



Volunteer Handbook



Habitat for Humanity®

Cambodia

Battambang Volunteer Handbook

Som Swa Kom!

Welcome to Cambodia!

Welcome to Cambodia!

I am very grateful for your interest and initiative in wanting to come to Cambodia, not only to enjoy the scenery and culture but also to work with Habitat for Humanity in Cambodia.

I hope that you benefit from this trip as you immerse yourself building houses with our partner families and volunteers. Joining a short-term Global Village trip will be one of the most challenging and rewarding experiences of your life. It may feel like an overwhelming responsibility, and at times it will be. But most of our Global Village volunteers find that the excitement, the sense of accomplishment, and the joy they give and receive are all well worth the work.

As important, this experience also benefits our partner families by broadening their relations with foreign cultures and people.

We fully expect that your stay in the country will build friendships as well as homes. You will find that living, working and associating with the local community is the core experience- the focus is on teamwork and partnership.

Come to Cambodia with an open mind and with broad expectations. You will find that plans often unfold in ways you might not expect, but usually in ways that make the trip even more meaningful and the experience more fulfilling.

We will do our best to ensure that you learn, grow and perhaps even be transformed while you build and help provide homes for deserving families in need.



Kif Nguyen
National Director
Habitat for Humanity Cambodia

CAMBODIA

Country Profile

Population and Location

THE KINGDOM OF CAMBODIA occupies a land area of 181, 035 square kilometers and is located in the heart of Southeast Asia. Today, Cambodia has a multiparty democracy under a constitutional monarchy which was established in September 1993.

Cambodia is bordered by Thailand to the west, Laos to the north, and Vietnam to the east. The population is currently estimated to be 14.7 million.

The median age of its people is 21 years. Regardless of their age, Cambodians are often poor. The poverty headcount for 2004 is estimated at 35 percent of the Cambodian population; those living under the national poverty line of US\$0.60.



Economy

Cambodia's main industries are garments and tourism. In 2006, foreign visitors had surpassed the 1.7 million mark. In 2005, oil and natural gas deposits were found beneath

Cambodia's territorial water, and once commercial extraction begins in 2009 or early 2010, the oil revenues could have a profound impact on the future of Cambodia's economy.

History

The first advanced civilization in present day Cambodia appeared in the 1st millennium AD. During the 3rd, 4th, and 5th centuries, the Indianised states of Funan and Chenla coalesced in what is now present-day Cambodia and southwestern Vietnam. Their collapse was followed by the rise of the Khmer Empire in the 9th century, a civilization which flourished till the 13th century.

The empire's center of power was Angkor. After a long series of wars with neighbouring kingdoms, Angkor was sacked by the Thai and abandoned in 1432. The court moved the capital to Lovek where the kingdom sought to regain its glory through maritime trade. The attempt was short-lived, however, as continued wars with the Thai and Vietnamese resulted in the loss of more territory and the conquering of Lovek in 1594.

The Khmer Rouge reached Phnom Penh and took power in 1975, changing the official name of the country to Democratic Kampuchea, led by Pol Pot, the Socialist ruler of Cambodia from 1975 to 1979. Estimated range of 1.7 million to 3 million Cambodians was killed during this regime.

Climate

The climate is best described as tropical, with an average temperature of 27 C. There are two distinct seasons, the rainy season and the dry season. The rainy season lasts from approximately June till October when temperatures range from 27–35 C. The dry season is from November to May. The temperature is typically cooler (17–27 C) from November to February. March through May is much hotter (29-38 C).

Religion

The official religion of Cambodia is Theravada Buddhism (Hinayana). Approximately 90-95 % of the population are Buddhists, although ancestor worship and animism are also practised, particularly among the hill tribes. Christianity is practised predominantly in urban areas, while communities in the South-East of Cambodia practice the Islamic faith.

Language

The official language of Cambodia is Khmer. Although some of the older generations speak French, English is more popular with the younger generation.

Touring Cambodia

Money & Banking

Currency & Metric conversion

The national currency is the Cambodian Riel. Generally, US dollars are used throughout the country – Cambodian Riel typically is given only as small change. Make sure that any US dollars you bring do not have any tears, rips or marks, as they will not be accepted. There is a wide range of ATM facilities available in Phnom Penh, Siem Reap, Battambang and Sihanoukville. When using these ATMs, you will receive US dollars and you will be charge for US\$4.00 in average on withdrawal each time. It is recommended to consult with your bank to find out whether ATM card will work overseas. Credit card cash advances and travelers" cheque cashing services are available at banks in Phnom Penh, Siem Reap, Sihanoukville and Battambang for a fee. The Cambodian Riel paper notes are available in the following denominations: 100, 500, 1.000, 2.000, 10.000, 20.000, 50.000 and 100.000. Coins are not used in Cambodia. The exchange rate of USD against Cambodian Riel is "US\$1 is equal to 4,000 Riels".

Taxes and Tips

Many hotels and restaurants, especially those that cater to international visitors, will add both a value-added tax (VAT) and a service charge. Look at the fine print at the bottom of the menu or price sheet. Other "taxes," such as a "hotel tax," are just service charges

by a different name. Tipping for services is not required, though it's fairly common, to leave small change. If the service is especially good, feel free to tip more. It will be appreciated, though it's usually not clear to whom the tip will go – the employees or the establishment.

Food and water

During your stay in Battambang, you can enjoy cuisine from all over the world. There are options and prices to suit every taste. Most restaurants will offer both Khmer and international dishes. Cafes and coffee shops (many of which have Internet access) are located throughout the city. You can also eat with a conscience – many local restaurants give back to the community by providing hospitality training to at-risk youth or donating profits to help those in need. Drinkable tap water is not available in Cambodia. Bottled water is available in all guestrooms and is on sale everywhere.

The use of public phones in Cambodia

The cheapest local calls in Phnom Penh are available from private booths or drink shops found on street corners throughout the city. The booths are distinctive by colorful numbers stuck on clear plastic dividers.

Many internet cafés offer international calls at reasonable prices, including Internet phone calls, which are much cheaper than normal international calls, but involve an irritating delay.

Electricity

Electric outlets are 220-240 volts (50 Hz cycles). Please make sure your electric appliances are convertible to a 220 V outlets. If you are not, you will need an outlet adapter, since Cambodia has round (as opposed to flat) prongs.

Internet

In Phnom Penh, Internet shops or cafes are common and rates are generally under US\$1 per hour. The hotels also have Internet connections. There are a number of internet shops around the city, which will be marked on the map you receive upon check-in.

Lodging

Volunteer teams will need to fly to Siem or Phnom Penh if their project location is in Battambang because there is no International Airport in Battambang. If your flight arrival is early in morning, you take a bus or private car directly from Siem Reap to Battambang which is around 4 hours, and from Phnom Penh which is around 6-7 hours. Your accommodation and transportation from Siem Reap or Phnom Penh to Battambang will be supported by your host coordinator in term of arrangement if you need support, but you will pay by yourselves directly to hotel or transport company if it is not included in your trip budget; please consult with your team leader for trip budget inclusion.



Your accommodations are provided only from for your GV trip. Early arrival or extension of stay is at your responsibility. HFH Cambodia staff is happy to assist with your hotel reservation.

Below are the two hotels recommended from Habitat for Humanity Cambodia, you will stay at only one hotel among the two which will selected by your team leader and GV coordinator.

Hotels Recommended in Battambang:

1. Vimean Sovanaphoum Resort

Address: East Road along the stream, Rocheck 4, Rattanak Commune, River East Bank, Battambang city, Cambodia.

Contact: +855 77 993 288

Email: info@vimeansovannaphoumresort.com

Reservation: booking@vimeansovannaphoumresort.com

Website: www.vimeansovannaphoumresort.com

2. King Fy Hotel

Address: 306, St.155, Romchek4Village, Ratanak Commune, Battambang City, Kingdom of Cambodia.

Telephone (+855) 77 75 75 02 | (+855) 53 666 99 60 | (+855) 535000 510

Fax (+855) 53 952 902

Email: info@kingfyhotel.com | reservation@kingfyhotel.com

Website: www.kingfyhotel.com

Both hotels will provide free WiFi and swimming pool.

Precautions and security

Cambodia is a very safe country to visit, but it is always wise to take precautions to ensure you have a trouble-free stay:

- Make sure your room is locked at night
- Always leave valuables, airline tickets and passports in the hotel safety deposit box
- Carry a photocopy of the ID page of your passport. The police can demand to see it, but rarely do
- If you take a taxi, or a "tuk tuk", be clear about where you want to go
- If you ride a motorcycle, the law requires that you wear a crash helmet

BATTAMBANG

Battambang is located in the far northwestern part of Cambodia. Bordering provinces are Banteay Meanchey to the north, Pursat to the east and south, Siem Reap to the northeast, and Pailin to the west. The northern and southern extremes of the province's western boundaries form part of the international border with Thailand. In addition, Tonle Sap forms part of the northeastern boundary between Siem Reap and Pursat. Its capital and largest city is Battambang.

With a population of 1,036,523, it ranks as the fourth most populous province. In land area, Battambang is the fifth largest province of Cambodia. Battambang is one of the provinces included in the Tonle Sap Biosphere Reserve. The province's fertile rice fields have led to a mostly agricultural economy giving rise to the moniker "the Rice Bowl of Cambodia".

Sitting on the Sangker River just south west of the Tonle Sap Lake, Battambang town is at the heart of Cambodia's 'rice bowl', and even though it is the country's second biggest town, it still has a very local, non-touristy, provincial atmosphere. Much of the architecture is French colonial and traditional Cambodian. Few buildings are over three stories, and the main streets are shared by cars and horse carts alike.



Unlike other touristy towns, the local economy is truly local - based firmly in rice, wood, sapphires and food crops - and is reflected in the character of the town. Similarly, as you leave

Battambang by road, the scene quickly becomes one of small villages, rice paddies, and farmland, offering an excellent opportunity for the visitor to see a bit of 'unspoiled' rural Cambodia. The nearby countryside also harbors old pagodas, Angkorian era ruins, caves, waterfalls, and even Khmer Rouge period killing fields. Battambang means „disappearing stick“ , and is named after a powerful stick used by a legendary Khmer king to achieve and maintain power in the Battambang area. The province is subdivided into 13 districts, 96 communes, and 741 villages



Basic Vocabulary – Survival Khmer

Useful words & phrases

English	Cambodian pronunciation
Hello	Chum Reap Suor
Good bye	Chum Reap Lear
Yes (Male/female)	Bart/Cha
No (thank you)	At-tee (Or Kun)
Please	Soum
Thank you	Or Kun
How much is this	Th-lai Pon-mane?
I don't understand	Khyom Min Yul Te
Please say that again	Soum Niyey M-dong Teat
Please turn left	Soum Bot Chhveng
Please turn right	Soum Bot Sdam
Please go straight	Soum T-hoo Trong
Please stop here	Soum Chhop
Go	T-hoo

Greetings

English	Cambodian pronunciation
How are you?	Sok Sap Bay Te?
I'm Very well thank you, and you?	khyom sok sop bay, Chos Neak Ving
My name is, and you?	Khyom Chmuos....., Chos Neak Ving
How old are you?	Ar Yu Ponmane ?
I come from...	Khyom Mork Pee Prortes America, Australia, Canada, Barang...

Eating & Drinking

English	Cambodian pronunciation
Can I see the menu please	soam merl data-raang m" hoap bon- dtehj
I would like.....	soam merl data-raang m" hoap bon- dtehj
Bottled water	Teuk sot
No ice please	Ot yok tik kork te
I didn't order this	k" nyom meun bann-how aahh nih te
Khmer food is marvelous	M-hop Khmer oshjar
May I have the bill please	Seaum kith luy

Numbers

English	Cambodian pronunciation
1	Muoy
2	Pee
3	Bey
4	Buon
5	Pram
6	Pram Muoy
7	Pram Pee
8	Pram Bey
9	Pram Buon
10	Dopt

Sickness

English	Cambodian pronunciation
It Hurts here	Chheu Nov Ti Nis
I have a Headache	Khyom Chheu Kbarl
I have a Stomachache	Khyom Chheu Puos
I have Diarrhea	Khyom Reak
I have a sore throat	Khyom Chheu Bompong kor
I feel Dizzy	Khyom Veul much

Construction terms

English	Cambodian pronunciation
Cement	Simong
Gravel and sand	Thmor ning Ksach
Trowel	Slap Prear Bai Or
Shovel	Pell
Gloves	Sorm Dai
Concrete pail	Thung Bai Or
Pliers	Dang Kapp
Roof	Dom Bol
Stone	Thmor
Steel	Dek
Hammer	Gnor Gnour
Drill	Dek khourng
Door	Thvear
Bucket	Thung
Nails	Dek Kol

Shopping:

English	Cambodian pronunciation
How much is it?	Chheu Nov Ti Nis
If you make it cheaper, I will buy it	Be neak chors thlai born tek kgnorm ning tegn
Can you show me some more?	Te Neak arch bang hagn kngom teart ban te?
May I have the receipt?	Te tve vikeyabart oy kngom ban te?

Cambodian Customs and Etiquette

Greetings

Greetings between Cambodians are dependent on the relationship/hierarchy/age between the people. The traditional greeting is to press one's hands together in a prayer-like gesture and bow. If one intends to show greater respect the bow is lower and the hands brought higher.

However, the western practice of shaking hands has become more widespread, especially among men. Women still use the traditional greeting. It is considered acceptable or perhaps excusable for foreigners to shake hands with Cambodians of both sexes. It is considered culturally unacceptable to embrace a female companion in public.

In Cambodia people are addressed with the honorific title "Lok" for a man and "Lok Srey" for a woman followed with the first name or both the first and surname.

Removing Your Shoes

When entering someone's home, it is customary to remove one's shoes. Sandals and other easily removable footwear make this tradition quite simple.

Dining

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.

Touching Others

It is inappropriate for men and women to touch in public; however touching is very common between those of the same gender. It is improper to pat anybody on the head. Women may accept something from a monk, but she should be careful not to touch him.

Pointing Fingers

Never point your finger or the soles of your feet towards a person or a religious figure.

Living situation

It is customary for families including extended families to live together under the one household. It is not the norm to have separate rooms. Instead family members share one space, divided by a sheet or curtain for privacy. That same space is usually converted into the dining and entertaining area as the occasion calls.

The Battambang Project

Strengthening Civil Society-Government Partnership to Deliver Land Tenure Security through Social Land Concession, a Land Rights Project with World Bank

Habitat for Humanity Cambodia began working in Battambang in May 2008, and its role is different to its role elsewhere. Here we are working in an urban area located about 2km south-east of Battambang's city center. This government land was first illegally settled in 1979. Further settlers moved in through the 1980s and 1990s and today there are some 350 resident families. About 40% of the populations were born here, and another 40% have purchased their (non-legal) right to live here.

The joint project is involving all levels of government (National, Provincial, Municipal and Commune), the community and Habitat for Humanity Cambodia, with most funding provided by the World Bank. The aim of this innovative project is to provide each existing family with a legal plot of land on which it can relocate its existing temporary dwelling. Funds are available to build three community centers, some roads and drainage, to provide some housing loans and to help connect to water and electricity supplies.

In addition, HFH Cambodia is providing or organizing skills training in simple construction, running community organizations (like savings groups) and livelihood development.

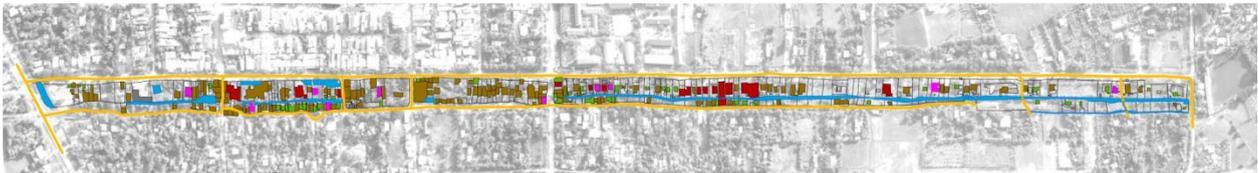
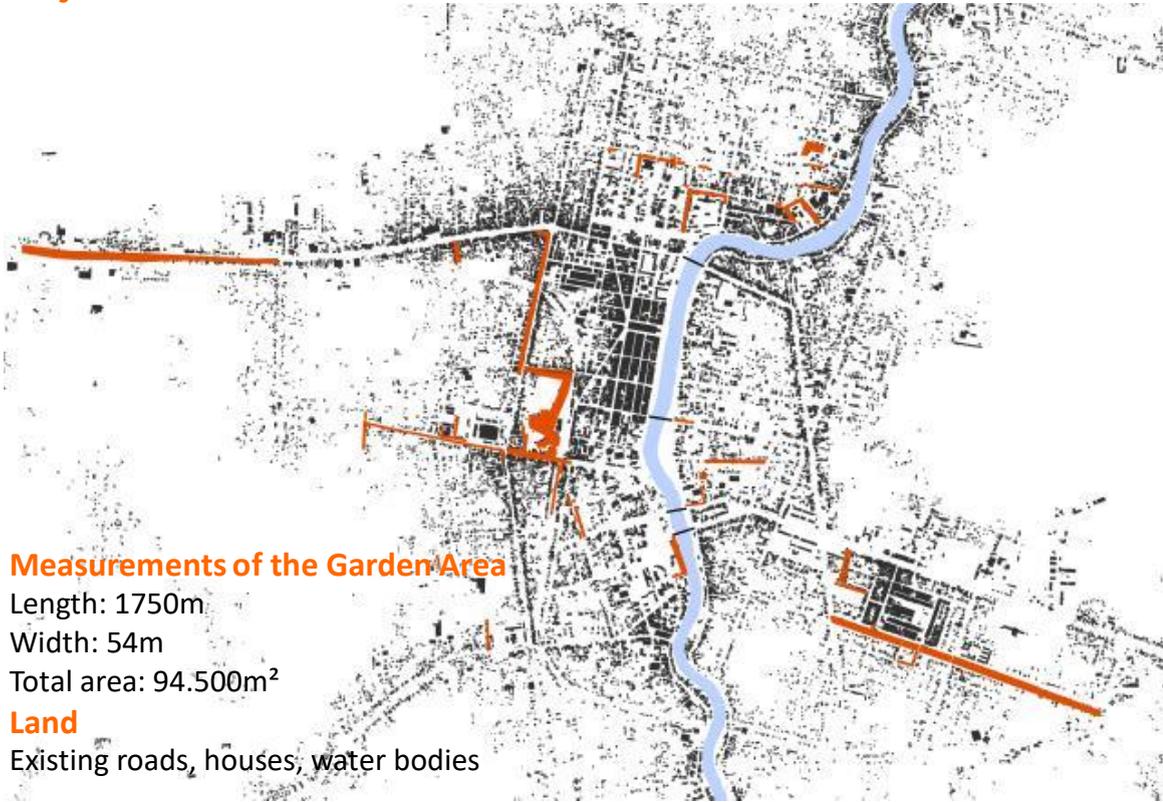
Some residents were able to start relocating their houses to new legal plots in March 2012 and HFH Cambodia has committed to stay in Battambang for the next five years and assist as houses are built on the over 600 new legal plots.

The project's further success will lead to the Cambodian Government's adopt of the techniques developed and employed as a way to solve urban land issues elsewhere.

Some recent project developments

- 500 people increased awareness on Social Land Concession
- 90 people shared lessons learned NGOs and Government
- 123 out 256 families received formal land title certificates
- Formed 3 saving groups with 177 members
- Land re-blocking, demarcation and infrastructure development (roads and drainage systems) are on-going
- Some military (and their families) and private individuals who have not applied for the Social Land Concession title recently made informal complaints about the project development and caused some disruptions on the implementation of some project activities. Partners from the Cambodian government are currently intervening, identifying solutions and hosting talks with the group to resolve issues. Further awareness raising activities were launched by Habitat for Humanity Cambodia, donor and partners to educate more people, especially non-Social Land Concession stakeholders, about the project.

Project Location



Purpose of the project

To develop and test community-based mechanisms and procedures for civil society and government collaboration for land tenure security, shelter improvement and livelihood support

Project components

- Project Awareness and Capacity Building for Social Land Concessions
- Piloting Urban Social Land Concession Implementation
- NGO Capacity Building, Coordination and Sharing of Lessons Learned

Activities

- Updating information collected in the surveys
- Preparation of land for registration
- Designing possible solutions for plot arrangements
- Defining regulations for beneficiaries
- Implementation of concepts for community participation

Build Activity: House building



Mixing mortar



Brick laying



Point wall joints and cleaning walls



Compacting soil with stone





HABITAT CAMBODIA POLICIES

Recommended Dos and Don'ts around the work site

DOs:

- Drink a lot of water (water will always be available at the work site so please drink at least 3 liters a day)
- Drink only bottled water
- Inform Habitat staff of any problems
- Ask what you wonder (there will be a lot of culture shock if you don't ask)
- Ask for more tasks if you have done your assigned tasks
- REST when you are tired
- When possible travel as a group and carry your Habitat ID card with you at all times
- Share your time with the communities
- Keep right walking or driving

DON'Ts:

- Wear shorts, flip flops on the build site
- Wear jewelry on the build site (Please keep all your belongings with you. If it's very expensive we recommend not to bring it at all.)
- Give gifts to the families directly because it may create jealousy among the community (consult with Habitat staffs for more understanding if necessary)
- Eat uncooked food
- PLEASE avoid public affection i.e. hugging, kissing and excessive touching between different genders.

Child Safety Policy

Purpose

Habitat for Humanity continually examines itself to ensure that everything reasonably possible is done to protect the children in Habitat for Humanity programs from any form of abuse or neglect.

These standards are the measures that Habitat for Humanity International requires for developing, implementing, and monitoring child labor and protection policies within all Habitat for Humanity Affiliates/Projects.

PLEASE READ THE FOLLOWING CAREFULLY TO AVOID BREACH OF HABITATS POLICIES AND STANDARDS.



Child labor Protection Policies and Standards

Habitat for Humanity in Cambodia complies with the following policy based on child labor standards developed by the International Labor Organization under the auspices of the United Nations:

Light work (See description below)	General Construction
15 years or more must be accompanied by a parent or under the care of an institution	18 years

For purposes of these standards, **light work** is defined as: lot clearing, meal preparation, painting, landscaping, transporting supplies (weight limit appropriate to the child's capacity and not more than 5 – 7 kilos), babysitting, and other similar work.

It would also include any other activities (i) which are not likely to be harmful to the health or development of children and (ii) which is not such as to prejudice their attendance at school or their capacity to benefit from the instruction received. It should include:

- simple and well-defined tasks
- lack of physical or mental effort that could endanger the child's health or development
- the limited number of daily and weekly hours of work
- regular breaks and weekly rest of at least 48 hours
- no night work

Light work would not include general construction, or working on a site where general construction is taking place.

General construction - would include all other construction work, not considered light work or dangerous work, including carpentry, siding, plastering, flooring, laying foundations, masonry work, brick making, and finishing work. The use of hand tools would be part of general construction work.

Parental permission is required for any child under the age of legal majority (usually 18 or 19) to work at a Habitat for Humanity job site. In situations where homeowner children under the age of 13 accompany their parent or guardian to the job site, these children should do no work or where unavoidable, only the lightest assistance of volunteer support or site preparation under parental/guardian supervision.

Habitat Cambodia is working to develop alternative ways for children of homeowners to assist their families to complete sweat equity hours.

These standards apply to employees, volunteers and homeowner children. These standards are designed not only to prevent the economic exploitation of children, but also to protect their health, safety and morals.



Work/life Balance Policy-Weekends & Public Holidays

Purpose

There is increased awareness of the benefits of providing more flexible Human Resource strategies, reflecting increasing recognition of the fact that work and other life commitments cannot easily be separated, especially in a country such as Cambodia where community and family values are prevalent.

As most Cambodian organizations adopt a participative and flat structure, where fewer employees are expected to manage increased workloads, the demands of the environment increase and maintaining the balance between the demands of a career and life responsibilities becomes more difficult.

Work/life Balance Policy

Habitat for Humanity in Cambodia endeavors to provide a prosperous and enjoyable working environment to all its employees.

Habitat Cambodia discourages work on build sites during weekends and Public Holidays. This protects labor rights of not only Habitat staff but also our numerous subcontractors and homeowner families.

Gift Giving Policy

During your time in the community, you may find that you are interested in making a further contribution directly to the family. In the past some team members/groups have done this. While well intended, such actions run counter to the purposes of the Habitat for Humanity program.

It is important that a gift giver realizes the full impact a gift can have on Habitat's greater goal of empowering families and communities. Challenges that gift giving present to Habitat, to the neighbors in the community and to the family receiving the gift are challenges to the relationship between Habitat Cambodia and the family – especially in instilling a sense of responsibility and motivation from the family to make house payments.

It is common that gifts can create a dependence on others to provide assistance, while the Habitat model focuses on breaking the dependence.

You may also want to give a small gift to the community. Again we strongly discourage giving gifts directly to the families. We encourage such gifts to be given to the entire community such that all can enjoy the gift. This sends a clear message that all the families are valued. Some ideas include: books for the community center, basketballs, playground equipment, etc. Please consult a Habitat staff in regard to how to go about doing this culturally sensitively.

Interaction between Habitat Staff and the Global Village Team Policy

During the course of the build week, the team and the Habitat staff often build very close and personal relationships. On many occasions teams have requested that Habitat staff accompany them on an R&R that follows the build. With only the best intentions the team offers to pay for our staff to join them. This creates a problem for us at Habitat Cambodia.

As much as we would love to have our staffs enjoy such privileges it does cause problems within the organization and among the other staff members, often people that work behind the scenes but get no such acknowledgement.

Habitat maintains a policy that forbids local staff members to join Global village teams on an R&R segment of each trip. Please be sensitive to these types of issues and if you are unsure about what to do then please consult your Team Leader who will seek advice from the appropriate person.



Roles, Expectations and Responsibilities

Responsibilities – All Team Members

- Follow the timetable – especially breaks/drinking etc.
- Follow security guidelines
- Follow instructions from Construction Supervisor and skilled workers
- Be responsible for all personal property
- Have ID card with you at all times
- Proper use of construction tools
- Complete evaluation forms

Expectations – All Team Members

- Respect and Follow cultural norms
- Skill share
- Build friendships with the community
- Experience a different way of life

Global Village Team Leader

- Prepare Team by sending them timely information
- Liaise between team, Habitat Cambodia and community
- Watch over the health and general wellbeing of the Team
- Inform team of itinerary and changes as provided by Habitat staff
- Collect evaluations in-country

The Team Leader is the overall leader of the team. All questions and directions should be channeled through him or her. From the first contact all potential team members should communicate directly with the Team Leader. This applies throughout the whole period of the trip. Even on the building site look to the Team Leader for direction. The Team Leader will be receiving advice and instruction from Habitat staff.

Host Community

Your team will join the existing house building project, with homeowners and the local community. When a team arrives on a build site, the local community is briefed by Habitat Staff as to who the team is and why they have come.

Habitat staff will meet with the community several times during the weeks preceding the visit. The community will have their own preconceived expectations that need to be met, generally, that cultural and local traditions will be respected and village laws obeyed.

Habitat Construction Supervisor

- Deliver the "Construction & Safety Orientation" on the first day of the build
- Prepare a daily schedule of building activities in consultation with Team Leader
- Orientate the team daily regarding the daily activity schedule
- Watch over all safety aspects of the building site
- Communicate with team members.

Frequently Asked Questions

What hours will we be working each day?

The work can be done at a pace set by the team and the Habitat Construction Supervisor. Usually you will arrive at the site around 8.15am. Lunch is 1 hour and taken at a nearby restaurant. The work day will usually end around 4.30 after spending some time with the families at the site. For the most part the work day will be up to the team in consultation with the Habitat Construction Supervisor, and can be changed day to day to accommodate particularly good or bad days in terms of whether and your process.

What will the toilets be like at the worksites?

There will be very basic outdoor toilets that require squatting. Public water is not always available at the worksite.

Will there be experienced supervisors with us on the worksite?

Yes, a Habitat Construction Supervisor and Local construction supervisor, responsible for all worksite safety and skilled workers will be at the worksite each day.

What level of English proficiency will the homeowners and the local workers have?

The Habitat Construction Superior and all Habitat field staff have a good command of English. The homeowners won't speak any English.

Will the Global Village team receive an orientation when they arrive in Country?

Yes. The Volunteer Program Manager/Volunteer Program Team will personally conduct an in-country orientation upon your arrival. The purpose is to highlight the most important points of the build and provide time for Q & A.

Where will the team be eating?

Breakfast will usually be taken at the hotel before departure to the worksite. Lunch will be taken at a restaurant near the worksite. Dinner will usually be taken at local restaurants can be arrange by team or recommended by the GV coordinator.

What will the daily temperature be during the visit?

Season	Average temperature	Average Rain Fall
Hot Season March-May	27-37 °C	70mm
Rainy Season June-October	24-32 °C	193mm
Dry Season November – February	22-31 °C	47mm



Situated 14 degrees north of the equator, Cambodia has a **tropical monsoon climate** with maximum temperatures averaging 32C all year round and humidity levels maintaining a sticky 80-90%.

Light clothes are recommended and it is worth carrying an umbrella throughout both the hot and rainy seasons. Warmer clothes are advisable during the cooler months, especially at night.

Hot Season - The northeast monsoon brings high temperatures and low rainfall to Cambodia. These months, especially April, can be extremely hot with high humidity.

Rainy Season - The southwest monsoon brings heavy rains - usually during the afternoon and flooded streets are commonplace.

Best time to visit: During the **Cool and Dry Season** - although daytime temperatures can remain high, nights become much more tolerable with an average temperature of 22C. The air can be rather dusty during this period.

Will there be suitable vegetarian food?

Will the vegetarians on the team be able to find suitable food?

Yes, vegetarian food can be found in Western restaurants though out the country. Arrangements can also be made for vegetarian lunches on request.

What type of clothing should we bring?

For women: to avoid complications or misinterpretation of what is culturally appropriate, women are urged to wear long pants at the work site. T shirts as an upper garment are acceptable. Tank tops are fine as long as the straps are wide and no underwear is showing. We do suggest women avoid any garments which do not cover the buttock and thighs.

For men: Traditionally it is common for Cambodian men to wear shorts, therefore it is acceptable for men on the GV team to wear them also.

Are ATMs available in Cambodia?

Yes, ATMs are available outside ANZ Royal Banks. A word to the wise, it is suggest you contact your bank before departure to alert them of your trip to Cambodia. To safeguard against fraud, it is common for banks to block overseas withdrawals unless you forewarn them of your travel plans.

Will there be internet service available in Cambodia?

Yes, internet service is widely available throughout Cambodia. Please be prepared for slow speed and frequently interrupted connections.

HEALTH AND SAFETY

Health and Safety

It is advisable to carry drinking water and toilet paper at all times.

Habitat Cambodia endeavors to provide a safe and secure experience to all Global Village participants but there are limits to what we can provide. Habitat asks that you use common sense and caution when visiting us. Avoid situations that compromise yourself and bring with you all medicines that you may require.

Please note you may be eating food prepared locally, where the standard of cleanliness is not the same to which you are accustomed.

You may be aware that there has been some on-going conflict between Cambodia and Thailand on the northern Cambodian border. These two countries are in dispute over the ownership of a temple there. There have been some skirmishes and occasional casualty, but this is limited to members of their respective armed forces. It is the considered opinion of Habitat for Humanity New Zealand, HFH Cambodia, and our HFH Asia Pacific office in Bangkok, that it is quite safe to go to Cambodia, with the obvious caution to avoid the Thai border region. However we wish to bring this matter to your attention so that you can make your own judgement decision on this matter. Habitat can provide more information on this situation should you require it, please ask.

The people of Cambodia are extremely friendly, and there is less likelihood of being pick pocketed or anything else, than in most other Asian countries. However diligence is the best way to avoid any incidence of theft or other conflict, so be advised to leave valuables at home in NZ, take only what is necessary, and keep valuables, cash, cameras and other items in a hotel safe or safest possible location at all times. Be careful where you leave your handbag or backpack. Never travel alone but always in groups, preferably three or more people together.

For travel advisory information please seek your governments travel advisory website. It is the responsibility of individuals to seek out appropriate advice regarding any travel and health related aspects of these trips.

Food and Water Safety

All meals will be Khmer cooking, traditional and local specialties. You will also have the choice of excellent Thai, Vietnamese, Chinese, French and Mediterranean cooking. Rice will most likely be served at every meal, along with local fruits, vegetables, meat, seafood, etc.

- **WATER:** Drinking tap water is not safe. Always request purified or bottled water. Even when taking mixed drinks (shakes, etc.) or soda's with ice, please request for

ice/ ice cubes from purified water. Using purified water also includes for brushing teeth. Water can be purified or distilled. Bottled water is abundant and readily available.

- Water contamination may apply to bathing as well as food. If bathing or swimming in rivers, be cautious if the water could be contaminated. Wash thoroughly and disinfect cuts and sores afterwards. Do not shave while bathing in such water.
- Always wash your hands thoroughly before eating
- If purchasing fruits and vegetables on your own, please have this thoroughly washed or peeled if necessary before eating.
- STREET FOOD: Global Village Teams are not encouraged to buy any "street food".

Heat and Sun Safety

It will probably be hotter than what you are accustomed to. The sun and heat can be very dangerous. It is critical that you drink plenty of water or other fluids. Sunburn and heat exhaustion are potential risks. Always put on sunscreen before working, and when going to the beach and bathing. Reapply frequently, even if your sunscreen is water and sweat proof. Wear a wide-brimmed hat. Watch yourself and other team mates for signs of heat stroke or heat exhaustion.

Security at the Work Site

Never bring valuables to the build site as there will not be a secure place to store them. It is recommended that you carry personal items in a waist bag and keep them with you at work. Personal tools can be taken back to the hotel/home stay each day although the Construction Supervisor will in most cases secure these items for you over night.





Local Emergency Numbers	Contact Number
Tourist Police	092 999 995
Western Medical Clinic -(International SOS,)	023 216 911
US Embassy	023 728
Australian Embassy	023 213
Canadian Embassy	023 213 470-
French Embassy	023 430
German Embassy	023 216
Malaysia Embassy	023 216
Philippine Embassy	023 215
Embassy of the Republic of Korea	023 211 091-
Embassy of the Republic of Singapore	023 360 855-6
Embassy of the United Kingdom	023 427 124

Sample Building Itinerary

Time/Date	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7	Day 8	Day 9
	Sat 31	Sun 01	Mon 02	Tue 03	Wed 04	Thu 05	Fri 06	Sat 07	Sun 08
8:00-9:15	Arrived Siem Reap or Phnom Penh	Travelling to Battambang	Depart to site for Building Activity					Cultural Activities	Departure
9:15-9:30			Arrive build						
9:30-10:45			site & orientation						
10:45-11:00			Work						
11:00-12:00			Break with Local Cambodia fruit						
12:00-1:30			Work						
1:30- 2:45			Lunch						
2:45-3:15			Work				Dedication		
3:15-4:00			Break						
4:00-4:15			Work						
4:45-5:30			Orientation and Welcome Dinner at 5:30pm	Clean up, Reflection, and Suggestion for the next day					
6:00-9:30		Leave to Hotel and Rest							
			Wash up and Dinner						

Som Orkun!