



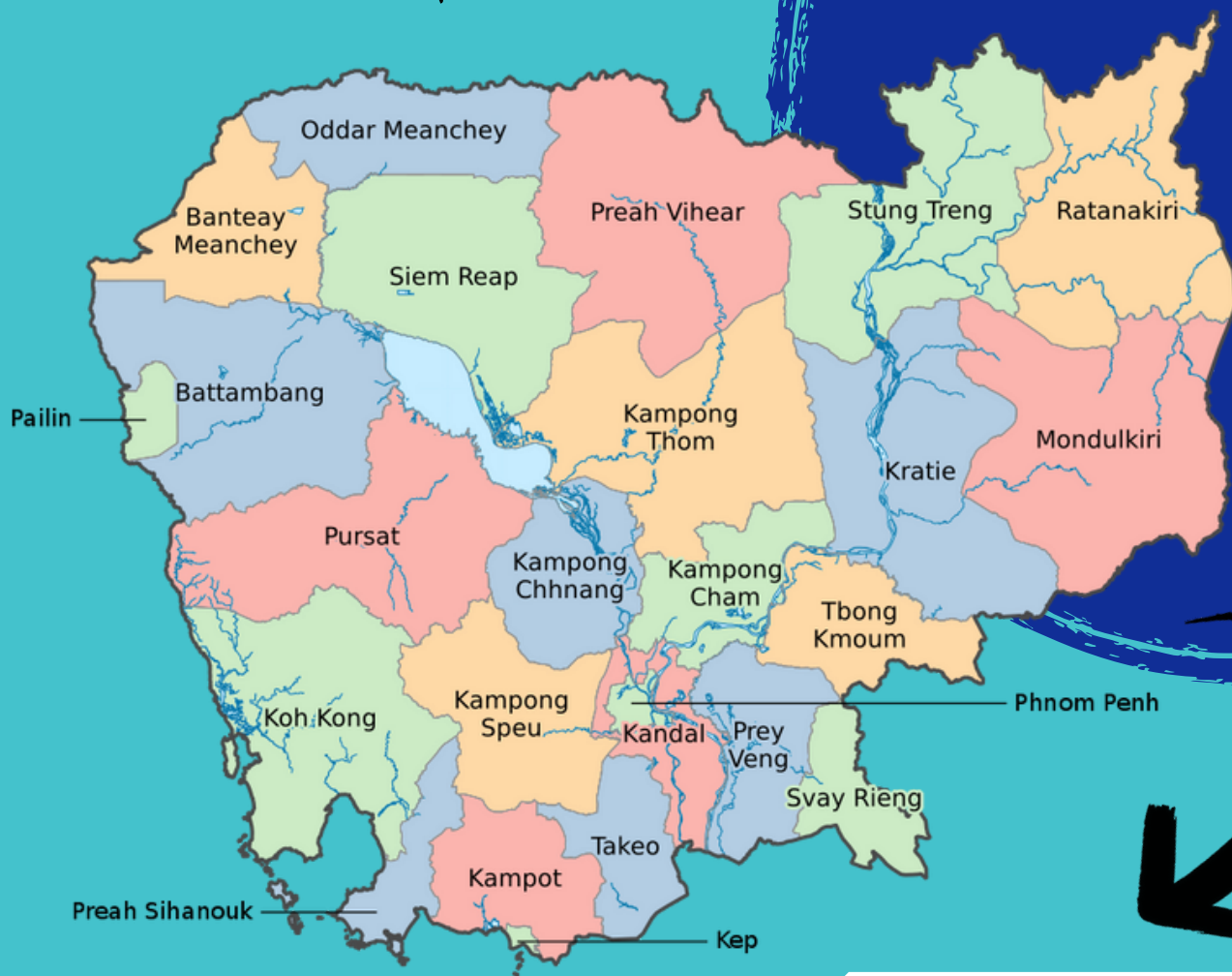
CAMBODIA

WELCOME GUIDE

PHARE PONLEU SELPAK



CAMBODIA



25 provinces

**+ 15 million
inhabitants**

181,035 km

THE SITUATION

YOUTHS

Half of Cambodia's current population is younger than 15 years old.

CURRENCY



POPULATION

1%

HILL TRIBES

97,6%

KHMER

1,2%

CHAMS

RELIGIONS

96%

BUDDHISM



2%

ISLAM



INDEPENDENCE

NOV 9

1953

CLIMATE



21°



35°



Battambang

Phnom Penh



14°



27°



Tropical Savanna climate

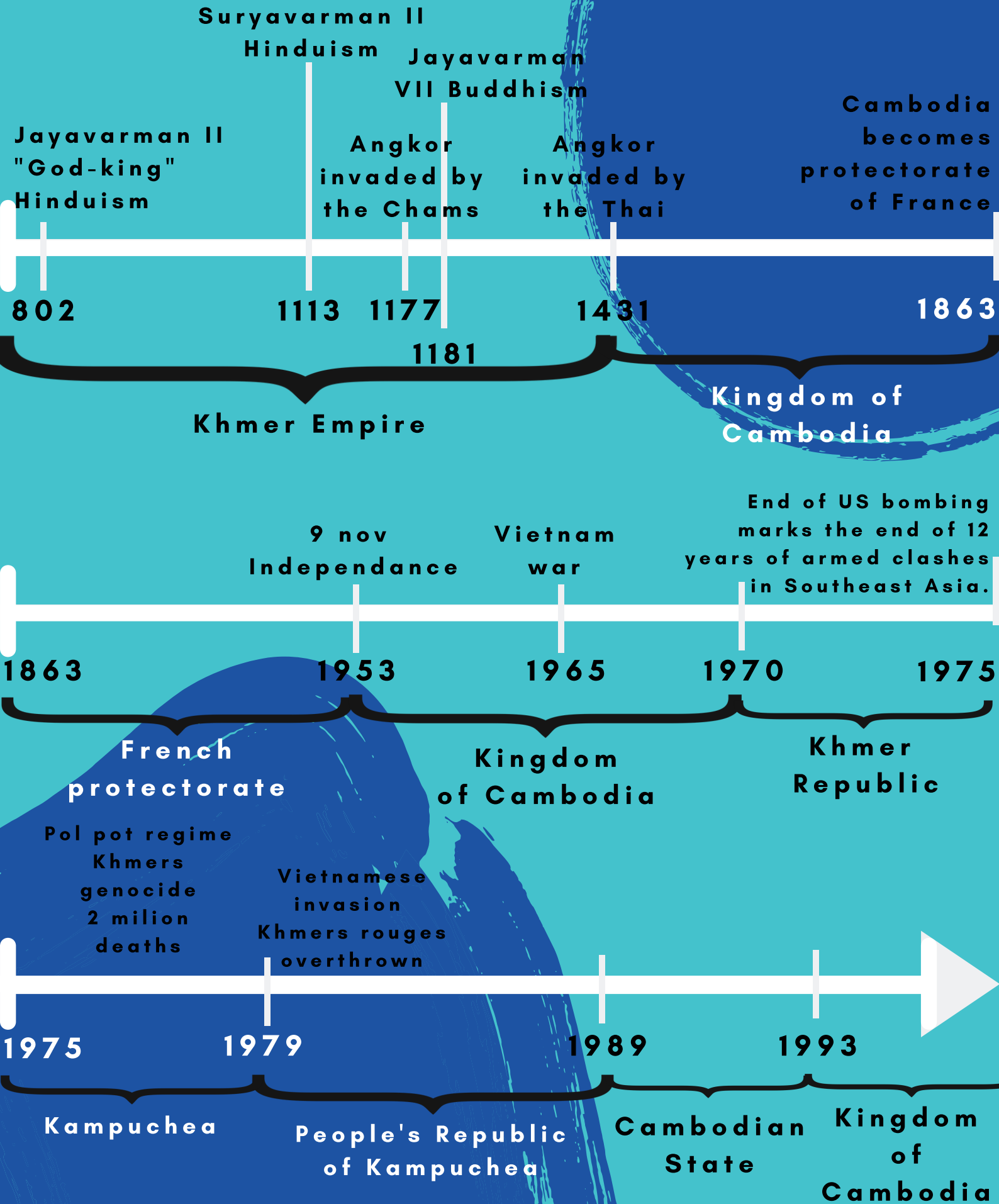


Monsoon climate



A dry season and
a wet season

HISTORY



PHARE PONLEU SELPAK

VISIT
WEBSITE



SINCE
1994

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

"The brightness of the arts"

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

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SCHOOLS

Visual & applied arts
school

Performing arts school

Kindergarten

Public school

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VALUES

Creativity

Professionalism

Collaboration

Accessibility

Empowerment

WHAT TO PUT IN YOUR LUGGAGE

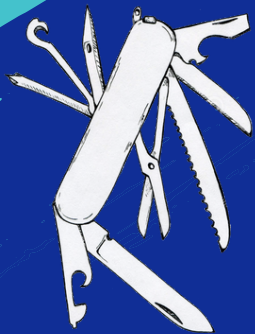
FOR THE RAIN



FOR THE SUN



IN GENERAL



Swiss
knife

Hydroalcoholic
gel



Flash-
light

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**

EXPRESS YOURSELF

ENGLISH

KHMER

Hello

Suo s'dey

Please

Suom mehta

Thank you

Aw kun

Sorry

Somtoh

How are you?

Sok sabai te?

My name is

**Kkhnyŭm
chhmoŭh**

How much is it?

**T'lay
pohnmaan?**

PRACTICAL INFOS

HEALTH

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



TUK TUK

Tuktuks are the main way of transportation in the cities. Download the app **Passapp Taxi** to order one.

VISA

"E" **Visa** : 35\$

Can be extended
up to one year

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

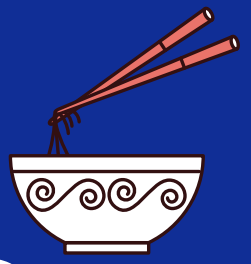


**Fish/chicken
amok**



**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\$)

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

WHERE TO EAT?

- ★ Chinese noodles
and dumplings \$
- ★ Nary Kitchen \$
- ★ The Corner \$
- ★ Coffee HOC \$
- ★ Lonely tree \$\$
- ★ Pomme \$\$
- ★ Vintage \$\$

HOLIDAYS



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

Cambodia has
22 national
public holidays

2020

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

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



VISIT
LINK



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

VISIT
LINK



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

VISIT
LINK



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

VISIT
LINK



Discover the famous Cambodian song about Battambang