



Volunteer Guidelines

Thank you for your interest in volunteering with Trailblazer Foundation. Every day, our dedicated volunteers work with us on a variety of important projects that make a real impact in the communities of Siem Reap Province, Cambodia. From planting seeds in our organic test gardens to drilling wells in rural villages, there are a wide variety of ways that you, as a volunteer can lend your skills to make a difference with Trailblazer.

Since volunteers make up such a crucial part of our day-to-day operations, we have established a few guidelines and recommendations to ensure that things run as smoothly and efficiently as possible. Please read this document carefully, and feel free to ask us if you would like more information.

VOLUNTEER COMMITMENT

We ask that volunteers be able to commit to a **minimum of two (2) weeks** - this allows our team and the volunteer to build good rapport, as well as ensure the consistency and quality of our work. Our expert local staff provides the training and guidance for new volunteers, which takes time away from their normal work schedule. Exceptions can be considered on a case-by-case basis, especially if a volunteer has a particular skill or experience (more details on skills below). If you are unable to volunteer for the minimum of two (2) weeks, we ask that you gift \$10 USD per day.

We understand you are volunteering, for free, but due to the nature and scheduling of our project activities we do expect our volunteers to be punctual, or to inform us if they cannot volunteer on a given day. Showing up on time reduces miscommunications that may otherwise occur or delays on days when volunteers would participate in field work. We appreciate your cooperation that aids in a positive and productive experience for all parties.

During your volunteer experience you may make observations and have ideas regarding our operations. We welcome your comments in writing and encourage you to be mindful of our staff's responsibilities in their job. We appreciate constructive assistance that does not have a negative impact on Trailblazer operations or our staff's job.

WORKING ENVIRONMENT

Our typical volunteering hours are Monday through Friday, 8:00am-12:00noon. An average day for our volunteers usually consists of preparing the filter media for the biosand water filters, which includes sifting and washing sand and gravel, as well as assisting in mixing and pouring concrete for the construction of the filters. There are ample opportunities to help out in our organic test gardens with weeding, digging, planting, and harvesting as well. You may also have the opportunity to go out with the well drilling team or the biosand filter team to a local village to deliver and set up the filters. The well drilling and filter delivery days tend to end around mid-afternoon when you get back.

While these laborious activities are perhaps not the most glamorous work, it is important work- and the vital support of our volunteers directly enables us to provide fresh water and agriculture opportunities to the villages in need.



Volunteer Guidelines

Volunteers with skills and interests outside manual labor are welcome to inquire if there are perhaps other tasks during their volunteer experience with which they could assist, i.e. creative writing for social media uses, grant research, etc.

HEALTH AND SAFETY

Your safety and wellbeing are our number one concern during the time you are here at Trailblazer. That said our activities involve physical labor that is done outdoors in a hot outdoor environment, and some tasks are more physically demanding than others. Depending upon a volunteer's physical abilities our staff schedule volunteers to tasks that match those abilities and with least risk to injury.

Dehydration and heat injuries can happen fast in the tropical Cambodian heat, so be sure to **bring plenty of water** with you. **You can refill your water bottle from one of our water filters on site.** Other means of sun protection, i.e. a hat and sunscreen, are also recommended. You are encouraged to take breaks as often as you feel necessary. Please let us know before you start work if you have any health concerns that may limit the type or scope of work that you can do. On your first day, be sure to bring a copy of your **travel medical insurance policy**, so we have it on file while you are volunteering with us.

DRESS CODE

Look around, and you will notice that Cambodians tend to dress rather conservatively compared to Westerners. While volunteering at Trailblazer, we ask that you be mindful of how your manner of dress may be received by locals, especially while working in the villages. At our Siem Reap worksite, knee length shorts and a t-shirt are fine for males and females. In the villages, females should wear at least capri-length shorts or pants and a modest, shoulder-covering blouse, and a collared shirt is a good idea (though not absolutely necessary) for males.

SKILLED VOLUNTEERS

If you have a professional or academic background in any of the below fields, your expertise could be a great help at Trailblazer. Please let us know well in advance of your arrival, and provide us with a copy of your resume/CV so we can best prepare the project work schedule.

Agronomy
Concrete engineering
Hydrology
Biochemistry
Organic farming/composting

Social Media
Animal husbandry
Computer graphics/design
Marketing
Microfinance



Volunteer Guidelines

KEEP THE GOODWILL GOING

The needs are great in Cambodia and the scope of our projects is limited only by the funding we receive. If you would like to become an **individual donor**, even a small amount is appreciated and can go a long way. Making a donation to the general fund is the way to ensure your funding will have the most impact, as it allows flexibility in responding to requests from the people we assist. School supplies, school and Scout uniforms, flip flops, mosquito nets, and laboratory water tests are some past examples of what falls under the general fund category. A bio-sand water filter provides up to 15 people with clean drinking water and can be donated for \$80.00 USD. A PVC pull pump well, designed to be easily repaired and maintained, provides access to water for 3 to 5 families, and can be donated for \$320.

One thing volunteers agree on is that they grow to understand how their time directly benefits Cambodian communities.

Additionally, after your volunteer experience we would like to invite you to join our **Ambassador Program**, to take your excitement and knowledge home to share with your friends, family and colleagues. Your personal experience and energy can be contagious and effective for setting up opportunities to do some amazing fundraising. Trailblazer Ambassadors are provided with various marketing materials to better share the Trailblazer Message. Ambassadors can help spread awareness of the needs of Cambodia and our efforts to help bring water and hope to the Cambodian people.

Thank you for your interest in the Trailblazer Foundation! We trust that your time spent volunteering with us will be rewarding and productive. If you have any additional comments or questions, please do not hesitate to contact us at info@thetrailblazerfoundation.org.

We thank all our volunteers, past - current - and future, for their part in making the world a better place, and especially for bringing water and hope of a better life to rural Cambodians.