

“help for a day” field guide



Ponheary Ly Foundation

Thank you for your
interest
in the PLF
“help for a day”
program.

\$370

Morning Session

\$180

Afternoon Session

This event is possible Monday-Friday

Your Activity:

Food Distribution at Knar Primary School

You have chosen to participate in “Food for Home” distribution. Approximately 400 students at Knar School and their families struggle daily with food security. Our foundation provides breakfast at school each day but we found that providing food bundles for students to take home to their families improves attendance and performance greatly.

Itinerary Morning Session:

DEPART: 8.30am. From **Siem Reap.**

ARRIVE: 9.30am. At **Knar Primary School.**

“Help for a day” volunteers will assist in distributing food bundles to approx. 225 Knar students (approximately 1.5 hours).

RETURN: Noon. To **Siem Reap.**

Itinerary Afternoon Session:

DEPART: Noon. From **Siem Reap.**

ARRIVE: 1pm. At **Knar Primary School.**

“Help for a day” volunteers will assist in distributing food bundles to approx. 85 Knar students (approximately 1 hour).

RETURN: 3pm. To **Siem Reap.**

Thank you in advance for wanting to “help for a day”!

For more information or to book your excursion please email: volunteer@plf.org.



Helpful Tips

- Cambodians are conservative and dress modestly. Shorts are acceptable but should be knee-length and shoulders covered. Mini skirts, tank tops and low-cut tops are not acceptable attire in the countryside.
- Please be punctual.
- During your “help for a day” experience you will be considered a member of the PLF team; please be respectful to the Khmer teachers and set a good example for the students at all times.
- There is no smoking on school grounds.
- Mobile phones should not be used in the classroom.
- Please do not buy anything or give money to children on the street or temples. Many children are rented out by their parents for a pittance and are controlled by an overseer. We encourage you not to support or sustain child labor and exploitation.
- The PLF can provide tax receipts for participants from the USA, Canada and the UK.





PONHEARY LY
Founder

*School is the
Answer.*

About the Ponheary Ly Foundation

Our goal is to locate and serve the many children in Cambodia living in the poorest rural villages who do not have access to equitable educational opportunities.

The Ponheary Ly Foundation relies solely on private donations and support. Together with the tireless work of local and international volunteers, your gifts are significantly improving the futures of these children by giving them access to meaningful education. The Ponheary Ly Foundation is a registered organization in the USA, Canada and the UK.

Make secure recurring or one-time donations on our website(s) or mail us a check. We will put your dollars to work. The right way.

The Ponheary Ly Foundation

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www.theplf.org

Ponheary Ly Foundation Canada

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Toronto, Ontario Canada M6G 2W8

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The local PLF office is located at Seven Candles Guesthouse is located at 0307 Wat Bo Road, Siem Reap, Cambodia, tel: +855(0)92-848-695.

For more information or any questions email: volunteer@plf.org.