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# CARE MANAGEMENT PLAN FOR CARE PROJECT IN CAMBODIA

Projects Abroad in Cambodia has various projects for volunteering work such as the Medical, Occupational, Physiotherapy, Human Rights, Khmer project, Teaching, Care project, Conservation and the Journalism project. Amid that the care project is one of the main projects that consistently apply a big positive impact to local community, especially for children. To enhance this project we have created a Care Management Plan in Cambodia, which mission is to provide sustainable educational support, care and protection to disadvantaged children and vulnerable groups, and we have set five goals to complete those goals, which include the following:



- 1- To improve English language for children and local teachers
- 2- To accelerate early childhood development
- 3- To improve the hygiene levels of the children
- 4- To improve the level of stimulation to each child
- 5- To improve the quality of life for those living with disabilities

To ensure that the goals will be achieved, we have collaborated with the Khemara Organization that runs six daycare centers and recently got funded by Projects Abroad to open another three daycare centers.

Recently, we have held two meetings with Khemara Organization (the Director, local teachers and staff), to make sure that they understand our plan. We will also have a few workshops with our volunteer to explain to them what they can contribute towards reaching the goals that we have set.



We definitely hope that the care management plan would effectively promote the care project in Cambodia for the sake of Child's rights and safety as this would not be possible without our volunteers and Khemara organization.

# NEW PLACEMENT IN SIEM REAP

## 1- New Hope of Children Association

The New Hope of Children Association (NHCA) is a kind of school newly established, non-profit, non-governmental organization which has a main objective to encourage all the children in the community to attend free English study classes, dance classes, painting classes and offer food to the local children living in extreme poverty.



NHCA is based outside Siem Reap. They only recently moved to this location and conditions are quite basic with 4 classrooms, an office and a small computer room.

## 2- Wat Bo Primary School

Wat Bo Primary School is a public school built in 1957, several years after Cambodia gained independence from the French rule. This school was closed during the Pol Pot regime from 1975 to 1979 and is under the Ministry of Education, Youth and Sport of the government of Cambodia. It is a model Primary school in Siem Reap, and also for Cambodia as a whole, in terms of educational discipline and the teaching morality of the teachers. Wat Bo Primary School stands out as an outstanding school in terms of classroom environment, campus atmosphere, teachers, teaching/study materials, school administration



and students.

It provides education to students at two levels. The kindergarten accommodate children aged 3 to 5 years old, and the primary school - grade 1 to grade 6 - is for children age from 6 years and older.

Based on the support and co-operation of the parents of all the students, the school has succeeded in providing a good quality education to students by initiating a good educational system and administration which focuses on quality, morality and talent.

## SECOND TIME AS A 2 WEEK SPECIAL VOLUNTEER

By Andrew Culhane from Australia

I will always remember my first impression of Phnom Penh. Jet-lagged and disorientated, I gripped my seat for dear life as the taxicab careened past hoards of motorcyclists and barely missed incoming traffic. The streets and the markets in the city have a chaotic and roughness to them that I had mistaken for something to be frightened of. In reality, the city has this rugged beauty; a sort of enigmatic resilience to the everyday commotion that occurs within it. Despite the bustle and business it accommodates while the sun is up, at 8pm the traffic starts to dwindle and Cambodia's real wonder are evident to me. As

Every day at Home of Hope (an orphanage in the outskirts of Phnom Penh) was filled with amazing new experiences. In 2012, my first time out in Cambodia, involved a lot of paintbrushes: maintaining the orphanage's outer charm! In contrast, my second trip in 2013, incorporated cultivation and gardening of the extraordinary agricultural zone behind the orphanage. Of course, toiling the soil, and our delicate paintbrush strokes were just one part of the equation. The other very memorable and heart-warming activities that Projects Abroad volunteers took part in, was the teaching of the local village children as well as the feeding and caring for the disabled, HIV and Polio affected. It makes your day when at 10 am, the bus pulls up in a cloud of dust, and thirty little children, faces beaming with enthusiasm and badly contained excitement, greet you as you exit. I still remember the boys' cheeky grins and brotherly attitudes to one another, kicking a deflated soccer ball around with me

the last orange rays glide across the municipality worn cityscape, I feel the scene start to reflect the attitude and magic of the Cambodian culture and its people. The quiet dusty roads are settled and forbearing and their undisturbed lengths mark the end of another day. The Cambodian people are always ready to forgive each other and smile, looking forward to the future. If anything epitomizes my experiences with Projects Abroad, and describes why I have returned, and want to return for a third time, it would be my interactions with the lovely people I had the pleasure of meeting along the way.

in the dry-grass field. Both the girls' and the boys' attitudes and eagerness to learn and to study were inspiring and eye-opening to behold, particularly in regards to learning new English vocabulary.



*Playing football in the yard-Daniel scores!*

Perhaps just as sobering, was caring for those under the direct care of the orphanage. Although not as able to express themselves, I know that they too were grateful and their

hearts are full of love. All of the afflicted children had such incredibly positive demeanors; feeding and caring for them made me think of them all as my own little rascal brothers. They, of course, just as little brothers tend to do, take part in their own antics. Dancing to “Gangnam style” by Psy erratically was definitely a noteworthy occurrence. I also recall that one of the mentally disabled teenage boys made it his personal business to complete his daily check on the sturdiness and depth of each bamboo pole of the shade-sails for our garden beds, earning the nickname, “Project Manager”. The Cambodian people, my own fellow volunteers and the children are what made my trip. The greatest kinds of people embark overseas on these kinds of trips, and I felt extremely blessed to have such friendly, helpful and witty companions. Also helping me along the way were the responsible but approachable supervising staff that couldn’t have been more supportive.



*Toiling the soil: Building the garden beds*

The sense of community at Home of Hope hits you even more strongly once you make the return trip. While I know ex-fellow volunteers who enjoyed helping out in various different corners of the world, I think I will always savor returning to lend a helping hand here in Cambodia. It was extraordinary to see my placement flourish and to see its growth augmented by the contributions of other volunteers over the course of the past year.

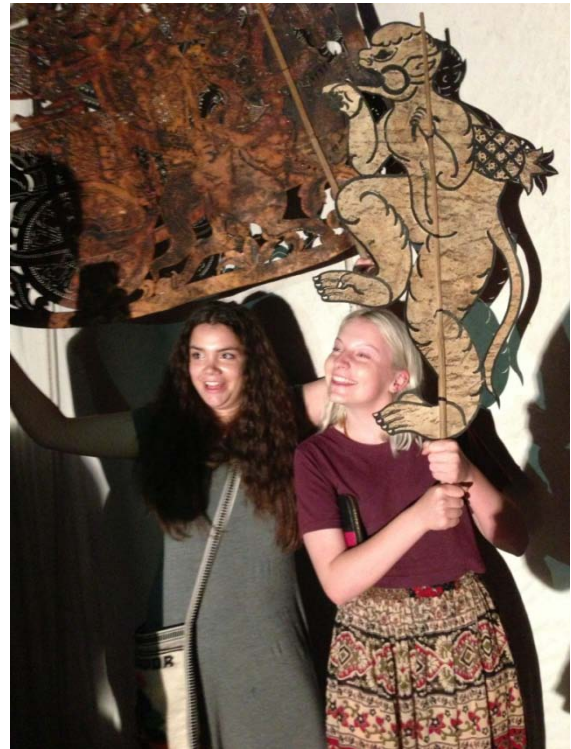
Colorful murals, the building of a rabbit pen, as well as the obtainment of two cows, a mother and her calf, were just three things that occurred while I was away. I was even more exhilarated to be reunited with my friend, Victor, an orphaned Cambodian student who is undergoing intensive study and strives to go to university. I also managed to see a fleeting glimpse of a little girl who my supervisor Aimee Townley, only last year managed to save from a horrible death at the hands of septicemia. The turn-around from a gaping wound festering and black down to the bone, to healing and a steady recovery, could only be attributed to her quick thinking and firm negotiation skills with the locals. This enabled her to take the child to hospital for surgery and the prescription of antibiotics. This emphasized the notion in my head that volunteers can really make a difference; it is all about your attitude. In Aimee’s case, this was having a keen enough eye to notice a subtle limp and take further action. The end result was a child keeping their life.



*Playing a clapping game*

Besides all the volunteering, I never get tired of the cultural enrichment I experience during my time in Cambodia. The markets in both Phnom Penh and Siem Reap are labyrinths of excitement and color. It is easy to get swept away by their energy for hours on end. The landscapes that go rushing by my bus window on the way to and from the

placement possess a modest charm in themselves. It is difficult to comprehend that their beauty was the scene of Pol Pot's sinister "base people" farming concept only forty years ago. One can discover with Projects Abroad the nature of his regime, and how as humanity we will endeavor to ensure that similar events do not transpire in our future. The legacy of those lost and their family members is an overwhelmingly one of reconciliation and forgiveness, and one that promotes looking forward to the future while burying past conflicts. Delving deeper into the past, perhaps the largest tourist attraction in all of Cambodia is the Angkor Wat temple complex. I always experience the sensation of having rediscovered a lost world like Indiana Jones when I visit the jungle temple Ta Prohm, enclosed by a leafy shroud. Indeed, there is a magical world to be discovered in Cambodia. I encourage all, young and old, to volunteer!



*Traditional Shadow puppet show-volunteers tried out for themselves!*

## STAFF UPDATE

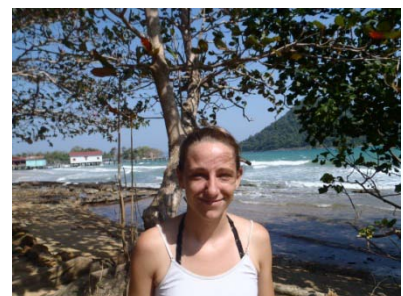
### Mark Saunders

Mark was one of our previous Diving and Conservation volunteer in 2013 and he has been working for Projects Abroad since January 2014. He has a degree in Natural Sciences from the University of Cambridge and worked as a lawyer in the city of London for 11 years before joining Projects Abroad. Mark is a Volunteer Field Coordinator on the Diving and Marine Conservation project on Koh Rong Samloem in Cambodia and leads both marine and land based activities. He looks forward to meeting you on the island.



### Rachel Vodden

Rachel graduated from the University of Plymouth as an Environmental Scientist specializing in marine conservation and also gained an HSE commercial diving license. Rachel is a



volunteer coordinator on our conservation and environment project in Cambodia. She leads seahorse identification, survey dives, reef clean ups, leads the land based activities and provides support and assistance to the volunteers.

## **James Murphy**

James is an Environmental Science graduate from the University of Plymouth where he specialized in Marine Conservation. He is also a commercial diver under the Health and Safety Executive and a recreational Dive Leader. James comes from Torquay in South Devon, England, so he has always been surrounded by the sea and had the curiosity of what lays beneath. He is a Volunteer Coordinator and is responsible for looking after volunteers from day to day. He also conducts the seahorse surveys and leads the identification dives to train new volunteers for the surveys.



## **PHYSIOTHERAPY PROJECT AT NBIC**

*By Amanda Louey from Australia*

My name is Amanda and I just came back from doing a month long physiotherapy placement at the National Boreifor Infants and Children in Phnom Penh. To sum up my experience in a few hundred words is more than impossible but I will try my best.



I first decided to do some volunteering after a friend of mine did a care project with Projects Abroad in Togo and came back with all these amazing stories to share. I wanted to do a Physiotherapy Project, as I wanted to put the skills I had learnt at university to use. It was also a great opportunity to extend my knowledge and experience physiotherapy from a whole different perspective.

NBIC is an orphanage for children with disability and HIV/AIDs. Previous to this placement, I had never worked with children so initially it was a huge learning curve for me and quite confronting. In Australia I had never seen such severe joint contractures before, or children so underdeveloped; it really emphasised the lack of resources and early intervention in Cambodia. What I learnt at NBIC was that I couldn't cure these children in the one month I spent there, but I could make their lives a little bit brighter each day. My focus slowly shifted from thinking like a physio to just enjoying being with the children and getting them to interact with their environment. I spent a lot of time playing connect four and doing puzzles

whilst the children spent time in their standing frames or got their joints stretched. It might sound like a cliché, but if the children were smiling and that's when I considered my job as a volunteer done.

I was also lucky enough to spend my afternoons at an orphanage called Home of Hope where I met two elderly men who had been left there after having a stroke. These men were Vietnamese speaking and had nowhere else to go, so were left in a home with young orphaned boys. Working with these two men was some of the hardest and most rewarding physio work I have ever done. We were not only limited by the language barrier but by their poor cognition and the lack of resources at the orphanage. We had to source all our equipment (like walking sticks) as the orphanage was just not fitted out for these two men. The first day we got them up walking with the stick, one of the men cried because he was so happy to be up walking again after so long. It was a moment I will never forget.

My volunteer experience in Cambodia was unforgettable. I got to meet and live with the most amazing people from all around the world and experience physiotherapy like never before. I would highly recommend this experience to anyone who is keen to immerse themselves in a beautiful culture and do some amazing volunteer work at the same time. I will most definitely be coming back to Cambodia; my one month there was no way near enough!

## WEEKEND OF THE MONTH

In January, Projects Abroad set up a social activity at the weekend at one of the new daycare center of Khemara organization called Phsar Lech.

We painted the wall and drew picture so that the inside of the center look more colorful and brighter. It had started from 9 am to 4:00pm to finish the plan we did and we would like to thank you so much for all of our volunteers who joined this event.



Thank  
you so  
much  
everyone