

# Cambodia Service Trip

## June 2016

### Dos and Don'ts



### **BLUE GROUP**

Lily Carlson  
India Daniel  
Ana Chase  
Tony Hwang  
Poom Sombutboom  
Chris Xue

### **YELLOW GROUP**

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Leland Frantz  
David Martignetti  
Emma Wang  
Caroline Packard

### **GREEN GROUP**

Derek Cai  
Denny LaRock  
Kitty Wang  
Julie Jeffries  
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### **ORANGE GROUP**

Megan Carchidi  
Kyle Ferguson  
Analisa Souza  
Christian Vander Mel  
Mao Matsuo

### **PURPLE GROUP**

Tenzin Chodak  
Sydney Farrell  
Jack Shi  
Kiley O'Leary  
Taka Matsamura  
Cassie Womeldorph

### **RED GROUP**

Connor Cook  
Brian Lee  
Christina Romagnoli  
Sherry Wang  
Jack Sweeney

**DO...** dress appropriately. The people of Cambodia dress conservatively. Despite the heat, it's best not to show off too much skin as doing so only brings negative attention. This is especially true when visiting places with religious importance.



**DO...** drink loads of water as you're working, exploring and seeing the sights. The heat can be oppressive and heat stroke can ruin your experience. Also be sure to drink (and use) bottled water only.



**DO...** try and use the respectful way of greeting another individual by bowing the head slightly with hands pressed together at the chest (known as “Sampeah”). Although this isn’t always expected, it’s a wonderful gesture.



**DO...** be aware when entering someone's home. Some homes require that you must remove your shoes at the front door. This may seem trivial but it is a very important consideration. Be aware and mindful.



**DO...** carry extra toilet paper  
and/or tissues with you at all times.  
Not all public bathrooms provide it  
and you never know when it will come  
in handy.



**DO...** Ask for permission before taking photographs of any Cambodian people, especially monks.





**DO...** commit to the experience!

Service is one of the best ways to experience a new and foreign culture. Do your best to participate in as much as you can.



**DON'T...** sit with your feet pointing towards a family altar if you are staying in or visiting someone's house. Don't take your surroundings for granted.



**DON'T...** Don't use your feet to point at someone. And don't touch a Cambodian person on the head. These are both considered impolite across Southeast Asia.



**DON'T...** forget that social norms in Cambodia are different than ours. Be mindful of public displays of affection. Anything beyond holding hands is seriously frowned upon.



**DON'T...** expect to sleep in much.  
Our service days will be long but lots  
of fun. We will almost always start  
early and end late. Take advantage of  
every opportunity!



**DON'T...** get frustrated. Losing your temper in Cambodia means a loss of “face”. Keep a cool head and remain polite, you’ll have a greater chance of getting what you want.



**Do...** keep a journal! Please pick up your journal now and write 3-4 sentences on ... “What I hope to gain from our Cambodia experience.”

