



Phnom Penh International Airport

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The Kingdom of Cambodia has two main international airports, the first one is Phnom Penh International Airport and the second one is Siem Reap-Angkor International Airport. The Phnom Penh International Airport is located nearby Phnom Penh, at a distance of 7

km (4.3 miles) west of the nation's capital. The airport's former name was **Pochentong International Airport**. On July 6, 1995, the Royal Government of Cambodia (RGC) signed a concession agreement with the French-Malaysian company Société Concessionnaire d'Aéroport (SCA), to operate Phnom Penh (PNH) - Pochentong International Airport. In return for a 20-year concession, SCA -- 70 percent owned by Groupe GTM and 30 percent by Muhibbah Masterron of Malaysia -- committed to a \$110 million improvement program that includes the construction of a new runway, terminal and cargo buildings, hangars, installation of a Cat III level Instrument Landing System (ILS) and associated approach lighting.

Siem Reap-Angkor Airport is the largest airport in Cambodia and is located in Siem Reap, home of the Angkor Wat temple. The full architectural design of the airport was developed by Archetype Group. The official inauguration of Siem Reap-Angkor International Airport's



new terminal was in August 28, 2006. As of 2008, extensions to the airport's apron and parking areas are taking place. Air Traffic Control is provided by CATS (Cambodia Air Traffic Services), with full approach and aerodrome VHF facilities being housed in the control tower, between the fire station and the domestic terminal.

Story from Janice Martin, volunteer on our Care project, July 2009



I embarked on my journey in June 2009 and worked for Projects Abroad on a Care Project at the National Baby Centre in Phnom Penh Cambodia, for a period of one month. I did not have any idea what it was really going to be like.

Projects Abroad picked me up from the airport and at first glance it was a real culture shock. I did not envisage what it was really like. Culture shock affects people in many different ways. The first day I visited the centre I was completely overwhelmed at what confronted me. Having said this I then threw myself straight into my Care project and the experience was

just amazing.

It was very rewarding for me being able to help wherever help was needed. The children are the most vulnerable and needy children that I have ever had the pleasure of meeting. A smile, a wave, a cuddle - just being loved - it was an awesome feeling. Their little faces will remain with me for the rest of my life. They have a special place in my photo exhibition in my lounge room. Thank you Projects Abroad for allowing me to be part of your wonderful volunteer family. It never ceased to amaze me just how special the volunteer family are. Being 64 years old I was not amongst people of my own age - I was with much younger people – but they are a credit to the human race, being so young and just wanting to help out people the way in which they did. I am equally proud of each and every one of them. We all looked after one another which is most important in situations like this.

Niet and her assistants Sokny and Dannie looked after us extremely well, providing good food for us. I miss my new found friends and the little children, especially in the National Baby Centre. They hold a very special place in my heart and always will. I say a special prayer for them every night. Hopefully one day I may be able to return to Cambodia. I would really love to do that.



If you are thinking of volunteering - have no second thoughts - just do it; there is so much you can do by just being there and by just being you.

JAN MARTIN
MELBOURNE, AUSTRALIA
CARE PLACEMENT - JUNE - JULY 2009

Story from Claire McDevitt, the first volunteer on our Dentistry project

I am doing a Dentistry project here in Phnom Penh. I have been studying dentistry for 3 years. The project has been wonderful so far, as I have been able to practice my skills and also observe the dentists here. Three mornings a week I work in the Preah Ang Duong Hospital. The majority of work done here is extractions, as patients can't afford to go to a private clinic. We see all ages. I've worked with 4



year old children, the elderly, and everyone in between. The conditions in the hospital are very different to what is found at home. The chairs and equipment are all a few years (decades!) old, but the level of hygiene is excellent. The patients receive the best level of care the doctors can give.

The rest of my week is spent at the Khemara Dental Clinic. I work with Dr. Track Sam Oeng as his assistant. It's great experience for me as I have been able to do check-ups, scaling & polishing, fillings and extractions. This clinic is very different to the hospital. The reception area even has the typical fish tank that seems to be in all dental surgeries world wide. Cost of materials is a big factor for the patients, so this is all taken into account during the treatment planning.

One highlight of my job here was visiting a prison in one of the provinces. Several of the dentists I work with give up 1 day every month to provide free dental care for the prisoners. Next weekend some of the other volunteers and I will visit an orphanage and bring the children tooth brushes and tooth paste. I'm really looking forward to that.

I've been very lucky as I have been able to travel most weekends. I wanted to get as much of the country seen as I could. We have visited Siem Reap and saw the sun set over the Temples of Angkor Wat. Another weekend we went to the coast, to Kep, and ate crab with Kampot pepper.

Absolutely delicious!! Then we went to Battambang to take a ride on the bamboo train. It was simply fantastic. This trip so far has been so much better than I could have imagined.

CLAIRE McDEVITT

IRELAND

MEDICINE PROJECT JULY-AUGUST-2009

Update from July

UP COMING ARRIVALS IN SEPTEMBER

11 NEW VOLUNTEERS WILL BE JOINING US IN SEPTEMBER. WE LOOK FORWARD TO MEETING YOU!

No	Name	Arrival	Projects
1	Miss Allira Tee	01/Sep/09	Care Project
2	Miss Alexandra Doolette	02/Sep/09	Care Project
3	Mr Erich Ritter	04/Sep/09	Care Project
4	Mr Anthony Haggett	05/Sep/09	Diving &Marine Project
5	Mrs Alison Haggett	05/Sep/09	Diving &Marine Project
6	Ms Sandra Schrittwieser	14/Sep/09	Diving &Marine Project
7	Ms Mercedes Suppan	14/Sep/09	Diving &Marine Project
8	Miss Emily Wakely	15/Sep/09	Care Project
9	Miss Marine Lecharny	16/Sep/09	Care Project
10	Ms Claudia Urban	16/Sep/09	Khmer & Care Project
11	Miss Mounia Bakkali	27/Sep/09	Medicine Project



UP COMING HOLIDAY IN SEPTEMBER

From 18-September-2009 to 21-September-2009, is the Phum Ben festival which is a religious holiday in Cambodia. To celebrate this festival, schools, workplaces and other organisations will be closed for 4 days. During this period, most Cambodian will go to a pagoda with their family.

The other public holiday in September is a Constitutional Day. It called to celebrate the anniversary of promulgation of the country's new constitution on 24-September in 1993. This constitution was adopted by a constitutional assembly elected under the auspices of the United Nations, which administered the country in 1992 and 1993 pursuant to the Paris Peace Agreements of 1991 that put an end to the war in Cambodia.

We, Projects Abroad Cambodia, would like to announce that from 18-September-2009 to 21-September-2009 and 24-September-2009 our staffs will be on holiday, but will still be contactable if you have any urgent problems.

CONGRATULATION TO MRS CHHOY NARETH

Projects Abroad Cambodia, would like to congratulate to Mrs. Nareth Chhoy, who gave birth safely to his first son whose name Sovann Dara on 04-August-2009.

Now both herself and her baby have left hospital and are relaxing at her home.

Congratulations to Nareth!



Up-coming Volunteer's Notes

MESSAGE FROM ALEXANDRA DOOLETTE

Hi All!

My name is Ali and I am eighteen years old. I finished year 12 at high school in 2008 in Adelaide, South Australia. I set my sights on Cambodia after realising I didn't want to go to University immediately. I've always wanted to travel to South East Asia and I feel so privileged to be able to lend a helping hand in Cambodia.



However I know that what I gain from this trip will be a million times more than what I could ever dream of giving to such an amazing country and its people. I am so excited to discover a new culture, language, and cuisine, but above all else I am especially excited to meet the people who call Cambodia home. I look forward to meeting all the other volunteers who I'm sure I will find I have much in common with. I want to thank all the Projects Abroad staff members for helping me so kindly in the lead up to my placement. See you in Cambodia!

PHOTO GALLERY



Christophe is learning how to cook and assisting the chefs in the apartment.

Janice and the caretakers at her placement.



Amy is concentrating on her teaching class.



*Volunteers on a trip to
Siem Reap province.
From left to right:
Janine, Jessica, Tess,
Katrina, Claire,
Elizabeth, Adele.*



*Keiko is
observing
his
supervising
doctor at
work.*



*Yanka
enjoying
break-time
with the
children at
her
placement.*



Mango Salad



In Cambodia there are a lot of kinds of fruit. Mango is many people's favourite. It is very versatile and can be used to make a delicious salad. Here, in a few easy steps, we tell you how!

❖ Ingredients:

- 1 fresh green mango (finely sliced)
- 1/4 cup/ 7g fresh coriander leaves
- 1 whole sweet red onion (thinly sliced)
- 2 tablespoon of dried shrimp
- Fish sauce
- 1 crushed dried red pepper
- 1 green onion (small cubes)
- 1 wedge of lemon

How to Cook :

- ❖ In a large bowl, add the finely sliced mango, sweet red onion, dried shrimp, dried red pepper, coriander leaves, fish sauce, and lemon. Mix well. Put into a serving bowl and top with green onion as garnish. Then it is ready to serve.

Sticky Rice with Mango



The traditional Khmer sweet made of mango and sticky rice is a delicious dessert that you should definitely try while you are out here.

❖ Ingredients:

- 1 1/4 cups of raw sticky rice (sweet or glutinous rice). (you can freeze the rest of the coconut milk for another day)
- 3/4 cup of very thick coconut milk for mixing with the rice (do not shake the coconut milk can before opening. Spoon out only the thick part that's usually on top)
- 1/4 cup of sugar
- 3/4 cup of very thick coconut milk for topping the rice
- 1/8 tsp salt for the topping
- 1/2 tbsp of salt for mixing with rice
- 1/4 tsp of rice flour
- 6 medium mangoes - peeled and sliced