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Dental Care - Donation

A special donation that we got from our Two Week Special group has been used for providing dental care for 88 students at Home of Hope.

Four appointments had been setup with Cambodia World Family (the placement which provides a free dental care) for teeth checking. All of them were so brave, without crying they patiently allowed the dentist to check and treat their teeth.

Every time we took them for a check-up, we provided the breakfast, lunch and a small package which include a set of toothpaste, toothbrush, noodles, orange, banana or milk.

They happily smiling to have their teeth be checked and got a small donation pack.

We sincerely express special thanks to our volunteers who fundraised money to support the events. We would also like to thank Home of Hope and Cambodia World Family.

The donation budget that remains will be used for Lung Vaccination for them.

For more photo please check in our Official Facebook, [Click Here](#).



Overall Reflection for My Volunteering in Phnom Penh

I arrived at Phnom Penh airport on a Sunday night. It was a chaotic first impression as my luggage didn't arrive and the airport staff didn't speak very good English. Eventually I had to go through airport customs to meet the Projects Abroad staff and brought him back in to translate for me. This wouldn't have been allowed anywhere else, but at least it got the job done. The airport staff said the luggage was going to get on the next flight and arrived the next day.



Cambodia reminded me a lot of life in China, which made it easy for me to settle in. I lived in Beijing for seven years, and the buildings, the roads, the traffic, the pollution and the people are all very similar to what I see in Phnom Penh. It was as if I just got home. Cambodians don't speak Chinese but it isn't a big problem because most Cambodians understand some simple English. Furthermore, the

TukTuks and motor cycle taxis were new for me as we didn't have them in China. It ended up being my favourite type of transport, as motor cycles can cut through roads very easily during heavy traffic. I don't think I can get used to driving a normal car again after seeing what motor bikes can do.

My first week flew by quickly. Whether it was the work placement, lunch and dinner at the apartments or movie nights, I have enjoyed every minute of this experience so far. The apartment is in the city and it is very convenient to get around. Grocery stores, ATM machines, pharmacies and Riverside night clubs are all within ten minutes TukTuk ride from the apartment. It was wonderful meeting many volunteers from all over the world, especially the Europeans who had a hard time figuring out our (Australian) slangs. We got along really well and they were always happy to help when I had problems or concerns.

I was placed in an orphanage called Home of Hope, which was a charity centre run by church brothers. They take in those abandoned children who are mentally disabled or HIV positive. They also built an outdoor classroom and hired teachers to educate the village children nearby. My job was mainly to teach English and organise games for the children. For the mentally disabled ones, I taught them simple ball games such as throw and catch. It is frustrating to teach them new skills as their learning abilities are affected, but they still had a great time. Later the teacher tells me that Cambodian people love foreigners because they think we know a lot and we always contribute positively. Even if it is as simple as organising a game of soccer, it will be the happiest day of their lives because their parents are always busy working and no one ever teaches them soccer.



I had three full weekends during my stay, and spent two of them traveling and sightseeing. I visited Siem Reap with the Angkor Wat and temples by myself for three days during a long weekend. It was a small town full of tourists and it was very easy to meet people. I ended up carpooling with another tourist to see the temples for a day so I never really felt like I was alone. Furthermore, the benefit of traveling with another person is that they can take pictures for me and keep me company during long rides. I have always known of Angkor Wat. I have seen lots of photos and even studied at school, but going there to see it myself is a totally different experience. They are some of the most spectacular sights I have ever seen. I especially love climbing the temples with steep slopes and rocks. They are challenging but once you get to the top, you get a great view of the temples and the surrounding forests.

I went to Sihanoukville for another weekend. It was the beach resort of Cambodia and again very tourist orientated. We rented motor bikes and drove around town going beach by beach. Compared to Australia, the beaches weren't as pretty, but for my other European friends, they had a much more amazing experience because they don't get the beach and sunshine very often in Europe. We had a fun and relaxing time, drinking cocktails and fruit shakes the whole afternoon till sunset at the beach.

On the last day of my placement, the village children invited me to visit their homes. The teacher lent me a bicycle and we rode together. I got to experience their lifestyles, seeing the wooden houses they live in. Their parents and family were all excited and friendly when I arrived. They even prepared mangoes and invited me to sit inside. They hardly understood English so it was hard to generate a conversation, but I can tell that everyone in the village enjoyed having me around. The children were really eager to introduce me to their friends and play with them around the village. It was a fun and fulfilling trip as I have achieved more than what I expected of myself. The most important lesson I learnt is that it is not about the absolute amount of knowledge I can contribute to them, it is about how I put a smile on their faces and make a difference in their lives.

Written By Julian Pang

From Australia

A Value Time – Dentist Pro Volunteer in Cambodia



Hi, my name is Lis, I am 48-years-old and I am from Denmark. I was with Projects Aboard for one month in Phnom Penh, Cambodia. It was a



great month, I felt welcome from the moment I was picked up in the airport by Chammy.

I met my daughter in the Projects Abroad apartment on street 112; I had not seen her for three months as she had been on the island KohRongSamloem for the Diving & Marine Conservation Project. In her last month in Cambodia, she is going to work in a centre for vulnerable children.

Projects Abroad arranged social dinners where we could meet with other volunteers, a Projects Abroad apartment 1 to 7. Even most of the other volunteers were younger than me, but I felt welcome anyway, and we could talk about Cambodia and our placements.

About 15 volunteers went to Siem Reap to celebrate the New Years on 2012/13. We had four great days up there; we saw the temples, and the city by bike, and we did some shopping and got our nails done. My daughter and I took the boat back to Phnom Penh, which was a good experience. We saw fishermen and kids waving from the riverbank. It was more expensive than the bus but it was defiantly worth it. I can recommend bringing a guidebook to Cambodia, finding out what you want to see, and how to spend the weekends.

My project was with Cambodia World Family (CWF), a free dental clinic for orphans and vulnerable children from the centres around Phnom Penh. I have been a dental assistant in Denmark for 24 years, and here I had the chance to learn more advanced disciplines, obviously under the supervision of a dentist. I had my own assistant, and she was also my translator, I did learn a little Khmer but not much. Before arriving, I thought that we should work outside, with very bad equipment, but I was wrong and positively surprised when I got there. In the clinic we had air-con, loud music and four dentists' chairs. They are

Written by Lis Faurholt From Denmark (lis_faurholt@hotmail.com)

functional, but sometimes there is no water or we lose the pressure, but normally not for a long time. We have an Autoclave for the disinfection of the instruments, and the clinic is nice and clean. We don't have x-ray, would have been nice to have, but that's unfortunately too expensive.

We treat children between the ages of three and 18 years, and we treat about 30 – 50 children every day. All of the children are so sweet and brave, after the treatment they thank us many times. For Christmas I even got sweet Christmas drawings from them.

The Khmer team in CWF is the best, they are sweet, funny and very helpful with everything, and every day was a wonderful day. The clinic only survives on donations, on the web site below you can see how to donate, and help them to help even more children.

On www.cambodiaworldfamily.com you can read this, and more.

CWF was set-up by Dr. Daniel Sursott, an American GP assisting in the Thai border refugee camps, and was first registered with the Cambodian Ministry of Health and the Ministry of the Interior in 1997. When later taken over by Dr. Kay Gentry, CWF became involved in various grass root projects including a mobile dental clinic treating orphans in the provinces of Cambodia. It is only in 2005 that a permanent clinic was established in Phnom Penh to focus on vulnerable children and which trained graduates from the orphanages as administrators, nurses and therapists. From 2006 and when Dr. Robert Ogle volunteered at the helm of the organization, CWF expanded from 500 patients a year to more than 12,000 in 2011.

Thank you so much Lis, We really appreciated that you have a lot of contributes for

Cambodia kids and share your experiences to other.

Diving & Marine Conservation project in Cambodia

In February 2013, the volunteers were able to survey 28 of the seahorse sites. We recorded a higher number of seahorses and also looked more closely at the extended area where a lot of juveniles have been found. The playground has been completely filled with sand and as soon as we can, construction work itself will begin. The volunteers helped the Khmer staff working on the incinerator and the brick wall for this has been constructed. Teaching English has expanded to three classes a day, with the addition of an evening class for adults who are also keen to learn.

Conservation Projects

Seahorse Surveys



In February the volunteers have been really excited to survey. We have a fully trained survey team who also help to train newly certified divers. All the volunteers have been keen to survey the new area as well as look for comparisons and differences between previously surveyed sites.

One of our members of staff, Lorna, is fully trained in statistical analysis and has been helping our marine biologist analyse survey data. As she is based on the island a lot of volunteers are keen to help out with this

aspect of the project and at the end of each month we plan to give a presentation of statistical results to get the volunteers involved in looking at results as well as doing all the surveys.

Reef Surveys



The volunteers are keen to look at fish and invertebrate populations at the commonly surveyed dive sites as well as some other areas of the island. We have been training a team to continue monitoring populations and reef health.

Our new member of staff, Emma, is a fully trained marine biologist who looks after reef based projects. She has been working tirelessly to train all new volunteers, both on land and in the water, in order to have a fully prepared team for upcoming surveys. Her team surveys our regular dive sites as well as train other volunteers.

Clean Ups

A generally calmer month meant that volunteers were busy cleaning Longbeach and the project site as always, but had some spare

time to do regular clean ups on House Reef. One of our favourite dive sites right outside the bungalow suffers from heavy boat traffic but we can snorkel this site bi-weekly and pick up rubbish, check for traps, and identify fish and invertebrates spotted along the way.

Community Projects

Teaching

Our new member of staff, Marie, has been wonderful in ensuring that English classes run despite Chinese New Year. She is being helped by our new teaching volunteer Stina, to run evening classes for Khmer staff and other adults in the village. Other volunteers including Connor, Audla, and Amelia helping out as many as three days a week, as well as ensuring Friday Fun Day happens every week.

Community Playground



Ali Barlow
Project Coordinator, Cambodia

The playground area has been completely filled with sand. This huge effort by the volunteers has been a great accomplishment for the month. Everyone is keen to help out and motivate each other with competitions for the most number of sand bags carried. The volunteers are keen to continue in March with the construction work.

Community Incinerator

This month the volunteers have been helping out with mixing cement and carrying sand, with some more experienced volunteers also helping with brick work and rendering. The precise brick laying means we can't all help out but needless to say there is more than enough keeping the volunteers busy.

Other stuff...

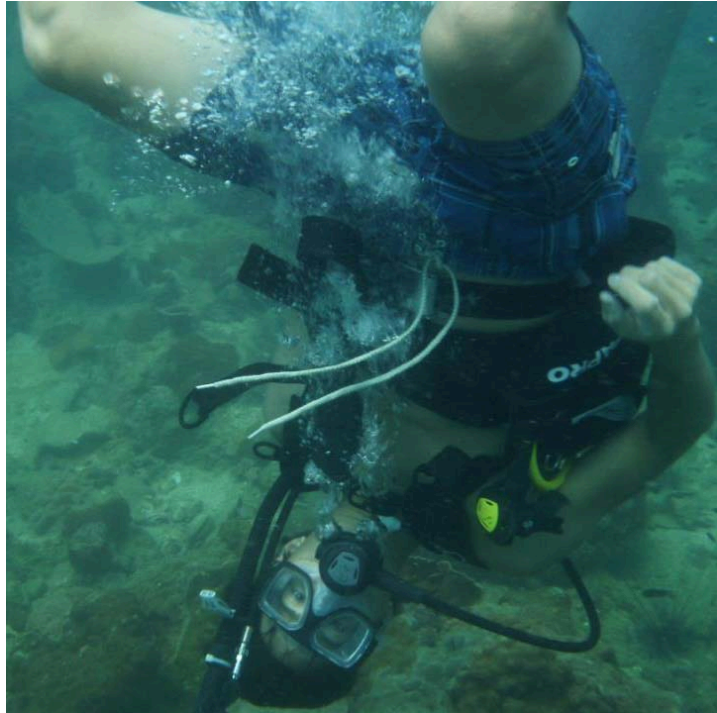
This month we have started watching the "Blue Planet" BBC series every week in the main bungalow. Every Wednesday this month has been a new episode with the series continuing into March. The volunteers have also been having other movie nights in the main bungalow, jungle trekking, building bonfires, and watching the sunset together. A great group of volunteers this month has kept the volunteers working hard and working together.

Thank you so much to all Diving & Marine Conservation volunteers and staff, We really appreciated that you have a lot of contributes for this project.

An Amazing Project – Diving & Marine Conservation in Cambodia

My experience on KohRongSamloem doing the Marine Conservation Project has been incredible. I've learned a lot and met some really special people that I will never forget. This project has been great, and I really could not have asked for more. It has been a perfect way to spend my time in Cambodia.

The diving here is really amazing and unforgettable. I had little experience in diving and no certification, but I was taught by the instructors who were very helpful and before I knew it I was ready to go. I was put on reef surveys and started learning about the fish. Those first few dives were amazing, I have always loved the ocean and getting to learn all the fish was a great experience. But after a few days I got switched to seahorse surveys. I was a little disappointed but when I first dove on the corral and saw my first seahorse, words could not describe my excitement! And I got to see another on that same dive; it was truly amazing. I quickly learned how to



survey and became a part of the seahorse team. It was not always easy to survey the corral, but for those times you saw a seahorse it just made everything worthwhile. Along with seahorse surveys, we did reef checks where we surveyed areas of the reefs for target species. I had done seahorse and reef surveys and both were amazing because it made you feel like you're making an impact. All the information and data we collect is being used to get the area further protection. If I could only do one, I would definitely pick seahorse surveys, I love seeing all the life on the reefs however for me the corral is something really special.

Along with the survey work, we would work with the village. While I was on the project we had a focus on helping the village kids. We would teach English twice a day to any who came to our school and every Friday we would take them swimming off the pier. Our main project with the village was building a playground for the kids. This involved a lot of hard work carrying bricks and sand, it involved many days of long hard work in the sun. But it has been a really worthwhile experience as it's awesome to be able to see all we have done. We have started construction on the structures and the playground. The village is something that makes this whole place so much better. When I walk through the village to hearing hello from all the kids or locals singing and dancing gangnam style, you can't help but smile. Although with most villagers there is a language barrier, they are so friendly, you can find a way to communicate or share a laugh.

On the weekends you have the freedom to explore all this island has to offer. You can hike through the jungle with a local guide, take a swim, snorkel or dive on the reef just out from the beach or just

spend the day in a hammock. I have done so many awesome things during my placement on KohRongSamleom. I will never forget a moment on this island but there are things that stand out in my mind. Memories like building massive bonfires on the beach, swimming in bioluminescence in the middle of the night, and partying with the locals. There are countless things to love about this island, the view, the food, the atmosphere and the diving. But the best thing about the island is the people. The villagers, the staff, and the volunteers, they are what make this place so amazing, and they have been the thing that makes this island the best place I've ever been to. I have travelled to many different places throughout my life, without a doubt this is the best place I've ever come to and the best decision of my life. I had realized very quickly how special this place was after only three days here. I knew two months was far too little time. I have loved and will remember every second of my time here, and I will be back.

Written By Connor Yamamoto
From Canada

Thank you so much Connor Yamamoto, We really appreciated that you have a lot of contributes for Cambodia and share your experiences to other.

Dirty Weekend in Phnom Penh

If you do not know what V.C.A.O is, it is one of those goodhearted places that you do not see all that often anymore. It is a chance for the local waste picker child to go to school as much as they like. I feel extremely lucky that I ended up at V.C.A.O, not only because of the amazing people running it, but because of the lovely children there. They open up their hearts and let you into their life. They might not have a whole lot, but they make that up by great imagination, that can turn the plainest playground in to a whole lot of fun and games.



That is why it is so nice the Dirty Weekend this time came to V.C.A.O. Only the older children's classroom was missing creative paintings, so it was about time that someone swung a brush on the otherwise dull room. Luckily 15 volunteers were ready to use a few hours to fix up the plain room with some bright colors. Three groups created each their section and after a little over six hour, the creative walls stood finished. Before there was an only white wall with a few posters – afterwards the walls contained a series of different worlds. One of them was a world under the sea with fish, a treasure chest and a pretty mermaid. Another was a garden with colorful trees, flowers and of course an angry bird. Last but not least the universe was painted beautifully and just close by was a collection of flags from all the neighboring countries of Cambodia and the countries of the volunteers who painted that afternoon.

The children loved the newly decorated classroom. They had so many questions regarding the drawings. Many children have never seen the sea before and the Solar System is a whole new idea itself. It's amazing to think our artwork will encourage and inspire these children to learn more about the world they live in.

For more photos, please [Click Here](#).

Dirty Weekend in Siem Reap

The February Dirty Weekend consisted of painting and drawing pictures on the walls of N.L.C.O's classroom.

There were a few volunteers that participated on that weekend, everyone got a task to do and all had successfully completed it. We started at around 9:30am and finished it all around 3:00pm with a short break time for lunch and snack.

The supervisor and director of N.L.C.O appreciated our help making the classroom look brighter and beautiful; this will motivate all students to be in class for studying.



Many thanks to our volunteers who intensively made this happen.

For more photos, please [Click Here](#).

PHOTO PAGE



*Thank you all
of our
volunteers
who spent
their time
volunteering
in Cambodia.*