

THE SCHOOL FOR FIELD STUDIES



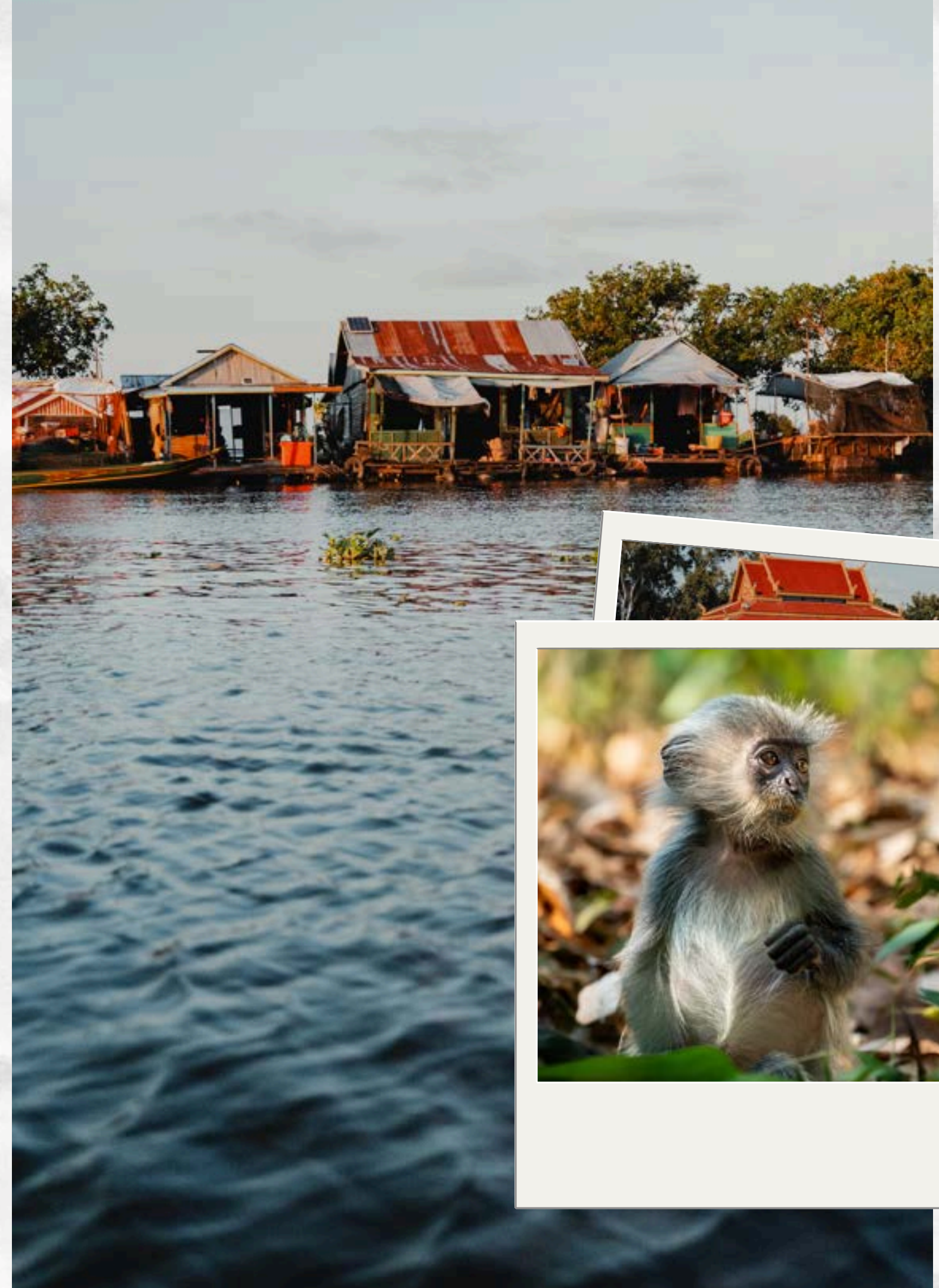
# CAMBODIA

A GUIDE TO PREPARE FOR YOUR  
SFS PROGRAM

ADMISSIONS  
DEPARTMENT

# AGENDA

- INFORMATION ABOUT CAMBODIA
- LIFE ON PROGRAM
- PACKING
- HEALTH & SAFETY
- TRAVEL & NEXT STEPS
- CONTACT US





**CAMBODIA**

# LOCAL CULTURE

## LANGUAGE AND RELIGION

Khmer - official language. 20+ other languages spoken

Buddhism (93%)

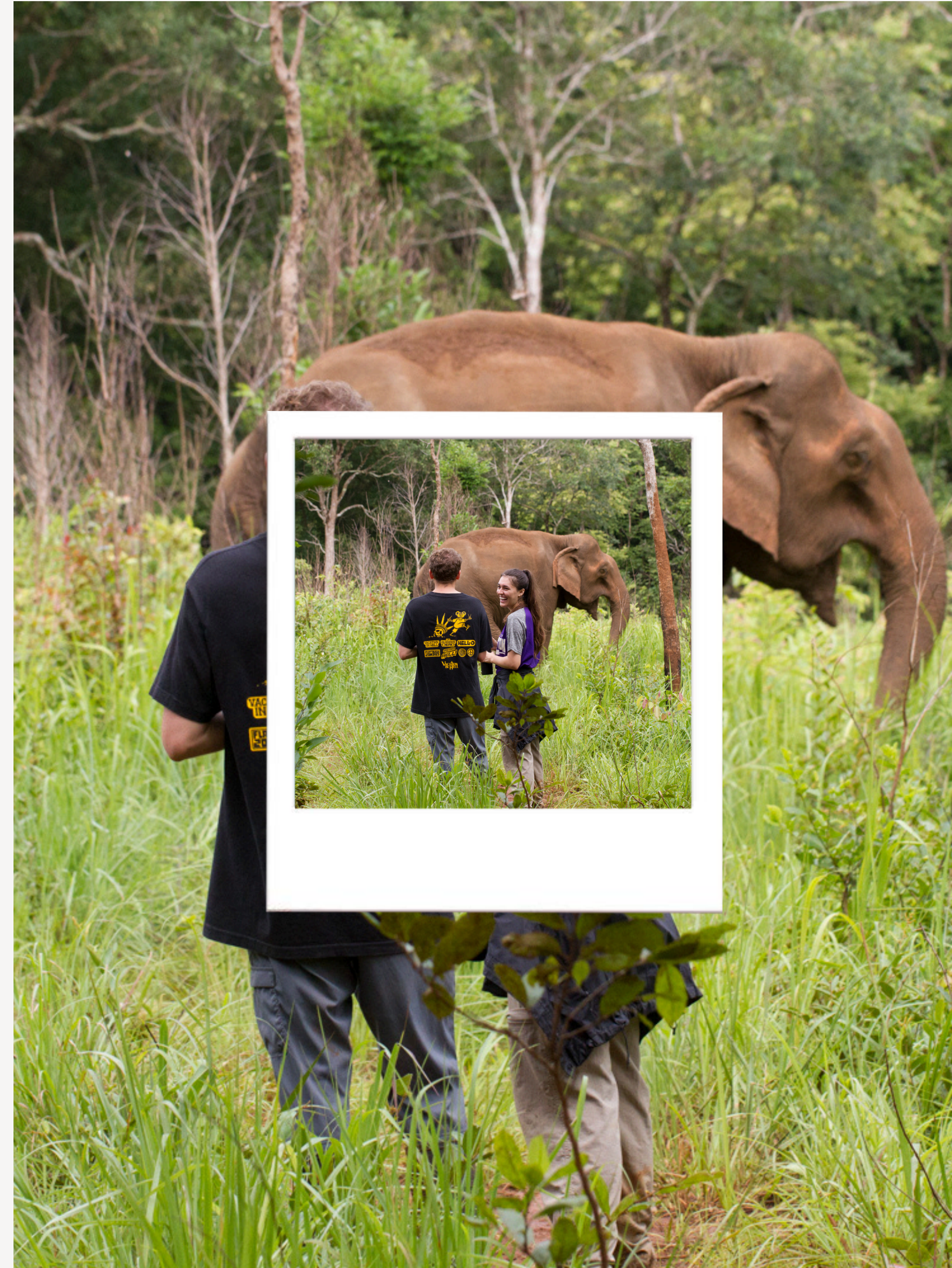
## LGBTQIA+

Same-sex relationships legal. Public attitudes mostly negative. No reports of violence. Khmer recognizes a third gender, "kteuy," often used for men who dress as women.

## LOCAL LAWS AND CLOTHING

Non-confrontational culture. Political criticism can result in jail time.

Conservative dress. Shoulders to knees covered.



# AN OPEN MIND IS KEY

- You chose to study abroad and embrace a new culture, both for its positives and negatives.
- You may feel frustration, but it is important to keep a positive mindset.
- You are not here to judge or change, but rather to learn and experience.



A group of people are seated in blue inflatable boats on a body of water. The boats are arranged in a line, and the people are looking towards the camera. The background shows a vast, flat landscape under a bright sky. The text "LIFE ON PROGRAM" is overlaid in large, white, bold letters across the center of the image.

# LIFE ON PROGRAM

HOUSING, SCHEDULE & FOOD

# FIELD STATION

## CAMPUS

- Center is located in tourist town of Siem Reap (pop ~245,000)

## HOUSING

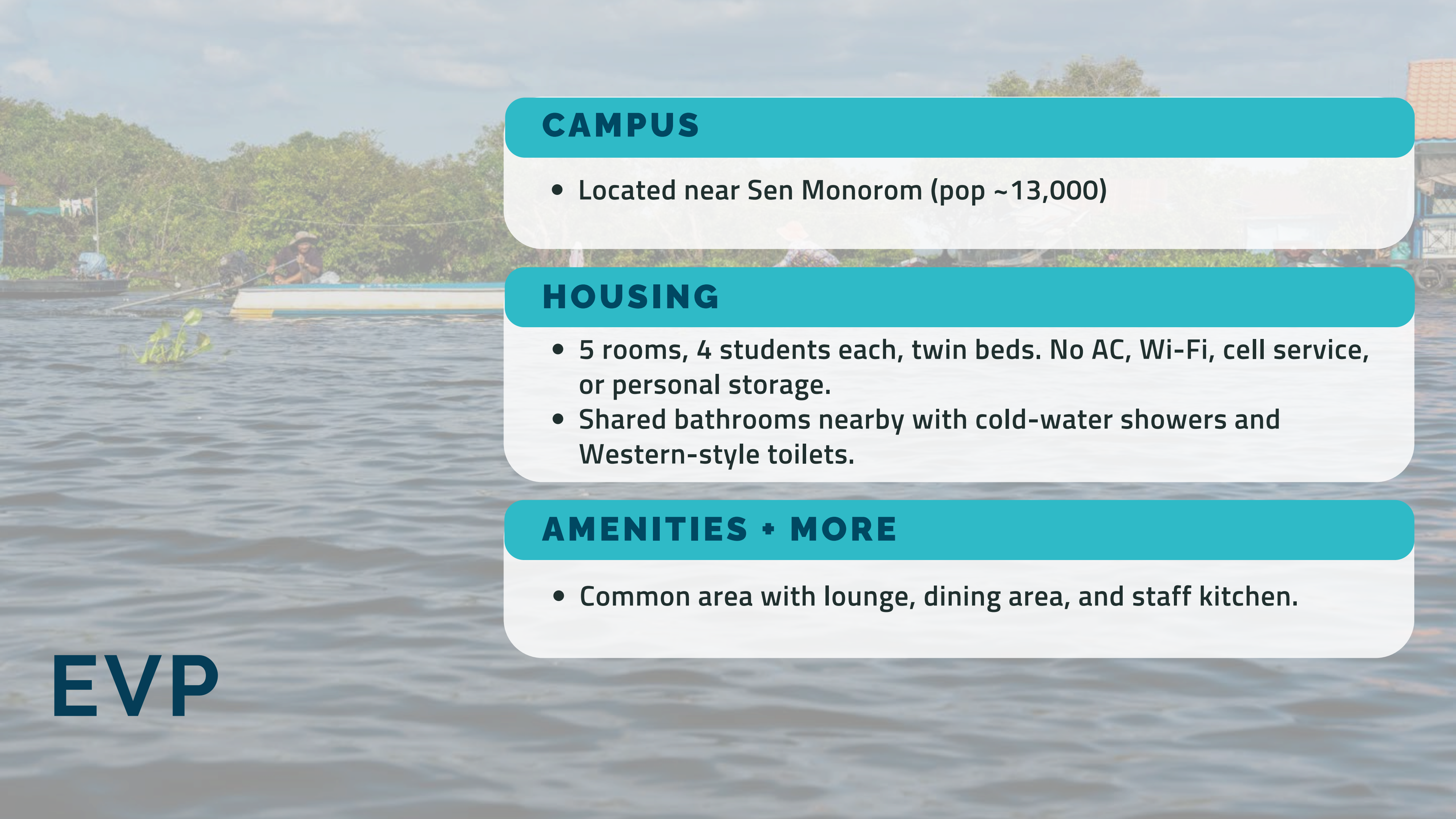
- Dormitory with each room sleeping 2-4 students in twin-sized bunk beds with en suite bathroom and AC.
- Washing machines and no dryer.

## AMENITIES + MORE

- Common area with TV and games, swimming pool.

## COMMUNITY LIVING

- Community living requires compromise and teamwork. You will work, eat, and relax together; personal time is extremely limited. Chore rotations will be assigned once on program.

The background image shows a floating school in Cambodia. A long, narrow boat is on the water, with a person visible inside. The water is calm, and there are trees and buildings in the background.

## CAMPUS

- Located near Sen Monorom (pop ~13,000)

## HOUSING

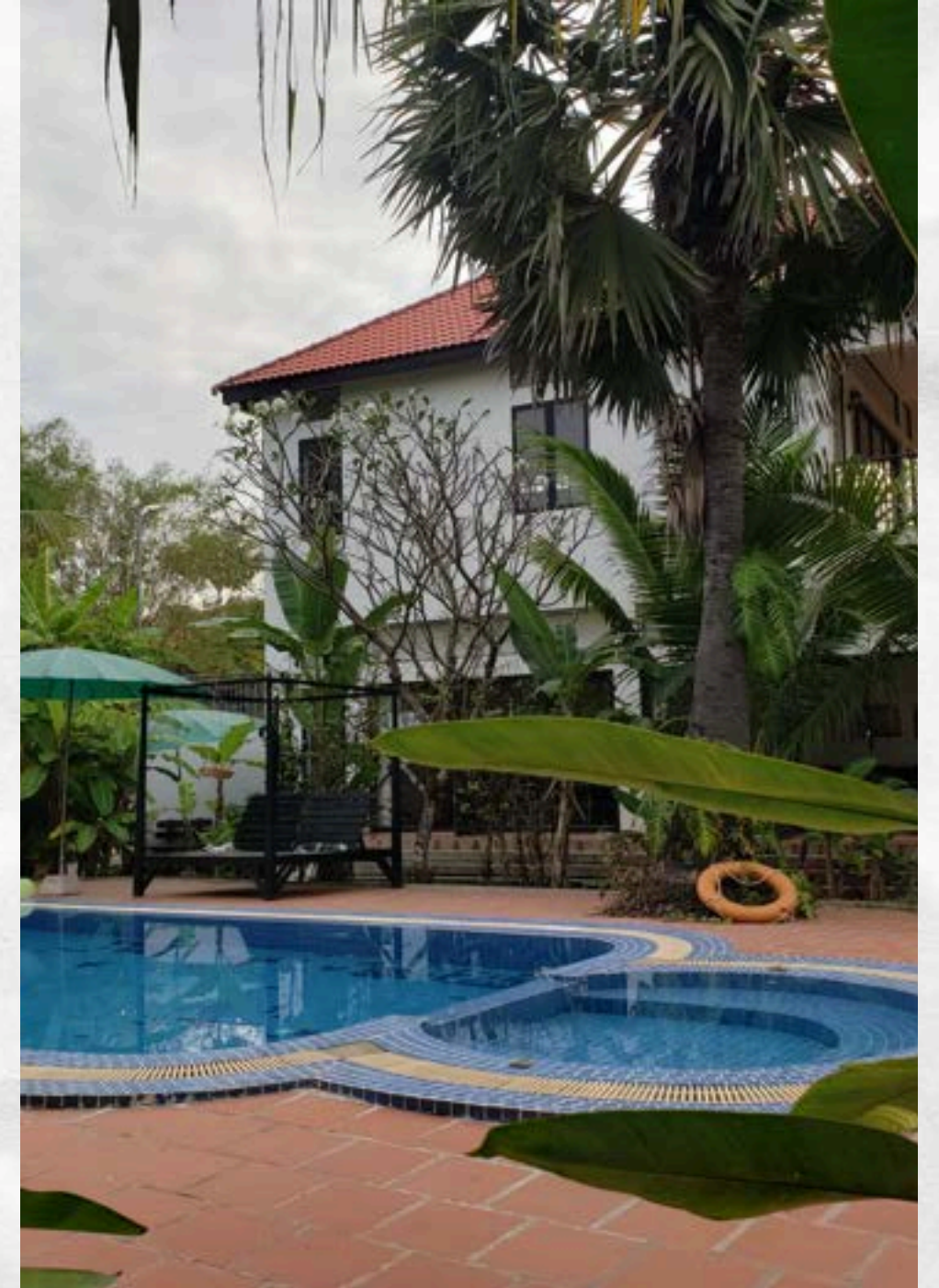
- 5 rooms, 4 students each, twin beds. No AC, Wi-Fi, cell service, or personal storage.
- Shared bathrooms nearby with cold-water showers and Western-style toilets.

## AMENITIES + MORE

- Common area with lounge, dining area, and staff kitchen.

# EVP

# THE CENTER FOR ENVIRONMENTAL JUSTICE AND MEKONG ECOLOGIES

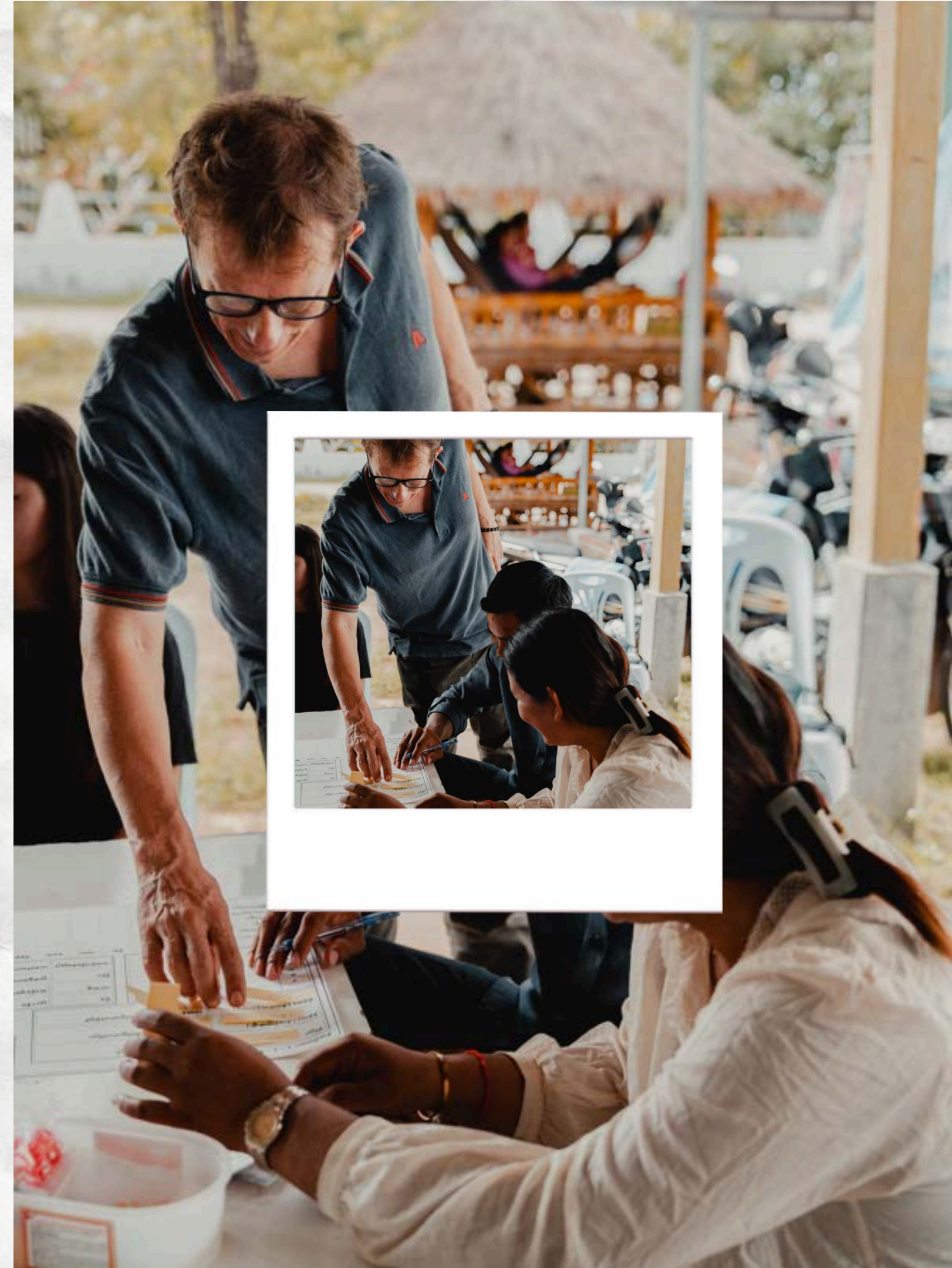


# CLASSROOM STANDARD

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- Not an "easy A"
- Our coursework and research impact the community
- Grades must be earned

Schedule is high-intensity. Manage your time efficiently and use your days off to recharge. Use the utmost level of respect in your interactions with staff.



# DAY IN THE LIFE

A photograph of three students in a field setting. One student in a blue shirt and yellow safety harness is holding a handheld electronic device. Another student in a grey shirt is looking at the device. A third student in a white shirt is also looking at the device. They are outdoors, possibly on a boat or a dock, with water and trees in the background.

- Days are **highly structured**
- Typically, 7am - 8pm
- Some days are 100% in the field, while others are 100% classroom time
- Expect over half of your program time to be spent covering classroom-based theory
- All activities are mandatory- including group meals!
- We work around our partners, weather, and other circumstances, so you should expect the schedule to always be changing. It's important to have flexibility and a positive mindset!



# PROGRAM POLICIES

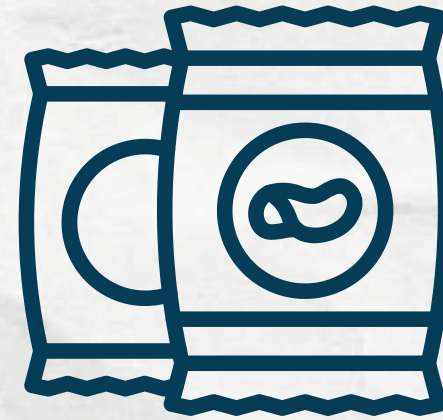
- ✓ **Curfew and dry campus enforced**
- ✓ **No smoking on campus (no e-cig)**
- ✓ **No non-SFS guests without staff approval**
- ✓ **Sign out and buddy system**
- ✓ **No cannabis products (\*)**

(\*) This includes medical marijuana and some types of CBD oil - contact Student Life before bringing any CBD product.

# WHAT'S ON THE MENU?



## MEALS



## SNACKS



## FRESH WATER

**Breakfast Example: Eggs, toast, and fruit.**

**Lunch/Dinner Example: Rice, vegetables, curries, fish and fruit.**

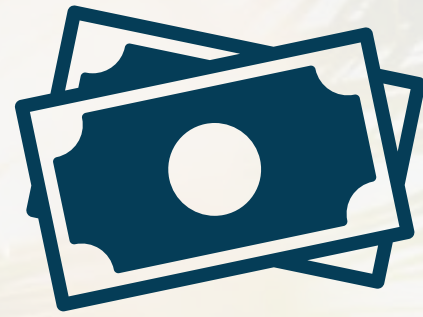
**SFS can support most dietary needs, but the variety of food will be extremely limited based on local availability and cost.**

**No shellfish, soy and/or peanut allergies can be accommodated. Off campus, meat broths and fish sauce are common.**

A vibrant scene of a floating village on a river. In the foreground, the back of a person wearing a teal backpack and a purple shirt is visible. Next to them is a person with a tan backpack and a tan hat. They are in a green boat. To the left, a man in a black jacket and cap is in a blue boat. In the background, a person in a white shirt is in a green boat. The river is lined with stilt houses, some with corrugated metal roofs and others with wooden shingles. A white banner with Thai text hangs from one of the houses. The water is a murky brown color.

# PACKING

WHAT SHOULD YOU BRING



## CURRENCY

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- Riel (KHR) or US Dollar (US)
- Cash based economy (small bills)
- ATM access
- Notify your bank



## CLIMATE

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- Hot and Humid
- Average temp: 75–90°F
- Dry season: Temperatures can exceed 100°F
- Rainy season: May–November

# WHAT YOU SHOULD **BRING**

Please do read your **field guide** for an itemized look!



## CLOTHING

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## TOILETRIES + MEDICATION



## FIELD GEAR



## ROOM NECESSITIES

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## FOR CLASSROOM



# PACKING CONSIDERATIONS

## COMMUNITY CONSIDERATIONS

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At the Center: No tight clothing; cover torso. Shorts/skirts must be at least knee-length; anything shorter requires leggings underneath.

Rural/Religious Sites & Field Trips: Cover shoulders, torso, and knees.

## TECHNOLOGY

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Laptop + USB port | MS Office (or equivalent)

Electronics: 230V | Universal outlets common | Bring a universal adapter

Internet: Unreliable—download podcasts, music, movies, etc. in advance.

## LUGGAGE

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Semester: No SFS luggage limit (airline limits may apply).

Summer: 1 large bag + 1 small backpack; no hard-sided suitcases.

Students are responsible for transporting their own luggage.

A sunset scene over a body of water with a dark silhouette of trees in the background. The sky is filled with orange and yellow clouds, and the sun is low on the horizon, creating a bright glow. The water reflects the colors of the sky. The text 'HEALTH & SAFETY' is overlaid in large white letters, and 'MEDICAL CARE & MEDICAL REVIEW' is overlaid in a dark blue box with white text.

# HEALTH & SAFETY

**MEDICAL CARE & MEDICAL REVIEW**



# ENVIRONMENTAL HAZARDS



Sunburn, dehydration, etc.



Drowning, seasickness\*



Snakes, crocodiles, monkeys, etc.



Mosquitoes, scorpions, leaches, spiders, etc.



Infections and insect borne illnesses

(\*) strong currents/tides.

# MEDICAL CARE IN COUNTRY

## BASIC MEDICAL

Center is 20 minutes from hospital in Siem Reap.

## ADVANCED MEDICAL

Serious medical concerns and surgery may require flight to Bangkok, Thailand.

## ROUTINE VISITS

Routine medical visits are not feasible while on program.

## MENTAL HEALTH

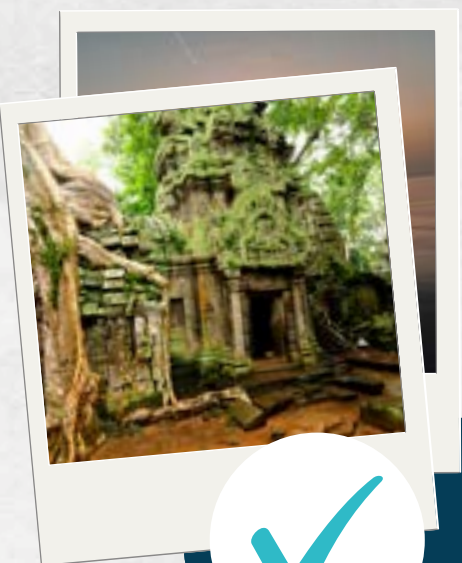
Scheduled telehealth appointments with mental health providers may not be feasible.

# COMMUNICABLE DISEASES & OUTBREAKS

SFS follows CDC and host-country health guidelines. Entry and pre-departure health requirements vary by country and may change based on current outbreaks. Students should review current travel and health guidance before departure, and SFS will notify students of any major updates.

Students who test positive for, or develop symptoms of, communicable illnesses may need to isolate. Close contacts may be asked to test or monitor for symptoms. Because supplies may be limited locally, students are encouraged to bring rapid tests and high-quality masks.

Students are responsible for any medical or isolation-related costs incurred abroad and should confirm, before traveling, that their international health insurance covers communicable diseases.



# MEDICAL REVIEW



Complete your medical paperwork within 6 months of departure & before the due date



Schedule medical appointments in advance. SFS recommends consulting with a travel clinic in addition to your primary care physician



No student is permitted to participate on an SFS program until medical review has been completed



Obtain prescription medication prior to your departure. Malaria medication required.



A man and a woman are standing in a lush, green field, looking at a large elephant in the background. The man is wearing a black t-shirt with a graphic and the woman is wearing a purple top. The elephant is standing in the middle ground, facing right. The background is a dense forest with many trees.

# NEXT STEPS

**VISAS, FLIGHTS, & PAPERWORK**

# VISAS AND FLIGHTS

**Travel Instructions** sent at least 2 months prior to departure on buying your flights.

For U.S. citizens, eVisas are applied for one month before departure. Supporting documents for the visa application will be sent at that time.

Airport Letter sent 1-2 weeks prior to departure with arrival instructions, what you need to enter/carry with you, current entry requirements, and emergency contacts.

# AT THE AIRPORT

A woman with long brown hair, wearing a white t-shirt, olive green overalls, and a backpack, stands in a stone archway. She is looking out at ancient stone ruins under a clear blue sky. The archway is part of a larger stone structure with intricate carvings.

## **CUSTOMS & IMMIGRATION**

Have your passport and any any visa documents ready!

## **LUGGAGE**

Afterwards, collect your luggage and leave the security area.

## **FINDING SFS**

Find the designated meeting spot and look for SFS signs!

## **WAITING FOR OTHERS**

You may need to wait for the rest of your cohort to arrive before heading to the center.

# NEXT STEPS

## TRAVEL

- Apply for or renew your passport-must be valid for at least 6 months after arrival to Cambodia
- Apply for eVisa 1 month before departure
- Book your flight

## SET EXPECTATIONS

- Review the SFS field guide, financial planner, syllabus, and policies
- Talk with your family and friends about a realistic communication plan while you're in the field

## MEDICAL

- Schedule all medical appointments
- Make a plan with specialists and/or mental health providers (if needed)
- Obtain prescription medication for the entirety of your program (if needed)
- See travel clinic (if desired)
- Schedule vaccinations (if needed)

## FINANCES

- Pay for your program
- Apply for financial aid (if desired)

# FOLLOW US ON SOCIALS



@THESFS  
@THESFS\_CAMBODIA

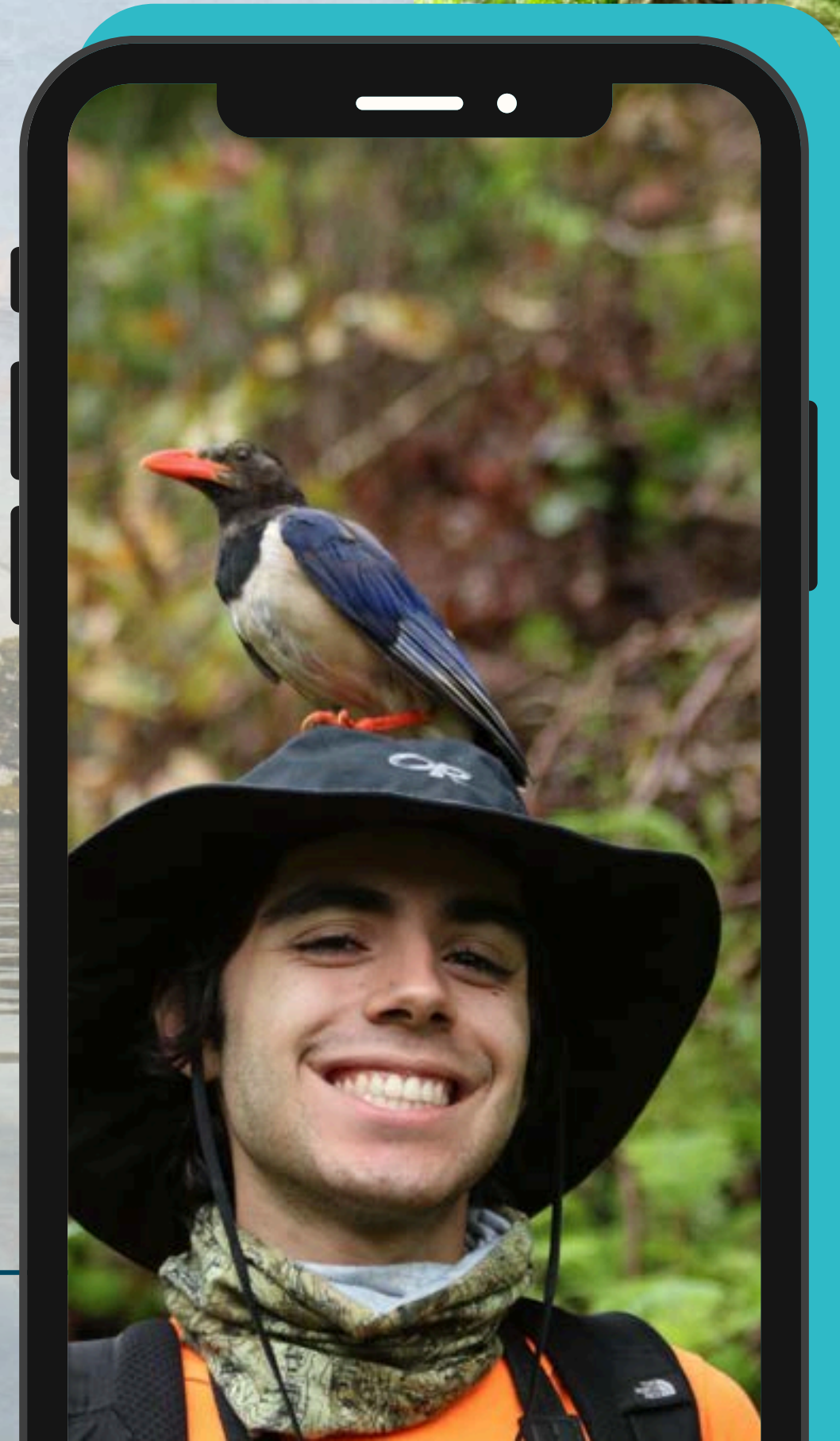
Tag us in your  
posts @thesfs!



THE SCHOOL FOR FIELD STUDIES



THE SCHOOL FOR FIELD STUDIES



A fisherman wearing a dark cap and shirt is in a small boat, pulling a fishing net. A fish is visible in the net. The background shows the ocean and a hazy sky.

# QUESTIONS?

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Here is how you can get in touch:

## **MEDICAL + SAFETY**

[studentlife@fieldstudies.org](mailto:studentlife@fieldstudies.org)

## **BILLING + FINANCIAL AID**

[billing@fieldstudies.org](mailto:billing@fieldstudies.org)

## **ACADEMICS**

[academics@fieldstudies.org](mailto:academics@fieldstudies.org)

## **GENERAL QUESTIONS**

[admissions@fieldstudies.org](mailto:admissions@fieldstudies.org)