



## **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.