

Childcare & Community

IN CAMBODIA

High School Special Schedule | 2 weeks

Welcome to our High School Special Care & Community Project in Cambodia! Are you ready for a once-in-a-lifetime experience working with children and exploring the beautiful country of Cambodia?

Programme Goals:

Education and Childcare:

Spend your time working with children at a kindergarten, primary school or care centre. Help make learning fun and interactive. Teach basic English words and phrases through songs, pictures or role play games, play sports outside, or run arts and crafts lessons to unleash the creativity of the children.

Renovation:

Half of each day will focus on making a lasting impact to the community by improving the schools and centres where you'll be working. Contribute to renovation work by digging and building vegetable gardens to teach about nutrition. Build toilets and hand washing facilities to improve hygiene. Or help with classroom renovation by adding a coat of plaster or paint where needed. You might support basic construction tasks, building paths, playgrounds or sport facilities. Your coordinators will explain the details of your project during your induction. Tasks vary each year based on the needs of the community.

Cultural Immersion:

Experience Khmer culture by watching Apsara dances, speaking with locals, and enjoying traditional Cambodian cuisine after your volunteer work. Explore Cambodia with other teenagers, building friendships and making unforgettable memories as you visit museums, Buddhist pagodas, and the magnificent Angkor Temples!



2 WEEKS



Day 1

Sunday

Arrival in Cambodia

You will arrive into the capital city of Phnom Penh. It's a busy and colourful city alongside the Tonle Sap and Mekong rivers.

After passing through customs you will be met by a staff member holding a Projects Abroad sign. You will then be taken to your hotel in Phnom Penh where you can relax and meet other volunteers. You'll be added to the group WhatsApp chat and have dinner all together.



Highlights

- ▶ 40+ Service Hours
- ▶ Learn about Cambodian history
- ▶ Renovate schools
- ▶ Teach and play with school children
- ▶ Immerse yourself in Cambodian culture
- ▶ Visit Siem Reap & Angkor Wat
- ▶ Offset your carbon footprint

Accommodation

Hotels

Transport

Private bus, ferry and by foot

Meals

Breakfast will be served at the hotel each day. Lunch will usually be at a restaurant near your work placement. Dinner will be at different restaurants.

Timings

This schedule is subject to change, however you will be advised in advance should this happen. You will depart the hotel around 7:30am and arrive back at around 5pm on most project days. This may differ from day to day depending on the activity and progress of the volunteer work.

Responsible Travel

We offset 100% of carbon emissions associated with your in-destination transport. We're committed to being fully climate-positive!

By volunteering with us you're helping reforestation efforts, protecting existing forests and providing employment to local communities around the world.

Day 2

Monday

General induction

Morning:

Review the schedule and learn about Cambodian culture and language. Understand cultural rules and practices so you can safely explore the country with the team.

Afternoon:

Explore the local area and get a chance to buy a local SIM card. Learn about the Care Management Plan, the role of volunteers, and start preparing for your project activities.

Evening:

Enjoy a special welcome dinner at a restaurant with the rest of the group and see more of the city in the evening.

Day 3

Tuesday

First day at the school

Morning:

Visit your work placement and learn about the community. Prepare for renovation and teaching activities.

Afternoon:

Have lunch at a local restaurant nearby. Start your project activities in the afternoon.

Evening:

Eat dinner at a restaurant and share your first impressions of Cambodia with the group. Join a walking tour of the Riverside, Wat Botum and Independence Monument at night.

Day 4

Wednesday

Morning:

Start your first full day of project work. Depending on the group size, you may be rotating who is teaching or doing renovation work in the morning and afternoon.

Afternoon:

Continue with either teaching or renovation work.

Evening:

Join a private screening of 'The Killing Fields'. An Oscar winning movie about the Khmer Rouge Genocide.

Day 5

Thursday

Morning:

Visit Choeung Ek Killing Fields to Learn about the Khmer Rouge genocide that devastated Cambodia between 1975-79 and the fighting that continued till the end of the 1990s.

Afternoon:

Take lunch near Russian Market and visit the S-21 Genocide Museum to learn more about Cambodia's recent history. This will help you to understand why Cambodia is still recovering, and how your work is making such an impact.

Evening:

'Your choice' dinner. Explore a local food court and pick any kind of food you want - from sushi, noodles, pizza or burgers! Spend the rest of the evening planning and preparing for your project work.

Day 6

Friday

Morning:

Continue your teaching and renovation work at the school. Staff will support you with lesson planning and ideas for games and managing the children.

Afternoon:

Continue teaching and renovation work at the school.

Evening:

Pizza night! Take a break from Asian food for an evening.

Day 7

Saturday
Travel to Siem Reap

Full Day:

Take a private minibus to Siem Reap. Have lunch at a lakeside restaurant on the way and enjoy views of the Cambodian countryside.

Collect your tickets for Angkor Wat before checking into your hotel room.

Relax, go for a swim, have dinner and explore markets before an early nights sleep.

Day 8

Sunday
Angkor Wat

Full Day:

Leave the hotel around 4:30am so you can reach Angkor Wat for sunrise. This is the largest religious structure in the world and was once the centre of Angkor Thom, one of the largest pre-industrial cities in the world. Explore the stunning temple with a tour guide to learn about the mighty Khmer Empire. Enjoy a buffet breakfast nearby.

Visit the equally magnificent Bayon and Ta Prohm Temples before lunch nearby.

Either relax at the hotel and swimming pool or visit more temples in the afternoon. There are hundreds of ruins hidden throughout the jungle and each offers something unique to see. Many have intricate carvings retelling myths and history, and some have been swallowed by the roots of towering fig trees.

Enjoy a buffet dinner with a traditional Apsara Dance performance. Spend the rest of the evening visiting the famous night markets of Siem Reap.

Day 9

Monday
Travel back to Phnom Penh

Full Day:

Have a relaxed morning to recover from yesterday's activities then travel back to Phnom Penh in the private minibus.

Stop at a lakeside restaurant for lunch, and visit a bug market to taste traditional Cambodian snacks if you dare!

Prepare lessons and activities for tomorrow's project work before dinner.

Day 10

Tuesday

Morning:

Continue teaching and renovation work. This may include painting, plastering, building or gardening activities.

Afternoon:

Enjoy lunch at a local restaurant and use your lunch break to keep planning and preparing activities and games for the children in the afternoon.

Evening:

Enjoy dinner at a local restaurant. Every evening you will be taken to new restaurants across the city so you see more of Phnom Penh and have the chance to try a wide variety of Cambodian and East Asian cuisine.

Day 11

Wednesday

Morning:

Continue with your teaching and renovation work at the school. Projects Abroad staff will provide guidance with new renovation tasks and with planning lessons.

Afternoon:

Continue teaching and renovation work at the school.

Evening:

Enjoy dinner at a restaurant.

Day 12

Thursday

Morning:

Continue teaching and renovation work at the school in the morning.

Afternoon:

Spend the afternoon on a tour of the Royal Palace, Silver Pagoda and Wat Phnom landmarks. Learn about the Cambodian monarchy and their place within local culture.

Evening:

Join Buddhist monks to meditate at Wat Langka. Sit and reflect alongside the monks. They will teach you the basic principles of meditation. Enjoy a 'Your choice' dinner at the food court afterwards.



Day 13

Friday

Morning:

It's your final day at the school. Complete your tasks and enjoy a farewell party with speeches, games and chances to take photos with kids and teachers.

Afternoon:

Join a traditional water blessing with Buddhist monks at a pagoda where you'll see various traditions and ceremonies before being splashed with refreshing water and listen to meditative chants. Afterwards, explore markets to buy souvenirs and see colourful sights.

Evening:

Join your group for a final farewell meal and karaoke party.

Day 14

Saturday

Group members will be departing at different times, therefore day 14 may not be the same for everyone. Your exact departure plan will be communicated with you directly by our local team.

If you have longer to wait around, we will ensure you are comfortable and well looked-after. You may have time to explore nearby markets in the morning. You will have the continued support of Projects Abroad staff right until you are safely at the airport.

We wish you a safe journey home and we hope to see you again on one of our projects around the world!

Personal Achievements



- ▶ Completed a total of 40+ service hours
- ▶ Learnt about Cambodian history and culture
- ▶ Learnt how to prepare and teach lessons to schoolchildren
- ▶ Made a lasting and physical improvement to educational and community facilities



Student Learning Outcomes

Intercultural Competence

Students will be immersed in different cultures, gaining an understanding of their role within our global community and developing a deeper cultural awareness.

Leadership Development

Students will be pushed out of their comfort zones, experiencing new challenges each day. They will build their confidence and resilience through team activities and new life experiences.

Healthy Active Living

Students will be encouraged to prioritise their self-care, enhancing their physical and mental well-being.

Empowerment

Students will be empowered to think for themselves, challenging the “status-quo” and cultivating transformative decision-making mindsets.

Global Citizenship

Students will be exposed to new perspectives, engage with real-world challenges and contribute to sustainable development initiatives.



Cambodia is a tropical country full of awe-inspiring sights and rich with history. From sandy islands to dense jungle, the scenery is breathtaking. Learn about the Khmer Empire that once dominated the region and taste the unique flavours of Cambodian cuisine. Do you dare to try locusts and tarantulas?

FUN FACTS

- ▶ Cambodia has the only national flag that features a building
- ▶ There are over 4,000 temples in Cambodia, and more are being discovered each year
- ▶ Angkor city was the largest pre-industrial settlement in the world
- ▶ The Tonlé Sap River changes the direction of its flow twice a year

Want to learn more?

We'd be happy to talk to you and and and answer any questions you may have. You can call or email our team, or use the 'live chat' feature on the Projects Abroad website.

General inquiries: info@projects-abroad.org

Destination Information

National Language:	Khmer
Population:	16 million
Currency:	Cambodian Riel
Time Zone:	GMT +7
Capital:	Phnom Penh
Calling Code:	+855
Dominant Religion:	Buddhism
National Dish:	Fish Amok
National Animal:	Kouprey
National Bird:	Cambodian Tailorbird

Social Media

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Childcare & Community

IN CAMBODIA

High School Special Schedule | 3 weeks

Welcome to our High School Special Care & Community Project in Cambodia! Are you ready for a once-in-a-lifetime experience working with children and exploring the beautiful country of Cambodia?

Programme Goals:

▶ **Education and Childcare:**

Spend your time working with children at a kindergarten, primary school or care centre. Help make learning fun and interactive. Teach basic English words and phrases through songs, pictures or role play games, play sports outside, or run arts and crafts lessons to unleash the creativity of the children.

▶ **Renovation:**

Half of each day will focus on making a lasting impact to the community by improving the schools and centres where you'll be working. Contribute to renovation work by digging and building vegetable gardens to teach about nutrition. Build toilets and hand washing facilities to improve hygiene. Or help with classroom renovation by adding a coat of plaster or paint where needed. You might support basic construction tasks, building paths, playgrounds or sport facilities. Your coordinators will explain the details of your project during your induction. Tasks vary each year based on the needs of the community.

▶ **Cultural Immersion:**

Experience Khmer culture by watching Apsara dances, speaking with locals, and enjoying traditional Cambodian cuisine after your volunteer work. Explore Cambodia with other teenagers, building friendships and making unforgettable memories as you visit museums, Buddhist pagodas, and the magnificent Angkor Temples! You'll also explore the coastal region of Kampot and Kep.



3 WEEKS



Day 1

Sunday

Arrival in Cambodia

You will arrive into the capital city of Phnom Penh. It's a busy and colourful city alongside the Tonle Sap and Mekong rivers.

After passing through customs you will be met by a staff member holding a Projects Abroad sign. You will then be taken to your hotel in Phnom Penh where you can relax and meet other volunteers. You'll be added to the group WhatsApp chat and have dinner all together.



Highlights

- ▶ 60+ Service Hours
- ▶ Learn about Cambodian history
- ▶ Renovate schools
- ▶ Teach and play with schoolchildren
- ▶ Immerse yourself in Cambodian culture
- ▶ Visit Angkor Wat & Kampot
- ▶ Offset your carbon footprint

Accommodation

Hotels

Transport

Private bus, ferry and by foot

Meals

Breakfast will be served at the hotel each day. Lunch will usually be at a restaurant near your work placement. Dinner will be at different restaurants.

Timings

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Afternoon:

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Evening:

Enjoy a special welcome dinner at a restaurant with the rest of the group and see more of the city in the evening.

Day 3

Tuesday

First day at the school

Morning:

Visit your work placement and learn about the community. Prepare for renovation and teaching activities.

Afternoon:

Have lunch at a local restaurant nearby. Start your project activities in the afternoon.

Evening:

Eat dinner at a restaurant and share your first impressions of Cambodia with the group. Join a walking tour of the Riverside, Wat Botum and Independence Monument at night.

Day 4

Wednesday

Morning:

Start your first full day of project work. Depending on the group size, you may be rotating who is teaching or doing renovation work in the morning and afternoon.

Afternoon:

Continue with either teaching or renovation work.

Evening:

Join a private screening of 'The Killing Fields'. An Oscar winning movie about the Khmer Rouge Genocide.

Day 5

Thursday

Morning:

Visit Choeung Ek Killing Fields to Learn about the Khmer Rouge genocide that devastated Cambodia between 1975-79 and the fighting that continued till the end of the 1990s.

Afternoon:

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Evening:

'Your choice' dinner. Explore a local food court and pick any kind of food you want - from sushi, noodles, pizza or burgers! Spend the rest of the evening planning and preparing for your project work.

Day 6

Friday

Morning:

Continue your teaching and renovation work at the school. Staff will support you with lesson planning and ideas for games and managing the children.

Afternoon:

Continue teaching and renovation work at the school.

Evening:

Pizza night! Take a break from Asian food for an evening.

Day 7

Saturday
Travel to Siem Reap

Full Day:

Take a private minibus to Siem Reap. Have lunch at a lakeside restaurant on the way and enjoy views of the Cambodian countryside.

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Day 9

Monday
Travel back to Phnom Penh

Full Day:

Have a relaxed morning to recover from yesterday's activities then travel back to Phnom Penh in the private minibus.

Stop at a lakeside restaurant for lunch, and visit a bug market to taste traditional Cambodian snacks if you dare!

Prepare lessons and activities for tomorrow's project work before dinner.

Day 10

Tuesday

Morning:

Continue teaching and renovation work. This may include painting, plastering, building or gardening activities.

Afternoon:

Enjoy lunch at a local restaurant and use your lunch break to keep planning and preparing activities and games for the children in the afternoon.

Evening:

Enjoy dinner at a local restaurant. Every evening you will be taken to new restaurants across the city so you see more of Phnom Penh and have the chance to try a wide variety of Cambodian and East Asian cuisine.

Day 11

Wednesday

Morning:

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Afternoon:

Continue teaching and renovation work at the school.

Evening:

Enjoy dinner at a restaurant.

Day 12

Thursday

Morning:

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Afternoon:

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Evening:

Join Buddhist monks to meditate at Wat Langka. Sit and reflect alongside the monks. They will teach you the basic principles of meditation. Enjoy a 'Your choice' dinner at the food court afterwards.



Day 13

Friday

Morning:

Continue project work at the school. Join a farewell party for students who are leaving on the weekend. There will be speeches, games and chances to take photos with kids and teachers.

Afternoon:

Join a traditional water blessing with Buddhist monks at a pagoda where you'll see various traditions and ceremonies before being splashed with refreshing water and listen to meditative chants. Afterwards, explore markets to buy souvenirs and see colourful sights.

Evening:

Enjoy a meal out and farewell party for the students leaving this weekend.

Day 14

Saturday
Travel to Kep and Kampot

Full Day:

Take a private minibus to the coastal fishing village of Kep in the morning. Explore seafood markets and have lunch. Learn about local fishing practices and relax by the beach.

In the afternoon, tour a Kampot Pepper farm to learn about traditional farming, local produce and sustainable agricultural practices.

Relax, have dinner and explore markets in Kampot town.

Day 15

Sunday
Kampot

Full Day:

Journey to the top of Bokor Mountain to old colonial ruins. Learn about the French colonists and the history of the region.

Have lunch by a large waterfall and take a walk in the misty mountain pathways.

Explore the sleepy town of Kampot during the afternoon.

Take a sunset boat ride along the river and see fireflies in the forest at night.

Day 16

Monday
Travel back to Phnom Penh

Full Day:

Have a relaxed morning in Kampot. Explore markets, the riverside and try some street food.

Travel back to Phnom Penh in a private minibus after lunch.

Spend your afternoon preparing for tomorrow's lessons and activities.

Day 17

Tuesday

Morning:

Continue teaching and renovation work at the school. Keep making a positive impact on the local community. Get to know the children and staff more as every day passes.

Afternoon:

Continue teaching and renovation work at the school.

Evening:

Join a cooking class. Learn how to make traditional Khmer cuisine. Spend the evening enjoying the food that you make.

Day 18

Wednesday

Morning:

Continue teaching and renovation work at the school.

Afternoon:

Continue teaching and renovation work at the school.

Evening:

Visit markets and malls in the evening. Have dinner at a restaurant.

Day 19

Thursday

Morning:

Continue teaching and renovation work at the school.

Afternoon:

Continue teaching and renovation work at the school.

Evening:

Join monks to meditate at Wat Langka again before 'Your choice' dinner. Explore a food court and pick any kind of food you want to eat.



Day 20

Friday

Morning:

It's your final day at the school. Complete your tasks and enjoy a farewell party with speeches, games and chances to take photos with kids and teachers.

Afternoon:

Explore the riverside and city center in the afternoon. Go to markets to buy souvenirs and see colourful sights. Later, watch traditional Khmer boxing matches at the stadium! This a favourite sport in Cambodia and the matches are televised nationwide.

Evening:

Join your group for a final farewell meal and party to celebrate all you have achieved.

Day 21

Saturday

Group members will be departing at different times, therefore the final day may not be the same for everyone. Your exact departure plan will be communicated with you directly by our local team.

If you have longer to wait around, we will ensure you are comfortable and well looked-after. You may have time to explore nearby markets in the morning. You will have the continued support of Projects Abroad staff right until you are safely at the airport.

We wish you a safe journey home and we hope to see you again on one of our projects around the world!

Personal Achievements



- ▶ Completed a total of 60+ service hours
- ▶ Learnt about Cambodian history and culture
- ▶ Learnt how to prepare and teach lessons to schoolchildren
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Student Learning Outcomes

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Leadership Development

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Destination Information

National Language:	Khmer
Population:	16 million
Currency:	Cambodian Riel
Time Zone:	GMT +7
Capital:	Phnom Penh
Calling Code:	+855
Dominant Religion:	Buddhism
National Dish:	Fish Amok
National Animal:	Kouprey
National Bird:	Cambodian Tailorbird

Social Media

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