

Internships for International Students

Intern Handbook



RACHA

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Reproductive and Child Health Alliance

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Introduction:

Welcome to the Reproductive and Child Health Alliance! We are thrilled to have you join our team and look forward to sharing our experiences with you. This handbook should answer many of your questions about life in Cambodia and working with RACHA. The handbook includes a bit about RACHA and our programs, but please spend some time looking over our website, which outlines our departments and programs in more detail.

About RACHA:

The Reproductive and Child Health Alliance (RACHA) is a Cambodia based Non-Governmental Organization founded in 2003, which focuses on community health programming that improves the quality and utilization of local public health service provision.

RACHA was established in 2003 as a local Non-Governmental Organization in Cambodia. RACHA was created through a partnership formed by USAID/Cambodia of three Global Health Bureau projects, SEATS, BASICS and EngenderHealth (previously known as AVSC) which ran from 1996 to 2003.

Since becoming an NGO, RACHA has expanded its core program coverage areas from four to five provinces, from seven to nineteen operational districts and from 94 to 264 health centers, covering 3,347 villages in 349 communes and serving an estimated population of more than 2 million. Some of our departments, such as the Logistic Management and Information System program, work in as many as twenty-four provinces, and our microcredit schemes benefit communities in seven provinces. Core activities in maternal, newborn, child health and family planning have grown to include HIV/AIDS, infectious disease prevention and treatment, drug management, water sanitation and hygiene, and health system strengthening. RACHA will continue to develop programming according to the needs of the communities, and we plan to keep growing.

RACHA Internship Timeline:

Your first week at RACHA will be a time to get oriented, meet with your team and supervisor, and design your Scope of Work. (See Sample Intern Items below for how to design the SOW). According to your timeline and depending on how long you will be with us, you will spend the next two months or so working on your allotted project, with regular—likely bimonthly—check-ins with your supervisor. During your last week you will present your findings to RACHA staff, meet again with your supervisor and team, and fill out an evaluation. Depending on your scope of work, you may be traveling quite a bit to provinces to carry out research.

Sample Internship Items:

After you have filled out your Interest Form, you will meet with your supervisor to discuss your project at RACHA. It will be up to you to determine your Scope of Work (SOW) and projected timeline. See below for sample SOWs and Timelines. All of these items are available for separate download on our website.

Internship Interest Form:

Also available for download on our website.

Name:	Country of Residence:
University:	<input type="checkbox"/> Undergraduate <input type="checkbox"/> Graduate <input type="checkbox"/> Recent Graduate
Degree of study:	
Length of internship:	
Relevant Skills (Please list relevant skills i.e. statistical analysis, SPSS, survey, data collection, formative research, grant writing, etc):	
Area or Department of Interest (Please select your top choice): <input type="checkbox"/> Child Health <input type="checkbox"/> Safe Motherhood <input type="checkbox"/> Health Communication <input type="checkbox"/> Monitoring and Evaluation <input type="checkbox"/> Capacity Building <input type="checkbox"/> Drug Management <input type="checkbox"/> Infectious Diseases	Type of Internship (Select your top choice): <input type="checkbox"/> Observational <input type="checkbox"/> Research <input type="checkbox"/> Programmatic Support <input type="checkbox"/> NGO Communication and Marketing
Type of Internship (Select your top choice): <input type="checkbox"/> Observational <input type="checkbox"/> Research <input type="checkbox"/> Programmatic Support <input type="checkbox"/> NGO Communication and Marketing	
What are some of your expectations for you internship? Please let the three most important. 1. 3. 2.	
Please write a brief biography—include swwhy you decided to come to Cambodia (for use on our website internship page):	

Scope of Work:

We recommend following this format for creating your SOW (sample also available on the website):

Reproductive and Child Health Alliance (RACHA) is a local NGO primarily financed by USAID. RACHA's vision is to be a leading and dynamic local NGO which advances the health of the Cambodian people through sustainable, relevant, and responsive broad-based health programs in line with Ministry of Health (MoH) policies and donors' strategies.

JOB TITLE: Community Health Output-Based Aid (CHOBA) Intern

DUTY STATION: Phnom Penh and Pursat Town

REPORTS TO: Deputy Executive Director-Community Health Mobilization and Community Health Mobilization Technical Assistant

GENERAL RESPONSIBILITIES: To develop community health mobilization strategies and support the implementation of behavior change communications activities and IEC development to improve the demand and access to improved sanitation and hygiene facilitations and behavior.

SPECIFIC RESPONSIBILITIES: Under the supervision of the Deputy Executive Director-Community Health Mobilization and Technical Assistant, the intern will:

1. Support development of behavior change activities and IEC materials to mobilize communities towards improved sanitation behavior.
2. Perform needs assessment and impact evaluation of the BCC strategies in the initial village implementation to shape and improve the BCC activities and materials for remaining villages
3. Assist in development of community engagement strategies to effectively educate, mobilize and collaborate with the community, local government, and private retailers.
4. Provide technical support for program monitoring focused in the early months of implementation, primarily for household data collection of the 10 communes.
5. Develop and employ village-mapping approaches to gather geospatial data on current sanitation coverage and update. Assessing the patterns of improved sanitation and applying lessons learned to the BCC strategies to mobilize latrine purchases and hygiene behavior change.
6. Develop gender specific evidence-based behavior change messaging and activities to strengthen sanitation behaviors among women.

Timeline and Deliverables:

To ensure effective use of your time with RACHA, it is important to plan your work by assignment and by each week. Please complete and discuss with supervisor for agreement after you have finalized your Scope of Work. This form is also available for download on our website.

Activity's Prime Goal/Objective	Specific Actions	Deliverables: What will you produce or contribute?	Start Date	End Date
1. Example: Provide quantitative and qualitative support to assist in decision making regarding a new nutritional program	-Conduct literature research on program and implementation in comparable countries	-Summary of research	13/05/13	17/05/13
	-Develop needs assessments and work with M and E to finalize	-Needs assessment survey	20/05/13	24/05/13
	-Conduct Needs Assessment	-100 Surveys Collected	27/05/13	07/06/13
	-Analyze data and report to management	-Assessment report and recommendations, PowerPoint to management	10/06/13	21/06/13
2.				
3.				
4.				
5.				

Evaluation:

RACHA International Internship Evaluation

Thank you for all your hard work in support of RACHA and Cambodia families and communities. To ensure that the internship program grows and improves for future participants, we ask you to complete an evaluation and recommendation of the internship.

Please feel free to be honest in your feedback as we want your insight to shape better internship experiences in the future.

Name: Click here to enter text.

Contact Information:

Email Address: Click here to enter text.

Telephone Number (Home Country): Click here to enter text.

Degree Program: Click here to enter text.

University: Click here to enter text.

Length of Internship:

Short Term (4-8 weeks)

Mid (2-6 months)

Long Term (6-12 months)

Dates of Internship: Click here to enter text.

Key RACHA Support Staff and Supervisor:

Click here to enter text.

What was the objective of your internship/project?

Click here to enter text.

How do you feel about your contribution to RACHA community programs?

Click here to enter text.

What were the key lessons learned from this internship? (Both professional and personal)

Click here to enter text.

What were the challenges of the internship coordination and actual project implementation?

Why?

Click here to enter text.

What are recommendations to improve the internship for future interns?

Click here to enter text.

What do you think your internship coordinators/university could have done to better prepare you for your internship? Why?

Click here to enter text.

What do you think you could have done to better prepare you for your internship? Why?

Click here to enter text.

Summary of your internship:

Please share your experience and how it has impacted you personally and your future professional goals. Guiding questions: What was your favorite part of working with RACHA? What was your favorite part about being in Cambodia? What was the hardest part about working at RACHA? What was the hardest part about being in Cambodia? How did you overcome your challenges? What are you taking from this experience?

Click here to enter text.

Is it all right if we include your contact information (email) on our website for future interns to contact you? Choose an item.

May we include a photograph of you on our website as a “past intern”? Choose an item.

Do you have any summarizing sentences or thoughts we can include on our website for future interns to see?

Click here to enter text.

Traveling to and Living in Cambodia: Information for International Visitors:

Passport and Visa:

You will need a passport that will be valid through your ENTIRE stay in Cambodia. Keep in mind that visas are required to visit many other countries, and depending on your length of stay in Cambodia, you will need several Cambodian visas, as well. Please make sure you have more than enough free pages; visas will take up an entire page.

A visa is required to travel to Cambodia. You can apply for a visa online here:

<http://evisa.mfaic.gov.kh/> or get one on arrival at the airport. If you are planning to be here for longer than 3 months (especially if you will be leaving the country during that time for personal travel), we advise you to apply for a business visa (\$25) that can then be extended for \$60-80, otherwise, a tourist visa (\$20) is fine, it simply needs to be renewed after 30 days—which will cost between \$30-\$40 dollars. It is always a good idea to bring multiple sets of passport photos with you.

Insurance:

It is important you have health insurance to cover you in case of any accident or illness while in Cambodia. International SOS is highly regarded, you can check out their website at www.internationalsos.com. There are many other options as well, so feel free to do your own research, but make sure it covers everything you might need! While unlikely, it is possible that you may contract an illness and need to be hospitalized. RACHA is not responsible for covering any health costs incurred by you while interning here.

Immunizations:

The following are the recommended vaccinations for Cambodia. For more information and links to other resources, please visit: <http://wwwnc.cdc.gov/travel/destinations/cambodia.aspx>.

Hepatitis A vaccine is recommended for all travelers over one year of age. It should be given at least two weeks (preferably four weeks or more) before departure. A booster should be given 6-12 months later to confer long-term immunity.

Typhoid vaccine is recommended for all travelers.

Japanese encephalitis vaccine is recommended only for long-term (1 month) travelers to rural areas or travelers who may engage in extensive unprotected outdoor activities in rural areas, especially in the evening, during shorter trips. Japanese encephalitis is believed to occur throughout Cambodia. The disease is transmitted by mosquito bites, probably from May through October.

Hepatitis B vaccine is recommended for travelers who will have intimate contact with local residents or potentially need blood transfusions or injections while abroad, especially if visiting for more than six months.

Rabies vaccine is recommended only for those at high risk for animal bites, such as veterinarians and animal handlers, and for long-term travelers who may have contact with animals and may not have access to medical care. In Cambodia, the chief risk is from dog bites. Monkeys and other wildlife may also carry rabies and should be avoided. Any animal bite or scratch should be thoroughly cleaned with large amounts of soap and water and local health authorities should be contacted immediately for possible post-exposure treatment, whether or not the person has been immunized against rabies. There are many stray dogs around town and monkeys in parks. Additionally, as part of your internship assignment you may travel to rural areas. Depending on your activities, you may be at risk for an animal bite although the risk is relatively low as long as you do not engage in high risk behavior around these animals. Please discuss this with your primary care doctor and travel clinic doctor if you have questions as to whether you should receive this vaccine.

Tetanus-diphtheria vaccine is recommended for all travelers who have not received a tetanus-diphtheria immunization within the last 10 years.

Measles-mumps-rubella vaccine: two doses are recommended (if not previously given) for all travelers born after 1956, unless blood tests show immunity.

Polio vaccine is not recommended for any adult traveler who completed the recommended childhood immunizations. In October 2000, the World Health Organization certified that polio had been eradicated from the Western Pacific region.

Medications:

Travelers' diarrhea is the most common travel-related ailment. The cornerstone of prevention is food and water precautions. All travelers should bring along an antibiotic and an antidiarrheal drug to be started promptly if significant diarrhea occurs, defined as three or more loose stools in an 8-hour period or five or more loose stools in a 24-hour period, especially if associated with nausea, vomiting, cramps, fever or blood in the stool.

Malaria: Prophylaxis is recommended for all areas except Phnom Penh and around Lake Tonle Sap. Malaria occurs at the temple complex at Angkor Wat. Please make sure to get the appropriate medication specific to Cambodia. Doxycycline and malarone are often used, while Chloroquine and mefloquine are not recommended in Cambodia due to pockets of drug resistance in certain areas.

Dengue Fever: There is currently no vaccine or medication for dengue fever—bring insect repellent!

Again, consult your physician regarding your medical plan for your time in Cambodia.

Country Background Information:



Cambodia is the homeland of the Khmer. Three periods can be discerned in Khmer history: the pre-Angkor period (before 802), the Angkor period (802-1431) and the post-Angkor period (after 1431). During the Angkor period the centre of the kingdom was at Angkor. The ancient monuments (Angkor Wat) are from this period.

Most Cambodians consider themselves to be Khmers, descendants of the Angkor Empire that extended over much of Southeast Asia and reached its zenith between the 10th and 13th centuries. Attacks by the Thai and Cham (from present-day Vietnam) weakened the empire ushering in a long period of decline. The king placed the country under French protection in 1863. Cambodia became part of French Indochina in 1887.

Following Japanese occupation in World War II, Cambodia gained full independence from France in 1953. In April 1975, after a five-year struggle, Communist Khmer Rouge forces captured Phnom Penh and evacuated all cities and towns. At least 1.5 million Cambodians died from execution, forced hardships, or starvation during the Khmer Rouge regime under Pol Pot. A December 1978 Vietnamese invasion drove the Khmer Rouge into the countryside, began a 10-year Vietnamese occupation, and touched off almost 13 years of civil war.

The 1991 Paris Peace Accords mandated democratic elections and a ceasefire, which was not fully respected by the Khmer Rouge. UN-sponsored elections in 1993 helped restore some semblance of normalcy under a coalition government. Factional fighting in 1997 ended the first coalition government, but a second round of national elections in 1998 led to the formation of another coalition government and renewed political stability.

The remaining elements of the Khmer Rouge surrendered in early 1999. Some of the remaining Khmer Rouge leaders are on trial by an UN-sponsored tribunal for crimes against humanity. Cambodia and the Cambodian people have made great strides since the fall of the Khmer Rouge and the country is developing quickly.

Recommended Reading and Other Research:

Travel Guides:

Martin, Steven. *The Rough Guide to Cambodia* 4. New York: Rough Guides, 2011.
Ray, Nick, and Daniel Robinson. *Lonely Planet Cambodia (Country Guide)*, 8th edition. Oakland: Lonely Planet, 2012.

Articles, Reports and Books (this is a limited selection from a wide range of information available about Cambodia) :

Brinkley, Joel. *Cambodia's Curse: The Modern History of a Troubled Land*.
Cambodian League for the Promotion and Defense of Human Rights. (2009). *Land Grabbing & Poverty in Cambodia: The Myth of Development*. Phnom Penh, Cambodia. Retrieved from: <http://www.licadho-cambodia.org/reports.php>
Chan, S.(2004) *Survivors: Cambodian Refugees in the United States*. University of Illinois Press: IL.

- Chandler, D.(2000). *Voices from S-21: Terror and History in Pol Pot's Prison*. University California Press: CA.
- Him, C. (2001). *When Broken Glass Floats: Growing Up Under the Khmer Rouge*. W.W. Norton & Company.
- Land and Housing Working Group. (2009). *Land and Housing Rights in Cambodia Parallel Report*. Phnom Penh, Cambodia.
- The Cambodian Committee of Women. (2007). *Violence Against Women: How Cambodian Laws Discriminate Against Women*. Phnom Penh, Cambodia.
- Yount, K. & Carrera, J.S. (2006). *Domestic Violence Against Married Women in Cambodia*. *Social Forces*, 85(1), 355-382.

Movies

- The Killing Fields (1984).
- A River Changes Course (2013).

Living in Phnom Penh, Cambodia:

Life in the capital of Cambodia is a bit chaotic, full of surprises, and often very charming. You may find it to be very different than your home country, but there are many resources to help you out—and many Cambodians also speak English.

Accommodation:

RACHA does not provide accommodation for its interns. However, it is fairly easy to find housing—particularly if you don't mind sharing a flat with one or two others. Before you arrive, you might want to join the Cambodia Parent Network, a Yahoo group (not just for parents!) that is aimed towards expats living in Phnom Penh, and is the best place to find shared housing or apartments for rent. You can also check out Expat Blog and look up Cambodia/Phnom Penh. If you would rather wait to find housing until you get here, or if you want a fully serviced place, guest houses are relatively cheap. There are a multitude of them on Street 278 in Boeng Kaeng Kang I (a very expat friendly neighborhood), as well as many closer to the riverside (more geared towards budget travelers).

It is common to find an apartment for between \$150-200 a month (utility costs vary on your use of air conditioning, and wifi can cost as little as \$10 a month to as much as \$75 a month, depending on your speed, etc).

Food:

All types of food are readily available in Phnom Penh—and you can pay very little or a great deal for it. There are several large supermarkets where you can find western foods at high prices, many indoor marts/grocery stores with fresh produce and other goods, and traditional markets with fresh produce. Use common sense when buying “street food” or produce from markets, but generally, food is safe in Cambodia. While some people maintain the tap water is safe to drink in Phnom Penh, it is generally better to drink bottled water.

Transport:

There is no public transport system in Cambodia. Tuk tuks (motorcycles with a passenger carriage attached to the back) and motos (riding on the back of a driver's moto) are the most common means of transport. Generally, these rides cost between \$1-\$3 depending on how far you are going. It is easy to buy a bicycle for around \$25-30, used from Cambodia Parent Network or from a market, and also possible to buy a used motorbike. If you opt to take a tuk tuk or moto regularly, you can often work out a deal with someone who drives you every day to and from work.

Safety:

Although there has been a reduction in the crimes rate in Phnom Penh over the years, recent reports suggest that due to the economic downturn theft and robberies are on the rise. It is important to carry small sums of cash at all times, and be vigilant when you are in crowded markets or walking at night. Especially at night, it is a good idea to carry a small bag that you can carry close to your body (longer-strapped bags can be grabbed from you). Overall, exercise good judgment and stow all valuable items and identifications in a safe compartment in your room and you will be fine.

Dress Code:

Cambodian society in general is quite conservative in dress - that is most apparent when you travel outside of Phnom Penh but also in certain contexts in Phnom Penh as well. Even on the hottest days, Cambodians will be seen wearing long-sleeved shirts and pants.

Cambodian women typically wear long-sleeved shirts and sarongs (a wrap skirt). It is worth noting that visitors to the Royal Palace in Phnom Penh must wear modest trousers or long skirts, shirts with sleeves, and closed-toe shoes to enter. Visitors who wear tank tops will not be allowed to enter the Palace.

In Phnom Penh, young women you interact with at work and around town may be quite fashionable but usually still within the codes of modest dress.

To be respectful of the community, it is recommended not to wear tank tops and/or shorts or short skirts to work. If you are traveling outside Phnom Penh, do not bring sleeve-less shirts or shorts/short-skirts. However, it is actually common for workers to wear open-toed shoes (e.g. sandals, flip flops) to the office and around town. Moreover, all houses and most offices require that guests remove their shoes prior to entering the building. Rather than get your socks dirty when walking on hardwood floors, it is best if you wear sandals and walk bare foot into the buildings.

Lastly, remember that the average temperatures in Cambodia are quite hot:

November-February: Cool and dry. Average mid-day temperatures in the mid 20'sC (75-85F), sometime dipping below 20 at night. The monsoon rains trail off through October and November, and have usually stopped completely by mid-November.

March-May: Hot and dry. The dry season continues, the only precipitation being short 'mango showers' in the afternoons that slowly increase in frequency and intensity through

these months. The temperature slowly rises through February and March, peaking out in April and May before the monsoons begin. February and March are still comfortable but by April mid-day temperatures can hover in the mid to upper 30'sC (upper 90's F).

June-August: Hot and wet. The hot season continues but is fairly quickly moderated as the monsoon rains begin in May and June, cooling, if only a bit, the hot, humid air. Across most of the country, the monsoon rains are fairly predictable, usually occurring in the afternoon or at night. And the afternoon rains usually last no more than a couple of hours.

September-Early November: Cool and wet. The air doesn't really begin to cool much until October or November, but still, it's cooler than the hottest months. In September the temperatures hover in the mid-30s (90's F) and slowly drop through the following months.

Money:

The Cambodian currency is called the riel (R). For every day transactions in shops and on the street, 4000 riels = US\$1. Currency exchange rates fluctuate daily and when you go to the bank, ATM or cash traveler's cheques, they will give you cash according to the exchange rate of the day.

You will not need to exchange money once you arrive in Phnom Penh because on the street and in shops, vendors will gladly accept US\$ or Cambodian Rs. If you pay with a US dollar, they will give you change in US dollars or Cambodian riels. Try to carry with you small bills in US dollars, or Cambodian riels since you will need it to purchase food, pay for transport, and buy souvenir items. Credit card transactions are generally not accepted except at the high-end shops and restaurants that cater to Western clientele (such as Lucky Supermarket)—and usually only Visa or MasterCard. Usually, when buying food on the street or purchasing groceries in the market, you will want to use riels or \$1 or \$5 bills. Vendors and drivers will be very reluctant to give you change for a \$10 or \$20, or they simply may not have the money on them to do so. Restaurants with Western clientele or Lucky Supermarket can break any bill – even \$50 or \$100. So if you have a large bill and need to break it, it is suggested you try one of those places first. No one on the street will accept a \$50 or \$100 bill.

There are ATMs around town, although many of them will charge you a foreign transaction fee. Canadia Bank is often the cheapest. Alternatively, you can take out large amounts at one time, as long as you have a place to safely store it. If you will be with us for three months or more, it might be worth getting a Cambodian bank account.

Things to do:

Phnom Penh is full of things to do. You can find out about all the “tourist” sites and the Khmer Rouge historical sites in your guidebook or with a few simple clicks online.

For other activities, check out LadyPenh.com, WUPP magazine, or Canby Publications. To name a few common activities:

Meta House and The Flicks play documentaries, classic hits, and blockbuster movies every night.

Phnom Penh has a great deal of live music, advertised at most restaurants and bars, particularly on the Riverside or in BKKI.

If you don't feel up to exercising in the heat, there are many gyms you can join, at various prices, including:

The Himawari Hotel

Sofitel Hotel

Phnom Penh Sports Club

Muscle Fitness

The Place Fitness Center

Traveling within Cambodia:

There are a great deal of places to visit in Cambodia (besides, of course, Angkor Wat in Siem Reap!). There are beaches in Sihanoukville, islands in Koh Kong, beautiful riverside relaxation in Kampot, and adventurous treks in Mondulkiri and Rattanakiri, to name a few. Capitol and Sorya Bus Companies go almost everywhere, and Giant Ibis, a new company aimed at foreign tourists, offers service to several destinations on clean new busses.

Cell Phones:

It is easy and cheap to obtain a Cambodian phone number. Many RACHA staff use Cellcard, but Metfone and Smart are also good. SIM cards cost about \$1-5, and then you pre pay. In country calls and texts are quite cheap. If you bring a smartphone with you, you can get 3g coverage for fairly cheap, as well (Cellcard offers 2g of data for \$5, for example).

Sample Budget:

RACHA does not cover any of your expenses. Budget accordingly!! If you eat out for every meal, your costs will add up very quickly.

Food:

Approx. \$15 per day if eating at Western places.

Approx. \$10 if combination of Western and Local food.

Approx. \$5 if eating Local food only.

Transportation:

Approx. \$2-\$4 a day

Bottled Water:

Approx. \$1 a day.

Cell Phone Cards:

Approx. \$15-20 a month.

Internet Access:

Approx. \$20-30/month (depending on if you share your flat)

Gift/Souvenirs:

Small items are usually between \$.50-\$10, whereas larger artwork, for example, can be upwards of \$100.

Travel Outside of Phnom Penh (on weekends and holidays):

Roundtrip bus tickets to most places in the country is usually between \$12 and \$25.

Guesthouses can range from \$5 to \$30.

Suggested Packing List:

Important Note: This is just suggested packing list for an approximate three month stay, and not all items (such as jewelry or skirts) may apply to you personally. Use your personal judgment when packing. Other interns have recommended that you pack lightly and bring only what you deem necessary rather than bringing heavy suitcases (which may be subject to overage charges on the flight that you will be responsible for paying). All items on this list, with the exception of the laptop and personal prescriptions, will be easily obtainable at the shops, markets, super-market or pharmacy.

Passport and visa (make a copy of your passport and leave with a family member prior to departure)

Laptop: It is quite likely that RACHA will not have an extra computer for you.

Other electronics: Wifi is readily available here, if you have a tablet, iphone, or kindle that you would like to bring. Just use caution when carrying it around.

Clothing:

- Shirts: 3 T-shirts; 2 tank tops; 3 collared shirts; 1 light long-sleeve;
- For women, 2 dresses; 2 skirts – note: dresses and skirts should be below the knee, please dress conservatively according to local standards outlined above
- Pants: 2 pr cotton/linen; 1 pr “tech”; 1 pr jeans; 1 pr light cotton for sleeping
- Exercise clothes (for travel or if you exercise often)
- 1 formal wear item (such as a dress and/or dress shirt/slacks)
- Shoes: all terrain sandals, (Chacos; Merrell; Teva, etc.): running shoes; dressier shoes
- Socks
- 10 pr underwear; 3 sports bras; 2 regular bras 1 bathing suit
- Jewelry

Toiletries, etc:

- Towels (unless you plan to stay at a serviced apartment or guest house)
- toothbrush; toothpaste, floss
- 1 pr prescription glasses
- 1 pr regular sunglasses
- disposable contacts; saline solution; eye drops, deodorant
- 1 bar soap; soap container
- small mirror
- shampoo
- comb
- razor; replacement blades; small can shaving cream bottle liquid hand sanitizer
- antimicrobial soap

- sanitary napkins
- hair bands, hair clips, etc.
- Sunscreen lotion – SPF 30 or higher for during the day
- moisturizing lotion
- Lip balm

Health/Medicinal Products:

- malaria prophylaxis
- 6-month supply of special prescriptions
- painkillers (Ibuprofen, Tylenol, aspirin)
- multivitamins & vitamin C
- antihistamine
- decongestant
- antacid – 2 boxes of Pepto Bismal, TUMs, etc.
- Immodium
- Packets of Gatorade
- antimicrobial soap
- hydrogen peroxide
- band-aids
- chapstick
- dental floss

Gear:

- Voltage adapter
- Rechargeable batteries if needed for cameras, mp3 players, etc. Otherwise, you do not need it. (Make sure the charger takes 240 volts or bring a voltage adapter.)
- Journal & pens
- Rain Jacket or Poncho

And to carry it all:

- Luggage or large campers backpack
- Large daypack for short trips
- assorted zip-bags, stuff sacks, etc

Other:

Snacks and energy bars

Contact Information:

Human Resources Coordinator: Choun Satharidh, csatharidh@racha.org.kh

Executive Director: Chan Theory, ctheary@racha.org.kh

RACHA Head Office:

Address: #160 Street 71, Tonle Bassac, Chamkar Mon, P.O.Box 2471, Phnom Penh, Cambodia

Phone: +855 23 213 724 Phone: +855 23 726 257

Fax: +855 23 213 725

Email: office@racha.org.kh

WELCOME TO PHNOM PENH!



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