



**Educating Children
Changing Lives**

A Volunteers Guide to *Caring for Cambodia*

Understanding Our Work

Caring for Cambodia (CFC), provides a free education for over 6,600 impoverished children in 21 schools spanning pre-school to high school. At CFC we believe that when we make a difference to the life of one child, we make a difference to the life of an entire community. As a grass-roots organization, we focus on helping Cambodians to help themselves. The funds raised for CFC go directly towards paying for costs incurred in running our schools in Siem Reap. We work to make long term sustainable contributions to these communities through school building construction projects and teacher training programs, while also addressing immediate needs in the community, including food, water, uniforms, schools supplies, computers, health services and hygiene products.

Understanding Cambodia's History

In 1979 the world learned of the atrocities inflicted by the Khmer Rouge, a communist regime that orchestrated mass genocide in an attempt to create an agrarian, self-sufficient economy. Tens of thousands of Cambodians who had been formally educated and were in positions of leadership were executed. As Khmer Rouge leaders cut the country off from the rest of the world, millions of people died of starvation and treatable illnesses due to lack of food and medical supplies. Those citizens surviving this horrible time continue to feel the effects of it, with many still suffering both physically and psychologically. After the fall of Pol Pot, civil war continued in Cambodia for years and sadly, 1999 was the first full year of peace the Cambodia people had experienced in three decades. While slowly improving, economic development remains an ongoing hurdle to the country's progress. More than 17% of Cambodians live below the poverty line, and millions of people, particularly those living in rural areas, still don't have access to basic life needs, such as clean drinking water.

www.caringforcambodia.org

volunteers@caringforcambodia.org

Caring for Cambodia

@caring4cambodia

caringforcambodia

Singapore

Caring for Cambodia Fund
1 Scotts Road, #24-10
Shaw Centre Singapore
228208

U.S.A.

3821 Juniper Trace
Suite 210
Austin, TX 78738 USA

ABOUT CARING FOR CAMBODIA

Caring for Cambodia (CFC) is educating a generation of Cambodian children today, to make a difference for Cambodia's tomorrow. Our schools are safe, modern and technologically equipped. We train teachers, provide tools, and remove barriers to learning. We build Cambodian leadership to guide and sustain these schools, so that generations of CFC graduate can reach their highest potential and make valuable contributions to their community.

www.caringforcambodia.org



6,600
Students

12
Preschools

5
Primary
Schools

2
Senior
High Schools

2
Junior High
Schools





Get involved!

Volunteering with Caring for Cambodia

There is a place for everyone to contribute with CFC!

Any level of support is appreciated from an occasional hour to a more permanent time commitment as a committee member or Chairperson.

This Volunteer Welcome Pack should help you gain insight to our organization and how to get involved. Don't hesitate to contact us if you have any additional questions.



volunteers@caringsforcambodia.org



My family took our first service trip in 2010. We were amazed by CFC's holistic approach to education: providing two healthy meals a day, dental care, uniforms, educational materials, and even bicycles to get to school! This first visit set me on my path as a committed CFC volunteer. I started and led CFC chapters in California and then Illinois. My son served as the Youth UN Ambassador in NYC, and my daughter wrote a children's book for sale on Amazon with all proceeds donated to CFC. I now serve as the National Programs Officer, helping others become involved. My family and I return regularly and our hearts continue to grow with each visit.

There are so many ways to help, from a single event to raising funds or collecting supplies to volunteering at the schools. It is so inspirational to watch the children of Siem Reap grow, along with the hearts of everyone who becomes involved."

~ Carolyn Viens,
National Programs Officer



Volunteer Opportunities

Beck and Call

No matter where you live, or how much time you have to give, CFC has many opportunities for volunteers who are not part of a specific committee.

When required, an email to our Beck and Call list is sent out requesting volunteers for help with specific tasks including one-off events, envelope stuffing, manning fair stalls, and event preparation.

By adding yourself to our Beck and Call list, you have the opportunity to meet a great new group of friends, and provide a service that keeps our organization running. Just send us an email at volunteers@caringforcambodia.org, and you'll be added to our Beck and Call list based on your location.



CFC Ambassador - Fairs

At CFC, awareness is a large part of our success. Getting people to know who we are, and what we do. One way we achieve this is by participating in various trade fair opportunities and local events around the globe.

Key attributes for this team: if you're a good communicator and enjoy talking and meeting with new people you would be a great fit.



Social Media



Social media is our best way to communicate all that's happening within CFC and to spread the word to others. We encourage you to follow CFC on Facebook and Instagram, and please SHARE, LIKE and COMMENT (including tags, etc.). Please share info and photos of any events you participate or organize or attend.

You can also subscribe to our newsletter ([click here](#)).



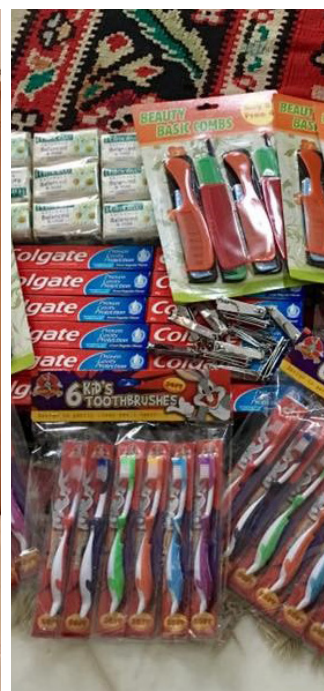


Feed My Starving Children - Packing Parties

CFC's Food For Thought Program provides two nutritious meals a day to thousands of CFC students - over 1 million meals a year! We rely on the generous donation of Manna-Pack fortified rice and protein contributed by Feed My Starving Children (FMSC).

We encourage you to volunteer on behalf of CFC at one of FMSC's many packing events held throughout the U.S. There are permanent packing facilities in the mid-west, and mobilePack events held in most other states.

To learn more about participating, contact us at volunteers@caringsforcambodia.org, and our National Programs Officer will help you find upcoming events in your area.



Donation/Collection Drives

Some of our most successful activities have been the organization of a collection or donation drive in local communities.

CFC is always in need of school supplies, dental supplies, and uniforms - just to name a few.

We have lots of ideas on how to organize a collection drive, and we can help you get started.

Check our [Get Involved](#) page on our website for more complete information, and a [How-to guide](#) for starting your own collection campaign.



Trip Coordination

Our Trip Coordinators work with companies, schools and families interested in visiting a CFC school or participating in a volunteer service project while in Siem Reap.

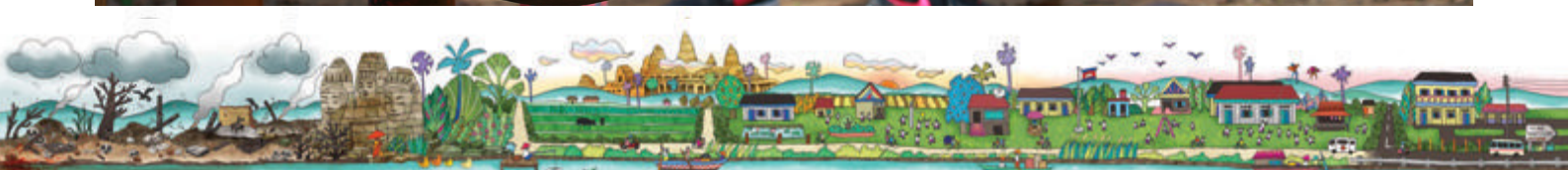
Activities may include participation in our Food for Thought Program, painting, maintenance, installing paving stones, building a playground/fence/study hut - just to name a few.

Trip Coordinators act as trip supporters. They do not

arrange hotel or flight bookings, but they will suggest itineraries, and act as a liaison with the CFC Team in Siem Reap for things such as transportation, project costs, tours and involvement in the Food for Thought Program.

Ideal pre-requisites for the position: organized, good communicator and computer literate.

Looking for more information on trips.
Click this link to read our [Trip Guide](#).





Fundraising/Events

Raising money is the most important thing that we do as an organization outside of Cambodia. Without funds, we are unable to operate our schools, and to grow. We have over 6,600 students relying on us to stay the course.

We regularly hold events across the globe - fashion shows, art auctions, lunches, and fairs to name a few. We can also help you organize your own event. Some successful events held by our volunteers in the past include chili dinner nights, 5k run/walks, bunco evenings, kickball tournaments, pizza nights, or even partnering with a local restaurant for proceeds to be donated to CFC....and, of course, encouraging your family and friends to take part!





Youth Volunteers

Some of our most successful and involved volunteers are our youth! We would love to have you start a club at your school or in your town, and help educate your friends, and spread the word of how to help! No one is too young to make a difference in the lives of the CFC students, and no donation or activity is too small to help! Visit the [Kids Page](#) on our website to download our [Youth Packet](#), or send us an email at volunteers@caringsforcambodia.org to learn more.

CFC School Liaison Committee

The School Liaison Committee helps establish and develop relationships between CFC and the school communities, both in Singapore and around the world. Volunteers on this committee regularly communicate via e-mail, phone, or in person with teachers and school groups. CFC provides opportunities and resources to enable teachers and students to help CFC in a variety of ways, such as spreading awareness, coordinating donation drives, helping with teacher training, taking a school service trip, and raising funds.

Some of the regular duties of a School Liaison Committee Volunteer include:

- Regular updates on CFC activities
- Distributing CFC marketing materials, annual reports, videos, and logo items to schools
- Making presentations to individuals or groups of teachers, students and administrators
- Initial contact for schools planning a service trip
- Supplying Certificates of Appreciation to school teachers, students or parents that have made a significant contribution
- Providing updates and photos to the Communications Committee

Volunteers on this committee should be good communicators, organized and able to work independently





Health Education



We cannot teach a sick child. The Health & Dental Committee strives to keep our children healthy, so they can attend school and learn to their greatest potential.

To date the committee has focused its efforts in the following areas: hand washing, teeth brushing, improved nutrition, vision screening, dental screening and the monitoring of the children's growth.

Committee activities include:

- Creation of educational materials
- Trips to Siem Reap
- Data entry
- Data analysis

We welcome volunteers with medical backgrounds (nurses, doctors, dentists and educators) as well as those who are skilled in data entry, spreadsheet usage, statistical analysis. Everyone is welcome to roll up their sleeves and pitch in. To facilitate travel to Siem Reap, this committee is based in Singapore. International volunteers are welcome to participate, however it would require some added travel at their expense.





Educating Children
Changing Lives



CFC Education Committee

The Education Committee provides support for CFC teachers and staff in Cambodia.

They hold local workshops in Singapore to produce teaching materials, and support Cambodian teachers who visit Singapore schools. They facilitate planning of and produce tools for international teacher training teams that travel to Siem Reap to train teachers. Interested committee members can travel to Siem Reap on volunteer service trips.

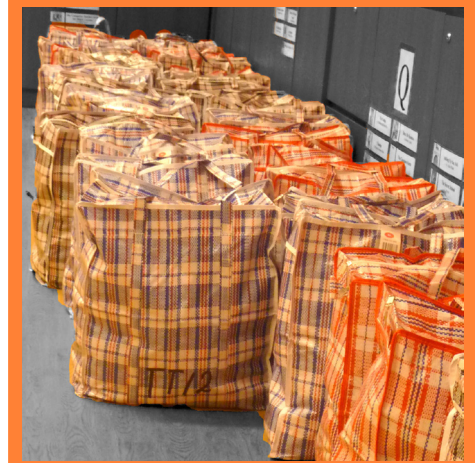
We try to utilize teachers within the committee for lesson planning at the preschool, primary and secondary levels. However, it is not necessary to be a teacher to join this fun, energetic and creative group. This committee is based in Singapore.

Goods and Donation Committee

The Goods and Donation Committee is responsible for collection and onward distribution of any physical goods donated to CFC.

The team is responsible for removing unnecessary packaging, and creating an inventory that tracks goods donations from their source to the final destination in Cambodia. The team facilitates the transport of the goods via travelers who are able to take packed bags as extra luggage often coordinating with the team in Singapore or Siem Reap.

Volunteers for the Goods and Donation team enjoy doing a little physical work such as packing bags, striping packaging. This committee is based in Singapore.





Educating Children
Changing Lives

Communications Team

Our Communications Team is responsible for writing and publishing our e-newsletters, managing our website and social media posts, writing blogs, and compiling communications materials, including brochures and our Annual Report.

Ideal prerequisites to join the team: A love of writing, editing or graphic design, combined with a willingness to work as part of a team, and great written communication skills.

We are also always on the look-out for photographers to capture picture perfect moments at our events and at our school that we can feature in our communications materials.

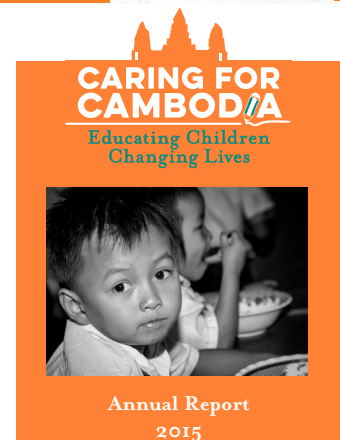
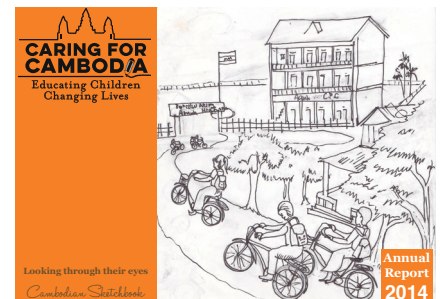
Grants/Matching Gifts

CFC seeks volunteer help in researching funding opportunities. Guided by CFC's Development Director, volunteers will use databases and online searches to identify potential grant support for CFC and its programs. Research and verbal skills needed!

Donations are critical to the ongoing success of CFC. Many companies providing matching gifts which may double or even triple your donation. **To learn whether your employer has a matching gift program, please [click here](#).** Your (or your spouse's) contribution could be matched – in some cases, dollar for dollar!

Email us at info@caringforcambodia.org. We are happy to help with the process, or to provide more information.

*On behalf of Caring for Cambodia,
we would like to sincerely thank you
for your contributions and efforts.*





Keep in **Contact**

facebook: Caring for Cambodia

twitter: @caring4cambodia

instagram: caringforcambodia

volunteers@caringforcambodia.org



Educating Children
Changing Lives

Volunteer Sign Up Form

Thank you for contributing your time and talent to our organization. Complete the following form and we will try to match you with volunteer activities that best fit you.

You can completed this form on line ([HERE](#)) and submit electronically, or you can print and mail it to either of the addresses listed in the orange box.

Name:

Email Address:

Contact Phone Number:

I am interested in (you can check more than one)

Health and Dental:

Education:

Trips:

Communications:

Fundraising:

School Liaison:

Goods Donation/Collection Drive:

Volunteer Beck and Call:

Volunteer Fairs:

Feed My Starving Children Packing Events:

Interns

Other

Please add me to your mailing list: Yes No Newsletters only

www.caringforcambodia.org

volunteers@caringforcambodia.org

 Caring for Cambodia

 @caring4cambodia

 caringforcambodia

Singapore
Orchard Post Office
P O Box 080
Singapore 912303
SG

U.S.A.
3821 Juniper Trace
Suite 210
Austin, TX 78738
USA

ABOUT CARING FOR CAMBODIA

Caring for Cambodia (CFC) works to educate one child at a time today, to make a difference for Cambodia's tomorrow. We create and sustain safe, modern, technologically equipped schools; mentor and professionally train teachers; and provide tools for teaching and learning. CFC educates Cambodian children so they reach their highest potential and make valuable contributions to their community.

www.caringforcambodia.org



6,600
Students

12
Preschools

5
Primary
Schools

2
Senior
High Schools

2
Junior High
Schools

