



# Sports Coaching Volunteer in Cambodia

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## Project overview



### What's included:

- 24/7 support in case of emergencies

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Visit: <https://www.truexperiencetravel.co.uk> - Call us on: +44 (0) 1494 526163 or +44 (0) 7951 536023

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- Accommodation
- Airport Pick up
- English speaking coordinator
- Meals
- Orientation

## **What's not included:**

- Airport drop off
- Flights
- Travel insurance
- Vaccination
- Visa

## **Project itinerary**

You will arrive on Sunday and have plenty of time to settle in before you start your week as a Sports Coach Volunteer programme in Cambodia!

## **Mandatory Orientation Day**

On the Monday of your first week at this location, you will join our orientation day, to familiarise yourself with the surroundings as well as the local culture. Your programme will continue as usual from Tuesday onward throughout the rest of the week.

## **Schedule**

- Introduction meeting, House rules, Setting Expectations, Health and Safety Advice and handling of documents.
- Khmer Do's and Don'ts, Khmer Culture Lessons and Khmer Language Lessons.
- Tour around the compound and local area; where to find local shops, and arrange a sim-card if necessary.
- Lunch
- Introduction to the Project, Project site and start participating on the project.



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## Tuesday to Friday

As a Sports Coach on our volunteer programme, you can expect to work for around six hours a day. After breakfast, you'll travel by bike to the local sports stadium where you'll meet with students and coach them in two three hour sessions with a break in between for lunch.

The morning session is from 8:00 am to 11:00 am and the afternoon session 2:00 pm to 5:00 pm. After that, you'll return to the volunteer accommodation.

## Evenings and Weekends

At the end of your day as a Sports Coach, you can choose to explore the area or simply relax with new friends back at your accommodation. Many of our volunteers enjoy mixing with their new volunteer friends during the week and plan their weekend adventures together!

**Please note:** This schedule can be changed and/or amended depending on weather conditions, local conditions and unforeseen circumstances.

## Places to Visit

Nearby, you'll find a park where you can relax or play volleyball with locals during your free time. Further, bikes are available at our centre which you can use to explore your surroundings and get about.

Further away is Siem Reap, which is two hours away from the accommodation. Our volunteers often head there at the weekends to explore the famous Angkor Wat, zip-wire through rainforest canopies, discover breathtaking waterfalls and do a little trekking!



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## APPLICATION FORM

		Booking ref:	
Fullname			
Nationality		Passport number	
Age	Male   Female	Date of birth	
e-mail address		Phone number	
Flight Details		Home address	
Contact person at home (In case of an emergency)		Contact number (In case of an emergency)	

Do you have any health problems or allergies we should know about?


### To complete your placement we will require the following:

- Copy of your passport
- CV
- Full flight itinerary
- Proof of travel insurance
- Consent to travel for young people over 17 but under 18 years old (see attached consent form attached)