



CAMBODIA
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FIELD GUIDE FIELD GUIDE

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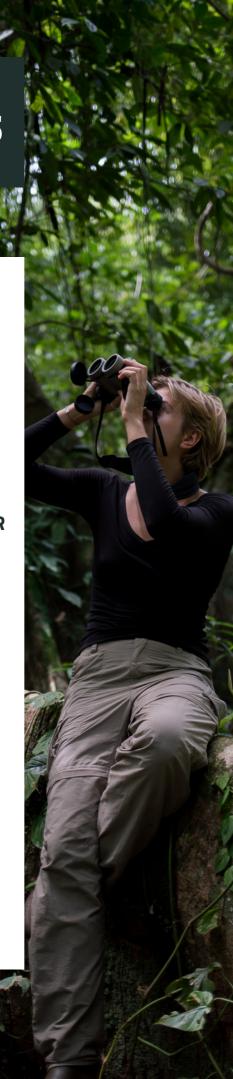
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Academic Foci

Cambodia

- The center abuts the ancient ruins of Angkor Wat, Kulen National Park, and Tonle Sap Lake.
- Known as the rice bowl of Asia, the Mekong river basin is the 2nd most diverse river in the world with over 1,200 fish species (560 of which are endemic), Irrawaddy dolphins, and giant freshwater stingrays.
- Unfortunately, over 300 of these vertebrate species are already globally threatened. Proposed plans for hydroelectric dams could put additional pressure on the environment and lead to food insecurity for the tens of millions of people that rely on this river.
- Cambodia is home to Asian elephants, sun bears, Irrawaddy dolphins, pileated gibbons, and numerous birds and fish.

Thailand (Summer 1)

- The Bring the Elephant Home project is located in the small village of Ruam Thai near Kuiburi National Park.
- The border between Thailand and Myanmar houses one of the largest remaining populations of Asian elephants. However, due to illegal logging, expanding farmland, and frequent forest fires these elephants are being forced to move into urban areas in search of food and water. This has led to increasing human-wildlife conflict and necessitates innovative solutions that work for both the local communities and the dwindling wild elephant populations.
- Thailand is home to Asian elephants, guar, banteng, and an abundance of bird species.

SEMESTER: ENVIRONMENTAL JUSTICE AND MEKONG ECOLOGIES

Environmental ethics and justice. Local livelihoods and rural development. Indigenous rights. Asian elephant ecology, welfare, and conservation. Protected areas and threatened ecosystems. Community conservation strategies. Natural resource governance.

SUMMER 1: ELEPHANTS OF SOUTHEAST ASIA

Asian elephant ecology, behavior, welfare, and health. Human-elephant interactions and conflicts. Wildlife management policies and conservation strategies.



The wet season runs from May to November. Days are hot with daily rainstorms. Average temperatures during the wet season

The dry season runs from December to April. Average temperatures during the dry season range from 71-95°F, but temperatures often soar over 100°F.



Community Engagement

You will live at a field station as a cohort, rather than in a homestay, local apartment, or university dorm. This means that you will not necessarily be eating local cuisine, speaking a local language, or navigating the local culture every day. However, we fundamentally believe that meaningful research is only possible with the input of local people and in consideration of cultural history, so community engagement may vary each term to reflect the requests of our partners.



Chores

There is no cleaning service at the center, so students are expected to take responsibility for their space during their stay. Students will help set up/clean up for meals and engage in a center-wide clean-up about once a week. Specific chore responsibilities and schedules will be shared during orientation



Identity

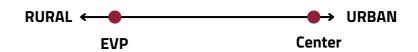
Every country is shaped by its history, and therefore attitudes towards gender identity, sexual orientation, ethnicity, and religion can differ greatly. Keep in mind that what seems like discrimination may simply be curiosity. Additionally, most students expect to encounter differences between themselves and their host country but don't realize the most significant differences may be between themselves and their student group. Students should research how different aspects of their identity might be perceived in a new context, in specific political and societal issues, racial, ethnic, and religious composition, LGBTQIA+ climate (Resources 1 and 2), and cultural norms and local laws. Reflecting on one's own culture and identity before studying abroad can help students better navigate their experience abroad.

It is a privilege to study in another country and be welcomed into these communities. It is not our students' place to try and change its culture or values. While students will be learning about the country and its people, they will be ambassadors of their own country and culture. SFS campuses are permanent fixtures, and these communities are home to our staff members year-round. Behavior that is disrespectful, illegal, or contrary to cultural norms can degrade the relationship with the community and can impede meaningful interactions for peers, SFS staff members, and future students.

Setting and Facilities

Cambodia

The center lies in a bustling tourist city. The Elephant Valley Project (EVP) is located in small, scenic town.



SIEM REAP	SEN MONOROM	PHENOM PENH	
20-minute walk from center.	Local town for EVP.	5.5-hour drive from center	
Population ~140,000	Population ~13,000	Population ~2,300,000	
Home to Angkor Wat. Doctors, pharmacies, libraries, hotels, restaurants, post office, markets, and lively nightlife scene.	Restaurants, cafes, hotels, and local clinic.	Capital city and largest city in Cambodia. Same amenties as Siem Reap but on a grander scale.	
CENTER: HOUSING	CENTER: OTHER FACILITIES		

Five rooms, 2-4 people per room in twin bunk beds. Shared desk and shelving. Air conditioning in each room.	Common room with TV, couches, and games.
	Two washing machines (detergent provided). Two
En-suite bathroom with shower (cold water) and western-style toilets.	dryers, but clotheslines requested as weather permits.

EVP: HOUSING	EVP: OTHER FACILITIES
Five rooms, 4 people per room in twin bunk beds. No A/C, WIFI, cell reception, or personal storage areas.	Common area with lounge, dining area, and staff kitchen.
Shared bathroom with showers (cold water) and western-style toilets are a short walk away from rooms.	Laundry can be done for free through local service.

Thailand (Summer 1)

RURAL ← ◆ URBAN

Homestays and guesthouses in town of Ruam Thai.

RUAM THAI	BANGKOK
Local town	4-hour drive
Population ~1,000	Population ~10,720,000
Nearest town. ATM and basic medical facilities.	Capital city of Thailand. International airport and advanced medical care.

HOMESTAY OR GUESTHOUSE One room, 2 people per room in twin beds. Shared storage areas. Laundry can be done in town for approximately \$1 USD per pound. May have private or shared bathroom with showers (may have cold or hot water) and western-style toilets.



SFS can accommodate most dietary needs, but the variety of food may be limited due to local availability and cost. SFS cannot accommodate life-threatening shrimp, fish, peanut, and soy allergies or strict Halal or Kosher diets. SFS always recommends bringing vitamins, protein bars, nuts, favorite snacks, etc.

Cambodia

Meals may include lots of stews, curries, soups, stirfries, omelets, and pasta. Fish, shrimp, ginger, and lemongrass are common ingredients. Snacks may include coffee, smoothies, fruits, nuts, toast, granola bars, and cookies.

Thailand (Summer 1)

Meals and predominately vegetarian and often include rice, rice noodles, tofu, and pineapple. Snacks may include fruits, nut bars, and other local treats.



Cambodia

The center has basic weights, yoga mats, and jump ropes. Students can join a gym in town for ~\$50 USD per month. At the Elephant Valley Project, there are only yoga mats available.

Thailand (Summer 1)

There are paths nearby for walking or running with a buddy.







Time-off

Semester students will be given occasional weekends off and a mid-semester break. Summer students will be given 1-2 weekends off.

Students are responsible for food and accommodations during non-program time. Students are not allowed to stay at the center during weekends off or during mid-semester break. See page 11 for estimated costs.



The local currency is the Cambodian Riel (KHR) and U.S. Dollar (USD). Summer 1 students will also use Thai Bhat (THB).

Cambodia and Thailand (Summer 1) are primarily cash-based economies. However, all students are required to bring a credit/debit card with at least \$3,000 in funds in case of emergencies. Mastercard and Visa are the most commonly accepted cards internationally. Be sure to notify your bank that you will be traveling internationally.

Please bring at least \$300 USD in small bills (\$1-\$50 bills) with you to start. You do not need to obtain KHR. Staff will assist Summer 1 students in exchanging USD for THB. When bringing USD to exchange, travel with bills in excellent condition (clean, unwrinkled, unmarked, with no tears). You will have access to ATMs to replenish your cash supply in Siem Reap and Bangkok (Summer 1).

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IIII Electricity

The electrical voltage in Cambodia is 230 and in Thailand (Summer 1) is 220 (the U.S. uses 120). Check all electrical devices to see if you need a voltage converter. Cambodia uses plug types A, C, and G and Thailand (Summer 1) uses types C and O (the U.S. uses A and B). All students should bring plug adaptors.



Wireless internet is available at the Cambodia center and some of the Thai homestays/guest houses, but it is slow and intermittent. No WIFI is available at the Elephant Valley Project. SFS reserves the right to limit internet activities occurring on our servers including, but not limited to, streaming or downloading audio/video content (Facetime, Netflix, etc.).



Computers

Students need to bring laptops with Microsoft Office (or the ability to open Microsoft files offline) and a USB port. Electronic devices are subjected to a much harsher environment than normal. In particular, Apple products do not fare well in high humidity and are more difficult to repair or replace locally. Please take precautions to protect your device.



Phones

Cambodia

Students will be given a local cell phone with \$5 USD worth of credit per month. Students should only rely on WIFI to make international phone calls.

Thailand (Summer 1)

SIM cards and phone plans are available for purchase at the airport (\$10-15 USD), and most areas will have phone signal.



Mail

No packages can be sent to the center. Letters can be sent, but the Cambodian postal system is slow and unreliable. The average one-way travel time for airmail from the U.S. to Cambodia is 10-14 days. Therefore, no mail can be sent the last two weeks of the Semester programs or during the entirety of the Summer 1 program, as students will not receive it! Mail will not be forwarded.

Address: Student name, Student's local phone number, The School fo Field Studies, P.O. Box 93284, Siem Reap Post Office, Siem Reap, Cambodia, 17000





24-Hour Emergency Hotline

SFS maintains a 24-hour emergency hotline. If you need to urgently contact a student in the field, call 978.219.5113.



Student Health & Wellness Manager

The Student Health & Wellness Manager is a full-time primary medical responder and student support personnel on campus. They are certified in Wilderness First Response, or equivalent certification, and trained in sexual assault first response. They also counsel students on adjusting to life abroad, conduct risk assessments, and help coordinate program logistics and community outreach.



Orientation

Upon arrival to campus, students receive an orientation about the local community and culture, center operations, and relevant risks and hazards. Prior to arriving on program, students should research the inherent risks associated with traveling abroad.



Medical Care

SFS maintains a detailed risk assessment and management plan outlining risks and response protocols, including nearby medical facilities and their treatment capabilities. These plans ensure that staff are always aware of the best route for appropriate medical care.

If a visit to a medical care facility is needed, an SFS staff member will accompany the student to the appointment. Be aware that there may be times when access to medical care is delayed, such as on expedition. Students are responsible for all medical costs and all incidental expenses including transportation, accommodations, etc., incurred by all parties involved. This may include costs related to COVID-19 quarantining. Some medical emergencies or conditions may necessitate medical withdrawal from the program. Final decisions on medical withdrawal are made by SFS.



Mental Health Support

Adjusting to new routines, relationships, and cultural environments while away from your usual support systems can be challenging. The ways you manage stress, take care of yourself, or find joy may not be available to you while you are abroad. Many students also struggle with the rigorous schedule that is inherent to the nature of SFS programs. Understand that you may have decreased communication with home, limited privacy and alone time, and infrequent or modified opportunities for exercise.

SFS is partnered with Morneau Shepell to provide students with access to free, mental health and wellness support by chat, phone, and video that can be accessed whenever connected to wifi. Students should download My Student Support Program (My SSP) in the app store or on the My SSP website. My SSP is a supplemental resource, and students should work with their mental health provider to create a primary support plan. Students who undergo regular counseling should verify that their mental health provider is available while they are abroad.



Sexual Health & Wellness

When it comes to sexual health and wellness during your program, please consider:

- The ramifications that a short-term relationship may have on a small residential campus or within the local community.
- Access to protection, medication for sexually transmitted infections, and emergency contraception may not be available.
- The current dialogue and understanding of consent in the U.S. does not always apply in other cultures.
- If you feel subjected to sexual harassment, you should walk away from any situation that makes you uncomfortable without concern for being culturally inappropriate. You can report harassment or assault to any SFS staff member.
- In the case of a sexual assault, SFS will make every effort to support you. This includes access to medical care, the option to report to local law enforcement, and identifying additional support resources. Local laws, definitions, and legal implications often differ from those in the U.S. Different laws and limited availability of resources such as rape kits can be complicating factors in responding to a report of sexual harassment or sexual assault in foreign countries.





SFS is welcoming of all students at our centers. However, when traveling throughout the country, please be aware of the following:

- Laws and social customs may differ from your home country, and countries that criminalize same-sex partnerships may also use the law to criminalize gender identities and gender expressions.
- Cultural practices may not support freedom of expression and travelers may experience discrimination and harassment.
- Some cultural practices are based on traditional gender roles and gender expressions. As a result, those who do not identify as they physically present may sometimes be misgendered or misidentified.
- Some languages are gendered, resulting in a lack of terms that encompass non-binary and gender-neutral identities.
- Health services specific to transgender people may be limited or unavailable. You may also be denied services in your affirmed gender while you are traveling abroad.
- It is not always possible to use preferred names or gender identities (visa paperwork, plane tickets, hotel reservations, and government sites). Gender X is not recognized worldwide, and you may need to provide binary sex information.



Social Drinking & Drugs

There is no consumption or possession of alcohol allowed on campus. If you choose to consume alcohol on your days off in which you are off campus, please do so in moderation and maintain respectful behavior toward others.

Possession of marijuana and cannabis-infused products, including some cannabidiol (CBD) oils, is currently illegal under U.S. federal law. SFS does not allow possession or use of any drugs or medications that are illegal for the full duration of SFS programs including free time and weekends away. Check local laws before possessing, purchasing, or using electronic cigarettes or vaping devices on program.

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Included in SFS program costs are program advising and orientations, tuition and research fees, airport transfers, housing, meals during program time, field excursions and cultural activities, emergency evacuation and 24/7 support, and official transcript processing.

PROGRAM	BILLING DEADLINE	
Spring	November 1st	
Summer 1 or 1+2	April 1st	
Summer 2	May 1st	
Fall	June 1st	

BASIC COSTS (BILLED BY SFS)	SEMESTER	SUMMER 1	
Tuition	\$18,425	\$5,100	
Room & Board	\$5,125	\$3,800	
BASIC PROGRAM COST	\$23,550	\$8,900	
ADDITIONAL COSTS (ESTIMATED, ACTUAL COSTS MAY VARY)			
Airfare	\$2,000	\$2,000	
Passport	\$200	\$200	
Visa fees (if applicable)	\$120	\$35	
Immunizations/Medications	\$800	\$800	
Personal Expenses	\$600	\$600	
Program Breaks	\$400	\$300	
ESTIMATED ADDITIONAL PROGRAM COSTS	\$4,120	\$3,935	
TOTAL PROGRAM COSTS (BASIC + ADDITIONAL COSTS)			
ESTIMATED TOTAL PROGRAM COST	\$27,670	\$12,835	



All students are welcome to apply for SFS financial aid. Financial aid applications are reviewed on a rolling basis starting in February for summer programs, April for fall programs, and September for spring programs. Early submissions are encouraged. Students who submit an SFS financial aid application by the payment deadline will be considered for our full range of aid options. Learn more <u>here</u>.

TRAVEL



PASSPORT

You must have a passport in hand four months prior to departure that is valid 6 months after your arrival to Cambodia or 6 months after your arrival to Thailand (Summer 1).



VISA

Cambodia

Students' Cambodian Ordinary type E-visas will be applied for and granted 1 month before the program start date. E-visa instructions will be given upon acceptance and supporting documents will be sent 1 month before the program start date. Cambodian Ordinary type E-visas cost \$42 USD and last 30 days. Visa costs are the responsibility of the student, and prices are subject to change. Staff will assist semester students with extending their Ordinary type visa on program.

Thailand (Summer 1)

U.S. citizens do not need a visa for travel to Thailand under 30 days. You may be asked for proof of onward travel or sufficient funds in order to receive your visa waiver upon arrival.

Non-U.S. citizens may require a different visa process and are responsible for applying for, obtaining, and paying for their own visa(s) valid for the duration of their program. If traveling before or after the program, make sure that your visa(s) will remain valid for the entirety of your stay.



FLIGHTS

Students are responsible for the cost of flights to and from their program. Students will receive travel instructions at least 2 months prior to the start of their program. Do not book flights before receiving these instructions.

SFS staff will meet students at the airport on the date and time specified in the airport instructions and transport them to the center. Students will receive airport instructions 1-2 weeks prior to the start of their program. If traveling before or after the program, you are responsible for meeting the group at the airport at the designated date and time. Additionally, SFS is not responsible for transporting or storing luggage before or after the program.

SFS is not responsible for reimbursing travel expenses for programs canceled or rescheduled due to acts of war or civil unrest, strikes, weather,

> quarantine/epidemics/sickness, government regulations, or failure of equipment, power, or communications.









Medical Requirements



Medical Approval Process

Students are required to complete the SFS medical approval process using our HIPPA-compliant portal to inform SFS staff of their medical and mental health needs and accommodations. The review is not meant to exclude, but to inform and allow support systems to be put in place. No student may enter the field until medical approval is granted by SFS. More information.



Vaccinations & Medications

Required

• Malaria prophylactic medication (valid for entire program dates with pre- and post-exposure dosage)

Recommended

• <u>Centers for Disease Control</u>, travel clinics, or medical providers can provide further recommendations.



Accomodating Disabilites

SFS will work with students, schools, and physicians to determine the required accommodations and whether it can be safely and reasonably maintained on program. While SFS strives to meet students needs, due to the remote nature of the programs, there are varying levels of accessibility, services, and accommodations. Students with questions regarding physical or mental health accommodations should contact the Office of Student Affairs and learning accommodations should contact the Office of Academic Affairs.



Insurance

Students are required to buy health insurance. It is the student's responsibility to ensure that their coverage is valid in their program country(s) for the full duration of their program and covers basic medical care, including non-urgent illness or injury, laboratory tests, and pharmaceutical needs. SFS does not provide company recommendations. Keep in mind:

- Most domestic health insurance plans do not provide comprehensive coverage for out-of-country medical expenses.
- Schools may provide international health insurance or have their own insurance requirements for studying abroad.
- Most insurance companies provide coverage on a reimbursable basis. Therefore, students need to bring a credit card to pay for medical expenses and then request reimbursement later on.

Emergency Evacuation and Repatriation Insurance

All students are automatically enrolled in an emergency evacuation and repatriation insurance plan through American International Group, Inc. (AIG) for the duration of their program only. This plan covers the cost of transportation, accommodations, and medical care associated with medically or politically necessary evacuations (e.g. life-saving support during air evacuation). It includes up to \$350,000 for emergency medical evacuation, \$100,000 for emergency security evacuation, and \$20,000 for repatriation of remains. The coverage provided does not cover basic medical care, laboratory tests, or pharmacy needs.

Students on SFS programs are required to supply their own comprehensive health insurance as outlined above.

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Packing Considerations



SFS does not have a specific policy regarding how much or what type of luggage students bring, so pack according to your needs. We recommend backpacks over wheeled luggage, as the Elephant Valley Project does not have a paved driveway. Make sure you bring only what you can maneuver yourself, and check with all airlines for luggage restrictions and fees.



Culture & Climate

Many students bring old clothes to wear in the field and leave behind at the end of the program. Do not bring anything that you would not want damaged!

Dorm room

Tank tops and shorter shorts okay

Around the center, While exercising, and in Urban areas

Loose T-shirts or Tank tops that cover shoulder blades, back, and waist. Shorts/Skirts/Dresses must be no more than 2 inches above the knee. Anything shorter requires leggings underneath. Leggings cannot be worn without shorts overtop. Non-revealing swimsuits. One or Two piece.

Rural areas, Religious sites, or during Field trips and Guest lectures

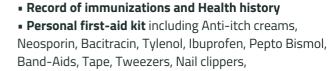
Shoulders blades, knees, and everything in between needs to be covered

As you pack, please consider the impact of the products that you bring with you to your program, both the ingredients and packaging. Plastic can be difficult for waste management in remote environments. Think about bringing a reusable tote, metal straw, cloth napkins, and other items. We also highly encourage biodegradable soaps, shampoos, and conditioners.



Required Packing

- **Shorts/Skirts** No more than two inches above the knee. Anything shorter requires leggings underneath.
- Pants Loose, lightweight blends that dry quickly. 3+ pants for field work and 1+ pairs for non-field time. Leggings cannot be worn without shorts overtop, and jeans are also not recommended.
- Loose T-shirts that completely cover the shoulder, back, and waist. SPAGHETTI STRAPS, CROP TOPS, AND V-NECKS NOT ALLOWED OUTSIDE DORM ROOMS
- Long-sleeved shirts Light-weight fabric for working in the field.
- Waterproof rain jacket or poncho
- **Underwear** Opportunities for laundry are limited, so bring a good supply. Recommend lightweight moisturewicking synthetic (not cotton).
- **Socks** 4-5 pairs of lightweight moisture-wicking synthetic (not cotton) hiking socks and a few pairs of normal socks.
- Pajamas appropriate for shared spaces.
- Sun hat and sunglasses
- Hiking boots over the ankle.
- Rain boots The center has several pairs of rain boots that you can use, but if you have an especially large or small foot it is recommended you bring your own. If you want your own pair, lightweight, shin-high boots with good tread are best.
- Sneakers
- Sport sandals Keens/Chacos/Teevas.
- Flip-flops or shower shoes
- Sheets, pillow, blanket, and towels provided.
- **Towels** 1 large towel and 1 face/hand towel to use during travel. Quick dry towels only! Can be bought locally.
- **Toiletries** basic items can be purchased in town, but you should plan to bring enough with you for at least a week. Preferably biodegradable.



• Masks and Covid tests Bring enough masks to last

the duration of the program and home rapid tests.

Antihistamines, Pro-biotics, Antidiarrheals, Vitamin C, Cold medicines, Hydration salts, etc.

- **Prescriptions** Note that overseas prescriptions are not always accepted. You should bring adequate supplies of prescription medications with you to last the duration of your program alongside your doctor's prescription to avoid customs delays. Think about inhalers, allergy medication, contacts/glasses, etc.
- Motion sickness medication/ Dramamine/ Ginger chews if you experience motion sickness.
- **Period care** You can purchase pads in town, but tampons are not common. We encourage you to use a menstrual cup or environmentally friendly, biodegradable options.
- Flash drives and/or External hard drive At least 4 GB recommended.
- **Computer** that can open Microsoft Office documents offline and has a USB port.
- Surge protector and Plug adaptors
- Wristwatch Preferably water-resistant or waterproof.
- **Headlamp or flashlight** Rechargeable recommended.
- **Binoculars P**referably 8 x 40 but anything in the 6 x 30 to 10 x 40 range is fine.
- **Day pack** Small backpack suitable for taking gear into the field. 15-30L recommended.
- **Weekend bag** to bring on overnight field excursions or weekends off. 35-55L recommended.
- Notebooks and Pens/Pencils Can buy locally.
- Water bottles 2 bottles with 1L capacity each. Alumni recommend small tops to avoid spills and at least one portable water bottle. Can buy locally.
- Insect Repellant 1+ bottles. Can buy locally.
- **Sunscreen** 1+ bottles. Can buy locally, but can be expensive or contain whitening agents.



Optional Packing

- Purse/tote bag for town.
- Nice/casual clothes for going into town. Cover shoulders, waist, and knees.
- Swimsuit non-revealing one or two piece.
- Small clothing repair kit
- Laundry bag
- Water-proof daypack cover
- **Dry bags or sturdy plastic bags** Gallon-sized ziploc bags work well.
- Waterproof school supplies Rite-in-the-rain is good brand.
- Umbrella Can be purchased locally.
- Pocketknife Checked luggage only. Can buy locally.
- Duct tape Can buy locally.

- Hammock Can be purchased locally.
- Earplugs and Eye mask
- **Baby wipes and Hand sanitizer** Can be purchased locally.
- Journal Can be purchased locally.
- Games, Movies, Books, and Crafts
- Snacks, Drink powders, and Dietary supplements Any favorites.
- Camera
- Voltage converter if needed for electronics,
- **Headphones and/or Bluetooth speaker** Noise canceling recommended.
- Waterproof cases for electronics and silicone packets (or some water-absorbing equivalent).
- Extra batteries and External battery packs



Keep up with SFS follow us on Instagram <u>@theSFS</u> cambodia, read news from the field, and find the full list of the SFS team bios here!

Questions about billing? Billing@fieldstudies.org

Deposit payments, invoices, charges to your account, financial aid packages, billing deadlines, and loan paperwork.

Questions about health and safety? StudentLife@fieldstudies.org

Medical paperwork, Immunizations, managing medical conditions during your program, and dietary needs and preferences.

Questions about academics? Academics@fieldstudies.org

Learning accommodations, syllabi, and directed research.

Questions about admissions or enrollment? Admissions@fieldstudies.org

Which program is the best fit for you, application materials, travel and visa logistics, and other program-specific questions.