)	33.3 (91.9)	34.6 (94.3)	35.5 (95.9)	35.2 (95.4)	33.5 (92.3)	32.7 (90.9)	32.0 (89.6)	32.2 (90)	31.3 (88.3)	30.6 (87.1)	31.0 (87.8)	32.83 (91.09)
Average low °C (°F)	19.7 (67.5)	20.8 (69.4)	26.1 (79)	25.1 (77.2)	25.4 (77.7)	24.8 (76.6)	24.8 (76.6)	25.0 (77)	24.5 (76.1)	23.9 (75)	22.4 (72.3)	20.3 (68.5)	23.57 (74.42)
Precipitation mm (inches)	0.7 (0.028)	3.5 (0.138)	28.0 (1.102)	61.2 (2.409)	175.9 (6.925)	221.3 (8.713)	236.6 (9.315)	151.0 (5.945)	276.1 (10.87)	248.0 (9.764)	81.7 (3.217)	10.1 (0.398)	1,494.1 (58.823)

## ACCOMMODATION

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Living just by the Old Market area of Siem Reap in a lively and sociable guesthouse, you'll be right in the heart of the action! This popular inner city area gives you access to all that this tourist friendly city has going on.

Volunteer's rooms come with bed, bedding, pillows, a clothes storage unit and a mirror. Your room will have a private bathroom and a western toilet. Hot showers cannot be guaranteed however! Washing is done at a local laundrette, although your bedding will be regularly cleaned and changed by the guesthouse staff.

The guesthouse has a sociable communal living area equipped with sofa, TV and a table with chairs where you can eat meals. Internet is free and available at the hostel in all of the rooms. There is a bar serving Western foods and breakfast and a communal balcony where you can relax in the evenings.

The guesthouse is situated 30 minutes away from the NGO school and Angkor Watt region. Transport is provided to and from your accommodation to work each day and will be in by tuk-tuk, car or van. It's a beautiful drive!

## FOOD

Food is not included in this project, but you're spoilt for choice of places to eat in Siem Reap! There aren't any cooking facilities in the Guest House, but there is excellent local cuisine in the many cheap cafes and restaurants. Good, wholesome local food is very reasonably priced ... and exciting - Cambodian Cuisine is delicious! AND you can also take *Optional Cookery Classes in Traditional Khmer Cooking!*

*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 samlor, 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 treingeat. Getting to taste and know local cooking is one of the many delights of living in a foreign country.

## INDUCTION ON ARRIVAL

You'll be met at the airport on your arrival and taken by tuk-tuk to the accommodation guesthouse where you will meet Phil, the owner. He'll show you the ropes and let you know how everything works and answer any questions you might have. It is most likely you will be taken into the school the next day after you have recovered from your flight, and there you will meet Travellers supervisors and the school monk who will settle you into the school and be available should you have any problems over your time in Cambodia.

## VISA

Visa requirements may differ between different nationalities, but don't worry we will liaise with you about your visa requirements, and make the visa process very easy.

## FLIGHTS

You have the option to arrange your own flights or we can assist you with your flight arrangements. If you would like us to do this for you, we will liaise with you regarding available flights and dates to suit you. All arrangements for your flight bookings/payments will be fulfilled by [Murray Rogers Travel Limited](#), ATOL No. 6856.

## COSTS

Please see the prices pages of our website Full Price List. The price of this project is a reflection of the following costs:

- ✓ Accommodation
- ✓ Meeting you at the airport
- ✓ Transport to and from you project each day
- ✓ Local in-country team support and backup

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- ✓ 24hr emergency helpline
- ✓ Full pre-departure support
- ✓ UK administration
- ✓ Marketing (brochures, website design and maintenance, attending careers fairs, advertising, website listings and presentations)
- ✓ Project Research/Site Inspection
- ✓ Staff Training/Equipment
- ✓ Donations to worthwhile project

## 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.



For every volunteer, a donation is made by Travellers on your behalf into the [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.

## COUNTRY PROFILE

After years of isolation, Cambodia opened to tourists in the mid-1990s and tourists numbers have increased every year since - last year the country seeing near two million tourists. Cambodia's primary tourist destinations are Angkor Wat and the other temples of Angkor near Siem Reap, the cultural attractions in the capital Phnom Penh, and the beaches of Sihanoukville - offer plenty of accommodations, restaurants and other tourist services. Other destinations such as the hill tribe areas of Ratanakiri and Mondulakiri, the remote temples of Preah Vihear and Banteay Chhmar, and quaint provincial capitals such as Battambang and Kampong Speu, are just now being discovered by travelers, and all offer unique glimpses of 'unspoiled' Cambodia.

Cambodia had a difficult recent history when the radical communist Khmer Rouge under their leader Pol Pot seized power in 1975 after years of guerrilla warfare. An estimated 1.7 million Cambodians died during the next three years, many from exhaustion or starvation. Others were tortured and executed. Today, Cambodia is one of the poorest countries in the world and relies heavily on aid. Foreign donors have urged the government to clamp down on pervasive corruption.

However Cambodia has a long and rich history, the ancient temples of Angkor Wat, Bayon and other ruins of the Khmer Empire are said to be amongst the world's grandest and most magnificent World Heritage Sites comparable with Machu Picchu and the Pyramids.

The Khmer people, who make up more than 95% of Cambodia's population are said to be some of the friendliest, happiest and most gentle people they have met with their hospitality and openness.

## THINGS TO DO IN: CAMBODIA

Cambodia is full of exciting sights and things to do from exploring the temples at Angkor at Siem Reap where you can spend forever watching the sunrises and the sunsets at this amazing temple. The country is beautiful, and even more incredible for rising out of the intense history of war and genocide. Take time to visit major sites that give you a glimpse into the history of the country.

- Phnom Penh is a memorial to those who died in the infamous Killing Fields. Here you can view around 8,000 skulls arranged by sex and age behind a glass panel.
- Make sure you get to meet some of the friendly and positive people who have weathered through the history.
- Cook Khmer-style curry or other cuisine on a Khmer cooking class.
- Take a river cruise along the Tonle Sap from Phnom Penh to Siem Reap. It's a great way to laze through Cambodia's wetlands.
- Go for an elephant ride in Ratanakiri and Mondulakiri; remember to grab a tour guide.

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- Be a part of the extravagant Water Festival. Taking place in October/November, it is around this time that the Tonle Sap changes direction, leaving behind an abundance of fish. Crowds mingle on the river banks in Phnom Penh to watch hundreds of brightly coloured boats and their paddlers battle it out for top honours.
- Watch a traditional Cambodian Apsara dance. Siem Reap is probably the best place to watch a dance display, although travellers can occasionally catch a spontaneous one in the villages.
- Go dolphin-spotting near Kratie. Viewing Cambodia's fresh water dolphins is immensely rewarding. The best time to go is early morning or late afternoon.
- Swim in volcanic Yak Lom lake near Banlung town in Rattanakiri province. The water is clear and cool and the surrounding forest is ideal for a picnic.

## WHY GO WITH TRAVELLERS?

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## HOW TO BOOK:

Please complete a [booking form](#) online or you can send a postal booking from our free brochure. When we receive this, we'll telephone you to discuss the details and then start the exciting process of planning your trip!

**We do hope you'll join us and are confident that you'll find this an incredible experience. Don't hesitate to contact us with any questions - we'll be happy to help you plan your exciting adventure!**

You may also be interested in other courses with Travellers – please visit our [website](#) for details of all our projects. In fact you can choose from over 300 projects in 19 countries!

## MAKE A DIFFERENCE – GET INVOLVED!

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