



# Dental Volunteering One-2-One Cambodia

One-2-One Cambodia is made up of communities of people from all over the world whose aim is to improve the lives of the vulnerable and destitute people of Cambodia: including orphans, street children, people with HIV, and prisoners. We are a Christian faith-based NGO that expresses its faith in the practical work that is done. One-2-One is a not-for-profit charity and all proceeds are used to help those we work with.

The NGO provides free dental and medical care for children and adults in prisons, orphanages and deprived communities. We are also involved in education, sports, and the development of sustainable microenterprise. Please see FAQs below and visit our website for more information on our programmes. Website <http://www.one2oneworld.org>

Our Dental programmes attract many volunteers every year: dentists, dental therapists, hygienists and senior dental students. We offer the opportunity to do hands-on prevention and treatment, supervised and assisted by qualified local staff, while enjoying the culture, food and people of Cambodia.



*"Thank you so much for having me and allowing me to experience such an efficient and rewarding programme."*

*—Dental Student Volunteer*

## Dental Programmes US \$100-\$120/day

Lvl 1 & 2 (\$100),  
Lvl 3 (\$120) (Community, Prison & School)

### Includes

Accommodation at one of our guest homes

- Airport pick up and drop off
- WiFi
- Traditional meals / clean water
- 121 Tshirt
- Local Sim card if required

The costs of the dental programme

- Transport
- Dental consumables
- Local support staff

## Non-Dental Programmes/Days US \$70/day

Weekends and non-dental days

### Includes

Accommodation at one of our guest homes

- Airport pick up and drop off
- WiFi
- Traditional meals / clean water
- 121 Tshirt
- Local Sim card if required

Local Sightseeing (if there for the full day)

- Transport – (tuk tuk) for the day
- Entry to Tuol Sleng museum and the Royal Palace.

Please Note: All programmes operate Mon-Fri for the full 5 days (except Cambodian public holidays). We require you to arrive on the Sunday before starting your week with us before 15:00 for dental orientation and to settle in.

Please consider how you will manage any restrictive dietary requirements and food allergies. During busy periods, we may require you to commit to 2 weeks of volunteering with us.

# Dental Programme Information

Our programs are suitable for Dentists (participation &/or as a supervisor), Final Year Dental Students, Dental Therapists and Dental Hygienists (operating within their Scope of Practice).

## MOBILE DENTISTRY

The NGO provides three levels of dental services that range in complexity and are primarily based on the 'Healthy Kids Cambodia' strategy. There are 3 levels of intervention outlined in the table below.

Our key focus is on prevention of dental caries and so we try to engage our volunteers in at least one week providing Level 1 and/or Level 2 services, before spending a week providing Level 3 services. Level 1 and Level 2 services are generally provided in school settings. Level 3 services could be provided in a school (using mobile dental equipment), in our One-2-One 'Happy Dental Clinic'. Level 3 services can also be provided at prisons, or in a community. The table below describes each level of treatment and also which providers are able to deliver that level of care.

<p><b>Level One</b></p> <p>Suitable for:</p> <ul style="list-style-type: none"> <li>• Dentists</li> <li>• Dental students (any year)</li> <li>• Dental assistants</li> <li>• Nurses</li> <li>• Dental therapists/hygienists</li> <li>• Dental therapy/hygiene students (any year)</li> </ul>	<p>Dentistry:</p> <ul style="list-style-type: none"> <li>• Daily tooth brushing with a fluoride toothpaste</li> <li>• Daily hand washing</li> <li>• Bi-annual basic health screening, de-worming, Vitamin A and referral (where appropriate)</li> <li>• Bi-annual application of Silver Diamine Fluoride to arrest caries in primary teeth</li> <li>• Health education</li> </ul>
<p><b>Level Two</b></p> <p>Suitable for:</p> <ul style="list-style-type: none"> <li>• 3rd year of dentistry completed</li> <li>• 2nd year of therapy/hygiene completed</li> <li>• Dentists, hygienists, therapists</li> </ul>	<p>Dentistry:</p> <ul style="list-style-type: none"> <li>• Fissure protection using glass ionomer cement (sealants)</li> <li>• Atraumatic Restorative Treatment (ART) restorations (simple fluoride releasing white fillings without drilling)</li> </ul>
<p><b>Level Three</b></p> <p>Suitable for:</p> <ul style="list-style-type: none"> <li>• Qualified dentists and dental therapists</li> <li>• 4th year of dentistry is completed</li> </ul>	<p>Dentistry:</p> <ul style="list-style-type: none"> <li>• Conventional dentistry to be conducted in: dental school, NGO clinic, prison, school or community.</li> <li>• Treatment provided includes Composite, amalgam and GIC restorations as well as dental extractions.</li> </ul>

*"Being part of this project enabled me to make a difference to the dental health of young Cambodian children."*

**–Dental Therapist Volunteer**



## For Further Information

Please contact:  
121visitor@gmail.com or info@one2oneworld.org

Visit our website: <http://www.one2oneworld.org>

Follow us on Facebook: One-2-One Cambodia

## FREQUENTLY ASKED QUESTIONS

### 1. Where is my money going?

- **Preventative Measures-** so that healthy behaviours continue long after you have gone. This includes providing toothbrushes and toothpaste and depending on the programme, soap for schools. This costs around \$2/child/year.
- **Consumable Dental Materials-** which depending on the level of intervention costs US\$500-\$1000 per week.
- **Support Staff-** our Cambodian staff provide translation, dental assistance, and navigate you through the complexities of living and working in Cambodia. This includes qualified dentists, dental nurses (therapists), assistants, and drivers etc. to accompany you.
- **Daily Transport-** to urban or provincial settings.
- **Follow Up-** If there is a small amount left over, that money supports our team to go back to those same communities that you treated in order to provide further preventive treatment.

### 2. Where will I stay?

If you stay in Phnom Penh, you will stay in our 121 guesthouse which has usual guest house amenities and airconditioning. Some of our 121 staff and sponsored university students also stay here, and contribute to the running of the guesthouse.

If you go to the province you will stay in a small hotel or guesthouse with air conditioning. We try our best to find a place that is safe and clean.

### 3. What will I be eating?

If you stay with 121 you will have a more western style breakfast and Cambodian style cuisine for dinner. Lunch may be a packed lunch or near the work site at a nearby restaurant.

If you go to the province, breakfast will be at the guesthouse/hotel, and lunch and dinner is often at a nearby Cambodian restaurant.

### 4. Is this Voluntourism?

Voluntourism has got a bad name as it has traditionally involved overseas volunteers flying in, extracting a few hundred teeth, and then flying out with little long-term benefit for the local people – not to mention leaving the children in a state of shock. This is not what we want to do.

Our new Healthy Kids Cambodia strategy (backed by the School Health Department and Ministry of Health) is providing dental aid by local and visiting staff in an appropriate way for the developing world. We focus more on prevention, with local involvement, follow-up visits, and a step-by-step approach. We have developed this approach following many years of providing dentistry in mobile settings in Cambodia, and we are purposefully moving away from the 'parachute' model, which leaves people without support and undermines their relationship to local health care providers.

### 5. Am I Allowed to Practice in Cambodia?

One-2-One is committed to following locally accepted best practices of having a Cambodian Dentist and/or Dental Nurse accompanying all visiting dental volunteers.

### 6. What if I Am Not Comfortable Working in a Prison?

Please let us know and do NOT fill out the prison consent form if you don't wish to work in a prison. 121 has permission to work in all the prisons in Cambodia, and the needs in the prisons are very great. Our experience has been that visitors enjoy this type of work, and we have good cooperation and security from the prison staff.