

Happy Heart Organization

VOLUNTEERING





ABOUT HAPPY HEART

Happy Heart Organization is an Education Centre in Puok, Cambodia. They provide free English and Computer lessons to 250 students. Happy Heart believes that helping children improve these skills will ensure them a better future.

Happy Heart was first set up 8 years ago, but back then there was no building or even a name for the organization. Mardy set up the organization as a Sunday School initially and it has now evolved to be an education centre.

250

Students

8

Members of staff

Key Information

Inclusion Overview

- Private room with en-suite bathroom and air-con.
- Kitchen with ingredients
- Wifi
- Transportation for you included
- 2 days off

Volunteer working hours:

Monday: Day off (HH closed)

Tues-Sat: 11:30-7:30

Sunday: 8-9:30 (Sunday school)

Nearby facilities:

- **Siem Reap town:** 15km
- **Angkor International Hospital:** 12km
- **Angkor Supermarket:** 14km
- **Puok Market:** 3.5km
- **Angkor Wat:** 17km
- **Siem Reap Airport:** 12km

Cost:

As we are a small organisation we ask each volunteer to pay **\$70 (USD)** a week. This money includes:

Basic Ingredients: We will provide the ingredients to cook local food. (Rice, vegetables, fruit, meat, eggs, bread). If you want any other food to cook different meals then there is a local market nearby or a supermarket in town where western ingredients can be found.

Gasoline for our teachers: Our staff are happy to take you anywhere you need during your stay. This money goes towards the cost of their gasoline

Running Costs: As we are a small ngo our running costs increase when we have volunteers here. This takes into account aircon, washing machine, lights etc

This payment should be paid in cash and given to our principal on arrival. We also accept Cambodian Riel \$70= 288,900R

Volunteering

EXAMPLE SCHEDULE

Morning: The morning is all yours to do as you please. Nobody else will be on site until 11:30 as Sok will be at University. You can use our kitchen to make yourself breakfast and then rest to prepare yourself for a busy day.

3pm-4pm: At around 3 some of the children will start to arrive and will want to play games or chat with you!



5pm-6pm: During this time there is a second computer class, or the Kindergarten English depending on your skills you can choose which class you'd prefer to be a part of.



11:30 -3pm: Between 11:30 and 12:00 Sok and Sopheavy will be arriving. They would have spoken to you already about what jobs need doing throughout the day and this is the time to do that. Examples of jobs which may need carrying out include... gardening, painting, handyman work, organising classrooms, prepping lesson plans for later on.

4pm-5pm: If you are confident with computers then you can teach in our IT class which is the first lesson of the day. Or you can carry on playing and interacting with the children until their classes start at 4pm



6pm-7:15pm: There are a range of English classes going on at this time, including the senior class. Again, depending on your skills you can choose which class to teach in. After class the rest of the evening is all yours.

Location/Getting to us



We are in a a very rural area and our location is sometimes hard to find. You can type the following into google maps to see where we are:

CPFV+H2G, Unnamed Road, Puok

GETTING TO US

Arriving from Siem Reap: We offer free pickup from Siem Reap town or airport. This service is limited to 1 person and is subject to the size of you luggage as you will be collected via motorbike. Please contact Sopheavy with the location address, time and a photo of your luggage beforehand so we can see if we are able to pick you up.

In the event that we are unable to collect you or you want to make your own way here, we reccomend getting a tuk tuk from town by using the Pass App. This is the most common app used for booking TukTuks in Cambodia and is cheaper than getting one off the street. The cost to get here is usally between \$5-\$7 dollars.

Arriving from Phnom Penh: If you are arriving to Cambodia via Phnom Penh then you will need to get to Siem Reap town. A bus is the most affordable way to do this and we recommend booking through the 12go Asia app. The bus journey usually take around 6 hours and costs between \$11-\$17

Recommended apps:



Important information VISA:

We are unable to help you with any Visa related information. It is your responsibility to arrange this when you arrive. Tourists from the majority of countries are eligible for a 30 day toursit visa to enter the country. This can be obtained online as an e-visa or on arrival. The costs of this is \$35 but there is a normally a processing free on top which is usually \$7.

Accommodation



You will be provided with your own room with an ensuite. Don't worry about the bunkbeds, we sometimes have school-groups visit us, but that's the only time we have more than 1 person in a room.

INCLUDES

- **Private room-** (the bunk beds are just for when we have school groups) we never have more than one volunteer in one room. We think it's important you have your own space
- **Aircon-** Your room is equipped with new zircon and a fan.
- **Private bathroom-** You have your own en-suite bathroom. Remember we are in a rural area so be prepared for cold water.
- **Kettle-** If you needed any hot water then there's a kettle in your room for you to use.
- **Safety-** You will be given a key to your room so you can lock it during the day or when you are off site.



Food



Here at Happy heart cooking is a shared experience. We expect our volunteers to share the cooking with Sok who will stay on site during your stay. Basic ingredients are provided to cook Khmer cuisine. There is a supermarket which Sok can take you to if you require any other ingredients. By sharing the responsibility of cooking you will not only learn about true Khmer cuisine but also teach Sok about some of your favourite dishes. Our kitchen is fitted with the below facilities which you can use for free as you please.

THE KITCHEN

- Gas Hob
- Microwave Oven
- Fridge Freezer
- Water dispenser (hot and cold)
- Washing Machine and washing powder
- All pots and Pans needed
- Basic ingredients and condiments



Dress Code

Whilst the dress code is casual we do expect you to dress modestly whilst teaching. The below guidelines should be followed when teaching at Happy Heart. In the morning and on your days off you can wear what you like. Please remember we are in rural Cambodia and many people aren't used to seeing tourists. So please dress respectfully and modestly where possible.

W O M E N



- Covered shoulders e.g. t-shirt, cardigan, shirt
- Knees covered- trousers, skirt, leggings
- Casual dress code
- Piercings and tattoos



- No strappy tops (unless covered with a shirt or jacket etc)
- No low necklines
- No shorts or skirts above the knee.
- No crop tops

M E N



- Covered shoulders e.g. t-shirt, shirt.
- Long trousers or shorts
- Casual dress code
- Piercings and tattoos



- No vest tops
- No low necklines
- No short shorts

Football Team

The Happy Heart football team play a match every Sunday. Unfortunately there is nobody to help train our team so there is no training during the week. This is something we would love volunteers to support us with if you feel you have the right skills!.

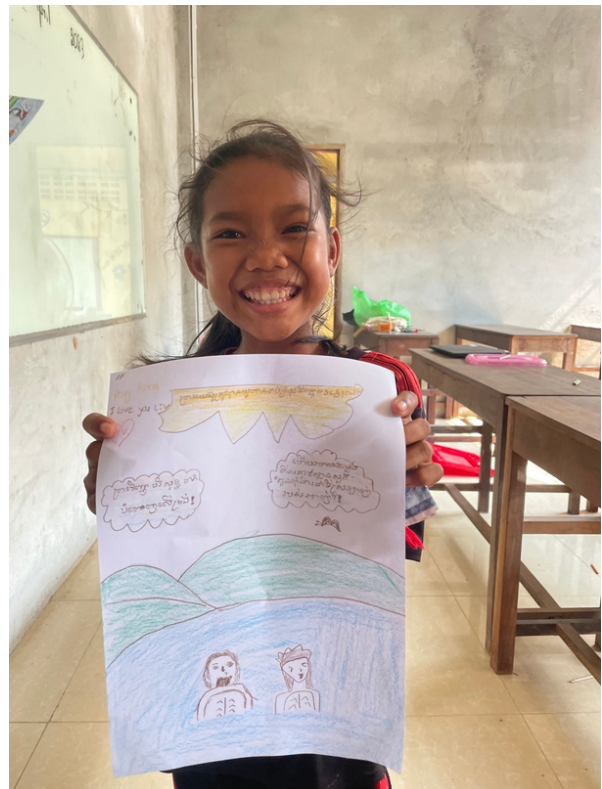


Sunday School



Each week we host a Sunday service from 8am-9:30am. The first part includes a service in the church, we sing hymns, read bible verses and the childrens group will perform a dance. After the service the children are split into 2 groups, the older children stay in the church to practice more bible verses and the younger children go to a classroom to do an activity based on a different story from the Bible.

After service there is a family breakfast for anyone that attended Sunday Service.



Class Breakdown

Our classes run from Tuesday- Saturday and you can choose which classes you think you'd be a good match for, or whilst you're here why not spend time with each class!

Time	Class	Level	Age range
4pm-5pm	Computer Class (Teacher: Sok)	Beginner	12-15
5pm-6pm	Computer Class (Teacher: Sok)	Beginner	15-18
5pm-6pm	English Teacher: Meiseu	Kindergarten	8-10
5pm-6ppm	English Teacher: Vuttey	Intermediate	10-15
6pm-7:15pm	English Teacher: Roatta	Intermediate	10-15
6pm-7:15pm	English Teacher: Srey Neang	Intermediate	10-15
6pm-7:15pm	English Teacher: Sinieng	Intermediate	12-18
6pm-7:15pm	English Teacher: Savouren	Advanced	15-20

Our staff



Founder
Mardy



Principal
Sopheavy



Vice Principal
Savouren



Vice Principal
Sinieng



English
Meiseu



English
Srey Neang



English
Roatta



English
Vuttey



IT
Sok

Gallery



WE CANT WAIT TO MEET YOU!

