

## CAMBODIA: TEACHING PROJECTS IN SIHANOUKVILLE

Teach English or other subjects to children in the coastal town of Sihanoukville in Cambodia. This area of Cambodia is beautiful and well situated for exploring the country.

The school is very friendly and the children range from 3 years old up to 20. You're their opportunity to learn English from a fluent English speaker, which will help them increase their opportunities for the future. You'll really make a difference on this project while at the same time having a wonderful experience in this delightful country.

There's a magic about Cambodia that casts a spell over you. It's a very popular destination in South-East Asia and an exciting place to do a voluntary placement where you can get to know the local people in a deep and rich non-tourist way.

### WHAT DO YOU GET?

- An exciting, never-to-be-forgotten adventure into Cambodian life and culture.
- 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 in-depth Induction makes you **feel local straight away!**
- 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 4 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 ► Food ► Meeting you at Sihanoukville ► Transfer to your accommodation ► Transport to and from your project ► Full pre-departure support ► Local in-country support and backup ► 24-hr emergency support ► Two free T-shirts.
<b>What's not included</b>	Flights, Insurance, Cost 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 our projects are open to all nationalities. Unless otherwise stated, you need to be aged between 17 and 70+

## PROGRAMME OVERVIEW:

Teach English to children in this beautiful coastal town in Cambodia.

### The Teaching Programme

The school has approximately 1,500 pupils, ranging in age from 3 to around 20. There are 28 classrooms and all the basic but necessary facilities. Class sizes range from about 25 to 40 per class. You'll assist the local teachers and will work from the Cambodian curriculum.

The schools are very different to schools in Western countries and the children have a hunger to learn, particularly from native speakers. You'll soon find that Cambodia feels like a second home. All of the children and teachers are incredibly welcoming and friendly! Cambodian children have a cultural and moral obligation to help and provide financial support to their parents once they grow up, so they are often forced to leave home (particularly those in villages) in order to seek a better education and ultimately a way to financially support their parents. This often proves exceptionally challenging and, unfortunately, many of the children resort to easier, more drastic measures such as factory work, drug trafficking, theft, prostitution.



In Sihanoukville, there is a local project that provides the opportunity to underprivileged children to develop skills through artistic expression and to have a safe place to play, learn and dream. The artwork that the children produce is then sold to tourists. The children they help commonly come from struggling homes, even abusive, uncaring parents, living in extremely impoverished households, lacking regular access to food, clean drinking water and medical care. The children come from the beaches in the local area, collecting cans and bottles for a money or selling bracelets and such to tourists.

Travellers has affiliated with the school and with this project. The result is that for every three volunteers who do a placement at the school, the school will provide *free education to 10 children for one year*. We are very pleased at having the opportunity to potentially provide free education for dozens of children who would not have access to any type of education. These opportunities will make a huge difference to their lives and the lives of their families.

### Work Content

You'll teach children in a school situated in Sihanoukville, on the road between the centre of town and the beach. The school is very conveniently located about 15 minutes away from your accommodation, which is 50 metres away from the beach. This is a private school and thus slightly better off than the other local schools, but it is still very basic and different to Western schools. Education in Cambodia is generally very behind at all levels from the rest of the world.

Initially, you'll act as an assistant to the English teacher, helping take small groups and practice conversational English. Once your confidence grows and if you're good enough, you may be put in charge of the class and you may also be asked to help within other areas, such as sport or drama, if you have an interest in these.



### Working Hours

There are three teaching sessions in a day and these take place in the morning (starting at 7.30am), in the afternoons and in the early evenings (finishing at 7.30pm). There are breaks between 10.00am. and 2.00pm, and between 4.00pm and 5.30pm.

You'll generally teach up to six-and-a-half hours per day, Monday to Friday, and you can use the breaks between teaching sessions to either explore the town or prepare your lessons. However, you can do less or more, should you wish.

### School Holidays

School holidays can differ quite widely. However, at this school classes take place all year round, apart from National holidays, so you will be able to do your placement at any time through the year.

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## LOCATION:

Sihanoukville is amazing! It has everything you could want as a location for your placement: Stunning beaches and a laid back town that has lots to do. It is also known as *Kampong Som* and is a port city in southern Cambodia on the Gulf of Thailand, 185 kilometres southwest of Phnom Penh. You can take water taxis to the nearby islands for diving, snorkeling, and game fishing. The town centre is located on a hill roughly in the centre of the peninsula.

Sihanoukville is a spread-out tourist town for both foreigners and local people from all over the country. Three sides of the town are bordered by tropical beaches and islands. Filled with empty beaches, crowded beaches, seafood, restaurants, bars, Buddhist Temples, casinos, hotels, and more beaches. At several hundred places, English is spoken; and many French speakers are here as well.



## ACCOMMODATION & FOOD:

You'll live in an "apartment" in a lovely guest house located a mere 50 yards from the beach. The guest house is very conveniently situated in Sihanoukville and you'll most likely share a room with other volunteers. Most of the rooms are singles or doubles and each has its own bathroom with Western toilet, cold-water shower and TV. The guest house is within reach of everything, shops, restaurants, post office, banks, bars & clubs, internet cafes, and much more.

Please note that there are birds at this location, so if you have any allergies, please speak to us and we'll put you in alternative accommodation.

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The island of **Koh Rong Samloem** is off the coast of Sihanoukville and is a wonderful place to visit. It is the proverbial paradise island! The growth is lush, the sand sparkling white and the water is a tempting turquoise. The island is relatively deserted, undeveloped and untouched, but is currently being developed into Cambodia's jewel tourist destination. A stunningly beautiful bay on the island is called Waterfall Bay and stretches for several kilometres. North West Bay is probably one of the most beautiful beaches in the whole of Cambodia. The centre of the island is a jungle with thousands of coconut palms and waterfalls. The island has no firm roads as of yet and is simply sandy tracks. There are 2 bars on the island (one with a pool table) and plenty of shops where you can buy drinks, cigarettes, etc. The locals are super-friendly and very pleased and happy to have you there. This is, in fact, the only island that is fully and actively protected by the government.

**Food:** is included in the price of this project, but will be given to you in the form of a food budget. There are no cooking facilities in the Guest House. This will enable you to sample the local cuisine in the many cheap cafes and restaurants. If you tend to eat expensively, please bring extra food budget with you as the budget you'll receive covers good wholesome local food but not Western food or extras such as beverages, etc.



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

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

## VISAS:

For most nationalities visas are required, 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.

## INDUCTION ON ARRIVAL:

When you arrive you'll be welcomed at the airport by Tim, our Manager in Cambodia. Tim will spend time with you to familiarise you about the country and its culture, as well as useful information like how to use the phones, transport system, etc. Depending on what time you arrive in Phnom Penh, you, Tim and other volunteers may spend the first night in the capital or travel straight down to Sihanoukville.

## 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
- ✓ Food
- ✓ Meeting you at Sihanoukville
- ✓ Local in-country team support and backup
- ✓ 24hr emergency helpline
- ✓ Full pre-departure support
- ✓ Transport to and from your project
- ✓ Two Travellers T-shirts
- ✓ 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 projects

## 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

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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 Kampot, are just now being discovered by travellers, 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.

Cambodia can be visited at any time of year. The ideal months are December and January, when humidity levels are relatively low and a cooling breeze whips across the land, but this is also peak season when the majority of visitors descend on the country.

From early February temperatures keep rising until April, when it can exceed 40°C. Sometime in May or June, the southwestern monsoon brings rain and which can be a relief to the local people, especially when it's very hot as the rain helps to cool things down. The wet season, which lasts until October, is said not to be bad time to visit, as the rain tends to come in short, sharp downpours.



## THINGS TO DO IN: CAMBODIA

- **Koh Rong Samloem Island** is off the coast of Sihanoukville and is a wonderful place to visit. It is the proverbial paradise island!
- **The charismatic capital of Phnom Penh.** Situated on the Mekong and Tonle Sap rivers, this city of over a million people is growing every day.
- **The revitalised city of Siem Reap** which has a gorgeous riverside location, a cultural renaissance, and a dining and drinking scene to rival the best in the region.
- **The relaxing seaside town of Kampot** and trekking in the nearby Bokor National Park
- **Riding an elephant in the jungles** of Mondulakiri Province
- **The Mekong dolphins** at Kratie are a delight to see
- And don't forget the glorious beaches near Sihanoukville where our projects are based.

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- ✓ Your own dedicated Project Co-ordinator to answer all questions prior to, 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.**

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- ✓ 24/7 emergency helpline for you and your family
- ✓ Free pick up from the nearest airport.

### FEEDBACK:

*"I loved Cambodia, it felt like something you might have seen in adventure movie. They say Cambodia is about 20 years behind Thailand so not too swamped by tourists. There is certainly plenty to see and do. I found the people easy going, friendly and relaxed. Also Cambodia as a country is stunning. The Temples are like something out of The Jungle Book and the beaches are wonderful (even during the rainy season)."*

**Andrew Kemp**

### 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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