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**Kingdom of Cambodia
Nation Religion King**

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Project Proposal

Medical Clinic

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Introduction

Raise and Support the Poor organization was developed by a group of Buddhist Monks from **Wat Ounalom** (the capital of Cambodian Buddhism) in 2008. Disturbed by the poverty they witnessed around them in Phnom Penh they have since devoted themselves to serving the poor as best they can.

I am **Sareth Brak**, the founder of RSP. I graduated in Philosophy at Preah Sihnouk Raja Buddhist University in Phnom Penh. Since then I have been working with the charities: Buddhist Education for Peace and Nonviolence Center (BEPNC), Member for World Peace (MWP), Youth Network for Change (YNC) and have worked as a teacher for Building the Future for Generations of Cambodia (BFGC). I am committed to helping the poor and improving the lives of children in Cambodia so they may reach their fullest potential.

Raise and Support the Poor (“RSP”) is a charity committed to helping children of the poorest families in Cambodia. Cambodia is ranked as one of the poor countries in our world. As such, those who live at the fringes of Cambodian society live a life of desperate poverty- a poverty that typically manifests itself as having little food, minimal or no education and few other skills. These conditions make it extremely difficult for these families to improve their lives.

RSP supports the promotion of non-violence, lectures against the use of violence within the family unit and the community and promotes a loving and safe environment. RSP does not judge or discriminate based on religion or complexion. We are not under the influence of any particular political party or person; RSP is self-governed and works with the sole purpose of serving the poor and marginalized.

Generally, our children come from poor families and orphanages and have little access to other sources of learning. We strive to educate our children to the best of our abilities and are always looking for ways in which we can improve the level of education our children receive. Since its foundation, RSP has not only succeeded in providing basic education to hundreds of students, but has also introduced livelihood training programs, has upheld children’s rights, has constructed schools, a library, toilets, a kitchen-house, water supply project for daily use and small agriculture at school, and hospital building has been construction and more.

Vision:

Raise and Support the Poor’s vision is one in which not only the children of Cambodia but all children of the world are able to realize their full potential as human beings and members of their local and global communities, in a way that respects human rights and human dignity.

RSP believes education is crucial in alleviating poverty. By providing marginalized communities, both children and adults, with education and skills, RSP enables people to lift themselves out of their own difficulties.

Mission:

Through community leadership and participation, RSP aims to improve the quality of life of marginalized people in Cambodia through education and by providing life skills in a process that unites people across cultures and adds meaning and value to their lives.

It is important that local community members play a vital role in whatever project or effort RSP is involved in, so that the people themselves take responsibility and ownership over the process of improving their own lives. Throughout the relationship, RSP aims to act simply as a facilitator and a source of resources and guidance for the communities.

Medical Clinic Project Plan

RSP has several completed and current projects. We provide education (RSP provides general subjects as a state school) and livelihood training. We have built 4 schools, a library, toilets, water supplies, a kitchen-house and were working on hospital building project, environmental protection and healthcare awareness.

The Medical clinic project is one of the main projects of Raise and Support the Poor. Its purpose is to strengthen healthcare programs in the rural areas of Cambodia. The clinic will be centrally located near 25 villages of RSP's community and will serve over 10,000 people in (Angtonlap school), Preynheat commune, Kong Pisey District, Kampong Speu Province, Cambodia.

As you know, Cambodia is one of the poor countries in the world. Poor health is a major concern, particularly in the rural areas, which is why this project is a priority. Consequently, RSP is planning to build a community medical clinic to serve orphans, poor children and 10,000 people in RSP's community. This medical clinic construction is 11 meters wide by 16 meters long and is 17 meters high. It is divided into four stories. Each floor will be set up with different rooms. For example, the ground floor will have a check-in and waiting area, a treatment room, a room for storing medicine and medical equipment, an operating room, a delivery room, a sanitation room and four toilets. The first and second floor will have 8 beds each (16 in total), in addition to a treatment room, three toilets and two bathrooms. Finally, the third floor will have a meeting hall, a recreation room and accommodation for volunteer doctors, two toilets and two bathrooms.

As we already known, healthcare is a concern for everyone, everywhere. When I was a little boy, I lived in a rural area (Kampong Speu province). During that time, I, and other children my age, lived without school (we would study under the mango tree), electricity, running water, medicine, insurance and we ate one meal per day. It is the reality of Cambodian people in remote areas. The health problem is one of the foremost concerns in our community and we always worry about the financial difficulty of healthcare. How will we pay for the ever increasing cost of medical care and medicine? If we don't have money, an ambulance won't respond to our call or an emergency room will send us away, regardless of our medical needs. It is a huge worry that we cannot entrust our health or the health of our children to a doctor; that the medication will not be available to help us or our children overcome infection and ease pain.

This is the health problem in Cambodia.



Imagine not having access to a hospital, a primary care clinic, doctor or even an aspirin in cases of emergency. Imagine not being able to afford essential care for your children. To watch your children die of curable diseases. This is the reality in Kampong Speu Province, in rural Cambodia. Here is a brief description of common health care issues people in rural Cambodia must deal with:

- People don't have money to pay for medical care.
- The hospital is far from home and people do not have enough money for transportation, accommodation and other services.
- There is no local doctor or nurse who can provide care or emergency help when people get sick.
- Most hospitals in Phnom Penh will ask how much money you have before they agree to examine and treat you.
- In fact, some people must pawn or sell their property, such as farm fields, cows, houses, motorbikes and scooters in order to get money for medical costs, the doctor's fee, transportation and accommodation.
- In rural Cambodia, most diseases are treated with traditional Khmer medicine. For example, they take leaves from trees, roots, flowers, fruits and other natural resources. These are then cut, mixed with water and cooked or dried in the sun to create medicine. However, this traditional medicine only relieves some pain for a short period of time. Though it does not relieve 100 percent of the symptoms, people have no choice when they encounter diseases.

Malnutrition, poor housing, unsanitary environments, insufficient social assistance and a lack of education contribute to poor health as much as inadequate health services. This is why present efforts to develop primary health care have to address these problems to make any type of impact.

By assisting us in building a primary care clinic, you are helping us create a first line of defense in healthcare.

Your donation will make this happen.

Once the clinic is built, the community will be involved in raising funds to run the clinic, community members will be taught basic medical care and eventually, children will grow up to be doctors and nurses and will staff the clinic. Imagine how this will change a community forever.



The goal is to construct the medical clinic in 2015 - 2019. The clinic will be centrally located near 25 villages and will serve over 10,000 people in Kong Pisey District, Kampong Speu Province, Cambodia. Imagine what it would mean to a community to have a place to obtain primary medical care. Access to basic medical care provides one of the most important benefits to a family and community. By effectively addressing the most common health needs of



children, primary health care can bring great benefits to the health of families and communities. You could be part of this project, making a difference to the lives of thousands of people!

This is *not* a community waiting for a hand-out, or for the government to provide answers and assistance. This is a community struggling every day to help itself, to provide sustenance, educational opportunities, and yes, even medical care.

It is with this positive and ambitious spirit that RSP wants to partner with donors, local people, NGOs and international

organizations around the world, to make life just a little easier. Access to basic medical care provides one of the most important benefits to a family and community.

By effectively addressing the most common health needs of children, primary health care can bring great benefits to the health of families and communities. Severe disease can limit the ability of patients and caregivers to work. Any illness lowers worker productivity and drains household assets. By improving family health through prevention and early treatment, accessible primary care services can reduce the negative economic consequences of ill health for households, reduce absenteeism and enhance children's performance at school. A medical clinic can act as a community resource (providing meeting places, for example) and to engage in community development activities, including addressing nutrition, sanitation and hygiene. Furthermore, primary care services are more geographically, financially, and culturally accessible to local communities, thereby providing more personalized care to the people who need it the most.

A project of this size will take the combined effort of all our supporters. As we have provided play, solid homes and education to communities in the past, we too can provide healthy living and imagination, and realize a better, brighter, and happier future for a rural community in Cambodia.

RSP is planning to build a primary health clinic, but the clinic is so much more than a place to receive primary care assistance. The clinic will be a place of learning about nutrition, hygiene and sanitation, a community resource for gathering. Please help RSP provide healthy living to realize a better, brighter, and happier future for a rural community in Cambodia.

Budget required to run the hospital construction

No:	Material description	Unit (X) (m = meters, t = tons)	Quantity	Unit price (\$)	Total (\$)	Other
I-Pre-foundation underground						
1	Concrete blocks (4x6)	m	16.39	13.00	213.04	
2	Steel 12 mm	t	4.82	750.00	3,615.00	
3	Foundation concrete	m	26.75	75.00	2,006.40	
4	Steel for concrete 16mm	t	1.19	750.00	895.50	
5	Underground concrete columns	m	1.30	75.00	97.20	
6	Bricks (double lines) for foundation	piece	4664.00	0.07	303.16	
7	Cement	bag	31.00	5.00	155.00	
8	Sand	m	10.52	10.00	105.20	
9	Filling soil and rock for foundation	m	96.00	3.75	360.00	
10	Steel for concrete columns	t	1.69	750.00	1,269.75	
11	Straight and detour concretes	m	9.41	75.00	705.45	
Total 1					\$9,725.70	
II-Ground-floor						
II-1 Steel and Concrete						
1	Preparing steel for concrete	t	0.62	750.00	461.25	
2	Foundation concrete	m	4.11	75.00	307.95	
3	Steel for connecting concrete	t	1.69	750.00	1,267.50	
4	Additional concrete	m	9.41	75.00	705.75	
5	Filling rock and soil	m	24.00	13.00	312.00	
6	Making the floor	m	12.00	750.00	9,000.00	
7	Steel and concrete for the stairway	m	1.30	105.00	136.50	
II-2 Making walls						
1	Bricks (double lines)	piece	16,884.00	0.07	1,097.46	
2	Bricks (1 line)	piece	10,831.00	0.07	704.02	
3	Cement for building and plastering the walls	bag	355.00	5.00	1,775.00	
4	Sand for bricklaying	m	61.47	9.50	583.97	
5	Sand for plastering the walls	m	25.62	10.00	256.20	
6	White master coat	bag	35.04	8.00	280.32	

	painting on the walls					
7	Painting color on walls	bucket	17.52	65.00	1,138.80	
II-3 Putting in doors and windowpanes						
1	Wooden protection for windows	m	20.45	42.00	858.90	
2	Steel for windows	m	20.45	30.00	613.50	
3	Door (good quality wood)	piece of wood	9.00	185.00	1,665.00	
4	Toilet and bathroom door	piece of wood	3.00	185.00	555.00	
5	Connecting concrete for doors	m	1.44	75.00	108.00	
II-4 Tiling the floors and bathrooms						
1	Floor tiles for entire floor	m	129.00	12.00	1,548.00	
2	Cement for laying floor tiles	bag	46.00	5.00	230.00	
3	Sand for laying tiles	m	11.44	10.00	114.40	
4	Floor tiles for walls (height = 0.50m)	m	22.80	5.60	127.68	
5	Floor tiles for bathroom (wall)	m	28.41	5.60	159.10	
6	Floor tiles for bathroom (floor)	m	7.40	60.50	48.10	
7	Plastic pipes for running water up and down		2.00	65.00	130.00	
8	Toilet seats		2.00	115.00	230.00	
9	Shower		3.00	28.50	85.50	
10	Water taps		3.00	12.00	36.00	
11	Installing Waterway	m	120.00	1.10	132.00	
12	Installing electric power supply network	m	120.00	13.00	1,560.00	
13	Thunderstone protection system		1.00	450.00	450.00	
14	Steel for the railing of the stairway					
Total 2					\$ 26,677.89	
III. First-floor						
III-1 Steel and Concrete						
1	Preparing steel for concrete	t	0.53	750.00	397.50	
2	Foundation concrete	m	3.54	75.00	265.50	

3	Steel for connecting concrete	t	1.69	750.00	1,267.50	
4	Additional concrete	t	9.41	75.00	705.75	
5	Steel for floor	t	1.29	750.00	967.50	
6	Making the floor	m	12.90	75.00	967.50	
7	Steel and concrete for the stairway	m	1.30	105.00	136.50	
III-2 Making walls						
1	Bricks (double lines)	piece	14,463.00	0.07	940.10	
2	Bricks (1 line)	piece	9,373.00	0.07	609.25	
3	Cement for building and plastering the walls	bag	324.00	5.00	1,620.00	
4	Sand for bricklaying	m	52.87	9.50	502.27	
5	Sand for plastering the walls	m	27.00	10.00	270.00	
6	White master coat painting on the walls	bag	36.00	8.00	288.00	
7	Painting color on walls	bucket	18.00	65.00	1,170.00	
III-3 Putting in doors and windowpanes						
1	Wooden protection for windows	m	20.45	42.00	858.90	
2	Steel for windows	m	20.45	30.00	613.50	
3	Door (good quality wood)	piece of wood	9.00	185.00	1,665.00	
4	Toilet and bathroom doors	piece of wood	3.00	185.00	555.00	
5	Connecting concrete for doors	m	1.44	75.00	108.00	
III-4 Tiling the floors and bathrooms						
1	Floor tiles for entire floor	m	129.00	12.00	1,548.00	
2	Cement for laying floor tiles	bag	46.00	5.00	230.00	
3	Sand for laying tiles	m	11.44	10.00	114.40	
4	Floor tiles for walls (height = 0.50m)	m	22.80	5.60	127.68	
5	Floor tiles for bathroom (wall)	m	28.41	5.60	159.10	
6	Floor tiles for bathroom (floor)	m	7.40	6.50	48.10	
7	Plastic pipes for running water up and down		2.00	65.00	130.00	
8	Toilet seats		2.00	115.00	230.00	
9	Shower		3.00	28.50	85.50	
10	Water taps		3.00	12.00	36.00	
11	Installing Waterworks	m	120.00	1.10	132.00	

12	Installing electric power supply network	m	120.00	13.00	1,560.00	
13	Steel for the railing of the stairway	m	7.80	42.00	327.60	
Total 3					\$ 18,636.13	
IV. Second-floor						
IV-1 Steel and Concrete						
1	Preparing steel for concrete	t	0.53	750.00	397.50	
2	Foundation concrete	m	3.54	75.00	265.50	
3	Steel for connecting concrete	t	1.69	750.00	1,267.50	
4	Additional concrete	t	9.41	75.00	705.75	
5	Steel for floor	t	1.29	750.00	967.50	
6	Making the floor	m	12.90	75.00	967.50	
7	Steel and concrete for stairway	m	1.30	105.00	136.50	
IV-2 Making walls						
1	Bricks (double lines)	piece	14,463.00	0.07	940.10	
2	Bricks (1 line)	piece	9,373.00	0.07	609.25	
3	Cement for building and plastering the walls	bag	324.00	5.00	1,620.00	
4	Sand for bricklaying	m	52.87	9.50	502.27	
5	Sand for plastering the walls	m	27.00	10.00	270.00	
6	White master coat painting on the walls	bag	36.00	8.00	288.00	
7	Painting color on walls	bucket	18.00	65.00	1,170.00	
IV-3 Putting in doors and windowpanes						
1	Wooden protection for windows	m	25.89	42.00	1,087.38	
2	Steel for window	m	25.89	30.00	776.70	
3	Door (good quality wood)	piece of wood	9.00	185.00	1,665.00	
4	Toilet and bathroom doors	piece of wood	3.00	185.00	555.00	
5	Connecting concrete for doors	m	1.44	75.00	108.00	
IV-4 Tiling the floors and bathrooms						
1	Floor tiles for entire floor	m	129.00	12.00	1,548.00	
2	Cement for laying floor tiles	bag	46.00	5.00	230.00	

3	Sand for laying tiles	m	11.44	10.00	114.40	
4	Floor tiles for walls (height = 0.50m)	m	22.80	5.60	127.68	
5	Floor tiles for bathroom (wall)	m	28.41	5.60	159.10	
6	Floor tile for bathroom (floor)	m	7.40	6.50	48.10	
7	Plastic pipes for running water up and down		2.00	65.00	130.00	
8	Toilet seats		2.00	115.00	230.00	
9	Shower		3.00	28.50	85.50	
10	Water taps		3.00	12.00	36.00	
11	Installing Waterworks	m	120.00	1.10	132.00	
12	Installing electric power supply network	m	120.00	13.00	1,560.00	
13	Steel for the railing of stairway	m	7.80	42.00	327.60	
Total 4					\$ 19,027.81	
V. Third-floor						
V-1 Steel and Concrete						
1	Preparing steel for concrete	t	0.53	750.00	397.50	
2	Foundation concrete	m	3.54	75.00	265.50	
3	Steel for connecting concrete	t	1.69	750.00	1,267.50	
4	Additional concrete	m	9.41	75.00	705.75	
5	Steel for floor	t	1.29	750.00	967.00	
6	Making the floor	m	12.90	75.00	967.00	
7	Steel and concrete for stairway	m	1.30	105.00	136.50	
V-2 Making walls						
1	Bricks (double lines)	piece	7,180.00	0.07	466.70	
2	Bricks (1 line)	piece	6,117.00	0.07	397.61	
3	Cement for building and plastering the walls	bag	191.00	5.00	955.00	
4	Sand for bricklaying	m	29.49	9.50	280.16	
5	Sand for plastering the walls	m	17.31	10.00	173.10	
6	White master coat painting on the walls	bag	23.00	8.00	184.00	
7	Painting color on walls	bucket	12.00	65.00	780.00	
V-3 Putting in doors and windowpanes						
1	Wooden protection for	m	12.28	42.00	515.76	

	windows					
2	Steel for window	m	12.28	30.00	368.40	
3	Door (good quality wood)	piece of wood	5.00	185.00	925.00	
4	Toilet and bathroom doors	piece of wood	3.00	185.00	555.00	
5	Connecting concrete for doors	m	1.25	75.00	93.75	
V-4 Tiling the floors and bathrooms						
1	Floor tiles for entire floor	m	129.00	12.00	1,548.00	
2	Cement for laying floor tiles	bag	43.00	5.00	215.00	
3	Sand for laying tiles	m	10.74	10.00	107.40	
4	Floor tiles for walls (height = 0.50m)	m	11.20	5.60	62.72	
5	Floor tiles for bathroom (wall)	m	28.41	5.60	159.10	
6	Floor tiles for bathroom (floor)	m	7.40	6.50	48.10	
7	Plastic pipes for running water up and down		2.00	65.00	130.00	
8	Toilet seat		2	115.00	230.00	
9	Shower		3.00	28.50	85.50	
10	Water taps		3.00	12.00	36.00	
11	Installing Waterworks	m	120.00	1.10	132.00	
12	Installing electric power supply network	m	120.00	13.00	1,560.00	
13	Steel for the railing of the stairway	m	27.80	42.00	1,167.60	
Total 5					\$ 15,883.64	

VI. Making the Roof						
1	Column of concrete	m	0.720	75.000	54	
2	Steel	t	0.130	750.000	97.5	
3	Column to hold up roof	m	1.100	75.000	82.5	
4	Steel	t	0.160	750.00	120	
5	Column for roof (top)	m	0.560	75.000	42	
6	Steel	t	0.100	750.000	75	
7	Connection steel for roof (40x80x1.2)	number	72.000	11.000	792	
8	Steel to hold up roofing tiles (20x20x1.2)	number	393.000	5.500	2,161.5	
9	Roofing tiles	Piece	16,050.000	0.280	4,494	
10	Column on top of roof	m	1.080	55.000	59.4	

11	Bricks	piece	1,420.000	0.070	99.4	
12	Cement	bag	13.000	5.000	65	
13	Sand	m	3.150	9.5000	29.925	
14	Decoration on top of roof	piece	3.000	100.000	300	
15	Naga's head and tail on top of roof (Khmer style)	piece	4.000	25.000	100	
Total 6					\$ 8,572.23	
Subtotal I = Total 1+2+3+4+5+6					\$ 98,523.39	
VII. Cost and extra works						
1	Labor construction cost				\$ 34,483.19	
2	Materials transportation				\$ 2,463.08	
3	Medical clinic construction analysis and other requirements			Architect/Engineer	\$ 1,970.47	
Subtotal II					\$ 38,916.74	
Subtotal I + Subtotal II					\$ 137,440.13	

Conclusion

Healthcare is a topic of significant debate around the world. Who is providing healthcare, who is paying for it, does the community have enough healthcare workers, are plans in place for preventive and curative health care services? In first world countries these questions are being debated and discussed in political and social forums. In so many developing countries, these debates are not happening through politics, because there is no healthcare. No place to go for vaccines; no place to receive treatment for infections, colds, or the flu. No place for preventive care to be taught, no place for healthcare workers to learn.

Imagine not having access to a hospital, a primary care clinic, doctor or even an aspirin in cases of emergency. Imagine not being able to afford essential care for your children. To watch your children die of curable diseases. This is the reality in Kampong Speu Province, in rural Cambodia.



But, you can make a difference. You can contribute to a community in Cambodia and help build their first primary care clinic.

Your sponsorship and financial assistance will be invested in a building, which will become the first place where community members can go to get their most basic healthcare needs resolved.

You can help provide the first vaccines to this community, the first hospital bed, the first nurse, the first midwife, the first dentist. Be a part of changing the future of the RSP community.

We hope that you will kindly contribute by sponsoring the build of the first primary care clinic. With your support we will be able to further our commitment to helping as many people as we possibly can. It is important to remember that any act of loving kindness or charity makes a difference to the world. Join us, with the purpose of supporting valuable community development and world peace. Helping others to yourself, Loving others to love yourself. Love the whole world as a mother loves her only child.

Thank you very much!

Submitted by, January 17th, 2015
Director of RSP

Sareth Brak





Your donation is saving my life!

Thank you so much for your sponsorship!

