

Public Health

IN CAMBODIA

High School Special Schedule | 2 weeks

This project is designed to give you the opportunity to observe medical professionals, learn basic medical procedures and participate in a variety of community health outreach activities. During this two week trip, you will have a unique insight into Cambodian culture and explore some of the country's most popular tourism sites.

Programme Goals

In order to provide a varied and impactful experience for all participants, the activities in this programme have been split into the following 4 categories:

► Clinical

Spend time shadowing local medical staff in a number of medical and community locations. Your work will occur at schools, community centers and rehabilitation centers. You will be also tour a hospital during your project.

► Community

Visit local communities and present information on various healthcare issues facing the region. You will develop materials and activities for awareness campaigns and healthy living workshops focusing on the importance of seeking medical help if there is a problem.

► Learning

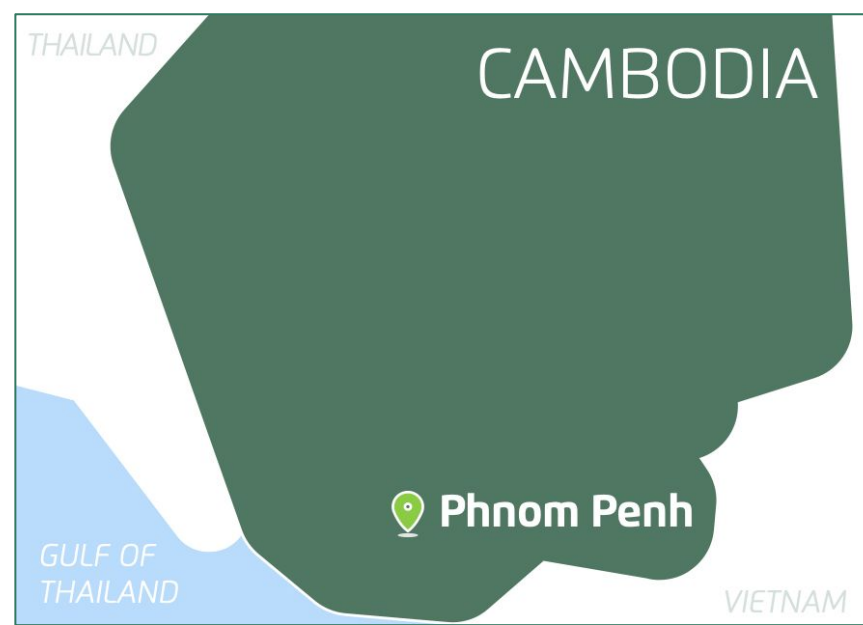
Learn basic medical skills such as checking patients' vital signs, blood pressure and blood sugar levels. You will be taught how to assist with medical checks and about common ailments and illnesses in the region.

► Culture

Experience Khmer culture by watching Apsara dances, speaking with locals, and enjoying traditional Cambodian cuisine. Explore museums, Buddhist pagodas, and the magnificent Angkor Temples.



2 WEEKS



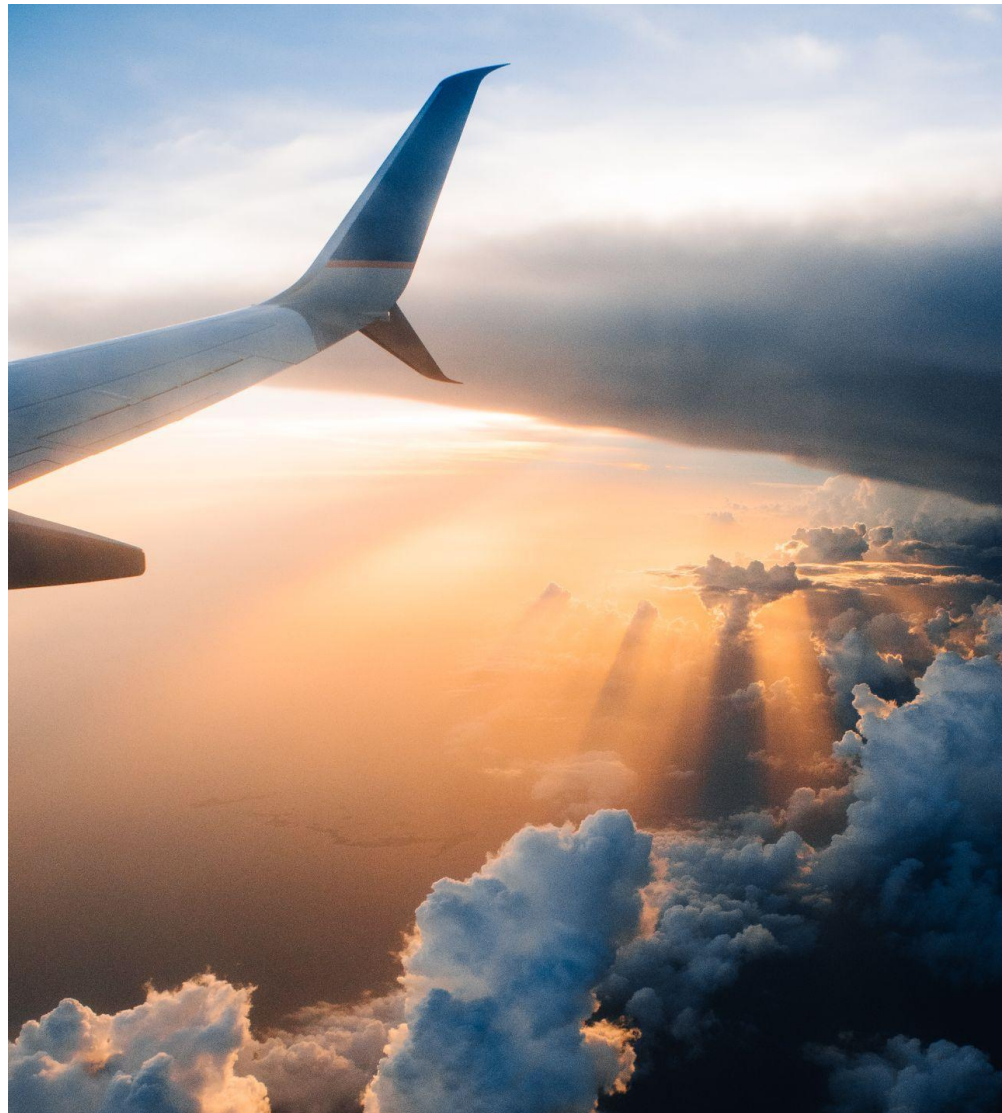
Day 1

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
- ▶ Gain medical skills and experience
- ▶ Raise awareness about medical issues
- ▶ Learn about Cambodian healthcare
- ▶ 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. 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

Morning:

General introduction to Projects Abroad and Cambodian culture and language.

Monday

Hospital Orientation

Afternoon:

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

Evening:

Welcome dinner at a restaurant with the rest of the group.

Day 3

Tuesday

Outreach Work

Morning:

Visit different communities and learn livelihoods and lifestyles.

Afternoon:

Lunch at a local restaurant and prepare for educational awareness campaigns..

Evening:

Dinner at a restaurant and time to reflect as a group on your first impressions of Cambodia. Join a walking tour of the Riverside, Wat Botum and Independence Monument.

Day 4

Wednesday Outreach and medical training

Morning:

Provide medical outreach work at a care centre

Afternoon:

Receive medical training and practice suturing.

Evening:

Dinner at a restaurant, followed by a private screening of 'The Killing Fields'. An Oscar winning movie about the Khmer Rouge Genocide.

Day 5

Thursday History and Culture

Morning:

Visit Choeung Ek Killing Fields. Learn about the Khmer Rouge genocide.

Afternoon:

Lunch near Russian Market and visit S-21 Genocide Museum.

Evening:

'Your choice' dinner. Explore a food court and pick any kind of food you want. Spend the rest of the evening planning and preparing for your project work.

Day 6

Friday Outreach and medical training

Morning:

Plan lessons and conduct awareness campaigns about health and hygiene.

Afternoon:

Visit a large hospital to learn about the Cambodian medical system.

Evening:

Dinner at a restaurant and reflect on your experience so far.

Day 7

Saturday
Travel to Siem Reap

Full Day:

Take a private bus 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, have dinner and explore markets before an early nights sleep.

Day 8

Sunday
Angkor Wat

Full Day:

Leave the hotel around 4:30 am so you can reach Angkor Wat before sunrise. Explore the stunning temple with a tour guide and have breakfast at a nearby buffet.

Visit Bayon and Ta Prohm Temples before lunch at a nearby restaurant.

Either relax at the hotel and swimming pool or visit more temples in the afternoon.

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 the lakeside restaurant for lunch, and visit a bug market to taste traditional Cambodian snacks!

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

Day 10

Tuesday
Outreach work

Morning:

Plan lessons and conduct awareness campaigns about health and hygiene.

Afternoon:

Provide medical outreach work to children in the community

Evening:

Enjoy dinner at a restaurant.

Day 11

Wednesday
Outreach work

Morning:

Provide medical outreach work in the community

Afternoon:

Learn basic first aid skills and plan awareness campaign topics

Evening:

Enjoy dinner at a restaurant.



Day 12

Thursday
Physiotherapy work

Morning:

Visit a rehabilitation center and learn physiotherapy techniques. Support staff with patient exercises and care.

Afternoon:

Tour the Royal Palace, Silver Pagoda and Wat Phnom landmarks

Evening:

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

Day 13

Friday
Awareness campaign

Morning:

Plan lessons and conduct awareness campaigns about health and hygiene.

Afternoon:

Join a traditional water blessing with Buddhist monks at a pagoda. Then explore markets to buy souvenirs and see colourful sights.

Evening:

Complete your Online Debrief Questionnaire to provide feedback and comments about your experience. Join your group for a final farewell meal and karaoke party.



Day 14

Saturday Departing Cambodia

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.

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Personal Achievements



- ▶ Completed a total of 40 medical-based service hours
- ▶ Learnt about Cambodian history and culture
- ▶ Taught important lessons on hygiene to over 100 children
- ▶ Took part and assisted medical professionals on public health outreach work for remote community members



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.

Public Health

IN CAMBODIA

High School Special Schedule | 3 weeks

This project is designed to give you the opportunity to observe medical professionals, learn basic medical procedures and participate in a variety of community health outreach activities. During this two week trip, you will have a unique insight into Cambodian culture and explore some of the country's most popular tourism sites.

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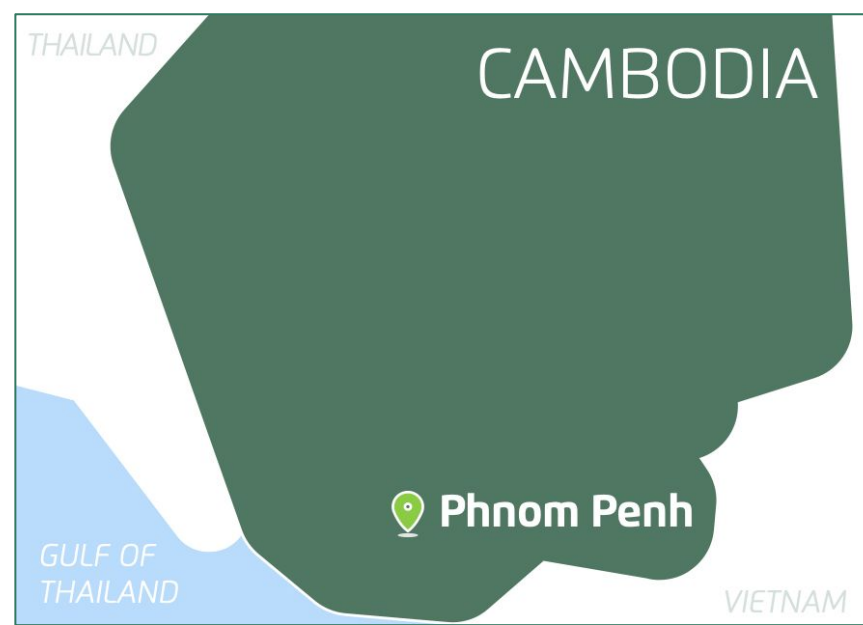
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3 WEEKS



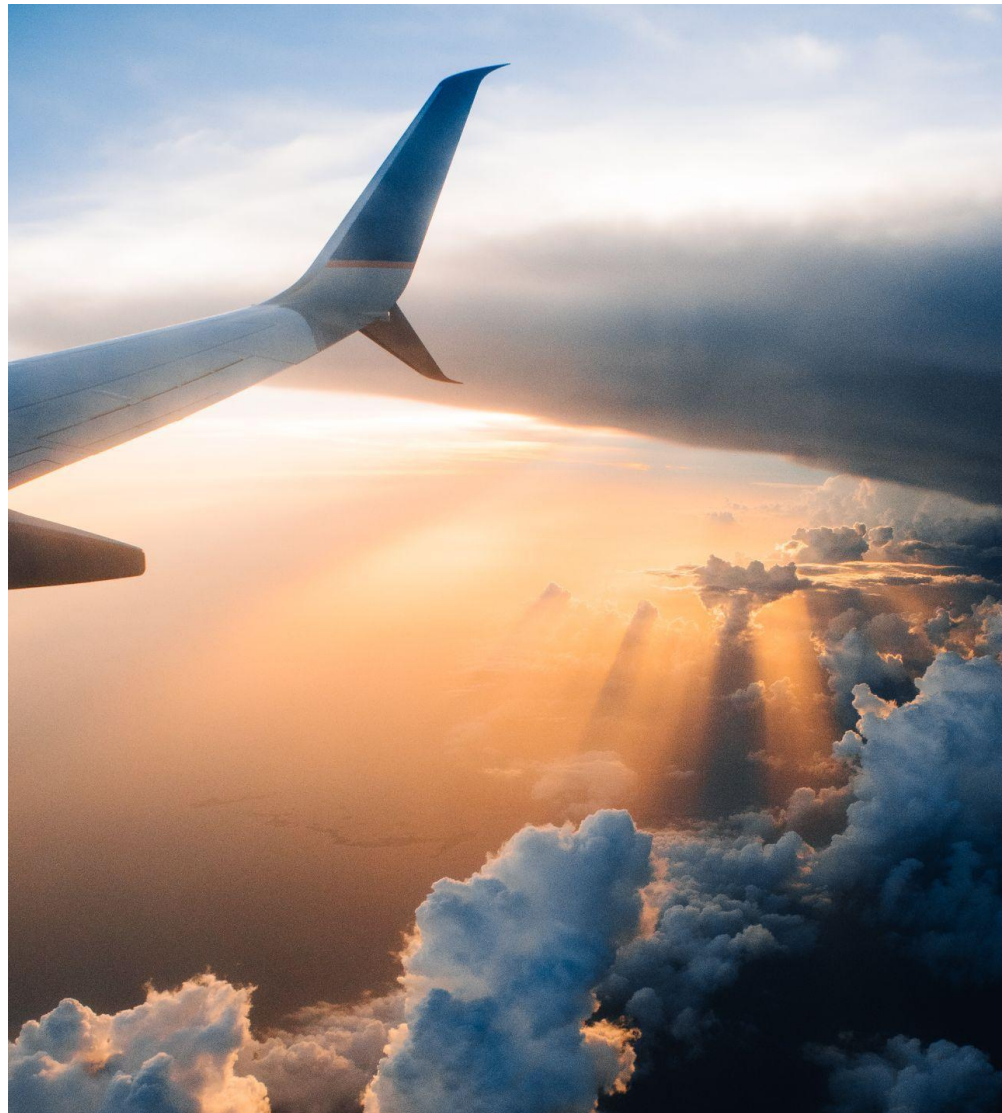
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Afternoon:

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Day 13

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Afternoon:

Join a traditional water blessing with Buddhist monks at a pagoda. Then explore markets to buy souvenirs and see colourful sights.

Evening:

Join a farewell meal for students who are only staying for two weeks. Celebrate with music and a karaoke party.

Day 14

Saturday
Travel to Kampot

Full Day:

Take a private bus to 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.

Travel back to Phnom Penh in the private minibus. Spend your afternoon preparing for tomorrow's lessons and activities.



Day 17

Tuesday
Outreach work

Morning:

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Afternoon:

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Evening:

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Day 18

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Outreach work

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