

# Cambodia Friends & Family 2012 Youthlinc Participant Binder

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## Contact Information

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*Team Leader for Cambodia*

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*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](mailto: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](mailto: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](mailto:judy@youthlinc.org)

## Chum Reap Sua F&F Team!

Chum reap sua and welcome to the 2012 Friends and Family Youthlinc humanitarian trip to Peak Sneng, Cambodia! I am stoked that you have applied for this trip and I am excited to get to know you as we embark on this adventure together. Whether this is your first experience with Youthlinc or if you are returning for more, I am sure you will have a great time experiencing the culture of Cambodia and working on the projects before us.

I would like to briefly introduce myself. My name is Justin Powell and I am the team leader for this year's Friends and Family trip. My first experience abroad was more than a decade ago when I was 18 and flew off to Thailand by myself to explore the world. Looking back I wonder what my parents were thinking, allowing me to do that! But I'm glad they did because the international community and humanitarian work have become key parts of my life. Since my first adventure in Thailand, I have lived in Australia, South Korea, Egypt, and Vietnam. I have traveled to Nepal, India, Israel and most of Southeast Asia (including Cambodia) multiple times. My first Youthlinc experience was in 2009 when I went to Thailand. I also went to Peak Sneng, Cambodia last year on Youthlinc's pilot expedition and loved every second. I am happy to be returning this coming summer to continue working on the projects we implemented last year.

In case you have participated in past Youthlinc programs, other Friends and Family trips included, let me tell you some similarities and differences between this trip and those. First, there is no local service requirement for this trip. You do not have a sponsor as a result. Therefore, you are responsible for your entire payment of the trip, which is \$2,999. You may be wondering if you can still fundraise via letters and other activities for this trip and the answer is YES! You can still do whatever you can to fundraise for this trip and it is, as usual with Youthlinc, tax deductible. Second, past Friends and Family trips have been run to be about half (or less) humanitarian work, and half (or more) tourist vacation. This trip to Cambodia will be a majority of humanitarian work, with only a few days of "touristy" things while we're there. We have a lot of great projects to do on this trip and want to provide you with as much opportunity as possible to connect and mingle with the local population. Some of the projects we will work on are: Repairing the primary school, painting the primary school, teaching English lessons, doing art projects, following up on the Livestock Exchange Program we started last year, doing oral histories of the local people, working on the school garden, building a compost house and a wood burning pit, and doing health education projects.

In addition to the work we will be doing, we'll also be having plenty of fun and making the most of your time in Cambodia. We'll be flying into Phnom Penh and visiting the Killing Fields, then heading up to Siem Reap where we will stay while we commute to Peak Sneng each day. We will take a couple of days to explore the magnificent Angkor Wat temples, visit a floating city, and explore the charming town of Siem Reap.

Get yourself ready for plenty of hard work. Remember, the more you personally invest in projects before we leave, and the more you focus on them while you're in Cambodia, the more meaningful experience you will have. I guarantee you will gain far more from this experience that you will find yourself giving. Cambodians are among the friendliest and easiest people to work with in my experience, and I'm excited to work with you as we experience Cambodia together.

Justin Powell  
Team Leader- Cambodia, Peak Sneng 2012

## Cambodia Monthly Team Meeting Calendar

We will be meeting at the YouthLINC office on the second Saturday of every month at **4:00 pm** starting in January. Participants are required to attend. There are only 5 meetings before we depart. Participants are expected to have 100% monthly meeting attendance. If you cannot make it to a meeting, please send someone in your place to report on your team job and to get any new information.

### January

#### Saturday January 14, 2011

**Time: 4:00 pm, Youthlinc office**

Tentative Agenda:

- Welcome
- Airplane to Airplane agenda of trip
- Q&A
- Committee and team job introduction and sign ups
- \*Turn in passport copies, medical releases, medical information sheets
- Animals for Easter update project
- Macy's fundraiser

#### Saturday February 11, 2011

**Time: 4:00 pm, Youthlinc Office**

Tentative Agenda:

- Committee Assignments and discussion of goals
- Team Building
- Travel Healthy handout
- Committee work
- Reminder of **payment** due date
- \*Turn in passport copies, medical releases, medical information sheets

#### Saturday, March 10<sup>th</sup>, 2011

**Time: 4:00 pm @ University of Utah**

Tentative Agenda:

- 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 passport copies, medical releases, medical information sheets
- Meet in committees to follow up on any projects and fundraisers

#### Saturday April 14, 2011

**Time: 4:00 pm, Youthlinc Office**

Tentative Agenda:

- Promotion of Youthlinc Annual Benefit
- Review packing lists in binders
- Introduction to Lesson Planning
- Committee Reports
- Items needed in-country and drives to get them
- Team Building
- Committee work
- \*Turn in passport copies, medical releases, medical information sheets

**Saturday May 12, 2011**

**Time: 4:00 pm, Youthlinc Office**

Tentative Agenda:

All Lesson Plans due for review

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

Committee Work as needed or time allows. (At this point, committees should be meeting independently to accomplish their goals).

Committee Reports

Make the Phone Tree

Team Building

**\*Turn in passport copies, medical releases, medical information sheets**

**SATURDAY June 9, 2011 Packing Meeting, Must attend!!!**

**4:00 PM LOCATION: Youthlinc Office (open area between Youthlinc building and Rue 21)**

Tentative Agenda:

Cambodia Packing Meeting

Final Committee Reports and all Final Lesson Plans due

Review of final in-country itinerary

Distribute the Phone tree

**August 2012**

**Location, date, and time TBA**

Annual Team Reunion

An opportunity for each of our 5 Service Year teams to reunite after their international service trips, celebrate and communicate their local and international service accomplishments to the entire Youthlinc family, other teams, parents, sponsors, donors, and alums. **Please mark your calendars, incoming class, as this is an event you do not want to miss!**

## FAQS Cambodia

Here are some of the most frequently asked questions about Youthlinc and our trip to Cambodia. I'm sure you'll think of more and are welcome to ask at any time. You and/or your parents are always welcome to call my cell (801-633-5787) or to contact me through email [justin-powell@live.com](mailto:justin-powell@live.com) at any time with questions.

### ***Q: When Will We Be Going?***

The tentative trip dates are: leaving Salt Lake on June 10<sup>th</sup> and returning on June 24<sup>th</sup>. 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: What kind of money do they use in Cambodia and what should I bring?***

Cambodia accepts US dollars for everything. You do NOT need local currency. Therefore, you should bring US cash (clean, crisp, small bills only—they will reject torn or overly worn money). They do not accept US coins. Do not bring them. If something is cheaper than a dollar or isn't an even dollar amount, you will get Cambodian Riel as your change. There are 4,000 Riel to a dollar. For example, if something costs \$1.25, you will hand over \$2 US and receive back 3,000 Riel. 1,000 Riel= \$.25. If you are at the market and something costs 10,000 Riel, you need to divide that number by 4,000 to know how much it is in US dollars. So  $10,000/4,000 = 2.5$ ; therefore the item costs \$2.50. You could then either hand over \$3 and get 2,000 Riel in change, or hand over any mixture of dollars/Riel that you want that equal up to 10,000 Riel total. The shop owners will help you and are quite honest, so don't worry too much!

There are ATMs abounding in Cambodia that dispense US dollars. You can *easily* get money from ATMs. Be advised that ATMs charge between \$5-\$10 in fees each time you use them. Taking over a lot of cash might be unwise in case of lost baggage or theft, so using an ATM card even though there are fees might be the safer choice when travelling.

One last note on Riel: If you accumulate a lot of it as you shop, be advised that you cannot exchange Riel at the bank or back in the US. You will need to spend all of the Riel you receive while in Cambodia or plan on bringing it home as a souvenir.

### ***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](http://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. We will get our visas upon arrival at the airport in Cambodia. You will need to have \$25 in US cash to get your visa.

***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. Make sure, as usual, that you have cash on hand for this.

***Q: How can I raise money?***

Since the F&F trip has no sponsorships and no local service requirement, you are 100% responsible for your entire trip cost. You can still do as much fundraising as you want and it is tax-deductible. Most people have raised funds by:

- Asking family or friends for donations
- Going to local businesses for donations
- Holding garage sales
- Hosting a party or BBQ with a small entrance fee (then get donations from local businesses and do a raffle)
- Sending out a letter to church members, neighbors, friends, and family explaining about the program and you part in it.
- Selling products (i.e. cookie dough, pizzas, wrapping paper, etc...) which give back a percentage of the sales.
- Holding a raffle for donated services or products
- Having a coin or change drive

***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?***

Hot and sticky! The humidity is 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 space 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 50 lbs. You will carry your personal suitcase plus one Youthline duffel bag with supplies. On the way home you cannot use Youthline 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 or buy one for cheap at the market. 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 to get cash and purchase 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 really worried about the food, go out to a Thai Restaurant before you leave this summer and give something new on the menu a try. Cambodian food has some similarities to Thai, though it's distinct in its own way. **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... it does no good in your room! 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, and some that you'll recognize. 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 in case of emergencies. If something happens at home, your parent or guardian can contact Miriam, Julia, or Judy and one of them will get in contact with the team leader asap. 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: Can I go out on my own while we're there?***

It is important for safety reasons that we stay together in groups. If you are a minor, you must always go out with an adult. 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 to be safe.

***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!

***Q: Will there be time to shop?***

There will be plenty of time to shop. There is a fabulous market very near where we are staying. The main market in town closes at dusk, but a night market opens in another part of town and has some pretty cool stuff!

## Global Statistics: If the World were a Village of 100

[www.100people.org/statistics\\_detailed\\_statistics.php](http://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 Daily Itinerary

Cambodia trip: June 10-24, 2012

### Sunday June 10<sup>th</sup>

*Depart SLC for LA (specifics TBA)*

*Depart LA for Singapore @ 3:45pm*

### Monday June 11<sup>th</sup>

Lost day due to the time change in the air

### Tuesday June 12<sup>th</sup>

*Arrive Singapore @ 3:05 am*

*Depart Singapore for Phnom Penh @ 8:40 am*

*Arrive Phnom Penh @ 11:25 am*

Check into hotel

Lunch

Free time

Dinner

Overnight in Phnom Penh

### Wednesday June 13<sup>th</sup>: Tourist Day, Travel to Siem Reap

Breakfast

Tuol Sleng and the Killing Fields

Lunch

Travel to Siem Reap

Dinner

Unpacking Meeting

### Thursday June 14<sup>th</sup>: Opening ceremonies and work

Breakfast

Cultural: Opening ceremonies

Lunch

Classroom floors

Micro: Follow up on Livestock program from past year

Teach English lessons

Medical: Visit clinic, assess needs

Dinner

Meeting

### Friday June 15<sup>th</sup>: Work day

Breakfast

Water filters

Classroom floors

Repair desks

Teach English lessons

Mondo Art

Medical: Clinic, teach health lessons

Lunch

Water filters

Classroom floors  
Repair desks  
Micro: Train/retrain current co-ops and governing board  
Teach English lessons  
Mondo Art  
Gardening project  
Dinner  
Meeting

**Saturday June 16<sup>th</sup>: Angkor Wat, cooking classes at Mom's Guesthouse (maybe?)**

**Sunday June 17<sup>th</sup>: Angkor Wat and Siem Reap site seeing (dinner on your own)**

**Monday June 18<sup>th</sup>: Work day**

Breakfast  
Water filters  
Lime on building  
Teach English lessons  
Mondo Art  
Medical: Teach health lessons  
Lunch  
Water filters  
Lime on building  
Micro: Bios on future Livestock recipients  
Teach English lessons  
Mondo Art  
Gardening Project  
Jr High cultural exchange  
Dinner  
Meeting

**Tuesday June 19<sup>th</sup>: Half Work Day; Tour of the Floating Village**

Breakfast  
Classroom floors  
Compost house  
Micro: Bios on future livestock recipients  
Teach English lessons  
Medical: Teach health lessons  
Lunch  
Tour of the Floating Village  
Landmine Museum  
Dinner  
Meeting

**Wednesday June 20<sup>th</sup>: Work Day**

Breakfast  
Paint building  
Compost house  
Education: Teach English lessons  
Lunch

Paint building  
Garbage/fire pit  
Micro: Bios on future livestock recipients  
Education: Teach English lessons  
Gardening/vocational project  
Medical: Teach health lessons  
Dinner  
Meeting

#### **Thursday June 21<sup>st</sup>: Work Day**

Breakfast  
Paint building  
Garbage/fire pit  
Teach English lessons  
Medical: Teach health lessons  
Lunch  
Paint building  
Garbage/fire pit  
Micro: Bios on future livestock recipients  
Teach English lessons  
Gardening/vocational project  
Health Fair & Cultural Exchange with adults  
Dinner at Koulen Restaurant and Traditional Dancing  
Meeting

#### **Friday June 22<sup>nd</sup>:**

Breakfast  
Finish various construction projects  
Micro: Finish bios on future livestock recipients  
Lunch  
Closing ceremonies  
Fun Fair  
Dinner  
Meeting

#### **Saturday June 23<sup>rd</sup>: Travel Day**

Breakfast  
Angkor Children's Hospital tour  
Lunch on own  
Go to airport  
Depart Siem Reap for Singapore at 4:35pm – arrive at 10:15pm (spend the night in hotel)

#### **Sunday, June 24<sup>th</sup>: Travel Day**

Depart Singapore for LA at 9:25am – arrive in LA at 1:30pm (same day)  
Depart LA in the afternoon, and arrive in SLC in evening

## 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, computer bag)

- Cambodia is a hot 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 the entire day on the plane—and the entire night on the way back.
- **Passport** and boarding passes (you'll get your boarding passes 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 might swell during the flight!
- books, iPod, 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 and on your person at all times.**

**Stuff 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 at the Guesthouse... 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 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
- 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). They **MUST** be knee length. I will make you go buy new shorts at the market that are modest if you do not pack them yourself. And I'm not bluffing!
- 5-6 t-shirts (enough to get by with if you do laundry once or twice on the trip)
- RAINGEAR—lightweight poncho or hooded rain windbreaker (both would be ideal)
- Some things to sleep in.
- Underwear (I'm not sure you want to have to buy Cambodian underwear... who knows what fashion is in this year!)
- Tourist clothes- still need to be modest and again, it is hot there.
- Small amount 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, Pepto or Imodium
- Reusable water bottle
- An extra water bottle
- **Mosquito repellent with DEET**
- 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, non-meltable things like: granola bars, fruit roll ups, nuts and trail mix, beef jerky, small cereal boxes, jar of peanut butter, crystal light packets \*\*For reals, bring some snacks!!
- Flashlight and extra batteries (sometimes there are power outages)
- 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-flops (one for the shower, and a dry pair to wear around the hotel).
- Jacket or sweatshirt
- Scissors
- Packing Tape
- Permanent Markers
- 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! And if you don't think you will be buying anything....think again.

- 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.

## Items Needed At Cambodia Site

Fund drives are always most useful in accomplishing goals at the international site. When we bring money to Cambodia we help the local economy and we are sure that the people there are getting exactly what they need. Also, because of weight restrictions for baggage, we can only bring so much.

### Here are projects that need fund drives:

- \$ for construction projects
- \$ to buy medical supplies
- \$ for livestock, micro program
- \$ to buy school supplies

### Here are light weight items that we can donate to the project sites in Cambodia:

- New or gently worn shoes for children
- Materials for Hygiene kits
  - Two bars of soap
  - Two washcloths or hand towels
  - Four toothbrushes
  - One tube of toothpaste
  - One package of band-aids
  - One comb
- Day Fair Materials
  - Craft supplies, yarn, sewing, beads, etc...
- Recreation Materials
  - Soccer equipment
  - Games
  - Jump Ropes
  - Balls
  - Frisbees
  - Bubbles
- Health Fair Supplies
  - To be determined by committee
- Medical Supplies/First Aid Supplies
  - Neosporin
  - Hydrogen Peroxide
  - Rubbing Alcohol
  - Exam gloves
  - Surgical gloves
  - Sterile needles
  - Sterile syringes
  - Sutures
  - Dressings, sterile
  - Bandage scissors
  - Cleansing agent/soap and antibiotic towelettes to disinfect.
  - Antibiotic ointment to prevent infection.
  - Burn ointment to prevent infection.
  - Adhesive bandages in a variety of sizes.
  - Eye wash solution to flush the eyes or as general decontaminant.

- Thermometers
- Tweezers
- Tubes of petroleum jelly or other lubricant
- Aspirin or non-aspirin pain reliever
- Anti-diarrhea medication
- Antacids (for upset stomach)
- Laxatives
- Cotton tipped applicators
- Bath towels and wash cloths
- Disinfectant sponges and swabs
- Ace bandages (elastic)
- Casting materials
- Dressings (gauze, bandages, Band-Aids, 4 x 4's, etc.)
- Tongue depressors and containers
- Q-tip applicators and containers
- Condoms
- School Kits
  - 2 Spiral Notebooks
  - 6 Unsharpened pencils with erasers
  - 1 pencil sharpener
  - 2 erasers
  - 1 pack colored construction paper
  - 1 box of crayons
  - 1 cloth book bag with handles or straps (patterns can be found online or can be distributed at a team meeting).
- New Baby Kits
  - 6 cloth diapers
  - 10 Clothes Pins
  - 6 disposable diapers
  - Baby Wipes
  - 2 shirts
  - 1 sweater
  - 2 gowns
  - 2 blankets
  - Baby skin cream
- Dental Hygiene Supplies
  - Toothbrushes
  - Toothpaste
  - Dental Floss
- Feminine Hygiene Kits (Reusable- one kit)
  - 4 pairs of new underwear
  - 16 pads
  - 4 envelopes
  - 4 sandwich size baggies
  - one nail clipper

## Youthlinc Lesson Planning

Every team member does lesson planning and it is a skill that not everyone is familiar with. Even though there is some instruction on 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 is a lesson plan template that is suggested for you to follow when preparing your lesson. There is also an example of a successful lesson. This is just to give you ideas. Remember, we stay at the same site for years. Do not replicate this lesson exactly, because they may have already had this lesson.

### Lesson Planning Sheet Cambodia Youthlinc 2012

**Title of Activity:** \_\_\_\_\_

**Creators:** \_\_\_\_\_

**Brief Description and Goal: (Students will do- blah blah blah and they will learn- blah blah blah)**

**Number of Participants** \_\_\_\_\_

**What age levels can participate in this lesson** \_\_\_\_\_  
(Try to build it for all age levels or at least either all elementary or all secondary)

**Time Needed to Complete (Ex.15-60 minutes)** \_\_\_\_\_

**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.):**

**Suggested Activity Steps: (Include how you will introduce lesson-get their attention, all steps to the activities/lesson and how you will conclude the lesson).**

## Lesson Plan Example

**Title of Activity:** Emotions

**Creator:** Erik Jensen

**Brief Description and Goal:** students will learn 12 basic emotions words plus up to 12 other emotion words depending on time and student ability.

Number of Participants: Any number will work- small to large group.

Age level: This lesson is appropriate for any age group.

Time Needed: 30-40 minutes

Must an interpreter be present? NO

Is the activity accessible to all ability levels? YES

**Supplies needed:** Pictures of people expressing different emotions, big foam die with different emotions written on it and pictures of my family and of Utah.

### Activity Steps:

Introduction: explain that we are learning "emotions" today.

1. 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.
2. 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.
3. Introduce more emotion pictures and words; have class repeat (see #1).
4. 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.

\*\* (If there is time I want to show pictures of Utah, my family etc. and practice conversation with students)

Type the name of your lesson here:

Grade \_\_\_\_\_ Subject: \_\_\_\_\_ Prepared By: \_\_\_\_\_  
 Level: \_\_\_\_\_

**Overview & Purpose**

What will be learned and why it is useful

	Teacher Guide		
Objectives (Specify skills/information that will be learned.)			Materials Needed Paper Pencil Others
Information (Give and/or demonstrate necessary information)			
Verification (Steps to check for student understanding)			Other Resources (e.g. Web, books, etc.)
Activity (Describe the independent activity to reinforce this lesson)			
Summary			Additional Notes

### Payment Schedule

Balance		Total Due	Deposit	After deposit	Dec. 29th	Jan. 29th	Feb. 29th	Mar. 29th
\$ 2,999		\$ 2,999	\$ 250	\$ 2,749		\$ 917	\$ 916	\$ 916