



# My Experience with the 2019 Cambodia Clinical Group

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I would like to start off by expressing how grateful I am to Dr. Chang for inviting me and my fellow Dao Qing from Calgary to join his Cambodia medical clinical group this year. I have never had any experience travelling to developing countries and my goal for this trip was to develop a deeper understanding of those living in such countries. I understood that because of my lack of exposure to developing countries, my understanding of the quality of life of more than half the population of the world was limited at best.

However, I have never found the opportunity to visit these countries in a capacity where I could provide meaningful help or find an organization whose purpose was not solely on tourism. Thus, I am grateful to the many individuals who spent countless hours or even uprooted their lives in Taiwan to create the foundations and networking within Cambodia to allow us to visit as volunteers. The opportunity to explore a developing country in relative safety is not an easy one to come by. There are many who I am



2019

# 柬埔寨醫療義診團之旅

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首先，感謝張志誠醫師邀請後學與幾位同樣來自加拿大卡加利的道親，一同參與 2019 年的柬埔寨醫療義診團。後學從未至開發中的國家旅遊過，此趟旅程的目標是更深入地了解當地人。因為缺少接觸開發中國家的機會，後學對於這超過地球人口數一半的世界，了解甚微。

然而，後學之前從不曾有過這樣的機會造訪這些國家——不只是單純旅遊，而是能提供當地有意義的幫助——也不曾遇見如此不以旅遊為目的的組織。因此，後學非常感恩有這麼多位學長願意遠離台灣家鄉，花費數不清的時間在柬埔寨打下基礎、建立好人脈，讓後學們有機會去服務。可以在無後顧之憂的狀態下探索開發中國家，不是件容易的事，後學很感謝所有創造這次到柬埔寨當志工之機會的學長們。旅程中，與醫療義診團裡有才華又幹勁十足的學長們相處，真是既特

grateful to for creating this opportunity to volunteer in Cambodia. During the trip, I was able to meet many talented and motivated individuals within the volunteer group who made the entire experience a unique and memorable one. I was also able to meet many local students with whom we would have many conversations comparing our different backgrounds and exploring our similarities. Through these students, I was given a glimpse of life in Cambodia. Throughout the short span of five days, my views on the country were completely changed in a positive way. Initial negative expectations were proven inaccurate and the glimpses into local life proved that Cambodia was a country full of kind-hearted people trying to overcome a violent history.

The foundations created and networking required to provide this volunteer opportunity was only possible through the efforts of the many talented and courageous individuals who uprooted their lives in Taiwan to spread Dao in Cambodia. I am grateful to all the Dian Chuan Shi's for making the decision to leave their lives in Taiwan to spread Dao in Cambodia. They showed great bravery, courage and determination by deciding to spread Dao in Cambodia, especially since the Khmer Rouge were only recently removed from power when they arrived in Cambodia and violence was still prominent throughout the country, even in the streets of the capital city of Phnom Penh. I would also like to thank the many people who organized our visit to Cambodia. The years of experience and knowledge from their personal careers and their efforts in networking with the local communities made it possible for our volunteer group to visit Cambodia. Daily clinical tasks, housing, food and transportation were all effectively and efficiently organized despite this being such a large group.

My initial expectations of Cambodia were based on those health concerns regarding diseases, food and the history of the country. In preparation for this trip to Cambodia, there were many worries running through my mind. First, there were various health concerns such as the risks for typhoid, dengue fever, and Hepatitis A. In addition, many of those who had traveled to Cambodia before constantly warned me against eating the

別又令人難忘的經驗。我也因此認識了許多當地的學生，跟他們聊了很多，比較彼此不同的背景，也發掘彼此相似之處，讓後學一瞥柬埔寨當地的生活實況。經過短短五天接觸當地的生活，我對這個國家的印象完全朝正面改觀。最初負面的預期已證實為不正確的，而對當地生活稍加了解後，就足以證明柬埔寨是一個充滿善良人民，而且正努力揮別血腥歷史的國家。

經過許多有才能、有勇氣，且離鄉背井，從台灣來到柬埔寨開荒傳道的前賢努力之下，已建立了所需的基礎和人脈，才使得這次來柬埔寨當志工的機會成真。後學也感恩所有點傳師的慈心悲愿，能夠從台灣來柬埔寨傳道；他們展現了極大的果敢、勇氣與決心；尤其因為紅色高棉政權才被推翻不久，而且全國各地，即便在首都金邊的街道上，都仍殘留著明顯的破壞痕跡。後學也很感恩規劃這次柬埔寨醫療義診團的許多學長們，他們以多年自身專業領域的經驗與知識，加上與柬埔寨人建立好的關係，讓此次醫療義診團得以成行。儘管此次醫療團志工人數眾多，但每日從醫療事務到食衣住行等，都規劃得非常完善。

後學最初對柬埔寨的印象，大多是與醫療條件有關的疾病、食物，以及其國家的歷史；所以在準備這趟旅程時，不少憂慮迴繞在心頭。首先是對健康條件並不放心，例如：擔心感染傷寒、登革熱或A型肝炎；除此之外，不少曾來過柬埔寨的學長都一再叮嚀後學，不要吃當地的路邊攤，或是喝路邊小販賣的冷飲，以避免腹瀉。另外，曾受紅色高棉殘暴統治過的柬埔寨，有將近四分之一的人口在



▲ 同心協力搬運物品。



▲ 西醫診查。

street food or any iced drinks sold by street vendors to avoid diarrhoea. Secondly, the recent violent history under the rule of the Khmer Rouge that resulted in the death of almost a quarter of the population had me concerned about safety.

Based on my initial impression of the country, I expected to see people devoid of hope due to their violent history and the prevalence of the disease. However, I was glad to find out that my initial impressions could not have been more inaccurate. Although we only spent five days in Cambodia my interactions with the local student translators and those visiting the clinics revealed the inaccuracies of my initial assumptions.

During our time in rural areas setting up clinics, I had the chance to talk to the many local students who volunteered to translate for us. We would talk about each other's interests, hobbies, and even our hopes and dreams for the future. I could not help but draw parallels between myself and them. We were all university students hoping to make a difference in our communities, each eager to jump at the opportunity to volunteer to help. Each of us had developed various hobbies to overcome the stress of exams and assignments through similar outlets such as dancing or singing. We had so much in common despite growing up in vastly different environments. One aspect of the students that I admire the most is their respect for knowledge and their eagerness for education. The local students seek any opportunity to learn and were willing to go to great lengths to capitalize on these opportunities. For example, there were students who would bike for hours to a local temple to attend the Mandarin classes offered. In contrast, I am sure most students in Canada would not be willing to attend classes that were more than an hour's transit ride away, let alone an hour's bike ride. One of my most memorable experiences and the one that confirmed the inaccuracy of my initial assumptions of the country was during our last day setting up a clinic at a temple.

那段期間遭到屠殺，令我擔心此行的安全問題。

依後學對這個國家最初的認識，後學以為柬埔寨人因過去痛苦的歷史及疾病肆虐的影響，而會對未來不抱希望；不過，後學很高興能發現最初的想法大錯特錯。雖然只在柬埔寨待了短短五天，在與當地翻譯人員及來義診站就診民眾們的相處與交流中，在在顯示後學的臆測完全錯誤。

在我們下鄉義診的期間，後學有很多機會與自願來幫忙翻譯的當地學生聊天；我們談論彼此的興趣、嗜好、願望，甚至是未來的夢想，後學不禁比較雙方的相似之處——我們都是想為自己社區效勞的大學生，遇到有任何機會能夠貢獻己長，必定馬上抓住；也都為了克服課業及考試的壓力而發展出各式各樣的嗜好，像是唱歌或跳舞，以作為發洩的管道。雖然我們成長的環境大相逕庭，卻有非常多的相似之處。我非常欣賞他們重視知識的態度與對教育的渴求；當地學生們會尋找任何可能的學習機會，並願意不遺餘力地把握這些機會；舉例來說，有些學生會花數小時騎腳踏車到當地中堂上中文課。相較之下，後學相信大多數加拿大學生並不願意搭超過一小時的車來上課，更別說是騎一小時的腳踏車呢！另外一個最令人難忘，也最能證明後學對這個國家臆測錯誤的經驗，是發生在最後一天，在中堂布置臨時診間時。



▲ 牙科義診。



▲ 藥劑櫃檯。

We had a small tent set up to provide shade for visitors while they waited to be treated. In less than ten minutes, the weather rapidly changed from a bright sunny day to pouring rain and we all quickly gathered under the shelter of the tent to wait out the rain. One of the temple speakers started to encourage the local elementary students, who also came to help us translate, to join him in singing. We all slowly started to join in and the result was a surreal moment where the grim and gloomy weather surrounding us was juxtaposed by the joy and laughter under the small tent. The moment could accurately symbolize my new outlook of Cambodia. The heavy rain pouring down symbolized the chaos and instability that those living in Cambodia experienced in their past and are currently experiencing in the present. Yet the students showed, through their joyful singing, that hope and happiness can be found in a country with such a turbulent past through the younger generation.

Another important aspect that solidified the positive experience I had in Cambodia was all the different people I had the pleasure of meeting. At the start of the trip, there was an intense sense of loneliness as I was in a foreign country, thousands of miles away from home, with a group of other volunteers who I had only recently met at the airport in Taiwan. However, this loneliness was quickly cleared as we all started to get to know each other on the 6-hour bus rides to and from the many clinic locations. We were a group of like-minded people who were all motivated to come to Cambodia to help those in need in any way we can. Despite only meeting recently, the fact that we were all cultivators of Dao made it feel like I was traveling with family. While working with each other, we quickly developed a tacit where we could help one another with the many responsibilities of the clinic. The efficiency and effectiveness of the volunteer team were further developed by the efforts of the many organizers. The organizers created an efficient team while maintaining a positive and friendly work atmosphere without showing any signs of stress despite having to manage such a large group of volunteers on top of the daily running of the clinics.

我們為候診的民眾搭設了一個遮陽的小帳篷。不到十分鐘的光景，突然從晴空萬里的天氣，瞬間變成傾盆大雨，我們全都快速地躲到帳篷底下，等待雨停。過程中，中堂有一位講師鼓勵前來協助翻譯的當地國小生們和他一起開口唱歌，我們不知不覺中也慢慢地加入歌唱的行列；這一刻就像作夢一般，在小小的帳篷底下，周遭陰鬱的天氣與我們的歡笑聲並存著。這段時刻，精準地象徵了後學對柬埔寨的嶄新看法，這傾盆大雨象徵著柬埔寨人們經歷了從過去到現在的混亂與不安穩；而這群學生用他們歡樂的歌聲向我們展現——就算曾經有過動蕩不安的歷史，新的世代依然能夠擁有希望與幸福。

另一個令我堅定對於到柬埔寨體驗具有正面意義的因素，那就是後學有幸遇見了所有的學長們。旅程之初，後學有著強烈的孤寂感：離家數千里遠，待了一個陌生的國度，身邊只有一群最近才在台灣機場認識的醫療志工團員們。不過，這樣的孤獨感很快地就在往返於不同臨時診所的六小時巴士車程中消除了。我們是一群理念相似的人，都希望在能力範圍內，來柬埔寨幫助所有需要幫助的人們。儘管最近才相識，但是因為我們都是道親的緣故，這趟旅程讓我覺得就像與家人一起出遊一般。工作的時候，不知不覺中我們也發展出一種默契，可以同心協力地完成義診中的各項事務。醫療團隊的效率，在協會幹部們的努力下更上一層樓，就算整個醫療團人數眾多，加上還有義診的例行事務需要費心，他們不只沒有表現出壓力罩頂的樣子，還創造了一種友善又正向的工作氛圍。

The three doctors; Dr. Chang, Dr. Chen and Dr. Zhuo had the greatest workload out of everyone. Each day they would see patients back to back for almost 6 hours with only a 30-minute break for lunch. At the dentist station, Dr. Chen and Dr. Zhuo would have to spend their days half squatting over the patients as they treated them. Despite this, they never showed any signs of stress or made any comments of complaint. Instead, they would always have a smile on their faces and an infectious positive attitude. The work ethic of Dr. Chang, Dr. Chen and Dr. Zhuo motivated each of us to work harder. Many local students also volunteered to help as translators at the clinics. Each location we set up clinics had at least 10 to 15 students volunteering as translators despite the locations being almost 2 to 4 hours' drive away from their homes in Phnom Penh. The students were highly motivated and showed great kindness and care for the clinic visitors.

Finally, the local temple caretakers ensured that our stay in Cambodia was safe and comfortable. Each temple provided us with living quarters, food and any other support that was required for the clinics to run smoothly. The talented chefs were able to use limited cooking resources to provide meals that made us all feel like we were back in Taiwan.

The entire volunteer trip to Cambodia has been such an amazing experience that has created a lasting impression in my mind. I had the pleasure of meeting so many like-minded individuals who have motivated me to work harder on the path of spreading kindness and care. Through this trip, I was also given a glimpse of the life of those living in Cambodia, particularly the younger generation which filled me with hope for the future. The students have taught me not to take for granted what we have, especially the availability and accessibility of education. I am grateful to all of those who gave me the opportunity to join in the effort of providing aide and empowering Cambodia.

此行三位醫生：張志誠醫師、陳柏志醫師及卓醫師，有著最繁重的工作量。每天他們都連續六小時不間斷地看診，中間只有半小時的午餐休息時間。在牙醫據點，陳醫師及卓醫師甚至必須整天以半蹲的姿勢幫病患看診。儘管如此，他們也不曾顯現出疲憊與抱怨，反而都面帶微笑，以正向的態度感染著身邊的人。三位醫師積極的工作態度，激發了大家更努力工作。許多當地學生也主動來幫助義診的翻譯工作，就算我們義診的據點離他們金邊的家需要 2 至 4 小時的車程，每次依然都有至少 10 至 15 位學生自願來擔任翻譯人員。每位協助翻譯的學生都有顆熱誠的心，面對看診的民眾也都非常友善與體貼。

最後，感謝當地中堂壇主們的照顧，讓我們在柬埔寨也能夠住得舒適又安全，每個中堂都提供我們住宿的房間、食物，以及其他讓臨時診所能夠順利運作的物資與協助。還有廚藝超群的天廚們利用有限資源煮出來的食物，讓我們就算人在柬埔寨也彷彿置身台灣。

柬埔寨醫療義診團的經驗非常令人驚嘆，在我心裡留下了永不磨滅的印象。很榮幸有這樣的機會遇到一群志同道合的人，激勵後學在傳播愛心與關懷的道路上更加努力。經由這段旅程，後學也有幸一窺柬埔寨人的生活，尤其是對年輕世代的了解，讓後學對於未來充滿了期盼。後學從當地學生身上學習到，不要將擁有的事物視為理所當然，尤其是受教育的機會與便利。很感恩提供此次機會的學長們，讓後學能參加這次的服務，幫助柬埔寨增強自己的能力。