CAMBODIA

WELCOME GUIDE

PHARE PONLEU SELPAK
Cambodia

- 25 provinces
- 15 million inhabitants
- 181,035 km

Phnom Penh
Siem Reap
Battambang
The situation

Religions
- 96% Buddhism
- 2% Islam

Population
- Half of Cambodia’s current population is younger than 15 years old.
- 1% Hill Tribes
- 97.6% Khmer
- 1.2% Chams

Currency
- USD
- KHR

Independence
- Nov 9, 1953
CLIMATE

A dry season and a wet season

Battambang
Phnom Penh

Tropical Savanna climate
Monsoon climate

21°  35°  14°  27°
History

Khmer Empire

Jayavarman II
"God-king"
Hinduism

Suryavarman II
Hinduism

Jayavarman VII
Buddhism

Angkor invaded by the Chams

Angkor invaded by the Thai

Cambodia becomes protectorate of France

802
1113
1177
1431
1863
1975

Kingdom of Cambodia

9 nov Independence
Vietnam war

End of US bombing marks the end of 12 years of armed clashes in Southeast Asia.

1863
1953
1965
1970
1975

French protectorate

Pol pot regime
Khmers genocide
2 million deaths

People's Republic of Kampuchea

Kampuchea

Vietnamese invasion
Khmers rouges overthrown

1975
1979
1989
1993

People's Republic of Kampuchea

Kampuchea

Cambodian State

Kingdom of Cambodia

Jayavarman II

Suryavarman II

Jayavarman VII

Khmer Republic

9 milion deaths

Khmers genocide

End of US bombing marks the end of 12 years of armed clashes in Southeast Asia.

1975
1979
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People's Republic of Kampuchea

Kampuchea

Cambodian State

Kingdom of Cambodia
Phare Ponleu Selpak believes passionately in the power of the arts as a tool for human development and social change.

"The brightness of the arts"

The seed of PPS was planted in 1986, in a Thai Refugee Camp when nine young Cambodians began taking drawing classes.

4 SCHOOLS
- Visual & applied arts school
- Performing arts school
- Kindergarten
- Public school

5 VALUES
- Creativity
- Professionalism
- Collaboration
- Accessibility
- Empowerment
WHAT TO PUT IN YOUR LUGGAGE

FOR THE RAIN

Swiss knife
Hydroalcoholic gel

FOR THE SUN

Flashlight
Power Bank
Mosquito repellent

IN GENERAL

For the rain: Swiss knife, hydroalcoholic gel.
For the sun: Flashlight, Power Bank, Mosquito repellent.
DO & DON'T

Respect Buddhist faith & elderly

Touch someone's head

Dress appropriately (not too short, shoulders covered in temple)

Shout in public (to anyone)

Remove your shoes when entering a house

Point your finger at someone
<table>
<thead>
<tr>
<th>ENGLISH</th>
<th>KHMER</th>
</tr>
</thead>
<tbody>
<tr>
<td>Hello</td>
<td>Suo s’dey</td>
</tr>
<tr>
<td>Please</td>
<td>Suom mehta</td>
</tr>
<tr>
<td>Thank you</td>
<td>Aw kun</td>
</tr>
<tr>
<td>Sorry</td>
<td>Somtoh</td>
</tr>
<tr>
<td>How are you?</td>
<td>Sok sabai te?</td>
</tr>
<tr>
<td>My name is</td>
<td>Kkhnyûm chhmoûh</td>
</tr>
<tr>
<td>How much is it?</td>
<td>T’lay pohnmaan?</td>
</tr>
</tbody>
</table>
Vaccinations
- Yellow fever recommended
- Rabies highly recommended
- Hepatitis A/B recommended
- Typhoid highly recommended

Pharmacy
- Anti malaria recommended
- Paracetamol
- Bandages
- Probiotic
- Anti diarrheals
PRACTICAL INFOS
TRAVELS

2 MAIN AIRPORTS

- **Siem Reap**
  - 3.5 hours from Battambang
  - 8$-12$ by shared taxi
  - 6$ by bus

- **Phnom Penh**
  - 6.5 hours from Battambang
  - 6$-14$ by bus

**VISA**

"E" Visa : 35$
Can be extended up to one year

**TUK TUK**

Tuktukks are the main way of transportation in the cities. Download the app *Passapp Taxi* to order one.
PRACTICAL INFOS
DRINKS AND FOOD

Fresh fruit juice
Shake/Smoothie
<1,5-2,5$>

Draft Angkor
Beer
<0,5-1,5$>

Coffee
<0,75-1,5$>

Fried noodles
<1$>

LOCAL FOOD TO TRY

Beef lok lak
Fish/chicken amok
Rice wine
Life in Battambang

Options to Live?
- Lucky Hostel
  3$ dorm / 5$ private room
- Here be dragons
  4$ dorm / 7-15$ private room
- Pomme
  Between 4-8$
- Seng out hotel
  10-25$ private room

Phare has contacts with apartments landlords for longer stay, do not hesitate in asking us (Prices between 180 and 280$)

Where to Eat?
- Chinese noodles and dumplings $
- Nary Kitchen $
- The Corner $
- Coffee HOC $
- Lonely tree $$
- Pomme $$
- Vintage $$

There is a large choice of street food in Battambang close to the markets and alongside the river.
Holidays

At Phare, the holidays are grouped together and it might change every year.

Cambodia has 22 national public holidays

Jan 1 - New year
Jan 7 - Genocide day
Mar 8 - Woman’s day
Apr 14, 15, 16 - Khmer NY
May 1 - Labor day
May 6 - Visak Bochea
May 10 - Royal Plowing ceremony day
May 14 - King’s birthday
Jun 18 - Queen Monineat’s birthday
Sept 16, 17, 18 - Pchum Ben day
Sept 24 - Constitutional day
Oct 15 - Norodom Sihanouk commemoration day
Oct 29 - Norodom Sihamoni coronation day
Oct 30, 31 and Nov 1 - Norodom Sihanouk commemoration day
Nov 09 - Independence day
Battambang

- Founded in the 11th century by the Khmer Empire
- Leading rice-producing province of the country
- Situated on the Sangkae River
- 196,709 inhabitants in 2018
- Connects the region with Phnom Penh and Thailand.
Interesting Links

Move to Cambodia is a website with a lot of useful information regarding every aspect of your stay in Cambodia.

Here is a short video to learn more about the Khmer Rouge regime.

Discover more about Phare Ponleu Selpak Light the lights festival in this video.

Discover the famous Cambodian song about Battambang.