



Student Handbook 2015

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I. BEFORE WE FLY

DIY Packing List

	✓	qty		✓	qty	
CLOTHING			Sa'Bai T-Shirt			Toothbrush
			T-Shirts			Toothpaste
			Bottoms (at least knee-length)			Medicated shampoo + soap
			Sleepwear			Face wash
			Underwear			Towel
			Jacket			Hand sanitiser
			Shoes			Razor
			Socks			Contact lenses + solution
			Slippers			Spectacles
			Hangers			Brush/ comb
			Detergent/ Febreeze			Hair ties + clips
ELECTRONICS						Sanitary pads
			Handphone			
			Handphone charger			Small bag
			Laptop (for M2s)			Sleeping bag
			Laptop charger (for M2s)			Pillow
			Tool to insert SIM card			Torchlight
			Portable charger			Personal medication
			Camera			Plasters
			Extension cord			Insect repellent
IMPORTANT			Travel adaptor			Mosquito coils
						Umbrella/ raincoat
			Passport			Stickers/ sweets (for kids)
			Photocopy of passport			Souvenirs (for translators)
			Flight ticket (printed)			Plastic bags
			Doxycycline			Tissue packets/ wet wipes
			Water bottle			Notebook & stationery
			USD 200 + Money for R&R			Games/ playing cards
			Allocated pharm & logs			N95 masks

“Forget about the packing list, Angkor Spa is the only thing you need.” – Jia Wei

Packing Guidelines

For check-in luggage, each person has a **30kg** baggage allowance consisting of 1 black army duffel bag and any number of other bags. For carry-on luggage, each person has 7kg allowance of **only 1** carry-on bag that cannot exceed **115cm** (in sum of length, width and height) and a laptop bag. 7kg excludes laptop, reading material and umbrella.

There will be a large amount of drugs and medical logistics for each person to bring to Cambodia. Hence, the plan for packing of luggage for the team will be as follows:

All drugs and medical logistics are to be packed in the **check-in baggage** that will be checked in at the airport counter (this will not raise as much suspicion when we go through customs). This bag should be **labelled with your name**. Each person will carry about 10kg of drugs/medical logistics; personal items such as clothes, can be packed in **check-in baggage up to 30kg**. Try to **pack the drugs/logistics with clothing** to minimise suspicion. If possible, try to pack all the drugs/logistics into the black duffel bag as they will be collected on the first day of arrival to minimise repacking on the day of arrival.

There are a few important exceptions to the above guidelines. Items prohibited by law to be carried on board, such as scissors, **MUST** be packed in the check-in baggage. Items that are restricted to be carried on board, such as gels and liquids, should also be packed in the check-in baggage.

For exact guidelines on the items that can and cannot be brought on board the plane, please refer to http://www.silkair.com/en_UK/mi-prepare-for-travel/restrictions/

Money Matters

Please bring money at your own discretion. In general, transport and food will be settled and paid for by the team fund beforehand; you will not need to spend your personal money on the trip until R&R (at which point you may spend as much as you wish), unless in exceptional circumstances where we may require the team to contribute some money to the project fund.

Cambodia transacts in US dollars, but change that is less than 1 USD in value is given in Cambodian riels (which are not recognised as official currency outside of Cambodia). For your own benefit, please try to finish spending any riels you have before leaving on 21st December.

“When life gives you lemons, sell them in exchange for money to spend on Angkor Spa.” – Wei Hing

General Protocol

A. Safety

- DO
 - i. Always let someone know of your whereabouts.
 - ii. Travel in groups or at least in pairs.
 - iii. Sling/carry your bags in front of you and hold them firmly near roads or crowds to protect yourself from snatch thieves and pickpockets.
- DO NOT:
 - i. Exchange currency; there are fake US bills in circulation.
 - ii. Give anything to beggars, you risk being mobbed by street kids and other beggars if you do so.
 - iii. Accept food from strangers because it might be drugged.
 - iv. Flaunt cash or expensive jewelry around (or anything that makes you look rich).
 - v. Buy pirated VCDs, wildlife souvenirs or ancient artifacts; might be illegal in Singapore.

B. Attire

- During clinics, wear a t-shirt or long-sleeved t-shirt with jeans or track pants and covered shoes.
- Girls with long hair are required to tie it up during clinical hours.
- Some tourist attractions require visitors to be properly dressed, e.g. No shorts, slippers, revealing clothes etc.






C. Health



- You are responsible for your own health - bring your medications around if necessary.
- Do not feel pressured to continue working if really unwell.

Infection Control SOP

Use of Respirators

How to Use respirators (3M Model 9210)

Step 1		Wash your hands.
Step 2		<p>Select a respirator.</p> <p>Note that there are different sizes-S, M, L .Choose the respirator that best suits your face.</p>
Step 3		Place thumb at center of nosepiece and unfold the respirator by pulling top part (with nosepiece) up and bottom part down so the respirator is open all the way. Straps should be held on the top panel. Bend nosepiece slightly around thumb at center of nosepiece
Step 4		<p>Place respirator against your face with the bottom under your chin, and the nosepiece across the bridge of your nose.</p> <p>Hold respirator on your face with one hand. With your other hand pull the bottom securely under your chin</p>
Step 5		<p>Pull one strap over your head and position it around the neck below your ears.</p> <p>Pull second strap over your head and position it high on the back of your head.</p> <p>If desired, tabs on side of respirator can be used to adjust for a comfortable fit. Make sure certain facial hair, hair; jewelry, tissue paper and clothing (e.g. handkerchief, towel) are not between your face and the respirator as they will interfere with fit and break the seal.</p> <p>Make certain respirator is completely opened and edges lay flat against the face.</p> <p>Adjust for a comfortable fit by pulling bottom edge under chin while holding top edge on nose.</p>

Step 6		<p>Place your fingertips from both hands at the top of the nosepiece. Use both hands to bend the nosepiece to fit snugly against your nose and face.</p> <p>The respirator may not fit as well if you pinch the nosepiece using one hand. Use two hands. Slide fingers down both sides of the nosepiece to seal it against your nose and face.</p>
Step 7		<p>Perform a User Seal Check. To check the respirator-to-face seal, place both hands completely over the respirator and exhale. Be careful not to disturb the position of the respirator.</p> <p>If air leaks around the nose, readjust the nosepiece as described in step 4. If air leaks around respirator edges, adjust position of straps and make certain respirator edges fit snugly against the face.</p> <p>DO NOT use the respirator if you cannot achieve a proper seal.</p>

(1) How important is the fit/User Seal check of the respirator?

This step is critical. The fit of a respirator is substantially important. If a respirator does not fit tightly on the face, airborne or droplet nuclei hazards (e.g. Mycobacterium TB) can penetrate or enter underneath the face piece seal and into the breathing zone. Before each use, the wearer of a respirator should perform a user-seal check on themselves to minimize contaminant leakage into the face piece.

(2) How do I perform a respirator user-seal check?

Performing a user-seal check (formerly called “fit check”) after redonning the respirator each time is critical to ensure adequate respiratory protection. The seal checks for respirators are described below.

The two types of user-seal checks usually are:

(i) Positive pressure check (not for respirators with exhalation valve)

The wearer should cover the surface of the respirator with their hands or with a piece of household plastic film and exhale gently. If air is felt escaping around the face piece, the respirator should be repositioned, and the user-seal check should be performed again. If the wearer does not feel air escaping around the face piece, the positive pressure user-seal check was successful.

(ii) Negative-pressure checks

The wearer should gently inhale, which should create a vacuum, causing the respirator to be drawn in toward the face. If the respirator is not drawn in toward the face or if the wearer feels air leaking around the face seal, the respirator should be removed and examined for any defects (e.g., a small hole or poor molding of the respirator to the face [especially around the nose area]). If no holes are found, the respirator should be repositioned and readjusted, and a second attempt at negative pressure user-seal check should be made. If the check is not successful, try a new respirator.

II. OUR ADVENTURE COMMENCES

Trip Overview

Mon	Tues	Wed	Thurs	Fri	Sat	Sun
7 Arrival of Main Party	8 TT, TK, PC school clinics	9 TT, TK, PC school clinics	10 PLA and Population Studies	11 TT school clinics	12 PC Village Clinic	13 PC Village Clinic
14 KS Village Clinic	15 KS Village Clinic	16 KS Village Clinic	17 Referrals and TT Celebrations	18 PC Celebrations (AM) R&R (PM onwards)	19 R&R	20 R&R
21 R&R						

“Be diligent, be sincere, be open. Connect with the kids, learn from the sisters, build friendships with the translators. Soak in the experience, the culture, the food, and have fun! Give more, and receive so much more abundantly in return :)” – Tricia

Overall Manpower Allocation

Overall: M2

	Name	5	6	7	8	9	10	11	12	13	14	15	16
M2	Cassandra	Arrive	-	-	TT	PC	PS	TT	PC	PC	KS	KS	KS
	Arturo	Arrive	-	-	TK	TK	PS	KS	PC	PC	KS	KS	KS
	Tricia	Arrive	-	-	PC	TT	PS	TT	PC	PC	KS	KS	KS
	Daniel	-	-	Arrive	TT	TT	PS	TT	PC	PC	KS	KS	KS
	Dawne	Arrive	-	-	PC	TT	PS	TT	PC	PC	KS	KS	KS
	Jonathan Kit	Arrive	-	-	PC	TT	PS	KS	PC	PC	KS	KS	KS
	Carin	Arrive	-	-	TT	TT	PS	TT	PC	PC	KS	KS	KS
	Mayo	Arrive	-	-	TK	TK	PS	TT	PC	PC	KS	KS	KS
	Jia Wei	Arrive	-	-	PC	PC	PS	TT	PC	PC	KS	KS	KS
	Colin	Arrive	-	-	TT	PC	PS	TT	PC	PC	KS	KS	KS
	Wei Hing	Arrive	-	-	PC	PC	PS	TT	PC	PC	KS	KS	KS
	Vanessa	-	-	Arrive	TT	PC	PS	KS	PC	PC	KS	KS	KS

Overall: M1

	Name	7	8	9	10	11	12	13	14	15	16
M1	Jonathan Boey	Arrive	TT	PC	PS	KS	PC	PC	KS	KS	KS
	Li HOUNG	Arrive	TT	TK	PS	TT	PC	PC	KS	KS	KS
	HONG WEI	Arrive	TT	TK	PS	TT	PC	PC	KS	KS	KS
	CHEN ZHI	Arrive	TT	PC	PS	TT	PC	PC	KS	KS	KS
	EUGENE	Arrive	TT	PC	PS	KS	PC	PC	KS	KS	KS
	PEI YING	Arrive	TK	TT	PS	TT	PC	PC	KS	KS	KS
	IZZA	Arrive	TT	TK	PS	TT	PC	PC	KS	KS	KS
	JONIT	Arrive	TK	TT	PS	TT	PC	PC	KS	KS	KS
	RUI HUAI	Arrive	TT	PC	PS	TT	PC	PC	KS	KS	KS
	LEON	Arrive	PC	TT	PS	KS	PC	PC	KS	KS	KS
	SHENG YANG	Arrive	PC	TT	PS	KS	PC	PC	KS	KS	KS
	GENNIE	Arrive	TK	TT	PS	TT	PC	PC	KS	KS	KS
	BEATRICE	Arrive	PC	TT	PS	TT	PC	PC	KS	KS	KS
	TZE SIAN	Arrive	TK	TT	PS	TT	PC	PC	KS	KS	KS
	WEI XIN	Arrive	PC	TT	PS	TT	PC	PC	KS	KS	KS
	SHERILYN	Arrive	TT	TK	PS	TT	PC	PC	KS	KS	KS
	SHAUNA	Arrive	PC	TT	PS	TT	PC	PC	KS	KS	KS
	LIZA	Arrive	TT	PC	PS	TT	PC	PC	KS	KS	KS

Daily Schedule and Manpower Allocation

7th December 2015, Monday

Time	Itinerary
1345 (SG)	Report at Changi Airport
1620 (SG)	Flight MI608 (SilkAir)
1600-1800	Fetch Main Team back to TT
1800-1900	Main Team settles in M1s tour TT/JACAM
1900-2000	Dinner at TT
2000-2300	Wash up Unpack pharmlogs from Main Team
2300-2330	Briefing for next day

NOTES / REFLECTIONS



“For the guys – learn the JACAM manoeuvre. For the girls – avoid the JACAM manoeuvre.” – Arturo

8th December 2015, Tuesday - PC, TK, TT School Clinics

Time	Itinerary		
0700	Rise and shine		
0730-0800	Breakfast and loading up		
	PC	TK	TT
0800-0830	Load up and travel to PC	Load up and travel to TK	Set up at TT
0830-0900	Set up at PC	Set up at TK	
0900-1200	Health Screening Health Education	Health Screening Health Education	Health Screening Health Education
1200-1300	Lunch break		
1300-1600	Health Screening Health Education	Health Screening Health Education	Health Screening Health Education
1600-1630	Pack up	Pack up	Pack up
1630-1700	Return to TT	Return to TT	
1700-1800	Rest		
1800-1900	Dinner at TT		
1900-2100	M1s: Wash up + Pack drugs if necessary M2s: Seniors' Meeting		
2100-2200	Reflections + Debrief Briefing for next day		
2200-2300	M1s: Sleep M2s: Wash up + Ensure pharmlogs ready for next day		

Manpower Allocation: 8th December 2015, Tuesday

	Name	TT		PC		TK	
		AM	PM	AM	PM	AM	PM
M2	Cassandra	Usher	Usher				
	Arturo*					Runner	Runner
	Tricia (Lunch)			Usher	Registration		
	Daniel Tung *	Runner	Runner				
	Dawne			Registration	Form Collection		
	Jonathan Kit			Form Collection	Usher		
	Carin	Pharmacy	Pharmacy				
	Mayo					Pharmacy	Pharmacy
	Jia Wei*			Runner	Runner		
	Colin	Form Collection	Registration				
	Wei Hing			Pharmacy	Pharmacy		
	Vanessa	Registration	Form Collection				
M1	Jonathan Boey	HE (G1a/b)	VA				
	Li Houngh	HE (G2a/b)	Consultation				
	Hong Wei	Registration	Consultation				
	Chen Zhi	Pharmacy	VA				
	Eugene	VA	Pharmacy				
	Pei Ying					Pharmacy	HE (4 Y/O)
	Izza	Consultation	HE (G3a/b)				
	Jonit					VA	Registration
	Rui Huai	Consultation	Pharmacy				
	Leon			HE (G3, G5 boys)	VA		
	Sheng Yang			VA	HE (G4, G6 boys)		
	Gennie					Registration	VA
	Beatrice			Registration	HE (G4, G6 girls)		
	Tze Sian					VA	Pharmacy
	Wei Xin			HE (G3, G5 girls)	VA		
	Sherilyn	VA	HE (G4a/b)				
	Shauna			VA	Registration		
	Liza	Pharmacy	Registration				

NOTES / REFLECTIONS



A large rectangular area defined by a double-line border, intended for handwritten notes or reflections.

9th December 2015, Wednesday - PC, TK, TT School Clinics

Time	Itinerary		
0700	Rise and shine		
0730	Breakfast and loading up		
	PC	TK	TT
0800-0830	Travel to PC	Travel to TK	Set up at TT
0830-0900	Set up at PC	Set up at TK	
0900-1200	Health Screening Health Education	Health Screening Health Education	Health Screening Health Education
1200-1300	Lunch break		
1300-1600	Acute Clinics	Health Screening	Health Screening
1600-1630	Pack up	Pack up	Pack up
1630-1700	Return to TT	Return to TT	
1700-1800	Rest		
1800-1900	Dinner at TT		
1900-2100	M1s: Wash up + Pack drugs if necessary M2s: Seniors' Meeting		
2100-2200	Reflections + Debrief Briefing for next day		
2200-2300	M1s: Sleep M2s: Wash up + Ensure pharmlogs ready for next day		

Manpower Allocation: 9th December 2015, Wednesday

	Name	TT		PC		TK	
		AM	PM	AM	PM	AM	PM
M2	Cassandra (lunch)			Usher	Usher		
	Arturo*					Runner	Runner
	Tricia	Usher	Registration				
	Daniel*	Runner	Runner				
	Dawne	Form Collection	Usher				
	Jonathan Kit	Registration	Form Collection				
	Carin	Pharmacy	Pharmacy				
	Mayo					Pharmacy	Pharmacy
	Jia Wei*			Runner	Runner		
	Colin			Form Collection	Registration		
	Wei Hing			Pharmacy	Pharmacy		
	Vanessa			Registration	Form Collection		
M1	Jonathan Boey			Registration	VA		
	Li Hounq					Registration	HE (3Y/O, 5Y/O)
	Hong Wei					VA	Registration
	Chen Zhi			HE (G1)	VA		
	Eugene			HE (K3, G2)	Registration		
	Pei Ying	Consultation	VA				
	Izza					VA	Pharmacy
	Jonit	VA	HE (G9a/b)				
	Rui Huai			VA	HE (K1, G7 boys)		
	Leon	Pharmacy	Consultation				
	Sheng Yang	HE (K1 a/b)	Pharmacy				
	Gennie	Pharmacy	HE (G10a/b)				
	Beatrice	VA	Pharmacy				
	Tze Sian	Consultation	Registration				
	Wei Xin	Registration	Pharmacy				
	Sherilyn					Pharmacy	VA
	Shauna	HE (K2a/b)	Consultation				
	Liza			VA	HE (K2, G7 girls)		

NOTES / REFLECTIONS

A large, empty rectangular box with a double-line border, intended for writing notes or reflections.

10th December 2015, Thursday - Village Discussion

Time	Itinerary
0730	Rise and shine
0800-0830	Breakfast
0830-0900	Leave for PC
0900-1200	PLA at Phum Chreh Don Bosco School
1200-1300	Lunch at PC
1300-1600	Ground Chit Chat
1600-1800	Rest
1800-1900	Dinner
1900-2100	M1s: Wash up + Pack drugs if necessary M2s: Seniors' Meeting
2100-2200	Reflections + Debrief Briefing for next day
2200-2300	M1s: Sleep M2s: Wash up + Ensure pharmlogs ready for next day

NOTES / REFLECTIONS



A large, empty rectangular box with a double-line border, intended for writing notes or reflections.

11th December 2015, Friday - TT School Clinics and Acute Clinics

Time	Itinerary
0700	Rise and shine
0730-0800	Breakfast
0800-0900	Set up at TT
0900-1200	Health Screening
1200-1300	Lunch Break
1300-1730	Acute Clinics – For walk in staff
1730-1900	Pack up
1900-2000	Dinner
2000-2130	M1s: Wash up + Pack drugs if necessary M2s: Seniors' Meeting
2130-2230	Reflections + Debrief Briefing for next day
2230-2330	M1s: Sleep M2s: Wash up + Ensure pharmlogs ready for next day

Manpower Allocation: 11th December 2015, Friday

	Name	AM	PM
M2	Cassandra	Usher	Usher
	Arturo	KSV Party	KSV Party
	Tricia	Registration	Usher
	Daniel*	Runner	Runner
	Dawne	Usher	Registration
	Jonathan Kit	KSV Party	KSV Party
	Carin	Pharmacy	Pharmacy
	Mayo (lunch)	Pharmacy	Pharmacy
	Jia Wei	Runner	Runner
	Colin	Form Collection	Form Collection
	Wei Hing	Runner	Runner
	Vanessa	KSV Party	KSV Party
M1	Jonathan Boey	KSV Party	KSV Party
	Li Hiong	VA	Pharmacy
	Hong Wei	Pharmacy	HE (G8A, guys)
	Chen Zhi	HE (G7A, boys)	Registration
	Eugene	KSV Party	KSV Party
	Pei Ying	HE (G6A, girls)	Registration
	Izza	VA	HE (K3a/b)
	Jonit	Registration	Pharmacy
	Rui Huai	Consultation	HE (G5B, boys)
	Leon	KSV Party	KSV Party
	Sheng Yang	KSV Party	KSV Party
	Gennie	Consultation	VA
	Beatrice	Registration	Consultation
	Tze Sian	HE (G6B, boys)	VA
	Wei Xin	Consultation	HE (K3a/b)
	Sherilyn	Registration	HE (G8B, girls)
	Shauna	Pharmacy	HE (G5A, girls)
	Liza	HE (G7B, girls)	Consultation

NOTES / REFLECTIONS



“Every day can be a wonderful day, unless you don't allow it to be. There will be times where it seems like everything that could possibly go wrong is going wrong, but keep going, keep pushing on. You can always find ways to live a little larger, laugh a little louder and love a little more :)” – Dawne

12th December 2015, Saturday - PC Village Clinic

Time	Itinerary
0700	Rise and shine
0730-0800	Breakfast and loading up
0800-0900	Leave for PC and Set up Clinics
0900-1200	Clinics
1200-1300	Lunch
1300-1600	Clinics
1600-1700	Pack up
1700-1730	Return to TT
1730-1800	Unpack pharmlogs and rest
1800-1900	Dinner
1900-2100	M1s: Wash up + Pack drugs if necessary M2s: Seniors' Meeting
2100-2200	Reflections + Debrief Briefing for next day
2200-2300	M1s: Sleep M2s: Wash up + Ensure pharmlogs ready for next day

Manpower Allocation: 12th December 2015, Saturday

	Name	AM	PM
M2	Cassandra (lunch)	Floater	
	Arturo	Referral	Consultation
	Tricia	Floater	
	Daniel Tung	Village Ed	Usher
	Dawne*	Clinic Head	
	Jonathan Kit	Consultation	Referral
	Carin	Pharmacy	
	Mayo	Usher / Registration	
	Jia Wei	Registration	
	Colin*	Clinic Head	
	Wei Hing	Usher	
	Vanessa	Usher	Village Ed
M1	Jonathan Boey	Referral	Consultation
	Li Houng	Consultation	Triage
	Hong Wei	Triage	Consultation
	Chen Zhi	Crowd Control	Registration
	Eugene	Consultation	Triage
	Pei Ying	Consultation	Pharmacy
	Izza	Pharmacy	Crowd Control
	Jonit	Consultation	Registration
	Rui Huai	Registration	Consultation
	Leon	Triage	Village Ed
	Sheng Yang	Pharmacy	Consultation
	Gennie	Crowd Control	Referral
	Beatrice	Consultation	Pharmacy
	Tze Sian	Village Ed	Consultation
	Wei Xin	Consultation	Pharmacy
	Sherilyn	Referral	Crowd Control
	Shauna	Registration	Consultation
	Liza	Pharmacy	Referral

NOTES / REFLECTIONS



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13th December 2015, Sunday - PC Village Clinic

Time	Itinerary
0700	Rise and shine
0700-0730	Breakfast and loading up
0800-0900	Leave for PC and set up clinics
0900-1200	Clinics
1200-1300	Lunch
1300-1730	Clinics
1730-1800	Pack up
1800-1830	Return to TT
1830-1900	Unpack pharmlogs and rest
1900-2000	Dinner
2000-2200	M1s: Wash up + Pack drugs if necessary M2s: Seniors' Meeting
2200-2300	Reflections + Debrief Briefing for next day
2300-0000	M1s: Sleep M2s: Wash up + Ensure pharmlogs ready for next day

Manpower Allocation: 13th December 2015, Sunday

	Name	AM	PM
M2	Cassandra	Floater	
	Arturo	Referral	
	Tricia	Floater	
	Daniel Tung	Village Ed	Usher
	Dawne*	Clinic Head	
	Jonathan Kit	Referral	
	Carin	Pharmacy	
	Mayo (lunch)	Registration	
	Jia Wei	Registration	
	Colin*	Clinic Head	
	Wei Hing	Usher	
	Vanessa	Usher	Village Ed
M1	Jonathan Boey	Crowd Control	Pharmacy
	Li Houg	Consultation	Village Ed
	Hong Wei	Pharmacy	Referral
	Chen Zhi	Pharmacy	Consultation
	Eugene	Pharmacy	Crowd Control
	Pei Ying	Village Ed	Consultation
	Izza	Registration	Women's Clinic
	Jonit	Crowd Control	Triage
	Rui Huai	Registration	Consultation
	Leon	Consultation	Pharmacy
	Sheng Yang	Referral	Crowd Control
	Gennie	Consultation	Triage
	Beatrice	Referral	Consultation
	Tze Sian	Consultation	Registration
	Wei Xin	Triage	Registration
	Sherilyn	Consultation	Pharmacy
	Shauna	Women's Clinic	Referral
	Liza	Triage	Consultation

NOTES / REFLECTIONS

A large, empty rectangular box with a thick black border, intended for writing notes or reflections. The box is slightly irregular in shape, with a small notch on the left side.

14th December 2015, Monday - KS Village Clinic

Time	Itinerary
0630	Rise and shine
0700-0730	Breakfast and loading up
0730-0900	Leave for KS
0900-0930	Set up clinics
0930-1230	Clinics
1230-1330	Lunch
1330-1600	Clinics
1600-1700	Pack up
1700-1830	Return to TT
1830-1930	Dinner
1930-2230	M1s: Unpack + Wash up + Pack drugs if necessary M2s: Seniors' Meeting
2230-2300	Debrief Briefing for next day
2300-0000	M1s: Sleep M2s: Wash up + Ensure pharmlogs ready for next day

Manpower Allocation: 14th December 2015, Monday

	Name	AM	PM
M2	Cassandra	Floater	
	Arturo	Referral	Usher
	Tricia	Lunch Collection / Floater	
	Daniel	Crowd Control	Consultation
	Dawne	Usher	Referral
	Jonathan Kit*	Clinic Head	
	Carin	Pharmacy	
	Mayo	Registration	Pharmacy
	Jia Wei	Registration	
	Colin*	Consultation	Usher
	Wei Hing	Consultation	
	Vanessa*	Clinic Head	
M1	Jonathan Boey	Registration	Consultation
	Li Houng	Pharmacy	Consultation
	Hong Wei	Pharmacy	Consultation
	Chen Zhi	Consultation	Triage
	Eugene	Referral	Consultation
	Pei Ying	Triage	Referral
	Izza	Consultation	Referral
	Jonit	Women's Clinic	Usher
	Rui Huai	Consultation	Triage
	Leon	Referral	Consultation
	Sheng Yang	Registration	Crowd Control
	Gennie	Consultation	Registration
	Beatrice	Triage	Women's Clinic
	Tze Sian	Crowd Control	Pharmacy
	Wei Xin	Village Ed	Usher
	Sherilyn	Usher	Village Ed
	Shauna	HE (TT)	Pharmacy
	Liza	Consultation	Registration

NOTES / REFLECTIONS



A large rectangular area defined by a double-line border, intended for handwritten notes or reflections.

15th December 2015, Tuesday - KS Village Clinic

Time	Itinerary
0630	Rise and shine
0700-0730	Breakfast and loading up
0730-0900	Leave for KS
0900-0930	Set up Clinics
0930-1230	Clinics
1230-1330	Lunch
1330-1600	Clinics
1600-1700	Pack up
1700-1830	Return to TT
1830-1930	Dinner
1930-2230	M1s: Unpack + Wash up + Pack drugs if necessary M2s: Seniors' Meeting
2230-2300	Debrief Briefing for next day
2300-0000	M1s: Sleep M2s: Wash up + Ensure pharmlogs ready for next day

Manpower Allocation: 15th December 2015, Tuesday

	Name	AM	PM
M2	Cassandra	Lunch Collection / Floater	
	Arturo	Referral	
	Tricia	Floater	
	Daniel	Usher	Consultation
	Dawne	Referral (PP)	
	Jonathan Kit*	Clinic Head	
	Carin	Pharmacy	
	Mayo	Registration	Pharmacy
	Jia Wei	Registration	
	Colin*	Consultation	Usher
	Wei Hing	Consultation	
	Vanessa*	Clinic Head	
M1	Jonathan Boey	Referral	Village Ed
	Li Hounng	Registration	Usher
	Hong Wei	Village Ed	Crowd Control
	Chen Zhi	Pharmacy	Referral
	Eugene	Consultation	Registration
	Pei Ying	Women's Clinic	Consultation
	Izza	Referral (PP)	
	Jonit	Referral	Consultation
	Rui Huai	Usher	Pharmacy
	Leon	Crowd Control	Registration
	Sheng Yang	Referral (PP)	
	Gennie	Consultation	Pharmacy
	Beatrice	Registration	Referral
	Tze Sian	Consultation	Triage
	Wei Xin	Pharmacy	Consultation
	Sherilyn	Triage	Women's Clinic
	Shauna	Consultation	Triage
	Liza	HE (TK)	Consultation

NOTES / REFLECTIONS



*"Hakuna Matata; it means no worries for the rest of your days –
The Lion King" – Carin*

16th December 2015 Wednesday - KS Village Clinic

Time	Itinerary
0630	Rise and shine
0700-0730	Breakfast
0730-0900	Travel to KSV
0900-0930	Set up clinic
0930-1230	Clinics
1230-1330	Lunch
1330-1800	Clinics
1800-1900	Pack up
1900-2030	Return to TT
2030-2300	Dinner
2300-0000	Wash up + Sleep

Manpower Allocation: 16th December 2015, Wednesday

	Name	AM	PM
M2	Cassandra	Referral	
	Arturo	Referral (PP)	
	Tricia	Floater	
	Daniel	Referral (PP)	
	Dawne	Referral (PP)	
	Jonathan Kit*	Clinic Head	
	Carin	Pharmacy	
	Mayo	Lunch Collection	Pharmacy
	Jia Wei	Registration	
	Colin*	Referral (PP)	
	Wei Hing	Consultation	
	Vanessa*	Clinic Head	
M1	Jonathan Boey	Triage	Consultation
	Li Hounq	Referral (PP)	
	Hong Wei	Registration	Referral
	Chen Zhi	Village Ed	Crowd Control
	Eugene	Crowd Control	Referral
	Pei Ying	Registration	Consultation
	Izza	Consultation	Triage
	Jonit	Pharmacy	Consultation
	Rui Huai	Referral (PP)	
	Leon	Consultation	Pharmacy
	Sheng Yang	Referral	Consultation
	Gennie	Women's Clinic	Usher
	Beatrice	Referral	Registration
	Tze Sian	Referral (PP)	
	Wei Xin	Referral (PP)	
	Sherilyn	Consultation	Registration
	Shauna	Consultation	Village Ed
	Liza	Usher	Women's Clinic

NOTES / REFLECTIONS

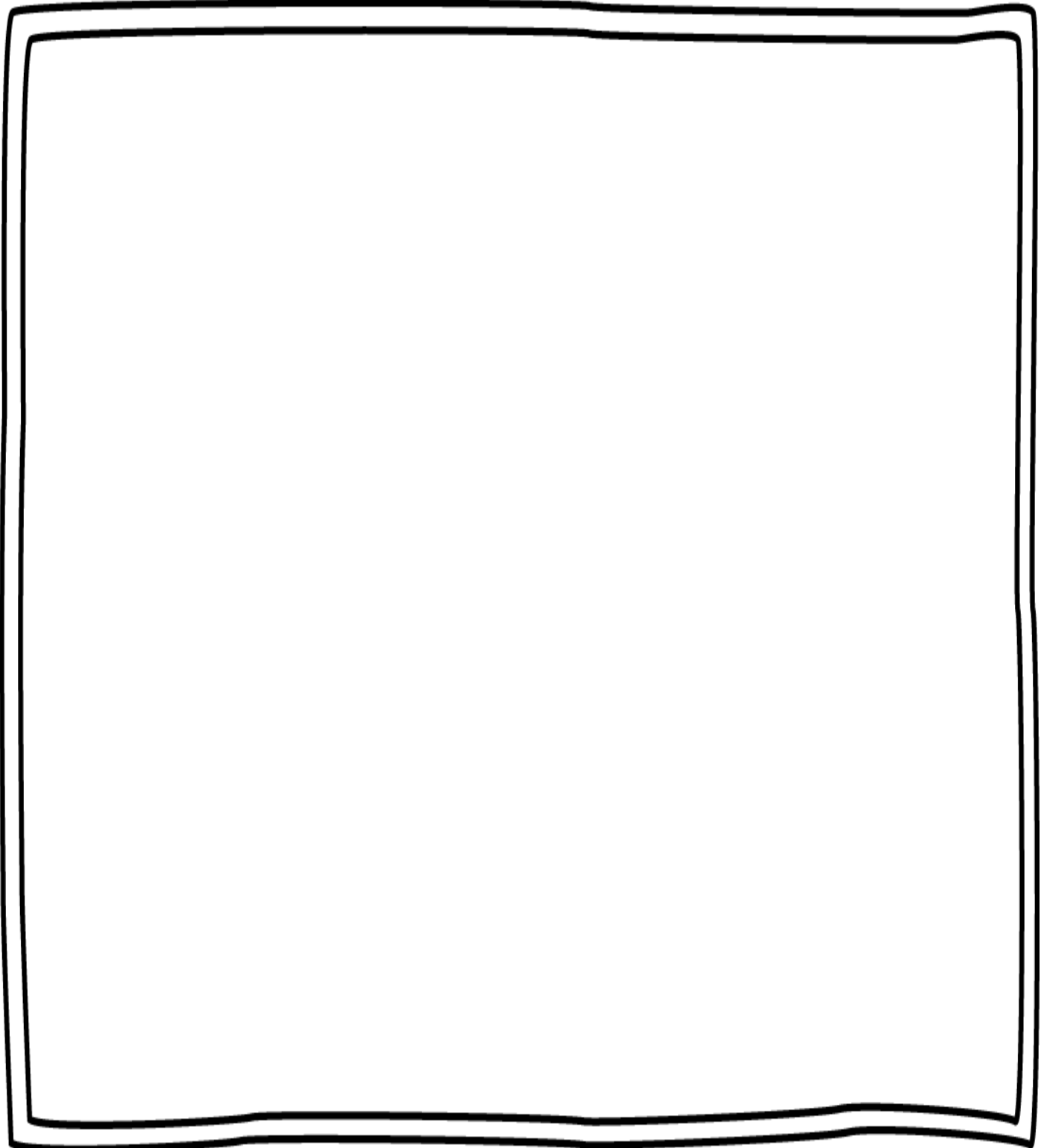
A large, empty rectangular box with a thick black border, intended for writing notes or reflections. The box is slightly irregular in shape, with a small notch at the bottom right corner.

“When the going gets tough, the tough go to Angkor Spa.” – Wei Hing

17th December 2015, Thursday - Referrals, TT celebrations

*note: Itinerary depends on number of referrals, thus no schedule available.

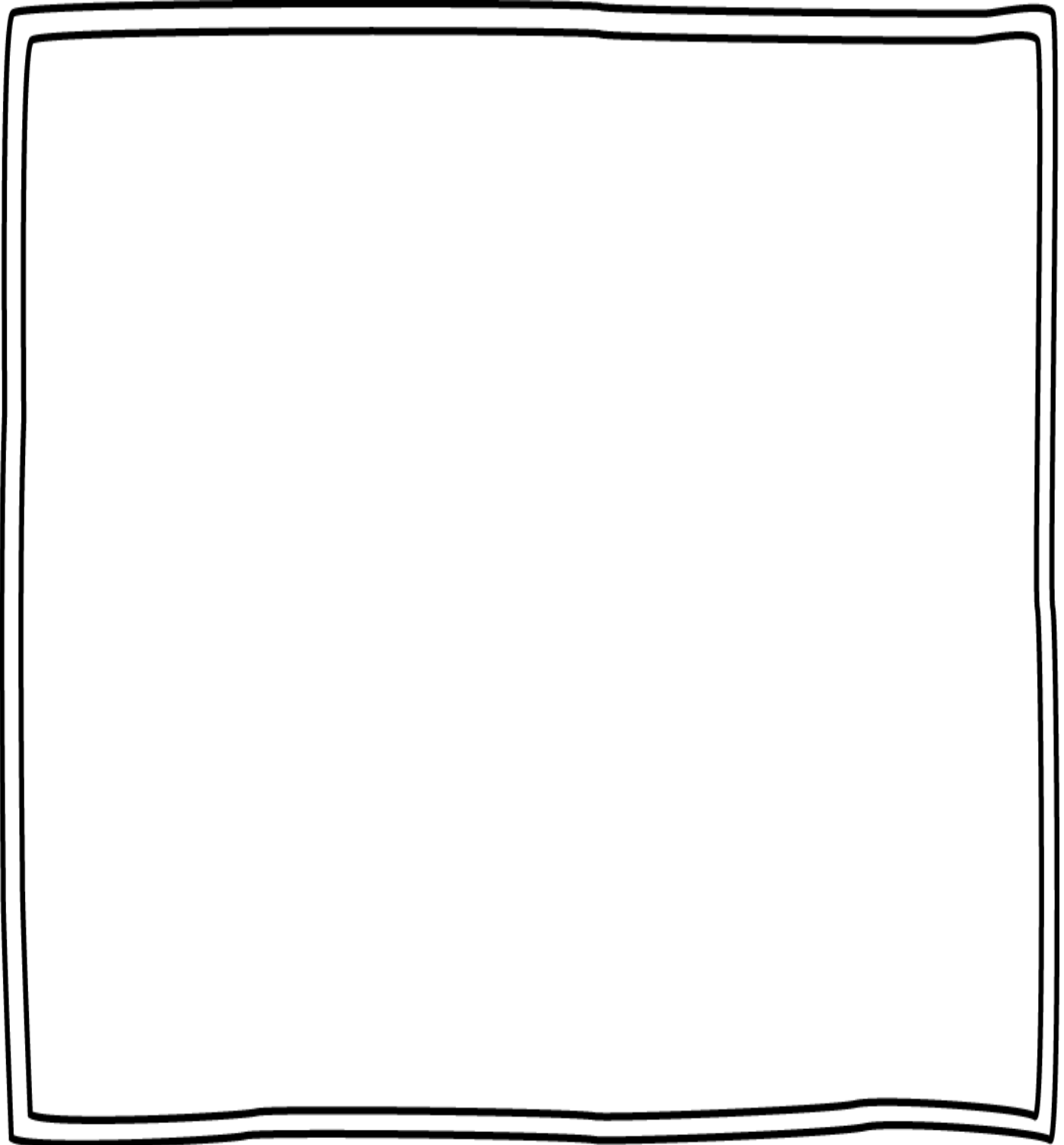
NOTES / REFLECTIONS

A large, empty rectangular box with a thick black border, intended for handwritten notes or reflections. The box is slightly irregular in shape, with a wavy bottom edge.

“Get free, get naked, at Angkor Spa.” – Cassandra

18th December 2015, Friday - PC Celebrations, R&R ☺

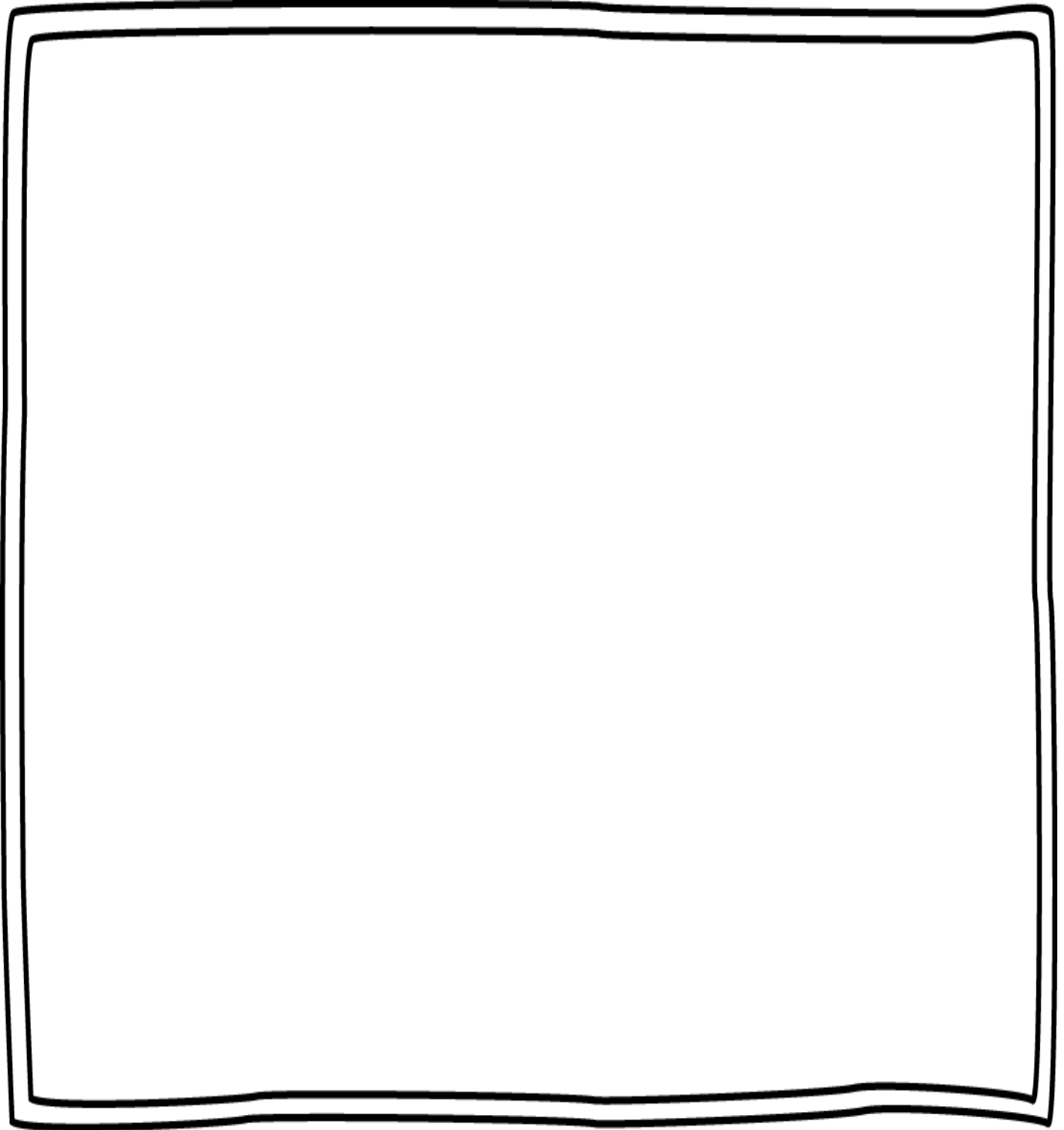
NOTES / REFLECTIONS

A large, empty rectangular box with a double-line border, intended for writing notes or reflections.

“Don’t make me dance again.” – Tung

19th & 20th December 2015 Saturday - Sunday - R&R ☺

NOTES / REFLECTIONS



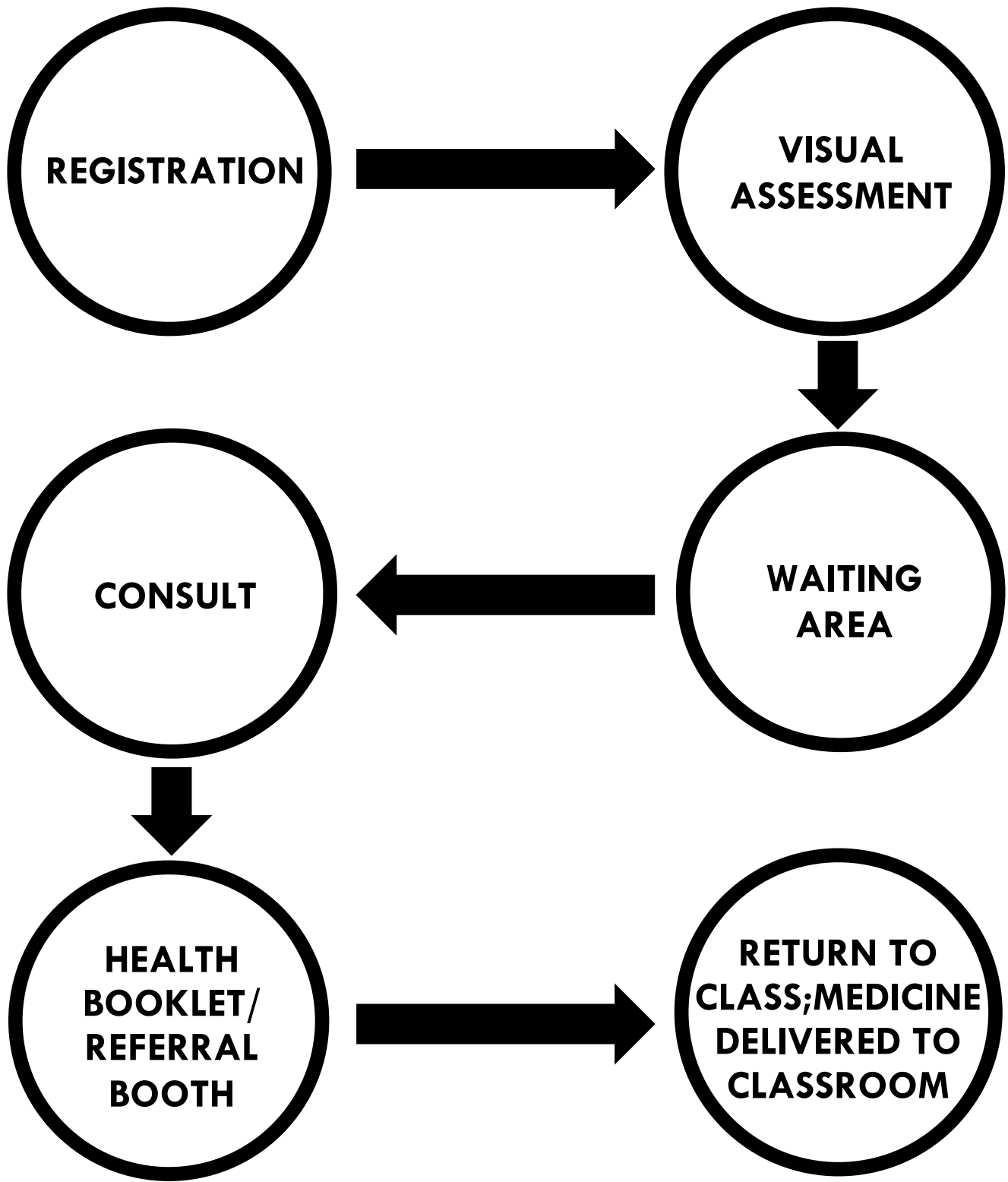
“Doxy and Mojito best taken separately.” – Mayo

21st December 2015, Monday

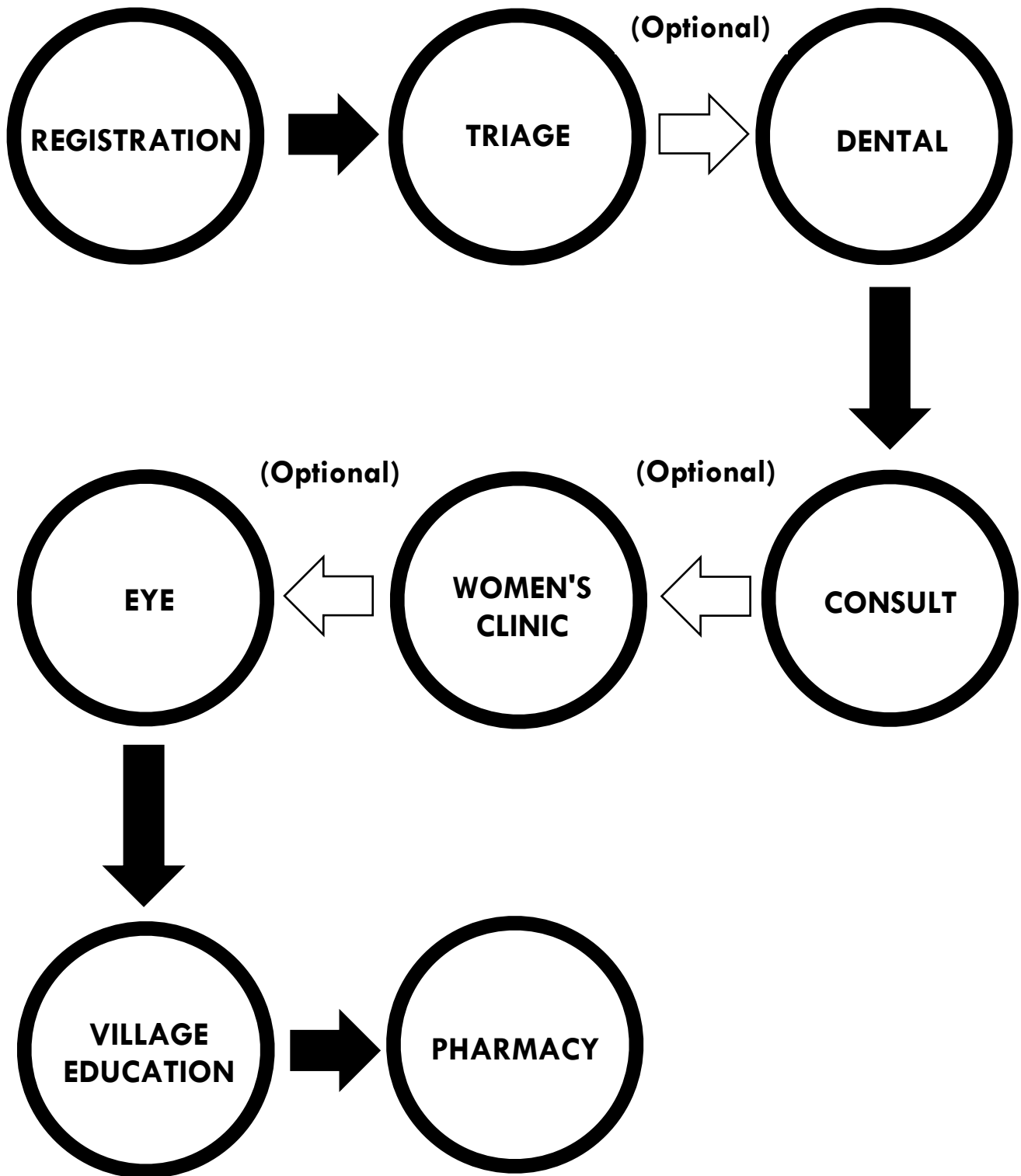
Time	Itinerary	Manpower/Remarks
0600-0630	Rise and shine	All
0630-0700	Breakfast	
0700-0730	Thank sisters and leave for airport	
0730-0935	Reach Phnom Penh International Airport + Check in	
0935-1240	Flight MI601 (SilkAir)	
1240 (SG)	Arrive at Changi Airport	

“I like that just for those 2 weeks, we go back to the things which are simple and pure; giving, love, friendship and happiness :) it reminds us to always treasure the little things, like a kid giving you a hug to show they appreciate you, or the laughter and joy from a van-ride of (bad) singing with friends.” – Vanessa

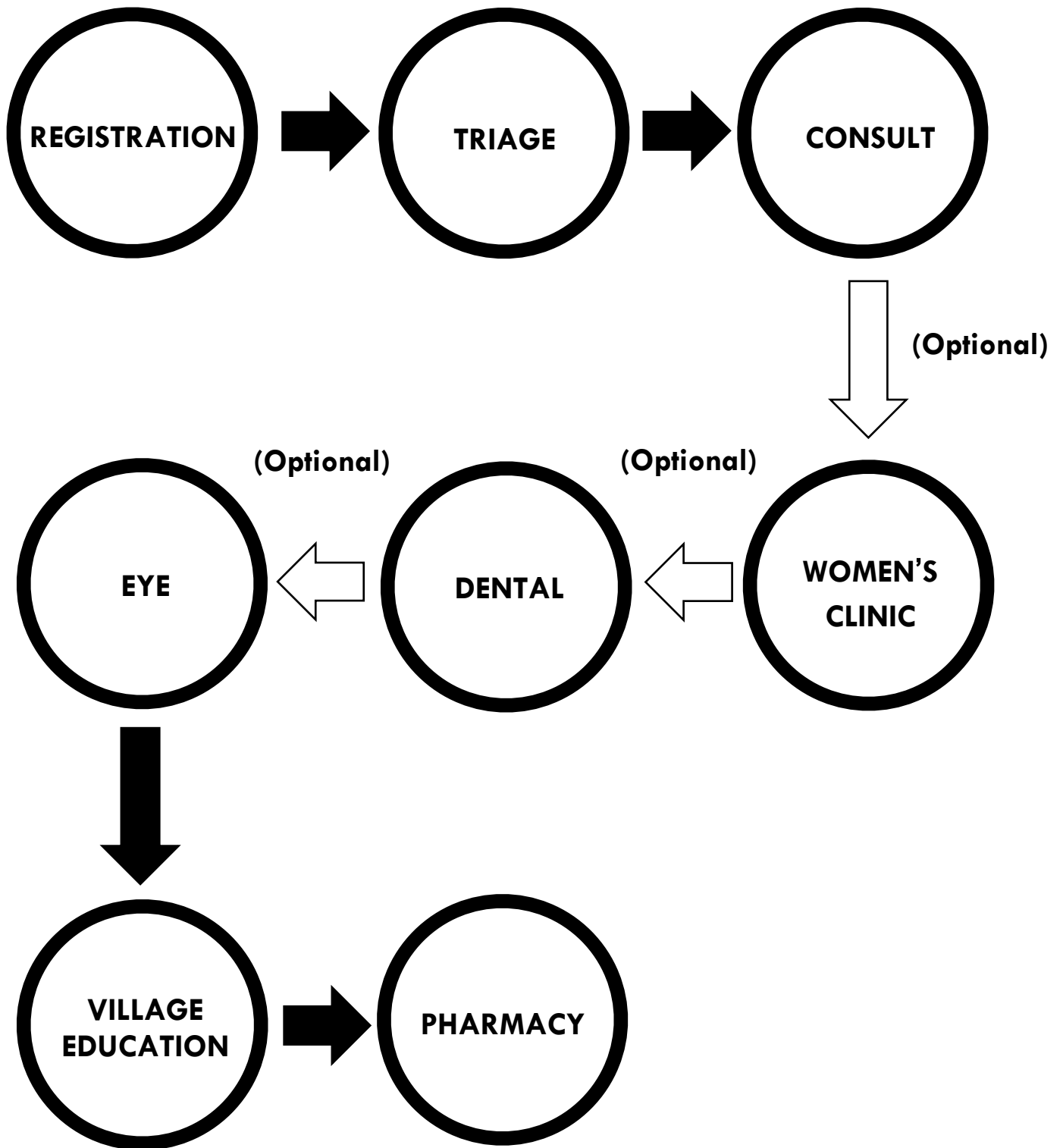
School Clinic Flow



PC Village Clinic Flow



KS Village Clinic Flow



Basic Khmer

Greetings

Hello	Suos'dai/suosdey(polite way =joomripsu)
Good Morning	Aroon suos'dai
How are you?	Tauneaksoksapbaiythe?
What is your name?	Dahniakch'mooarwai?
How old are you?	Dahniakaryukpoonmahn?
My name is	K'nyomch'mooah
Nice to meet you	Reakreaydaeahnskoalloak
Thank you	Or-koon
You're welcome	Munayte/ unjuhn
Sorry	Somdoh
Please	Soum
Goodbye	Joom-reapleah(formal)/ Leehai(informal)

Basic words

Yes	Baat(male)/jaah(female)
No	a-dtay
Good	La-or
Bad	Otla-or
You	Niak
I/me	Knyom
How much	Muaypoon man
Help!	Joo-ay!

Crowd control

Please wait	Soumcham
Follow me	Tondarmkhngnium
Good children	Guunlokall(guun= children,lokall= good)
Children listen	Guunsdap
Please go to the back of the queue	Soum chaul towkean kar tralbmokvinh nei chuor nih
Please queue	Soum Chuor

Pharmacy

Two times a day(bd)	Bi dongmuaykerngai
Three times a day(tds)	Bai dongmuaykerngai
Before food	Moon bail buy
After food	Kerlaoyibail buy
Morning	Perak/ per-rerk
Afternoon	Ngai
Night	Youp

Counting

One 1	Mooay	Twenty 20	M'pay
Two 2	Bpee	Thirty 30	Saamseup
Three 3	Bai-ee	Forty 40	Saiseup
Four 4	Boo-un	Fifty 50	Haseup
Five 5	Bpram	Sixty 60	Hokseup
Six 6(5+1)	Bpram mooay	Seventy 70	Jehtseup
Seven 7(5+2)	Bpram bpee	Eighty 80	Bpaitseup
Eight 8(5+3)	Bpram bai-ee	Ninety 90	Gauseup
Nine 9(5+4)	Bpram boo-un	Hundred 100	Moo-ayroy
Ten 10	dob	Thousand 1000	Moo-aybpaon

Important Contact Info

Project Sa'Bai Heads

Ang Yang Xuan Cassandra: +855 93 845 925

Tricia Chew Li Ting: +855 93 845 946

Details of Accommodation

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Sangkat Chaktomuk, Khan Daun Penh

12207 Phnom Penh, Kingdom of Cambodia

Emergency Contact: +855 23 220 914 / +855 977 017 371

Singapore MFA: +65 6379 8000

Clinic Heads

PC School - Ong Jia Wei

TT School - Daniel Tung Yi Nin

TK School - Arturo Neo Yong Yao

PC Village - Dawne Lim Wan Yi & Quek Guan Wei Colin

KS Village - Jonathan Kit Ray Chet & Vanessa Yap Wei Shan

project  sa'bai

A LOVE FOR CHILDREN, A HEART FOR COMMUNITY