

have fun
Cambodia Rediscovered
help people.
About your Program

កម្ពុជា



“There comes a point in a person’s life when you start asking yourself: what difference am I making in this world? I decided to put my time into something worthwhile.”

- Gayle Harrod

Cambodia Rediscovered

Introduction to Cambodia

Cambodia's turbulent recent history is important to understand in order to gain insight into the projects that we are undertaking. One of the world's most horrific periods of genocide and repression began in the 1970s when the Vietnam War spilled across the border. The United States bombed Cambodia relentlessly. Out of the chaos, Pol Pot and his Khmer Rouge regime took control of the country. They emptied the cities, marching people off to rural work camps, and turned back the calendar to Year Zero. In an effort to create a primitive agrarian utopia, the Khmer Rouge purged the country of everything foreign or modern. They outlawed books, money and medicine, which meant a generation of people not allowed any education. They began mass executions. Approximately 2 million people (of Cambodia's then 8 million) were killed during this time. The Killing Fields were a number of sites in Cambodia where large numbers of people were killed and buried by the Khmer Rouge communist regime. The executed were buried in mass graves. In order to save ammunition, people were often executed using only sharpened bamboo sticks or hammers. The soldiers who committed the executions were mostly young men or women from peasant families.



Unfortunately, one of the most lasting legacies of the conflicts continues to claim new victims daily. Land mines, laid by the Khmer Rouge, the Heng Samrin and Hun Sen regimes, the Vietnamese, the KPNLF, and the Sihanoukists litter the countryside. In most cases, even the soldiers who planted the mines did not record where they were placed. Now, Cambodia has the one of the highest rates of physical disability of any country in the world. While census data for Cambodia is sketchy, it is generally accepted that more than 40,000 Cambodians have suffered amputations as a result of mine injuries since 1979. That represents an average of nearly forty victims a week for a period of twenty years. The Cambodian Mine Action Centre (CMAC) estimates that there may be as many as four to six million mines and unexploded ordinances in Cambodia. In 1998, there were 1,249 known new casualties. While the Khmer Rouge were the worst offenders, deliberately targeting the civilian population with mines and booby traps, all sides have shown blatant disregard for the long-term consequences of the use of mines.

Cambodia has the one of the highest rates of physical disability of any country in the world.



Furthermore, the blame extends beyond the warring factions. The Chinese, the Soviets, the Americans and a host of smaller nations continued to supply the weapons with callous indifference to the effects of their actions.



Additional Packing Information

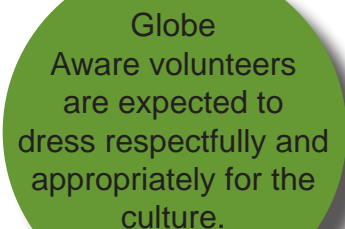
You will not regret packing light. Keep in mind that it is OK to wear clothes more than once, and that a week is not a very long time. There is a good possibility that you will get very wet, muddy or dirty with many of our work projects. Good, durable, “non-fussy” clothing is best. Pack according to what you feel will make you most comfortable.

Please remember:

- Linens, pillows and mattresses may not be the quality you are used to at home. For those who are more particular about their bedding you may consider bringing a “sleep sack.”
- Cambodia has a tropical climate. Jeans can be less comfortable than alternatives. Loose cotton clothing is best. Modesty is important. Please be considerate of the culture you are visiting when packing.
- Shorts are not worn in many cultures. Men can wear shorts more easily than women without seeming culturally inappropriate. In a modest culture like Cambodia, women will blend in with the locals much better if they wear no shorter than knee length clothing. Alternatives include lightweight pants, Capri pants, or knee length skirts. Short shorts or skirts and skimpy tank tops are never appropriate in Cambodia.

Please note that the packing list is meant as a guideline. There is no single item that you can't live without for one week. Pack what you think you will need to be comfortable, but do not get preoccupied about items that you didn't bring, weren't on the list, etc. Everyone has different opinions about essential items!

- Sunscreen
- Sun hat
- Pants for working and relaxing
- Towel
- Toilet paper / tissues or wipes
- Comfortable walking shoes
- Flashlight
- Toiletries and any prescription medication needed
- T-shirts
- Umbrella or rain poncho
- Socks and plenty of underwear
- Day pack / Small backpack
- Strong money belt
- Camera / memory cards / chargers
- Money / credit cards for personal expenditures
- Lip balm
- Travel charger & converter (see our Electricity section for more information)



Globe Aware volunteers are expected to dress respectfully and appropriately for the culture.

You may enjoy bringing games or books for free time. Be sure you leave plenty of space in your bags for souvenirs!

***Important note:** During volunteer work projects, all Globe Aware volunteers are expected to dress respectfully and appropriately for the culture. This means its best to avoid wearing sleeveless shirts or tank tops (t-shirts are fine), please be mindful of low cut tops, and ALWAYS cover your legs at least to your knees. You may wear whatever you want during your own free time – you will see scantily clad tourists all over Siem Reap, though this is not particularly respectful.

Avoid bringing expensive jewelry or designer clothing. Make sure you check with your cell phone provider about foreign roaming or international data plans. A lot of locations in Siem Reap will have Wi-Fi available.

Entering Cambodia



A passport and visa are required.

You may purchase a Cambodian visa for US \$20 valid for one month at the airports in Phnom Penh and Siem Reap. PLEASE MAKE SURE YOU FILL OUT YOUR VISA SAYING YOU ARE VISITING AS A TOURIST, RATHER THAN FOR BUSINESS PURPOSES. WORK VISAS are intended for those coming for paid work, that are subject to paying payroll taxes.

A passport and visa are required when entering Cambodia.

The visa requires a passport-sized photograph, which you can bring with you or you can pay about two dollars for your passport photo can be scanned and used in lieu of a separate photograph. **Your passport must be valid for a minimum of six months after arrival.**

E-Visa

Alternatively, the Cambodian government has launched e-Visa, which enables you to apply for a Cambodia tourist visa online. We recommend this route as it can save you time standing in line at the airport upon arrival after a long flight. All you need to do is complete the online application and pay with your credit card. After you receive your visa via email, you must print it out and bring it along when you travel to Cambodia. The website for this process is www.mfaic.gov.kh/evisa/



You should apply for a tourist visa, which is valid for 3 months starting from the date of issue and you may stay up to 30 days. Processing time takes approximately 3 days. A passport validity of more than six months at the time of entry is required, as well as a recent passport size photo in digital format (JPG or PNG).

Read the photo requirements carefully, as they will not process applications that don't follow the photo guidelines. You can pay with a credit card and the fees are \$20USD for the visa. \$5 for the processing charge, and \$3 for an additional bank charge. Applying for the visa online can save you time at the airport, as recently long lines have been reported upon arrival.

Please make sure you send in the following information from your passport to office@globeaware.com.

Name as it appears on your passport
Passport Number

Send in your passport information to Globe Aware to speed up your arrival process

Arrival and Meet-Up



Your coordinator will meet you in Siem Reap at the airport exit upon arrival. Your assigned coordinator will accompany you throughout the program. The airport is VERY small with only one pick up area, but there are often crowds of families waiting for arrivals, so don't be worried if you do not see your coordinator at first.

Your Globe Aware coordinator will be wearing a Globe Aware T-shirt and holding a sign which will give your **GROUP LEADER's name**. If you do not know who your group leader is, make sure you contact us before you travel.



If you feel there is a problem with these arrangements, or you cannot meet the time schedule, please contact us at least several days prior to your departure, and we will try to resolve this the best we can. However, because of certain limitations, and strains on other volunteers, such requests should be made within a fair amount of time (at least one and a half weeks before the program date) and will be remedied to our discretion. **If there are any issues during travel, please be sure to inform your group leader or our emergency phone number: (214) 824 4562.**



EMERGENCY CONTACT INFORMATION

Meang's Cell Phone Number : From the U.S. : 011 855 0124 66495 or 011 855 9793 34337
From Cambodia: 0124 66495 or 9793 34337

Richard's Cell Phone Number: From the U.S.: 011 855 93 226 579
From Cambodia: 93 226 579

Globe Aware Headquarters: From the U.S. (214) 824 4562
From Cambodia 001 214 824 4562

Your Regional Coordinator: Richard McCann



Currently a Regional Coordinator for Globe Aware, Richard has worked for Globe Aware in a variety of outreach capacities since 2012. An avid world traveler, he has worked, studied and volunteered throughout the world, including teaching business English, food and nutrition at schools in Thailand, basic English at orphanages in Romania, and various programs and travel in Peru, Turkey, Russia, all over Europe, etc.

He demonstrated leadership as a Baylor Bound Leader/Line Camp Leader, where he organized service projects, group trainings and orientation sessions. He double majored at Baylor University in International Studies and the Russian Language, though he also speaks conversational German.

Your Local Coordinator: Meang Suon



Meang hails from a poverty stricken, rural area about 100 miles east of Siem Reap called Trach in Kompong Province.

He takes a huge role in his family and community and operates in life with the guiding principle to serve, show and share. The eldest of 6 siblings, he currently lives with his 2 brothers, 6 cousins, 2 uncles all of whom he has helped pay to educate and guide in life.

Meang spent over ten years getting his education in the monastery as a monk. Through an enterprising network of local self-started business, and not through formal education, he has become an expert on working with foreigners, Khmer culture and contributing to society. Few people are as proficient in English and Khmer (some Japanese!) as Meang. You will find him to be a gentle, caring person looking to make the most out of life.

Coordinators

Each group will be paired with a local Globe Aware coordinator who will stay with you throughout your program. If for any reason you have questions that your coordinator seems unable to answer, please ask them to contact either Meang or Richard on their cell phone, to whom you can address your question or concern.

Some of the coordinators in your program are:

Chan Sopheap
Bonna
Hoeng Sehya
Jess
Noeun
Suon Kimlean

Rin Ratha
Sinat
Yun Huot
Khom
Van Ezra
Muth Phanet

Seng Sen
Bo Chamreoun
Kert
Sok Sreymom
Hanna
Gnong Tom

Vet
Chan Naroth
Hout Loysambo
Phally
Yun Sinet
Chea Rachana

Community

Globe Aware's Cambodia program is based in the bustling city of Siem Reap.

With a population of over 800,000 and its close proximity to the Angkor Wat ruins and the Tonle Sap Lake, Siem Reap has become a major tourist destination. The center of town is just a short stroll over the river from your accommodations and has a bustling nightlife, with plentiful cafes and bars for you to enjoy in your free time. Siem Reap is also scattered with impressive temples and pagodas that you may enjoy visiting. Many volunteer projects will be centered in rural villages, so you should have ample opportunity to experience all aspects of Cambodian life.



Expect to be immersed in a culture completely different than your own. There are a number of important things to keep in mind when you are a visitor in Cambodia:

- Don't touch another person's head, even if it is meant as a friendly gesture as the head is considered sacred
- Don't point your feet at a person or object.
- Don't get carried away with public displays of affection
- Do remove your shoes before entering private homes and wats (temples)
- Don't lose your temper and shout. You can often get your way faster by being persistently polite
- Don't climb on Buddha statues or photograph them without permission as they are all considered sacred
- Do dress neatly when visiting temples - wear a shirt and long pants when possible

In the last few years Siem Reap has become much more of a bustling, growing town. You will see new guest houses being put up everywhere, and streets in various stages of being paved. Traffic is fairly unruly and you will need to pay special attention when walking around the old market.



Accommodations



Your accommodations in Siem Reap will be a modest guesthouse. Volunteers will stay with their assigned groups, and share a room with another volunteer. We have carefully selected guest houses which allow volunteers to stay with their group, and that are convenient to the project sites and leisure activities.

Your room will have an attached bathroom with flushing western toilet, sink and “Asian shower” (generally showers are not enclosed in the bathroom). Depending on group size, accommodations are generally two per room, divided by gender or by keeping family members together.

Upon arrival you will be furnished with several bottles of water in your room. We have a clean bottled water service deliver to the guest house where we stay, and volunteers can refill their water bottles from this at any time. We do NOT recommend drinking water from the tap.

The hot water in many of the rooms uses a system to which you may not be accustomed. First you will need to make the light switch to the bathroom is on. Then you will turn the dial to the #5. When you turn on the water it will be hot. You can always turn the dial to a lower number to lower the water temperature.

Because of the heat, many volunteers say they end up preferring the room temperature water. PLEASE turn the dial OFF when you are finished or the electricity keeps running. It is a tank-less hot water system so it does NOT need any time to heat up prior to use. Likewise, though this may be different from how you do things at home, PLEASE turn off you're a/c when leaving your room. Electricity resources are much further stretched here than you may imagine.



Air-conditioning in the rooms is provided via “mini-split” wall units. There is a remote control which is used to turn it on. Your coordinator can show you how it functions. From experience, it works quickly, after turning on, it will get the room to its maximum lowest temp in about 10 minutes. However note that it only seems capable of getting rooms to about 78 or 79. You will note that if you go into shops or fancy hotels, the coolest temperatures are at a similar range. You are not likely to experience anywhere the kind of chilling air conditioning that some grocery stores and movie theaters provide in North America. Those volunteers who are especially sensitive to heat may enjoy having a personal mini battery operated fan.

Rooms include TV and electrical outlets. Electricity tends to be more fragile here, meaning if too many things are plugged in at once, a fuse is more likely to blow.

Wi-fi is provided and available at the guest houses where we house volunteers. Your coordinator will give you the password. It is generally not as fast as you may have experienced in offices, schools or homes in North America.

There's no electronic key card system in Cambodia. Keys are put on heavy, hefty wooden key fobs which are expected to be turned in at the front desk as you leave the building. You'll appreciate not having to carry them around.

Electricity

Electricity is 230V 50 Hz and plugs generally accept either North American styled flat or European round prongs. Check to make sure that your device can handle the higher voltage, or remember to purchase a travel voltage converter before you go.

Most modern appliances, such as cell phones, come with rechargers that can handle 110-250 voltage, in which case no convertor is needed. The guest house has primarily 2 North American style flat prongs outlets, in which case no adaptor is needed. However outside of the guest house, and even in some of the common rooms at the guest house, there are outlets with the two round prongs. You can easily find adaptors in the old market for a few dollars.



Food



Cambodian cuisine, though uniquely Khmer, draws heavily on the traditions of both its Thai neighbors and Chinese residents. The main national staple is rice, but French colonial influence has dictated that the Cambodians eat more bread--generally French-style baguettes--than any other Southeast Asian country. Because of the country's incredible richness in waterways including the Mekong, Sap and Bassac Rivers, not to mention the Tonlé Sap, freshwater fish and prawns are especially popular--in addition to which plenty of fresh seafood is available from the Gulf of Thailand. Beef, pork, chicken, duck and other poultry are widely available but generally more expensive than fish dishes. Num banh choc (rice noodle and fish soup) is a common and popular Cambodian breakfast.

Breakfast is served at the guest house and the remaining meals are taken at a variety of nearby restaurants chosen for their cleanliness and training in cooking for foreigners. Several dishes are provided family style for all to share. Coffee in the morning is included and we provide bottled water but soft drinks or alcohol are not included.

Weather

Cambodia's monsoon climate gives it two distinct seasons - a dry season from November and April followed by six months of rainy season. Rainfall is highest between May and June, and September and October. September has the most rain. It has recently been hot and muggy and wearing a heavy raincoat might be uncomfortable, but do bring an umbrella. Keep in mind that changing weather patterns affect all parts of the globe, and that even in the rainy season, it doesn't usually rain all day, every day. A good rule of thumb is to know it is going to be hot almost any day you are in Cambodia, and the main thing that will vary are humidity levels. We recommend checking the weather forecast on the internet prior to your departure.



Money



The local currency in Cambodia is called the riel but you will use US dollars. The riel has devalued to the point that it is used only as change for amounts smaller than US \$1. US coins are not accepted anywhere.

Cambodia is unique amongst the locations where Globe Aware runs programs. Almost everything is priced in US \$. It is a good idea to have at least \$50 worth of local currency (riel) on you, which you can withdraw from the many ATMs in the old market area or at the airport. Locals often will not accept torn or old dollar bills for higher denominations (over \$20). Also, when paying for items, you may well get change in local currency.

For the most part, Cambodia is an inexpensive place to travel. Entrance fees (particularly for Angkor Wat - around US\$26 a day, depending on the currency exchange, which fluctuates daily) can set you back a fair bit- and this cost is not included in your program fee. There are a handful of ATMs in Siem Reap. Cash advances on credit cards are available but fees may be high. Credit cards are rarely accepted anywhere other than tourist class hotels and boutiques.

Also, a note for all program locations—it is a good idea that you call your bank and credit card companies before you depart and notify them of the country you will be traveling to and the dates of your travel so that they will allow charges and/or withdrawals internationally.

Phone and Internet

Please try not to spend a lot of time on the phone or internet during your short volunteer week. You may make calls and check email during your free time. There are numerous internet cafes scattered around Siem Reap, and many of them will offer international calls at reasonable prices. Mobile phone service is growing rapidly, but land lines are not reliable.

Wi-Fi services are available in most guest houses and many other locations in Siem Reap.

We recommend that you speak to your cell phone provider about foreign roaming charges and data plans if you are planning to use your phone while in Cambodia.

Facebook



We want to see your experience! Post photos to www.facebook.com/globeaware using the hashtag **#GlobeAwareAdventures** and **win a Globe Aware trip to Costa Rica** if yours is chosen as the one which best represents what volunteering abroad is about. There's no limit on number of photos and you have until November 1st to post. Use the hashtag to post on Instagram, Twitter, etc. but remember, the photos must be shared on our FB page to count!

Health

There are no vaccine requirements to enter Cambodia. Refer to the CDC's website for more information and recommendations on preventative measures:

<http://www.cdc.gov/travel/destinationCambodia.aspx>

Expectations

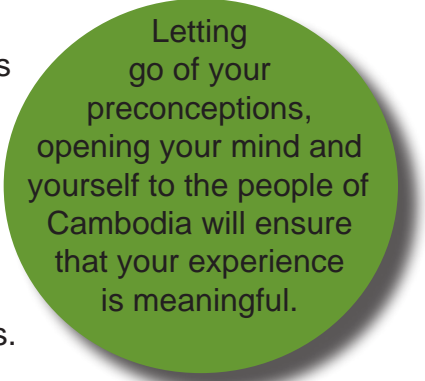
You may well be the type of person who has achieved great success through your focus on productivity. We applaud you!

You will likely find that success in Cambodia is measured differently. Part of participating in a program like this is taking advantage of the opportunity to absorb life at a different pace. For Cambodians, spending lots of time with friends and family is their highest priority. They usually spend several hours a day with them and in this way, feel they have achieved great success.

While you are working on projects, try not to look at your watch or focus on numbers, as the locals will not be. They will feel that learning about you is just as important, if not more so, than the work you are doing.

Get ready to open your mind, relax, and prepare to experience an entirely different way of life! You will be totally immersed in a different culture. This total cultural immersion is one of the two key components (along with volunteer work) of Globe Aware's programs. In order to have the most enjoyable and meaningful trip possible, we ask that you carefully consider the following:

- Please do not expect to spend all day, every day, working on volunteer projects. It is equally important to Globe Aware that you have ample time to experience the culture through planned activities, excursions, and free time. We try to work for at least 6 hours on volunteer projects on weekdays, and less on weekends.
- Try to stay open minded about work projects. The communities with whom we work choose the projects they feel are most important to develop. The work is varied and can encompass a variety of activities throughout the week. The people of these communities often crave help in areas we might stereotypically deem as too simple to be worthy of giving attention: the opportunity to practice English with native English speakers (many more jobs and opportunities are available to those who speak English), basic computer instruction, and the like.
- All projects are requested by the community and implemented in a manner they propose. This means the people with whom we work may approach a problem differently than our volunteers would like to. At times, there may be a tendency to judge a culture negatively for not focusing on productivity. We ask our volunteers to keep in mind that our focus is two fold –we are there to help, but we are also there to learn.
- It is terribly important that you understand why the projects you are working on are important. If the significance of a project is not immediately clear, please don't hesitate to ask your coordinator for clarification.
- Scheduling, punctuality, and time are concepts that are not universal. Please do not be surprised if your volunteer week involves more waiting than you expected, or schedules are adjusted throughout the day. Remember that if no one in the village owns a watch, you may want to take a break from yours for the week! However, remember we will work and move around in a group, so it is important to be prompt when meeting other volunteers to avoid delays.
- Projects will change as the communities' needs change. Even though we will work on a set itinerary, it may be necessary to adjust schedules or projects. Factors affecting the week's plans



Letting go of your preconceptions, opening your mind and yourself to the people of Cambodia will ensure that your experience is meaningful.

include but are not limited to: the weather, which projects were or were not completed by the prior group, availability of supplies, number and physical capacity of the volunteer group, and the changing priorities of the community.

- Please communicate freely with your coordinator. If there is anything that can be done to make your stay more enjoyable, please don't hesitate to discuss it with your coordinator, whether you'd like an additional pillow or to visit a specific cultural site. Keep in mind that requests cannot always be accommodated due to limited resources at program sites, though we will make every effort to do so.

Work Projects

Globe Aware works with a number of local aid organizations in Siem Reap.

We understand your desire to know as much as possible about the projects you will be working on. It is important to understand that some flexibility is necessary in this type of program, as there will be factors such as what supplies are available, how many volunteers are in your group, weather conditions, the changing priorities of the community, etc. Therefore its best to approach the experience with an open attitude, knowing you'll be working approximately 6.5 hours a day during the week days, usually concentrated earlier in the day, and you'll have a couple of hours of unstructured free time every day. There are usually three to four planned but optional leisure and cultural activities throughout the week. Communicate with your coordinator. If you find the work level is too much, or not enough, he or she will do as much as possible to work with you.

Wheelchair Project

We assemble wheelchairs to donate to needy recipients from the countryside, when the wheelchair kits are available, which are subject to customs upon arrival at the border. The Cambodian government is under no obligation to give or abide by any timelines regarding goods held at the border for inspection. Our other work focuses on a variety of educational outreach initiatives around Siem Reap.

Providing low-maintenance wheelchairs is important. The design of the wheelchair is basic, and the goal is to be able to reach the highest number of disabled impoverished people in the shortest possible amount of time. These wheelchairs are especially designed for use in the rugged terrain of rural and under-resourced areas.



Combining the lawn chair with a custom steel frame, and a pair of mountain bike tires provides not just mobility, but ease of maintenance, and an improved health and quality of life. This way, recipients in Cambodia will receive wheelchairs which they are able to use in the Cambodian terrain (not always adapted to wheelchairs as we are accustomed to) but if they do need maintenance, they can easily have access to it.



School Support

We will be working with local schools, a Women's Center and a Drug Rehabilitation Center to provide English pronunciation instruction. Many Globe Aware volunteers bring the valuable skill of being native English speakers, and pronunciation improvement is one of the most important skills volunteers can help with.



At the schools, volunteers will be able to spend time with the children and give them much needed attention by playing games, teaching English, drawing, etc. There is a great deal of need here, from donations of school supplies, improving wash facilities, teaching English, and repairing infrastructure.

At some of these project sites, we will also be doing maintenance and construction work, including the following projects:

- Installing a new roof
- Installing and repairing water wells
- Building a fence
- Building toilets / latrines
- Painting



Repair Projects at Rehabilitation Centers

We will work with a Drug Rehabilitation Center and a Physical Rehabilitation Center (which serves people with disabilities and landmine victims) to repair and improve their infrastructure, including:

- Painting
- Roof repairs
- Fence repainting and repairs



Ceramic Filter Distribution

We will have the opportunity to visit a fishing / floating village near Siem Reap, in Tonle Sap Lake. This visit is a combination of a cultural awareness / leisure activity with the chance to help by distributing ceramic water filters to impoverished families who do not have access to clean drinking water.

Distributing alms

You will have the choice to participate in alms giving at a local monastery to support the local monks, and learn more about the role of Buddhism in Cambodia. This is again, both a cultural awareness / leisure activity, while at the same time supporting local organizations.



Villages around Siem Reap - Construction Projects

We will visit villages around Siem Reap and help with community development projects, such as:

- Building toilets / latrines
- Installing / Repairing water wells (please see more information on water wells below)
- Rebuild a house - the family is a widow with 8 children



Special Project: Water Wells in Villages

The problem: The need for clean water in Cambodia

One of the most pressing resource issues facing rural villagers in Cambodia is lack of drinking water and the good health practices that go with it. According to the Cambodian Inter-Censal Population Survey (CPS) of 2004, only 40% of the rural population has access to safe drinking water (National Institute of Statistics, Ministry of Planning: Cambodia Inter-Censal Population Survey 2004, General Report). Currently, villagers and residents of remote areas drink from pools of standing water or from streams and canals. In both cases, the water is contaminated by bacteria and polluted with waste. Additionally, this water is a potential breeding ground for many water-borne illnesses. This problem intensifies during the dry season when water levels recede and residents must seek water, usually by foot, from more distant locations.



Illnesses caused by stagnant dirty water and the consumption of this water have devastating effects on the lives of the villagers. According to the 2000 Cambodia Demographic and Health Survey, for every 1,000 babies born in Cambodia, 95 die in their first year, leading to one of the highest infant mortality rates in Southeast Asia. Two of the three most deadly illnesses affecting children are malaria and diarrhea which can both be linked directly to unclean water. However, as shocking as these statistics and the direct effects of unclean water can be on health, especially of children, the effects of a lack of access to clean water go even further. Levels of education and school attendance are deeply affected by children's health and their ability to go to school. Furthermore a family's income is also affected by ill-health. If the main income earner becomes sick, the entire family and their health will suffer. Helping to prevent families from being sick by providing access to clean water is therefore the first step to improving education, income and living conditions amongst rural Cambodians.

The need for a village centered approach

Prior to 2006, access to water wells in and around Siem Reap was extremely limited. As tourism has increased and more organizations have started to work on the issue of clean water the number of water wells has increased. Well scouts have therefore started to travel further in all directions to provide wells to households still in need of a safe and year-round water source. Many of the wells put in by both Globe Aware and other organizations break and need repairs, but frequently villagers are not able to fix themselves or pay for them to be fixed. The water well projects that Globe Aware volunteers will be undertaking in the fall of 2013 center around the installation and repair of water wells.

Just having access to clean water through a new or fixed well does not ensure good health. To ensure the greatest and most sustainable impact, our water projects have included elements such as basic training on the means to ensure safe-drinking water for families, simple hygiene practices and well maintenance. We have previously worked with one village at a time, thus allowing a more thorough response to the needs of the village as well as securing a commitment from the village for their cooperation and continued independent ownership of the project in the long-term.



At Vivint's request, Globe Aware has arranged for you to work in the repair and installation of over 20 water wells. Vivint has also generously sponsored People Water's Cody Barker, to join us on this project. People Water is a for-profit, cause based business committed to alleviating the global water crisis. Vivint is sponsoring Cody's travel costs to come and help on the repair and installation of several wells, and to give out tool sets to local communities, training them in their use. Barker is People Water's Co-Founder and Chief Water Giver, and we are grateful to have him!

By incorporating the training being provided in conjunction with People Water and Vivint, we can not only increase the impact of each well that is repaired or drilled but can also provide the villagers with the means to safeguard their own health in the future. Combining this training with a village community centered approach, we can ensure that the impact is also increased in terms of time as villagers go on to fix their own wells and are empowered to work together to improve their health.

When properly maintained, a well can last a very long time. But they require regular maintenance. Many wells break down simply because the non-profits that built them run out of money and can't maintain them. One of the most common problems with wells is that a rubber gasket wears out. It's a small, relatively inexpensive part that can last anywhere from three months to five years, depending on how heavily the well is used. But once this crucial part has work out, the well ceases to function. And unless the organization that built the well has the funds available to fix it, it will become defunct and the villagers are back to where they were before it was built: walking miles for water, and/or drinking water that isn't safe. Right now there are over 800,000 broken wells throughout the world.

Work needed for a well can vary tremendously (30 min-several days), depending on a great variety of factors such as how hard the soil is, how many rocks are present, how deep the drill must go (30 to 1500 feet), etc. Most of this cannot be easily (or inexpensively) determined until the project has begun.

An Exercise in Awareness



Pursuant to Globe Aware's goals of promoting cultural awareness and sustainability, this project meets both criteria. At most of the water well sites, you will also be able to interact with the community, and work on a variety of projects at the same time.

Though some of the water well sites are not ideally suited for larger groups, we are happy to keep assigned groups together as Vivint has requested. While the project site may not require a many hands as are present, we are grateful that you are taking the time to fully appreciate the challenges in the communities you will be visiting.

Special Note about Orphanages in Cambodia

Orphanages all over the world have real needs that can be very difficult to meet. In 2005 Globe Aware ceased trying to operate too closely in conjunction with them as many vulnerabilities rose to the surface for which we have not been able to find firm solutions. We do occasionally provide training and services in group settings (like sewing teachers, English lessons) or donations in the form of meals or educational materials. We have a firm policy against any volunteers working one-on-one with any children. We ask that if you ever witness anything that concerns you to please voice your concerns so that we can all work toward the best possible solutions.



Children should not be treated as an attraction. Understanding the real challenges that needy children face worldwide is important, and we are always seeking the best way to promote such awareness. There has been a tremendous amount of press on this issue since early 2012, highlighting instances where volunteers (in other organizations) were given access to orphans. Please contact us if you would like more information.

Ideally, there would be reliable child welfare services in Cambodia, but at this time, those services are simply not in place. It is a complex and sensitive issue. We do not want to abandon needy children or stop helping them, and we approve of occasional visits and help as one might visit ANY school for an English lesson or teaching a craft, but spending a lot of time with children who are in a situation like this can actually harm instead of help. The young child can grow attached to the person and then the volunteer leaves, leaving behind a sense of abandonment. There are organizations that, in light of this difficulty, actually espouse having nothing to do with orphanages whatsoever, such as www.orphanages.no/WhyShouldIVolunteer.html. Globe Aware has NOT taken this all or nothing approach, but this is a very current, controversial topic. We feel it is not a black and white issue. We are constantly trying to best define the safest way to contribute to the well being of the neediest children.

Our coordinator in Cambodia has been fully informed of these issues. Please be aware however, that culturally, in Cambodia this issue does not seem to have the same resonance as it does in the U.S., so you may find Cambodians dumbfounded over the controversy. We encourage discussions about this issue with the coordinator and anyone else. We are all hoping for the best path forward. Understanding the real challenges that needy children face worldwide is important, and we are always seeking the best way to promote such awareness.

We ask that if during your program you witness anything that is a cause for concern, please voice your concerns to the volunteer coordinator and let us in the home offices know as well.

We hope you will understand that hearing directly from our volunteers is the most crucial part of what we do from our headquarters, and the source of all positive changes and progress!

Leisure Activities

Several leisure and cultural activities are planned, but optional. A visit to the Angkor Wat temple complex is the highlight of most people's trips to Cambodia, do bear in mind that the entrance is at separate cost to the volunteer. A day will be set aside for this trip, though you could easily spend several days exploring some of the most spectacular temple ruins on earth. Many volunteers explore this freely, or if you would prefer, we can help you find a suitable tour guide.

A visit to the Angkor Wat temple complex is the highlight of most people's trips to Cambodia



During this time, meals will be on your own (not included). There are several options for you to visit Angkor Wat.

Passes are sold in one-day (\$20), three-day (\$40) and seven-day (\$60) blocks that must be used on consecutive days. Visiting hours are 5:00AM - 6:00PM. Some of the best photos are taken at dawn and sunset!

Angkor Wat closes at 6:00PM, Banteay Srey closes at 5:00PM and Kbal Spean at 3:00PM. Always carry your ticket. It will be checked upon each park entry and at major temples. There is a significant fine for not possessing a valid ticket inside the park. A regular admission ticket is not required to visit Phnom Kulen, Koh Ker or Beng Melea, but there is a separate entrance fee of \$20, \$10 and \$5, respectively.



You will also be able to take a trip to the floating villages on the Tonle Sap Lake. You will have ample free time to enjoy the craft market and town center.

There are tons of things to do and see in Siem Reap. You can get a "fishy" foot massage, people watch on Pub Street, shop for souvenirs, wander and stroll through the old town, hire a tuk-tuk guide or just walk around.

Know that if you take a tuk-tuk, it should not cost more than \$1-\$2 from hotel to location.

Safety and Security

Cambodia is a safe and friendly country, with the usual exception for large cities late at night, and unobserved luggage or wallets. Be discreet with your possessions, especially cash and cameras, and as always, take extra care in all poorly lit or more remote areas. It is a good idea to keep a copy of your passport with you and keep your original in the safety deposit box at your accommodations.

It is unfortunately a common occurrence in Southeast Asia to be approached by individuals selling adult services to locals and foreigners. You will see that almost every guesthouse has notices stating that they are not responsible for any theft that takes place for those who bring guests in to their room in this manner.

There are a number of scams to which one may be subjected, such as a child approaching a foreigner to ask for milk. They accompany you to the store to buy milk. Once you've left, they return to the store, sell the milk back to the store and split the money between parent and store owner. Others may claim one of their family members is moving to your state/country and wants advice and ask you to come with them. You should be vigilant, especially if you are traveling alone. It is never a good idea to hand money out in the street to anyone, nor accompany those you don't know somewhere else, however safe or friendly they may seem (i.e. children).

Cambodia suffers from a legacy of millions of land mines left during the war years. However, to tourists that stay "on the beaten path," land mines present a minimal to nonexistent threat, as populated areas and their environs have been thoroughly de-mined. For further information on safety and security and travel conditions in Cambodia, visit the State Department's website at http://travel.state.gov/travel/cis_pa_tw/cis/cis_1080.html

Leaving Cambodia

You will be brought back to the airport to meet your flight on Saturday, October 26th, unless you plan on continuing your stay in Siem Reap.

Remember to spend your riels before you leave, as they will not be exchanged in other countries.

Stay Involved

As you leave Cambodia, you may be asking yourself, "how can I continue to help?"



Purchase this \$25 commemorative bracelet to memorialize your experience. Wear it, tell your friends about your trip, spread the word about Globe Aware! Proceeds will go toward the purchase of more wheelchairs. Forms will be emailed following your trip.

Other ideas to stay involved:

Start planning your next volunteer vacation

Are you ready for your next volunteer vacation? Many of our volunteers are forever changed by the experience and can't wait for the next one, or to visit a new, exciting place. Maybe you fell so in love with the community you visited that you would like to go back. Get a group together, explore our different destinations on our website www.globeaware.org, or return to Cambodia! All returning volunteers receive 10% off our program fees!

Join us on Facebook



Our Facebook page is www.facebook.com/globeaware. Don't forget to LIKE us! You can also FRIEND us at www.facebook.com/globeaware.org and see photos of your program, continue to follow the progress of projects through other volunteers and their images.

Fundraising

Start a fundraising campaign to support a program or project, fundraise towards your next volunteer trip, or even donate to other individuals fundraising so they can experience what you did!

Communicate with us

Please call us at 1 877 588 4562 or email us at office@globeaware.com to communicate any special needs you saw, project ideas, etc. to our office. We are always happy to hear from you!

Share your photos

Send in your photos so we can share with other people in the same program, or people interested in going to Cambodia.

Resources

Smart Traveler Enrollment Program (STEP)

The Smart Traveler Enrollment Program is a free service provided by the U.S. government to U.S. citizens who are traveling to a foreign country. STEP allows you to enter information about your upcoming trip abroad so that the Department of State can better assist you in an emergency, keep you up to date with important safety and security announcements, and help your friends and family get in touch with you in case of an emergency. The link to STEP is <https://travelregistration.state.gov/ibrs/ui/>

Global Entry

Global Entry is a U.S. Customs and Border Protection (CBP) program that allows expedited clearance for pre-approved, low-risk travelers upon arrival in the United States. Due to sequestration, long lines have been reported at customs and immigration when coming back into the United States. Global Entry approved travelers are able to use the automated kiosks at immigration to reduce wait times considerably. For more information, visit <http://www.globalentry.gov/>

In Case of Emergency

United States Embassy : Phnom Penh, Cambodia

#1, Street 96 (Near Wat Phnom) Sangkat Wat Phnom Khan Daun Penh

Tel: 855-023-728-000 Fax: 855-023-728-701

Further Readings

- Lonely Planet Cambodia is a comprehensive guidebook that provides information about history, culture, etc. as well as where to stay and eat and what to see.
 - For background into the Angkorian Khmer civilization, try Angkor: An Introduction by George Coedès. The site is brought alive by Mark Stamen's Passage through Angkor, one of the best photographic tributes to Angkor.
 - Nayan Chanda's Brother Enemy provides insight into Cambodia and Vietnam's descent into war, and the role played by China, the former USSR and the USA.
 - Sideshow: Kissinger, Nixon and the Destruction of Cambodia by William Shawcross documents the expansion of the Vietnam War into Cambodian territory.
 - A Dragon Apparent by Norman Lewis and River of Time by Jon Swain take the reader back to a now-vanished Indochina.
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