



Long Term Volunteer Expectations

Thank you for being willing to serve a country that is not your own. To make your stay enjoyable and to prepare you for this we have put together a list of things that will help you have fantastic memories when returning home.

FOOD & ACCOMMODATION

- All food and accommodation has to be supplied by the volunteer whilst in Phnom Penh. (A guest house can be booked for US\$30 per night).
- All project sites are alcohol and smoke free.

TRANSPORT & TRAVEL

- Get a Business Visa on arrival in Cambodia. This costs \$35US and lasts for one month. You will then have to extend it at a travel agent during the first month.
NB: They will NOT extend a Tourist Visa.
- Restore One will have a tuk tuk which will transport staff to projects in Phnom Penh. Any other transportation is to be paid for by the volunteer.
- You represent Restore One at all times on and off project sites. Please uphold the standard at all times.
- Volunteers have to purchase their own flights (including a return flight).
- You are expected to have your own travel insurance and Restore One will not be paying for any medical help and repatriation.
- Tanya uses Columbus Direct Travel Insurance but we are happy for you to have any as long as it has EMERGENCY EVACUATION included.
- When travelling to the village project, Sokhun will usually take the volunteers up to the village and school. IF this does not happen you will have to catch the public bus and the volunteer will be responsible for the cost. (usually \$5).
- Restore One will not be paying guest house accommodation but the volunteer can cover this for \$6 per night (non air con) or \$15 per night (air con). If the volunteer wants the free village stay option this will be organized by Sokhun (Project Manager).
- If volunteering with another NGO please pass this by Tanya or Greg.
- Volunteers are expected to pay for their own phone usage.



GENERAL EXPECTATIONS

- Tanya requires that volunteers skype with her every 2 days where possible. Open communication is greatly encouraged.
- You are responsible to Sokhun and need to share your movements with him.
- Please do not loan money to any staff or projects unless this is approved by Tanya or Greg. Of course you are welcome to donate money through Sokhun.
- Please do not give gifts to the villagers.
- You represent Restore One, so please present yourself washed, well groomed and with clean clothes.

SAFETY

- If anything is stolen Restore One will not be able to replace it. Please be aware of your personal goods (especially when travelling around in public areas).
- Volunteers are not to drive motor bikes. If you are a passenger please wear a helmet and make sure that your travel insurance covers you to ride on the back of a motor bike.
- If you chose to ride a push bike please make sure your travel insurance covers you.
- We respectfully request that you do not visit night clubs or beer gardens.
- Be aware that most of respectable Cambodia is back home by 10pm at night. Make every effort to keep safe by returning home early.
- If out at night it is much safer to do things with a friend or group of people.

REMEMBER – If in doubt choose LOVE

Remember that you can never take back something that you say. Be gentle with your words and actions.

These expectations are to include the expectations from the general volunteer documentation.

Please sign and return this document, volunteer document and working with children check to Tanya@restoreone.org.au

Full name (PLEASE PRINT):

Signature: Date: