LUTHERAN HOUR MINISTRIES

CAMBODIA

Children's Study Room Construction

Dates: Flexible.

Individual Budget: Approximately-$470. This includes food, lodging, in-country transportation, translators and travel/health insurance. This is an estimated cost and does not include visas or international flights and is based on a team of 10 people for 12 days, 10 days in country.

Materials for Project: $6,900-This includes materials for all projects, required tools, and the cost of a construction foreman to oversee the project. This is a shared cost between team members.

Project

This project will build two classrooms on the church property in Prich village, Beong Nimol commune, Chhouk district, Kompot Province. This school will serve 85 three to six year old children from the village. Two church leaders and Equipping to Share volunteers will be leading the project. The village is very poor. The cost for school and transportation is prohibitive for many families. Many parents are also concerned for the safety of the children going to and from school. This school will be the stepping stone into the government school. This project provides the opportunity for LHM – Cambodia, Cambodia Christian Media Center (CCMC) to work with the local church leaders, members and local authorities. They will work together on the classrooms, as well as getting the local media and the ETS programs to evangelize in the villages. It will also open doors for the church and CCMC to minister to the families of the village in the years to come.

Project Location

Cambodia is a developing country with a constitutional monarchy and an elected government. The country has a market economy, with approximately 80 percent of the population engaged in subsistence farming. The government has generally good relations with its neighbors despite strains over residual border disputes and other historic antagonisms. Kampot City is the capital of the Kampot province in Cambodia. It is 120 kilometers from Phnom Penh, the capital city of Cambodia, and 40 kilometers from the village you will be working. The city is located at the base of the Elephant Mountains on the Kampong Bay River and north of the Gulf of Thailand. The city is known for being quiet and welcoming with a quaint, small town ambiance. The architecture in the city is classic French Colonial mixed with Chinese buildings. Visitors come to Kampot City for a taste of provincial Cambodia and its relaxed atmosphere.

LHM International Volunteer Trips provide the opportunity to learn through authentic cross-cultural experiences and have the opportunity to share the love of Jesus. If you are interested in touching lives, please call Chris Myers at 314-317-4268 or 1-800-944-3450, ext. 4268; or by email christine.myers@lhm.org.

Sample Itinerary

Day 1. Arrival and rest.
Day 2. Orientation, visit project site and planning
Day 3. Worship and free time
Day 4. Workday
Day 5. Workday
Day 6. Workday
Day 7. Workday
Day 8. Workday
Day 9. Workday
Day 10. Worship and sightseeing
Day 11. Wrap up project
Day 12. Departure

A detailed itinerary will be provided to you by LHM according to your travel days and team size.

Travel Documentation

- US passport must be valid 6 months beyond intended stay
- $ 20 US Cash for tourist visa fee (Paid directly to the Immigration upon arrival)
- 1 passport size photo
- Embassy contact information:
  Embassy of Cambodia
  4530 16th Street NW
  Washington DC, 20011
  Telephone: 202-726-7742
  Fax: 202-726-8381
  Email: **consular.camemb.usa@gmail.com**
  Website: www.embassyofcambodia.org/

Please visit the Cambodian website for the most current visa information.
Monitor information on local travel and security at www.travel.state.gov

Travel Insurance

Medical Evacuation for all team members is mandatory and LHM provides insurance from AIG at the cost of $3.30 a day. We will provide you with an insurance card with a policy number on it and a contact number in cases of extreme emergency – i.e. something that requires evacuation. The person you talk with will advise you on what to do in those circumstances. For all other claims please pay any bills that you incur and make a claim directly to the insurance company when your return.

Lodging and Meals

The team will be staying at Penh Chet guesthouse. Breakfast and dinner will be eaten at restaurants near the guesthouse and lunch will be eaten at Chhouk Market near the worksite.

Sightseeing

Many sightseeing opportunities are located in the capital city of Phnom Penh. You can visit the Royal Palace museums and the Killing Fields of the Pol Pot time period. The fees for sightseeing are not included in the individual costs.

Budget

Sample budget based on 10 people for 10 days: Individual Costs		
Translator	$250 for 10 days/10 people	$25.00
Travel Insurance	$3.30 per person per day x 12 days, includes travel days	$39.60
Lodging	$15/night for 9 nights, $25/1 night upon arrival	$160.00
Food- Breakfast, Lunch, Dinner	$15/day average for 10 days	$150.00
Transportation (include airport)	$37.50 per person for 10 days	$42.50
Bottled Water	$5 per day	$50.00
Total		$467.10

You must also budget for your international flights, $25 visa fee upon arrival, miscellaneous costs, sightseeing and souvenirs. A $25 airport tax should be included with your flight costs. Be sure to check this when booking your fights.

The budget is an estimate and your team may choose to eat more or less expensive, which would affect your budget. We generally over-budget as much as possible so you do not run short of funds, but it never hurts to have some extra funds available. It would also be wise to carry a small amount of additional contingency funds for any medical emergencies that may occur or unexpected costs.

Project Costs

Project costs are $6,900 which includes all materials, required tools and the cost of a construction foreman to oversee the project. These costs are shared by all team members. The timeline for payment of both Project Costs and Individual Costs will be provided once specific travel dates are determined. Project Costs must be paid 4 weeks prior to departure and Individual Costs must be paid 2 weeks prior to departure. In some cases, if LHM needs to make hotel or transport reservations, we may ask for partial payments to be made on a different timeline.

Vaccinations

Vaccine recommendations are based on the best available risk information. Please note that the level of risk for vaccine-preventable disease can change at any time.

Vaccination or Disease	Recommendations or Requirements for Vaccine-Preventable Diseases
Routine	Recommended if you are not up-to-date with routine shots such as, measles/mumps/rubella (MMR) vaccine, diphtheria/pertussis/tetanus (DPT) vaccine, poliovirus vaccine, etc.
Hepatitis A or immune globulin (IG)	Recommended for all unvaccinated people traveling to or working in countries with an intermediate or high level of hepatitis A virus infection (see map) where exposure might occur through food or water. Cases of travel-related hepatitis A can also occur in travelers to developing countries with "standard" tourist itineraries, accommodations, and food consumption behaviors.
Hepatitis B	Recommended for all unvaccinated persons traveling to or working in countries with intermediate to high levels of endemic HBV transmission (see map), especially those who might be exposed to blood or body fluids, have sexual contact with the local population, or be exposed through medical treatment (e.g., for an accident).

Typhoid	Recommended for all unvaccinated people traveling to or working in Southeast Asia, especially if staying with friends or relatives or visiting smaller cities, villages, or rural areas where exposure might occur through food or water.
Japanese encephalitis	Recommended if you plan to visit rural farming areas and under special circumstances, such as a known outbreak of Japanese encephalitis, see country-specific information.
Rabies	Recommended for travelers spending a lot of time outdoors, especially in rural areas, involved in activities such as bicycling, camping, or hiking. Also recommended for travelers with significant occupational risks (such as veterinarians), for long-term travelers and expatriates living in areas with a significant risk of exposure, and for travelers involved in any activities that might bring them into direct contact with bats, carnivores, and other mammals. Children are considered at higher risk because they tend to play with animals, may receive more severe bites, or may not report bites.

Malaria

Areas of Cambodia with Malaria: Present throughout the country, except none at the temple complex at Angkor Wat, Phnom Penh, and around Lake Tonle Sap.

If you will be visiting an area of Cambodia with malaria, you will need to discuss with your doctor the best ways for you to avoid getting sick with malaria. Ways to prevent malaria include the following:

- Taking a prescription antimalarial drug
- Using insect repellent and wearing long pants and sleeves to prevent mosquito bites
- Sleeping in air-conditioned or well-screened rooms or using bednets

This is based on current information from CDC. Always consult with your doctor regarding vaccinations, as Lutheran Hour Ministries cannot be held liable for any recommendations made.

http://www.cdc.gov/travel

Forms

Please return all required forms to LHM St. Louis if you have not already done so.

LHM Ministry Center-Cambodia

The Lutheran Hour Ministries (LHM) center in Cambodia was established in 2000 for the purpose of giving everyone in Cambodia the opportunity to hear the Gospel of Jesus Christ.

Most people in Cambodia live in rural areas and have few material possessions. This makes Bible Correspondence Courses (BBC), with free materials and lessons by mail, an effective tool in educating remote communities about God. BCC is also used to give people in prison hope in Jesus Christ.

LHM—Cambodia also produces and distributes printed devotions, Christian postcards, LHM children's videos (such as Red Boots for Christmas), along with other children's and adult literature. Puppet ministry performed there is popular among young and old alike.

Furthermore, the Equipping the Saints (ETS) program in Cambodia focuses on giving everyday people practical knowledge and evangelical tools to communicate the Gospel to their communities.

Contact Information
Cambodia Christian Media Center
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Sangkat Teuk Thla, Khan Russey Keo
Phnom Penh City, CAMBODIA

Mr. Phin Naro, Coordinator
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E-mail: ccmc@online.com.kh
Web Site: www.ccmc.cambodia.org
Skype: phin.naro
Ministry Established: 2000

Through authentic cross-cultural experiences, you will have the opportunity to share the message of Christ's love.
If you are interested in touching lives please call
Chris Myers @ 314-317-4268 or email christine.myers@lhm.org