

VIVA LA VIDA ONLUS  
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## GENERAL INFORMATION FOR VOLUNTEERING IN CAMBODIA WITH VIVA LA VIDA ONLUS

The experience you will live with Viva la Vida Onlus in Cambodia, will be mainly characterized by the simplicity of an ambitious project, which aims to improve the living conditions of many children and adolescents, and to build a better future for them.

The staff of Viva la Vida Onlus will do everything to make sure you have an unforgettable experience, and your contribution will make a difference, in a reality that goes forward thanks to volunteerism and the passion of those who make so many sacrifices every day to ensure the functionality of each project.

Since October 2022, volunteers have been staying at Viva la Vida Onlus' new base of operations in Cambodia: On My Way, located in the city of Kampong (a 15-minute walk from the riverside and downtown).

On my way is a training center for adolescent boys and girls who together with volunteers carry out Viva la Vida Onlus projects.

### WHAT YOU CAN DO

Work with young children attending **KINDERGARTEN** (English, math, recycling plastic creatively, gardening and music)

Teach **ENGLISH, COMPUTER, and ITALIAN** to children and teenagers from 6 to 19 years old

Doing sports activities such as **FOOTBALL** and **VOLLEYBALL**

Doing **GARDENING** and **MAINTENANCE** work

Lend us a hand in managing the **SOCIAL NETWORK** and **INTERNET WEBSITE**, create **FUNDRAISING** campaigns and help us make our reality known

We can study together **NEW ACTIVITIES** to be carried out exclusively during your stay in relation to your skills and expertise

You can also help us implement or follow **NEW PROJECTS**.

### WHAT REQUIREMENTS ARE NEEDED?

1- *Spirit of adaptation*

2- *Basic level of English*

English is the only language in common with children and adults in the village. Where we operate, the level of English is basic, so a high command of the language is not required.

3- *Ability to respect the rules, the balances created, and the sacrifices that are made daily to run projects.*

We work in complicated contexts and villages. That is why there are rules and guidelines to be

followed carefully. Over the years we have created an important balance to keep projects alive and efficient.

*4- Ability to set aside one's own needs during the volunteer period.*

The priority is the project! Ability to set aside one's own comforts and vices while respecting the cultural context where we live.

*5- Ability to relate to vulnerable children and adolescents.*

We are not animators but educators! We constantly work every day to educate the most vulnerable children. There are priorities, rules and a common vision to share for the maintenance and growth of the project.

*6- Respect for community and local culture*

This is not Italy! Fundamental to empathize with the local culture, customs, and religion. Simple but fundamental!

### **VOLUNTEER HOUSING - ON MY WAY**

We have 10 places available (priority to long-stay volunteers):

4 beds - Women's dormitory

4 beds - Men's dormitory

2 beds - Shared room (male or female)

Moving during the day to participate in activities by association means /Tuk Tuk or moped)

### **COSTS - ON MY WAY**

Contribution for room and board:

Up to *30 days*: 12 euros per day

From *30 to 90 days*: 10 euros per day

From *90 days and up*: The association can offer room and board to those who can contribute in project management and organization. Preference people with experience.

## **CONTACTS**

**MANDATORY CALL WITH THE PRESIDENT OF THE ASSOCIATION**

Before the call have clear period of stay (for organization reasons)

**Nicola: +39 3773452016 WHATSAPP ONLY.**