Project BATTANBANG

POST TRIP REPORT





INTRODUCTION Ms Chan Mae Yee & Mr Chia Jeng Long Project Heads 2017

Project Battambang is an overseas community service project operating in the heart of Poipet, Cambodia. Many of the villagers are unable to afford or even access healthcare facilities. This project is dedicated to providing free, comprehensive health screenings and education to the underprivileged in Poipet. Our referral programme refers patients needing advanced care to local hospitals with the necessary services to ensure they are taken care of.

In line with our goal of creating sustainable growth for future generations, our Light A Dream Scholarship (LADS) programme provides scholarships to fund education for youths up to the tertiary level. Additionally, we conduct a Biannual LADS camp for local students to develop early leadership skills and inspire them to be catalysts for change in their community.

To keep Project Battambang relevant and effective, our survey team conducts Participatory and Learning Action (PLA) field research to better understand the current needs of the villagers.

We would like to thank all the doctors, nurses, volunteers and sponsors for their dedication and support. The impact this project makes would not be possible without you. We hope this report provides you a better understanding of what we do, and more importantly our motivations behind our efforts - to provide love and hope to the villagers of Poipet.

Project Battambang '17 is excited for the new prospects that the year has to offer. United as one team, we hope to make an even greater impact on the lives of the Cambodian people.

"Love above all else, Project Battambang"

OUR VALUES (LIBRAS)



Loving the people we serve and our team members

Integrit

Being consistent and truthful in all that we say and do



Doing everything for the benefit of the community

Respect

Working with our beneficiaries as equal partners

Accountabili

Remaining accountable to our beneficiaries, partners and sponsors

Sustainabili

Crafting programmes and policies with long term benefit in mind.



We envision an independent community where everyone has the liberty and means to hope for and achieve a better future together.

We resolve to improve the provision of healthcare and education through partnerships and support the local systems, and to empower youth to effect greater social awareness and responsibility within the community.

FOREWORD Dr Ong Yew Jin, Project Advisor

888

Rather quickly, 7 years have gone by since this journey began (in mid-2010). This year saw more patients being referred on for further treatment but this led to its own set of problems; we experienced how the local and regional health system struggled to cope with the numbers due to manpower and budgeting constraints. Together with two of our earliest high school scholars who recently graduated with nursing degrees, we pressed on to develop the community health network, focusing on education and prevention.

Diving deeper, the team also spent more time learning from the people how they made health-related decisions which were ostensibly unwise. This led to a better understanding and appreciation of the people's predicaments, resulting in initiatives like supporting the villagers with supplemental water pots. Not content with carrying out such initiatives, the team would also be reviewing their impact in 2017.

All these are fruits of a team of ebullient medical students, dedicated alumni and healthcare colleagues from Singapore, our Cambodia friends from various medical, dental and nursing schools, as well as the people of Poipet themselves. Beyond healthcare, we continue to support the local youth and teachers in their development, confident that the future generations will achieve greater things.



Dr Ong is a Palliative Care Physician by profession and also the Medical Director of the Singapore Cancer Society. Keen in serving overseas communities, he firmly believes that there are many aspects beyond medical aid that each of us can contribute to help these communities.



SCREENING

Introduction

Many villagers in Poipet have limited access to basic health services throughout the year; Project Battambang aims to improve the health of these villagers and reintegrate them into the healthcare system via mass health screenings and our referral programme. This opportunity to assist the locals is incredibly humbling, and is only possible through the combined efforts of Cambodians and Singaporeans; healthcare professionals and students; sponsors and volunteers. While each of us contribute different aspects to Screening, one thing remains constant - a generous, sincere and loving heart for the villagers in Poipet.

Clinics

In 2016, we screened at five different venues - Tom Nub Kor Pram, Ou'ressey Le, Svey Sisephon, Mother Of Peace Kindergarten, Prey Koup – over the span of 8 days, screening a total of 2087 villagers, an increase of 342 villagers from the previous year. We ran dental clinics concurrently during screening, where 12 Cambodian dental students from University of Health Service provided fluoride and sealant treatment as well as dental education to almost 300 children!

Referrals

We provided referral services for patients that required diagnostic tests or greater medical attention to Poipet Referral Hospital and Mongkol Borey Referral Hospital, while specialized pediatric cases were brought to the Angkor Children's Hospital. The referrals enabled our doctors to make better diagnoses and allowed the Cambodian healthcare system to link up with villagers, providing more comprehensive healthcare in our screenings. With the financial support from our various donors, we were able to cover the costs of the villagers' treatments, allaying their worries so that they could focus on recovering.





New Initiatives

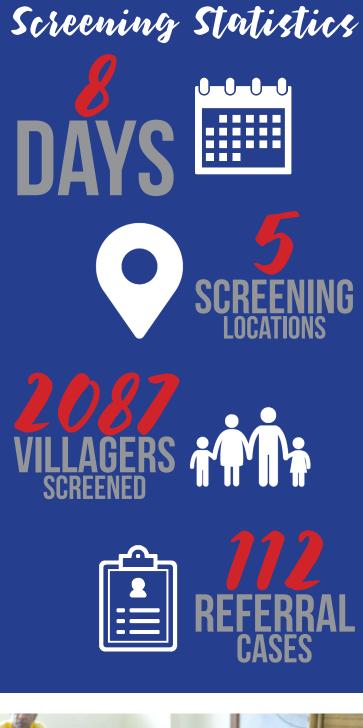
In 2016, we brought forth two new initiatives an eye clinic at Prey Koup village and screening at Svey Sisephon, a new village.

We were fortunate to have an optometrist and an ophthalmology resident with us to set up an eye screening for the Prey Koup villagers. We screened nearly 50 villagers, diagnosing conditions such as presbyopia and cataracts, and provided presbyopic lenses for villagers requiring them.

Furthermore, with the help of the local Catholic church and primary school, we conducted a 2 day clinic in Svey Sisephon. There, we screened 484 villagers and referred 18 villagers, as well as set up a dental clinic for the local schoolchildren.

Future Plans

In 2017, we will focus on strengthening our referral systems to better connect villagers to the Cambodian healthcare system, and provide continuity of care. We plan to link chronic patients up with local health centers to provide an avenue for their medication and checkups. We also aim to achieve a smoother referral system by building stronger partnerships with the referral hospitals and local health centres near the villages we serve.







EDUCATION

Overview

Project Battambang aims to provide quality education to the children in Cambodia, as we wholeheartedly believe that education is fundamental to break out of the poverty cycle. With education, one can acquire the necessary knowledge and skills needed in occupations that provide better income and hence, self-sufficiency. In addition, in hopes of preventing communicable diseases such as tuberculosis, we also equip the community with relevant health knowledge. Our strategic thrusts comprise three aspects – health education, Light A Dream Scholarship and Teachers' Support Programme. For Project Battambang 2017, we hope to revise and improve on our education syllabus and also provide new opportunities and platforms for students to learn.



Health Education

A holistic outreach is achieved via three platforms:

Pre-screening education

Lessons on healthcare are provided while villagers wait for consultation or treatment. Topics are catered to their specific needs, ranging from simple illnesses like diarrhoea to chronic diseases like diabetes.

School education

Important aspects of health education such as hand washing and teeth brushing techniques are integrated into interactive games and songs to engage school children. This year, we hope to work more closely with the Cambodian volunteers to create more engaging and pertinent educational materials suited for the children.

Community education

In collaboration with Survey Committee, we identified gaps in villagers' knowledge of healthcare during Participatory Learning and Action (PLA) sessions and addressed them with posters as visual aids. This form of mobile education is tailored to suit each villager's life-style and concerns.

"I want to be a doctor and help the people of Poipet."

Meoun Simeng, 15



Light A Bream Scholarship (LADS) Project Battambang recognizes the importance of sustainability and thus we support the education of dedicated students who we hope would contribute back to the community. This is done through the Light-A-Dream Scholarship (LADS).

Last December, we held our biannual LADS camp to empower our scholars towards giving back to their society. We gained a better understanding of their struggles and dreams and after which, shared about our own experiences to hopefully motivate them. On top of that, we held a lecture on project management skills and had a general knowledge quiz. Moving forward, to ensure that LADS camp continues to be useful and relevant for our scholars, we will be conducting a Participatory Learning and Action survey to obtain feedback and insights about our camps thus far. We will also be revising A Better Cambodia Programme (ABC) - an initiative where scholars are provided opportunities to participate in community projects and thereby empowered to create a positive impact in their own community. We are hoping to collaborate with a local NGO, Cambodia Hope Organisation (CHO) for this.

Teachers' Support Program (TSP)

In previous years, we identified a dilemma that many teachers in developing countries face whether to compromise their teaching standards by taking up part-time jobs or try to survive with a low salary. As such, TSP serves to provide financial support for the teachers and from December 2016, TSP is also expanding to include support in other aspects. This could include equipping the teachers with skills and knowledge (e.g. English language skills) for their own personal development. Moving forward, we hope to engage local partners to provide the relevant skills training for the teachers.

SURVEY

In 2016, Project Battambang surveyed the village of Orussey Lue, Poipet with the Participatory Learning and Action (PLA) methodology. Widely employed by many international developmental projects, PLA allows for personal and interactive discussions with the local communities on the issues and interventions that shape their lives. Tailored for communities with low literacy and resource settings, PLA combines participatory methods with interviewing techniques, allowing a thorough understanding of villagers' daily challenges and eventually allowing us to fine-tune our future initiatives to better meet their needs.

This year, Survey Committee, through PLA, discovered that Orussey Lue faces a scarcity of water. Water pumps previously constructed by NGOs had all broken down and were obsolete. As spare parts for these pumps were inaccessible and unaffordable for the villagers, Project

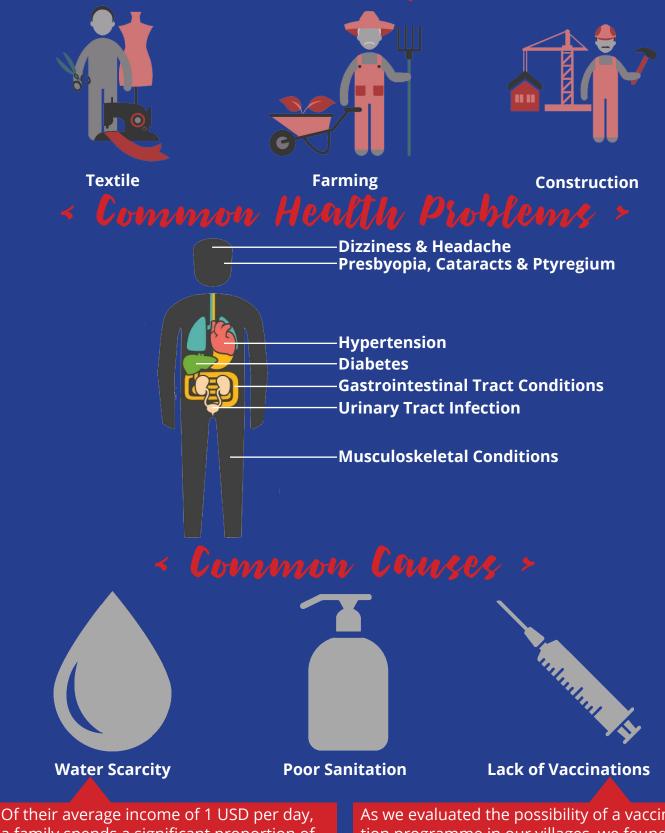
Battambang helped to order spare parts for 2 of these wells from a vendor provided by Cambodian Hope Organization (CHO), a local NGO, and liaised with the village's well technician to oversee the repair of the wells. We will evaluate if this pilot initiative is successful in our coming recce trip.

Survey Committee also addressed a lack of clean water identified in last year's PLA in Prey Koup through a sustainable rainwater collection initiative. Currently, villagers spend significantly - around 25% of their limited income on water. Through sponsoring water pots of 500litres storage capacity, shared between 2 individuals of every one of the 74 households, we hope to provide a sustainable water source to these villagers thus improving their standard of living.



PLA RESULTS

Common Occupations



Of their average income of 1 USD per day, a family spends a significant proportion of 13-21% on water sources. Our water pot scheme aims to alleviate families' financial burdens and provide a safe and sustainable source of water. As we evaluated the possibility of a vaccination programme in our villages, we found that there is room for improvement in vaccination incidence, especially amongst the older population. We will continue to evaluate this need.



POST TRIP REFLECTIONS

Ms Chong Fui Jin Project Battambang Head 2016

The airport looked exactly as I remembered it from a year ago.

The team was heading back to Singapore after a 16-day trip to Cambodia. We would be back with one week to spare before Christmas, the season of giving. I was overcome by the emotion as I recollected my entire journey with Project Battambang (PB) till date – from a fresh eyed year one on my first ever trip to Cambodia, to the wearied but satisfied senior heading home after my third. If I have to sum up my experience in one sentence it would be this – give freely, give fearlessly but allow yourself to occasionally sit back and appreciate the ripples. Time spent in Poipet, Cambodia has given me a fresh perspective on what it means to help a community. First and foremost, you cannot see yourself as being in a better or more "enlightened" position than the people you are offering help to. This robs you of the chance to really understand what they need and the complexities of whatever situation they are facing. No one would understand the intricacies of their community better than them, and hence we must rid ourselves of the mindset that we have the better ideas and better solutions. The moment we assume we know all there is to know about a particular situation is the moment we cease to continue learning which is something we absolutely cannot do because communities are dynamic, and contexts do change, again and again.

We should strive to help according to what a community truly needs, rather than what we want to provide. It is easy to provide what we already have - but when we are forced to think and source for help outside of our comfort zones, that is when our impact is the greatest. Nonetheless, we must be prepared to accept that our ideas may not be well received or that they do not work out - but that is okay because it means that we are closer to finding a solution that is the most ideal. And despite all your efforts, we need to remember that we are only students, and we are limited in many ways. Sometimes though we cannot directly help people, we can always be there for them.

And often, that is enough.



I have come to understand that we should not underestimate the power of just being there for someone. Giving your time and a listening ear. We come from a world where we feel pressured to be able to bring something of "value" to the table, in order to feel like we are treasured or worth another's time. Often during village clinics, we are unable to treat advanced diseases with the basic medication that we bring. As young, idealistic medical students with our we-can-save-world mentality, it was something we felt difficult to deal with and we felt completely helpless. It was then that our doctor mentor shared that sometimes, just allowing your patient to pour out his hardships is a form of treatment on its own. And that just giving what we already have – our time, a friendly face, a gentle pat would make a world of a difference on its own. In a way, they have healed me too, by allowing me to see that me, just me, is enough. That I do not need to be more than what I already am in order to benefit the people around me.

Last but not least, Poipet has given me a family. We can build wells and improve on current infrastructure, we can create new programmes and enhance existing ones, but at the end of it all I feel, nothing will last as long as the relationships we forge. We do not put in so much money and time to create water filter systems because they look nice to have. We do it because we care for the people who are going to benefit from it. We are constantly thinking of ways to improve our scholarship programme because we feel and identify with the student who spend so much time with us in Poipet. Our seniors, some of whom are doctors, still come back year after year because of the deep friendships they have formed with the villagers and our scholars. This sense of belonging to Poipet's villagers, to its people and to each other is so powerful, and is what continually inspires each member to give everything they have, because when it comes to family - your energy is limitless.

I stand at the departure gates with a feeling that's hard to describe. Why does it feel like I'm leaving home?

TIMELINE

2010

Project Battambang was started by a **small group** of 5 Singaporean medical students and 2 Singaporean doctors with the help of 3 Cambodian medical student volunteers. With a focus on **health screening and health education**, the team managed to serve 201 villagers across 4 villages.

2012

LIBRAS, the 6 values that guide all of our actions, was created along with our vision and mission. Our health screenings were also extended to include a referral system to local hospitals and mobile screenings for patients who were unable to come to our screening sites.

2014

We worked together with Cambodian dental students to provide **dental screening** to children as part of our health screening services. The **Participatory Learning and Action Toolkit (PLA)** was also engaged by our survey committee in order to better appraise the needs of the various villages we worked with.

2011

New education-based services were introduced, including our Light A Dream Scholarship (LADS) for high school and university-level students, and Teachers' Support Programme (TSP). A survey committee was also formed to find out the non-medical concerns of the villages we served.

2013

We introduced the biannual **LADS Camp** to allow us to get to know our LADS scholars and bond with them. During the camps, our scholars are taught skills to help them plan their own community service projects under the **A Better Cambodia** (**ABC**) **project**. Health screenings had also expanded to screen **1595 villagers**.

2015

A **Cambodian committee** was created amongst our Cambodian medical student volunteers to help us stay connected year-round. We also provided **water pots** for collection of rainwater in a Prey Koup. Health screening was also expanded to include **eye screening** services and prescription glasses were provided as required.

FUTURE DIRECTION

Despite the steady progress we have made over the past 7 years, there is still much more to be done for us to grow an independent community in Poipet where everyone has the liberty and means to hope for a better future together. Our project needs to be constantly refined to better serve our beneficiaries and to work towards this vision. These are our plans for the future:

Screening

In 2017, we will focus on strengthening our referral systems to better connect villagers to the Cambodian healthcare system, and provide continuity of care. We plan to link up chronic patients with local health centers to provide an avenue for their medication and checkups. We also aim to achieve a smoother referral system by building stronger partnerships with the referral hospitals and local health centres near the villages we serve.

Survey

We would like to explore other needs analysis methodologies in which we can use in tandem with our existing PLA to allow for a more thorough evaluation of the villagers' needs. Through this and thorough cost-benefit analysis, we hope to assess if our existing water pots and water pump projects should be expanded. We are also looking into alleviating other problems villagers' may face for example the lack of electricity and educational resources.

tducation

The Teachers' Support Programme (TSP) was initiated to improve the lives of teachers in Poipet, Cambodia. We have successfully signed a 5-year agreement in the Teachers' Support Programme, signifying a commitment to support the teachers in the Poipet region both financially and in training. Looking forward, we hope to engage local NGOs to provide relevant skills training for the teachers. This can help to enhance the effectiveness of their teaching and in turn improve the education of students in Poipet. In terms of health education, we recognise the importance of personalised health education and are making plans to put special focus on common chronic diseases like hypertension and diabetes.

Understanding (MOU)

After 7 years of working with medical and dental students from IU and UHS, we have signed a Memorandum of Understanding with IU. With the signing of the MOU, both the Singaporean and Cambodian Committee demonstrate their support for the values and vision of Project Battambang and a bilateral commitment to do their best to serve the Poipet community. Furthermore, as the project continues to work towards a more independent and self-sustainable Cambodian Committee, we plan to build more intimate working and personal relationships between the 2 committees through video conferences, social media and a buddy-system.

Project Battambang would not have been able to continue serving the people of Cambodia without the continued support of many individuals. We would like to take this opportunity to thank all who have supported us throughout the year.

27 | M

ACKNOWLEDGEMENTS Our Partners



SEVA FOUNDATION

The SEVA foundation was founded in Canada in 1982 and operates in 20 countries worldwide. SEVA aims to achieve a world free of preventable blindness. This year marks our fourth year of partnership with SEVA to bring opthalmic care to our beneficiaries.



MISSIONARY SOCIETY OF THE SACRED HEART OF JESUS (MSSHJ)

Sisters of the MSSHJ serve poor and merginalised communities worldwide. The Sisters in Poipet aid us in overseeing our scholarship and teachers' support programmes. They also help provide overnight accomodation and food for our referral patients.



PREY KOUP PRIMARY SCHOOL

Prey Koup Primary School is a village-based primary school in Poipet. Project Battambang's teachers' support programme is carried out here.



CAMBODIAN MEDICAL Schools

We are honoured to have been joined by Cambodian Medical and Dental students from International University of Cambodia (IU) and University of Health Sciences (UHS)

ACKNOWLEDGEMENTS Our Volunteers



Cambodian Medical Students

Chhun Sopheanaith Heng Hangtong Sim Ghekhouy Vouch Chheang Hak Mollina Susan Rith Chey Peoureaksmey Huot Chandalin Chek Sopheak Sey Vimean Thay Bunleang Chan Panhasokha Roeun Sokphalkun Vasim Solidet Khut Vanvicheara Nheth Phirun Lim Hokchhoy Taing Ty Ry Seyha Roth Linda Our Liheng Mak Kimlean Lim Sosavona Song Kimhai John Vuthea Sou Borith Ly Sok Chhorng Bunthong Sar Lim Chan OudomKhKeo SunrachenyThSamreth SereyoudamNoKao SomalySicDul MonireakSatKang SieksorNhChey PeouverleakChKorsal SoksatyaNgKouch HonghavPoNgov SodanethTyNith DaneathPhLim TonhouYean KimheangChhum Chhoeuth Leaknita

Kheav Manich Thav Pichmonita Norm Srey Vichana Sio Sereywath Sam Koemleng Nhep Theary Chao Yingva Nguon Bormey Por Sokhaphallen Ty Huykoing Phirun Cheng

ACKNOWLEDGEMENTS Our Volunteers



Singaporean Doctors

Dr. Ong Yew Jin Dr. Lee Yeng Fen Dr. Lim Woan Huah Dr. Loke Kam Weng Dr. Yong Tze Tien Dr. Ang Qianbo Joseph Dr. Chua Jia Long Dr. Lim Wan Jun Deborah Dr. Lee Xiu Hue Dr. Damodaran Ajith Dr. Chen Ziyou David Dr. Goh Kock Keng Jimmy Dr. Ng Wei Qi Cherry Dr. Choi Ci-En Ellie Dr. Wong Jun Wei Andy

Cambodian Doctors

Dr Phon Elin Dr Tam Nov

Nurses

Linda Ang Su Ling Chuang Yun-hui Low Xin Yi, Adeline

Singaporean Medical Students

Kalyanasundaram Ragavendra Goh Chubin Lim Yong Jie Kelvin Anne Goei Hui Yi

19

Other Volunteers Lor Keli (Optometrist)

Ariel Chai Kai Wen Lee Cheng Ze, Clarence Hong Jin Hao

Thailand Volunteers

Oam Navuddh Khaing Zaw Latt Hla Kay Thi

ACKNOWLEDGEMENTS



Singapore Committee

Kavin Shankar Kalaivanan Boey Jia Hao, Jaryl Joshua Tan Xian Da Sean Phua Kean Ann Yeo Yong Jie, Edwin Ong Sze Chuan Glenys Poon Mu En Isabel Sia Kai Lin Ting Zi Yin, Priscilla Chong Fui Jin Amelia Tan Rui Ying Ong Wen Tao, Daniel Vinay Gupta Pong Jia Jing, Jonathan Loh Hong Rong Chia Jeng Long John Zhang Jiong Yang Erica Lauren Soong Chan Mae Yee Lee Wan Xin Ailica Delphine Kao Zhi Ying Natalie Ong Jiaqi Ong Yi Jing

20

Cambodian Committee

Chhung Panha Ly Zoka Ran Rath Samnang Sar Sophara Sor Cheacheng

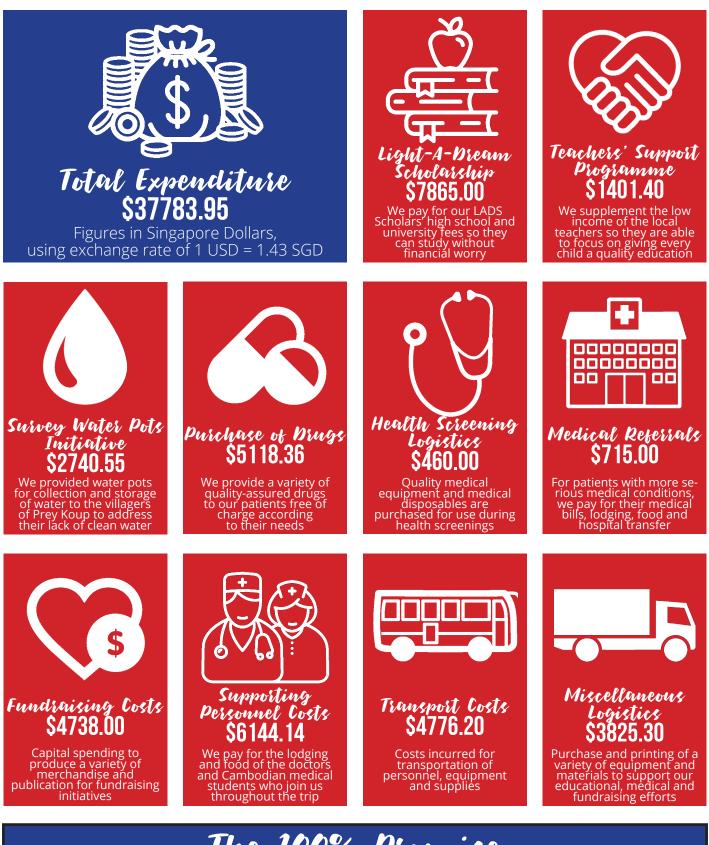
ACKNOWLEDGEMENTS One Sponsols

Our sponsors have been invaluable in contributing monetary, logistical and pharmaceutical support, for which we are very grateful.

Lee Foundation **Billy Yang** Lim Chiew Sen Dr Tan Mak Yong Dr Chan Beng Kuen Dr Winston Chew Dr Ganesh Ramalingam Prof William Yip Chin Ling Dr Susan Quek The Colorectal Clinic Dr Warren Lee's Paediatrics, Growth and Diabetes Centre Dr C. Vangadasalam A/Prof Thomas Lew Wing Kit The Ming Clinic Dr Tan Chi Chiu Dr Richard Chew Dr Jennifer Foo Dr Steven Ng Yotan Pte Ltd Dr Chan Sing Kit Dr Yeoh Swee Inn Dr Goh Shen Li **Dr Pradeep Raut** Dr Cheong Lai Leng A/Prof Yong Tze Tein Dr Janet Lee Yeng Fen Dr Priscilla Lim Siew Hong Dr Lim Woan Huah **Essilor Vision Foundation** Customizzare Printsys Pte Ltd Weave Pte Ltd

21

FINANCIAL REPORT



The 100% Promise

All donations and proceeds from our fundraising efforts were chanelled into our educational and medical incentives. Flights, food and lodging for the Singaporean team were at our own individual expense.

22

PROJECT BATTAMBANG

ove a vove all else A PROJECT UNDER THE NUS MEDICAL SOCIETY

WHO WE ARE









WHAT WE DO



...... for healthies and brighter jutures.





TEACHERS' SUPPORT PROGRAMME THIS SUPPLEMENTS THE EDUCATORS' INCOMES TO ENCOURAGE THEM TO FULLY DEVOTE THEIR TIME & 5-YEAR COMMITMENT DEVOTE THEIR TIME & EFFORT TO TEACHING PUPILS

...... for healthier families & communities ..







........ for adapting to evolving needs









3. SURVE

PARTICIPATORY EARNING & ACTION THIS SURVEY METHOD IS USED TO UNDERSTAND THE VILLAGERS' LATEST HEALTH SITUATION AND GUIDE US IN FINE-TUNING OUR EDUCATION & HEALTH INITIATIVES



A D D R E S S I N G SHORTAGE OF CLEAN WATER IN AN INITIATIVE TO TACKLE LACK OF CLEAN WATER IN POIPET, WATER POTS WERE DISTRIBUTED FREE OF CHARGE AND THE NEEDS OF VILLAGERS WERE BETTER UNDERSTOOD



ORGANISATIONAL PARTNERSHIPS TO REINFORCE THE PROJECT'S LONG-TERM SUSTAINABILITY, WE PARTNER WITH ORGANISATIONS IN THE AREAS OF HEALTHCARE, DEVELOPMENT AND EDUCATION





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