



The Need

Improving Livelihoods, Sustainability, and Food Sources



‘My name is Mrs Voeuy. I would like to tell you how my life has changed since ADRA helped my village to build a well. Water from our well is very important for my family! It sustains life, it brings happiness, and it makes my life a lot easier. In the past I had a hard time getting water for my family to use. I had to go a far distance to get water from streams. Getting water took a lot of my time, and because of this I could not grow vegetables. Now with the well available right near my house, I am very happy - the well makes it so much easier to provide for my family! Not only do we now have enough water for using every day but we also now have been able to grow vegetables and it is more than enough for my family to eat so we can now sell some too!’



‘Hello. My name is Yen Yon. I am happy that ADRA is helping my village in Pursat to clean up the trash. I will change my habit of throwing away garbage around my house to make a rubbish bin for non-biodegradable garbage and dig a hole to bury biodegradable garbage. This will help to improve my family’s health and keep us from being sick often. Also it will prevent insects from growing in the piles of garbage.’



‘My name is Dang. I live in Cambodia with my husband and four children. My husband and I both didn’t get to have go to school growing up. Life has been hard, and there haven’t been many opportunities to make money to provide for our family. I have been doing my best by making cakes and sticky rice in my home to sell in the market, but I was only able to make about one dollar a day. A couple of years ago ADRA started working in my village. ADRA organised community groups where I learnt how to read and to garden. With the well that ADRA drilled in my back yard, I now have a year round supply of water to irrigate my garden enabling me to sell vegetables in the market. This has helped me to be able to better provide for my family and I can now afford to send my children to school. ADRA has really helped change my life! ‘ Be a part of capturing life changing stories of people in Cambodia!



Key Facts

Cambodia

Cambodia is a beautiful land of tropical forests, rice paddies, rivers and lakes. The people are well-known for their hospitality and warmth. However, half of all Cambodians live below the poverty line, struggling to survive on less than \$2 a day. Poverty is especially pervasive in rural areas and amongst children, who make up more than half of the country's population.

According to the United Nations Children's Fund in regards to the population of Cambodia:

- 28.3% of the population are underweight (2008-2012, moderate & severe).
- 39.9% of the population are stunted (2008-2012, moderate & severe).
- 10.9% of the population's bodies are wasting (2008-2012, moderate & severe).
- Only 67.1 of the population have access to improved drinking water sources (2011).
- Only 33.1% of the population have access to improved sanitation facilities (2011).
- 59.4% of women had Antenatal care (2008-2012, At least four visits).
- Maternal mortality ratio, is 1 in 150 (Lifetime risk of maternal death, 2010).



ADRA in Cambodia

ADRA Cambodia has many different programs and projects that run across several areas within the development sector. The main focus of these projects is sustainable community development, advocating for strong relationships in the community and for communities to further build their capacity.

ADRA Cambodia have a strong focus and commitment to the communities in Siem Reap, Preah Vihear, Kompong Thom, and Pursat. There are four areas in which ADRA Cambodia directs the majority of its focus:

- Food Security
- Education
- Health
- Water, Sanitation and Hygiene (WASH)

Through programs that ADRA has implemented, people have learned to grow better vegetable gardens, make money from fruit trees, create fish farms and raise livestock. Besides providing core community nutrition programs where parents are now making improved and informed decisions about hygiene, drinking water and sanitation, ADRA projects have integrated opportunities for community members to learn skills in co-operative groups, adult literacy, technical agricultural and small business management.



The Opportunity

Meeting Project Participants and Recording Stories of Change

Imagine having an opportunity to have hands-on involvement in the work that ADRA does in Cambodia - visiting, monitoring and evaluating communities that have been impacted and empowered through your contribution. You and your team will actively be involved in the collection of 'stories of change' our partners have experienced from being involved in the CHOICES project and other recent ADRA projects in the area.

The 'CHOICES' Project or 'Child Health Outcomes Improved through Community Empowered Solutions' is located in the Pursat Province in Cambodia. It was established in 2014 and is set to run until 2019. The main focus of this project is improving child nutrition and well being. The CHOICES project targets families from 60 undeserved rural communities of the Bakan district, supporting communities to better address the risks of child nutrition and wellbeing. Working in a holistic manner the emphasis is on the need for local ownership and self-initiation in the change process. The project focuses on interventions that specifically support children who are the most vulnerable in their villages in the rapidly changing development context.



A community empowerment model is used to address identified risks and support nutrition, child health, and livelihood opportunities and seeks to appropriately address labour and migration issues.

You and your team will be trained by ADRA staff, on how to collect stories using the 'Most Significant Change' approach, with stories collected through a variety of methods from focus groups and participatory activities to personal one-on-one interviews. This trip is a fantastic opportunity to meet beautiful families, visit their homes and experience the warmth and hospitality of rural Cambodian life, all the while assisting project participants to reflect on the changes in their lives and the actions that have brought these about.



Trip Overview

Day 1

Arrive into Phnom Penh where you will be warmly welcomed by the ADRA Cambodia Team, who will be looking after you whilst on your trip. They will assist you in organising a local phone SIM and exchanging your money before accompanying you to Midland Hotel, where you will enjoy a wonderful welcome evening, with an opportunity to meet other team members and ADRA staff.

Dine together for the evening meal and enjoy some of Cambodia's delightful dishes, then sit back with your new mates and share a hot or cold drink to refresh, relax and unwind – the next few days are going to be breathtaking and incredible!



Day 2

Today you and your team will experience the sights, sounds, smells and tastes of Cambodia through a variety of orientation activities. At the ADRA Cambodia Country Office a team of ADRA staff will lead you through an orientation program where you will learn about the needs in Cambodia, the work ADRA is doing, and the CHOICES project that you will be visiting. Safety measures, instructions and development training will also be facilitated; a unique opportunity to experience first-hand how ADRA operates in Cambodia and the importance of good development practices. ADRA staff will also conduct a special training on the 'Most Significant Change' approach, which will equip you and the team with the specific skills to get involved in ADRA's important work of monitoring and evaluating projects through the process of collecting stories of change.

You will also have the opportunity to participate and expand your understanding of the country of Cambodia and the situation of its people when you visit the haunting Tuol Sleng Genocide Museum - a memorial site to the tragic history of the Khmer Rouge regime. The site is a former high school which was used as the notorious Security Prison 21 (S-21) from 1975-1979. Tuol Sleng means "Hill of the Poisonous Trees". It was one of the last execution centers in the country where as many as 20,000 prisoners were killed. The ADRA Team will be here to support you as you visit this place that moves your soul from the terrible tragedy that unfolded in this country, and yet, amidst the stories and photos of brutality you have a chance to meet some heroic survivors of S-21 in person, and the chance to buy an autographed copy of their story, written in their own words.



Take some time to debrief with your team and leaders as you are transported into a different time, where rice fields are rich and green, cow machines drive past laden with heavy loads and the tragedy of the Khmer Rouge regime is hidden behind the smiles of poverty stricken families, living out their lives in rural Cambodia – welcome to Pursat Province, where your project work will be conducted.

Day 3-4

Over the next few days you will be travelling out to various communities in Pursat where ADRA projects are operating. Here you will have the chance to observe, monitor and participate in project activities. See the shy smiles of children and community members as they meet you. Hear the warm greetings, the polite welcome reception and through a translator listen and record the stories of young and old alike. Try the local cuisine and enjoy being immersed in this beautiful culture.

Trip Overview

Day 5

Today is the final opportunity to participate in project activities and finish collecting and writing up the stories of change you have heard. Enjoy a packed lunch in the local village before saying farewell to the communities that you have been a part of. It may be a great time to have your camera ready as you say goodbye to your new Cambodian friends!

Throughout the afternoon you will have time to complete and compile the stories that you have gathered to share in a final plenary session with the ADRA staff – completing the cycle of monitoring and evaluation that is such an important part of every ADRA project. As you sit and reflect on the lives of the people these stories unveil, and the hope that ADRA projects have brought to these peoples lives, consider how you may like to be an on-going partner with ADRA, changing the world one community at a time. Amazing things truly are happening!



Day 6

As you head out of Pursat to Siem Reap today, take some time to reminisce over the journey you have been on this week. Pass houses on stilts often surrounded by low-lying water, watch buffaloes and cows amble by or wallow in the mud, and hear children giggling as they play next to their mothers in the rice-paddy fields. It sure has been a colourful and interesting week!

When you arrive in Siem Reap you will notice the colonial and Chinese-style architecture, cultural villages, souvenir and handicraft shops and a diverse range of people drawn here from all over the world. Enjoy some local cuisine before heading out on tuk-tuks to visit the amazing Angkor Wat Temple (also known as 'The Holy City'). Built in Khmer architecture style between the 9th and 14th centuries, there are over 1,000 ancient temples that make up Angkor Wat. Many of these temples are sacred sites, overgrown with mossy jungle canopy, skilfully carved rocks, steep stairs and trees towering up and over walls. It certainly is an enchanted and enthralling place to visit!



Day 7

Today you have a chance to enjoy a rest day, where you can visit a local church or take in the sights at your own leisure. Reflect on and process the situations, life circumstances, and people that you have met throughout the week. In the evening enjoy a celebratory dinner with your team before participating in a final debrief, preparing you to return home.

Day 8

Depart from Siem Reap back to Australia remembering and reflecting on the beauty of the people, the place, and the culture of Cambodia that you have experienced. Be ready to share the stories of hope and change that you have heard and witnessed on your ADRA Connections experience!

Significant change happens when people like you share what you have seen and been a part of to inspire others to join you in supporting this life-changing work.



Expenses

An ADRA Connections trip provides a memorable and enriching personal experience of development work, where you have the opportunity to be involved in ADRA's work first-hand, in a safe and culturally appropriate manner. The costs associated with your trip reflect this unique and meaningful approach. Costs are split into two different components: ADRA Donation Costs and Personal Costs.

Please note, travel costs are not included in ADRA Connections trip costs, and are each participant's own responsibility, including all bookings and arrangements. Travel costs include: flights, extra baggage, airport tax, passport, visas, vaccinations, first aid kit, and any additional sightseeing not included in the itinerary.

ADRA Donation Costs

ADRA Donation Costs for this trip are: \$1,900AUD per adult, based on a minimum of 10 adults.

ADRA Donation Costs include: the cost for all materials and equipment for project work; project management and monitoring; and accommodation, food and transport while on project. The ADRA Donation Costs are fully tax-deductible and fully fund-raiseable. This component is required to be paid in full to ADRA Australia two months before departure.

Personal Costs

Personal Costs for this trip: \$490AUD per adult, based on a minimum of 10 adults.

Personal Costs include: a \$250 non-refundable commitment deposit payment; comprehensive insurance cover through RMS (Risk Management Services); International SOS medical and emergency cover; sightseeing costs as included in the itinerary; all accommodation and travel while sightseeing, and most food (you may need to buy your own meals on transit days). Unfortunately, this is not tax-deductible. This component is to be paid in full to ADRA Australia, one month before departure.



Testimonials

Nepal - 2014

“My understanding and perception of international development has really changed. Development can't be a quick fix. Community involvement must occur so ownership happens and resources are used effectively.”

– Heritage College Team



Vanuatu - 2015

“Students couldn't help but comment about the way Ni-Vanuatu people smiled all the time, and the hospitality was really appreciated. I think our students have come back changed. They had to work hard to raise their money; they worked hard over in Vanuatu; and have been totally blessed and changed as a result.”

– Edinburgh College Team



Cambodia - 2016

“If I could summarise our mission trip into one word, it would have to be relationships. Cambodia was an enriching opportunity which allowed us to volunteer our time and skills, spend time in God's creation, emerge ourselves in a different culture and educate others. ADRA staff who treated us like family, the villagers who welcomed us with open arms and the children that smiled at us endlessly, all together enriched this experience.”

– Epping SDA Church Youth



FAQs

What is ADRA's part in making the trip a success?

ADRA will look after all in-country logistics for you.

We will:

- Liaise and co-ordinate with the in-country ADRA office to fully plan your trip, including all bookings for accommodation, food and transport in-country.
- Organise your project and sightseeing activities after the trip.
- Provide you with three orientation programs prior to travelling covering topics about good development practices, culture and custom awareness, including a country guide with comprehension details about what to expect and how to prepare for your trip, and safety tips and emergency management.
- An induction program after arrival in country, with daily briefings for the project and assistance in managing cultural differences or culture shock.
- Provide resources to support you in your fundraising (if required).
- Provide you with quality travel insurance.
- Provide you with International SOS 24/7 assistance to ensure your safety.
- Provide an ADRA Host to travel with you throughout the whole trip to prepare you for your project, manage logistics, bookings and any difficulties or emergencies that may arise, translate for you, and guide you as you participate in your Connections trip.

What is my part in making the trip a success?

ADRA will look after most things for you while participating in a Connections Trip.

Your responsibilities are to:

- Complete your registration process, with all required documents in a reasonable and timely manner.
- Fund-raise if necessary and pay the ADRA Donation Costs and Personal Costs by the specified deadlines.
- Book your own flights to arrive in-country for the start date of the trip.
- Arrange your own visa for entry into the country.
- Register on smartraveller.gov.au your travel plans before departure.
- Complete your medical check and have all required vaccinations before departure.
- Purchase any medication required for while you are overseas.
- Complete the culture and safety orientation programs before departure. Orientation programs are conducted as an online forum or sent out to you via email to complete.
- Engage in your project while away, respecting the ADRA staff and community in a positive and uplifting way.
- Seek out opportunities to share your experience with others, so that together we can bring more hope, health and justice to those that need it most.
- Consider staying involved in ADRA's work by partnering with the community and project you have just been a part of, through a regular monthly contribution of your choice.



FAQs

Is it a safe place to travel?

It is our top priority to provide a trip that will be as safe as possible and we endeavour to do everything we can to look after you while participating in an ADRA Connections Program. ADRA ensures safety standards are implemented as much as we are able to, for food, accommodation, transport and travel. All trips undergo an extensive risk analysis as 90% of risk is reduced by being properly prepared. We have an extensive program in place to do this, and we ask all volunteers to be vigilant in reading material provided and completing orientation workshops assigned to you, before departure.

ADRA staff also work closely with International SOS to daily monitor security and safety warnings while you are on your trip, with 24-7 service available from ADRA staff and International SOS while you are abroad. All volunteers are also required to register on the Department of Foreign Affairs and Trade Smart Traveller Website (www.smartraveller.gov.au) before departure.

If your country of travel becomes listed as unsafe for travel, trip organisers will liaise with International SOS and ADRA in-country to determine if the trip needs to be postponed. You will be fully contacted and informed should this action ever be deemed necessary. Your ADRA host will be with you throughout the trip and is available to talk to if you have any concerns for your safety or for the safety of anyone else on the trip.

What if something goes wrong?

ADRA aims to minimise risks you will be exposed to during your trip. If an incident does occur, we have arranged for an ADRA host to accompany you throughout the trip and we have partnered with International SOS who will assist you both before, during and after your trip should you have any questions or should anything go wrong. Furthermore, you will be covered by a comprehensive insurance policy while you are away to ensure you are in safe hands throughout your whole travel experience.

How do I book my flights?

It is each participant's responsibility to organise your own flights to arrive into the country in time for the commencement of your ADRA Connections Trip. We recommend using reliable travel agencies, such as SPD Travel, who can easily assist you to make individual or group bookings. Flights need to be booked as soon as possible after registration and a copy of your flight invoice given to your team leader. The earlier you book the better, especially if you are travelling during peak season!



FAQs

How do I organise my VISA?

It is each participant's responsibility to organise their own visa for entry into the country your Connections program will be conducted within. More information will be provided in Orientation 2 and 3 before you depart. Further details are also listed in the Country Guide that will be sent to you upon registration and referred to in Orientation 2.

How do I know what vaccinations to get?

Through ADRA's partnership with International SOS, you can easily find out what vaccinations you will need to get and you can also register your vaccination history to help you keep track for any future travel, as well as your medical details so that should any incident arise while you are away, your medical records can easily be accessed by International SOS to provide you with fast and appropriate help. You will receive more details about this in your welcome pack.

I can't speak the local language, how will I communicate?

An ADRA Host will be with you throughout the trip to help you communicate with the locals. Additional translators will also be made available to help you if the project requires this. We also provide a Country Guide with some key phrases in the local language that we encourage you to practice and learn before you depart. During orientation you will have another chance to try out your language skills, and, if all else fails, body language, facial expressions and smiles can communicate a thousand words! Keep this in mind when trying local food for the first time – be gracious if you don't like it and the people will respect you for trying it even if it's not to your taste.

What will the accommodation be like?

ADRA Connections works closely with local ADRA staff on the ground in-country to find accommodation that is safe, respectable and clean. But keep in mind that while travelling and working in a foreign country, things can be quite different from home. ADRA works in some really remote areas for some of our projects, so be prepared while on project to 'rough it' a little more than you may be used to, with the potential of basic bathroom facilities, squat toilets, no running taps, internet or electricity. There may not even be toilet paper (so come prepared). You may also have to share a room with someone else.



FAQs

What will the food be like?

During your project, you will get to enjoy a variety of local dishes. Food is often fairly basic, simple food that may be different to what you are used to, but please give it a try, it's only for a short time. If you don't like it, always remember to be respectful and polite, as food is often a symbol of acceptance and trying food, even just a small amount, can warm the hearts of those who have prepared the food, consolidating their acceptance of you and opening opportunities for new friendships to be made. For health reasons, food provided on the trip will be vegetarian, but optional meat selections may be available, at your own risk. If you have special dietary needs, it will be identified as part of your registration processes and where possible special food will be prepared, but we also recommend bringing some food from home to meet your needs should you be concerned.

ADRA also advises that while in a developing country it is best to drink only bottled water from a sealed container, and only clean your teeth with this same bottled water, as local water can quickly cause contamination often resulting in stomach pain and diarrhoea, that can lead to serious health problems.

Cash exchange? ATMs? Clothes? What to pack?

You may still have many more questions. Upon registration you will be sent a welcome pack with multiple resources to help answer any further questions you have, along with a range of resources to make your ADRA Connections Trip an incredible and memorable one.

Register to participate in this trip?

[Send an email to connections@adra.org.au](mailto:connections@adra.org.au)



