

Proposal for Nanyang Primary School  
**YMCA Singapore International Service Programmes (ISP)**  
**CAMBODIA – KOH ROKAR**

## TOUCHING LIVES, LIFTING SPIRITS!

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The YMCA of Singapore, affiliated worldwide, strives to effectively serve all members of the community through wholesome programmes that develop Body, Mind and Spirit. We also extend our outreach to the less privileged overseas through our International Service Programmes (ISP) to the needy in Cambodia, Vietnam, Thailand and China.



### **Our beneficiaries**

In Cambodia, we focus on education and infrastructure mainly for underprivileged children who hail from poor families. In Koh Rokar village located in the outskirts of Kampong Cham we would like to extend English lessons to the village children who study in the local primary and secondary schools there.

### **Our activities**

Volunteers will conduct basic English lessons as well as to contribute towards the infrastructure improvements at the primary school located about 1km away from the Koh Rokar church compound.

## WHY WE RUN THE PROGRAMME

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1. To support and conduct innovative educational programmes to raise the literacy standard and skills of the local youths
2. To inculcate a sense of responsibility and compassion for the community in need
3. To provide experiential and service learning opportunities to participants through service to others
4. To learn to appreciate another country's culture and development
5. To provide opportunities for character building and leadership development for the participants

## WHAT OUR VOLUNTEERS EXPERIENCE WITH US

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### **Pre-service Programme (Briefing, Planning & Training)**

This segment is aimed at empowering the volunteers to impart skills to the youths in Cambodia. Participants will be thoroughly briefed on the programme details, expectations, itinerary, cultural norms, etc., and participants will then need to plan their allocated tasks. Training may be carried out and there may be trial runs to ensure that a satisfactory level of competence is attained. We also recommend team building sessions to be held to promote bonding and understanding among volunteers participating in the trip.

### **Service Programme (On-site)**

Volunteers will execute the entire programme as planned, assisted by the facilitator and leader. Volunteers may also be physically involved in the needed infrastructure works and other community-based programmes such as the children rice-soup feeding programme.

### **Post-service Programme (Review)**

After the trip, volunteers are encouraged to share their experiences and lessons learnt from the trip based on their journal reflections. They may share their insights and raise awareness on the situation in Cambodia. Additionally, they may apply their service learning skills to the local community in Singapore.

## **WHAT OUR VOLUNTEERS DO IN CAMBODIA**

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### **Teaching at Koh Rokar Village & Koh Koul Primary School**

The village of Koh Rokar is situated about 7kms away from Kampong Cham town centre. KOH KOUL PRIMARY SCHOOL is situated 2 km away from the church and has 103 students studying Grade 1-6 with 6 teachers, 1 VP and 1 Principal serving in this rural school.



There is also a youth group which has a total of 50 students studying Grades 6 to 12 who come to the learning center near the church. These children have some basic foundation in English and have shown keen interest to learn the language. Thus volunteers from YMCA are tasked to carry out English lessons for students in the centre and Koh Koul Primary School.

English lessons can also be conducted through songs, games and arts sessions. There will be a farewell party on 3 Dec of which volunteers can present an item or performance for the evening.

### **Infrastructure Projects**

Volunteers will also participate in basic infrastructure works for Koh Koul Primary School. There is a need to change wooden window hinge from vertical to horizontal hinges. There is a total of 5 classrooms of 2 windows each.

Volunteers will also assist to build 2 additional concrete classrooms and one teachers room.

# TRIP DETAILS

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## **Location & Accommodation**

Kampong Cham is a peaceful provincial capital spread along the banks of Mekong river located 120km from the Phnom Penh city. It is 3 hour drive from the Phnom Penh.

In Phnom Penh and Siem Reap city, volunteers will be staying in hotels. During service days in Kampong Cham, volunteers will be staying in guesthouse near Koh Rokar Church and will travel daily to service site.

## **Transportation & Food**

Direct flights to Cambodia under JetstarAsia or Silkair (two hours one way) can be arranged. Air-conditioned bus transport will be provided for trips to/from the airport to the service sites and to places of interest.

Meals during service days will be catered. Muslim volunteers will be served food without pork or lard during the service days. Visits to Halal establishments will be arranged when in town. Bottled drinking water will be provided.

## **Communication**

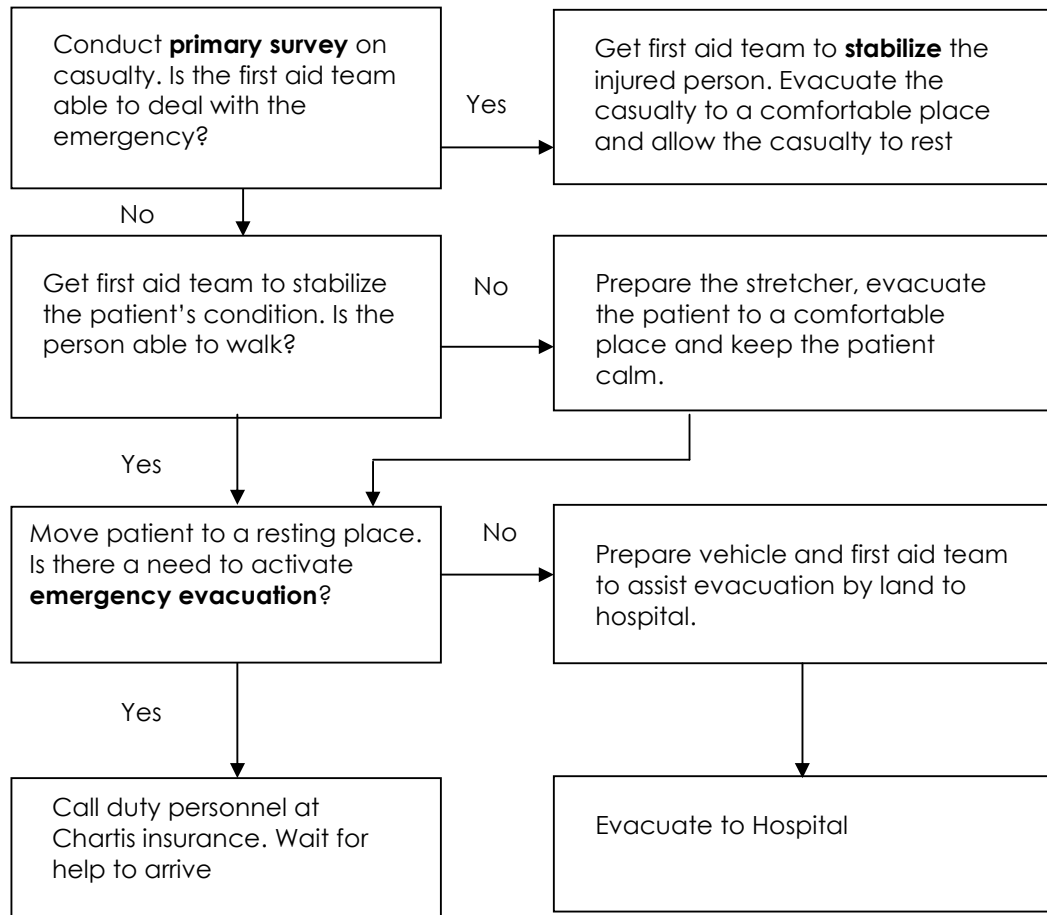
Mobile phone reception is available at Koh Rokar and Internet can be accessed from the many Internet cafes in Siem Reap and Phnom Penh.

## **Time**

GMT/UTC + 7 (One hour earlier, eg, if Singapore time is 8pm, Cambodia is 7pm)

# MEDICAL EVACUATION PLANS

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## Phnom Penh - International SOS Medical & Dental Clinic

Address: #161, Street 51

Telephone: +855 23 216911, +855 12 816911

## Siem Reap- LY Srey Vyna Clinic

Address: 113 National Road 6

Telephone: +855 6396 5088, +855 1299 0988, +855 119 0988

## Royal Angkor International Hospital

Address: National Route 6, Phum Kaasekam, Khum Sra Ngea, Siem Reap,

Telephone: +855 63761888, +855 12235888

## Chartis 24-Hour Emergency Assistance Hotline : +65 6735 2221

**H1N1 – MOH Singapore Hotline** : Tel: 1800 3339999

**H1N1 – MOH Cambodia Hotline** : Tel: +855 89 669567; +855 12 488981

# 10 DAY TENTATIVE PROGRAMME

DAY 1 27 Nov 11 (Sun)	0615HRS	Meet at Changi Airport Terminal 1
	0815HRS	Depart from Singapore via Silkair MI602
	0915HRS	Arrive at Phnom Penh International Airport
	1000HRS	Breakfast
	1100HRS	Check in Hotel
	1300HRS	Lunch
	1400HRS	Visit Russian Market & Central Market
	1730HRS	Dinner in Phnom Penh City
	2100hrs	Debrief & Facilitation
	2300HRS	Lights Out!
DAY 2 28 Nov (Mon)	0700HRS	Breakfast
	0800HRS	Check out Hotel
	0900HRS	Visit Tuol Sleng Genocide Museum
	1100HRS	Visit Killing Fields
	1300HRS	Lunch
	1430HRS	Proceed to Kampong Cham
	1730HRS	Arrive & Check in Hotel
	1830HRS	Dinner
	2000HRS	Debrief & Facilitation
	2200HRS	Lights Out!
DAY 3 - 6 29 Nov – 2 Dec (Tue - Fri)	0700HRS	Breakfast
	0800HRS	Service Programme @ Koh Rokar / School
	1130HRS	Lunch
	1400HRS	Service Programme @ Koh Rokar / School
	1800HRS	Dinner
	2000HRS	Debrief & Facilitation
	2200HRS	Lights Out!
DAY 7 3 Dec (Sat)	0700HRS	Breakfast
	0800HRS	Service Programme @ Koh Rokar / School
	1130HRS	Lunch
	1400HRS	Service Programme @ Koh Rokar / School
	1800HRS	Dinner & Farewell Party
	2000HRS	Debrief & Facilitation
	2200HRS	Lights Out!
DAY 8 4 Dec (Sun)	0630HRS	Breakfast
	0730HRS	Depart for Rice-Soup Programme @ Kg Khleang
	1430HRS	Depart for Siem Reap
	1530HRS	Check in Hotel
	1800HRS	Dinner
	1930HRS	Visit Angkor Night Market
	2300HRS	Lights Out!
DAY 9 5 Dec (Mon)	0800HRS	Breakfast
	0900HRS	Tour of Angkor Thom, Bayon, Phimeanakas, Terrace of the Elephants and Terrace of the Leper King
	1200HRS	Lunch at Siem Reap Town
	1400HRS	Continue tour of Ta Prohm ("tree-in-temple"), Pre Rup and the magnificent Angkor Wat
	1800HRS	Proceed Back to Hotel
	1900HRS	Dinner with Cultural Dance Performance at Siem Reap Town
	2100HRS	Final Debrief and Reflections
2300HRS	Lights Out!	

DAY 10 6 Dec (Tue)	0730HRS	Breakfast
	0830HRS	Check out & Depart for Siem Reap Int'l Airport
	0930HRS	Arrive and check in
	1040HRS	Depart for Singapore via Silkair MI622
	1520HRS	Home Sweet Home

**Programme Costs: S\$1350 per participant flying Silkair (for min 15 participants)**

\$750 (Land Package Cost) & \$600\* (Airfare – Silkair)

*\*subject to changes in the event of increasing airfare cost at the date of purchase of air tickets .*

The programme package includes:

- Return Flights from Singapore to via Silkair
- Travel insurance (Chartis – inclusive emergency medical evacuation as incurred)
- One (1) night accommodation at hotel in Phnom Penh on Day 1
- Six (6) night accommodation at hotel in Kampong Cham from Day 2 - 7
- Two (2) nights accommodation at hotel in Siem Reap on Day 8 - 9
- All meals & land transportation
- Dedicated YMCA staff to attend pre-expedition briefings to provide information on the expedition itinerary, trip needs and on Cambodian history, culture and customs
- Dedicated YMCA staff or experienced volunteer(s) to accompany the team

**Important Note:**

This trip excludes all expenditures incurred for the lesson components for the Service Programme at Koh Rokar and the village or infrastructure projects of which an estimated S\$10,000 is needed to be fundraised.

## YMCA CONTACT

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