

Childcare & Community

IN CAMBODIA

High School Special Schedule | 2 weeks

Welcome to our High School Special Care & Community Project in Cambodia! Are you ready for a once-in-a-lifetime experience working with children and exploring the beautiful country of Cambodia?

Programme Goals:

► Education and Childcare:

Spend your time working with children at a kindergarten, primary school or care centre, helping make learning fun for them. Teach basic English words and phrases through songs, pictures or role play games, play football games outside, or run arts and crafts lessons to unleash their creativity.

► Renovation:

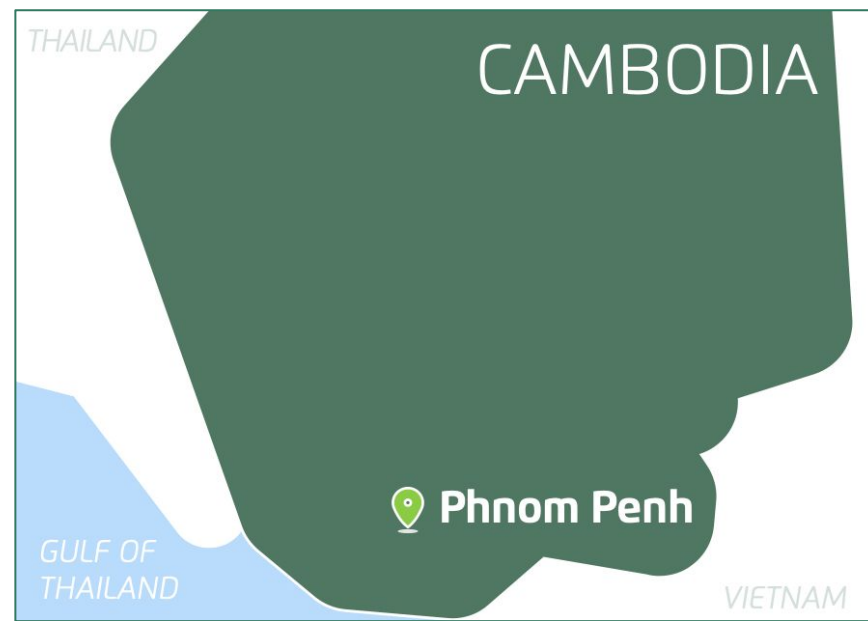
Make a lasting impact on the community by improving the schools and centres where you'll be working. Contribute to renovation work by digging and building flower beds, or help with the classroom renovation by adding a coat of paint where needed. Your coordinators will explain the details of your project during your induction. Local community leaders and NGOs communicate with the Projects Abroad team to ensure your renovation work makes the most impact possible and will make a lasting impact.

► Cultural Immersion:

Experience Khmer culture by watching Apsara dances, speaking with locals, and enjoying traditional Cambodian cuisine after your volunteer work. Explore Cambodia with other teenagers, building friendships and making unforgettable memories as you visit museums, Buddhist pagodas, and the magnificent Angkor Temples.

ProjectsAbroad

2 WEEKS



- Highlights**
- ▶ 40+ Service Hours
 - ▶ Learn about Cambodian history
 - ▶ Renovate schools
 - ▶ Teach and play with school children
 - ▶ 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 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

Monday

General induction

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 Care 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

First day at the school

Morning:

Visit your work placement and learn about the community. Prepare for renovation and teaching activities.

Afternoon:

Lunch at a local restaurant and start project activities in the afternoon.

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

Morning:

Continue teaching and renovation work at the school

Afternoon:

Continue teaching and renovation work at the school

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

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

Morning:

Continue teaching and renovation work at the school

Afternoon:

Continue teaching and renovation work at the school

Evening:

Pizza night. Take a break from Asian food for an evening.

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 4:30am 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

Morning:

Continue teaching and renovation work at the school

Afternoon:

Continue teaching and renovation work at the school

Evening:

Enjoy dinner at a local restaurant

Day 11

Wednesday

Morning:

Continue teaching and renovation work at the school

Afternoon:

Continue teaching and renovation work at the school

Evening:

Enjoy dinner at a restaurant

Day 12

Thursday

Morning:

Continue teaching and renovation work at the school

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

Morning:

It's your final day at the school. Complete your tasks and enjoy a farewell party with speeches, games and chances to take photos with kids and teachers.

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 party.

Day 14

Saturday

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.

If you have longer to wait around, we will ensure you are comfortable and well looked-after. You may have time to explore nearby markets in the morning. You will have the continued support of Projects Abroad staff right 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!

Personal Achievements



- ▶ Completed a total of 40+ service hours
- ▶ Leart about Cambodian history and culture
- ▶ Learnt how to prepare and teach lessons to schoolchildren
- ▶ Made a lasting and physical improvement to educational and community facilities



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.



Cambodia is a tropical country full of awe-inspiring sights and rich with history. From sandy islands to dense jungle, the scenery is breathtaking. Learn about the Khmer Empire that once dominated the region and taste the unique flavours of Cambodian cuisine. Do you dare to try locusts and tarantulas?

FUN FACTS

- ▶ Cambodia has the only national flag that features a building
- ▶ There are over 4,000 temples in Cambodia, and more are being discovered each year
- ▶ Angkor city was the largest pre-industrial settlement in the world
- ▶ The Tonlé Sap River changes the direction of its flow twice a year

Want to learn more?

We’d be happy to talk to you and and 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

Destination Information	
National Language:	Khmer
Population:	16 million
Currency:	Cambodian Riel
Time Zone:	GMT +7
Capital:	Phnom Penh
Calling Code:	+855
Dominant Religion:	Buddhism
National Dish:	Fish Amok
National Animal:	Kouprey
National Bird:	Cambodian Tailorbird

Social Media

- @projectsabroadglobal
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Childcare & Community

IN CAMBODIA

High School Special Schedule | 3 weeks

Welcome to our High School Special Care & Community Project in Cambodia! Are you ready for a once-in-a-lifetime experience working with children and exploring the beautiful country of Cambodia?

Programme Goals:

► Education and Childcare:

Spend your time working with children at a kindergarten, primary school or care centre, helping make learning fun for them. Teach basic English words and phrases through songs, pictures or role play games, play football games outside, or run arts and crafts lessons to unleash their creativity.

► Renovation:

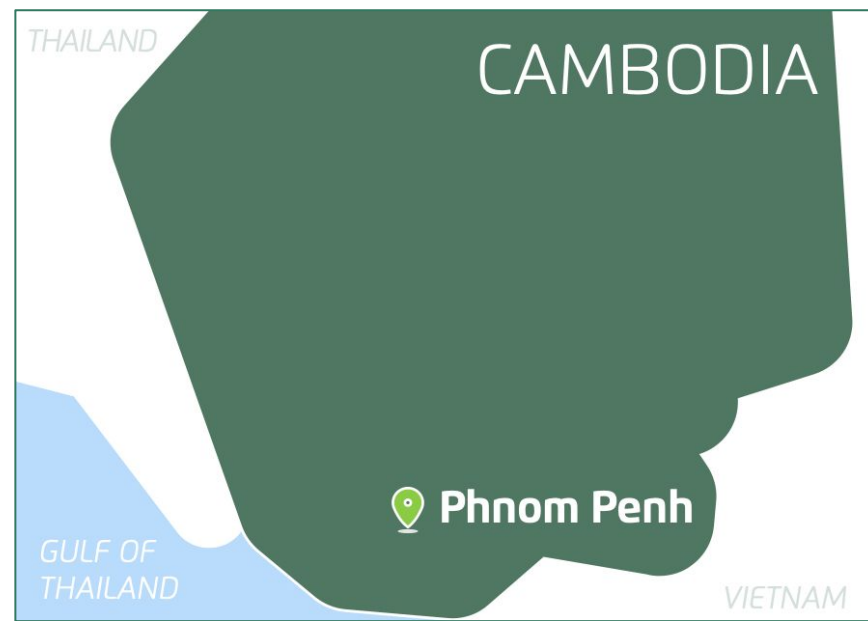
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ProjectsAbroad

3 WEEKS



- Highlights**
- ▶ 60+ Service Hours
 - ▶ Learn about Cambodian history
 - ▶ Renovate schools
 - ▶ Teach and play with schoolchildren
 - ▶ Immerse yourself in Cambodian culture
 - ▶ Visit Angkor Wat & Kampot
 - ▶ 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.

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First day at the school

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Afternoon:

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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.

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Wednesday

Morning:

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Afternoon:

Continue teaching and renovation work at the school

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

Day 5

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Afternoon:

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Day 6

Friday

Morning:

Continue teaching and renovation work at the school

Afternoon:

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Evening:

Pizza night. Take a break from Asian food for an evening.

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.

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Day 8

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Angkor Wat

Full Day:

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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.

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

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Morning:

Continue teaching and renovation work at the school

Afternoon:

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Evening:

Enjoy dinner at a local restaurant

Day 11

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Afternoon:

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Evening:

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Day 12

Thursday

Morning:

Continue teaching and renovation work at the school

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

Morning:

Continue project work at the school. Join a farewell party for students who are leaving on the weekend. There will be speeches, games and chances to take photos with kids and teachers.

Afternoon:

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

Evening:

Enjoy a meal out and farewell party for the students leaving this weekend.

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. Explore markets, the riverside and try some street food.

Travel back to Phnom Penh in a private minibus after lunch.

Spend your afternoon preparing for tomorrow’s lessons and activities.

Day 17

Tuesday

Morning:
Continue teaching and renovation work at the school

Afternoon:
Continue teaching and renovation work at the school

Evening:
Join a cooking class. Learn how to make traditional Khmer cuisine. Spend the evening enjoying the food that you make.

Day 18

Wednesday

Morning:
Continue teaching and renovation work at the school

Afternoon:
Continue teaching and renovation work at the school

Evening:
Visit markets and malls in the evening. Have dinner at a restaurant.

Day 19

Thursday

Morning:
Continue teaching and renovation work at the school

Afternoon:
Tour the Royal Palace, Silver Pagoda and Wat Phnom landmarks

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



Day 20

Friday

Morning:
It's your final day at the school. Complete your tasks and enjoy a farewell party with speeches, games and chances to take photos with kids and teachers.

Afternoon:
Explore the riverside and city center. Go to 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 party.

Day 21

Saturday

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