

Help for a Day Field Guide



Ponheary Ly Foundation

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

\$460

This event is available Monday-
Friday, May through March

Your Activity:

Cooking Lunch at a Rural Primary School

Travel two hours northwest of Siem Reap to a remote primary school supported by PLF to serve lunch. You will work alongside students to prepare the whole school's lunch, join them for outdoor games or a library activity, and serve heaps of fried noodles for lunch. After the students have eaten and are heading home, you will have the option of walking home with them through their village

Itinerary:

DEPART: 7.00 am. From **Siem Reap**

ARRIVE: 9.00 am. At Koh Ker **School**

Help for a Day volunteers will assist in preparing and serving lunch for all students. If there is time while the lunch is cooking, join the students in the library or lead them in a classroom activity! You'll then join the PLF team for lunch at a local guesthouse.

LEAVE: 2.00 pm. From **Koh Ker**

ARRIVE: 4.00 pm. (approx) In **Siem Reap**

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.