



CHILDREN'S SURGICAL CENTRE

Rehabilitation surgery for disabled Cambodians National Rehabilitation Centre, Kien Khleang

FAQs for Medical Students/Volunteers to CSC
(See also www.csc.org)

LOGISTICS – ARRIVING & STAYING IN CAMBODIA

- **What type of visa should I get/how do I apply for it?**

There are 2 types of visas (on arrival) available; a tourist visa or business visa. Both are valid for 30 days however a business visa may be extended in country, whilst a tourist visa can only be renewed upon re-entry into Cambodia (You will have to enter another country and come back. For example, the Vietnamese border is a couple hours away). A tourist visa costs US\$22 at the airport (bring a Passport photo) or \$25 if obtained beforehand online through: <http://evisa.mfaic.gov.kh/e-visa/vindex.aspx>. A business visa costs \$30 and cannot be obtained online. Usually if one puts 'volunteer' as their occupation there will be no problems getting a business visa upon arrival.

- **How should I get to my guesthouse/CSC from the airport?**

Taxis, tuk tuks and even motorbike taxis (motos) are available at the airport. Taxis to the Riverside will cost approximately US\$9 whilst tuk tuks and motos will be cheaper. It's advisable to have a map with the location of your guesthouse marked to show your driver. Even better is to have your guesthouse arrange someone to pick you up (the guesthouse 'Me Mates Place' should be able to do this). It takes 20 – 30 minutes from the airport to the Riverside. If you are coming straight to CSC tell your driver you need to go across the Japanese Bridge (Chroy Changvar) to the Kien Khleang National Rehabilitation Centre. You should download a map in English and Khmer from the CSC website (<http://www.csc.org/map.html>) beforehand. More detailed directions to CSC are below.

- **How do I get to CSC?**

Tell your driver you need to go across the Japanese Bridge (Chroy Changvar) to the Kien Khleang National Rehabilitation Centre. You can download a map in English and Khmer from the CSC website (http://www.csc.org/contact_map.php). Once you have crossed the bridge, follow the road as it veers to the left for approximately 2 km. There will be a Tela gas station and 'Sunly Bakery' on the right side of the road. Just next to the bakery there will be a sign on the road leading to the Kien Khleang centre. CSC is a large white building (the first building on the left) and the office is located up the stairs. If coming by moto from the Riverside, this should cost 3000 riel (75 cents) to \$1. If coming by tuk tuk from the Riverside, it should cost \$2 - \$4, depending on the time of day and number of people. If coming direct from the airport, it should cost around \$8 - \$10 by tuk tuk or \$14 by registered taxi. If you have difficulties, please call us at 023.43.02.02 (if using an international cell, dial +855 23.43.02.02 and one of our staff members will direct your driver.

- **Where should I stay?**

You are in charge of securing your own accommodation. There are many accommodation options available in Phnom Penh and it is a good idea to consult Lonely Planet, TripAdvisor.com, etc. to decide on something suitable for your budget. The Riverside area is a great place to stay because it's central and lively. It's also not too far from the hospital - approximately 10-15 minutes away depending on traffic. Recent medical students have chosen to stay at a guesthouse called 'Me Mates Place'. It's located near the riverside, right by Wat Phnom. Me Mates Place is run by an Australian/Canadian couple, Paul and Amanda. It's brand new so the rooms are very clean and have excellent bathrooms. Paul and Amanda will also be able to arrange your transportation from the airport and to CSC on your first day which is very helpful. Feel free to email Paul at: rickyriathy@gmail.com or call (+855) 23 724 432 / (+855) 15 605 051. Tell him you are a med student/volunteer coming to CSC and he will look after you. Special room rates will be offered (approximately \$18-20/night, depending on the season). You would probably be able to find something a bit cheaper than this, but the standard will definitely not be as high.

Alternatively, down the road from Me Mates Place is 'Happiness Guesthouse II'. Rooms here are \$10/night with air conditioning. They don't have a website but they do have an email address: happinessquesthouse@yahoo.com. There is more than one location so you may want to specify that you would like to stay at number 2, located at #45Eo St. 1 (Sisowath), Sangkat Srah Chork, Khan Daun Penh. If they don't answer your email try calling them on: (+855) 23 428 110.

Some other options include:

'Alibi' Guesthouse, which offers monthly rates, www.alibiguesthouse.com,

'The Last Home Guesthouse': http://www.lmaengr.com/last_home.htm

'OKAY Guesthouse': <http://www.okay-guesthouse.com/>

Another alternative is to rent a room in an apartment, as this often works out to be a cheaper option, but is more time consuming. Follow this link for rental options: <http://www.expatriadvisory.com/forum/asia/cambodia/real-estate-cambodia>.

- **Do I need travel insurance?**

Yes, it is strongly advisable that you get travel insurance.

- **What is the Cambodian currency and are there ATMs in Cambodia?**

The local currency is the Riel, however US Dollars are widely used. 1 US Dollar is equivalent to approximately 4,000 Riel. Very few places accept credit cards, however there are plenty of ATMs in Phnom Penh so you can easily withdraw money from overseas accounts. They will disperse money in US dollars.

- **Will my phone work?**

If you have global roaming, your mobile phone will work. However, calls will be very expensive so you may want to purchase a pre-paid Cambodian sim card. This can be

purchased from one of the many phone shops around town. Some international phones will not accept Cambodian sim cards, which means you will need to buy a phone – We prefer the cheap, older Nokia models, which can be purchased for about \$10. A \$20 card should last one month if you do not make any international calls. **It is highly recommended you obtain a phone shortly after arriving.**

- **Do I need any vaccinations?**

In general, no-one needs more than what they have already had as Westerners. It's reasonably safe in Phnom Penh, and medical facilities and medications are reasonably available. However, if you're going up country, backpacking around the mountains, or planning any other adventures involving remote area travel, then you should think about more extensive precautions: inoculations against rabies, Japanese encephalitis, typhoid, or whatever is recommended for the areas you intend to visit. Check with your travel doctor or visit the [CDC website](#).

Malaria

The two strains of mosquitoes that transmit malaria, are sylvan (they live in the woods), so there's no malaria to speak of in Phnom Penh: none of us use prophylaxis, unless we plan on going somewhere pretty unusual. However, there is always a risk of malaria if you travel outside of Phnom Penh, and you need to decide for yourself what prophylaxis to use.

Dengue

Mosquitoes carrying this virus are present in Phnom Penh and prefer to feed on humans during the daytime. There is no vaccination so precautions such as mosquito repellent, bed nets, etc are recommended.

LOGISTICS – VOLUNTEERING AT CSC

- **What should I bring to CSC?**

Scrubs are worn by medical staff and whilst they are provided for you here, you are welcome to bring your own. You may also bring your own stethoscope if you wish to, as well as disposable masks. It is also advisable to bring shoes for the OR such as crocs or sterile running shoes that will not be worn outside the OR. The surgeons here wear flip flops or even go barefoot in the OR, however this can be very tiring on ones feet.

- **What will I be doing at CSC?**

To get more of an idea of what you will actually be doing, go to www.csc.org and look through past newsletters to see articles written by previous visiting med students. You can also visit the [blog](#) of one of our former volunteers, who interviews visiting doctors and medical students.

- **Is there paperwork to fill out?**

When you arrive you will be asked to sign a waiver form, a copy of which can be viewed on the website under 'Conditions of Agreement'. You will also be asked to fill out an exit interview questionnaire.

- **How much time will I spend in the hospital each day and how many days a week?**

Our centre is open Monday through Friday, 8am to 5pm. We ask that you are here during working hours.

- **Will the language barrier be a problem at CSC?**

Yes and no. All staff members speak English, some being more fluently than others and some speak French, however none of the patients will speak English. It would be useful to learn a few phrases in Khmer, but you will have to communicate with patients through the doctors and nurses.

- **What can I do for CSC?**

If you have any specific questions regarding how to help via fundraising, monetary, or equipment/supply donations, please use the contact information below.

We encourage our volunteers to spread the word about the work of CSC! The more you immerse yourself with what goes on, the more you will get out of your time here.

- 'Like' us on Facebook, and stay up to date prior to the start of your elective: www.facebook.com/CambodiaCSC .
- Sign up for our Newsletters, which come out quarterly and feature updates and incredible patient stories. You can sign up, and read past editions here: http://csc.org/gallery_newsletter.php
- Write a review of CSC during or after your placement with [Great Nonprofits](#)
- While you are here, you can put together stories, videos, and/or presentations for CSC to use on for our website and social media outlets. For questions about external communications, contact info@csc.org.
- All students and volunteers will be required to fill out a questionnaire at the end of their elective, which we might use for social media purposes.
- Please use your best judgment. We take child protection and the respect and dignity of CSC personnel and patients seriously.

Useful websites:

<http://csc.org/>

http://wikitravel.org/en/Phnom_Penh

<http://www.travelfish.org/>

Contact Information:

For any other queries, please email info@csc.org