



DIRTY WEEKEND AT SCCDO

What's Inside...

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DIRECTOR'S NOTE

There is something more to update you within this issue. As we have a long holiday in May for the King's Birthday and Visak Bochea, we would like to briefly describe the King's 59th Birthday and his background, and Visak Bochea Day in Cambodia. Please read below for more information.

We hope it is always useful to read through the story from previous and current volunteers because there are able to give advice from their point of view and help you decide what to do at the placement. Thanks to the article contributors.

For the social activity we had a Dirty Weekend, where we went to SCCDO and painted the walls of the placement. Sporting events seems to be the outstanding choice in all activities. We will keep it going every month. There are also puppet shows in Cambodia which may seem quite simple but are interesting in some sense and definitely worth a watch; please do not miss watching one while you are here.

For the next upcoming events and belated holiday, please read the official Facebook group.

Finally, we would like to say thank you all for doing voluntary work with us and would like to welcome the next volunteers in June. Please keep contact by using our social media links, such as official Facebook group, Mytripblog, and Twitter.

See you next month

Best regards

Mao Pises

Director of Projects Abroad in Cambodia

59TH KING NORODOM SIHAMONI'S BIRTHDAY

There are many holidays in Cambodia. King Norodom Sihamoni's birthday is considered one of the most popular festivals in Cambodia. During the birthday of His Majesty King Norodom Sihanouk in Cambodia, you will get to see a spectacular fireworks display; this firework display is arranged near the riverside that are located in front of the Royal Palace in Phnom Penh. The festival is celebrated for three days. This is one of the most popular annual festivals celebrated in the country of Cambodia. During the festivities of the birthday of His Majesty King Norodom Sihanouk in Cambodia the entire country takes on a festive look, with decorations being put up in many places. Government officers and employees are allowed to have a holiday. So they get involved in various types of cultural activities, trips or relaxation.



A brief of King Norodom Sihamoni: King Norodom Sihamoni was born in 1953 and he is the eldest son of Norodom Sihanouk and Norodom Monineath Sihanouk and became the next king after his father Norodom Sihanouk abdicated in 2004. Before ascending the throne, Sihamoni was best known for his work as a cultural ambassador in Europe and as a classical dance instructor.

He has spent most of his life outside Cambodia. As a child Sihamoni was sent to Prague, Czechoslovakia, by his father in 1962, where he, while attending elementary school, high school and Academy of Music Arts, studied classical dance and music until 1975.

He is fluent in French and Czech, as well as being a good speaker of English and Russian. During the 1970 coup d'état by Lon Nol, Sihamoni remained in Czechoslovakia. In 1975 he left Prague and began to study filmmaking in North Korea, and in 1977 returned to his native Cambodia. Immediately, the ruling Khmer Rouge government turned against the monarchy and Sihamoni was put under house arrest by the Khmer Rouge with the rest of the royal family until the 1979 Vietnamese invasion.

In 1981, he moved to France to teach ballet and was later president of the Khmer Dance Association. He lived in France for nearly 20 years, but even then he regularly visited Prague, where he spent his childhood and youth. He is the only ruling monarch who speaks Czech.

In 1993, the prince was appointed Cambodia's delegate to UNESCO, the UN cultural body based in Paris, where he became known for his hard work

and his devotion to Cambodian culture. He previously refused an appointment as Cambodia's ambassador to France.



On 14 October 2004, he was selected by a special nine-member council, part of a selection process that was quickly put in place after the surprise abdication of King Norodom Sihanouk a week before. Sihamoni's selection was endorsed by Prime Minister Hun Sen and National Assembly Speaker Prince Norodom Ranariddh (the new king's brother), both members of the Privy Council.

He was inaugurated and formally anointed as King on Friday, 29 October 2004. King Sihamoni and his parents, King Father Norodom Sihanouk and Queen Mother Norodom Monineath specifically requested that the ceremonies be kept low-key because they did not wish for the impoverished country to spend too much money on the event.

Source Reference: wikipedia.org

VISAK BOCHEA DAY

Cambodia celebrated Visak Bochea Day, marking the birth, enlightenment and death of Nirvana Lord Buddha which, this year, fell on full moon day, 17th May 2011. This year, with 2600 monks and 1000 people, the official ceremony the birth, enlightenment and death to Nirvana of Buddha was celebrated on Diamond Island in Phnom Penh. This year also marks www.projects-abroad.net



the Buddhist calendar year 2554. Visak Bochea is as likely the birth day of the Buddha – comparing to Christianity, it is just like the day of Christmas. So what happens on this day? Normally, people always have a day off for relaxing from their work for those who work in the public services sector, private sector or non profit making organizations



and some people also spend their time bringing food to the monks at Pagoda. There is a long story to tell about Visak Bochea Day in Cambodia. It is an event of Buddha Day; on Visak Day, devout Buddhists and followers alike are expected and requested to assemble in their various temples before dawn for the ceremonial, and honourable, hoisting of the Buddhist Flag and the singing of hymns in praise of the holy triple gem. The participants who went to Diamond Island celebrated the festival by holding incense sticks and lotus flowers, a procession of laymen and clergy alike marched onto the island to offer their blessings to the Buddha. It is a day to remind Baddish about the Lord Buddha's Dharma and his teachings.



UPCOMING HOLIDAY

There are many holidays and ceremonies in June. On 1st June it is **International Children's Day**. On 18th June, it is the **King's Mother's Birthday**. So we will have holiday on 1st and 18th June 2011.

We at Projects Abroad Cambodia would like to announce that on the above dates our staff will be on holiday, but will still be contactable if you have any urgent problems.

HAPPY HOLIDAY IN CAMBODIA

Cambodia: How I had to leave a home to find a home – By Nicholle Savoie

I will admit, I went to Cambodia expecting to find amazing children, a little adventure and an overall great experience, and while I found all those things in abundance, I also found something which I did not expect: a home and a family.



The bustling streets, the windy moto rides, the mango and papaya consumed for dessert, the movie nights with the 12 girls and one boy at Apartment 6, the gigantic hugs and smiles of the kids at my placement, all those things combined to make Phnom Penh my home. There was just such a strong sense of togetherness that made my brief (far too brief)

time in Cambodia so very rewarding. For an entire month, we lived together, travelled together, laughed together and cried together, but more importantly we made a difference together. Eyes sparkling and smiles wide, we would swap stories about our placements over dinner, stories about our days, and about our kids. Oh, those kids. At only 19 years old, I feel like I am the mother of twenty beautiful children. I expected to have a great time with the kids, but I didn't anticipate how much I would love them. I love every single one of them with all my heart, I loved teaching them, playing with them, cleaning up their little scratches and cuts and catching their infectious sense of joy.



The high light of my time in Cambodia was definitely taking the kids to the zoo, a first for all of them. While I too was bouncing up and down like a little kid, they were beyond



excited just to be on the bus! We had to turn around numerous times to remind them to please sit on their bums. Watching their faces light up at all the animals and every new experience, it was by far the best day of my life. Those twenty little people have a piece of me. A piece of my heart will always remain in Cambodia.



As much as I enjoyed travelling to Siem Reap twice, to Sihanoukville and to Kep, the best part of those excursions was always rolling back into Phnom Penh, back to my home and back to my life, back to my adopted family. I met the most amazing people there and made friends that I will cherish for the rest of my life. And you know what? I'm the luckiest person in the world because I left one home and went half way around the world only to find another one.

I have four pieces of advice to give to everyone going to Cambodia:

1. Walk around the temples barefoot. You may get some funny looks but it is the only way to truly experience them!
2. Eat the tomato and basil hummus at Friends. Actually, eat everything at Friends! It is heavenly.
3. Never forget to laugh. Things can get frustrating sometimes, like spending the night in a Cambodian hospital (long story), but if you remember to laugh nothing ever seems that bad.
4. Appreciate. Make an effort to love every single moment that you are in this amazing country. Appreciate the little things, coconut fruit shakes and crazy tuk tuk drivers and golden wats outside every door. Cambodia will take your breath away so write everything down, take too many pictures and soak in every single second of your experience because it is over far too quickly.

Nicholle Savoie

From Canada

Care Projects in Cambodia in Feb 2011

Let's hear the messages from some of our prospective volunteers who will be coming in June 2011.

Introduction from Christopher Foote

Hello, my name is Christopher Foote, and I am currently finishing up my first year of medical school at Philadelphia College of Osteopathic Medicine. I grew up in Charlestown, Rhode Island and graduated with a Bachelor of Arts Degree in Cellular and Molecular Biology from Connecticut College. While attending college I was involved in student government, rowed on the varsity crew team and worked at a medical clinic. While not in school or working, I am an avid surfer, enjoy going to the movies and participating in triathlons. My previous travel outside the US includes Costa Rica, Mexico and Belize. This will be my first time traveling outside of the western hemisphere. I hope to gain experience practicing medicine in a developing country and to explore the Cambodian culture.



Introduction from Katie Melhado

Hello! My name is Katie Melhado and I grew up in Boulder, Colorado, USA. I love to run, read, travel, spend time with friends and family, and eat ice cream! I lived in Rennes, France for a year in high school and studied Public Health in South Africa in college. I attended Lafayette College for my Undergraduate Degree. After college, I was a 6th grade Science Teacher in New York City for two years. I have just finished up my first year of medical school at Philadelphia College of Osteopathic Medicine. I am very excited to come to Cambodia to experience the culture, practice my French, and gain valuable medical skills. I have heard from many people about how welcoming and friendly Cambodians are and I feel very fortunate to have this opportunity.

Thanks!

Katie Melhado

Introduction from Ross Behymer

Hello! My name is Ross Behymer and I grew up in Wellesley, Massachusetts, USA. I attended Connecticut College for my Undergraduate Degree where I studied Biology. After college I was a personal trainer in Massachusetts for 2 years, and specialized in rehabilitation exercise. I enjoy working out, playing sports, spending time with friends and family, and learning more about rehabilitation. My love for rehab medicine inspired me to enter medical school at the www.projects-abroad.net



Philadelphia College of Osteopathic Medicine where I just finished my first year. I am excited to spend time in Cambodia and learn more about their culture while practicing my medical skills. I am looking forward to meeting everyone soon!

Introduction from Maaïke Bergman

Hi everyone!

My name is Maaïke Bergman and I am 19 years old. I come from Holland but live in Luxembourg.

I graduated from the International School last year and took this year off to study Chemistry.

In September I will begin my studies at the University of Maastricht.

I am looking forward to my trip to Cambodia very much, but am also a little bit nervous. I am going to be doing the Care Project for 1 month and am very excited about getting to know the children.

I am also looking forward to meeting all of you.



See you soon!!

Introduction from Katherine

Hey, my name is Katherine.

I am 18 years old and from Perth, Western Australia. I am currently taking a gap year after graduating high school in 2010.

My interests include photography, graphic and fashion design, art, travel and listening to music of various genres.

As I'm not 100% sure of what I want to do in the future, I

figured that this opportunity to travel to Cambodia and take part in the Teaching Project. I think it will be an eye opening experience for me. I am really looking forward to coming to Cambodia because I love learning about different cultures, meeting new people and helping others.

See you all in Cambodia!! :D



Thank you and I look forward to meeting you soon!!

Katherine Scarff

Introduction from Ciara



Hi my name is Ciara, im 19 years old and will be doing the Care Project at the Home of Hope orphanage for 2 months. This will be my first time volunteering abroad and travelling alone. I can't wait, I'm so excited!! I'll be in Cambodia for my 20th birthday, which I hope it won't be too hard being away from home. I'm the middle child in the family and I love music, taking pictures and playing rugby. I cannot wait to experience the Cambodian culture.

Introduction from Ashley Brightly

Hello everyone!

The name's Ashley Brightly. I'm a 21 year old student from Austin, Texas. I'm currently attending Texas State University, studying Early Childhood Education and Social Work. I love music of all kinds, films, singing, and travelling (although I'm not very experienced!). This will be my first volunteer trip abroad, and I'm beyond excited (if not extremely nervous!). I'm not exactly sure what prompted me to choose Cambodia as my first destination...but after I did some research, it really seemed like a great fit. :] I'm thoroughly excited to meet everyone, and if you'd like to get in touch before hand, definitely friend me on facebook! (www.facebook.com/ashley.brightly) See you in June!

Ashley Brightly (Care Project)

Introduction from Xavier



Hello everyone! My name is Xavier Demau and I come from France, in the south west of the country. I have lived in Bordeaux for 22 years, which is the biggest city of the area. I have been studying in a business school for one year, where I learnt about Sustainable Development. This is a reason why I'm interested in being an eco volunteer in Cambodia. I'm keen to get to know people of different cultures, and find out more about a wonderful country!

Best wishes.

Xavier

“De kinderen zijn zo lief dat ze je hart meteen stelen!”

Toen ik half december gepakt en gezakt klaarstond in het Centraal Station in Antwerpen zakte de moed me een beetje in mijn schoenen. Waar ben ik aan begonnen... De altijd stoere Tine trok ditmaal alleen de wijde wereld in op zoek naar avontuur. Maar, vanaf het moment dat ik aankwam op Schiphol en m'n reis echt begon, voelde ik dat ik een goeie beslissing had genomen.



Na een lange vliegreis kwam ik aan op de luchthaven van Phnom Penh en stond Chamroeun, een plaatselijke medewerker van Projects Abroad me op te wachten. Hij maakte me snel wegwijs in de appartementen en voor ik het goed en wel besepte begon ik 1 dag later al aan mijn project. Er werd me een plaatsje toegewezen in SFODA, een weeshuis dat in de buitenwijken van Phnom Penh ligt. De eerste dagen is het best wel wennen, je spreekt de taal niet en de armoede is best confronterend. Tijdens de ochtend moest ik me vooral wat bezighouden met de tieners en de peuters, en in de namiddag moest ik 45 minuutjes Engelse les geven aan de lagere school kinderen. Daarbuiten was ik vrij om met de kids te doen wat ik wilde. Ik had me niet helemaal voorbereid op het lesgeven, Engels is ook niet mijn moedertaal, maar dat ging best nog wel vlot. Je voelt al snel aan dat het niveau in de groep zeer uiteenlopend is, maar dankzij een workshop lesgeven, kreeg ik wel wat tips die het lesgeven wat eenvoudiger maakten. De verwachtingen liggen dan ook niet zo hoog als hier thuis zou zijn. Spelenderwijs leerde ik hen over de kleuren, dieren, lichaamsdelen, richtingen, het weer en de seizoenen. Daarbuiten waren ze zot op kleurplaten inkleuren, UNO, volleybal, allerlei spelletjes, schaar-steen-papier of gewoon gezellig verhalen vertellen en lachen.



Naarmate de weken opschuiven begin je je draai meer en meer te vinden. De staff van het weeshuis beginnen je te kennen en je gaat meer je eigen gang.

Intussen begin je 's avonds en in het weekend ook meer op je plooi te komen. In het begin is het wel erg zoeken wie van de andere vrijwilligers je het meeste ligt, maar in een groep van zo'n 40 vrijwilligers uit alle hoeken van de wereld vindt iedereen wel een maatje. Ook de kokkinnen en de securitymannen in de appartementen proberen iedereen een aangename tijd te bezorgen. Ze maken heel lekkere maaltijden klaar (bereid je wel voor op 2 keer per dag rijst!), en zorgen



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dat je kamer netjes blijft. 's Avonds probeerden we toch telkens iets leuks te gaan doen: gaan karaokeën, een markt bezoeken, aan een aerobicsles meedoen, iets gaan drinken, tarantula gaan eten (aaargh),... In het weekend ben je vrij om het land te bezoeken. Uiteraard staat bij iedereen de tempels van Angkor Wat op het programma, en vind je altijd wel een andere vrijwilliger of zelfs meerdere die bereid is/zijn het weekend met je mee te gaan! Wij zijn zelf met Nieuwjaar naar Siem Reap geweest op uitstap met zo'n 14 andere vrijwilligers, op zulke avonden voel je hoe hard iedereen aan elkaar hangt. Je wordt als het ware een kleine familie, ook voor Kerst hebben we met iedereen een grote brunch gehouden op het dakterras.

En dan na enkele weken volgt helaas het afscheid. Je hebt je niet alleen aan de andere vrijwilligers gehecht, maar aan de kinderen zelfs des te harder.

Als afscheid heb ik in het weeshuis een klein hamburgerfeest gegeven, die kleine bengels zien smullen is gewoon hartverwarmend. De dankbaarheid die je van de kinderen terugkrijgt is ongelooflijk. Bij het afscheid vloeiden er dan ook enkele tranen, hoewel ik nooit van mezelf had verwacht hiervoor een traan te laten. De kinderen zijn zo lief dat ze je hart meteen stelen!

Eens thuis was het echt afkicken. Het heeft me een dikke week gekost eer ik terug volledig op m'n plooi was en met m'n gedachten niet constant in Cambodia bij de kinderen en m'n andere vrienden van daar zat.

Nu ben ik inmiddels een paar weken terug en blijft het contact met Cambodia nog steeds. Via mail blijf ik op de hoogte van de avonturen in het weeshuis en van de nieuwe vrijwilligers die komen en gaan. Ik hoop volgend jaar naar Vietnam en Laos te kunnen gaan, om zo even de grens te kunnen oversteken om al die bengels weer even in m'n armen te kunnen nemen!

Voor zij die nog twijfelen of ze zouden gaan... Gewoon doen!

Tine De Meulenaere
From Belgium
Care project – Cambodia



It's more than I expected – By Andy William - Khmer Project



Cambodia has always been a country I have wanted to explore. I couldn't have started out a better way than with Projects Abroad. I knew it was going to be great even after first talking to staff by



phone in Australia, but the experience just got better and better and definitely exceeded all my expectations.

I recently finished the one month Khmer Project with Projects Abroad, and would do it all again in a heartbeat. The moment I stepped off the plane I was greeted by staff and introduced to another volunteer also taking part in the Khmer Project. The great thing about



meeting other volunteers is you all share similar traits, you're all there for the same reason, and you immediately become one big family. When I arrived at the apartment I was instantly welcomed by all the other volunteers and the cooks, (who made amazing meals each day and night).

During the month we took part in many different activities. These included Khmer language lessons, traditional puppet making, and copper moulding. We had Khmer cooking classes and even managed to cook up a storm for all the other volunteers on our final night. We would travel to different places each morning by tuk tuk observing all the wonderful surrounds on the way there. We visited the S21 Prison and the Killing Fields, the Royal Palace and the National Museum. The highlight for me was getting out into the countryside and observing the way of life in rural Cambodia. We stayed out with a local family in the www.projects-abroad.net



agricultural village, talked to farmers out in the fields and road push bikes around the dusty roads. During our time away from Phnom Penh we stayed in hotels and went out for breakfast, lunch and dinner and were able to try some very interesting foods. Going to Siem Reap and exploring the old temples of Angkor Wat was mind blowing. We were able to watch the sun rise and set from the ancient temples and get lost in this amazing piece of history. We tried our hand at weaving on Silk Island and even had a go at pottery making in Kompong Chhnang Province which was great fun, but not my strong point!

Saying goodbye to everyone at the end of the one month project was hard as you all become so close, whether it's having a beer up the road, or practicing Khmer with the local staff, you really form a good bond. I have never experienced something as unique and rewarding as the Khmer Project. Thank you to all the staff! They really make it such a great experience. I now have a much greater understanding of Cambodian culture.

Andy Williams

From Australia

Khmer Project - Cambodia

Natur & Miljø i Cambodja – Sandra Thorsen

Dykning- og Marineprojekt – 1 måned

Om to dage forlader jeg Cambodja igen efter en lille måneds ophold på en paradisisk ø. Jeg har været her siden d. 7. februar og tager hjem d. 3. marts, og har deltaget i dykkerprojektet på Marine Conservation Cambodia (MCC). Jeg vil med det samme fraråde andre at gøre som jeg. Hvis I vel have noget ud af projektet skal I have mindst 2 måneder til rådighed. På den måde er der tid til at få et dykkercertifikat, arbejde på projektet, samt rejse lidt rundt i weekenderne. www.projects-abroad.net





Jeg vil gerne gøre kommende frivillige opmærksomme på begrebet "island time" – alt foregår i et meget stille og roligt tempo, meget langt fra den hverdag vi kender i Danmark. For mig var det svært at vænne mig til, da jeg til dagligt studerer og er bekendt med et stresset miljø. Selvom formålet med denne rejse til dels var at stresse af, var det en stor omvæltning for mig. Der gik næsten en uge fra jeg ankom til øen, til jeg kom i gang med at dykke, hvilket jeg fandt enormt ueffektivt. Det mest frustrerende var, at man ikke rigtig fik nogen information om, hvad der foregik. Det viste sig dog, at der var tale om dårlig timing for mit vedkommende. Projektlederen for Projects Abroad var hjemme på ferie, Dykkerinstruktør 1 skulle rejse fredag som jeg ankom tirsdag, og Dykkerinstruktør 2 havde et dødsfald i familien og var derfor rejst fra øen.

Det hjalp gevaldigt, da der kom flere nye frivillige, som også skulle have dykkerundervisning.

Pludselig var vi 4 i klassen og jeg havde en buddy 😊. Det var en god mulighed for at få snakket om andet end opholdets varighed og hvilket land jeg kom fra.

Nu var vi i gang med at dykke og på vej mod Open Water. Jeg husker stadig confined water 1 – første gang jeg skulle trække vejret under vand, og jeg ikke var helt sikker på, om jeg nu turde stole på, at udstyret ville give mig luft – men det gjorde det! Og det er fantastisk. Og allerede næste gang man kommer i udstyret, stoler man på det.

Et af de dyk der gjorde mest indtryk på mig var "Deep Dive", selvom man ikke må stræbe efter dybde(!).
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Dybde dykket ligger i Advance-delen efter Open Water. Vi var en gruppe på 4 + dykkerinstruktøren, og det føltes som om bunden aldrig ville komme. I forhold til de 14-16 meter vi havde dykket på Open Water, virkede de 24-25 meter helt vilde til sammenligning. Og vi fandt revet.

Taylor havde sagt, at det var svært at finde, så det var en god overraskelse.

Flotte koraller der viftede i strømmen og mange fisk.



”Weekenderne på øen er meget afslappede,” havde man fortalt mig, så jeg havde medbragt 3 bøger. Men den første weekend var overraskende. Lørdag blev alle frivillige kaldt ned på One’s (den lokale bar, som har glimrende iskaffe, is-the og kiks) uden rigtig at vide, hvad der skulle foregå. Vi blev bedt om at følge efter de lokale som førte os gennem vildnisset, gennem støv og en hel del mudder. Pludselig var jeg taknemmelig for, at jeg ikke havde fået mine sandaler med i farten – når man var rigtigt ”heldig” sank man i mudder til knæene.

Vi skulle hjælpe med et vandrør, som førte ”rent” ferskvand ned til landsbyen og til os frivillige. Røret løb parallelt med et vandløb, som vi blev gennet ud i. Røret skulle underbygges med sten. Vi fulgte efter Khmer-gutterne og dannede en lang kæde og så begyndte transport af sten som blev fundet i og omkring det lille vandløb. Små og STORE sten! Khmer-gutterne morede sig mægtigt når de sendte en stor sten op gennem rækkerne og de frivillige tøser, deriblandt mig, sukkede og stønnede under vægten. Og der blev ved og ved med at komme sten, mudderet nåede op til begge ører, og ryggen og armene værkede. Det føltes som om skulle det blive ved for evigt. Men så pludselig var vi færdige. Vi begav os tilbage gennem mudderet og direkte ud i havet for at skylle sved, tårer og genstridigt mudder af. Oplevelsen havde været mindre end to timer, men den gav anledning til flere timers snak og underholdning blandt de frivillige.

Børnene på øen bliver undervist i engelsk om aftenen, når dagens dykning er overstået. Det er frivilligt om man vil deltage. Jeg deltog en uge på det yngste hold. Generelt var min rolle at sidde sammen med børnene og forsøge (!) at holde deres opmærksomhed på læreren og deres numse på gulvet. En af de første aftener hvor jeg blot observerede, havde man fået fat i tandbørster og tandpasta til alle børnene. Alle fik en www.projects-abroad.net



tandbørste og var ellevilde for at få tandpasta på – og ikke for lidt da. De blev undervist i



hvordan de skulle børste, men koncentrationen forsvandt, da de fik tandbørsterne indenbords, og de skreg og løb rundt. De havde aldrig smagt tandpasta før.

Hvis nogen af I danskere skal ud på øen og har bekendte som er tandlæger eller lignende, så ved jeg, at de allerede nu har brugt al tandpastaen og sikkert også fået smidt en tandbørste eller to væk. Bare en idé.

Jeg ved, at Projects Abroads projektleder er tilbage på øen og har organiseret det hele igen, så hvis I er klogere end mig og har mere tid, håber jeg, at jeres ophold kan være minimum 2 måneder. I den tid hvor I ikke dykker endnu, kan I bruge tiden på at samle skrald op på stranden og engagere jer i undervisningen. Hvis man har lyst, kan man sagtens låne en snorkel og begynde at se på fiskene på det lille rev ud for vores område. Man kan næsten altid finde frivillige til en iskaffe på One's, være med til et kortspil eller smage deres fremragende nuddelsuppe. Landsbyen er ikke stor, men de virker alle oprigtig glade for vores tilstedeværelse på øen. Det er dog vigtigt også at huske den "fjerne" ende af landsbyen, hvor de bl.a. sælger søde mangoer. Når først I har vænnet sig til dagens gang på øen, vil I opdage at det er en ø i paradys. Og når I står op om morgenen, så giv jer tid til at nyde morgensolens spil og udsigten med nattens junglelyde i baggrunden.

Jeg ønsker alle nye frivillige en rigtig god tur. Husk at opleve hver dag på øen, men husk også resten af Cambodja.

Sandra, 24 år, biologistuderende.

From Denmark

Marine & Diving Conservation project
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Follow us on Twitter at Projects Abroad Cambodia – Here is the link:



Follow us on: http://twitter.com/#!/Proj_AbroadCAMB

Sharing your information, ideas, tips for anyone who is going to do voluntary work on our official Facebook Group. Here is the link:

Facebook Group: <http://www.facebook.com/group.php?gid=29195831915>

Be informed about this and that in Cambodia and in Projects Abroad by reading our monthly newsletter. You can read it by just clicking the link:

Country Newsletter:

<http://www.projects-abroad.co.uk/volunteer-destinations/cambodia/newsletters-from-cambodia/>

Write down your interests, expectations, feelings before or after coming to Cambodia. Just use your Username and Password to log in. The link is:

Mytripblog: http://www.mytripblog.org/mod/blog/group_blogs.php?gl=true&group_guid=2845

All your contributions– stories, update, self-introduction and etc are very useful for others. We really appreciate it. Thanks.

PHOTOS OF THE MONTH



www.projects-abroad.net

Our coordinator and volunteers while doing induction at Projects Abroad in Cambodia office.



**This and That about
Projects Abroad in
Cambodia.**



SOCIAL EVENTS

Dirty Weekend



That is the fourth Dirty Weekend for Projects Abroad Cambodia in 2011. Our target is at SCCDO which is our new placement that needs support. To understand that this placement should be decorated in order to motivate kids to live and learn in good surroundings is important; therefore, on 23th April 2011, SCCDO was decorated, painted and drew by a big group of volunteers of Projects Abroad who eagerly helped to do this. By starting from 8am to 3pm, everything was done as we planned.

Thank you so much to all participants (volunteers and staff), without you it is virtually impossible to do it. :-)



Monthly Dinner Party

Time to be all together again for our monthly dinner party, we choose the restaurant which is located not so far from the volunteers' accommodation, just 2 minutes walk, and it is called 7Blue Star restaurant.

Sporting Event

It's coming again on 26th April 2011 - the time for our sporting event – playing soccer together with volunteers and staff of Projects Abroad in Cambodia. There were around 20 volunteers and many staff played together. After getting back from work, they rushed to change their clothes to play soccer. Ten minutes by tuk tuk and we reached the soccer ground. We started by dividing the big group into two teams; team A consisted of volunteers from Apartment 1 and 2, team B was the group of volunteers from Apartment 3 and 4. Besides that, the volunteers from apartment 5 and staff could choose to join either team A or team B. Then, we started from 5:45pm to 6:40pm. You will never laugh with them unless you see the real action. It was full of enjoyment.



Khmer Puppet Show



This the morning of 23rd April, we did a Dirty Weekend at SCCDO, in the evening after having dinner we roughly went to see the Khmer Puppet Show for one hour at Sovanna Phum Association. It charges 5 US dollars for each guest and there are three stories for an hour – Hot Widow, Dog and Donkey, and Buffalo fighting. All performances were done by Cambodians and it was in mother tongue language – Khmer. Our volunteers could not understand what they are saying but still they are able to interpret the meaning of each story by its performance perfectly. We also got to see a lot of the puppets behind the scenes after the performance.



Food Item: Main Dishes: Fish poached with coconut milk and vegetable

Fish is a kind of vital food to support life as it has low cholesterol so, try to make our Fish Poached with coconut milk. It takes quite a long time to get it ready. But we believe you are patient enough to cook it. Then, you will get a tasty dish.

Here are the ingredients you need:

- 450 g fish (firm, white fleshed cut into 2cm chunks)
- 3 garlic cloves (peeled)
- some diced onion
- 1 red onion (small, roughly chopped)
- 3 cm galangal (fresh, peeled and roughly chopped)
- 2 lemongrass (stalks trimmed and finely sliced)
- 1 teaspoon turmeric (finely sliced or 1/2 teaspoon turmeric powder)
- 1 teaspoon paprika
- 2 tablespoons fish sauce
- 1 tablespoon brown sugar
- 400 g coconut milk
- 4 kaffir lime leaves
- Some lemon juice



And how to make it:

- Place garlic, red onion, galangal, lemongrass, turmeric, paprika, fish sauce and brown sugar in a blender and process until finely blended.
- Add the coconut milk and process until thoroughly blended.
- Transfer the coconut mixture to a heavy based pan.
- Crush the kaffir lime leaves in your hand to release their aroma, and add them to the pan.
- Bring the coconut mixture to the boil and reduce to a gentle simmer and cook for 10 minutes, to allow the flavour to infuse and the liquid to reduce slightly.
- Add the fish chunks and poach gently for 4-5 minutes.
- Stir through the lemon juice, and then put into serving bowls.