



What's Inside...

CONTENTS

02	Director's Message	17	Donation
03	Inside and Out		– From Projects Abroad and Volunteers
	– 32th Liberation Day On The Genocidal	18	News and Update
	– Upcoming Holiday		– 4 Interns with Projects Abroad
03	Feature		– Extra Information
	– Our Cambodia Experience <i>By Joyce Duke</i>	21	Social Events Review
06	Placement & Project Update		– Dirty Weekend and Dinner Party
	– New Placement SCCDO		– New Year in Siem Reap
	– Diving & Conservation 2010 Summary	25	Photo of the Month
09	Volunteers' Update	26	Miscellaneous
	– Upcoming Volunteers		– Five Vegetable Stir Rice
13	Volunteers' Corner		– Banana Fried
	– Amazing time on the island <i>By Christina</i>	28	Volunteers' Contact List
	– Incredible experience <i>By Beate Schmitt</i>	30	Accommodation Details
	– My wonderful memories <i>By Adele Hayes</i>	30	Staff Contact Details

DIRECTOR'S NOTE

Welcome to Projects Abroad Cambodia

Starting in New Year 2011, Projects Abroad in Cambodia will have up to 45 volunteers, and all staff are getting busy. So I would like to take this chance to give a special thank you to all staff; thanks for your great effort and hard work. I hope you keep the good work.

I mustn't forget to thank all volunteers in 2010 who contributed their time in Cambodia for the kids and for their unending kindness.

I and all the Projects Abroad team that work in Cambodia would like to welcome 4 interns who started their work with us on 03-Jan-2011. I hope you will all have new experiences at your placements and of working as a team with us.

The national holiday next month is Meak Bochea Day, on 18th Feb 2011. It is the Buddhist celebration day which reminds us about the gathering of 1,250 monks without notification to listen to Buddha's sermons.

This month we have around 28 volunteers, most of whom have chosen to do Diving and Marine Conservation project. This is great news because their voluntary work on the island will help villagers and also make them understand the culture and way of life on the island, and also find the best experiences which will be guided by our coordinator – Carly. We are looking forward to welcoming you in Cambodia.

Let's not forget about the donations page; gratitude and heart-felt thanks to Stella, Rachel, Mary, Joyce and Greg for your donation to the placements for the kids.

We also donated some money to the placement to celebrate the party for the kids (read the detail in our Donations page).

We recently have cooperated with a new placement called Save Children and Communities Development Organization, and we have allocated a volunteer to work there. So I hope that we will have a good cooperation.

In this issue we have a lot of articles contributed by our volunteers; I hope you will get more ideas from the articles and thank you so much for your contribution and time in Cambodia.

I hope you enjoy reading this month's newsletter.

Any comments or ideas about the newsletter can be posted on Official Projects Abroad Cambodia Facebook.

Best regards

Mao Pises

Director of Projects Abroad in Cambodia



INSIDE AND OUT

32ND LIBERATION DAY OF THE GENOCIDAL REGIME – KHMER ROUGE

On 07th Jan 1979, the lives of thousands of Cambodian were saved after the Khmer Rouge regime ended. That is the history of Cambodia; about 1.7 million people died under the Khmer Rouge regime. So for Cambodians, 07th Jan is their second birth date which gave them freedom of living life.

UPCOMING HOLIDAY

It is Meak Bochea Day on 18th Feb 2011 which is the day that commemorates a great meeting of Buddha and monks in which there were four significant events and where Buddha gave an oration laying out the principles of his teachings.

We, Projects Abroad Cambodia, would like to announce that on the above holiday our staff will also be on holiday, but will still be contactable if you have any urgent problems.

FEATURE

Our Cambodia Experience - By Joyce & Greg Duke



Greg and I arrived in Phnom Penh in early October to start our 3 month Care placement at Unacas (also known as Meak Chheur Centre). We quickly settled into a routine at the Centre which provides disadvantaged and orphaned children from the ages of 5 years to 23 years shelter, the opportunity to attend school and basic health care. We enjoyed playing soccer, marbles and elastics with the kids. We also took along jigsaws, balloons and art and craft

supplies. Greg made a cricket bat out of scraps of wood and taught them to play cricket. He also, with the help of some of the children, repaired, sanded and painted the desks in the outdoor classroom. Some of the children were very outgoing and we got to know them quickly, others were more reserved and it was only after we had been there for 2 months that they started to seek us out and have a chat. We will miss their happy smiles, cuddles and the way they lived as one big family with 98 children, 9 mothers and 3 fathers. We gave the staff an English lesson for an hour in the afternoon, they in turn taught us some Khmer words, tried to teach us a Cambodian dance (we both have 2 left feet) and we helped them cut up the vegetables for the meals. Saying goodbye to the children and staff and our ever smiling driver Chea on our last day at Unacas was so hard, but we will be back to see them all again in the near future.



We made the most of the public holidays which fell during our time in Cambodia by going away for long weekends to Siem Reap, Kep and Battambang. We also used our 2 weeks travel time to go to Stung Treng, Ban Lung, Kampot and because we loved it so much, back to Kep.

We went to Siem Reap on the express boat; this 6 hour trip on the Tonle Sap River was very scenic with houses by the riverside, water hyacinths floating on the water, a floating village and the beautiful verdant green rice paddies along the way. The Angkor temples were indescribable - no words or pictures could do them justice, but we took lots of photos anyway (couldn't resist).



Our next long weekend was to Kep. This time we went on the bus, a 5 hour journey out of the city, through villages, rice paddies, past beautiful mountains and at last, our first glimpse of the ocean in 4 weeks. Being Australian coastal dwellers we start to go through withdrawal if we don't smell the ocean for any length of time. Having enjoyed 5 hours of music DVDs on the bus, we settled into our bungalow for a cold drink. Over the next few days we became regulars at one of the restaurants at the Crab Market, discovered Karam ice cream (coconut is the best, but if you can't find it try mango, or any flavour really - they were all delicious), climbed Kep mountain and went on the Salt and Pepper tour in a Tuk tuk.

Our third long weekend was to Battambang... more music DVDs on the bus, this time a Cambodian version of Hey Jude was a highlight. There we went on a tuk tuk tour which went to villages where rice paper, banana paper, fish paste, rice wine and really sharp kitchen knives are made. I am now the proud owner of a steel knife which cuts through steak like it's butter and it only cost 15000 Riel. The tour then took us



to the Bamboo train, and afterwards to Phnom Sampeou where I had my first ride on the back of a motorbike. (Going up the very steep mountain, trying not to hang on too tight to the guide's shirt, I ended up closing my eyes and trusting him to get me there in one piece.) After that travelling on the back of a motorbike became a common form of transport for me as Greg hired a motorbike the very next day and away we went. We did not tell his Mum about that until we got home safely, even at 47 years of age your mum still worries about such activities.

Weekends in Phnom Penh were spent going to the many must see places..... The Killing Fields and S21 were harrowing but educational, the National Museum full of beautiful artefacts, the markets addictive and the restaurants and cafes unbeatable. Often we went out with other volunteers who became firm friends and other times we just did our own thing as a couple. We also took part in the Dirty Weekend in October, helping to build a brick wall between the grounds at VCAS and the tip. Lissa and I declared that our rather uneven section of wall had "an organic feel".



One of the highlights of our 2 weeks travel time was a day trip from Ban Lung in Ratanakiri Province to visit the minority villages where the local religion is Animism. This was a particularly interesting tour, and I would recommend it to anyone who gets a chance to go. Another was climbing Bokor Mountain and seeing the Bokor Hill Station engulfed in fog. Returning to our placement for their Christmas Concert and seeing the smiles on the kids faces is also a cherished memory.

Living in the shared apartments was a great experience. Meeting other volunteers from all over the world, having drinks on the rooftop of Apartment 3, the omelette and spring roll making evenings and movie nights were memorable. We also enjoyed eating our dinner in Apartment 1 and getting to know the volunteers in that apartment better too. It was great

to be able to discuss things which had happened at our placement with other volunteers and get a second opinion on things. Also invaluable were tips on where to travel, bars and restaurants to visit and spontaneous outings to the ice cream shop.

On Christmas Day volunteers and Projects Abroad staff got together to celebrate Christmas. The rooftop was decorated with lights, decorations and flowers, barbeques and iceboxes brought in and we enjoyed a feast. We had cheese and crackers, spring rolls, falafel, steak, beef stir fry, chicken wings, salads and chocolate mousse to name a few delicacies. Afterwards, the leftovers were donated to the kids at Riverkids. Christmas away from your family and loved ones can be hard, but we enjoyed spending it with our Projects Abroad family.

Written by Joyce Duke, Care Project

Placement & Project Updates

New placement SCCDO



Save Children and Communities Development Organization (SCCDO) is a non governmental organization was established by a youth of Cambodia team on 01/04/2005 and officially registered with the ministry of interior on 27/08/2007.

Its goals and activities are not to serve as an advantage to any political party or individuals. All activities are to serve human beings, and the national society of Cambodia without discrimination of race, religion or colour of skin.

Vision:

Old man widow, orphans and child-victims are our main target who will be helped by providing knowledge, vocational training or skill which is important for them.

Mission:

- To establish an orphan care centre and vocational training courses for widows, orphans and child-victims.
- To help the old men live in the poor families.
- To help hopeless women and children who are at risk in the communities.

Objectives:

- To rescue children who are victims and to treat seriously.
- To help the poorest old men and women live in the poor communities.

The programs

There are 3 programs SCCDO focus on. They are:

- 1- Orphan care centre for both sexes and children at risk under 10 years old by providing them with shelter, food, health care, daily use materials, educational literature, moral and foreign languages.
- 2- Community program - rescue old men living in the poorest families and staff who have psychology knowledge will educate in communities.
- 3- Help the women in communities.
 - a)- Vocational training: beautician, hairdressing, tailoring and computer skills.
 - b)- Credit- pig raising and planting and fish raising.

Diving & Marine Conservation 2010 summary – by Paul Feber, Director of Diving and Marine Conservation Project

2010 has been a great year, with many positive improvements in the community of Koh Rong Samloem. The conservation efforts have again gone from strength to strength due to the hard work and commitment of the community, we, staff and all the Diving and Marine Conservation Cambodia volunteers that have put in so much time and energy.

We have made some amazing discoveries this year both on the Island and in the ocean including:

- 1 - The discovery of Hippocampus Mohnikei in Kampot's extensive seagrass beds, this was the first ever recorded sighting of this species of Seahorse in Cambodia.
- 2 - The addition of over 90 marine fish species to world fish/fishbase's database of marine fish species for Cambodia.
- 3 - The Discovery of a new species of Orchid previously unknown in Cambodia.

Marine Research

Our Marine monitoring and marine research programs are now well underway:

We are assisting the Fisheries Administration in the creation of Fisheries Management areas, (Cambodia's equivalent to MPA's) by undertaking marine surveys around Koh Rong Samloem to monitor both the coral reefs and the seahorse populations.

We have recently returned from some of the more isolated islands such as Koh Tang where we have set up the first base line surveys for a continued monitoring program of marine life around the island.

We have almost completed the full training of a community based marine research team from the Community of Koh Rong Samloem which will allow the community to directly monitor its own marine resources.

Community Patrols and Conservation

The community has kept up regular patrols throughout the year and managed to protect the

area directly surrounding the village and the Island of Koh Koun, the community has seen a visible increase in fish catches, and we have seen a visible improvement in the health of the surrounding coral reefs whilst scuba diving. Because of the increase in the size of catches the community has now decided to create **3 new conservation areas** within its community fishing area.

Waste Management

During the year we have helped to deal with the problem of human waste by managing to find the finances to install three proper toilets with homemade septic tanks within the village. We also raised enough money to be able to employ two families as full time cleaners within the village and this has led to a remarkable improvement in the beauty of the community area as well as helping to eliminate many health problems and has also helped prevent rubbish from reaching the sea and the surrounding reefs.

We hope that in 2011 we will be able to address the problem of waste removal/disposal from the island with the plan of raising funding for proper to deal with the waste produced by the community.

Health Care

Our first aid clinic and health care program are providing a service which before was previously unavailable, making a real difference in dealing with all kinds of accidents and illnesses. Providing an alternative to some of the original remedies like putting old engine oil on severe cuts and. We have also continued to train community members in water rescue and basic CPR.

English School

The English school has been running all year and has had great success with all ages participating in both English lessons and environmental lessons.

We hope to complete the new English school building early this year and then set up a more comprehensive syllabus to cover many different subjects.

We would like to thank all those involved in making 2010 an amazing and productive year, thank you to all of the volunteers who have put their hearts into helping the community on Koh Rong Samloem. Thank you to the Fisheries Administration who have helped the community and the conservation efforts. Thank you to all of the UN FAO who have joined in the cause to protect and help the community, and to all staff who have worked so hard to make all this possible.

We will continue to put our hearts and energy into the protection of the island environment, marine environment and the community of Koh Rong Samloem. Let's see what we can achieve in 2011!!!

UPCOMING VOLUNTEERS

Let's hear the messages from some of our prospective volunteers who will be coming in January 2011.

Samira Gassler

Hello everyone!

I'm Samira, from Zurich in Switzerland. I'm a student in the International Baccalaureate programme. I will be on the care programme at VCAO for a month. I'm very excited to spend a rewarding time with the children at the orphanage.

I have a passion for travelling and exploring. I'm always ready for an adventure. Not only have I travelled extensively all around Europe, but I have had the opportunity to have experienced many other countries as well (I've spent a year in Vancouver, Canada). This travel to Cambodia is very special to me – it's my first time that I go to Asia. I'm looking forward to learn about Cambodia's rich and fascinating culture.

I'm sure we will have an incredible time together in Phnom Penh!

See you soon,
Samira

Jack Barber

Hello everyone,

This is a small bit about me - I hope it was what you had in mind. Can't wait to come out there :)

Hi my name is Jack Barber and I live in Bristol, England and I am 18 years old.

This is my gap year and to raise the money I need I am working in a health-food shop and as a lifeguard.

My hobbies mainly include working on an old bike that I am repairing, planning my travels and cooking (not that I would ever recommend one of my dishes, at least not if you want to live). I like jazz and old rock songs, and will be studying biosciences next year at Sheffield. I can't wait to meet you all in Cambodia :)

Hope to see you soon all the best
Jack

Roy Speek

My name is Roy Speek, I'm from Zwolle, the Netherlands. I'm 18 years old and have chosen to take a gap-year after I finished my school, which I did. After my gap-year I will continue my education. I'm going to study environment-social science, which will fit to what I'm about to do in Cambodia. I'll be working on the marine conservation program. My journey will begin on the first of February. Anybody else going?



Greetings from the very, very cold Netherlands

Roy Speek

Mio Yamagishi



I'm Mio Yamagishi from Japan. I'm 20 years old, and a university student. I'm going to go to Cambodia on 15 February, and will stay there for 1 month. There, I will join "Save children and communities development organisation" project at an orphans' home. I can't speak English well, but I want to talk with children and other volunteers.

I love sports very much, especially volleyball. I think I could teach such sports.

And I feel happy if I could know about other countries or your interests or stories.

I'm looking forward to meeting you in Cambodia. See you soon. Take care.

Lasse Højslet Rasmussen

Well my name is Lasse Højslet Rasmussen. I'm from Denmark, the northern part. I'm looking forward to my visit to Cambodia and to see what kind of challenges I will meet, and of course who I will meet, both volunteers and the local people. So I'm hoping to meet some nice people and have a good trip to Cambodia.



Laura Holzknecht



To All Volunteers

This is Laura, a 21 year old student at the "teaching post" faculty in Paderborn, Germany. Since I am going to be a teacher, I am very enthusiastic about the practical experiences I will be able to gain at Cambodia.

I do really hope we will have a good time together in our apartment-

sharing community. But I am quite sure, we will. 😊

Jessica Laure Mossaz



Hi everyone!

My name is Jessica Mossaz. I am 25 years old and a dentist. I have worked for a little more than a year now and have decided to take some months off before starting a postgraduate training in orthodontics next fall. I'm coming to Cambodia on the 13th of February for a one month care project before going to Thailand for a conservation project. I love travelling, swimming, cooking and working with children.

I am looking forward to helping children, learning about Cambodian culture and meeting new people. I'm sure this experience will be very rewarding.

I can't wait to be there!

As I've said, I'm really looking forward to coming!!!

Jessica Mossaz

Amelia McCormack



Hey, my name is Amelia, my friends call me Milly or Moo. I'm 24 and from a small town (Bellbridge, Victoria) in Australia. I'm looking forward to my care placement in Cambodia (Feb-March). Currently I work as a case manager with people with disabilities, mental illness and chronic illness. I studied Bachelor of Applied Science (Disability) at RMIT University in Melbourne. I have a loud laugh and am always up for a dance. My other passions include live music and photography. From Cambodia, I will be travelling throughout South East Asia, India and Europe with a mate. I cannot wait to meet you all and discuss life. Cheers!

Isabelle Schaaps



Hello, my name is Isabelle and I come from Belgium. I am 20 years old and in my second year of medicine. I will be in Cambodia for one month, doing a medical internship in a hospital. After that period, I am doing a Conservation and Environment project in Thailand, also with Projects Abroad. Travelling, learning about other cultures and meeting new people are things that I like very much and I am looking forward to this exciting journey! Already counting down!

Cheers,
Isabelle

The Most Incredible Experience of My Life **by Beate Schmitt**

Hello my name is Beate. I am German and I recently spent one month working at the National Borey for Infants and Children NBI in Phnom Penh which hosts 119 children, 29 HIV/AIDS and 82 Special Needs between children and teenagers and 8 children without special needs. My placement turned out to be the most incredible experience of my life!



I have been working in an international organization for the past 20 years and I really wanted to do something completely different and bring a new sense to my life. In the beginning my task as such did not sound particularly exciting: I was supposed to help feed undernourished children of the orphanage, play with them and give them some massage. Oh, maybe I should be more precise in that these children aged between 2 and 15 years were slightly mentally and physically disabled. Most of them were epileptic, spastic or autistic and none of the children in my group could speak.

I have just finished my studies in natural medicine, and before coming to Cambodia I had imagined that I could “save” all these poor children, give them massage and other things and radically change their lives. Once I was in the orphanage I rapidly understood that I was not going to fulfil miracles and change anybody’s life. The only thing I could do was to give all my love to these children and eventually bring them some comfort and relief. This was a wonderful lesson of life and it was not the only one I would learn within very short time: accept to give without expecting something in return, live for the present moment, accept that there is no stable progression for instance for the autistic children. One day they would learn something, but the next day it could already be forgotten. Working with these children made me definitively feel very humble.



My first morning in the orphanage was quite frustrating for me due to the lack of

communication with the children but also with the care takers who hardly spoke any English. But very quickly this difficulty was overcome. I decided to talk to the children in English, French or German, whatever I felt like, because anyway I had no idea of what they would understand. But I was sure that they would understand the language of my heart. Especially some of the spastic children quickly gave me a feeling that we understood each other. Their eyes were speaking for them, and I had the feeling that they were observing what I was doing. One of them, Sourn, a 15 year old boy, had the most wonderful smile you can imagine and my every-day challenge was to play the clown until he would grant me his smile. This was then the most beautiful reward I could imagine.



Despite the sadness of all these sick children, the working climate in the orphanage was not sad at all. On the contrary! Many of the ladies spend their days laughing, singing and dancing. I could feel their true love for their children, even though the Asian proofs of tenderness are not always the same as European ones. So it seemed very strange for me that nobody would take a crying child in their arms to comfort it. Instead the music was turned louder. These are the differences in culture, I guess.

I did not have the feeling of “working” during the month of my placement. Of course I helped in feeding the children and changing their nappies, but the rest of the time was just singing, playing, dancing and a little bit of massage and the hours and days passed incredibly fast.



Before leaving Geneva, many of my colleagues had given me money. I had collected a really nice sum that permitted me to directly buy things for the orphanage that were needed like toys, CDs, books and cushions for my play room, but also bananas and biscuits for the children from the other play room. Together with Pauline, a Dutch volunteer, we also bought a TV for the bigger children and those who had aids, and I found a nice colourful sofa and armchairs which the children seemed to like very much. I am very grateful to all my friends and colleagues who have contributed to making some dreams come true. I must also say that I admired a lot the professionalism of the care personnel, even though they are only paid 42 dollars per month. I found a lot of solidarity among these women and I loved very much working together with

them.

I was very sad to learn on my arrival here that one of my little favourites, eight year old Sao Sokhar, had passed away of pneumonia the day after I left. May his soul rest in peace. I will never forget him. Since the day I was back in Switzerland I have been thinking of my children and all these nice ladies. I really intend to go back to Cambodia this year and I also want to take with me my son, so that he can see and understand how difficult life can be in other regions of the world. Cambodia, I will be back soon!

The Most Amazing Time on the Island by Christina Feilden

I have spent three months on the diving project in Cambodia, and one of the first things I would like to say is that it is not just a diving project – the community aspect of the project is just as rewarding as the diving!

Whilst I was on the island I got involved in Teaching conversational English during the evenings to the children who live in the village as well as generally playing games and amusing them at the same time. All the children seemed to turn up, albeit not always on the same day, regardless of their age (as young as three to as old as 18) so volunteers took smaller groups sorted on both age and ability. Teaching the children I found really fun and made you very popular in the village as all the children would know your name and want you to either play games with them or instruct you that your fishing technique was poor and they would do it for you!



The diving of the project was really good too, first I had to learn to dive and the two instructors that taught me made it fun, and relaxed, perfect for diving. Normally we would try to do two dives a day (weather permitting) once you were qualified the first was normally a seahorse survey and the second would be on one of the reefs. Seahorse surveys were pot luck what you would see – at one stage people were recording 20+ seahorses per dive, but normally you would see perhaps 1 or 2 on an hour dive. The reef work would vary – sometimes you would be doing a clean up which is when you take a bag and collect rubbish, other times you might be doing a coral bleaching survey or a reef survey which looks at the different fish you see over a set distance.

I had the most amazing time on the island – one that I will remember for ever more and the thing that I would recommend other volunteers to do above everything else is to get involved.



Christina Feilden

My Wonderful Memories - by Adele Hayes



Hi I'm Adele, I'm from Melbourne, Australia and recently undertook one month's volunteer work in Cambodia with Projects Abroad. And what an experience it was. On arrival in Phnom Penh I was made to feel very comfortable by the staff and other volunteers. Whilst it was a little confronting at first meeting so many new people, it only took me a day or so to settle in. One of the great things about Projects Abroad is that they give you an induction the day after you arrive. Sophan, one of the happiest, nicest people you will ever meet, gave me a tour of the city, taught me about the Cambodian culture and way of life, and took me to visit my orphanage which was to be my home for the next month. I undertook my CARE

placement at Sacrifice Families and Orphan's Development Association (SFODA). I must admit that day 1 at the orphanage was quite a shock, with so many children wanting to hug you and hold your hands, and having to stand up in front of all these children and teach an English class. However, by day 2 I was feeling right at home, thanks to the staff who were all really helpful and of course the children. The children



at the orphanage were by far the highlight of my trip. There is no better feeling than to walk in the gates every morning and see their eyes light up with excitement and all run over to say hello. Whilst I loved all of the children, I did form a special relationship with one little boy called Sambath, who was just the most adorable little boy. There is not a day since I have left Cambodia that I have not thought of these kids. My Cambodia experience went well beyond the orphanage experience. Each weekend the volunteers would plan trips to places such as Siem Riep, Kampot, Kep, and Sihanoukville. It was really nice being able to visit such amazing places whilst also undertaking the volunteer experience. For all who decide to travel to Cambodia, Siem Riep and the Temples of Angkor are an absolute must. They were amazing. I have done the relaxation holidays before, lying on the beach sipping cocktails, but after completing my volunteer placement, I couldn't think of a better way to travel overseas. I got to see a lot of Cambodia, experience the poverty and disadvantage that countries such as Cambodia face, meet a heap of wonderful volunteers and staff, and best of all, meet 40 of the most amazing, happy children. I would highly recommend coming to Cambodia and am currently planning my next trip. If you do decide to come to Cambodia, bring lots and lots of stickers, balloons and bubbles. The children will love you!

I have so many wonderful memories from Cambodia and look forward to seeing everyone again soon!

Adele Hayes

DONATION

Donation from Projects Abroad

Donated 50 US dollars to NBC for a celebration Christmas party at the placement.

Donated 100 US dollars to CPCDO for a celebration Christmas party at the placement.

Donation from Joyce and Greg



Love Joyce

Before we left Australia for our 3 months in Cambodia some of our family and friends gave us money to spend at our placement. We used this money to buy paint and hardware supplies to repair, sand and repaint the desks in the outdoor classroom, bought 11 wardrobes for the kid's bedrooms, and Cambodian/English dictionaries for the staff to help them with their English lessons.

Donation from Mary, Rachel and Stella to CPCDO

The three of them were working at the same placement, they fully understand about the kids' conditions. So each of them decided to donate and contribute a lot of stuff as the main needs.

Stella-Désirée Bosch

Contributed to the Christmas party at the placement
Also purchased all materials for building 2 bathrooms

Rachael Sales

Donated 40 mattresses, pillows and blankets for the kids
Donated Standing frame and walking frame for Sareth, the disabled kid

Mary Ivans

Paid for all fees for the burials of the children who had died.

NEWS & UPDATE

4 Interns of Projects Abroad Cambodia

Welcome to our four interns who have worked for Projects Abroad in Cambodia since 03-January-2011.

Please read a brief background information from them as below:

Miss Soun Kanika

My name is Suon Kanika, I was born in 1989 now I am 21 years old. I have only one sister and I am the oldest child in the family. My father's name is Suon Sothoeun. He is a Deputy Director Engineer of Animal Health and Production, Ph.D in Veterinary Sciences. He is also a Professor of Animal Health and Production Royal Academy of Cambodia. My mother's name is Sem Sophaly. She is a housewife, she does not work but she takes good care of the family. My sister is studying at Sisovat High school in grade 10 and she also enrolling at Western English School too. Her age is 15 years old and her name is Suon Sothoeun Karona. She's very naughty; everyone in the family loves her so much.



For my educational background, I am a fresh graduate student from Royal university of Law and Economic, majoring Economic in the skill Management Enterprise. Beside graduate from Rule University, I am a 4th year student of Pannasastra University of Cambodia majoring Finance and Banking also. I have completed a short course of General Accounting at Vannda Institute too. For the computer knowledge, I also completed a course in Microsoft word and Excel at PUC. I got a Diploma of Intensive English Academic Program (IEAP) at PUC also. When I studied in high school, I used to study French for 3 years but after I started studies in the university I quit the French course so now I completely forgot it. I can only read and can talk a little bit. Now I realize that French is also important when we are finding a job, I feel regret about my decision to quit studying this language.

The reason that I have applied to work as an Internship at Project Abroad is because Project Abroad is offering an excellent opportunity for an intern to gain skills and experience. Moreover, the intern will be trained, supervised and mentored by the senior staff members. I think that, during the working time as an intern here I can learn more about how to communicate with the foreigner and also can know about their culture too; especially I can improve my English skills directly with the foreigners that come from many different countries in the world. Because all of these reasons that make me decide to apply a job at Project Abroad. Finally, I hope that after being as an Internship at Project Abroad I will be selected as a senior staff in this Organization. I will try to learn and will do all my best to take this opportunity.

Mr Chriang Mek

My name is CHRAING MEK, I am 26 years old, Cambodian nationality. I come from Prey Veng Province, Cambodia. I have graduated Bachelor of Private law at University of Law and Economics since 2008 and also Bachelor of Comparative Law at French Cooperation

(Université Lumière Lyon 2 de l'Etat Français, Licence en Droit, mention Droit Comparé with the Royal University of Law and Economics) in Phnom Penh of Cambodia where I have studied both national and international laws.



After I graduated, I used to volunteer as Legal Assistant at Cambodian Coalition Apparel Workers for Democratic Union (C.CAWDU) in Cambodia for nearly six months in the file of workers 'rights with the human activities. In addition, I also worked as the mathematics volunteer teacher at Buddhist Primary School of Phnom Penh for two years. So far, I am working as part time Teacher at private school in Phnom Penh where I provide the English and French course to the adult students. I am willing to work as Internship at Projects Abroad for 3 months starting from 03 January 2011 to 03 April 2011. As internship roles, I am prepared to work hard in using my ability and my knowledge following a schedule that will be assigned by Projects Abroad. I hope that I will learn something new in which I have never known before and also gain the job experience in the social affairs. Because I will not only meet the different people coming from around the world that permits me to practice my both second language (French and English) with them but also get to know about their different cultures and technical works both inside and outside of an office of Projects Abroad (neither at the work place nor at the placement of volunteers).

Mr Ly Chetra

I was born in Cheukach village, Cheukach commune, Baphnom district, Prey Veng province. Nowadays, I am staying at Phnom Penh, Ou nalom pagoda, #44.

I'm a year III student, pursuing English literature at University of Cambodia (UC) where I have passed scholarship award by the year 2008.

Along with studying I got experiences on volunteering, at Youth Resource Development Program (YRDP), I and our members have created a club which is called New Hope for Youth (NHY) since 2009; we had successfully completed two projects at remote areas in Cambodia. Moreover, I used to be a writer and research as volunteer student at the above organization. Beside these, I had worked for NGOs forum for one month.



At the moment, I am joining with Project Abroad as Internship, because I have a will to work for NGO so that I can serve my Cambodian people and me as well. According to my volunteering and internship experiences so far are related to NGO working and research I may say I will possibly have a permanent job with an organization in term of staff. I hopefully that Projects Abroad will provide me.

Mr Roeurn Bunroen

My name is Bunroen, 25 years old and come from the Battambang Province which is the northern part of Cambodia. Presently, I am studying at the Build Bright University in major of General Management. Besides studying at the college, I am working for a Projects Abroad Cambodia as an intern.

Working with the Projects Abroad, I will get a lot of experiences and enjoy working very much. Furthermore, I am so happy to work with the foreign volunteers who come from various countries in the world and all of staff are good and well cooperation with me. Good luck to you all!



Extra Information

Recently, we have created the links, just click on it then you will see our Facebook group, monthly newsletter, and the blogs post.

<http://www.facebook.com/group.php?gid=29195831915>

<http://www.projects-abroad.co.uk/volunteer-destinations/cambodia/newsletters-from-cambodia/>

http://www.mytripblog.org/mod/blog/group_blogs.php?gl=true&group_guid=2845

SOCIAL EVENTS

Dirty Weekend

The month of December 2010, we had a Dirty weekend at Riverkids. Let's hear the interest from Peter Espersen and Sara.

Peter and Sara's Interest



On the 26th of December, 13 volunteers from Projects Abroad went to Riverkids – a slum project - Compassion House to clean it up and paint it. It was an enjoyable experience.

The day started with about 5 tuk tuks waiting outside the Riverkids' main office; two filled with volunteers and three filled with children of all ages. The volunteers were mostly tired after being woken up a bit too early for a Sunday morning, but the children were rocking. For kids used to getting up at 4 or 5 every morning, meeting at 8 was an easy task, and the atmosphere on the tuk tuks on the way to Compassion House certainly didn't neglect to show it.



Compassion House itself is located in the Railway slums. So when we got near the place we jumped out of the tuk tuks and carried the paint along the old railway tracks over to the house. The place looked distinctly dirty, especially the walls. They had obviously not seen fresh paint for quite some time and some walls would even have watermarks on them as the roof was leaking a few places. This did not, however, discourage us or the children. Before you could say Suka the children had suited up with gloves, masks and sandpaper and started scrubbing the walls clean. They were divided into three groups; one did the old bathroom, one the old library room and the last the old, small classroom. The volunteers soon joined in and quite quickly, the scrubbing was finished.

We however decided to wait with the painting until after the children had lunch so we got the good reliable blue and red plastic chairs out and sat down. Luckily we had just had a big Christmas lunch on the 25th and with plenty of food leftover, the slum kids were having a feast. Especially the burnt roasted chicken went down well while the potatoes weren't exactly a hit...

The children left soon after the lunch upon which the volunteers gleefully jumped upon the vegetable rice and noodles that Projects Abroad had prepared for everyone.

After lunch it was time to put away the cleaning tools and get down to some serious painting. All the rooms required a couple of thick layers of white paint before they could come to life with colours and decorations. However, it did not take long, now that the children had left, for the responsible adults in us to also depart. We quiet successfully managed to paint our faces with war stripes, our clothes and splash a little on the walls as well- all the while keeping spirits high to loudly (and brilliantly) sung tunes from the Sound of Music, Grease, Leonard Cohen and many pop classics. At the end

of it we had three beautifully painted rooms that, in their cleanliness and the care with which they were painted, contrasted to the surroundings of Compassion House - helping make it a sanctuary to children growing up in the slums.

With the initial painting done it was now the moment many of us were looking forward to; the opportunity to get creative with drawings we hoped would add some colour to the school. One classroom we



filled with Tom and Jerry cartoons, sitting opposite Cinderella and her Prince Charming whilst flowers and butterflies surrounded them. In the library we painted children reading books with magical characters coming out of them in an attempt to encourage the kids to pick up a book and see where it takes them. With the remainder of our energy flowing into it we managed to create some beautiful

pictures that lighten up the rooms.

We were exhausted by the end of the day, but there is no doubt that it was both fun and successful for adults and children alike. It was a dirty weekend that did what dirty weekends are supposed to do- covered us paint and got us to help one of our placements in a very hands on way. Our only regret is that we didn't get to see the children come into their new classrooms the next day, and stare with curiosity at the pictures on the wall. I'm sure it would have brought a smile to all of their faces- as the thought of it does to ours.

Peter & Sara

Monthly Dinner Party

The celebration of monthly dinner party is what we are always waiting for. On 24th Dec we celebrated it at Samot Phnom Penh restaurant. There were around 50 participants in total.



The pictures are available in **Official Projects Abroad Cambodia** facebook.

New Year in SIEM REAP



For New Year's a number of us decided to go to Siem Reap to celebrate! I left on Thursday because I did not work Thursday and decided to travel up by boat as it was my second trip. I was



really glad I did it, even though it was expensive, I got to see a different side of Cambodia

than I did on the bus or anywhere else, and it was a lot more comfortable! I spent the afternoon and evening shopping in many markets Siem Reap has and also went to the children's hospital. Then, everyone arrived and we all settled down for dinner. Everyone did something different on Friday because for some it was their first time to Siem Reap and for others it was their second. Whilst some went to the temples, others amused themselves by visiting farther away temples, or just enjoying Siem Reap. We had massages, enjoyed a good lunch and just wandered the city. Many went to see the last sunset of 2010 and came back to prepare for the night's celebrations. We all met up for dinner at an absolutely beautiful restaurant that we wouldn't dream of going to back home unless we had a few hundred dollars floating around! By the time we ate it was 10.30pm. We hit Pub Street at 11.30 just in time for the countdown hysteria! It was so incredibly packed we couldn't move. Sometimes you were actually almost stuck frozen in one position because there were so many people wanting to move in different directions no one could move. We did feel a little scared at some points! The music and atmosphere was really good and the countdown was one to remember. Everyone was a little split up at that point but at least everyone had someone to be with at 12.00. We danced and partied and enjoyed the night for hours. At one point we went up to a roof and watched what was going on below. It was quite crazy! Just after 3.00 we headed off in search of some quiet in some of the other's hotel bar only to discover it was closed! So some went to bed, whilst others continued the party on Pub Street. I went to bed intent on getting up for sunrise in at 4.30! With only forty minutes sleep and a couple of text messages from the others saying they were staying in bed, I set off by myself in the dark for the first sunrise of 2011. It was really beautiful. Many have been let down by cloudy sunrises over Angkor Wat. However, this one was quite beautiful. Some remained at their hotels by the pool for the remainder of the day, whilst some went to floating villages or temples. I went to a temple with Seang and Tine further out and we had a really fun afternoon. The cooking class the following day was really good and we made some pretty amazing food. Attempts to make the same food later have failed, however! We had a really fun New Year's together, enjoying the organization of the Projects Abroad, the sites of Siem Reap and, of course, the New Year's festivities.



By Micaela Butland

PHOTOS OF THE MONTH



Micaela taking care of the kids



Tara was visiting at Royal Palace.



Pawel was teaching the children



Myah was on tough and happy time because she took care of 60 kids.



Bonnie was playing with the kids.



Amy was teaching at the placement.

Amazing Traditional Photos

Guess who are they? They are not Cambodian but they are currently in Cambodia for voluntary work. They really like and love to work at the placement and are so happy to take care of the kids at the orphanage.



However, here they are required to work only from Monday to Friday, so the weekend is time for exploring the new things and activities. Besides having a trip to some wonderful place in Cambodia,

they have decided to stay in Phnom Penh - Capital of Cambodia, and going to Royal Palace, S-21, National museum and going to a photo shop for taking a Traditional Photo style. Guess, how much they paid? It was 3 US dollars per shoot.

Not so expensive, so please try to take it one while you are in Cambodia.

It was full of fun as they have never experience it before :-).

MISCELLANEOUS

MAIN DISH: FIVE VEGETABLE STIR RICE

Vegetable keep us healthy, so try cooking this food item :-).

Ingredients:

- vegetable cooking spray
- 2 teaspoons vegetable oil
- 4 medium carrots
- 1 large onion
- 1 large red bell pepper
- 3 cups broccoli florets
- 3 cups mushroom
- 1/2 cup low-salt chicken broth
- 3 tablespoons chopped fresh mint



How to Cook:

Prepare -Make vegetable pieces attractive. Cut florets from stem to bloom into 1/3" slices. Cut onion into 8ths then separate slices. Carve and sliced carrot into clover leaves. Chiffonade of cabbage, 1/2" strands. Cut red bell pepper into squares, then diagonally halve the squares. Green onion flower. Spray large non-stick skillet with vegetable oil spray. Heat 1 teaspoon of oil in skillet over medium-high heat. Add carrots, onion, and bell pepper. Sauté for 6 minutes. Add 1 teaspoon oil, broccoli and mushroom. Add broth; stir-fry until it wilts and vegetables are crisp-tender, about 8 minutes. Stir in mint. Season with salt and pepper. Prep: 15 mins. Fry: 15 mins. Per serving: 79 cal (total fat 2 g)

KHMER SNACK: BANANA FRIED

Banana is considered to be the great vitamin fruit among the other fruits. In Cambodia, many types of cake or snack has banana as its main ingredient. Now I would like to let you know of one khmer snack which is made from banana. It is easy but tasty.



Ingredients:

- 4 bananas
- a little bit of sesame seeds
- 2 cups of all purpose flour
- 0.5liter cooking oil
- 0.5 litre of pure water

How to make:

Mix flour with water and put the sesame in. Peel the bananas; then we can either cut it in fours or make it the thin shape. Put in the oil and heat it. Put the made banana in mixed flour and then put it in the cooking oil for about 2 minute.

It is ready for eating when it becomes warm.

Enjoy.