



PROJECT CAMBODIA

Dear Volunteer Adventurer,

Welcome to Project Cambodia. Unleashed have partnered with My Gap Year a volunteer specialist based in Cambodia. MGY are our on-ground crew running the operations in Cambodia. They know all there is about life in Siem Reap and together with Unleashed will ensure you have the best time while you are away.

We are very excited about having you on this trip. You are about to embark on the volunteer adventure of a lifetime. Our passion and dedication to make a difference in the world shines through in our volunteer adventures and you are about to change lives forever.

So sit back – take a deep breath and smile – your life is about to change.

Finally, we would like to thank you for your support and also for your participation in this project.

Jot Lynas
Unleashed Travel

Debra Daniels
My Gap Year Founder

unleashed
*Overseas school leaver
experiences*

**my
gapyear**
volunteer for an adventure



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WHAT HAPPENS NEXT

Congratulations, on choosing Project Cambodia for Schoolies!

Whilst your trip may still be some way off, there is much to do between now & your departure date. If you have any questions regarding your trip or anything else please contact the Unleashed office by phone or email. We may also contact you periodically leading up to your departure date to ensure your planning is running smoothly. Alternatively, please see our website: www.unleashedtravel.com.au as it contains a list of frequently asked questions that may be able to help you in the first instance. Your date of departure will creep up sooner than you think, as such we urge you to read this manual thoroughly and regularly as it contains important dates and information essential to your trip. Below are several of the important things you need to know.

As these are essential requirements we recommend you attend to these immediately.

PASSPORT

All Australian's leaving the country are required by law to have a VALID passport in order to travel overseas. If you currently do not have a valid passport please ensure that you **start the application process immediately** as the application process can take some time and delays do occur.

You are required by law to have **at least six months validity from the date of your return** from Cambodia.

Failure to comply with these rules will result in Australian Customs preventing you from leaving the country.

Please email a copy of your passport to info@unleashedtravel.com.au. We require a copy of your passport in the event that your passport is lost or stolen.

IF YOU ARE NOT AN AUSTRALIAN CITIZEN PLEASE CONSULT YOUR NEAREST NATIVE CONSULATE FOR INFORMATION ON OBTAINING THE APPROPRIATE PASSPORT, AND TRAVEL DOCUMENTATION.

VISA

* **Please be aware that visa requirements are updated frequently and this information is correct as of June 2016. Unleashed and MGY recommend you contact the consulate of your host country in order to receive the most up to date information.**

1. Apply directly to The Royal Embassy of Cambodia in Canberra by mail. This option will require you to send your physical passport & two passport sized photo's along with the visa fee to:

Consular Section
5 Canterbury Cres
Deakin ACT 2600

For more information please visit: <http://www.embassyofcambodia.org.nz/Visaregulation.htm>

2. Visa on Arrival: This entails filling out an application form at the airport. You will need the following items & information in order to ensure the visa process is as smooth as possible.

- 2 x Passport Size Photos
- \$30 USD
- A Pen (Pens are sparse at the airport & having your own pen can save time)

When filling out the Visa Application Form you will need the following information:

- **Type of Visa:** Tourist Visa
- **Address of Stay:** Mid City Hotel, Sok San Road

3. e-visa: You can fill out the details and pay online. You will be given a receipt to print out and produce on arrival at the airport visa on arrival counter. Visa Immigration will put the visa sticker on your passport as long as you have the receipt and your passport.

You can apply for the e-visa no earlier than 3 months before the trip date. We recommend you apply for the e-visa at least 2 weeks before departing Australia.

Online applicants will be asked what the port of entry is. They must put 'Siem Reap'.

PLEASE NOTE: VISAS ARE NOT INCLUDED IN THE TRIP PRICE.

TRAVEL INSURANCE

All volunteers are required to obtain comprehensive travel insurance (with medical & cancellation coverage) for the duration of your stay overseas. **We strongly recommend that you organise this as early as possible so that you are covered in the event a situation arises that prevents you from travelling.**

Proof of comprehensive travel insurance must be provided to Unleashed at least one month before departure date.

Get 15% off your insurance if you book with QBE through the Unleashed website:

<http://www.unleashedtravel.com.au/about/insurance>

LIABILITY AGREEMENT

It is a requirement that all volunteer adventurers submit a signed Responsibility and Liability Agreement. This is in a separate document which will be emailed out to you.

POLICE CHECK

All participants who will be 18 years of age at least one month prior to departure will require a police check history document available at your local police station or online. This will need to be sent to Unleashed.

COMMUNICATION

Please email info@unleashedtravel.com.au if you have any queries. Please ensure that you check your email account regularly as we will endeavour to keep you up to date on your volunteer adventure preparation. We may also contact you by telephone periodically leading up to your departure date to ensure you are on track with your planning & travel documents.

HEALTH

Unleashed & MGY does not require that you have any vaccinations to participate on our Adventures, however we do recommend that vaccinations are up to date.

These include:

Tetanus, rabies, hepatitis A & B, Typhoid vaccinations and prescribed Malaria tablets. Please ensure that you arrange a consultation with your GP or a Travel Clinic as soon as possible as often vaccinations are required at least 2 months prior to your departure date.

VOLUNTEER CHECKLIST

- Have you completed and returned to Unleashed the responsibility and liability agreement?
- Is your passport valid?
- Have you applied for your passport?
- Have you sent Unleashed a copy of your passport photo id page?
- Have you applied for your visa or do you understand the visa process?
- Have you purchased comprehensive travel insurance?
- Have you provided Unleashed with a copy of your travel insurance policy?
- Have you paid your final volunteer adventure payment?
- Have you changed your email address? If so have you notified Unleashed?
- Have you had your vaccinations?
- Have you registered with Smart Traveller?
- Have you got your police report and sent it to Unleashed?(18+only)

AN ADVENTURERS GUIDE TO CAMBODIA

In 1975 a horrific and tragic era of Cambodian history began in the reign of the Khmer Rouge. They were led by Pol Pot. How many people were killed by Pol Pot and the Khmer Rouge is not known for certain but it was probably at least 1.5 million and it may have been as many as 3 million. Pol Pot declared that history would begin again in Cambodia. The first year of revolution was now the first year of history.

In 1975 Cambodia was a mainly agricultural country. Pol Pot decided it should be completely agricultural. This meant all the people from the towns and cities were forced to move to the countryside. Pol Pot also decided that agricultural output should double in 4 years (a totally unrealistic target). Private property was banned and collective farms were formed. They were supposed to grow 3 tonnes of rice per hectare (again a completely unrealistic target). People were made to work very long hours to try and grow the extra rice. They were given insufficient food and many fell ill and died from a combination of exhaustion and malnutrition.

That was not all. Religion was banned in Cambodia (people caught practicing Buddhism were executed). Family relationships were banned (on the grounds that parents exploited their children). Furthermore the smallest infringement of the rules resulted in execution. Although they were half starved people caught foraging for food were executed. People were also executed for being lazy. Needless to say anyone who complained was executed.

Furthermore the Khmer Rouge murdered intellectuals. Soon people who could speak a foreign language or wore glasses were executed. This nightmarish situation was only ended by a war with Vietnam. The Vietnamese invaded Cambodia in December 1978 and quickly prevailed. Unfortunately Pol Pot escaped and he did not die until 1998

Because of this the level of education is very low & events such as Project Cambodia and the help of the volunteers really makes a difference to the lives of the youth of Cambodia by giving them an education and a better start in life.

GEOGRAPHY

Cambodia is located in South East Asia bordering the Gulf of Thailand, between Thailand, Vietnam and Laos.

ETHNIC GROUPS

Khmer 90%, Vietnamese 5%, Chinese 1%, other 4%

MAIN RELIGION

Buddhist (Official 96.4%)

CAPITAL CITY

Phnom Penh. Population 1.6 Million

LANGUAGES

Khmer (official) 95%, French, English

CLIMATE

Cambodia like most countries has four seasons in one calendar year;

- November to February which is Cool & Dry
- March to May which is generally Hot & Dry with an average temperature of 30°C. May also marks the start of the monsoon season.
- June to August which is Hot & very Wet
- September to early November, generally cooler with heavy rain early September diminishing somewhat throughout the season.

DRUGS

DO NOT USE DRUGS IN CAMBODIA (OR ANYWHERE FOR THAT MATTER).

Cambodia, just like its western and Asian counterparts, has a serious problem with drug addiction and trafficking. There is strict punishment for both drug users and traffickers.

There are tough possession penalties and long sentences for the possession of drugs such as methamphetamine, morphine, and cocaine and if you are a supposed drug addict you can be forcibly detained inside drug rehab facilities from 6 to 24 months. Cambodia's drug rehab centers are grim, abusive places, much closer to poorly-run prisons than places of healing according to recent reports. Drug use in Cambodia can attract detention times ranging from 5 years to life imprisonment

WHAT TO WEAR

Loose cotton clothing is best, cover up as not only is Cambodia a Buddhist country it's also very hot and sunburn is the last thing you need to spoil your adventure. Don't enter temples or pagodas with bare shoulders.

CUSTOMS

Never touch a child or adult on the top of the head as this part is sacred. Cambodians address people with the honorific title "Lok" for a man and "Lok Srey" for a woman with the first name alone or both the first and surname.

MEETING & GREETING

Greetings between Cambodians are dependent on the relationship/hierarchy/age between the people. The traditional greeting is a bow combined with a bringing of the hands together at chest level (similar to bringing hands together for prayer). If one intends to show greater respect the bow is lower and the hands brought higher. With foreigners Cambodians have adopted the western practice of shaking hands. Women may still use the traditional Cambodian greeting. The simple rule is to respond with the greeting you are given.

DINING ETIQUETTE

When invited to the dining table wait to be told where to sit as you would not want to upset any hierarchical arrangements. The oldest person is usually seated first. Similarly the eldest person should start eating before others. Do not begin eating until the eldest person starts. Never discuss business in such social settings.

GENDER ISSUES

While young Cambodian men have some social independence, young Cambodian women do not often go out socially unescorted, especially at night.

Expectations seem to be different for foreign women, and although a foreign woman exercising her independence may not be well understood by some Cambodians, it will probably be respected.

Smoking is generally acceptable for men, but not for women. For women, smoking seems to be associated with prostitution. The same goes for drinking, although at large social gatherings, for example weddings, women may drink with men.



EYE CONTACT

Indirect eye contact tends to be the norm in most situations. When interacting with older or socially superior people, it's best to follow their lead. For example, many people would not make direct eye contact with a boss or official unless they first established that contact.

When greeting and conversing with social equals or those younger than you, some direct eye contact seems acceptable, but it is less common than in Western countries.

When a man speaks to a woman, especially a younger woman, she may avoid making direct eye contact and keep her eyes focused on the ground.

TABOO

It is rude to point directly at a person, to touch somebody on the head or hair, to point the soles of your feet at someone (especially a monk or a representation of the Buddha), to throw things, and in general to behave overtly aggressively or violently.

When entering a temple, men should wear long pants and a shirt. Women should avoid skirts, miniskirts, halter-tops, and strapless tops (anything exposing their shoulders). Women can hand something directly to monks, but they should not touch them.

Don't use your left hand to hand something to someone. To properly give money or an item for example to a monk or elder, hand it over palm up, left hand on right elbow.

Public displays of affection, as well as disrespectful to the Buddhist faith, are frowned upon in most social situations.

Many working-class Cambodians don't appreciate tourists giving money to beggars. They consider this a reward for laziness.

POPULAR CAMBODIAN DISHES

Bai sach chrouk - Pork and Rice

Thinly sliced pork is slowly grilled over warm coals to bring out its natural sweetness.

Sometimes the pork will be marinated in coconut milk or garlic -- no two bai sach chrouks are ever exactly the same.

Fish Amok (substitute fish with tofu)

Fish Amok is one of the most well-known Cambodian dishes.

It is a fish mousse with fresh coconut milk and kroeung, a type of Khmer curry paste made from lemongrass, turmeric root, garlic, shallots, galangal and fingerroot, or Chinese ginger. At some restaurants it is steamed in a banana leaf.

Khmer Red Curry

Less spicy than the curries of neighboring Thailand, Khmer red curry is similarly coconutmilk-based, but without the overpowering chili. It's much easier to enjoy. The dish features beef, chicken or fish, eggplant, green beans, potatoes, fresh coconut milk, lemongrass and kroeung. Khmer red curry is usually served with bread -- a remnant of the French influence on Cambodia.

Lap Khmer -- lime-marinated Khmer beef salad

A refreshing dish that is more beef than salad, lap Khmer is popular with Cambodian men, who prefer the beef be nearly raw -- but at restaurants it's generally served grilled.

Nom Banh Chok -- Khmer noodles

Nom banh chok is often referred to in English as "Khmer noodles." It is a typical breakfast food, and you'll find it being sold in the mornings by women carrying it on baskets hanging from a pole balanced on their shoulders. The dish consists of noodles laboriously pounded out of rice, topped with a fish-based green curry gravy made from lemongrass, turmeric root and kaffir lime. Fresh mint leaves, bean sprouts, green beans, banana flower, cucumbers and other greens are heaped on top.



FUND RAISING

Fund raising is a great way to assist you with raising funds toward your volunteer adventure. Below is a list of ideas that some of our volunteer adventurers have utilised.

1. The Fun in The Sun fundraiser

You don't have to be an Olympian or a fitness fanatic to achieve something amazing through exercise! Whether it's a sponsored fancy dress walk across town, a moped ride across the city, a swim in your local pool, people are always willing to donate to those who try.

2. The Out There Challenge

Hit the town dressed in your favourite cartoon character dress, or stand on a street corner and run a comedy act. Making people laugh is a sure way to bring in donations through sponsorship and collections.

3. The Work Day Fundraiser

Fundraising at work is a great chance to bond with your colleagues. Organise an office sweepstakes and see who can eat the most cupcakes at morning tea, casual dress day, or auction off your time.

4. The Sweet Tooth

Selling homemade cakes and lollies always raises funds. People can't say no to brightly decorated cup cakes and beautifully wrapped home made lollies.

5. The Garage Sale

It's easy to use eBay, Gumtree or your local market to sell your unwanted items and raise funds.

6. The Wii Challenge

Get some friends together and hold a Wii contest in your sitting room or speak to your university or school and see if you can hold a Wii challenge on their grounds.

KHMER LANGUAGE

Below is a list of Words and Phrases to help you on your adventure. A great lesson in Khmer is on this you tube link; Lets Learn Khmer Part 1 <http://www.youtube.com/watch?v=B6x9i4SIEgc>

BASICS

English	Khmer
Hello	Suosday
Goodbye	Lea heuy
How are you?	Sok sabai chea tay?
I'm fine	Knhum sok sabai chea tay
Yes	Baat (for man) Cha (for woman)
No	Otay
Thank you	Akun
Thank you very much	Akun jann
Sorry	Sohm toh

GETTING TO KNOW

English	Khmer
Do you speak English?	Teu nak niyeay phea sar anglei tay?
What is your name?	Chhmua ei?
What is this called in Khmer	Nis hauv thameich pheasar khmer?
Speak slowly	Nee yeay yeut yeut
My name is ... (Ben)	Knhum chhmua ... (Ben)
I understand	Khnum yol
I don't understand	Khnum ot yol
How do you say this in Khmer	Thar mech chea pheasar khmer?
Where are you going?	Teu nak kampong toev na?
See you tomorrow	Saek chuob knea

SHOPPING

English	Khmer
How much for this?	Teu nis thlay pun mann?
Expensive	Thlaiy
Market	Phsar



DIRECTIONS

English
Please take me to...
Where is
Slow down (you'll need this one!)
Stop here
Turn right
Turn left
Go straight

PLACES

English
Bank
Pharmacy
Toilet
Hotel S
Guesthouse

NUMBERS

English
One
Two
Three
Four
Five
Six
Seven
Eight
Nine
Ten

Khmer
Sohn york knhum toev..
Noev ey na
Banthoy L'boeun
Chhop tee nis
Bort sdam
Born chhveng
Toev trang

Khmer
Thorneakea
Or soth s'than
Bongkun
anthakea
Ph'teah som nak

Khmer
Muoy
Pee
Be
Buon
Pram
Pram-muoy
Pram-pee
Pram-bey
Pram Buon
Dorp



FINAL WORDS

You are going to have an amazing trip in Cambodia - If you have any questions or concerns prior to your trip just contact us on

P:1800 981 320

E: info@unleashedtravel.com.au

We look forward to seeing you soon!

From the Team at

Unleashed & My Gap Year

