

# 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 tourist 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 four categories:

##### ► Clinical

Spend time shadowing local medical staff in a number of medical and community locations. Your work will occur at schools, community centres, and rehabilitation centres. You will 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.

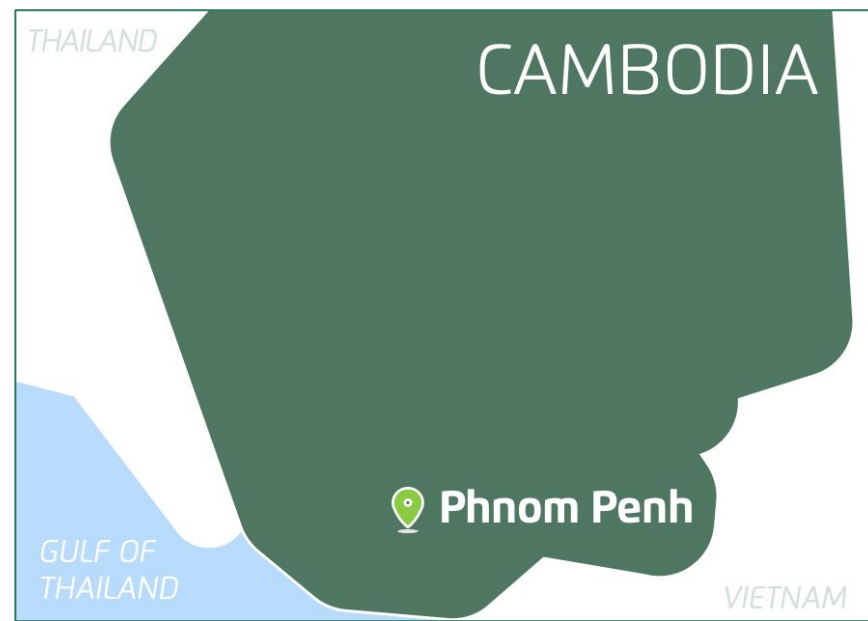
##### ► Culture

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**







- Highlights**
- ▶ 35 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 7:30 am 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 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.



## Day 2

**Morning:**

General introduction to Projects Abroad and Cambodian culture and language.

**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 about 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 the Russian Market and visit the 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 night's 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 a 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 centre 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 depart 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, we will ensure you are comfortable and well looked after. In the morning, you may have time to explore nearby markets. Projects Abroad staff will continue to support you 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!



### Want to learn more?

We'd be happy to talk to you 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](mailto:info@projects-abroad.org)

### Social Media



## Personal Achievements



- ▶ Completed a total of 35 service hours.
- ▶ Learnt about Cambodian history and culture.
- ▶ Taught important lessons on hygiene to over 100 children.
- ▶ 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.