Thailand & Cambodia

INTERNATIONAL SERVICE LEARNING EXPERIENCE

**What in the world?**

Apr 27 Leave Salt Lake
Apr 28 Arrive Phnom Penh
Apr 29 Arrive Umphang

Apr 30 - May 3 Jungle Trek & Promote Village Health

May 4 -6 Arrive Siem Reap & Explore ancient temples

May 7-10 Arrive Phnom Penh, teach Neonatal Resuscitation and perform Well Child Assessments

May 11 Leave Phnom Penh
May 12 Arrive Salt Lake

Questions?

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**1**

**APPLY BY 10/25**

1st application is for Nursing acceptance, see Bulletin board under Study Abroad

**2**

**STUDY ABROAD**

2nd application is for Study Abroad dept. weber.edu/studyabroad

**3**

**REGISTRATION**

Sign up for Spring 2019 NRSG 4850 or REST 4850

**Visit Jungle**

**Village Health**

**Explore Temples**

**Teach NRP**

**Earn Credit!**
I’m coming! What do I need to know?

Thailand
This portion of the trip will include hiking through and staying with villagers that live within a wildlife preserve. Our projects will be focused on health promotion activities, and will be in conjunction with a local clinic.

Cambodia
We will spend a few days exploring ancient temples in Siem Reap. In Phnom Penh our projects will be focused on performing well child assessments at rural clinics, teaching Neonatal Resuscitation to staff in rural hospitals and clinics, and visiting and playing with orphaned children. We will also visit cultural sites so you can learn about the genocide that happened here.

Concepts
This course teaches Neonatal Resuscitation, Pediatric Assessment, Culture and Diversity, Teamwork, and Inter-professional Collaboration.

Our Course
Course is a Spring 2019 Bachelors elective, and is a hybrid course. We will meet 4 times throughout the semester for face to face activities and information. Online assignments will help you understand the culture in each country.

Neonatal Resuscitation and Cardiopulmonary certification will be offered, and the cost is included in the trip fees. The International Service Learning Experience happens after the last day of Spring semester. Final assignments after the trip will be journaling and de-briefing.

Course Requirements
This course requires participants to work well as a team while handling extreme conditions such as heat, humidity, modest lodging, limited variety of foods, and working within vulnerable communities.

The program director reserves the right to day admission to any participant for medical or behavioral conditions that may jeopardize the health and safety of the group, or the host community.

Participants
Participation in this course requires acceptance by the School of Nursing International Committee. Applications are due by October 25th to allow for selection prior to Spring 2019 registration. Persons with the following qualifications will be considered:

- Nursing students, prefer BSN but all will be considered
- Respiratory Therapy students, with AAS completion
- Health Professions students (applicable credit will be determined by your school)
- Licensed Healthcare Professionals from the community (CE may be available)
- Additional Team Leads (faculty or staff only)

Unfilled positions will be open to friends and family members of selected participants.

Tuition / Payment
Tuition is waived. The cost of travel is paid instead, and is $4,200.

What is included?
International airfare (up to $1,400), in country flights and inter-country flights. Ground transportation for all organized projects and sightseeing. Fees to enter outlined sightseeing areas are included. Most hotels provide breakfast, some lunches and some dinners are covered.

What is not included?
Cost of additional international airfare if it goes above $1,400. Cost of passport, visa's and immunizations. Some meals. Hotel laundry charges. Transportation after group projects are done for the day. Additional sightseeing, and souvenirs.

Passport
Make sure your passport is up to date and does not expire before December 2019. If you don’t have a passport, apply at passport.gov.

Visa
Your Cambodian visa will be obtained electronically from https://www.evisa.gov.kh/ prior to our US departure and will cost about $35. You are responsible for this fee. Thailand visa is obtained upon arrival and does not have a fee.

Prepare
Read all the information provided by the US Department of State for Cambodia and Thailand, then enroll in Smart Traveler Enrollment Program (STEP) https://step.state.gov

Health Insurance
It is wise to check with your health insurance to see if they cover any health issues while you are traveling abroad. There are local clinics and hospitals that are available for care.
Immunizations
Read immunization information from the CDC at https://www.cdc.gov/features/vaccines-travel.

Make an appointment with the travel nurse at your county health department no later than 3 months before departure. They will compare your immunizations to the countries and cities we will visit, and recommend immunizations and treatments to keep you safe. These typically include routine immunizations, hepatitis A&B, typhoid, cholera, and malaria treatment.

Other Diseases
There are other prevalent diseases that require prevention or treatment. Prevent mosquito bites that may carry Zika, Chikungunya or Dengue by covering exposed skin, using 20% Deet, using a bed net when outdoors and sleep sack. Manage exposure to H5N1 Avian influenza by using excellent hand hygiene, avoiding contact with poultry or birds, and eating well cooked foods. Manage exposure to hand, foot and mouth disease by using excellent hand hygiene, avoiding close contact with those infected, and disinfecting dirty surfaces.

Monitor Tuberculosis by completing 2 step TST or IGRA prior to leaving, then repeating single TST or IGRA 8-10 weeks after return. If close contact or extended exposure anticipated, be fitted with an N95 respirator. Do not swim in fresh or unchlorinated water in Cambodia to prevent Schistosomiasis. Prevent food-borne illnesses by eating foods that are well cooked and served hot. Eat fruits and vegetables only if they are cleaned with bottled water, peeled or cooked. Drink only bottled water, use only ice made from bottled water, brush your teeth with bottled water, do not open mouth while showering. Bring oral rehydration tables in case of dehydration.

Permethrin Treatment
It is recommended that you treat your clothing and sleep sack with Permethrin as an added way to repel mosquitos. Permethrin is a chemical that will make your clothes mosquito and other bug resistant. Do this a couple days before leaving. Hang clothes outside, spray, and let dry. The permethrin will last for several washings. Use this for clothing that will be worn outside, and your sleep sack.

Money
The currency in Thailand is called Baht. Cambodia uses both US dollars and Riel. To figure out exchange rates use a currency exchange app like XE currency converter. You can use debit or credit cards in both countries, but you must notify your bank before you leave the country.

Sleeping
Some of the hotels where we are staying will have clean and nice bedding. For others, you should bring a personal sleep sack. It will be warm so make sure it’s lightweight. These can be found online or at sporting good stores.

Language
There’s an app for that! Get one and start learning some phrases for Thai, Khmer and Burmese. Google translate is also a great too.

Packing
A packing list will be provided at the beginning of the course. You can take a 40 pound bag, and a 15 pound personal bag. We will be taking additional medical supplies.

What other questions do you have?

THINGS TO REMEMBER...

Maintain personal and professional boundaries of being a volunteer by: being a good ambassador of the WSU & the US while being in another country, treating people with respect, working hard, trying to understand and participating in the local culture, trying new foods, learning some words and phrases, being safe by staying with the group, keeping valuables safely locked up, preventing illness by following clothing, food and water guidelines.