

Asian អេស៊ីយ៉ា Outreach អោយដឹង Cambodia បំរើកម្ពុជា



GUIDE FOR VISITORS, TEAMS AND INTERNS

contents

3	Our Vision	9	AOC Policies:
4	Country Profile	10	Social Media
5	Culture:	11	Language
6	Clothing and	12	Orientation:
	Social Behaviour		Visas and Immigration
7	Sharing the Gospel	13	Health and Vaccinations
		15	Sample Packing List





*Thank you for your interest in partnering
with Asian Outreach Cambodia.*

*Being part of a short-term team can be a
rich experience and our prayer is that
your time in Cambodia opens your eyes
and heart to what God is doing in this
beautiful country.*

*This magazine has some helpful hints to
prepare for your visit to Cambodia,
including what to bring and what to
expect.*

*As you prepare we encourage you to take
the time to pray for the team you will be
travelling with, the local partners who
will host you and that God would reveal
to you how you can be part of what God
is doing in Cambodia.*

*Thank you for considering Asian
Outreach Cambodia.*



Our Vision

AND MISSION

TO RESTORE HOPE AND
DIGNITY TO CAMBODIANS
BY BREAKING THE
POVERTY CYCLE IN RURAL
COMMUNITIES.

EQUIPPING AND
EMPOWERING RURAL
COMMUNITIES THROUGH
TRAINING AND RESOURCE
DEVELOPMENT IN
EDUCATION AND LIFE
SKILLS, HEALTH, HYGIENE,
LIVELIHOODS AND FOOD
SECURITY.

COUNTRY PROFILE

Cambodia

CLOSE TO 2 MILLION CAMBODIANS WERE KILLED BY THE KHMER ROUGE REGIME FROM 1975 TO 1979.

The nation was left in ruins and the country has struggled to recover. The Cambodian people are survivors, and today the people still face numerous challenges, however, it is a nation that is growing and moving from its dark past into a new future.

Access to safe water is a major concern for the 80% of the population who live in rural Cambodia.

During the dry season an estimated 34% or 5.145 million people (World Health Organisation 2014) are drinking unclean water (pond, open well) and 67% of rural Cambodians practice open defecation. Particularly in the dry season, the lack of safe water causes sickness, extra expenditures, and a physical stress when water is not readily available.

In 2010, of the 14,073 villages in Cambodia, only 1,876 villages have a church, leaving 12,197 villages without a local church. Cambodia is a Buddhist nation (97%) with Christianity making up 1-2%. Animism, Islamism and Muslim make up a small percentage.

Cambodia ranks 143/188 countries in the human development index.

- Over 20% of the population is living below the national poverty line (\$1.25 p/day).

- 75% of rural people do not use a latrine.

- Water: 40% (5.4 million) consume drinking water from a non-improved source; eg, open well, uncovered pond or surface water.

- Children: 36% of under-fives are moderate to severely underweight



Culture

THINGS TO BE MINDFUL OF

CLOTHING

Cambodian culture is conservative with respect to dress, especially in the villages. Shorts or skirts should be knee length or longer.

Shirts or tops should be at least short sleeved.

With footwear, it is normal to take your shoes off every time you go inside a building.

If you are coming in the wet season (April - October) it is advised to bring a weatherproof raincoat.

MEN

- Shorts must be at the knee or below
- Shoulders must be covered at all times.
- Formal attire may be required at various events (i.e Church).
Wear a collared shirt and pants.

WOMEN

- Bottoms must be at the knee or below.
- Shoulders must be covered at all times.
- Formal attire may be required at various events (Church)
Wear long pants or a long skirt with a dress top.



SOCIAL BEHAVIOUR

Cambodia is conservative, even more so in rural villages. Acceptable social touch is different to what you may be used to! Male to female touch is a no-no unless married. However, friendly touching within your gender is big!

MALE FEMALE RELATIONS

Handholding and hugging between female/female and male/male is a sign of friendship and trust.

AOC recommends you do not show affection outside of your gender in public.

Men should not stand too close or touch a Cambodian woman while speaking to her.

Women should not make eye contact with or stand close to a monk. This is so he can remain pure, respectful to the Buddhist religion.

No individual should be going anywhere by themselves with a member of the opposite sex without informing their leader.

"YOU'RE FAT!"

In Cambodia, it is seen as desirable to be fat, rather than thin. Cambodians have no hesitation in telling you this. It is a compliment, so please don't take offence!

SAVING FACE

It is impolite to speak loudly or to show violent behaviour in Cambodia. It is very important to keep one's "face", one's self-respect. Cambodians will try hard not to embarrass themselves or someone else. They will almost always respond with 'yes' so as not to embarrass you, even if they don't understand.

An example of saving face, is if you are offered food you don't want to eat, it is best to eat it so as not to embarrass the giver! If you can't, be discreet about it!

THE HEAD AND FEET

Cambodians believe that the head is the most honoured part of the body. It is an insult to touch a person's head, including children.

The feet are considered 'low', so avoid pointing your feet at anybody. When seated on the floor, tuck your feet under you.

Remove your shoes when entering a home



CHILDREN

If you are coming to visit AOC projects you will be required to complete a Child Protection Policy form.

Many of the projects you will visit benefit children. Be careful to always stay with other adults and the group, while you are on project sites.

Being alone with a child puts you and AOC partners at huge risk. Do not take or post photos of unclothed children.

BUYING GOODS FROM CHILDREN

Do not give money to children selling goods or begging. This supports child labour and encourages the parents to keep their children working rather than being in school.



DON'T PET THE ANIMALS

Little puppies are cute and irresistible in any country. However, in Cambodia, especially in provincial areas, animals and pets often carry worms and other diseases. It is best not to play with them.

SHARING THE GOSPEL

In staying with the mission of AOC you may have the opportunity to share your faith and to pray for/with people. However, please be aware that while Cambodia does by constitution grant religious freedom, by practice there are many limitations.

Please follow the direction of AOC staff in regards to the appropriate place, time and way to share your faith. We'd really encourage you to spend time with the Christians in the villages to hear their stories and encourage them by praying for them. Be humble and have a serving, honouring attitude. After all, they are the ones God has planted to share His good news.

We see evangelism working in amazing ways when it happens organically. As a culture, Khmer say yes to everything, so as not to 'lose face'. Because of this, it's hard to know if they are saying, 'Yes, I want to become a Christian' to save face. In Buddhism they are used to having multiple Gods, so adding on another God is no biggy. The comprehension of Christianity takes a while. Focus on building a relationship [with the staff] and empowering them. The greatest witness will be here on site!



A.O.C Policies

HOW WE DO THINGS AT AOC

STAFF DEVOTIONS

The AO Cambodia team holds meetings and devotion times and as a visiting team, you will be invited to join in the devotional or worship times during your time on outreach/mission building. If necessary, translators will be there; to help you integrate into these times. This will give you a snapshot of life here in Cambodia. It will help you get to know the staff and feel a part of what we are doing and help you feel that your contribution is valued and essential to us as well as beneficial to you.



RESPECTING THE ENVIRONMENT

Plastic waste and littering is a big problem here in Cambodia. Here at AOC, we use water that comes from the BioSand Filters, which we implement in our projects. We encourage you to bring a refillable drink bottle and top this up with water from one of the many water coolers.

ALCOHOL, DRUGS, SMOKING

AOC and The Hope Centre have a strict no alcohol and drugs policy on the premises.

There is a designated smoking area on the patio outside The Hope Centre kitchen.

For expats/interns only:

It can be difficult for expats to know what to do concerning the consumption of alcohol. Most Cambodian Christians will, generally, not drink and probably won't understand why you want to. Always act responsibly and wisely when drinking. Never drink and drive as you need your wits about you on the roads here.

TOILET PAPER

In Cambodia our pipes are thin, please place your paper in the bin! Otherwise you could block the pipes!

S O C I A L M E D I A G U I D E L I N E S

Tag us!

Facebook: Asian Outreach Cambodia

Instagram: @aocambodia

#AsianOutreachCambodia #AOCTheHopeCentre

Ask permission to take and use photographs, even if you can't communicate through language, use hand gestures to do so. It is polite and right to do so.

Don't anything legally protected or confidential. Your team leader will inform you of anything of this nature.





Language

AND GREETINGS

"CHOM REAP SUA" FORMAL GREETING

When greeting Cambodians use the customary 'chom reap sua' – hands placed together palms facing with the fingers touching the chin. It is both a respectful and cultural gesture. It is customary to bow as low as the person you are greeting.

HELLO

"SUOSDAY"

GOODBYE

"LEA HI"

THANK YOU

"AKUN"

SORRY/EXCUSE ME

"SOM TOH"

YES (FEMALE)

"CHA"

YES (MALE)

"BAAT"

HOW ARE YOU?

"SOK SABAI TAY?"

I'M FINE THANK YOU

"KNHUM SOK SABAI"

WHAT IS YOUR NAME?

"CHHMUA AE?"

GOD BLESS YOU

"PREH UNG PROTEANG PO"

A woman with dark hair tied back, wearing a red and white floral patterned shirt, is pulling a thick blue rope into a white plastic bucket. She is standing outdoors with green foliage in the background. The rope has a dark tassel at the top. The bucket is sitting on a concrete ledge.

ARRIVING IN CAMBODIA

Orientation

VISAS

VISA ON ARRIVAL

You can purchase a temporary tourist visa at the airport upon arrival. This is valid for one month and will cost \$30 USD. You will need USD in cash and two correct size passport photos.

VISA FOR LONG-TERM STAY

If you are working here for up to a year or more, then the business Visa, \$265 USD, will need to be applied for once you are in the country. We can discuss this procedure in more depth as we move forward with your partnership as there are other options for FREE visas.

IMMIGRATION

After obtaining your visa, pass through immigration. They will most likely not say anything to you as they take a quick digital photo of you and wave you on through to your luggage. The airport is not very large so it will be easy to spot your luggage carousel. After claiming your baggage, pass through customs, hand over your customs declaration and head out.

HEALTH AND VACCINATIONS

Please note as with any health recommendations to consult with your Doctor first. This is what we have found works best in the past and what we currently recommend to our guests.

IMMUNISATIONS

As a minimum we recommend:

- Tetanus
- Typhoid
- Hepatitis A

At your own choice:

- Malaria

Medium risk and not found in Phnom Penh or Siem Reap. We will visit (only 1 or 2 days) villages where there is a low-medium risk. An option is taking medication before you arrive which can be quite expensive and can have side effects (nausea, prone to sunburn). Another option is to buy repellent and wear lightweight covered clothing and closed shoes.

There is a higher risk of catching Dengue fever than Malaria to which there is no medication that can be taken as a pre-trip vaccine.

- Rabies

Low risk. If in the unlikely situation that a dog bites you, we would have 24 hours to get you to a clinic, which we would be able to do no matter where we were. You can take the pre-vaccine, but even if you get bitten we would need to go to a clinic, as you would still require additional medical attention.

HOSPITALS AND MEDICAL CLINICS

Should someone need to use healthcare, it is important to note that health care in Cambodia is considered below par compared to your home country. For issues requiring serious medical attention, be aware that evacuation to Thailand is an option and should be considered when choosing insurance packages. Cambodia does offer Hospitals and Clinics, however, all treatment is quoted in USD and must be paid for in cash before leaving.

TRAVEL INSURANCE

Prior to leaving your country, please communicate the Health and Insurance packages you are interested in coming with. We are happy to discuss the options prior to your departure and help you to find the best-suited insurances specific for your time here. As a starting point, we recommend STA Travel Insurance. Email to: ghoughtonaoc@gmail.com



TRANSPORTATION

TUK-TUKS AND MOTO-TAXIS

Tuk-tuks and moto-taxis ('moto-dop') can be found around all local markets, tourist spots, and most street corners. Most moto journeys around the city cost between \$1-3 USD. Tuk-tuks cost around \$2-5 USD. Be prepared to pay more if it is at night or raining. Always negotiate and agree on a price before setting off on a moto or tuk-tuk. It is recommended that women take a tuk-tuk over a moto-taxi for safety reasons.

DRIVING IN CAMBODIA

In order to drive in Cambodia you will have to apply for the Cambodian Driver's License. This will allow you to drive a moto or a car, should your insurance package allow for this. Driving in Cambodia is very different than in your home country and so we recommend that you use caution and consider moto taxis and Tuk Tuks for your daily commutes. If using a moto, a helmet is required. Should your time here be of some length then we can have a conversation about renting a moto and the budget that that would be.

MONEY

1 USD = 4000 REIL

Reil is the local currency, but the US dollar is interchangeable in all shops/markets. Using smaller denominations of US dollars is recommended. Always check your dollars as Cambodians are incredibly fussy and won't accept any dollars with a slight tear, nor \$2 USD bills as they are considered unlucky. ATMs can be found around the outside of local markets.

BARTERING AND MARKET ETIQUETTE

Bartering is the rule of thumb in the markets and street stalls. It is important to the local missionary staff to establish and maintain relationships with the local people (e.g. market shopkeepers) so please treat these people with respect and politeness. Typically, be sure you want to purchase a product before bargaining for it. A good place to start is usually about half the original asking price if you are a foreigner. Note that bargaining is not done in the western supermarkets or where prices are marked.

PRAYER LIST

- Health and safety of people and protection as we travel.
- For favour with customs and immigration officials.
- Physical, emotional, and spiritual needs of the team as well as their families who are left at home.
- Good communication and unity within the team and with the national partners.
- Loving, serving attitudes among the team while under the stress of travel.
- The building of strong, lasting relationships with our partners.
- For God's love to shine through the team so that they can bring hope, encouragement and spiritual refreshment to the people they go and serve.

SAMPLE PACKING LIST

Personal:

- Bible
- Toothbrush
- Toothpaste
- Deodorant
- Shampoo/Conditioner
- Sunscreen
- Wet wipes
- Toilet paper or tissues to keep handy
- Sunglasses
- Hand sanitizer
- Photocopy of Passport/Prescriptions
- Passport photo x 2 (for visa application on arrival)
- Insect repellent

Note: Internet and Sim cards.
Wifi is widely available at most food places in Cambodia, and at AOC.
A Sim card can be bought at the airport for about \$6 USD. This includes calling, text and data credit.

Clothing

- See 'Clothing' in the Cultural section
- Loose pants and shirts
- Underwear
- Shorts/Khakis
- Long sleeve shirts/blouses
- Hat
- T-shirts
- Lightweight shoes, flip-flops, sandals
- Covered shoes x1
- Raincoat

Miscellaneous

- Water bottle
- Power adaptor
- Zip Lock or trash bags for dirty clothes
- Camera
- Reading material or a loaded iPod (for long taxi rides!)
- Snacks specific to dietary requirements
- For outreach teams, come with a few fun children and adult songs or games prepared!



LET'S GET SOCIAL!

