



**CARING FOR
CAMBODIA**

Educating Children
Changing Lives

TRIP GUIDE

**A VISITOR'S HANDBOOK
TO SIEM REAP**

3821 Juniper Trace, Suite 210
Austin, TX 78738

www.caringforcambodia.org
volunteers@caringforcambodia.org



WELCOME ABOARD!

Thank you for contributing your time and talents to our organization!

Understanding Our Work

Caring for Cambodia (CFC) provides free education for more than 6,800 impoverished children in 21 schools spanning pre-school to high school. We believe when we make a difference in the life of one child, we make a difference in the lives of an entire community.

To that end, we work to make long term, sustainable contributions to these communities through construction projects and teacher training programs.

We also address immediate needs for our students, such as ensuring they have proper nutrition, clean water, uniforms, school supplies, computers, health services, and hygiene products.

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 to reach their highest potential and make valuable contributions to their community.

6,800+ Students

12 Preschools

5 Primary Schools

2 Junior High Schools

2 High Schools

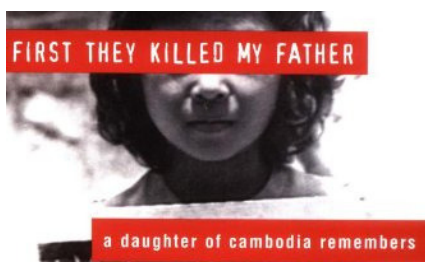


Understanding Cambodia's History

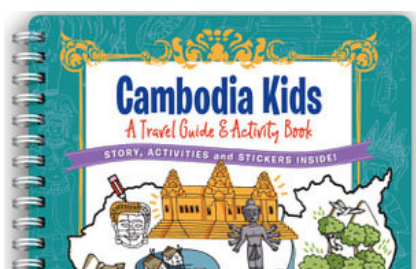
Forty years after the fall of the Khmer Rouge regime, Cambodia continues to struggle to overcome a mass genocide in which more than two million people lost their lives. Seeking to create a self-sufficient agrarian economy, the Khmer Rouge set their sights on the formally educated and those in positions of leadership. Teachers were amongst those first targeted, with an estimated 75 percent of them and 90 percent of the country's college-educated population killed between 1975 and 1979. In all, the Khmer Rouge erased more than a quarter of the country's population before being overthrown.

Today, more than 17% of Cambodians live below the poverty line. Survivors, as well as their children and grandchildren, continue to feel the effects of the Khmer Rouge. Millions of people still don't have access to basic life needs, such as clean drinking water. Once a leader in the region, Cambodia has been forced to rebuild its education system while lacking the knowledge of those lost during the genocide. The Ministry of Education, Youth and Sport is committed to building a nationwide school system to serve the estimated six million children under the age of 18; some 37 percent of the population. **CFC is proud to serve as the country's model school** bringing international teacher training, gender equity, STEM, and kindergarten programs, among many more to the country. We lead by example and share our curriculum and training with the country.

Recommended Reads Before You Go



[First They Killed My Father](#)
by [Loung Ung](#)



[Cambodia Explorer Travel Guide & Activity Book](#)
by [Greenfeet Guides](#)



[Graced With Orange](#)
by [Jamie Amelio](#)

Remember to use smile.amazon.com to donate a portion of these book sales to CFC!
Greenfeet Guides books available at greenfeetguides.com



VISA REQUIREMENTS

Visas are required to enter Cambodia for most passport holders. A tourist visa can be obtained at the Siem Reap airport upon arrival for USD 30. One passport size photo and a completed visa application form are required. Visa applications are available when you arrive at the Siem Reap airport. It is also possible to purchase an e-visa online at www.evisa.gov.kh.

Airport officials in Siem Reap may request to check your boarding pass when disembarking the plane and also when transferring between flights. Keep your boarding pass with you.



VISITING CFC SCHOOLS

Caring for Cambodia (CFC) works with government schools in the Siem Reap area to improve the quality of education per the objectives of the Ministry of Education, Youth, and Sport. We welcome you to tour and volunteer at one of our schools. These are set up by appointment only through your Trip Coordinator.



VOLUNTEER OPPORTUNITIES

Food for Thought and Touring Our Schools

Designed to ensure CFC students have two full, nutritious meals per day, Food for Thought serves over 10,000 meals daily! These meals not only reduce illness and fatigue, enabling students to concentrate, they also make it more likely parents will allow children to attend school in the first place. We invite volunteers to assist with our morning Food For Thought (FFT) program - which starts at 6:00 AM, so be prepared to get out of bed early! You will serve breakfast and interact with students. After serving, you will be taken on a short tour of the school and receive an overview of our programs before heading back to your hotel by approximately 8:00 AM. FFT Tours are not offered on Sundays.

Volunteer Projects

A service project can be a single day or multiple days, depending on your available budget and time. **In addition to rolling up your sleeves, we do ask our volunteers to fund their project** by providing the money necessary to purchase the project materials and hire any necessary additional labor to assist or complete the project. More information on specific projects, their costs, and time commitments required for each are available from your Trip Coordinator. *Note: Age limit of 8+ years applies to all service projects.*

Please give us at least two weeks' notice before your arrival for planning purposes. Project hours will run from approximately 7:30 AM - 11:30 AM and 2:00 PM - 5:00 PM. Bottled water is provided for all service project participants. You will be invoiced for your project, and this must be paid prior to your trip.

RULES FOR VISITING A CFC CAMPUS

- All visitors must be accompanied by a CFC representative and stay in groups of two or more at all times when touring or volunteering at the school grounds.
- CFC reserves the right to immediately remove individuals behaving inappropriately or offensively to our students or staff.
- Visitors must sign the CFC Volunteer Waiver and CFC's Child Protection Policy Code of Conduct. These must be submitted to your Trip Coordinator before arrival in Siem Reap.
- Visitors must be considerate of the culture and dress appropriately. Please no short shorts, low cut tops, or spaghetti straps.
- Visit schools only during your scheduled volunteer/work hours.
- Refrain from bringing candy or sweets to the children, as dental hygiene is a concern.
- Please do not give money directly to our students or school officials.



DONATING TO CFC

Physical Items

Thank you for contributing to CFC schools! Through your donations of supplies, you are helping give children and families a chance for a better future.

If traveling from Singapore, we have donation bags weighing approximately 10kg each already packed and ready to go! Please consider adding checked bags to your flight so you can help transport these much-needed supplies. Bags can be left at your hotel for CFC to pick up. Please e-mail us for more information!

If visiting from elsewhere, you are still welcome to bring supplies to our students via checked luggage. We are always in need of toothbrushes, toothpaste, soap, children's sandals, headphones for our computer classes, and all the basic school supplies you send your child to class with! Consider holding a collection campaign for these items before your trip! Your trip coordinator can help with your campaign!

Monetary Donations

You can donate online at www.caringforcambodia.org.

Click "Donate Now" to give to our general fund, which will be used to cover our most urgent needs! Your dollars go a long way in Cambodia!

Educating one of our students costs just US \$180 per year and can provide all these services:

- Two meals per day
- Clean water and sanitation facilities
- Uniforms
- School Supplies and textbooks
- Technology and STEM Programs
- International teacher training and curriculum development



TRAVELING TO CAMBODIA

Booking a Flight

Siem Reap is a 2-hour flight (for direct services) from Singapore and is 1 hour behind Singapore time. Direct flights from Singapore can be booked on a variety of airlines. For those in the United States, Siem Reap is 11-12 hours ahead of New York City, depending on the time of year. The Siem Reap airport is located approximately 20 minutes from the town center.

Airport to Hotel

Hotel transfers are typically available through your hotel or can be arranged with your CFC Trips Coordinator. It is advised that you secure a ride to your hotel before arriving in Siem Reap.

Currency

The most commonly accepted currency in Cambodia is the US dollar. Hotels, some restaurants, and stores accept credit cards. Many local purchases are in US dollars, with small change (less than 1 or 2 USD) given in the local Khmer Riel. Please remember your visa will need to be paid with US dollars upon arrival. ATMs are easily accessible throughout Siem Reap and dispense US dollars. New crisp bills in small denominations are preferred, many merchants turn away old, used US dollars.

Climate

Cambodia's climate is tropical. The three seasons are:

- May-Oct: Rainy (25-27 degrees C)
- Nov-Mar: Cooler, dryer (20-28 degrees C)
- Apr-Jun: Hot (28-35+ degrees C)

Please be aware strong lightning strikes may occur from May to November. If you and your group are outside please take cover until lightning ends. Mosquito spray is highly recommended as dengue fever and malaria are risks.

Medical

The [United States Centers for Disease Control](#) offers an excellent resource regarding vaccinations for travel to Cambodia. You should always consult your physician before traveling internationally. Carrying a personal medical kit is advisable when traveling abroad. It is highly recommended visitors not touch: dogs or cats, birds, "standing" or contaminated water, etc. We suggest tap water is fine for washing hands, but recommend you use bottled water for brushing teeth and drinking.



SAFETY INFORMATION

Prior to your trip

- Register your international trip with your country's Smart Traveler program, if applicable: [US State Department](#), [Australian State Department](#), [Singapore Ministry of Foreign Affairs](#)
- Make sure you are up to date on necessary [vaccinations](#).
- Obtain travel insurance including emergency medical transportation/evacuation coverage.
- Leave expensive accessories at home.
- Figure out ahead of time how you will be paying for things.

During your trip

- Keep copies of passport & other photo IDs in a safe location separate from your originals. If you lose your passport, contact your embassy immediately
- Always have your country's Embassy emergency contact information with you:
 - [United States Embassy in Phnom Penh](#): +855 23-728000
 - [United Kingdom Embassy in Phnom Penh](#): +855 (0)61 3000 11
 - [Australian Embassy Cambodia](#): +855 23 213 470
 - [Embassy of Singapore in Phnom Penh](#): +855 23-221875
- Have a "go bag" packed and close at hand with passports, cash and a written list of emergency numbers. Please note cell coverage and Wi-Fi access are likely to be spotty or unavailable during emergency scenarios.
- Minimize internet activity. Don't send confidential/banking information without a VPN.
- Never carry all your cash with you in one location.
- Always be aware of your surroundings.
- Do not leave your hotel alone, especially at night.
- Always keep a business card from the hotel with you.

Emergency Evacuation Information

In the event of civil or political unrest, a natural disaster, or other emergency, please observe the following procedures:

- Phone or message your CFC in-country contact (provided by trip planner).
- Phone or message your SG or USA contact person (provided by trip planner).
- Shelter in place while awaiting transportation, if required.

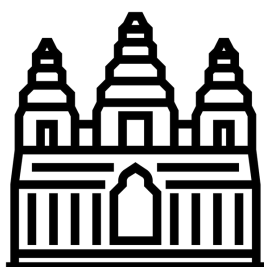


PACKING LIST

FOR EVERYDAY

- Comfortable, light clothing
 - Bring plenty of working clothes. You may want to shower mid-day and change clothes.
 - Pack clothing you don't mind getting dirty!
 - Please be considerate of the culture and wear shirts that completely cover your shoulders. For those working on a School Improvement project we ask that you wear loose, knee-length athletic shorts or pants as well as closed toe shoes. For those volunteering in the library or English classroom, pants or capris that completely cover your knees are required. Please refrain from wearing tank tops, camisole or low cut tops, short shorts, leggings, etc.
- Comfortable shoes
 - sneakers, Birkenstocks, Crocs, sport sandals
 - Keep in mind you will be removing your shoes when entering any school building.
 - While working on projects at the schools, shoes that cover your toes are advised.
- Sunscreen
- Insect repellent
- Sunglasses
- Hats/visors

PREPARING FOR TEMPLE TOURS



If you would like to visit any of Cambodia's world-renowned temples and monuments during your visit, you will need to ensure you are dressed modestly with shoulders and knees (and all parts in between) covered. Visitors dressed in clothing considered revealing are turned away at the gate. No shorts, tank tops, spaghetti strap dresses, or off-the-shoulder tops will be permitted. We recommend women carry a large scarf with them that can easily be converted into a cover-up. Ensure you have bottled water for your temple visit.





BOOKING A HOTEL

Caring for Cambodia has established a relationship with the following hotels in Siem Reap. Please indicate you are a member of CFC at the time of your booking for preferred room rates. Please contact them directly for availability. It is advised that you arrange your airport transfers with your hotel at the time of booking.

CFC PREFERRED HOTELS

Tara Angkor Hotel

Ideally located on the road to Angkor Wat at 5km only from the entrance, 15 min from the airport and a short ride away from the city center. Elegantly furnished and fully equipped rooms with modern amenities and WIFI are complemented by exceptionally warm hospitality and traditional Cambodian sincerity and kindness. 4 Star, \$\$\$ (Email for the CFC Volunteer Preferred Rates) *(A 5% donation from room revenue will be made for direct bookings to Tara Angkor Hotel by email confirmation letter.*

eOcambo Village

Budget accommodations with great service and amenities. Caters to volunteers, including large groups. Well located in quiet area but only 5 minute drive to city center. 3 Star, \$\$ (Email for the CFC Volunteer Preferred Rates) *Hotel supports local community by donating 5% of their profits through eOcambo Community Foundation. For every room booked by a CFC volunteer, they will make a donation to CFC.*

G&Z Angkor Boutique

Boutique hotel located just 9.7km from airport, 7km from temples and less than 1km from Pub Street. Located behind Angkor High School. Leave the bustle behind as you enter the world of wellness to find rest. Restaurant/Pool. 4 star, \$

G&Z Bliss d'Angkor Suites

Located just a stone's throw away from Pub Street. 20 rooms on three floors. Good food, kind staff. 4 star, \$

eOcambo Residence

Modern upscale boutique hotel providing Western style facilities and room amenities with amazing Khmer hospitality. Caters to volunteers. A quaint and comfortable hotel on Road 6 with good food and a swimming pool. 3 star, \$ (Email for the CFC Volunteer Preferred Rates)

Raffles Grand Hotel d'Angkor

Located in the heart of Siem Reap, a mere 8 km away from the majestic Angkor Wat, this leading Siem Reap luxury hotel offers convenient access to some of the most intriguing ruins of the temple complex. 5 Star, \$\$\$\$ (No CFC Volunteer Preferred Rates)

Borei Angkor Resort and Spa

A truly Cambodian five-star hotel - is set right in the center of Siem Reap, 7 km from Angkor Wat, and within 5 minutes drive to the main shops center, Night Market, restaurants and bars- Pub Street and other town attractions in Siem Reap. 5 Star, \$\$\$ (No CFC Volunteer Preferred Rates)

Khemara Angkor

Relaxing, clean and comfortable rooms. Only a five minute tuk tuk ride to the city centre. Great for groups. 4 Star, \$\$\$ (Email for the CFC Volunteer Preferred Rates)



TRANSPORT

Your trip coordinator can arrange for a guide and driver to direct you through the CFC Schools, temples, and other activities. Fees to be paid by you directly to the CFC Guide and Driver upon the conclusion of services in USD dollars. For those on CFC Make A Difference (MAD) trips, fees for drivers and guides are included in your trip donation.

Van and Driver fees

8-12 seat passenger van with driver: 35 USD per day, 20 USD half-day. A half-day rate is not available during the high season from December 1 to April 30. (Food for Thought trips to a CFC school is a half-day).

A half-day is from 5:00 AM to 12:00 PM or 12:00 PM to 6:30 PM. The trip will be considered as a full day even if the van is only needed a few hours past noon (i.e., 11:00 AM - 2:00 PM). A full day is from 5:00 AM. to 6:30 PM. If you need your van or guide into the evening after a full day, (after 6:30 PM), or longer than a half-day (after noon), a 5 USD surcharge will be automatically added to the full day rate. Please advise your driver or guide ahead of time if you need their services outside of the 5:00 AM to 6:30 PM hours.



Guide fees

If hiring a guide for an excursion, there will be a second fee of 35 USD per day, 20 USD half-day. Half-day rates are not applicable during the high season (Dec. 1 to April 30). **If the Guide and Driver (above) are the same person they get paid both fee amounts.**

Tuk-Tuk fees

A tuk tuk holds up to four people. The prices vary depending on how many people and how far you are going. Traveling to and from a hotel to downtown should be approximately 4 USD each way. A full day is approximately 20 USD. A half-day is approximately 10 USD. The Airport to the hotel is approximately 10 USD. Food for Thought trips to a CFC school is a half day.

Tipping your drivers and guides

All fees do not include tips for drivers and guides. USD tips are greatly appreciated. We recommend 5 USD each per day for the driver and guide.

Booking

In high tourist season (December to April), drivers and guides should be reserved at least two weeks in advance. Your hotel can assist with booking tours or we also highly recommend Samedi at [Focus Angkor Guide](#).



THINGS TO DO IN SIEM REAP



Temple tours

Entrance to Angkor Wat Complex, which includes all the historic temple sites in and around Siem Reap, requires the purchase of a special tourist pass. All passes may be purchased at the main entrance on the road to Angkor Wat and credit cards are accepted. Passes are sold in the following forms: one-day (USD 37), 3 day (USD 62, to be used within a week), 7 day (US 72, to be used within a month). Children under 12 years of age are free, but required to show their original passport for proof of age.

Phare Circus

More than just a circus, Phare performers use theater, music, dance and modern circus arts to tell uniquely Cambodian stories; historical, folk and modern. The young circus artists will astonish you with their energy, emotion, enthusiasm and talent.

Tickets for this wonderful show can be purchased online at pharecircus.org



SHOPPING

Siem Reap's markets are located five minutes from the hotel area. Take a tuk-tuk for convenience at approximately US \$4 each way. The local markets are wonderful for artifacts, silk items and other treasures. Bartering is expected and be sure to bring small USD bills.

Old Market

Along the river, close to Pub St, this combines both a local market and a tourist market. The interior closes around 6pm, but the outside stalls stay open later.

Night Market

Set back from the main street of Sivatha, the Night Market opens midday and goes late. Aimed at tourists, this is a great place to pick up t-shirts and souvenirs.

Crafts, clothing and art

Theam's House

Paintings, statues, tableware, textiles.

Artisans d'Angkor

Experience traditional Cambodian handicraft skills and see how artisans produce unique items based on Khmer national heritage. Crafts include: stone carving, woodcarving, lacquering, silk weaving and silver plating. Artisans d'Angkor has become a label of genuine, high quality products.

Garden of Desire

Unique silver and gold jewelry designed by Cambodian owner, Pisith. The Passage, Old Market Area.

Spicy Green Mango

Clothing, shoes & accessories in the Old Market

Smateria

Alley West Old Market Area.

Senteurs d'Angkor

Old Market. Handicrafts, silks, clothing, spices, and candles in a two story shop.





DINING

CFC volunteers have dined at and highly recommend:

Chez Sophea

Front side of Angkor Wat

Casual French and Khmer BBQ: This restaurant with a full frontal view of Angkor Wat offers a moderately priced set menu and a la carte selections in a pleasant open air and covered environment.

Le Jardin des Delices (Paul Dubrule Catering School)

Route 6, Airport Road

Asian/Western: The training restaurant of the famous Paul Dubrule Hospitality & Tourism School was established to provide young, underprivileged Cambodians with an opportunity to train in the skills of the hotel, restaurant and tourism industry.

FCC Restaurant

(Located at the FCC Hotel)

Khmer/Thai: Like its sister restaurant in Phnom Penh, they offers a wide selection of authentic home-style dishes. Nice wine selection and relaxing bar.

Viroth's

246 Wat Bo St.

Authentic Khmer cuisine. Nice ambiance in the evening & great service. Online booking for reservations: viroth@online.com.kh

The Square 24

24, Wat Bo

Khmer food. Lovely open air dining. Open for lunch and dinner.

Common Grounds Cafe

#719-721 St. 19

Great pastries, fantastic coffee, tasty sandwiches and yummy soups.

Stueng Trorcheak Restaurant

National Hwy 6 in Bakong

Asian/Western: Perfect for when you are working in Bakong. Hammocks for resting after your meal.

Blue Pumpkin

6 locations

Most popular location is Hospital Street near the old market. Fresh baked danishes, yummy ice cream, wifi, air conditioning and comfy lounge chairs.

SPOONS

0142, Pave Road

Spoons serves as a training facility and multipurpose space for EGBOK students to gain hands-on experience while providing guests with authentic Cambodian cuisine and hospitality.

Haven

Chocolate Rd

A social enterprise and a training restaurant for vulnerable young adults from shelters, as well as underprivileged young adults from very poor rural areas.

Sister Srey Cafe

200 Pokambor St, near Old Market

Delicious coffee whilst creating a supportive space to educate and empower Cambodians.





SEE YOU SOON!

One more great big huge THANK YOU from all of us at Caring for Cambodia. Every single thing you do makes a difference. From visiting our students to assisting our Food for Thought program to collecting supplies, you change the lives of thousands of children. Education is a gift that keeps on giving.

