



PAINTING AND CONSTRUCTION PROJECT IN CAMBODIA



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Cambodia's infrastructure is extremely poor. Many buildings are still not rebuilt after the long years of civil war. Much of facilities such as schools, hospitals and orphanages are poor and not suitable for use. Volunteers use their energy to help improve the buildings for local community. The group can choose to work Phnom Penh or Siem Reap.

VOLUNTEERS' RESPONSIBILITIES

Volunteers work four to six hours a day towards improving the atmosphere through exterior and interior artwork, painting and renovations. Volunteers are also encouraged to paint educational and colorful designs to brighten up the building. The tasks depend on the construction needs and the skill of the volunteers.

REQUIREMENTS

- Volunteers must be open-minded and proactive to see where they can help.
- Flexibility to participate in many different tasks.
- Health and physical capability to do manual work.
- Creativity and initiative to work in an environment with limited resources.

ACCOMMODATION

PHNOM PENH

All volunteers that work in Phnom Penh will stay in a guesthouse. The guesthouses are located in the center of Phnom Penh and are within minutes of many of the major tourist attractions. The guest houses feature large roof decks for lounging, restaurants servicing local and western cuisine, Wi-Fi, computers, bicycles for free rental, and laundry service. Additionally, bus tickets to almost anywhere in Cambodia and select locations in Vietnam and Thailand can be purchased for those that wish to travel on the weekends or after their service has ended. Most volunteers share room with other volunteers; however, private rooms can be booked for those that desire.

SIEM REAP

All volunteers will stay in a guesthouse in Siem Reap. The guesthouse is located just 10 minutes from the happening downtown area. It is one of the finest and most reasonably priced guesthouses in Siem Reap. It features many of the same luxuries as our guest houses in Phnom Penh. As in Phnom Penh, most volunteers choose to share rooms, however, single rooms can be organized for those that desire.

MEALS

You will be provided with three meals a day for breakfast, lunch and dinner at each of our guest houses. Khmer cuisine shares many commonalities with the food of neighboring Thailand and Vietnam and commonly contains rice, vegetables, or noodles. The kitchens are open from 6:00AM to 9:00PM and there are no restrictions on which selections can be chosen. Breakfast typically includes coffee, tea, and juice with bread or eggs. Lunch and dinner meals typically consist of rice, noodles, soup, vegetables, beef, fish, pork and fruit. If your workplace is not close to the guesthouse you also can ask the guesthouse to pack a lunch for you.

Arrival

Look for someone holding a sign with your name when you pass through the door after the baggage claim area and are outside.

Weather

Days can be very hot, especially in April and May (up to 40 °C). The temperature goes down a bit during nights, but only drops below 20 °C in the mountains.

In your bag

- Always try to travel light.
- When you have to carry your valuables on you, you may wish to hide them in several places rather than putting them all in one wallet or pouch. Avoid keeping your valuables in handbags, backpacks and outside pockets.
- Make photocopies of your passport identification page, airline tickets, driver's license and the credit cards that you plan to bring with you.
- Bring travelers' checks and one or two major credit cards instead of a large amount of cash.
- The average temperature is around 30 degrees Celsius, so a few shorts, long (or at least knee length) skirts, long pants and shirts should be fine.
- Comfortable walking shoes.
- Cambodians dress much more conservatively than people in western countries. If you are working in an office or school, you are a role model and certainly want to show some respect to your colleagues, so make sure you are wearing decent clothes.
- Sun hat, sunglasses
- A raincoat
- Small backpack or travel bag for weekend and day trips
- Towel or sarong
- Electric adaptor: Voltage (230 V, 50Hz) is not always reliable in some areas so use it at your own risk. Electricity outlets are usually suitable for plugs with 2 (sometimes 3) round or flat pins. If you are not sure if that matches your electronic devices, make sure you bring an electric adaptor.
- Small flashlight
- Insect repellent

Country overview

Cambodia is a fantastic country with a unique culture and very generous people and it is characterized by its significant history of glory and beauty as well as violence and war. The history is an important part of the Cambodian culture and shapes the mindset and thinking of the Cambodian people.

Cambodians take extremely good care of their guests. They will sacrifice a lot for their guest and often give up a bed and prepare the best dishes for their guests. Most Cambodians are very eager to please the guests, especially "western" guests. As guests receive special treatment and are always the priority, hosts will be very willing to provide guests with whatever they need. If that makes you a bit uncomfortable, be careful when voicing your wishes or ideas as a lot of effort might be taken to fulfill them.

As families are very big and very important in Cambodia, it is sometimes hard for them to understand why volunteers travel by themselves and are willing to be away from their family for such a long time. Some Cambodians may also wonder why older volunteers decide to go abroad instead of finding a spouse and having kids.

Greetings between Cambodians depend on the relationship/hierarchy/age of the people. The traditional greeting is to bow a bit and bring your hands together at chin level (similar to bringing hands together for a prayer).

Freetime

Things to see and do in Cambodia:

- Sunrise at Angkor Wat, Siem Reap Cambodia
- Angkor Thom, Siem Reap, Cambodia. Locals pronounce this temple “Uncle Tom,”
- Ta Prohm, Siem Reap, Cambodia; The “Tomb Raider” Temple, which was left as found - crumbling walls intertwined with tree roots - to show tourists the state in which the rest of the surrounding temples were discovered.
- Have lunch at New Hope Restaurant, Siem Reap
- Take a Tuk-Tuk to Downtown Siem Reap
- S-21 aka The Tuol Sleng Genocide Museum, Phnom Penh; Pol Pot, the Hitler of Cambodia
- Eat A Spider (or watch someone else do it); there’s a stop along Route 6 Cambodia that features platters of fried tarantulas, crickets and birds. There are also bananas and mangos for the non insect eater.
- The Killing Fields, 15 kilometers from Phnom Penh, Cambodia. It’s a monument unlike any in the world