



## The Need

Improving Child Nutrition and Well Being



"Hello, my name is *Buntha*.\* I am 34 years old. I live in a farming community in Cambodia in Pursat Province. When I was 10 years old, my mother fell ill and I could not go to school anymore, instead I had to work on my parents' farm. Because of this, I never learned to read or write, this made me feel very ashamed and I did not hold any hope for my future.

Until three years ago, my biggest challenge in life was providing food for my family. I have three children aged 13, 10 and 5 years old. I barely earned enough from my rice harvest to support my family for the whole year. During the dry season there is no income, so my husband migrates to Thailand for work. I got involved with an ADRA project because I was interested in the new techniques for rice planting. I used the new techniques ADRA showed me, increasing my rice yield from 1.5 tonnes to 3 tonnes. The ADRA discussion groups offer great support and have taught me many new things.

I have learned a lot from ADRA. I have learned literacy and how to manage farms. With what I am learning I am able to support my family. My three children can now attend school and because I have learned to read and write, I can help my children with their homework. I can feel a change in my personality. I used to be shy and scared but now I feel very confident, I can do any thing I want to do."

Buntha and her children are just some of the many people who have experienced change in their lives after partnering with ADRA in Cambodia. Many more mothers and children will have the opportunity to experience change in their lives through the CHOICES project that your ADRA Connections 'Learning Through Play' project is a part of - providing opportunities for mothers to learn about health, nutrition, hygiene and sanitation for both themselves and their children; improving and saving lives!

*\*Names have been changed to protect people*



# 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 World Factbook in regards to the population of Cambodia:

- Infant mortality rate: 47.4 deaths in 1,000 live births (2017 est.)
- Maternal mortality rate: 161 deaths in 100,000 live births (2015 est.)
- Life expectancy: 64.9 years (2017 est.)
- Adult literacy rate (% ages 15 and over): 77.2% (2015 est.)
- Rural population with access to improved drinking water sources: 69.1% (2015 est.)
- Rural population with access to improved sanitation facilities: 30.5% (2015 est.)



## 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

## Learning Through Play

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 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.

Your team will have the opportunity to be involved in ADRA's work helping to construct shelters that will be used for conducting education programs for mothers and children, focusing on improving better nutrition for mothers and children. There will also be opportunity to help build a playground, which will be built alongside the shelter, encouraging children to want to come to learning sessions with their mothers.

Another critical need in the community where your project will be conducted is the need for latrines and water tanks to improve sanitation and hygiene conditions and improve access to clean water. Latrines and water tanks are truly lifesaving devices that you will be helping to install. Local supervisors will be on-site to lead your team in the construction work.

We will also be providing translators to assist you and your team, as you lead out in kids clubs which will focus on a nutrition program utilising cooking demonstrations. The kids club can also be adapted to talents and skills available within your team.



# 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 your accommodation, 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, enjoying 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.

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 in-person some heroic survivors of S-21, 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 3-6

Over the next few days you will be working in rotating sub-teams where you will help to build a shelter, a playground, some latrines and a well. You can also take a turn actively being involved in running a kids club using games and cooking demonstrations to teach important messages about health, nutrition and hygiene. Enjoy being immersed in this beautiful culture, as you see the shy smiles of children and community members and hear their stories through a translator.

# Trip Overview

## Day 7

Today you have a chance to enjoy a rest day. In the morning you can visit a local church or take in the sights at your own leisure. A chance to process the situations, life circumstances and people that you have met throughout the week. You will enjoy a special outing for lunch followed by an afternoon of fun visiting a floating village. See first-hand how these remarkable people live on the water. In the evening enjoy a social activity with your team.

## Day 8-9

The next two days are the final opportunity to participate in project activities. 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. As you enjoy the scenery on your way to Siem Reap, be sure to take some time to reminisce over the journey you have been on this 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. Check into your accommodation and refresh and relax before heading out for the afternoon on a tuk-tuk to see some local sights and do some shopping at the markets.

## Day 10

Today before sunrise you and your team will head out to the amazing Angkor Wat Temple (also known as 'The Holy City') where you will have an opportunity to watch the sunrise over the temples. Enjoy breakfast sitting on the temple steps basking in the morning sun, then spend the rest of the day exploring the many ruins. 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 which 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. Finish your day with a final celebratory dinner with your team.



## Day 11

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 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: \$2,110AUD per person.**

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: \$550AUD per person.**

Personal Costs include: a \$250 non-refundable commitment deposit payment; comprehensive insurance cover through RMS (Risk Management Services); International SOS medical and emergency cover; a full criminal check on behalf of each participant; 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](http://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](http://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.

## What will the food be like?



# FAQs

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?

Contact Will Tai Tin on [willtaitin@adventist.org.au](mailto:willtaitin@adventist.org.au) or 0421 656 716



