



## **Kidshelp Kambodscha e.V. Newsletter, issue July 2016**

Dear members, sponsors and supporters,

The main goal of Kidshelp Kambodscha e.V. is to help improving the education of the children and young people in and around our area of activity in a sustainable way. Of course our activities are not limited to computer and English classes or our university programme.

By now we have extended our activities at the school with various new projects like our tooth brushing campaign (please refer to newsletter issue 07/2016). The constant engagement of volunteers also helps to keep implementing new things at the school.

Therefore this newsletter will mainly inform you about the English school and our work with volunteers.

There is also a new possibility to support us via the online platform [www.Donatia.org](http://www.Donatia.org).

And finally we would like to present our completely updated homepage with a new design and also completely new texts ([www.kidshelp-kambodscha.org](http://www.kidshelp-kambodscha.org)).

### **Health education and first-aid courses at Khemara Kidshelp School**

Like many other countries in Asia, Cambodia is struggling with various new health problems due to changing living standards. In many cases changes in society happen too fast and health education and preparation cannot keep up.

The same could be said about accidents. Due to better roads and the increase in motorized traffic there is a huge number of serious accidents in which, very often, no one is around to do first aid.

Therefore our volunteer Lisa Klüh came up with the idea of organizing a course about health education and first aid for all students at Khemara Kidshelp School.





There were two different groups for the different age levels. The younger children studied mainly about hygiene, alimentation and the prevention of diseases.

The older ones had also the chance to learn what to do in case of an accident and how to give first-aid. This included a pressure bandage, how to rescue injured people from the spot and the recovery position.

All participants were very interested even though they were a bit shy when they started the practical part as many young Cambodians are quite inhibited when it comes to physical contact. After some initial giggling, they became more and more serious and interested.



Of course we will have to refresh this course in the near future, but we are sure, that we helped them by providing some essential health education and gave them the needed practice they will need in order to know what to do when an accident occurs.

Because as they learned: first-aid can be done by everyone and in the case of an emergency it can even save lives!



## **Workshop for volunteers at Kidshelp Kambodscha e.V.**

For almost three years now we have been working with volunteers at our school in Prek Dambang. All of them made a very positive influence on our work. With all their ideas, they always bring a fresh breeze to the school.

For us it is important, that they do not just take over the classes as that always carries the risk of making the school more and more dependent on foreign staff, but bring in their ideas and assist the teachers by helping them to include new techniques to their teachings.



Most of the volunteers join us after they graduate from high school and stay for about 3-6 months.

Life in Cambodia and especially in the countryside at the school is quite challenging for most of them when they first come to Cambodia.

For these reasons we organized a workshop for them to give them some start-up support for their duty and make our work more professional. The workshop was organized in cooperation with our partner organization Chibodia e.V. Chibodia e.V. does not only run the students dorm with Kidshelp Kambodscha e.V. but also has a land school in Oudong which is very similar to our school. Claudia Zeidler held the workshop together with Elke Dobovsek, who is responsible for the volunteers at Chibodia e.V.

The volunteers had the opportunity to exchange experiences and ideas about their work in the different projects and develop some strategies for their own project in single work and group work units.

Apart from that there was a lot of information and discussion about cultural and country-specific characteristics in Cambodian society.



This should help them to make the best out of their mission, for the benefit of the Cambodians they are working for and also for themselves.

### New option for donations via Donatia e.V.



A few weeks ago we opened an account on the donation platform Donatia e.V. Donatia cooperates with several companies who top up all donations that are made via their page. In practice this means that every donation you give to Kidshelp Kambodscha e.V. on Donatia.org, will be increased by 20%. The maximum top up is 6,- € Therefore you can donate 30,- € to send us 36,- €

We also made a video for that page.

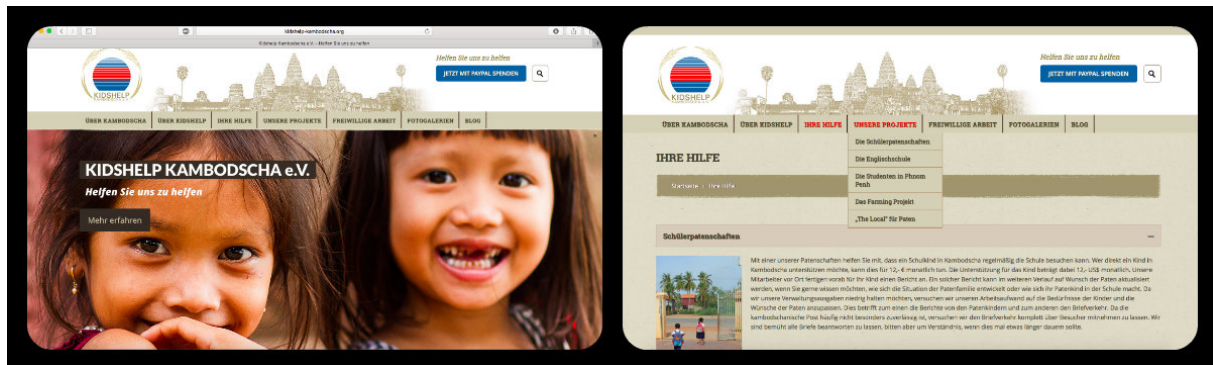
You will find our page under this link: <https://www.donatia.org/projekte/90-kidshelp+kambodscha+e-v+>.



## New homepage for Kidshelp Kambodscha e.V.

In order to be able to keep you better updated, we made a completely new homepage. It is also optimized for mobile devices.

The address is still: [www.Kidshelp-Kambodscha.org](http://www.Kidshelp-Kambodscha.org). We wish you a lot of fun exploring the new page.



The English version is not finished yet, but will be online soon.

We wish all our supporters a pleasant extended weekend and thank you very much for your support and the interest in our work!

Your Kidshelp Kambodscha e.V. team in Cambodia and Germany.