



S F S THE SCHOOL
FOR FIELD STUDIES

CAMBODIA

Center for Conservation and Development Studies

Student Field Preparation Guide

Semester Programs

The School for Field Studies (SFS)

**PLEASE READ THIS MATERIAL CAREFULLY BEFORE LEAVING
FOR THE PROGRAM. BRING IT WITH YOU TO THE FIELD AS IT
CONTAINS IMPORTANT INFORMATION.**

100 Cummings Center, Suite 534-G, Beverly, MA 01915

P 800.989.4418 F 978.922.3835

www.fieldstudies.org

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SFS Cambodia: Crash Course

- **Clothing:** You need to bring loose-fitting, lightweight, modest clothing because it will be extremely hot, and the culture is quite conservative. You will also be living in a city so you're going to want some clothes to go out in, and also at least one business-casual outfit for conducting interviews- it needs to cover your knees, shoulders, and everything in-between. (See [Packing Guide section for more details](#))
- **Food:** while at the field station expect basic breakfasts, Khmer lunches (lots of rice, chicken, fish, tofu, and vegetable stir fries), and western-style dinners. We will try to accommodate vegetarians, lactose-intolerant, and gluten-free students as much as possible. Most restaurants we'll visit while traveling will have vegetarian options. Vegans will need to be flexible and modify their diet when we travel. (See [Food section for more details](#))
- **Communication & WiFi:** Do not expect the WiFi at the Center to be fast or reliable. WiFi at the Center is primarily for academic purposes, and activities like video streaming or large downloads/uploads will slow down the network for everyone and are not allowed. Before you leave the United States, it's a good idea to install apps like Viber or WhatsApp, which let you call and instant message for free using WiFi. Fortunately, even though the Center WiFi can be slow, there are many great cafes in downtown Siem Reap where you can get fast WiFi connections. You will be provided with a cell phone and a monthly cell credit stipend while you are here and you are expected to have your phone on you whenever you leave the Center. (See [Communications section for more details](#))
- **Medical Information:** Dengue fever and Malaria are the biggest risks in the areas in which we travel. Both diseases are mosquito-borne. The best way to avoid them is to use bug spray (even while hanging out around the Center) and your mosquito nets. Follow the CDC guidelines for what medications and vaccinations to get before coming here. Your Student Affairs Manager will be available to handle any and all medical situations/emergencies throughout the semester. (See [Health and Safety section for more details](#))
- **Siem Reap:** The city caters to tourists, so it is filled with cafes, really good restaurants, and shopping malls where you can find almost everything you will need. There are regular concerts, quiz nights, yoga classes, and other cultural and social activities. For more info on the city, look it up on www.tripadvisor.com or www.travelfish.com.
- **Shopping:** You can find most necessities (toiletries, medicine, clothes, shoes, Oreos) in town for reasonable prices. However feminine hygiene products, sunscreen, and insect repellent are more expensive to buy in Cambodia. (See [Packing Guide section for more details](#))
- **Transportation:** Our Center is close to Angkor Wat and the downtown "Pub Street" area so you will be able to hire "tuk tuks" (carriages attached to motor bikes) to drive you to these places (you will not be able to rent bicycles or motos during the program). 4 people can fit in one tuk tuk. These usually cost \$3-\$4 for a one trip- so factor that into your budget.
- **Location:** The field station is just a 20-minute tuk tuk ride away from Angkor Wat and the other temples in that complex. We'll go there together as a group quite often!
- **Money:** you can pay for everything in US dollars in Cambodia so bring small bills and a debit card. (See [Finances section for more details](#))
- **Program Travel:** We spend about three weeks traveling through Cambodia. Prepare yourself for long and busy days filled with once-in-a-lifetime opportunities.

- **Language:** You are going to take a basic Khmer language course so you will be able to learn a bit of the local language. However, you will be able to get around most of Siem Reap using just English.
- You should learn a bit about Cambodia before you come. Cambodia has a rich, long, and proud history. Some recommendations to explore the more recent history include:
 - *First They Killed My Father* - Loung Ung tells her story surviving the Khmer Rouge regime as a child growing up in Cambodia in the 1970s. There is also a film adaption of the book and Loung Ung's experience that is available on Netflix.
 - *The Missing Picture* - a documentary by Cambodian director Rithy Pan who tells his story of survival with the Khmer Rouge through a mix of film and pictures from that period and clay figures to tell the story that people haven't heard.
 - 1960's Cambodian rock and roll- this was the golden age of music in Cambodia and it's so fun! Dengue Fever is a popular band today and they do good covers of those songs.

Those are the basics, but read on for a more comprehensive overview of the SFS Cambodia program!

Introduction

This Student Field Preparation Guide is an important tool to help you prepare for your SFS experience! Use it to prepare for your phone interview, after you are accepted to the program, as you prepare to depart, while you are in the field and even after you return home.

We begin with a reminder list of the vital tasks you need to accomplish, including what you need to send to SFS and when. There is information about traveling to and from the program, visa instructions, and arrival at the airport on the first day. You will also find information about Cambodia as well as the sites where you will be studying. Along with some background on these places, we have included a packing list and some suggestions concerning finances to help guide you in planning what to bring with you. There is also information about what life is like during the program on a day-to-day basis and what to expect as far as living conditions. Finally, we have included some resources on safety and traveling abroad. Please be sure to read through the entire guide and don't hesitate to contact your Admissions Counselor with any questions.

Terms and Regulations Contract

Note that as a condition for participation in an SFS program, you are required to document that you have read, understood and accepted all academic, safety, administrative and operational policies, rules and requirements by reading and signing the SFS Terms and Regulations Contract.

Preparing for Departure

Preparation Checklist

Please see the SFS website for PDFs of forms and access to your online account & checklist. Most forms can be submitted online through the account that you created when you applied to your SFS program, but any other forms/information can be submitted by mail, email, or fax:

The School for Field Studies
100 Cummings Center, Suite 534-G
Beverly, MA 01915
Email: admissions@fieldstudies.org / safety@fieldstudies.org
Fax: 978.922.3835 (general) / 978.232.1254 (safety)

If you have questions about items on your online checklist or cannot access it, please contact admissions.

Read this Guide carefully in its entirety, including sections on Program Overview, SFS Policies, and Traveling and Living Abroad

To be submitted within 10 business days of acceptance:

- **Non-refundable Program Commitment Deposit of \$500.** Students are not considered enrolled and financial aid applications will not be reviewed until this deposit payment is received. This deadline and these conditions apply to all students, even if your home school is responsible for making the deposit payment to SFS on your behalf.

To be submitted by June 15 (Fall Programs) or November 15 (Spring Programs):

- **SFS Terms and Regulations Contract.** Submitted electronically through your SFS online account.
- **Acknowledgement and Assumption of Risks Form.** Submitted electronically through your SFS online account.
- **FERPA Notice and Consent.** Submitted electronically through your SFS online account.
- **Passport number and expiration date** (passport must be valid for at least six months after the last day of the program). Submitted electronically through your SFS online account.
- **Scanned color copy of your passport** (biography and signature pages, make sure your passport is signed) sent via email as a JPEG OR PNG image. No black and white and no photos!
- **SFS Medical Forms:**
 - **SFS Online Medical Review Form.** Self-disclosure form that you complete online. Submitted electronically through your SFS online account.
 - **SFS Physical Examination & Authorization Form.** To be completed by a physician and submitted to the SFS Safety Department via fax, scan and email, or regular mail.
 - **Psychotropic Medication Form** and/or **Counseling Questionnaire**, if applicable, to be completed by your prescribing physician and/or counselor, therapist, psychiatrist, or psychologist and submitted to the SFS Safety Department via fax, scan and email, or regular mail.

Please note: No student may enter the field until Final Medical Approval is granted by SFS personnel. This includes receipt and review of the SFS Online Medical Review Form and Physical Exam and Authorization Form. The Counseling Questionnaire, Psychotropic Medication Form, and supplemental documentation from a medical

specialist may also be necessary. Inaccurate or incomplete information on any of the SFS medical forms may be grounds for rescinding an offer of admission, recalling a student from the program, or restricting student participation in certain activities. In addition, students are responsible for informing SFS of any changes to their health status that occur after submission of SFS medical forms.

- **Final tuition payment.** Due based on the timeline below. Invoices will be sent 30 days prior to the deadline listed below.

SFS Fall Programs: June 1st

SFS Spring Programs: October 30th

Other Preparation To-Do's

- Obtain passport/check to make sure your passport is valid until at least 6 months after the end of the program.
- Contact SFS alumni on campus or as provided by SFS to learn more about what to expect.
- Be sure to understand the visa process. See **Passport and Visa** section of this Field Guide for more information.
- Make sure your bank/credit card companies know you will be using your cards abroad. In order to receive medical attention, a credit card with a limit of at least \$1,000 is required.
- If you are a permanent resident (*NOT* a U.S. citizen) of the U.S. or an international student returning to school in the U.S after the program, please be sure to have the necessary documentation for re-entry into the United States.
- Obtain required clothing and equipment (see packing list later in this document).
- Make travel arrangements that meet the schedule outlined by SFS. If you do not book using Advantage Travel, you must submit your itinerary to your Admissions Counselor and have it approved prior to purchase.
- Schedule a consultation with a travel doctor or your physician *at least 60 days* prior to departing for the program. Be sure to review:
 - Your vaccination history and requirements for every region in which you plan to travel.
 - Your prescription and over-the-counter medications. Prescription medications should be in their original, labeled containers. Work with your physician and insurance to ensure you have enough prescription medication to last the full duration of the program, as it is rare you will be able to find the medicine you need in-country.
 - Review and understand what the specific risks are for each region and country you will be visiting during the program and any pre- or post-program travel.
 - The Program Information for Participants and Medical Professionals, listed on your Physical Exam and Authorization Form. Consider your level of fitness as well as any medical or physical accommodations that may be needed.
- Make sure you have **comprehensive international health insurance** (*required*). Documentation of your insurance is necessary on the SFS Online Medical Review Form. Check with your provider to make certain that your policy offers coverage outside of the United States and specifically in the country or countries where you are going.
- Configure your laptop to access your home school's online libraries and e-journals before you arrive in the field (see **Computers and Internet** section for further details).
- Take care of any obligations or arrangements you might have at your home institution for the semester following your time abroad. This includes student housing, course registration, campus employment, etc. Opportunities to do this while on program may be limited.
- Make two clear copies of your flight itinerary and your passport. Take one copy of each with you and leave one copy with a friend or family member and save copies in your email inbox.

Travel Arrangements

You are responsible for making your own travel arrangements and for paying your travel to and from the program. You have a few choices. You may wish to book your ticket:

- independently online,
- with a local travel agency, or
- with Advantage Travel Agency, which is the SFS travel agency of choice.

You will receive your specific travel instructions and contact information for Advantage Travel about 3-4 months prior to the start of your SFS program – do not try to make arrangements before receiving these instructions.

Advantage Travel

SFS and Advantage Travel do not arrange a group flight for this program because it is not the most cost-effective or convenient option for student travel. We hope that students will be able to explore other options that better suit their needs without the restrictions of group travel. Even without a group flight, there are many benefits to booking with Advantage, including:

- Your itinerary is guaranteed to meet the group pickup/drop off program schedule.
- Advantage Travel has some influence with airlines to make ticket adjustments in the event of last-minute program date changes or cancellation, lost tickets, or other unforeseen circumstances.
- This travel agent is familiar with SFS programs.
- This will be one-stop shopping for your travel plans, both to and from the program and for other trips if you plan to travel pre/post-program.

Making Your Travel Arrangements

If you do not book using Advantage, all travel plans must be reviewed and approved by your SFS Admissions Counselor prior to purchase. **SFS will designate a group meeting time at the airport in Siem Reap, Cambodia.** SFS staff members will meet the group at the airport at the meeting time and facilitate transportation to the field station.

Regardless of whether the ticket is purchased through Advantage Travel or another agent, SFS is not responsible for reimbursing travel expenses for programs cancelled or rescheduled due to acts of war or civil unrest, acts of God, strikes, weather, quarantine/epidemics/sickness, government regulations, or failure of equipment, power or communications.

If you opt to travel before or after your program, be sure to check with immigration officials regarding your visa status. It's a great idea to arrange all your travel before you leave.

TRAVEL TIP: Join a frequent flyer program! Also, check with your agent about multiple stops or stopovers; long trips are an excellent opportunity to see other countries or regions for a small fee or at no extra cost, but this usually needs to be arranged at the time of ticket purchase.

CARBON OFFSET: In an effort to make your semester with The School for Field Studies more sustainable, we ask you to consider a carbon offset for your flights to and from Cambodia. Ask the airline or travel agent.

Passport, Visa, and Arrival at the Airport

Passports: You must have a passport to enter all the countries where our programs take place. Make certain that your passport is valid until 6 months after the program ends and has at least 6 blank pages for visas.

Visa Preparations: You do not need to apply for any visas ahead of time. You will process your visa for Cambodia while in-country. The visa process is multi-stepped – this is a list of all the documents you need to apply for and extend your visas:

- Passport valid for at least 6 months after the last day of the program with at least 2 blank pages for visas
- Scanned, color copy of your passport (biography and signature pages) sent to SFS
- 2 passport photos (you'll need to have at least one with you upon arrival)
- \$123 in cash (US dollars) total – **must be new, clean, unmarked, unwrinkled bills or else they will not be accepted!** Please note that all visa prices are estimates and subject to change. SFS staff will provide as much notice as possible if these dollar amounts change. The breakdown of this money is below. Please be sure to bring the appropriate money in the designated increments (will require planning in advance and small bills).

Breakdown of Visa Process:

1. **Ordinary (E category) Visa:** Upon entry into the country, you will apply for an **Ordinary (E category) Visa** (you will do this when going through passport control upon arrival). This visa is valid for 1 month. You'll need to have with you: **\$35 USD in exact change** and 1 passport photo.
2. **Student Visa Extension:** While in country, staff will help you to procure a student visa extension for the duration of the program. The cost is **\$88 USD**. You will also need to present another passport photo for this extension.

Arrival at the Airport: All students must meet the SFS staff members at the airport in Siem Reap, Cambodia. After you process your **ordinary (E)** visa upon arrival in Siem Reap, you will pick up your bags and go through customs to present your completed Customs Declaration Form (be sure to pick one up from your flight attendant during the flight).

The Student Affairs Manager (SAM) will meet you after you have passed through customs and security. Your SAM will be waiting with an SFS sign. You will then likely wait at the airport for a little while as your fellow students gather, and then travel as a group to the field station in Siem Reap.

Lost luggage: If your bags do not arrive, complete a lost baggage form at the lost luggage desk after clearing customs. Your Student Affairs Manager will be outside at the International Arrivals terminal and they can help you to fill out the lost luggage form by providing a phone number and address for where to send your luggage.

Please be sure to put your name and The School for Field Studies on all luggage tags. Also be sure to keep the checked luggage receipt that you receive when you check your baggage. This is how airports will track your luggage if it is lost. It is not unusual for bags to get delayed in transit; they usually show up within two days. For this reason, it is a good idea to carry some items in carry-on luggage in case bags get delayed. For example, include toothbrush, contacts, medication, change of underwear, clothes, etc

Program Overview

Program Schedule

PLEASE NOTE: SFS programs usually operate 6 days a week, with Sundays off. However, Sundays may be dedicated to group activities or travel, so please be prepared for lots of contact hours and limited down time!

The academic program is delivered over a six-day week. During program time (6 days a week) you will find yourself following a rigorous schedule. There is no real typical day we could describe for the program. You may have class in the morning, a field exercise in the afternoon, then some homework. Although we do our best to reserve Sundays for studying, relaxing, or exploring Siem Reap, there are just too many things to dig into in Cambodia! Sundays may be used for travel during the program or optional activities in the community.

While staff members need to take a day off here and there throughout the program period, one staff member is always on duty. Please note that while we make every attempt to adhere to the schedule we've set, there are frequently changes. These changes offer opportunities to reflect on the Buddhist concept of impermanence: all compounded phenomena are subject to change. Our schedule is a highly compounded phenomenon, and so we all must be flexible and patient when changes occur!

The weekly schedule will vary over the course of the program. The rough schedule is as follows, but this is subject to change:

- **Weeks 1-3 Siem Reap, Cambodia:** all classes begin except for the Directed Research course for which the instructional component will begin around week 10. During these weeks, expect a full work day with about 8-9 contact hours per day split between classes and field trips.
- **Weeks 4-6 Travel throughout Cambodia from lowland rice farms to highlands and coast (exact itinerary to be confirmed):**
 - Travel to an ecotourism project in a community forest: DDF forest ecosystem and ecotourism
 - Travel to Kratie, Cambodia via Sambor: river ecology, conservation, and rural livelihoods.
 - Travel to Mondulhiri, Cambodia: Asian elephants, indigenous communities
 - Travel to Phnom Penh, Cambodia: discussion of cultural and political history in Cambodia
 - Travel to Kampot, Cambodia: explore coastal ecosystems, hydropower, and development within protected areas.
- **Weeks 7-10 Siem Reap, Cambodia:** continue classes and field exercises at the Center
- **Weeks 11-15 Siem Reap, Cambodia:** Directed Research, and finish the semester.

Sample days at the Center:

7:00-8:00am	Breakfast
8:30-9:30am	Language and Culture lecture
9:45am-12:15pm	Conservation Science Lecture
12:15-1:15pm	Lunch
2:00-6:00pm	Field Trip to Angkor
6:00-7:00pm	Dinner

7:00-8:00am	Breakfast
8:30-9:30am	Language and Culture lecture
9:40-11:10am	Ecosystems and Livelihoods Lecture
11:15am-12:15pm	Town Hall
12:15-1:15pm	Lunch
1:30-2:30pm	Center Sustainability Work
3:15-5:45pm	Field Trip to the Royal Palace
6:00-7:00pm	Dinner

Sample week when traveling:

TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
7:00-8:00am Breakfast	6:30-7:30 am Breakfast	7:00-8:00am Breakfast	7:00-8:00am Breakfast	7:00-8:00am Breakfast	7:00-8:00am Breakfast
9:00-11:30am Ecosystems and Livelihoods Lecture	7:30-8:15 am Travel to Airport	8:00-9:30am Conservation Science Lecture	8:00-9:30am Ecosystems and Livelihoods Field Trip: Interviews	8:00-9:30am Env Ethics & Development Lecture	8:00am – 12:30pm Trip to Rabbit Island
	10:00 am Flight and travel to Southern Cambodia	9:30-11:00am Ecosystems and Livelihoods Guest Lecture	9:30am Drive to <u>Kampot</u>	9:30am – 4:00pm Ecosystems and Livelihoods/Env Ethics & Development Field Trip: <u>Bokor</u>	
11:30am – 12:15pm Ecosystems and Livelihoods Discussion		10:00am – 12:30pm Env Ethics & Development Lecture			
Lunch		Lunch	Lunch		
1:30-3:00pm Conservation Science Lecture		1:30-5:30pm Ecosystems and Livelihoods Field Trip: Community Mangroves	1:30-5:30pm Env Ethics & Development Field Trip: <u>Kamchay</u> Dam	4:30-5:15pm Briefing and Prep for Trip	
3:30-5:00pm Directed Research Project Selection					
Dinner		Dinner	Dinner	Dinner	

Weekends Away

Semester programs in Cambodia include two two-day weekends while in Siem Reap. Rather than just having Sunday free, you’ll have both Saturday and Sunday off from academic activities. During this time, certain SFS Policies are not in effect while off campus. While not under the full set of SFS policies, students are expected to observe the SFS Operational Objectives at all times.

SFS does not provide students with recommendations for activities during Non-Program Time, but informs students about the inherent risks associated with travel and certain activities. Please note that students are responsible for their actions, judgement, safety and well-being during this time.

Prior to travel, students are expected to submit itineraries, including emergency contact information, mode of transportation, and accommodations.

Restrictions: Travel to countries currently under a U.S. Department of State Travel Warning or Centers for Disease Control and Prevention (CDC) Warning Level Three are prohibited during the full duration of the program. Additionally, the SFS Safety and Student Life Department may prohibit travel to regions with known or foreseeable political unrest, credible threat of terrorism, unstable weather patterns, or other factors of high risk upon review of student itineraries.

Non-Program Time dates are clearly established by SFS staff and travel must be done within this established time frame. **Individual early departures or late returns will not be permissible.**

Please contact your SFS Admissions Counselor with any concerns regarding the Weekends Away.

Students and the Local Community

During your stay in Cambodia, you are a member of several communities:

- The first is the SFS community. We will foster a supportive, stimulating learning community where our actions and behaviors are governed by a set of common values we will define as a group.
- Second, you will be part of an international research and learning community in Cambodia
- Third, you will be a temporary resident to the greater Cambodian community.

Our behavior will be governed by the local and national norms. There are many occasions when you will be expected to interact with the local residents in both academic and informal situations. There will be some opportunities for community outreach and service while in Cambodia. Please remember that what is considered acceptable or appropriate varies from culture to culture and be sensitive to this idea at all times while interacting with these communities. The staff will brief you on cultural norms in more detail during orientation in the field.

Note that it is a great privilege to be in Cambodia. We want to ensure that we demonstrate an awareness of this privilege and respect for both countries and cultures. While we will be learning about these countries and their people, each of you will be an ambassador of your own culture, country and school, and that responsibility should not be taken lightly.

Community Engagement

Various activities organized by your SAM and as a part of the Cambodian Language and Culture Course will provide you with opportunities to learn about and appreciate Cambodian culture. One of your main opportunities to engage with local Cambodians will be through SFS' partnership with Paññāsāstra University of Cambodia (PUC) in Siem Reap. PUC is a private university where classes are taught in English, which means that most of the students at PUC speak great English! You will have opportunities to connect with PUC students on a regular basis through cultural exchange sessions on various topics like Cambodian holidays, food, dance, and Khmer language. You may also have a chance to participate in community service activities like trash clean-ups around town with PUC students.

In addition, you will be able to engage with local Cambodians through guest lectures, a one-night homestay at Prek Toal village on the Tonle Sap Lake and many other cultural activities.

During Directed Research (DR), you will also likely stay in the field for your 10 days of data collection, during which time you will live in your research village. In the past, students have stayed at Prek Toal and villages in Phnom Kulen National Park for their DR. Living in the field for DR is a very special opportunity for you to connect with the local community that you are conducting your research in. At the conclusion of your DR, you will also have the opportunity to present your research to key stakeholders in the local community.

What to Expect

Weather and Climate

Cambodia is hot, humid, and tropical year-round, with distinct wet and dry seasons. The rainy season lasts from May through November (affecting to Summer and Fall semesters), and the dry season runs from December through April (largely affecting the Spring semester). Days during the wet season tend to be clear and humid, with very frequent rainstorms that typically last a couple of hours. Temperatures are cooler (comparatively) during the rainy season and usually hover around 80 degrees Fahrenheit during December and January. March through May are the hottest months in Cambodia and it is normal for temperatures to rise above 100 degrees Fahrenheit with high humidity. The air is quite dusty around this time. You should be prepared for everything from intense sun, intense rain, dust, mud, high heat and humidity depending on when you'll be there! The best way to be prepared is to bring loose-fitting light weight clothing that will protect you from the sun!

Facilities

The primary site of this program is in Siem Reap, Cambodia. The SFS Center for Conservation and Development Studies in the Lower Mekong is a private compound on a small side street, just 10 minutes by tuk tuk from downtown Siem Reap. The Center's amenities include:

- A large, two-story main building with shared bedrooms and bathrooms upstairs for students and office space and some staff housing downstairs.
- A classroom and library building which provides student study space
- A spacious common area with a loft, couches, a TV for watching movies, a small library, and games. Feel free to bring books or movies that you are happy to leave behind for future students.
- An open-air dining room and kitchen with student access
- A palm tree-lined in-ground swimming pool, a garden, and a yard that surrounds the Center for sports, fitness, or relaxing.
- On-site washing machine and clothesline (no dryer). You may choose to send your laundry out to have it done for you for a small fee (about \$1 per 2 pounds). It remains the students' responsibility to do their own laundry throughout the program, including during traveling.

We will stay in hotels, other guesthouses, and field stations while we travel around Cambodia. Accommodations while traveling will be basic, so please be prepared to be flexible.

Food

Typical cuisine: Traditional Cambodian fare includes a lot of white rice, eggs, vegetables, meat (beef, chicken, and pork), and some shrimp and local fish. Flavors of lemongrass, curry, chili, and ginger are very common. There are lots of interesting fruits including mangosteen, dragon fruit, passion fruit, durian, and different varieties of bananas. There are plenty of lingering French culinary influences, too: baguettes, croissants, and traditional French dishes are frequently found on restaurant menus.

At the Center vs During Travel: Most food will be prepared at the field station where we are able to control (to a certain extent) what ingredients are involved, but since there is a fair amount of traveling involved in this program, there will be many situations in which the preparation is out of our control. Fish and oyster sauce are widely used in Cambodia. Animal fats, fish sauce, or meat-based broths are often used in preparation even if a dish does not include pieces of meat.

Vegetarians, Vegans, and Food Allergies: Cambodian language does not have a direct translation for 'Vegetarian' or 'Vegan' and the rationale behind these lifestyle choices is not widely understood. Vegetarians, vegans, and students with food allergies (eg peanut, shellfish) may struggle in this program, especially during times away from the field station. Please let your admissions counselor know as soon as possible if you have severe nut or shellfish allergies.

For example, strict vegetarian and vegan diets are very difficult to accommodate, and when they can be accommodated, it's important to understand that the food options are limited and will be repetitive. Strict vegetarians and vegan students may need to adjust their diet by adding fish, dairy, and/or eggs and at times, will need to eat oyster and fish sauces and meat-based broths. It will not be possible to keep a vegan diet while traveling.

Gluten-free and lactose-free diets can be accommodated.

Water: Filtered bottled water will be provided at all times during the program. You should avoid drinking tap water at all times during the program.

Please talk to your Admissions Counselor and the SFS Safety & Student Life Department if you have questions about maintaining a specific diet while abroad in Cambodia as there are some needs that may be impossible to accommodate.

Library and Computers

Students need to bring their own laptop computers with them for use during the program. It is recommended that you bring a PC rather than a Mac if you have the option, as Macs often have issues in hot, humid climates. During the program you will be using data analysis software and this software will need to be downloaded onto a personal laptop computer.

You should plan to rely on the databases and online library available to you through your home institution during your SFS program. SFS does not provide additional access to any e-library resources from our Centers. Before arriving in-country for your SFS program, you should make arrangements with your home school to have remote access to your library's online journals, as you will use this very often during your program. **Make sure you know your remote library log-in and password, understand your home school's policy on accessing library materials remotely, and configure your laptop to access your school's online libraries and e-journals before you arrive in the field.**

SFS cannot accept responsibility for ensuring the safety of students' personal computers, either onsite or in the field. Personal laptop insurance coverage can often be obtained through the credit card used to buy the equipment (check with your credit card company), or through homeowners' insurance.

Be sure to take your project data with you upon completion of the program, as it will not be available from SFS later.

Electrical Appliances

The voltage in Cambodia is 230 volts. Check the fine print on your chargers to see if they can handle a wide range of voltages. If you are bringing any equipment from the US that is 110 volts and is not dual voltage, you will need a converter. Almost all outlets in Cambodia will be universal (allowing all/most plug types). Adapters can be purchased in Siem Reap very easily, but it's a good idea to bring one from home to be sure! Here is an image of the British style outlet adapter:



Communications

Telephone

Students will be provided with a local cell phone upon arrival to use to communicate with classmates and staff as needed and it is a requirement to carry the phones when outside of the center for emergency reasons. A \$5 credit will be provided each month, and students are responsible for buying more credit should they use more than the allocated amount. It is very inexpensive to make international calls when using VOIP services (Dial [177][Country Code][Area Code][Phone Number]) with these phones (on your end, at least), so you should be able to call home somewhat regularly this way.

Mail

Mail can be sent to the SFS Post Box at the Siem Reap Post Office, but the Cambodian postal system is very unreliable and slow (for all important or valuable packages you MUST use the DHL shipping service, see below). If you wish to brave the Cambodian postal system, have your friends/family include your phone number in the address (from the phone you are given upon arrival), so that the office can call the field station when mail arrives.

(STUDENT NAME)

(STUDENT'S LOCAL PHONE NUMBER)

The School for Field Studies

P.O. Box 93284

Siem Reap Post Office

Siem Reap Cambodia 17000

Mailing packages is expensive so we recommended sending them only when necessary (no care packages!). If you do *need* to have a package or other important/valuable mail sent, use the DHL shipping service and have it sent to the DHL office in Siem Reap:

(STUDENT NAME)

(SFS Site manager or Center Director's phone number)

DHL Office

Psar Kandal

Siem Reap city

Siem Reap Province, Cambodia

Internet

Internet access and email are available for students at the field station to support **research and educational work, and to communicate with friends & family back home**. The internet is often slow and un-reliable at the field station, so its strength should be reserved primarily for academic purposes. Email and apps like Viber/WhatsApp will be the best way to keep in touch with home regularly, but Skype video calls will not be permitted. To maintain the stability of the network, the following actions are prohibited:

- Downloading any non-research related files
- Downloading large files, especially audio/video files (including iTunes and **streaming videos from YouTube**, Megavideo, Netflix, etc.)
- Downloading any software application
- Gaining unauthorized access to remote Internet systems or abusing Internet systems or Internet users.
- Taking actions that compromise the security of the center network.
- Representing The School for Field Studies in any manner.
- Distributing SFS-owned knowledge or propagating falsified information about SFS.
- Spamming, hacking, virus distribution, etc.
- Illegally copying or redistributing copyrighted material.
- Viewing pornographic or illegal content.

In the event of any violation of this policy SFS reserves the right to suspend or terminate any or all Internet access. These rules can be adapted and changed at any time. We must emphasize the fact that the Internet is a resource and not a luxury; therefore personal use should be kept to a minimum.

During the program, SFS staff and students are not permitted to interact on social media, including Facebook, Twitter, Instagram, and other platforms.

Note about social media usage: Students must also be cautious about their social media use in Cambodia. The Cambodian government closely monitors social media platforms, particularly Facebook, for expressions of political dissent. There are numerous cases of university students and citizens being arrested and jailed for online posts that implied criticism of the Cambodian government. Students should not post content about the Cambodian government, political parties and figures, or about environmental and social activism and human rights in Cambodia online. If students are uncertain about whether they can post something online, they should ask SFS staff.

SFS encourages students to “unplug” a bit during their semester abroad and certainly not expect to use the internet in the same way they are used to at home. Living in Southeast Asia is a wonderful opportunity to take advantage of the surrounding natural environment and interact with locals and friends from the program. While students are encouraged to stay in touch with family and friends at home, it is important to limit the amount time spent on social media or uploading/downloading anything, as it slows the internet use needed for academic and communication purposes and takes away from the SFS student experience. That said, if you do need to get online, there are many great internet cafes in downtown Siem Reap that you can use.

Chores

Students are responsible for keeping their bedrooms clean. This includes cleaning the bathroom, replacing toilet paper and soap, sweeping/mopping the floors, and taking out the trash. There will not be scheduled program time for students to clean their rooms (although if you finish your Center Chores early, you are encouraged to clean your room); thus, roommates must coordinate amongst themselves and set times for cleaning their rooms on a weekly basis.

In addition to keeping bedrooms clean, students will be required to participate in Center Chores. In designated groups, students complete Center Chores for one hour about once a week. Groups will be assigned to clean the Classroom, Upstairs Common Room, Lounge and Laundry Room, and Garden, Compost, and Pool outside.

Packing Guide

We recommend using the SFS packing list. It was compiled based on feedback from past students and current staff. **Please keep in mind that this packing list does not have quantities suggested, due to high variation in needs among students so please pack according to your own needs.** You should have the required equipment when you arrive, as some items may be difficult to acquire locally at a reasonable cost, or unavailable.

That said, Siem Reap is a large city, so if you forget something, you will probably be able to find it there! When packing, remember that most airlines will allow you to check only two pieces of luggage plus one carry-on that must fit under the airline seat or in the overhead compartment and be within strict size and weight limits. It is best to have two smaller pieces of luggage rather than one large suitcase since you'll need to use one or both of your bags as you travel around Cambodia during the program. Check with your travel agent or airline for up-to-date baggage requirements. Standard baggage limits provide sufficient room for all you will need here for a semester. If you do pack excess weight, the airline may charge you extra (at least \$90-\$150 per bag).

It is wise to carry certain items with you in case your luggage is delayed in transit. **Please include the following personal items in your carry-on luggage:**

- Passport and copy of the biography & signature pages of your passport
- **At least one** passport photo (you'll need 2 for your visa applications over the course of the program, as previously indicated)
- Driver's license and **college student ID**
- Flight Itinerary – please print out the email confirmation sent to you by your travel agent or online booking company
- SFS Travel Letter with emergency contact phone numbers for Advantage Travel and SFS (sent in an email from your SFS Admissions Counselor).
- Day pack (a small backpack is helpful for research in the field)
- Some toiletries (check airline limits on liquids, gels, and aerosols!)
- Camera, binoculars, and other delicate and expensive items
- Laptop computer
- Change of clothing, including socks and underwear to last up to 2 or 3 days - especially important if your bags are delayed!
- Cash for tourist visas and personal spending throughout the program
- Debit card and credit card
- Prescription medications (including malaria medication)
- Eyeglasses/contact lenses
- Reading material/travel journal
- Reusable water bottle (crucial to staying hydrated!)

Required Clothing, Equipment, and Personal Items

Dress Code Overview

Cambodia is a very conservative country. Communities and local staff may feel uncomfortable depending on the way you dress, even if you think it is a personal choice that does not affect anyone but you. All structured program activities involve close interactions with local communities and the local support staff. You need to dress properly to participate in all Center activities, including meals. However, as the Center is also our home, we want to make sure that there are also areas where you can dress in order to be comfortable. For this reason, our policy on dress codes is divided into several 'zones':

Zone 5- Exercising: Students must be dressed appropriately while running or exercising. Appropriate exercise wear includes leggings with running shorts and a non-revealing t-shirt or leggings with a long t-shirt that covers to the mid-thigh.

Zone 4- Field trips, Rural spaces and during guest lectures and interviews: Cover shoulders knees and everything in between. On most field trips to rural and wilderness area's you will be required to wear either full length or $\frac{3}{4}$ length (Capri) pants, and either a t-shirt or a light long sleeved field shirt. This is not only out of respect for cultural norms but also for practicality as it affords better protections from the sun, thorny plants and insects.

Zone 3- Urban areas (downtown Siem Reap, Phnom Penh): We ask that you wear shorts or skirts that are no more than 1-2 inches above the knee (no mini shorts/skirts) again non-revealing tank tops are okay but exposing your midriff is not. (Although you will see many other foreigners dressed in very revealing clothing this is largely because they are unaware of Cambodian cultural norms and that their attire is inappropriate. Even whilst you are out independently around Siem Reap you are still a representative of not just yourself, but SFS, your home college, and your country as a whole)

Zone 2- Around the center grounds, mealtimes, the classroom and downstairs in the center: In all of these areas you will be around our local staff and hence you should be dressed more conservatively. Non-revealing tank tops (i.e. those with wider straps that fully cover the shoulder blades and are not cut deeply at the armpit) and t-shirts are okay, Shorts/skirts or pants must not be more than 1-2 inches above the knee in length for both male and female students. Women can wear leggings with a dress/skirt that covers to the mid-thigh.

Zone 1- Your Bedroom and the upstairs common area: These spaces are for your personal use as students and staff will usually only be present when cleaning, accessing the upstairs store room or looking for individual students. As such the dress code in these areas is more relaxed. Shorter shorts and tank tops (singlets) are acceptable but still be mindful of how you dress in front of your fellow students.

Clothing

- **Tops & Outerwear:**
 - Loose T-shirts that completely cover the shoulder, back and waist
 - Long-sleeved shirts (these are recommended with light fabric for working in the field and for protection from the sun and insects)
 - Light-weight rain jacket. Plastic ponchos are easy to buy locally, but actual rain jackets are difficult to find so make sure you come prepared. (Minimal use in the dry season)
- **Shorts:** See the dress code outline for specifics on length and type. While length and type of short vary in acceptability based on location (or zone), short shorts will not be permitted in public at any time. Outside from your pajamas, shorts should remain 1-2 inches above the knee (zone 2 and 3), and your knees must be covered in rural areas and during exercise. Shorts will not be permitted during fieldwork or on field excursions. Athletic shorts may only be worn when paired with leggings and active wear is only acceptable when exercising.

- **Pants:**
 - At least 3 pairs of loose-fitting, long, field or cargo pants (water-resistant and quick dry materials are best). You will be doing most of your day to day activities in field pants so these are very important.
 - Expect to wear long pants on a day to day basis rather than shorts
- **Skirts or Dresses:** loose-fitting dresses and or long skirts (below the knee) for women. Dresses should cover the shoulders and the backs of the shoulder blades and go below the knee. Long skirts can be bought locally at a reasonable price. Be aware that local sizing is significantly smaller than US sizing.
- **Normal “street” clothes** for going out into town: during free time in downtown Siem Reap and Phnom Penh, you will be allowed to wear shorts/skirts that go a couple of inches above the knee as well as wide strap tank tops (spaghetti straps are not acceptable).
- **Business-casual outfit:** A business casual outfit will be needed for community nights, and if you conduct interviews with officials or visit government institutions. Business casual in Cambodia means a button-down collared shirt and slacks. Short sleeve shirts are okay.
- **Socks:** including light wool or synthetic (not cotton) hiking socks (3-4 pairs), and a few pairs of casual/running socks should suffice. You should also consider purchasing water resistant socks if you come during the wet season (Fall semester).
- **Footwear:**
 - **Comfortable sneakers/running shoes** (one pair is sufficient)
 - **Gumboots** (Wellies/rubber boots): shin-high, water-proof with good tread. These can be purchased locally in Siem Reap for reasonable prices, but the ones in Cambodia are not great quality and there are limited sizes available (no large women’s or men’s sizes). There are some good quality gumboots that former students have left at the Center. If you would like to borrow a pair, please ask your Admissions Counselor to reach out to the Center to see if a size is available for you and they can be set aside for use. The gumboots are particularly necessary in wet season. In the wet season you may need to do a reasonable amount of hiking in the boots (more than 5km) so you will want durable, comfortable boots that will not give you blisters! We strongly suggest buying them before you leave the US and bringing them with you.
 - **Ankle high (over the ankle) hiking boots.** These are the preferred shoe option in the field during the dry season (Spring semester). These should be considered as a backup or secondary footwear option for field trips in the wet season. They need to be over the ankle to protect from snakes and must have a good tread. Boots that will be water resistant are ideal. You will be doing a reasonable amount of hiking in these boots in the wet season so conditions will be wet, muddy and slippery.
 - **Sport sandals** (not flip flops) such as Keens, Chacos, or Tevas that are easy to take on and off. You will need to remove your shoes frequently as a sign of respect. Flip flops are not appropriate footwear for any of the hikes you’ll do during the program, but sport sandals may be worn for some of the other field trips.
- **Pajamas**
- **Swimsuit**
- **Underwear:** we recommend women to bring several sports bras in addition to regular bras.
- **Hat** with a visor or brim: this is crucial for the days we spend on a lake or in boats when there is no sun protection!
- **Sunglasses**

Required Personal Items, Gear, and Toiletries

- **Backpack** (a good-sized day pack to fit your notebook, packed lunch, water bottles and personal items will suffice – no frame packs necessary)
- **Water bottles (2):** 2 one-quart (or one-liter) plastic canteens or water bottles. Bringing 2 water bottles is essential. It is very difficult to find good reusable water bottles in Cambodia. Water bottles with a narrow mouth or with a splashguard insert are especially useful because it's very difficult to drink out of wide mouth bottles while traveling along the bumpy roads.

- **Binoculars:** an integral part of the field experience! You will need binoculars for wildlife identification exercises for class. You can borrow a pair from friends or family at home or check pawn shops if you do not have a pair and/or cannot afford a new pair. Look for something that is relatively lightweight but sturdy. 8 or 10 x. 40's are ideal. Make sure they are properly aligned before leaving. **Note:** we do have 2 pairs of binoculars at the Center that students can sign out if necessary. If you want to borrow a pair, please ask your Admissions Counselor to contact the Center to inform us in advance.
- **Insect Repellent (1-2 bottles):** students must use repellent with at least 15% DEET to protect against mosquitoes. This can be purchased in Cambodia, though it is a bit more expensive than in the US. DO NOT purchase insect repellent that is 99-100% DEET. Most students do not end up using it over health concerns, and it may melt away/damage certain plastic items you may be wearing.
- **Sunscreen:** This can be purchased in Cambodia, though it is a bit more expensive than in the US and local products often contain whitening agents.
- **Toiletries:** There are plenty of shops to purchase shampoo, conditioner, hand sanitizer, and toiletries of all kinds in town, but if you prefer a specific brand you should come prepared. If possible, all products you bring should be biodegradable. Be sure to include 2-3 small bottles of "soapless" hand sanitizer in your toiletries.
- **Feminine Hygiene products:** these can be purchased in Siem Reap, but they are slightly more expensive than in the US and if you prefer a specific brand you should bring enough tampons or sanitary napkins to last the duration of the program. We encourage you to find the most environmentally friendly, biodegradable options, and look into alternatives such as the Diva Cup: www.divacup.com
- **Extra prescription glasses or contacts (if you need them):** if your glasses break, it will be difficult to replace them
- Small personal reading lamp/headlamp/flashlight- for those times when the electricity goes out or we are spending the night off campus and might not have electricity at all.
- **Personal first-aid kit:** There will be emergency medical supplies available at the Center however you should bring a small personal first aid kit. This could include, for example, aspirin, Band-Aids, antibiotic cream, ibuprofen, tweezers, clippers, Q-tips, Pepto Bismol (preferable to Imodium) antibiotics, motion sickness medication if needed, cold and flu medications, etc. These common over-the-counter medications can be found locally as well, but cold and flu medicine is more expensive in Cambodia.
 - Malaria medication. You need to be on malaria medication for the duration of the SFS program so talk to your doctor about this before you go.
 - Probiotics. You might experience some stomach upset while in Cambodia due to the different food, water, and bacteria. Bring probiotic supplements (essentially beneficial bacteria that can help prevent stomach upset and diarrhea), and plan to take probiotics every day! Probiotics can be purchased in Siem Reap, however their efficacy is unknown. Some students do end up using probiotics purchased from the local, reputable pharmacy.
 - Ask your doctor about the medication Ciprofloxacin- an all-purpose antibiotic for travelers' diarrhea. It can be useful to have this in your personal med kit while you travel around Cambodia and South East Asia if you plan to do so after the program. Always consult with the SAM or a physician before starting any antibiotics.

Required Items for the Room

- **1 set of sheets and pillow case:** twin/standard dorm bed size – not extra-long. Sheets are not provided at the Center, but a pillow and blankets are provided.
- **Electronics:** Power converter to accommodate the 230v in Cambodia (if your device is not dual voltage)
- **NOTE:** each student will be provided with shelves for storing clothing and other items

Required Items for the Field and Classroom

NOTE: you will be able to buy pretty much all school supplies you could need at one of the many office supply shops in Siem Reap and you will have a chance to shop for school supplies during the first few days of the program.

- **Laptop computer:** As a general recommendation, you should bring a PC (preferably) or Mac laptop less than 6 years old, containing Microsoft Office 2003 or later software, or office software that can export Microsoft Office compatible documents. Mac computers are less resilient and often fail in the hot, humid weather in Cambodia, so bring a PC computer with you if possible.
- **Laptop carrying case**
 - Keep in mind that many readings for classes will be done on the computer, as the field station does not have the resources to print out many copies of large documents.
- **Notebooks** for 5 classes (can be purchased locally in town)
- **Flash drive** (memory stick): recommend 4 GB (gigabytes) or more capacity – you'll use this to submit all of your papers
- **Pencils, pens, highlighters, and markers** (can be purchased in town)
- **Dry bag** (medium or large; Fall semester only, not needed in the Spring) to keep your items dry in the wet season during boat rides, field work in the rain, etc.

Optional Clothing, Equipment, and Personal Items

This list has been compiled based on suggestions and feedback – you might not need to bring **all** of these items, so it is important to keep in mind what you might *personally* need or want as you read through this list!

For Academic Use:

- **Waterproof school supplies:** (fall semester only; notebook/journal, pencils, or waterproof pens). Rite in the rain is a good brand.
- **Camera:** Digital or traditional. Some students have found it helpful to document the scope and specific nature of their work, particularly the Directed Research.

For Entertainment:

- **Games.** Board games, decks of cards, and ideas for different activities/things to do during nights at the Center
- **Paperback books** (a couple to read and exchange)
- **Music.** Portable music player, headphones, and speakers
- **Musical instruments:** please bring these! Check the baggage requirements for your airlines to find out how best to pack (Note: the Center has a guitar that students can play).
- **Travel Guides:** Books for Cambodia – there are a few of these available at the Center. These are also available for cheap prices in Siem Reap.

For Food and Drink:

- **Travel mug:** we do a lot of travel and it is very handy to have a travel mug on the road and in the field for DR.
- **Food storage (Tupperware) container:** Multi-chambered is good for packed lunches on expedition, large enough to hold one-meal - sandwich, veggies, fruit, cookies, etc. NOTE: These can be purchased locally.
- **Favorite snacks:** You can find lots of familiar snacks in Cambodia like Oreos, goldfish crackers, Nutrigrain granola bars, Pringles, chocolate, trail mix, etc. but they are somewhat more expensive in country.
- **Dietary supplements: *Protein bars or powder is advised*** if you wish to follow a vegetarian or vegan diet during the program. Protein/granola bars are very expensive in Siem Reap! You may also want Vitamin C supplements or powder to mix into your water
- **Hydration supplements:** Powdered drink mixes/Oral Rehydration Salts (ORS) to flavor your water (Gatorade, etc.) This may seem minor, but it is important for hydration and for some variety in your beverage options! We will also have a supply of Royal D- an orange-flavored powdered drink mix that is Southeast Asia's version of Gatorade.

For Utility:

- **Water-resistant watch**
- **Zip Lock bags** (at least quart size): Very handy for all sorts of things, especially during the rainy season.
- **Tape:** We recommend a roll of wide masking tape or duct tape as they can come in handy for a number of uses when you are traveling: taping up luggage, making minor repairs in mosquito netting, etc.
- **Umbrella** (small, portable one). This is useful in the rainy season (fall). These can also be purchased locally.
- **Small repair kit** (needle, thread, safety pins, super glue, etc.)
- **Pocket knife** (a Swiss Army knife is ideal)
- **Bag** for dirty laundry (garbage bags work well, too)
- **Small travel Towel:** to use while traveling during the program. Quick dry towels pack easily and are nice for traveling

For Comfort:

- **Face/Baby wipes**
- **Eye mask** and **earplugs** and **Melatonin** (especially important if you are a light sleeper. Some students have found it almost impossible to sleep on the lake during the Prek Toal homestay without earplugs because of the loud boat noise at all hours).

Materials for RAP (Reflection, Announcements, and Presentation)

- During the course of the program each student will be asked to lead a RAP session several times. You may wish to bring from home any items that you'd like to use for the Reflection and Presentation portions of your session(s). **The Reflection** is generally something creative you'd like to share with the group such as a quote, poem, or song that helps reflect on your experience that day or throughout the program. **The Presentation** is an opportunity for you to share something about yourself with your fellow students. Whether you choose to teach a song, a dance, a new game, or make a presentation on a fun trip or experience you've had before, this is an opportunity to help the other students get to know you better. You can bring materials to help you with this presentation, as most students will make this presentation at least twice.

A final note: PACK LIGHT! Expect that you will buy souvenirs during your time abroad, so leave room in your luggage so that you can bring things home with you!

Finances

The local currency in Cambodia is called *Riel*, but the US dollar is widely accepted. We do not recommend that you exchange US dollars into *Riel* before arriving in Cambodia. Most ATMs in Cambodia dispense US dollars, so it is wise to bring a debit card to withdraw more cash if necessary. However, the ATM and likely your bank at home will charge additional fees for making a withdrawal internationally, so it is best to bring most of the cash you plan on spending with you to start. Before you leave you should inform your bank that you will be traveling in Cambodia. This is to make sure they do not lock your account because of “suspicious activity.”

Cambodia is primarily a cash-based economy, so you will need to carry cash on you in small denominations (preferably no bigger than \$10, 5s and 1s are best). Both countries are quite affordable by Western standards, so do not bring any bills larger than \$20! Any cash that you bring must be clean, unwrinkled, unmarked, and in overall good condition otherwise it will not be accepted by local businesses nor by SFS. Most meals out in town cost between \$5-\$10 maximum, and a tuk tuk ride from the Center to downtown costs about \$3. The majority of your meals will be taken care of by SFS, but you can eat out during non-program days, and you will be responsible for your own meals on free weekends during the semester. You should still bring a credit card with you as a backup or in case of an emergency, but don't expect to use it on a daily basis.

Estimated Costs

Expenditure	Approximate Cost (USD)
Visa fees for Cambodia	\$203
Spending money (depending on how often you plan to eat at local restaurants, purchase food and drinks in town, local transportation, and where you might travel on long weekends)	\$500 - \$1000
TOTAL ESTIMATE	\$703 - \$1203

Tips for Living and Studying Abroad

Introduction

Upon arrival to your SFS campus, all students participate in an orientation that provides information specific to the Center and country, including local community and culture, daily Center operations, and relevant risks and hazards. Prior to arrival on program, SFS recommends that students take time to understand the risks associated with travel in a foreign country as well as ways to increase their own personal safety. The following is a useful guide that provides information on best practices when traveling abroad.

Country Information

Visit government websites to learn country-specific information about your destination:

- Bureau of Consular Affairs: www.travel.state.gov
- Overseas Security Advisory Council: www.osac.gov
- CIA World Fact Book: www.cia.gov/library/publications/the-world-factbook/index.html

Personal Safety

Understand the potential health and safety hazards you could encounter while traveling. Consider that most incidents resulting in injury or death of students while participating in study abroad involve:

- Transportation and traffic accidents
- Use and abuse of drugs or alcohol
- Sexual harassment and assault
- Crime or theft
- Mental health issues
- Region-specific illnesses

Situational Awareness

Be aware that travelers, especially those who have just arrived abroad, are often a likely target for petty theft or crime. Take steps to protect yourself by being aware of your surroundings.

- Travel in pairs or groups.
 - Avoid traveling alone or being out past local curfew.
 - In the event of confrontation, remain calm and focus on de-escalation and removing yourself from the situation.
- Keep belongings close to your body.
 - Consider leaving valuables or “flashy” jewelry at home or on campus.
 - If carrying valuables, make sure they are not visible or easily accessible in outer pockets of backpacks or purses.
- Be wary of undue attention or affection.
 - Be cautious about accepting food or drink from strangers. Where alcohol is served, keep an eye on your drink at all times and do not accept drinks that you did not see being opened in front of you.
 - Understand that the idea of consent varies between different countries and cultures. The current dialogue and understanding of the concept of consent in the US often does not apply in other cultures. Situational awareness and understanding of local cultures is an important factor in reducing risk in certain situations.
 - Protect yourself from sexually-transmitted diseases by using protection (e.g. condoms) or practicing abstinence. While it may be intriguing to start a relationship in a new country, consider the ramifications that a fleeting or short-term relationship may have within the local community.

- Avoid events that might be prone to civil disturbances, including protests, demonstrations, elections, and anniversaries of difficult events. If you see a protest forming, leave the scene. Even demonstrations meant to be peaceful can turn violent with little or no warning.
- Trust your instincts; if a place does not feel right, move to an alternative location as quickly and safely as possible. If that is not an option, find a secure area and shelter in place.

Local Laws and Cultural Norms

Know the local laws to avoid putting yourself in a situation that could have been easily prevented. Behave maturely and in a way that is respectful of local cultural norms.

- Be aware that there might be country- or region-specific laws on alcohol consumption, smoking, behavior in public (e.g. public displays of affection, public intoxication, behavior at cultural sites, photography, etc.), carrying prescription medications, and many others.
- Wear clothing that is consistent with, and respectful of, local dress. Some monuments and places of worship may require certain parts of the body to be covered.
- Be aware that non-verbal communication (such as body language and hand gestures) considered harmless in the United States may be inappropriate or culturally insensitive to people in other countries.
- Be aware of local events or holidays where you are traveling, as some religious events or holidays require a heightened sense of cultural awareness or specific behaviors.

Food Safety

Water used for consumption and food preparation at SFS centers is filtered or boiled. Students are able to access potable drinking water at all times while on campus or on field trips. When off campus, students are encouraged to carry potable water from campus and consider safe drinking and eating practices. Remember:

- Water in many regions is often not potable, including ice, juices, and water for brushing teeth or showering. Be aware of how cups, plates, and utensils are cleaned or rinsed, as food or drink can be contaminated by utensils rinsed in non-potable water.
- If sampling street food, consider how it was prepared. Avoid raw or undercooked meat, fish, and shellfish or cooked food that has been allowed to stand for several hours at ambient temperature. Instead, eat food that has been cooked through and is still steaming hot.
- If consuming fruits or vegetables, select options that can be peeled or appropriately washed.
- Avoid unpasteurized milk and milk products, including cheeses.

Protection from Insects

When exposure to ticks or biting insects is a possibility, travelers should practice preventative measures:

- Take prophylactic medications where recommended
- Use a chemical-based insect repellent
- Wear lightweight, loose-fitting clothing
- Tuck pants into socks and wear closed-toe shoes and long-sleeve shirts
- Be aware of active times of day for insects in the region, and prepare accordingly
- Use a mosquito-net at night, if needed
- Check yourself for ticks, both during outdoor activity and at the end of the day

Policies

By signing the SFS Terms and Regulations Contract, students agree that they have read, understand, and will abide by all SFS policies. Violation of any policy may result in disciplinary action.

SFS Policies are in effect at all times throughout the full duration of Program Time, including downtime, rest days, and field trips. The SFS Policies function under a set of Operational Objectives, which are common sense principles designed to support SFS centers and their students in functioning safely and successfully. The Operational Objectives include:

- Ensuring the well-being, health, and security of students and staff
- Providing high-quality academic programming
- Maintaining positive and cohesive local community relations
- Maintaining local and international standards necessary to successfully operate all Centers and SFS Headquarters

Students should consider the Operational Objectives at all times in order to prevent circumstances that may prevent them from successfully completing the program, disrupting the program experience of other students, or compromising the ability of SFS to operate. Such circumstances can include injury, preventable illness, reckless behavior, poor judgement, or acting in a way that harms community relations. Through pre-departure literature and program orientation, SFS works to empower students and requires them to manage their behavior in order to achieve the following objectives and aims:

- Taking responsibility for their own behavior
- Being aware of health, safety, and security risks present in the local area or specific to an activity
- Having good situational awareness
- Behaving maturely and in a way that is respectful of local cultural norms
- Knowing the country or region-specific laws
- Maintaining good individual and SFS relationships with the local community and other communities you may encounter

During Non-Program Time, which on certain programs may include designated breaks such as Weekends Away or Mid-Semester Break, certain SFS Policies are not in effect. While not under the full set of SFS policies, students are expected to observe the SFS Operational Objectives at all times.

SFS-Wide Policies

Alcohol Policy

No possession or consumption of alcohol is permitted on SFS property including any SFS vehicles, common areas, student quarters, Center grounds, field trip sites, or during any program activities. Any use of alcohol that in any way compromises the Operational Objectives will be addressed and may include disciplinary action. Staff members have the right and duty to check your rooms if they suspect that you have brought alcohol on campus. The permissible drinking age is defined by the laws of the country that the Center is located in. Centers may have additional restrictions. Please check with the Student Affairs Manager or Center Director regarding pertinent local laws.

Drug Policy

Use or possession of any drugs, chemical or medications that are illegal or interfere with the Operational Objectives of any SFS program or site, is prohibited. Illegal drugs are defined by United States and host-country laws. SFS reserves the right to interview, investigate, search for and confiscate any substances or paraphernalia in violation of this policy. SFS has a zero tolerance illegal drug policy – violation of this policy will result in expulsion. This policy is in force from the beginning to the end of the program, including Non-Program Time.

Violence Policy

There is no place for violence of any kind at SFS. Violence can be verbal as well as physical. Some examples include making threats, verbal intimidation, bullying, aggressive physical contact or behavior otherwise designed to frighten or intimidate. This list is not intended to be comprehensive. Violence of any sort will not be tolerated by SFS and may be grounds for immediate expulsion from the program. This policy is in force from the beginning to the end of the program, including Non-Program Time.

Sign-Out Policy

All students must sign themselves in and out of the Center so that they can be located in case of an emergency. When students sign back in after dark, they must also see a staff member face to face to check back in.

Visitor Policy

Aside from visiting professionals and guest lecturers, SFS does not allow visitors on site during the program because it is disruptive to the program schedule and the dynamics of the group. For security reasons, no local visitors are allowed on the Center property without prior consent from the Center Director. This policy increases students' and staff's safety, security, and sense of privacy.

Local Laws Policy

SFS supports and complies with all local laws. Students will be briefed on local laws and expectations soon after arriving at the Center. Any violation of a local law will result in SFS disciplinary procedures and in addition, may subject you to local penalties such as fines, arrest, or deportation. This policy is in force from the beginning to the end of the program, including Non-Program Time.

Non-Program Time Policy

During designated Non-Program Time, such as Weekends Away or Mid-Semester Break, students may have the opportunity to travel to other regions of the host country or neighboring countries. During this time, while not under the full set of SFS policies, students are expected to observe the SFS Operational Objectives at all times.

SFS does not provide students with recommendations for activities during Non-Program Time, but informs students about the inherent risks associated with travel and certain activities. Please note that students are responsible for their actions, judgement, safety and well-being during this time.

Prior to travel, students are expected to submit itineraries, including emergency contact information, mode of transportation, and accommodations. Travel to countries currently under a U.S. Department of State Travel Warning or Centers for Disease Control and Prevention (CDC) Warning Level Three are prohibited during the full duration of the program. Additionally, the SFS Safety and Student Life Department may prohibit travel to regions with known or foreseeable political unrest, credible threat of terrorism, unstable weather patterns, or other factors of high risk upon review of student itineraries.

Non-Program Time dates are clearly established by SFS staff and travel must be done within this established time frame. **Individual early departures or late returns will not be permissible.**

Swimming Policy

Swimming is always at your own risk. You must always swim with a buddy. Where SFS maintains swimming pools or conducts recreational swimming during program time or on SFS property, protocols and guidelines will be presented. Recreational swimming is always optional and may be prohibited on certain programs or in certain regions due to local hazards or cultural practice. In Panama and the Turks and Caicos, where swimming is integral to the program, there will be a swim assessment and orientation to waterfront guidelines. In such cases, students must successfully complete a swim assessment, conducted by trained SFS staff, before participating in any other swim-related activities.

Motor Vehicle/Boating Policy

SFS students may not operate SFS motor vehicles or motor boats. SFS students may not ride in an SFS motor vehicle or motor boat without an SFS-approved operator. Students may not ride in non-SFS motor vehicles or motor boats without prior Center Director approval. Operating a motor vehicle, or operating or riding on a motorbike, motorcycle, moped, ATV, or motorized recreational watercraft, is prohibited for the full duration of the program, including Non-Program Time.

Seatbelts must be worn in all motor vehicles, where available. SFS Centers that utilize motor boats have additional Center-specific protocols including maximum occupancy, approved seating, personal flotation devices, radio protocols, rescue and first aid equipment in compliance with all local regulations.

Sexual Harassment Policy

It is the policy of SFS to respect the rights of students to work and study in an environment free from any type of sexual harassment and to investigate and resolve any reported cases of sexual harassment. Each administrator, faculty member and student is responsible for ensuring a work and learning environment free from sexual harassment. SFS policy specifically prohibits any faculty or staff member from having a sexual relationship with a student at any time while the student is enrolled in an SFS program. In addition, no SFS employee shall threaten, promise, or insinuate, either explicitly or implicitly, that any student's refusal to submit to sexual advances will adversely affect the student's status with SFS, including but not limited to influence on grades or recommendations.

Moreover as a part of its overall nondiscrimination policy, SFS prohibits all forms of harassment of others because of race, color, religion, sex, age, sexual preference, national origin, physical or mental disability, or veteran status. In particular, an atmosphere of tension created by disparaging racial, ethnic, sexual, or religious remarks does not belong in the SFS workplace or learning environment and will not be tolerated.

Campus-Specific Policies

The SFS Center in Cambodia has policies that are unique to the program, taking into consideration local environmental hazards and the local community and culture. Campus-specific policies may change at the discretion of SFS staff. Upon arrival to campus, students will be presented with a complete list of campus-specific policies; the following list is not exhaustive.

Attendance

One hundred percent attendance and punctuality to all program activities (lectures, discussions, community outreach, cook crew, center projects, etc.) is expected of all students. All activities are mandatory, unless stated otherwise.

This is a residential program. Temporary absence from the program is only permitted under compelling reasons, such as a family or medical emergency. In such instances, students are responsible for their own travel costs (i.e., reservations, taxis, hotel expenses, etc). If you are so ill that you cannot attend class, your SAM or another staff member will take you to the doctor.

Curfew and Quiet Hours

Curfew is at 10PM on Sunday through Friday and 12AM on Saturday. The rationale behind this policy is based on respecting the community around us and on facilitating next-day activities. Although students must be on site after curfew, students are not confined to their rooms. Students will have access to the common rooms, classroom, dining area and kitchen (though students must be supervised by a staff member to use the kitchen for baking). Students may not use the pool after 10 pm until 7 am. At curfew the gates will be locked. There is a night security guard from 6 pm to 6 am. Curfew may vary during travel. Quiet hours begin at 10:00 pm every night.

Buddy System

Students must travel in groups of two or more whenever they leave the Center.

Running for exercise during the program

Students are allowed to run in the neighborhood around the Center, on Bakheng Road, and on the sidewalks along the Siem Reap River. Students are not allowed to run on Highway 6, and are discouraged from running on large, busy roads downtown. Students are not allowed to run between 6 pm-6 am. Students must run against the flow of traffic and stay to the far shoulder of the road.

Shoes

Due to the presence of snakes and other dangers, students must wear close-toed shoes during field trips and excursions when directed by the Student Affairs Manager. Sandals may be worn inside the Center.

Dress Code

All structured program activities involve close interactions with local communities and the local support staff. You need to dress properly to participate in all Center activities, including meals. However as the Center is also our home, we want to make sure that there are also areas where you can dress in order to be comfortable. For this reason our policy on dress codes is divided into several 'zones':

Zone 1- Your Bedroom and the upstairs common area:

These spaces are for your personal use as students and staff will usually only be present when cleaning, accessing the upstairs store room or looking for individual students. As such the dress code in these areas are more relaxed. Shorter shorts and tank tops (singlets) are acceptable but still be mindful of how you dress in front of your fellow students.

Zone 2- Around the center grounds, mealtimes, the classroom and downstairs in the center:

In all of these areas you will be around our local staff and hence you should be dressed more conservatively. Non-revealing tank tops (i.e. those with wider straps that fully cover the shoulder blades and are not cut deeply at the armpit) and t-shirts are okay, Shorts/skirts or pants must not be more than 1-2 inches above the knee in length for both male and female students. Women can wear leggings with a dress/skirt that covers to the mid-thigh.

- While the lounge downstairs is a place for students to relax to get there you have to pass by staff and faculty offices and as such it is not acceptable to do so in 'Zone 1' dress.
- Obviously this dress code does not apply when using the pool however when you are walking between the pool and other areas of the center you must cover up using a towel or Sarong.
- A shirt of some kind should always be worn everywhere at the center with the exception of in your room and whilst using the pool.

Zone 3- Urban areas (downtown Siem Reap, Phnom Penh)

Even whilst you are out independently around Siem Reap you are still a representative of not just yourself, but SFS, your home college, and your country as a whole. Although you will see many other foreigners dressed in very revealing clothing this is largely because they are unaware of Cambodian cultural norms and that their attire is inappropriate. We ask that you wear shorts or skirts that are no more than 1-2 inches above the knee (no mini shorts/skirts) again non-revealing tank tops are okay but exposing your midriff is not.

Zone 4- Field trips, Rural spaces and during guest lectures and interviews

Cover shoulders knees and everything in between. On most field trips to rural and wilderness area's you will be required to wear either full length or $\frac{3}{4}$ length (Capri) pants, and either a t-shirt or a light long sleeved field shirt. This is not only out of respect for cultural norms but also for practicality as it affords better protections from the sun, thorny plants and insects.

Zone 5- Exercising: Students must be dressed appropriately while running or exercising. Appropriate exercise wear includes leggings with running shorts and a non-revealing t-shirt or leggings with a long t-shirt that covers to the mid-thigh.

Cambodia is a very conservative country. Communities and local staff may feel uncomfortable depending on the way you dress, even if you think it is a personal choice that does not affect anyone but you. Think about cultural context when deciding what to wear; clothing that doesn't draw so much as a second glance at your home university may attract lots of attention and be interpreted differently here in Cambodia. We want you to feel comfortable in your home for the semester, but please remember that you are not on an American campus.

Romantic Relationships

Out of respect for the local culture, staff members, and your fellow students, please abstain from engaging in public displays of affection. If you decide to start a romantic relationship with another student, please be discrete about it and mindful of the people around you. Staff members (all staff, academic, administrative, and support staff) are not allowed to maintain romantic relationships with students. Relationships between staff members and students must be professional, cordial, and friendly, but not romantic.

Swimming

Students who wish to use the campus pool must complete the on-site swim test. Swimming is always at your own risk. Pool hours are 7:00 am to 10:00 pm. There is no diving or jumping into the pool or running on the pool deck. Students must use the buddy system while swimming. There is no swimming within 12 hours of having consumed alcohol.

Night Travel Policy

For the duration of the program, including Weekends Away, students are not permitted to travel on public transportation between dusk and dawn. This policy is based on local knowledge as well as reports by the Association for Safe International Road Travel (ASIRT) and the US Department of State. Nighttime travel in Cambodia is inherently dangerous for a number of different reasons. The chief factors that contribute to road crashes include speeding, inobservance of traffic laws (or lack of posted traffic laws), and dangerous passing or driving on the wrong side of the road, even on dual highways. These issues are compounded in the dark, where drivers may not use headlights or may be driving while tired (especially nighttime bus drivers) or intoxicated. In addition, the main roads in larger cities are generally in fair condition, while the secondary roads in rural areas, often used for travel between cities, may be unpaved, in poor condition, and not well lit. Lastly, some bus companies use older vehicles that have few, if any, safety features as well as drivers who are not trained in road safety or the operation of heavier-weight vehicles.

A word about keeping the good name of SFS

Our Center is still very new to the Siem Reap community, however we have developed a good standing in the local community among development associations and academics in the area. Gaining this standing has been the result of hard work. Please show appropriate behavior and cultural sensitivity when you leave the Center and interact with the community, both during program and non-program time. This is a small community, and you will be surprised at how quickly the locals find out that you are a SFS student. Your actions outside the Center will impact the program in many ways. Improper behavior of any kind affects the capacity of the Center to conduct business and may lead to disciplinary action.

The rules and protocols described here have the objective of maintaining the Center's capacity to do business, while keeping everyone safe in a stimulating and respectful learning environment. We cannot foresee all possible scenarios and rely on your good faith and good common sense to maintain the good name of the Center for Mekong Studies in Cambodia. If you take a risky personal initiative, even if you think that you are taking full responsibility for it, the whole institution could be affected. Abiding by the rules will make the experience rewarding for you, your fellow students, and for the faculty and staff, and will keep you safe. Pleading ignorance of the rules (or indicating that a very specific scenario has not been accounted for) is no excuse.

Disciplinary Procedures

Violations of any SFS-wide policies, Center-specific rules and protocols and Operational Objectives may result in one or more of the following disciplinary actions:

- Verbal warnings
- Written warnings
- Probation
- Expulsion

All staff and students are expected to understand and to actively support the standards of behavior as presented in our written materials and in our on-site orientations. While all staff are responsible for understanding and enforcing our standards for behavior, all formal disciplinary measures for students are at the discretion of the Center Director in consultation with his or her staff and Headquarters, where appropriate. Generally speaking, behavioral issues arising out of misunderstandings or that are not overly compromising to SFS Operational Objectives will be addressed with education, clarification and intermediate disciplinary measures (warnings/probation). However, any behavior that significantly compromises the Operational Objectives or any violation of SFS policy may be cause for immediate expulsion. In the event of an offense at the level of Written Warning or above, SFS will contact the student's home institution. SFS also reserves the right to contact parents/guardians in the event of any behavior that potentially compromises the student's ability to participate in our program. In the event that a student is asked to leave the program, SFS will return the student to the point of program departure at his or her own expense. At this time, any and all responsibility on the part of The School for Field Studies will cease. Students who are expelled or who depart early from the program will be withdrawn from all courses and receive no credit. All outstanding financial obligations to SFS remain in full effect.

Insurance

Emergency Evacuation and Repatriation Insurance

All SFS students are automatically enrolled in the SFS Emergency Evacuation and Repatriation insurance plan through American International Group, Inc. (AIG). This insurance is effective for the duration of the program and does not cover personal travel before or after the program.

Benefits of the SFS Emergency Evacuation and Repatriation insurance plan include:

- \$350,000 for emergency medical evacuation
- \$100,000 for emergency security evacuation
- \$20,000 for repatriation of remains

The coverage provided by the SFS Emergency Evacuation and Repatriation insurance plan is NOT the same as health, medical, or dental insurance. The plan covers the cost of transportation, accommodations, and medical care associated with an evacuation (e.g. life-saving support during transport in an air evacuation), in cases where the evacuation is deemed medically necessary. This insurance plan does not cover urgent or emergency medical care, basic medical care, laboratory tests, or pharmacy needs. Therefore, students on SFS programs are required to supply their own health insurance, valid in the country or countries in which the program operates, for the full duration of their SFS program.

Health Insurance

Students on SFS programs are required to supply their own health insurance, valid in the country or countries in which the program operates, for the full duration of their SFS program. Students are not allowed to join an SFS program without identifying such coverage.

Students looking to obtain health insurance should keep in mind the following:

- Most domestic health insurance plans do not cover out-of-country medical expenses. Students should check with their policy provider on what services are available out-of-country.
- Students should check to see if their home institution provides or offers international health insurance.
- Most insurance companies provide international coverage on a reimbursable basis, as most foreign public or private medical care facilities do not accept insurance for payment. Therefore, **students need to carry cash and/or a high-limit credit card to pay for medical expenses up front**, and then request reimbursement when they return home.

In the event that a student requires medical attention during a program, a staff member will accompany him or her on the visit(s) to a medical care facility. Students are liable for all incidental expenses, including medical costs, transportation, accommodations, etc., incurred by all parties involved during these visits. Students must pay in full for these expenses prior to departure from the program.

Personal Property Insurance

SFS does not provide insurance for personal property of students, staff, and visitors.

Travel Insurance

SFS does not provide travel insurance or reimbursement for trip cancellation. Students can look into options for travel insurance through their personal travel agent or through Advantage Travel.

Health and Safety

Introduction

Every region has its own unique health challenges. Statistically, the most common injuries sustained by students on SFS programs are recreational in nature and the most common medical problem is traveler's diarrhea. However, international traveling and living presents potentially significant health and safety risks and challenges.

24-Hour Emergency Hotline

If a parent or guardian needs to urgently contact a student in the field, an emergency call can be made to the **SFS 24-hour Emergency Hotline: 978-741-3544**. After dialing, press "2" when prompted to leave an emergency message and to receive a call back from the SFS Safety and Student Life Department. For non-emergency inquiries while a student is in the field, a message can be sent to safety@fieldstudies.org.

Prescription and Over-the-Counter Medications

Students should bring enough prescription and/or over-the-counter (OTC) medication to last the entire duration of the program. This also applies to any personal travel that may be done before or after the program. If you are having difficulty procuring the full amount of medication, please alert the SFS Safety and Student Life Department immediately, as most medications cannot be replaced or refilled once in country, including common OTC medications. It is important to note that it is illegal to send medications through the mail and this will result in confiscation, criminal charges, or deportation.

While traveling, keep all medications in their original container to avoid issues through border control and customs. Note all medication on the SFS Online Medical Review Form and please alert the Safety and Student Life Department to any changes, including dosage. It is highly recommended that students do not discontinue or alter the dose of certain prescription medications before or during the program. Please consult with your prescribing physician and the Safety and Student Life Department with any questions.

Dietary Requirements

If you have a medically-necessary dietary requirement, you must contact the SFS Safety and Student Life Department within one week of acceptance. All dietary restrictions or preferences (e.g. gluten-free, vegetarian, vegan, etc.) should be noted on the SFS Online Medical Review Form and discussed with either your Admissions Counselor or the SFS Safety and Student Life Department. SFS is able to accommodate most dietary needs, but variety of food may be limited due to local availability, cultural practice, and cost.

Accommodating Students with Disabilities

Students requesting physical and health accommodations should contact the SFS Safety and Student Life Department. Students requesting learning accommodations should contact the SFS Office of Academic Affairs. SFS will work with students, home institutions, and physicians to determine the required level of accommodation and whether or not it can be safely and reasonably maintained on program. While SFS strives to make accommodations for most disabilities, due to the remote nature of the programs, there are varying levels of accessibility, services, and accommodations at each SFS center.

Physical Conditioning

Field work by its very nature is physically arduous: the days are long, the traveling seldom comfortable, and creature comforts generally lacking. The program involves a few fairly strenuous hikes as part of the academic program, so

physical conditioning is strongly advised. In order to withstand the pace and rigors of the program as well as any “foreign” health risks of the country, it is strongly advised that you be in good physical health. Due to the humidity and temperatures, SFS has noted that chronic health problems often flare up, even if they are under control in the U.S. You should discuss such conditions seriously with your physician and SFS Admissions or the SFS Safety and Student Life Department to see if this SFS program will be right for you.

Existing Medical Conditions

Students must note any current or past medical conditions on the SFS Online Medical Review Form. If you have any medical conditions that could lead to sudden illness, such as allergies to foods or insect stings, asthma, chronic heart conditions, diabetes, epilepsy, or others, you must inform the SFS Safety and Student Life Department.

If you carry any critical medications (e.g. Epi-Pens, inhalers, glucagon, etc.), you must carry them with you at all times while on program.

If you have asthma, even if you have not had any issues in recent years, it is strongly recommended to bring an inhaler on program. Past students have found that their asthma can be triggered by environmental conditions (e.g. humidity, heat, dust, elevation, allergies, etc.) of certain program locations. Keep in mind, you may be exposed to allergens or environmental conditions you have not been exposed to in the past.

If you have a severe allergy or a family history of severe allergies, even if the reaction has been minor in the past, it is strongly recommended to bring two or more Epi-Pens with you on program. Due to the remote nature of the program, access to medical care can be delayed. In addition, you may be exposed to allergens that you have not been exposed to in the past, as well as the possibility of repeat exposures. Please contact the Safety and Student Life Department with any questions or concerns.

Be certain to take care of any existing medical issues before arriving in country. Due to the remote nature of the program, medical care is not always easily accessible. You may be responsible for all costs acquired to reach advanced medical care for treatment of pre-existing or non-emergency issues, including transportation and accommodations for yourself and an accompanying staff member.

Medical Care in Cambodia

Each SFS Center has a Student Affairs Manager (SAM) who is responsible for risk management, health, and safety on program. SAMs are certified Wilderness First Responders (WFR) and can provide initial first aid in the event of an illness or injury. If further medical care is needed, SFS staff will accompany the student(s) to the nearest and best available medical care facility. In the event of an emergency or hospitalization, SFS will contact appropriate emergency contacts as necessary.

The SFS Center in Cambodia is located approximately 15 minutes away from a basic medical care clinic and an emergency and specialty services hospital. However, medical care in Cambodia is not at Western standards. Evacuation to Thailand or Singapore is likely necessary to address any major medical illness or injury.

Keep in mind that most insurance companies provide international coverage on a reimbursable basis, as most foreign public or private medical care facilities do not accept insurance for payment. Therefore, **students need to carry cash and/or a high-limit credit card to pay for medical expenses up front**, and then request reimbursement when they return home.

There are some medical emergencies or conditions that may necessitate medical withdrawal from the program, including injuries and illnesses such as infectious mononucleosis, malaria, or orthopedic injuries that result in reduced mobility. Final decisions on medical withdrawal are made by SFS in conjunction with the treating physician.

Disease in Cambodia

SFS requires that all students consult with a travel medicine clinic or physician who can look at the personal travel itinerary and medical history to develop a health strategy for travel, including appropriate vaccinations, medications, etc.

To locate a nearby travel medicine clinic, ask the Study Abroad Office at your university for recommendations. Your university may provide these services on campus. Alternatively, you can look up nearby travel medicine clinics on the Centers for Disease Control and Prevention (CDC) website: www.cdc.gov/travel.

CDC-Recommended Vaccinations for Travelers to Cambodia

For a list of Centers for Disease Control and Prevention (CDC) recommended vaccinations, visit the CDC website at: www.cdc.gov/travel. **Be sure to schedule your appointment at least six weeks prior to departure, as some vaccinations require a series of doses over a specific time frame.**

Hepatitis A is a viral infection of the liver that results in jaundice and severe malaise. It is rarely fatal, but disease can be protracted, and infected persons can be ill for six weeks or more. The disease is transmitted through ingestion of food or water that is contaminated by infected fecal matter, even in microscopic amounts. Symptoms occur two to six weeks after first exposure to the virus. There are now two vaccines licensed in the United States that are extremely effective in preventing hepatitis A infection, and that are quite safe to administer. Both vaccines require two doses (the booster dose is given six to nine months after the initial dose). The initial dose, however, is effective in providing protection. The CDC recommends that all travelers to Cambodia receive this vaccine.

Hepatitis B is a contagious virus that is transmitted through blood, blood products, and other body fluids (such as semen). Symptoms include a sudden fever, tiredness, loss of appetite, nausea, vomiting, stomach pain, dark urine, joint pain, and yellowing of the skin and eyes (jaundice). Symptoms may last from several weeks to several months, or can develop into chronic hepatitis B with increased chance of liver disease and liver cancer. Travelers can become infected through unprotected sex with an infected person, injection drug use, transfusions with unscreened blood, and contaminated needles, so the CDC recommends this vaccine for travelers who might have sex with a new partner, get a tattoo or piercing, or have any medical procedures. Please keep in mind, medical procedures could be necessary due to unforeseen accidents or illness.

Typhoid fever is a serious disease caused by bacteria in contaminated food and water. Symptoms of typhoid include lasting high fevers, weakness, stomach pains, headache, and loss of appetite. Some patients have constipation, and some have a rash. Internal bleeding and death can occur but are rare. The CDC recommends that all travelers to Cambodia get this vaccination.

Japanese encephalitis is a disease that is transmitted by mosquitos. Symptoms usually appear within 5 to 15 days and can include fever, headache, and vomiting. More rarely, symptoms can include changes in mental status, neurologic deficits, generalized weakness, and movement disorders leading to paralysis and even death. Prevention includes vaccination, minimizing exposed skin (long-sleeved shirts and pants) especially between dusk and dawn when the mosquitos are most active, and applying insect repellent containing DEET. The CDC recommends that all long-term (i.e. one month or more) travelers receive the Japanese encephalitis vaccination. Please be sure to consult your doctor at least 6 weeks before program departure, as the vaccination for Japanese encephalitis is given in 2 doses administered 28 days apart. The last dose should be completed at least 10 days before you leave.

Rabies is a fatal viral infection that is transmitted from animals to humans through bites or scratches. The disease causes neurological symptoms that rapidly progress after a one to three month incubation period. Rabies is present in bats, dogs, and among other domestic and wild animals. The most effective way to avoid rabies is to avoid touching or getting too close to wildlife. Alternatively, you can choose to receive the pre-exposure rabies vaccination prior to departing for Cambodia. This vaccination series consists of three vaccinations administered over 21 to 28 days, so plan

ahead accordingly. The vaccination does not eliminate the need for getting a post-exposure vaccination if you are bitten by a potentially rabid animal. It does, however, reduce the number of post-exposure injections that are required and eliminates the need to administer rabies immune globulin. You should discuss with your doctor the advisability of receiving the pre-exposure rabies vaccination.

Malaria is a disease that is transmitted by mosquitos. Symptoms usually appear within 7 to 30 days but can take up to one year to develop and include high fevers, shaking chills, and flu-like illness. Malaria can cause severe illness and can be life threatening if left untreated. Prevention includes minimizing exposed skin (long-sleeved shirts and pants) especially between dusk and dawn when the mosquitos are most active, and applying insect repellent containing DEET. Travelers can also protect themselves by taking prophylactic medication. Please be advised that there is local resistance to chloroquine, doxycycline, and mefloquine, so local medical professionals recommend the use of Malarone (atovaquone-proguanil) as a prophylactic medication.

Yellow Fever is not present in Cambodia, but the government does require proof of yellow fever vaccination if you are arriving from a country with risk of yellow fever. This does not include the US. If you are traveling from a country other than the US, check the CDC website to see if you may be required to get the yellow fever vaccine. Also, if you have spent longer than 12 hours in an airport in a yellow fever risk area, you may need a vaccine. For more information, see: www.mdtravelhealth.com/destinations/asia/cambodia.php

The recommendations enumerated above are specific for Cambodia. If you are planning to travel outside these countries, the health risks may be different, and you should consult with your travel medicine specialist as to what additional measures may be required.

Non-Vaccine Preventable Disease in Cambodia

There are a number of non-vaccine preventable insect-borne diseases found in Cambodia and protective measures are required.

Dengue is a viral infection that can cause a very severe flu-like illness. Subsequent exposures can cause symptoms to increase in severity. While rare, severe cases of dengue can be fatal. The disease is transmitted by mosquitoes and is becoming increasingly common in many tropical countries. There is no vaccine against dengue available. Prevention is achieved by preventing, or reducing, the risk of mosquito bites. Students participating in this program will be required to wear insect repellent that contains DEET. Mosquitoes that transmit dengue are typically active during the day (as opposed to mosquitoes that carry Malaria which are more active at night), so students will be required to protect themselves at all times.

Chikungunya is a viral infection transmitted by mosquitos. Symptoms most commonly include high fever and joint pain. The virus is transmitted by the same mosquito that carries dengue (active during the daytime), so preventative measures are the same: chemical-based mosquito repellent and protective clothing (e.g. lightweight, loose-fitting, long sleeves and pants).

Zika Virus is a mild viral infection that causes flu-like symptoms, including fever, rash, joint pain, and conjunctivitis. The primary concern for Zika virus, as stated by the CDC, is for women who are pregnant or thinking about becoming pregnant. In rarer cases, incidents of Guillain-Barre syndrome and other neurological disorders have been reported. The virus is transmitted by the same mosquito that carries dengue (active during the daytime), so preventative measures are the same: chemical-based mosquito repellent and protective clothing (e.g. lightweight, loose-fitting, long sleeves and pants).

Sexually Transmitted Diseases and HIV Infection rates in heterosexuals in Cambodia are among the highest in Southeast Asia, and can be attributed mostly to the sex trade and injection drugs. Students are advised to be as careful as they normally would in regards to transmission of these sorts of diseases.

Avian Flu (H5N1) is a respiratory disease that usually infects birds. In rare instances, people can contract avian flu through contact with infected birds, usually chickens, turkeys, geese, pigeons, or pheasants. The World Health Organization (WHO) reports there have been cases and deaths in 15 countries, including Cambodia. Symptoms range from mild eye infections to flu-like symptoms, pneumonia, and death. Preventative measures include avoiding touching birds and other animals, eat meat and poultry that is fully cooked and served hot, and avoid eating food from markets and street vendors.

Diarrhea is the most common ailment that students encounter. Diarrhea can be caused by a number of different factors, including 1) the process of acclimating to a new environment or new foods, 2) stress or other emotional challenges, 3) use of certain medications, and 4) infections caused by bacteria, viruses, or parasites. Shortly after arriving in country, students participate in an orientation that explains the importance of diligent hand washing, personal hygiene, kitchen hygiene, careful food handling, and water purification. These are important preventative measures that all students are expected to closely follow throughout the full duration of the program. Students who do experience diarrhea are encouraged to inform the Student Affairs Manager or other SFS staff member so that they may receive the proper treatment, which may include oral rehydration, a bland diet, and potentially a visit to the local medical clinic for diagnostics and medication, if necessary. Prior to coming on program, some students are prescribed an antibiotic for “traveler’s diarrhea” by a home physician or travel clinic. If this is the case, it is highly recommended to consult with the Student Affairs Manager at the onset of diarrhea, prior to starting this medication. Overuse or improper dosage, attempting treatment for a non-bacterial or non-parasitic cause of diarrhea, or failure to properly complete treatment could result in a persistent or worsening condition.

Other Hazards in Cambodia

Some of the hazards associated with this SFS program, field work and living in Cambodia are described below. While SFS has tried to anticipate as many risks as possible, you may nonetheless encounter risks that are not described below.

Heat/Humidity: Dehydration occurs easily in hot environments. A conscious effort should be made to replace fluids lost through evaporation, which can be as much as two quarts an hour when physically active.

Fungal Infections: Fungal infections can be common in hot and rainy conditions, so be sure to dry thoroughly after showering, change out of sweaty clothing, and use baby powder to avoid trench foot and other rashes or infections.

Bacteria: Many different strands of bacteria occur in healthy individuals and cause no problems. However, close living conditions, heat, and humidity can increase the risk of bacterial infections if the skin has been damaged or disrupted by bug bites, cuts, or a skin condition (e.g. eczema). Students must take daily precautions to maintain hygiene, including covering cuts and scrapes, protecting themselves from bugs, and staying dry when possible.

Snakes: There are a number of venomous snakes in Cambodia. Some of our field exercises (hikes, visits to temples, and in some villages) will take us to places where snakes are common. Students will be briefed before these field exercises so that they know to wear closed toed shoes and pants and to watch their step as they navigate these field excursions. In addition, students are advised to avoid putting their hands in the water when visiting lake regions due to the presence of water snakes.

Wildlife: Primates are prevalent in some regions of Cambodia. While visiting temple complexes, students are likely to encounter primates that are heavily acclimated to humans and can be aggressive. Students are advised to avoid all wildlife as well as domestic/stray dogs and cats, which can be aggressive and are common carriers of disease. Crocodile farming is common in some regions. Students are advised to not go near caged crocodiles when visiting village homes.

Landmines: Landmines and unexploded ordnance (UXO) are prevalent in some regions of Cambodia – remnants of past conflicts in the region. When traveling in Cambodia, students are advised to stay on well-traveled paths, not to stray in forested areas, and to follow their guides at all times. Upon arrival to the country, students are provided with an orientation on landmine precautions.

Motor Vehicle Accidents: Driving on roads in Cambodia is more hazardous than driving in the US, especially at night or during periods of heavy rains. It is also important as a pedestrian to have a heightened awareness of traffic. Do not assume pedestrians have the right-of-way. It is important to utilize only reputable and verified modes of transportation. At no time are students allowed to operate an automobile, boat, motorcycle, scooter, or other motorized vehicle. Students may also not be passengers on motorcycles, motorbikes, or scooters.

Please note this list is not exhaustive or complete. If you plan to travel to other areas, either inside or outside of the country, the health and safety risks may be different, and you should educate yourself and consult with your travel medicine specialist as to what additional measures may be required.

Cultural Adjustment

Defining Cultural Adjustment

Cultural adjustment is the process of adjusting to a different cultural context. It is the process of filtering through initially identifiable differences in customs, language, eating style, and more to discover the underlying values and assumptions that are the foundation of a certain way of life. Whether you are from the United States or from another country, encountering another way of life may entail questioning your own basic values and beliefs. Cultural adjustment may beg of you to ask the question, “Who am I?” By asking such a fundamental question and working through the answers, you can build a strong sense of self, gain more confidence in who you are, learn to identify at a basic level with people from any background, and become more accepting of others. At this point, you will have begun to develop a sense of global citizenship.

Think about how you are feeling now as you prepare to go abroad with an SFS program. Are you feeling excited? Nervous? Overwhelmed? Ready?

Now, think about how you might feel when you first arrive in your host country. Will you feel exhilarated? Overwhelmed by the newness of it all? Jet-lagged? Perhaps frustrated or humbled by the reality that you are unable to communicate as well as you are accustomed?

How will your emotions and thoughts change with time after the initial excitement of arrival? Will you be amazed and/or frustrated by the differences between how things are done at home and how things are done at your new home abroad? Confronted with these differences, will you question values you held and always thought to be “right”? Will you grow in depth of thought and sense of self?

It may seem like a very long time from now, but imagine returning home after study abroad. How do you hope you have changed as a result of your time abroad? How will others see your new personal, cultural, social, and academic developments? Will it be easy to reconnect with family, friends, and your community? Will it take effort? How will you communicate your experiences and developments and help loved ones take part in an important period of your life?

Experiencing some difficulty adjusting to your new environment is normal and even important for personal development. The flow of emotions and experiences above describes the cultural adjustment process that many students move through before, during, and after their study abroad terms.

Cycling through Cultural Adjustment: The “W” Curve



Based on Oberg (1960) and Gallahorn & Gallahorn (1963)

The model above puts into visual format the process of cultural adjustment previously described.

Arrival: Upon arrival, many students are exhilarated by the myriad of new sights, sounds, and smells of their host country. You may feel physically exhausted from the travel, and you may need to give your body time and care to help it adjust to the different weather, geographic conditions, food, and time schedule. During this initial period, you may experience a variety of heightened emotions.

Culture Shock: After the initial excitement period, you may begin to notice the many differences between your home and your new home abroad. Processing these differences may be difficult, and many students report emotions of anxiety, stress, confusion, homesickness, discouragement, hostility toward the local culture and customs, and even depression. You may experience physical symptoms such as colds, headaches, or stomach upsets. On the other hand, some students experience very little culture shock.

Recovery: With effort and time, you will get your legs back under you again. You may wish to employ some of the coping strategies listed in the next section, or find your own way to regain and rethink equilibrium.

Adaptation: At this stage, students have renegotiated belief systems and “the way things are done.” You may feel at home in your residence abroad.

Returning Home: Some students find that just when they have become comfortable with their surroundings abroad, it is time to return home! Because you are traveling back to a familiar place, you may not expect to experience reverse culture shock, which mirrors the culture shock process. Many students experience re-entry culture shock more severely than they do culture shock. The best way to smooth the reverse culture shock process is to prepare for it before, during, *and* after your time abroad. Make sure to share your experiences and personal development with family and friends so that they can take part in your growth. Continuous communication in a spirit of sharing (rather than expecting or needing others to understand) will greatly smooth the reentry process.

New Experiences, New Ways of Thinking

Perhaps this is your first time visiting a foreign country for an extended period. By removing yourself from the US or your country of origin and being confronted with difference, you may gain a greater awareness of what it means to be from your home country.

In part because of the US' prominent media and political and economic presence, you may find that people around the world have formed viewpoints, even stereotypes about Americans. Stereotypes are not always accurate, and they do not apply to every person within a culture. Be aware of the possible negative impact of stereotyping, both for yourself and also in how you may be viewed. Be open to and appreciative of the great differences between individuals within a population.

A Note to Women and Diverse Students

What it means to identify as LGBTQIA+, a woman, a person of color, a member of a certain religious group, a participant with a disability, etc. may be very different in your host country than at home. For example, a gay student may find that the host community is much less accepting of homosexuality than his university community. Students who are accustomed to being part of the majority group at home (e.g. Caucasian students) may need to readjust to living as a minority abroad. The change may be for better or for worse, but you might not be treated or viewed in the way that you are accustomed to at home.

Please use the resources available on the Diversity & Inclusion page of our website (www.fieldstudies.org/about/diversity-inclusion) to inform yourself as you prepare for your abroad experience.

Coping With Cultural Adjustment

What are some tricks for coping with and growing through the cultural adjustment process?

- Keep a journal. Write about the experiences, emotions, and thoughts that you have.
- Take care of your physical body. Be sure to get sufficient exercise, and take care of your body's nutritional needs. Get enough rest and sleep.
- Communicate. If you are feeling particularly down, approach a friend, staff member, or mentor. Sometimes just talking about difficulties you are facing makes the burden seem lighter. Many of the people surrounding you at the Center have experienced or are experiencing the same cultural adjustment process as you. There is strength and growth in sharing.
- Step out of your comfort zone. When everything around us is new, we sometimes just want to withdraw. Practice your language skills with community members. Try delicious foods you had never heard of before. Take advantage of your abroad experience, because you will not have the same exact opportunity again!

The above are just a few small examples of strategies for facing cultural adjustment. There is a multitude of ways that individuals process and adjust, and you may discover other strategies that work particularly well for you.

Everyone at The School for Field Studies extends a warm welcome to you and looks forward to seeing you in the field!