

CAMBODIA 2011-2012

Youthlinc Participant Folder

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Contact Information

Youthlinc Office:

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1140 East Brickyard Road Ste. 76, Salt Lake City, Utah 84106

Team Leaders for Cambodia

Kelly Mattingly-- 801-631-6358; kmattingly@providencehall.com

Stephanie Chard—801-557-0853; stephaniedchard@gmail.com

Please contact our office manager about volunteering in the office or program payment questions:

Office Manager: Julia Wee-- 801-467-4417(w), 801-580-8310 (c); office@youthlinc.org

Please contact our Local Service Director for questions regarding the Local Service Directory, Young Humanitarian Award, or questions regarding your local service commitment that cannot be solved by your alum or team leader.

Local Service Director: Julia Wee-- 801-467-4417(w), 801-580-8310 (c); office@youthlinc.org

Please contact our International Service Director for questions regarding projects or fundraising for projects at the international site only when these cannot be answered by your team or alum leader. She can supply travel agent contact for divergent itineraries, but is not able to make these contacts for you.

International Service Director: Miriam Kramer-- 801-467-4417(w), 801.824.9855 (c); miriam@youthlinc.org

Please contact the Executive Director only for issues that cannot be resolved through contact with those listed above:

Executive Director: Judy Zone-- 801-278-4853(h), 801-403-9927(c); judy@youthlinc.org

Welcome Letters from your Team Leaders

CHOM REAP SOUR (WELCOME)!

I can't tell you how excited I am to welcome you to this life-changing experience! You were chosen out of many applicants, because we believe you are committed to serving others and have the leadership skills necessary to make this an incredible trip. We have a great team this year. We have mentors who are educators, medical personnel, construction and business specialists. With you on our team, there is nothing we can't do for our friends in Cambodia. I look forward to getting to know you on a personal level and can't wait to see what you will bring to the team!

We are committed to making this a safe, healthy and fun learning experience for you. Your job is to attend every team meeting, learn everything you can about Cambodia and step out of your comfort zone in order for the team to be successful. Be creative and put everything you can into planning for this trip. If you want a great experience, you are going to have to work for it. But the rewards will be more than you can imagine!

This is only the second year that Youthlinc has been in Cambodia, and the first time to the village of Pursat, so the opportunities to serve and the needs of the people are endless. We will be doing construction, giving micro-finance loans, installing water filtration systems, supplying families with animals, and teaching in the schools. I would strongly suggest that you do some reading about what Cambodia has been through in the past. The Khmer Rouge took over the country in the 70's killing almost 2 million people. This tragedy affects the people of Cambodia today. But their resilient spirit comes through. They just need a helping hand to get them started on the road to a better life, and they will do the rest. Be prepared to get dirty, sweaty, and eat some cockroaches, crickets, and maybe if you're lucky, a tarantula or two!

Please don't hesitate to talk to myself, or Stephanie, if you have concerns or questions. Chances are others may have the same questions as you. I am a school counselor by day, but will answer my Youthlinc emails by night. Please put "Youthlinc" in the subject bar of your email. Feel free to contact me on my cell as well. Again, I will respond in the evenings since I want to keep my day job! Although I may be considered "old" by some, I do know how to text! I have even agreed to let Stephanie set me up with a Facebook account! YAY for technology!

GET READY FOR THE EXPERIENCE OF A LIFETIME!

Kelly Mattingly
Cambodia Team Leader
801-631-6358
kmattingly@providencehall.com

Welcome to the Youthlinc team to Pursat, Cambodia! Kelly and I both are thrilled to have such a phenomenal team. Your participation in Youthlinc will be a life changing experience, and will guide you into the service of others both locally and internationally. Your passion and commitment to service, along with your leadership qualities were exemplified in your application, and the entire Youthlinc team is excited to have you on board. Our team this year has a wide range of specialties and interests, which will all contribute to making this trip a huge success. I look forward to getting to know each and every one of you throughout the next year!

As a team, Kelly and I will ensure this is a safe and fun learning experience. I promise this will be the trip of a lifetime! At every meeting we will be preparing and planning for Cambodia, and it is important you attend every meeting and come with a positive attitude! There is endless information on Cambodia online, and it would be helpful for you to read about the culture and history to better prepare you for our trip. Please feel free to contact either Kelly or myself with any questions you may have. I check my email multiple times a day, and will respond as quickly as I can. You are also welcome to call or text me on my cell phone at any time.

My first experience with Youthlinc was in 2006 when I participated on the team to Yanamono, Peru. This trip opened my eyes and heart to serving others. You all will have the unique opportunity to serve both locally and internationally. It is my hope that your local service will continue for years to come, as you will continue to appreciate the joy of helping others. Cambodia has been struck by tragedy in the past, through the horrors of the Khmer Rouge. You will have the opportunity at the beginning of this trip to visit the Killing Fields, and will have a better understanding of how this regime drastically affected the culture of Cambodia. The people of Cambodia are in need of a helping hand, and we will assist in guiding them towards a brighter future. Remember to keep an open mind and heart and you will have the experience of a lifetime!

I hope you all are as excited as I am to embark on this journey together! Although it seems like June is far away, these next few months will fly by. Please remember Kelly and I both are here for you! You can always email, call or facebook me at any time with questions! I encourage you to invest yourself fully in this endeavor, as the personal rewards you gain will be incredible. Prepare yourself for hard work and a lot of fun, as this will be an amazing experience!

Sincerely,

Stephanie Chard
Alum Leader, Cambodia
stephaniechard@me.com
Cell Phone: 801-557-0853

Cambodia Monthly Team Meeting Calendar

We will be meeting at the Youthlinc office on the first Saturday of every month from **1:00pm – 3:00pm** starting in December. Participants are required to attend. There are only 7 meetings before we depart. Participants are expected to have 100% monthly meeting attendance. Missing a meeting may result in dismissal from the team. Mentors, please tentatively plan to attend mentor meetings at 12:30, just before the team meetings. **The January team meeting is a retreat, which consists of a team meeting, a slumber party and a group service project.**

Saturday December 2, 2011

1:00 am. Youthlinc Office

Tentative Agenda:

- Announcements/review team positions
- Team building/activity
- Team member highlights
- Local Service Site Reporting, Selection, and Counseling as needed
- Review or Emphasis of any items covered or not covered in retreat
- Thank You Notes to sponsors
- Assign blogger and photographer
- January Retreat
- Reminder of **first payment** due date and passports
- Sign up for volunteer office hours
- Pictures
- *Turn in passport copies, medical release form, medical information sheets and local service hour reports

January Retreat

Friday January 6, 2011- Saturday January 7, 2012

Time TBA Youthlinc Office

Tentative Agenda:

- Announcements
- Introduction of Committee Assignments
- Fundraising ideas
- Retreat activities begin
- Saturday Service Project
- *Turn in local service hours reports
- *Turn in passport copies, medical release form, and medical information sheets

Saturday February 4, 2012

1:00 am. Youthlinc Office

Tentative Agenda:

- Committee Assignments and discussion of goals
- Team member highlights
- Outline project ideas
- Go over fundraising
- Introduction to Lesson Planning and small group activity
- Team Building
- Travel Healthy handout
- Committee work
- Discussion with Sustainable Cambodia
- Reminder of **second payment** due date
- *Turn in Local Service Hours Reports

***ALL FORMS DUE!** Turn in passport copies, medical release form, and medical information sheet

March, 2011 (Date TBA)

6:00 pm. University of Utah

Tentative Agenda:

Mandatory U of U Travel Clinic for information and shots

You must **pre-register for this clinic by phone the day before and then you must **register again** when you arrive at the travel clinic!

*Turn in Local Service Hours Reports

Saturday April 7, 2011

1:00 am. Youthlinc Office

Tentative Agenda:

Promotion of Youthlinc Annual Benefit

Team member highlights

Local Service Hours Reporting

Local service reflection activity

Review packing list in binders

Committee reports and meetings

Items needed in-country and drives to get them

Team Building

Committee work - please email lesson plans by April 28

*Turn in Local Service Hours Reports

Saturday May 5, 2012

10:00 am. Youthlinc Office

Tentative Agenda:

Local Service Hours Reporting

All Lesson Plans due for review

Update on items needed in-country and drives to get them

Local Service Reflection

Committee Work as needed or time allows. (Committees may be meeting independently)

Committee Reports

Make the Phone Tree

Team Building

***FINAL SERVICE HOURS DUE!**

MONDAY June 11, 2012

Packing Meeting

TIME TBA LOCATION: Youthlinc Office

Tentative Agenda:

Cambodia Packing Meeting

Final Local Service Hours Reporting

Final Committee Reports and all Final Lesson Plans due

Review of final in-country itinerary

Distribute the Phone tree

Friday June 15, 2012

Leave for Cambodia!

Saturday July 14, 2012

Time TBA Team Reunion

FAQS Cambodia

Here are some of the most frequently asked questions about Youthlinc and our trip to Cambodia.

Q: When Will We Be Going?

The tentative trip dates are: leaving Salt Lake on June 15th and returning on June 30th. If any date changes occur you will be informed immediately.

Q: How Much Money Will I Need?

You will need extra money for souvenirs, food in airports, extra treats and drinks. All other meals are paid for as is all drinking water. We will be doing shopping for souvenirs. You can get a LOT of fun stuff for friends, family, etc. for around \$100.00- \$200.00. Please also plan to bring money for tipping. Please budget around \$30.00 for tips. Finally, there is a departure tax. You will need \$25 in US cash to exit the country.

Q: In what form should I bring my money?

To get the best exchange rate you should bring an ATM card to use at many ATMs around the city. This is safe because if it is lost, no one can access your money. American dollars are accepted in Cambodia as well, so you may choose to just bring US dollars. Be sure to bring low bills. Traveler's checks can be used but are often difficult to get cashed (not a great idea to use travelers checks). Credit cards and traveler's checks are not accepted at the markets. If bringing cash, be sure not to store it all in one place. **BRING AN ATM CARD!**

Q: What kind of money is used in Cambodia and what is the exchange rate?

1 US Dollar = 4,131 Cambodian Riel

You will find that the United States Dollar is commonly accepted in Cambodia. When retrieving money from the ATMs, you need to get the money in US dollars. You will only get Riel for change after you purchase something. Try and limit the amount of Riel you receive, because you cannot exchange Riel back into US dollars at banks.

Q: How Do I Get a Passport?

You need to apply for your passport right away. It takes several weeks to arrive, but is good for five-ten years. There is no point putting it off! Please visit travel.state.gov/passport to learn everything you need to know about applying for a passport. Cambodia requires that your passport will not be expiring within the 6 months following your time in Cambodia.

Q: What is a Visa?

A visa is a permit allowing you to visit a foreign country. American citizens ARE REQUIRED to have a visa to go to Cambodia. The cost is \$25. You must have your passport in order to apply for your visa. A visa to Cambodia is only good for three months, so we will all apply in April. We will hand out visa applications and directions at the January meeting. You need to get your visa in advance. It takes about 3 weeks so plan accordingly. If you do it UPS, you can track your passport the entire way.

Q: Will I need to pay departure tax?

Cambodia does have a departure tax on all international and domestic flights. The tax must be paid in US dollars (cash). The tax is \$25.00.

Q: Is Youthlinc Tax Deductible?

Yes, Youthlinc is a 501(c)3 organization. People who make donations to Youthlinc can use this when filing income taxes. Check with your tax advisor about making charitable donations.

Q: What shots do I need?

Shots are strongly recommended for your safety. You should be current on your MMR. Hepatitis A and B and tetanus can reduce some of the worries about traveling out of the country. Typhoid and polio are also recommended. These shots are also beneficial to have in the States. You are responsible for the shots, but you should check with your insurance company see if some are covered. The Hepatitis shots come in sets of 2 to be given 6 months apart, so get the first one now. **We will have a medical travel clinic in March to go over**

all of this critical information and you are able to get needed vaccinations at that time. Anti-malaria pills are **strongly** recommended and are taken before, during and after the trip. Minors **MUST** bring a parent to the vaccination clinic.

Q: What will the weather be like?

Warm and sticky! The humidity can be high in Cambodia and temperatures average around 85-95 degrees. The sun is intense at this longitude and altitude so start the day with sunscreen. It is also the rainy season, but it is Cambodia's hottest time of the year. Bring a lightweight hooded rain parka. Pack clothing that dries quickly and will not be too hot.

Q: What should I pack?

The idea is to pack as lightly as possible as we need room for donated and project stuff. Try to fit your personal things in your carry-on. A complete packing list is included in the binder (includes bug spray, sunscreen, etc.). The clothes worn in Cambodia should be modest (no shorts, low riding jeans for men or women, halter tops, low cut tops, etc.) and should be professional when you are involved in teaching. Bring clothes to play sports (soccer). In addition to clothes, you may want to bring snacks to hold you over between meals. **BE SURE YOU SEE COMPLETE PACKING LIST!!**

Q: How much can my luggage weigh?

Each suit case or duffel bag is limited to 50lbs. You will carry your personal suitcase plus one Youthlinc duffel bag with supplies. On the way home you cannot use Youthlinc duffel bags for personal items. If you want an extra bag for the way home, get a duffel bag for personal items, roll it up, and put it in your suitcase. You should also bring packing supplies (e.g., bubble wrap, etc.) if you plan on shopping. Many items are delicate.

Q: How can I bring donated items?

We love to bring donated items to Cambodia, but some things are unrealistic. For instance, the children may need shoes and we have lots of old shoes at our homes, right? But these are often bulky and heavy. We need shoes, but in the right size and right kinds. Sometimes it is better off accepting cash and purchasing items when we get there. However, large bulky items sometimes are needed and are better coming from the U.S. Ask your team leader about donating these items. Money is always a better donation in terms of weight and usability.

Q: What kind of food will I be eating?

The food in Cambodia is very flavorful. There will be many exotic options of foods that you may have never tried. Cambodia is well known for seafood dishes. There will also be "comfortable dishes" like rice, chicken, and noodles. The fresh fruit is to die for! Please be aware that one of the exciting aspects of traveling to another country is trying new things. We cannot promise that you will love everything that is served to you, but be sure to be appreciative and open-minded. Remember to be respectful of their culture and food traditions. If you are really concerned about your picky taste buds please bring snacks that you like but make sure that they are unopened and sealed in plastic bags. You do not want to attract bugs. **If you are a vegetarian, please be sure to bring plenty of protein bars!!!**

Q: Will there be a lot of bugs?

There are mosquitoes, as you might expect, but nothing too out of the ordinary. However, you will want to bring insect repellent with Deet to protect yourself from bites since mosquitoes transmit several serious diseases, including malaria and dengue fever. Hint: Bring bug spray that you can keep with you. Light cotton long sleeve shirts and long pants are also a great protector. Aside from mosquitoes you will likely encounter a few bugs that you haven't seen before. All-in-all you won't deal with any more bugs than you do here. There are some fabulous frogs that visit with the rains!

Q: How will my parents know that I'm all right?

The team leader will call home for the group using the phone tree upon arrival. This will assure your family we have arrived safely. Your family will also have the phone tree with contact information for emergencies.

Q: Can I call home?

The team leader will have phone access only in the case of an emergency. Though there is some internet access, I recommend that you try to leave your family at home and completely immerse yourself in another world! Besides, you won't have any tales to regale them with if you tell them everything along the way!

Q: How about a Christmas list?

Here are some things you may wish to get before your trip. These are not mandatory, but optional. This is a once in a lifetime opportunity for most of us. Plan ahead so you can keep your memories with you forever!

*good walking shoes (Recommend Chacos or Keens)

*a journal

*quick dry pants and quick dry knee length shorts

*a good quality camera (if you have a good camera, consider telephoto lens)

*new luggage (the best kind may be a duffel-type bag with rollers. You are allowed one carry-on. You will want a backpack.)

Q: What about local service hours?

You will need to complete 80 documented hours of local service. We require that you perform at least 40 of these hours at the same site so that you truly build a bond with the people you are helping. You must document every hour with a signature from your service supervisor. Local service sheets are included in this packet. We will also plan several group service projects. These are great ways to get to know your fellow travelers and to get extra hours all at once. **Service hour sheets must be turned in monthly!**

Q: What if I can't do all 80 hours, can I just pay for the difference?

No. If you don't do all 80 hours, you will not earn your sponsorship and you may not go on the trip. We are an organization that puts equal emphasis on both LOCAL and INTERNATIONAL service.

Q: Can I go out on my own while we're there?

It is important for safety reasons that we stay together in groups of no fewer than five. Although, we are all adults, there will be a Youthline mentor with groups that go out. Our policy is to watch out for each other.

Q: How are the bathrooms?

At the schools there are squatters (pit latrines). In the place we are staying there are flushing toilets just like the ones you are used to using. The only difference is that TOILET PAPER DOES NOT GO IN THE TOILET. The water system in Cambodia is different, even in some hotels and restaurants, and cannot handle paper in the toilet. All toilet paper should be placed in trash receptacles located near by. Hint: bring your own toilet paper. Please also bring hand sanitizer.

Q: Can I drink the water?

No! Bottled water will be available supplied every day to our group. **Please brush your teeth using only bottled water.** Be careful not to run your toothbrush under the tap. Don't let tap water get inside you.

Whenever in doubt of where your water is from ask the team leader. They will find out to ensure you are drinking from a good source! Gatorade, electrolyte packets, or flavoring for water are a must.

Q: Will there be time to shop?

There will be some time to shop, but it will be minimal. There is a fabulous market very near where we are staying. Most of the market closes in the evening so one afternoon will be scheduled for shopping.

Good Information to Know before our Trip

Phnom Penh is the Capital and largest city in Cambodia and the official language is Khmer. The currency used is the Riel (KHR) as well as the United States Dollar (USD).

English	Khmer
Hello	jum-reap soo-a
How are you?	tau neak sok sapbaiy teh?
Good morning	arun sour sdei
Good afternoon	tiveah sour sdei
Good night	reah-trey sour sdei
My name is...	k'nyom tchmouh...
Yes	baat
No	dteh
Please	suom Mehta
Thank you	or-koon

The official religion is Theravada Buddhism in Cambodia. The kingdom is a constitutional monarchy with Penko Zarev, and elected monarch chosen by the Royal Throne Council as head of state. The head of government is Hun Sen who has ruled Cambodia for over 25 years.

The Khmer Rouge regime, lead by Pol Pot reached Phnom Penh in 1975. They immediately evacuated the cities, and sent the population on forced marches to rural work projects. They discarded Western influence, including medicine, and destroyed temples and libraries. It is estimated that the regime killed 2 million, or one-third of the population. This era gave rise to the Killing Fields, and the prison Toul Sleng.

Global Statistics: If the World were a Village of 100

www.100people.org/statistics_detailed_statistics.php

If we could reduce the world's population to a village of precisely 100 people, with all existing human ratios remaining the same, the demographics would look something like this:

- The village would have 61 Asians, 13 Africans, 12 Europeans, 9 Latin Americans, and 5 from the USA and Canada
- 50 would be male, 50 would be female
- 75 would be non-white; 25 white
- 67 would be non-Christian; 33 would be Christian
- 80 would live in substandard housing
- 16 would be unable to read or write
- 50 would be malnourished and 1 dying of starvation
- 33 would be without access to a safe water supply
- 39 would lack access to improved sanitation
- 24 would not have any electricity (And of the 76 that do have electricity, most would only use it for light at night)
- 8 people would have access to the Internet
- 1 would have a college education
- 1 would have a computer
- 1 would have HIV
- 2 would be near birth; 1 near death
- 5 would control 32% of the entire world's wealth; all 5 would be US citizens
- 48 would live on less than US\$ 2 a day
- 20 would live on less than US\$ 1 a day

When one considers our world from such a compressed perspective, the need for acceptance, understanding and education becomes glaringly apparent. The following is also something to ponder...

- **If** you woke up this morning with more health than illness...you are more blessed than the million who will not survive this week.
- **If** you have never experienced the danger of battle, the loneliness of imprisonment, the agony of torture, or the pangs of starvation ... you are ahead of 500 million people in the world.
- **If** you can attend an ideological meeting without fear of harassment, arrest, torture, or death...you are more blessed than three billion people in the world.
- **If** you can read this article of perspective, you are more fortunate than over two billion people in the world that cannot read at all.
- **If** you have food in the refrigerator, clothes on your back, a roof overhead and a place to sleep...you are richer than 75% of this world. If you have money in the bank, in your wallet, and spare change in a dish someplace...you are among the top 8% of the world's wealthy.

"I expect to pass through life but once. If therefore, there be any kindness I can show, or any good thing I can do to any fellow being, let me do it now, and not defer or neglect it, as I shall not pass this way again." ~William Penn

"Never doubt that a small group of thoughtful, committed citizens can change the world. Indeed, it is the only thing that ever has." ~Margaret Mead

Tentative Cambodia Itinerary

Cambodia trip: Friday June 15th – Saturday June 30th, 2012

Friday, June 15th

Depart SLC. Arrive to Phnom Penh Airport

Saturday, June 16th

Visit Killing Fields
Travel to Pursat

Sunday, June 17th

Breakfast
Opening Ceremonies
Tour village
Projects
Lunch
Market
Sort supplies

Monday, June 18th

Construction at primary school (water filters, fences, bathrooms)
Medical Supplies organize/stock medical clinic
English/Art Lessons at primary school
Lunch
Installation of Water Filtration Systems
OB training of staff at medical clinic
English/Art Lessons at primary school
Micro-enterprise (Gardening/Cow Bank)
Dinner
Team Debrief

Tuesday, June 19th

Construction at primary school (water filters, fences, bathrooms)
Women's Health Lessons
Teaching at Hope and Life Orphanage
Lunch
Installation of Water Filtration Systems
OB training of staff at medical clinic
Hope and Life Orphanage Projects
Micro-enterprise (Gardening/Cow Bank)
Dinner
Team Debrief

Wednesday, June 20th

Construction at primary school (water filters, fences, bathrooms)
Women's Health Lessons
English/Art Lessons at primary school
Lunch
Installation of Water Filtration Systems
Health/Hygiene Lessons in school
School Library Project
Micro-enterprise (Gardening/Cow Bank)
Dinner
Team Debrief

Thursday, June 21th

Construction at primary school (water filters, fences, bathrooms)
Health/Hygiene Lessons in school
Teaching at Hope and Life Orphanage
Lunch
Installation of Water Filtration Systems
Health/Hygiene Lessons at Hope and Life Orphanage
School Library Project
Micro-enterprise (Gardening/Cow Bank)
Dinner
Team Debrief

Friday, June 22th

School Gardening Project
English/Art Lessons at primary school
Maturation/AIDS education in secondary school
Lunch
Installation of Water Filtration Systems
Health/Hygiene Lessons in School
School Library Project
Maturation/AIDS education in primary school (5th/6th Graders)
Dinner
Team Debrief

Saturday, June 23th

Visit Golden Ship Island
Projects
Lunch
Floating Village

Sunday, June 24th

School Gardening Project
Villagers gardening projects (from Micro)
Lunch
Cultural Panel
Soccer Game

Monday, June 25th

Projects
Lunch
English/Art Lessons at primary school

Tuesday, June 26st

Finishing all projects
Lunch
Fun Fair

Wednesday, June 27nd

Finishing Projects
Lunch
Games

Thursday, June 28rd

Final Projects & Closing Ceremonies
Prepare to depart to Pursat

Friday, June 29th

Leave for Siem Reap
Visit Angkor Wat (elephant rides and temple visit)

Saturday, June 30th

Depart from Siem Reap Airport
Arrive in SLC, UT

Cambodia Packing Checklist

Remember: This is not a fashion show! We will be working hard, but having fun. Comfortable, casual and durable are the key ingredients!

Things to pack for the plane in your backpack or carry-on: 1 Carry-on and 1 personal bag (i.e., purse)

- Cambodia is a warm place so please dress accordingly, but it is smart to have a light jacket in case you get cold on the airplane. You want to be comfortable for an entire day on the plane—and the entire night on the way back.
- **Passport** and your ticket (you will be given your ticket at the airport)
- cash, ATM card (best to have these on your person)
- camera, extra batteries (packed in ziploc bags to keep out dust)
- toiletries (You will want to brush your teeth, etc.)
- any prescription medicine that you must take
- blow-up neck pillow for napping
- sleep aid (if you are into that—If so, please be sure this is not your first time taking a sleeping aid!)
- socks to keep your feet comfy--your feet will swell during the flight!
- books, music listening device, games to entertain yourself.
- water bottle (though be prepared to empty it every time we go through security)
- snacks
- It would not be a bad idea to pack a change of underwear and something to sleep in just in case your luggage is temporarily misplaced!

****Be sure to put away your passport in the same place every time. It is recommended to get a money belt to keep your passport/money/and any debit or credit cards in.**

Items to pack in your suitcase: 50 lb. limit (remember this is not a fashion show!) Also, for a small fee you can have laundry done there... thus I would pack the bare minimum and then just plan to do some laundry.

- Cambodia is very hot. We will be experiencing everything from 95 degree + temperatures with high humidity and probable rain. Downpours are common in June. Please bring water-proof items.
- If you can afford to buy something for this trip, I would suggest **breathable** parachute material long pants/capris/shorts(that are knee length) and shirts. Cotton absorbs the moisture and will keep you constantly wet. REI sells clothing that is breathable and keeps moisture out.
- Work clothes—Here's the dilemma: cool enough to work outside in 95 degrees, yet modest enough that we don't look scantily clad, ratty enough so that we don't care if they are ruined. Plan on a week of outdoor work. It's okay to wear dirty clothes to work in! Clothes can be sprayed with permethrin spray prior to trip to help keep mosquitoes away.
- Sturdy old sneakers for outdoor work. (Keens are great or strap on sturdy sandals like Chacos).
- Socks
- Flip flops or sandals for showering
- Teaching clothes: The teachers will most likely come dressed professionally (not in shorts and a t-shirt). If you are teaching or presenting, you will want to look professional, while accommodating

the heat and humidity. You don't have to wear something different everyday. Two/three outfits are fine. Sandals are good.

- A camel-back would also be a good way to have your water with you. Not necessary but will keep you from losing your water bottle. Do not share any water with kids!
- 3-4 Light weight long pants/pairs of shorts (keep modesty in mind). Knee length shorts will be your best friend- you want light weight, quick drying ones. They **MUST** be knee length.
- 7-8 t-shirts
- RAINGEAR—lightweight poncho or hooded rain windbreaker (both would be ideal)
- Some things to sleep in.
- Underwear
- Layering items: lightweight long sleeved t-shirts, jackets that can be worn over and under other jackets and your hooded rain jacket. Remember: you can tie everything around your waist to be prepared for the weather changes.
- Tourist clothes- still needs to be modest and again, it is real warm there.
- Small sample sizes of toiletries you will need (shampoo, soap, deodorant, etc.)
- Sunscreen **THIS IS A MUST**. Bring plenty!
- Chapstick with sunscreen
- Sunburn medication of your choice (just in case)
- Hat for outdoors
- Benadryl, Cipro, aspirin or Motrin, Neosporin, band-aids
- Reusable water bottle
- An extra water bottle
- **Mosquito repellent with DEET** (Sawyer's Timed Release is very good –at REI)
- Alcohol swabs in packets and cortisone cream (for bug bites)
- Hand sanitizer and Handiwipes and Kleenex packets
- Toilet paper (in a ziploc bag)
- Wash cloth or two if you use one.
- Snacks: non-crushable things like: granola bars, fruit roll ups, nuts and trail mix, beef jerky, small cereal boxes, jar of peanut butter, crystal light packets
- Flashlight and extra batteries (sometimes there are power outs)
- A few small gifts that you may want to leave with special students you've made friends with.
- A journal and pens (extra pens)
- Two pairs of flip-flips (one for the shower, and a dry pair to wear around the hotel).
- Jacket or sweatshirt
- Scissors
- Packing Tape
- Permanent Markers
- Your own personal first aid kit with: Benadryl, Cipro, aspirin or Motrin, Neosporin, band-aids, Alcohol swabs in packets and cortisone cream (for bug bites), Pepto Bismol, Imodium, pain reliever,
- Several gallon sized zip-lock bags
- Electrical Converter- get the universal one
- Sunglasses
- Any stuff you need for your committee assignments that didn't go into duffel bags at the packing meeting
- **Work gloves, work gloves and more work gloves!!!!**
- If you intend to do some major shopping, bring your own empty duffel bag, bubble wrap, scissors and tape in your personal luggage. You **WILL NOT** be allowed to borrow a Youthlinc duffel bag on the way back for your souvenirs, no matter how much you beg!
- Bring packets of electrolytes. It is very hot and you will be working extremely hard. Though I will be all over you reminding you to drink water, you may not be able to drink enough to keep up with the sweat!
- Protein bars- vegetarian or not, these bars will also be a great asset to you on the trip because I have found that many participants eat considerably less meat than they are used to when they are in the U.S. Your body still needs the protein you are used to and these bars are a great supplement.

- If you have any other food allergies or special diet restrictions (glutton intolerance, etc...) be sure to bring snacks and supplements you will need.

Youthline Lesson Planning

Every team member does lesson planning, and it is a skill that not everyone is familiar with. There is some instruction in lesson planning offered at monthly meetings, this material is meant to be a reference. Some things to keep in mind when preparing any lesson:

- **Your audience:** How old are your students? What kinds of activities and materials would be most appropriate for their age and learning abilities? Is there a language barrier and if so, what will I do to overcome it?
- **Your time constraints:** How long will each topic/lesson take? Will students get bored with this activity after 5-10 minutes? Will this take a long time to explain?
- **Cultural barriers:** Will they understand the reference I am making? Is this a topic that is applicable in this culture? Some things are not universal, some are, will this get lost in translation?
- **Variety:** Is this lesson full of hands-on/ visual aids? Do I lecture too much? Is this something that would engage my interest?

The following page is a lesson plan template that is suggested for you to follow when preparing your lesson.

Lesson Planning Sheet

Name of Activity:

Estimated Time:

Creators:

Age(s):

Must an Interpreter be present to facilitate the activity? YES NO

Is the activity accessible to all ability levels? YES NO

If no, what might limit a student from participating (i.e., must be able to use hands, etc)?

Supplies Needed (List all possible supplies: glue, scissors, etc.):

Goals of the lesson:

Special Planning/Preparations (i.e., safety concerns, etc.):

Procedure	Time	Materials	Notes
Hook/Introduction:			
Explain the Goal:			
Lesson:			
Wrap-Up:			

Reflection:

Lesson Planning Example

Name of Activity: Emotions

Estimated Time: 30-40 minutes

Creators: Stephanie and Kelly

Age(s): This lesson is appropriate for any age group.

Must an Interpreter be present to facilitate the activity? YES NO

Is the activity accessible to all ability levels? YES NO

If no, what might limit a student from participating (i.e., must be able to use hands, etc)?

Supplies Needed (List all possible supplies: glue, scissors, etc.):

Pictures of people expressing different emotions

Goals of the lesson:

Students will learn 12 basic emotions words plus up to 12 other emotion words depending on time and student ability.
Students will enjoy Learning about different emotions and connecting with one another.

Special Planning/Preparations (i.e., safety concerns, etc.):

No special planning. Make sure to have pictures of individuals expressing different emotions.

Procedure	Time	Materials	Notes
Hook/Introduction: Explain we are learning about emotions.	3 min	N/A	Make sure all students are able to understand what the goals are and the activity.
Explain the Goal: To learn about the different emotions individuals experience. Go over emotion pictures, show emotions on my face and say names of emotions. Have students repeat. Practice by saying "I am _____, she is _____, you are _____" and have students repeat and add their own.	10	N/A	Make sure all students are able to understand what the goals are and the activity.
Lesson: Introduce emotion dice game and play: student rolls dice, whatever emotion comes up student has to say correct word. The class will repeat the word. Introduce more emotion pictures and words; have class repeat	20	Dice	Demonstrate how to play the game. Help those students who need you to rephrase or demonstrate the activity to them. Make sure all students are having fun!
Wrap-Up: Play ball game: students sit in circle and throw ball to each other. Student who catches ball has to show emotion on their face and other students have to say what it is.	10	Ball	Demonstrate how to play the game. Help those students who need you to rephrase or demonstrate the activity to them. Make sure all students are having fun!

Reflection: Today's lesson went very well. The children really seemed to enjoy playing the ball game, and looking at pictures of different emotions. There was a bit of a struggle with the language barrier, but we overcame that and all of the children were laughing and enjoying spending time with us.