

Help for a Day Field Guide



Ponheary Ly Foundation

Thank you for
your interest
in sponsoring a
Help for a Day
program!

starts at \$335*

This event available Monday-Friday
May through August and November through
March

*Provides ~50 backpacks
Let us know if you'd like to provide more!

Your Activity:

Backpack Distribution Field Trip

The humble backpack is a common, everyday item but one that shouldn't be underestimated. You will not only be providing a moment of excitement for students as you hand them their new backpacks, you will also be making their ability to obtain an education a little bit easier. We endeavour to support the local economy by buying from local suppliers (plus, saving additional shipping expenses).

Itinerary:

DEPART: depends on the school visited.

Head out to one of our schools where you will assist teachers distributing backpacks to a group of students.

RETURN: depends on the school visited.

Thank you in advance for wanting to sponsor a Help for a Day Program!

For more information or to book your excursion please email: volunteer@plf.org.



Helpful Tips

- Cambodians are conservative and dress modestly. We ask that you dress modestly as well. Shorts are acceptable but should be knee-length and shoulders must be covered. Mini skirts, tank tops and low-cut tops are not acceptable attire in the countryside.
- Please be punctual.
- During your Help for a Day experience you will be considered a member of the PLF team; please be respectful to the Khmer teachers and set a good example for the students at all times.
- There is no smoking on school grounds.
- Please do not buy anything or give money to children on the street or temples. Many children are rented out by their parents for a pittance and are controlled by an overseer. We encourage you not to support or sustain child labor and exploitation.
- PLF can provide tax receipts for participants from the USA, Canada and the UK.





PONHEARY LY
Founder

*School is the
Answer.*

About the Ponheary Ly Foundation

Guided by a UN human rights approach, our goal is to promote access to quality education for children and youth across Northern Cambodia.

Ponheary Ly Foundation relies primarily on private donations and support. Together with the tireless work of local and international volunteers, your gifts are significantly improving the futures of these children by giving them access to meaningful education. Ponheary Ly Foundation is a registered organization in Cambodia, the USA, Canada and the UK.

Make secure recurring or one-time donations on our [website](#) or mail us a check. We will put your dollars to work. The right way.

Ponheary Ly Foundation

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Ponheary Ly Foundation

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For more information or any questions email: volunteer@plf.org.