

**Better health,  
Better lives,  
Better future  
VIII  
2019**

# Cheer:-)

**C**hildren's

**H**ealth

**E**ducation &

**E**nvironment

**R**escue Association

- Founded by HKU postgraduates in 2012
- Mission
  - To improve children's mental & physical health
  - To raise public awareness towards disadvantaged & marginalized children
- Role
  - Platform for launching service projects, which aim to promote children's welfare
  - Provide assistance to organizers of various service projects (e.g. publicity work, fund-raising)
- BBB--a service under CHEER
  - 8th year!

# Why Cambodia?

## Protect Children Protect Cambodia's Future

### CHILDREN IN ORPHANAGES

Family/Community based care is best for children

Number of children in orphanages:

2009: **11,939**

2011: **11,112**



### TEENAGE PREGNANCY (15-19 years)

Teenage mothers and their children are at high risk of illness and death

8.2% of teenage girls became pregnant in 2010

**POOREST HOUSEHOLDS**  
13.3%

**RICHEST HOUSEHOLDS**  
4.0%



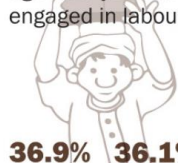
### CHILD LABOUR

One third of Children age 5-17 years are engaged in labour

36.9% 36.1%

2010

2011



### VIOLENCE

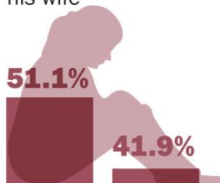
Teenage girls aged 15-19 who agree a husband is justified in hitting or beating his wife

51.1%

41.9%

2005

2010



### MIGRATION

Seeking job is key factor of child migration to Phnom Penh

**WORK-RELATED**  
85.1%

**EDUCATION**  
13.3%



# Why BBB?

Mutually empowering opportunity!



## For CAMBODIAN CHILDREN:

- Improve health & education
- Enhance living environment
- Educate them on the current/ possible challenges they may face and how they should react (e.g. substance abuse)

## For STUDENTS:

- Reflect upon self and socioeconomic problems
- Understand what it is to SERVE & Service Learning
- Immerse in a different culture & understand modern-day implications of historical events

# HOW do we attain our goals?

## Resource provision & long-term empowerment

- Renovation & construction work
- Provide cleaner water source & more stable food supply
- Basic health checks (screen & refer)
- Health education
- Moral education

### => Sustainability & empowerment

--Ability to cope w. more adversities in the future

**Skills, awareness & self-management in health & hygiene aspects**

# Our teams

## Construction team



## Health & moral



## Administration & publication team

- Integrated into the other 2 teams

# Construction team

## BBB VII

- Water purification system



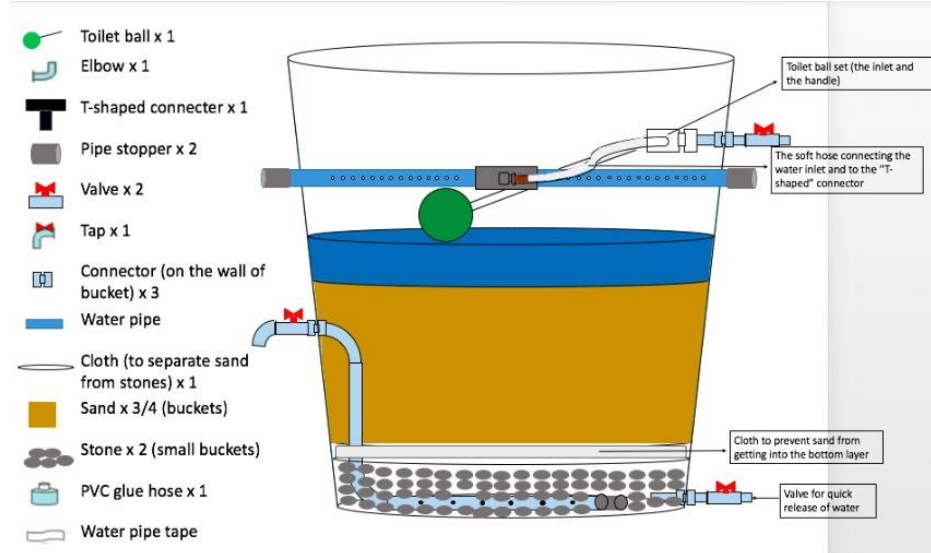
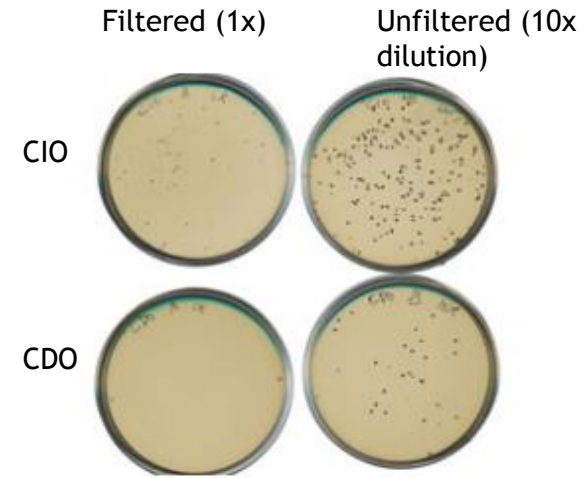
## Previous BBB

- Vegetable farm
- Dry toilet
- Chicken farm & mushroom farm
- Drip irrigation system
- Solar panel
- Litre of light



# 1) Water purification system

- Clean water as BASIC human NEED
- Water-borne pathogens are common sources of infection
- Improve physical health by PREVENTION of diseases
- SUSTAINABILITY
- QUALITY OF LIFE





# Water purification workshop

- Principles
- Simple maintenance
- Importance of water safety



## 2) Vegetable farm

- Malnutrition in orphanages
- Health enhancement
- Self-sufficiency



# 3) Dry toilet

## Initial aim

- Improve village sanitation
- What we thought they needed



## Outcome: concerns of the locals

Complaint of lack of privacy  
Safety concerns  
Reluctant to use

## Lesson learnt

- Do they really need what we think they need?
- Issue of sustainability, communication & education



## 4) Chicken & mushroom farms



## 5) Drip irrigation system

- To create irrigation system that enables fast filling & slow releasing of water

=> reduce water loss even under sunlight

=> Easy to access, low cost & easy to build

=> Provide steady water supply



## 6) Lighting facilities

- 1.3 billion of people spend up to  $\frac{1}{2}$  of their income on paraffin to light their homes at night
- It kills ~1.5 million people a year in fires, bronchitis & cancers
- Inhaling paraffin smoke = smoking 4 packs of cigarettes a day

### Solar panels



### Litre of light (2.0)

- Clean,  
affordable  
alternative



# Lessons learnt

- Sustainability of construction projects: changing of PICs every year can be a challenge to run the program in the long term, but doing so can introduce new ideas and train new people
- Water purifiers, and vegetable farms are particularly successful - some centres built more farms after we left
- Drip irrigation and mushroom farms were abandoned when centres moved to new sites
- Moving of centres to new locations (bc of increasing land rent in Siem Reap) - re-assess the new site and plan suitable construction projects

# Health & moral education team





# Health education

## Personal Hygiene

- Teeth brushing
- Wound dressing
- Developing habit of wearing shoes
- Health check-up

## Facing Addiction

- Substance abuse e.g alcohol
- Consequences of smoking

## Sex education

- Puberty (physical/emotional changes)
- Safe sex
- Appropriate/Inappropriate touching

# Personal Hygiene



# Addiction



# Sex education



# Moral education

## Self-confidence

- Mask-making
- Perceptions towards inward and outward beauty
- Age-role behaviour

## Anti-Bullying

- Emotions Charade
- Toothpaste Challenge

## Mindfulness

- Morning yoga
- Core exercise
- Meditation and concentration

# Self-confidence



# Anti-bullying



# Mindfulness





# Village visit



# Lessons learnt

- Language barrier - communication of correct information and accurate translation
- Classroom management - wide age range of children/ number of children greatly vary
- Lesson planning - always have the time frame in mind / grouping activities with similar themes together for better assimilation
- Relationships between volunteer and child - setting of ground rules/ establishing oneself as both teacher and friend/ transition between roles

# BBB VIII - trip details

**Time:** 23 June to 27 July 2019 (2 weeks)

**Location:** Siem Reap, Cambodia

**Targets:** Students from ANY faculty are welcomed

You may apply to be a member in one of the 3 teams:

- Construction
- Health & moral education
- A&P

# Roles & responsibilities

- Attend
  - General meetings
  - Sub-team meetings
  - Workshops for respective teams
  - Service trip
  - Evaluation meeting
- Actively contribute to brainstorming, preparation & execution of project ideas
- **BE PROACTIVE & BE THE INITIATOR! Your work determines the outcome of this project!**

# Application & interview

## Application

- Deadline: **26 Jan 2019 (23:59)**

## Interview

- Date: 29/01 - 02/02/2019
- Format: group interview
- Questions: self-introduction, group discussion, individual q., Q&A

## What qualities are we looking for?

- Passionate, responsible & proactive!
- Just be yourself:)

\\ "BETTER HEALTH, BETTER LIVES, BETTER FUTURE"  
SERVICE PROJECT VIII 2019

Better  
Lives  
Health  
Future  
in Cambodia.

\\ Details of the trip  
Proposed Date: Late June to early July 2019 (2 weeks)  
Location: Siem Reap, Cambodia  
Fee: \$5000  
\\ Application Deadline: **26 Jan 2019 23:59**  
Application Form: <https://bit.ly/2QH7fLx>

Want to know more?  
Cheerbbb  
Jose (6748 2424)  
Irene (5106 3654)

Apply now!

Thank you! Any questions?