



Orientation Manual | Cambodia

Country Information for Trip Participants

1. Country Information Quick Facts

Full Name of Country- Kingdom of Cambodia

Population- Nearly 16 million people live in Cambodia; 1.5 million live in Phnom Penh. As of 2015, the infant mortality rate was 50 deaths/1000 live births and life expectancy at birth is 62 years for men, and 67 years for women. 31% of the population is under 15, and 18% are in between the ages 15-24.

Time Zone- GMT +7 (12 hours ahead of Central Time in the summer)

Capital- Phnom Penh

Major Languages and Ethnic Groups- The official language of Cambodia is Khmer and is spoken by 96.3% of the population. There are still pockets of French speakers, especially among the older population in Phnom Penh; however, the biggest drive in second-language acquisition is English. 97.6% of the population in Cambodia is Khmer; the remaining 2.4% include ethnic Vietnamese, Chinese, Thai, Burmese and other ethnic hill tribes. 80% of agricultural workers are Khmer, while the Chinese and Vietnamese dominate the business sector.

Major Religions- Theravada Buddhism is the official religion, but most Cambodians know very little about formal Buddhist teaching or philosophy. In practice, it is primarily a folk religion blending animism and spirit worship with Buddhist practices. Most Cambodians practice their faith by going to the Wat (temple) to make offerings to the monks have them offer prayers to appease the spirits or to earn merit.

Weather & Climate- For most of the year, Cambodia is hot and humid. The rainy season begins in late May and ends in November. When it is raining hard, many people will not show up for work or appointments until it stops. It rains nearly every day, most often in the early or mid-afternoon. The highest amount of rainfall is usually between May and June, and September and October. The dry season is from November until May, including the hot season from March until early May. The temperatures may be up to 105 degrees with humidity at nearly 100%. The coldest season is from the end of November through January.

Geography- Cambodia is located in Southeast Asia, bordered by Laos, Thailand, & Vietnam. Most of the country is flat, with the exception of the southwest and north, which are mountainous. About 60% of Cambodia is forested. The central basin is fertile farm land that has the Mekong and Tonle Sap rivers flowing through it. The Mekong passes through the entire length of Cambodia.

2. Nation History

Most Cambodians consider themselves to be Khmer, descendants of the Angkor Empire that extended over much of Southeast Asia and reached its zenith between the 10th and 13th centuries. Attacks by the Thai and Cham (from present-day Vietnam) weakened the empire ushering in a long period of decline. The king placed the country under French protection in 1863. Cambodia became part of French Indochina in 1887. Following Japanese occupation in World War II, Cambodia gained full independence from France in 1953.

In April 1975, after a five-year struggle, Communist Khmer Rouge forces captured Phnom Penh and evacuated all cities and towns. Approximately 1.5 million to 3 million Cambodians died from execution, forced hardships, or starvation during the Khmer Rouge regime under Pol Pot between the years 1975 and 1979. A December 1978 Vietnamese invasion drove the Khmer Rouge into the countryside, began a 12-year Vietnamese occupation, and touched off almost 15 years of civil war. The 1991 Paris Peace Accords mandated democratic elections and a ceasefire, which was not fully respected by the Khmer Rouge. UN-sponsored elections in 1993 helped restore some semblance of normalcy under a coalition



government. Factional fighting in 1997 ended the first coalition government, but a second round of national elections in 1998 led to the formation of another coalition government and renewed political stability.

The remaining elements of the Khmer Rouge surrendered in early 1999. Some of the remaining Khmer Rouge leaders await trial by a UN-sponsored tribunal for crimes against humanity. Because of the intense, often violent history of the country, many Cambodians are still affected by the aftermath of the Khmer Rouge and Vietnamese occupation. The horrific actions of Pol Pot and his regime instilled a lingering sense of distrust amongst the people. During the genocide, individuals served as informants regarding their own family members. Remembering the past (pre-Khmer Rouge times) resulted in death. Children were killed for expressing emotion. Harsh consequences for such behavior have left a lasting trauma on the Cambodian people. The mindset of most Cambodians is indelibly linked to this tragedy, and their outlook is often quite cautious and fatalistic. Although Cambodians are outwardly very friendly, it may take a long time to earn trust to the point that they are willing to reveal difficult experiences.

Another way in which this fatalistic viewpoint is manifest is the Cambodian conception of justice. From a governmental perspective, justice can be bought and sold according to wealth and power. While the staff and Christians you meet will have a different moral outlook, they may not fully understand your perceptions of fairness or justice. Another example of this is in the cultural beliefs about religion. Though Buddhism is the official religion of Cambodia, the practice of these beliefs is much more animistic. This means that local spirits are worshipped and revered not for their inherent goodness, but as a protection against bad things happening. Appeasing these spirits is important for the well-being of a village, farming, or family. While self-sufficiency is much more important in Western culture, the animistic spirits are the keepers of individual and collective well-being in Cambodia.

3. World Relief History in Country

World Relief Cambodia seeks to address the root causes of poverty and broken relationships by addressing the full range of human need – physical, emotional, spiritual, social, and intellectual. We firmly believe that God has commissioned the church to be the primary agent of transformation in all these areas of individual and community need.

Because the church is still very young and small in Cambodia – less than 2-3% of the population are Christians – World Relief is committed to help establish the church where there is none, to empower the church for community transformation, and to serve the poor on behalf of the church in ways that it is not able to do so on its own.

World Relief has been working in Cambodia since 1990, when Vietnam still occupied the country following the overthrow of the Khmer Rouge. It began by establishing one of the first micro-credit programs in Cambodia, providing small loans to poor women.

Out of this initial work, a child development program and a maternal & child health program were established. These programs led to the development of the cell church network that at one point numbered over 1,000 lay-led cell churches. World Relief Cambodia continues this legacy today, working for hundreds of cell churches across five provinces, implementing five key programs in the areas of



church mobilization; child development; Savings for Life; health, nutrition and early childhood development; and anti-trafficking.

4. World Relief's current programs in Country

Church Mobilization

Way of Hope is the home church empowerment and mobilization initiative of World Relief Cambodia, working with home churches in 5 poorest provinces in Cambodia to provide Integral Mission focused development of churches, along with integrated community responses to poverty and disease through child development (Bong Thei approach) for behaviour change, and increased livelihoods through church-led savings groups.

Child Development

Hope for Cambodia's Children (HFCC) is a unique program that targets children and youth in several distinct ways. Through bi-weekly neighborhood children's meetings, which more than 38,000 children between the ages of 5-12 attend, HFCC seeks to improve both the physical and spiritual health of Cambodian youth. The program sends groups of young adults out in teams to offer health and hygiene lessons as well as teaching about the love of God through songs, Bible verses, skits, and puppet shows. Many of the children who participate in the program have decided to commit their lives to Christ. The program's basic disease prevention and hygiene instruction have also been successful in contributing to the general health of many children.

Anti-Trafficking

The high risk of trafficking and a large number of citizens migrating to find work outside of their home villages make incorporating messages on prevention and protection an important part of WR Cambodia's work. In Cambodia, trafficking prevention activities are integrated into existing curriculum for people of all ages. Lessons focus on tools and tricks of traffickers, value of children, and tips for migrating safely, and are presented to children, teens, adults and community leaders. In this way, World Relief Cambodia's anti-trafficking messages reach vulnerable people in at-risk communities through their village leaders, peers, caregivers, neighbors, and friends.

Savings for Life

An estimated 30.1% of Cambodia's population still lives on less than \$0.61 per day meaning that 1/3 of Cambodians live below the national poverty line. In their 2004 report on Cambodia's progress toward the MDGs, the World Bank wrote: "... the countryside has the lowest levels of per capita consumption and the highest incidence of poverty, and the rural poor account for 91 percent of the total poor. The issue of poverty in Cambodia today is thus essentially one of rural livelihoods." As WRC works in some of the poorest rural communities in Cambodia, we are positioned to bring financial management and savings training to thousands of adults, helping them escape cyclical poverty. The Savings for Life project will help WRC's beneficiaries with the lowest income with savings opportunities that will increase their capacity to respond to family financial stresses, reduce poverty, and reduce debts. This will allow them to be more economically stable and not force them to migrate to other areas.

Maternal & Child Health

WR works to engage cell churches to improve community health and well-being; this will be done through preventative health education of mothers to improve the chances of survival and health of children under 5 years.

5. WR Cambodia Country Director



Brandon Prichard, Cambodia Country Director

Brandon joined World Relief in 2011 after graduating from a full-time MBA program at the University of Maryland. Since then, he has held the roles of Proposal Coordinator, Director of Economic Development, Director of Program Resource Team (technical unit), and, starting in October 2018, Country Director of World Relief Cambodia. He has a passion for fighting injustice in all its forms – from helping mothers to feed their newborns and young children to helping individuals learn how to save and financially plan for the future. Brandon also has a passion for seeing the church grow in its ability to lead the way. In his new role as Country Director, he is excited to come alongside a committed and caring team to help deepen and grow the church in Cambodia for God’s glory and in Jesus’s name.

6. Culture

Greetings

The Cambodia word for hello is ‘Sour Sdey’, usually said with a smile. Touching or showing affection in public will embarrass your hosts. Instead, when you greet Cambodians, it is proper to put both hands together (palms together) and bow your head a little. This is called a *Sompeah*, and is practiced all over Cambodia and Thailand. The western handshake is also popular and men will usually greet a foreign man in that way, after first greeting with a *sompeah*. Cambodian women still hesitate to shake a male’s hand, so use the Cambodian greeting with women instead of a handshake. The head is the highest and most important part of the body, so avoid touching someone’s head.

Cultural Traditions

- Cambodia people appreciate clean and neatly dressed visitors. In line with this, please remember to take your shoes off before enter a Cambodia’s person home. You should do the same when you enter a temple.
- Most Christian Cambodians do not drink alcohol and would be offended if you did. They consider it inappropriate.
- It is considered very rude to point your feet (especially the soles of your feet) at anyone, especially when sitting.
- Pointing with fingers is also very rude in Asia. Instead, hold out your hand, palm upwards and fingers squeezed together, pointing with your whole hand. If you want to get someone’s attention (flagging down a moto-taxi or a waiter in a restaurant), hold your arm out, tilt your hand (palm towards floor) and wiggle your fingers.



- When entering holy destinations such as temples or shrines, it is vital that guests' legs and shoulders are covered completely.
- When going indoors, it is customary to take off one's shoes. If a host offers for you to keep your shoes on, please respectfully decline and take off your shoes anyway. Cambodians will suggest this to foreigners as a sign of hospitality but out of respect – please follow the custom.

Interacting with Locals

People that you meet may ask for your contact information or may inform you in an indirect way about specific financial needs they have. If they are people from the community, please refer them to the WR provincial leader or program director in authority over you in that area, or give them the World Relief address (*left*). If staff or volunteers approach you about personal needs, please refer them to their supervisor. World Relief Cambodia has established a Benevolence Fund to which staff may apply for financial assistance for family emergencies or for their professional development. We encourage you to contribute to this Fund as a more appropriate way to respond to the special needs of staff. This allows World Relief to help avoid creating a habit of dependence on the good intentions of individuals by screening requests for assistance so that we as an organization can respond to needs as appropriate and overcome the "give me" mentality in order to facilitate real, healthy relationships.

You will also notice street-kids and homeless people wandering the streets and asking for money. It is often a hard to know how to respond. In general, keep a heart of compassion, and follow these rules:

1. Treat him/her like a person, with dignity: greet them and talk with them.
2. Don't give money; doing so is counterproductive, as it is often used to fuel destructive drug and alcohol habits.
3. Give what you have: time, attention, love, some bread or fruit, etc.
4. Especially in Phnom Penh, there are NGOs and ministries other than WR that exist to help the homeless, orphaned, or disabled. Though as Christians it is difficult to walk away from need, being good stewards of our resources and supporting ongoing efforts to ease poverty is one productive response to the problems in Cambodia.

Travel during Election Season

Please note that when traveling with World Relief, you are representing the organization. If you/ your team are traveling during election season in Cambodia, be mindful of your interactions with locals and your posts on social media. When traveling with World Relief, any negative public stances you make will be viewed as stances made by World Relief Cambodia. Do not speak against the political or social systems of Cambodia in a public way. The office is intentionally keeping a low profile during these seasons as not to create attention or scandal. If, for example, World Relief Cambodia were to comment on the human trafficking industry or of people in positions of power, the office could be reprimanded and/or dismissed from operating in-country. This has occurred in the past to other NGOs.

Table western vs. eastern

During class or mealtimes with Cambodian staff, while you may feel free to simply walk away or leave the session, Cambodians will feel that this is offensive and will wait until you dismiss them or declare the meal to be finished. They will not leave unless you tell them it is all right.

How men and women interact

Cambodians are very friendly and usually accommodating of tourists and foreigners living among them. They are happy when you try to speak Khmer, are happy to practice speaking to you in English, and are

very enjoyable to be with, often responding with a ready smile or laughter. In general, it is not considered appropriate to demonstrate affection publicly between males and females. Girls hold hands with girls – don't be surprised if staff take your hands while you are walking around with them. It's okay! Guys also hold hands with guys and may put arms around shoulders or touch knees. It has no other meaning except being friendly.

“Saving face” is very important in all Asian cultures and is here too. Cambodians will seek to avoid public conflict or confrontation at almost any cost. Help whoever you are talking/disagreeing with to find a way out gracefully. It is VERY important that you maintain your temper. Stay calm, no matter what, and try not to yell at anyone. That will only make things worse. Displays of anger toward Cambodians will cause them to become extremely offended and embarrassed. If you were to lose your temper, it may cause a divide that will be difficult to reconcile.

That being said, Cambodians have lovely smiles. One lights up their whole face and another one is used when they are embarrassed. It is good to learn how to tell the difference. Cambodians will smile when telling you something they might be embarrassed about; something they were supposed to do and didn't; or something they did wrong. This is hard for many foreigners, since we don't understand why someone would smile while telling you something bad or admitting to doing something wrong.

Most Cambodians are not direct. They usually want to keep the peace. Many questions are answered with “yes” when you are pretty sure it should have been “no.” It is best to ask a question in different ways so that both sides are clear. Also, when you ask a question and there is a long silence, consider it a “no”. When there is a hesitant “yes”, consider it a “no”.

When you ask a question and you hear a “Yeah, yeah, yeah”, consider that a “yes”!

Holidays / Dates follow the Buddhist Calendar

Jan 01 International New Year	June 01 Children's Day
Jan 07 Victory over Genocide Day	June 18 King's Mother Birthday
Jan 31 Meak Bochea Day	Sep 24 Constitutional Day
Mar 08 International Women's Day	Oct 08-10 Pchum Ben Day
Apr 13-17 Khmer New Year	Oct 15 Commemoration Day of King's Father
April 29 Visak Bochea Day	Oct 23 Paris Peace Agreements Day
May 01 International Labour Day	Oct 29 King's Coronation Day
May 13 King's Norodom Sihamoni's Birthday	Nov 09 Independence Day
May 13-15 King's Birthday holiday	Nov 22-24 Water Festival Ceremony Holiday
May 17 Royal Plowing Ceremony	Dev 10 International Human Rights Day

Church services

Just as in the West, churches in Cambodia vary significantly in their worship styles and structure. According to the Evangelical Fellowship of Cambodia, there are probably more than 2500 churches meeting across Cambodia. Most are very small and usually meet in homes, sitting on the floor, with a few Bibles and song books to share among themselves. An average church size would be about 25 people. Some churches that have been established by denominations or have accessed to outside resources from the West may have their own church building, usually a large one-room structure. Cambodian Christians love to sing and pray together, and it is common for them to all pray aloud at the same time. Churches usually meet early on Sunday morning to take advantage of the coolest time of the day, and services last

1-2 hours. Most pastors have had very little if any Bible or leadership training, although there are now 4-5 small Bible training schools in Cambodia.

Dress

Traditional dress includes the sarong, also known as the sampot. This is a long fabric that wraps around the legs – worn by both men and women during formal occasions. The fabric has patterns unique to Cambodian art history. For every day, Cambodians wear lightweight cotton clothing similar to western cultures.

7. Societal Structures

Family Structure

The nuclear family is of greatest priority. Unlike other parts of South Asia, extended family does not live together as frequently in Cambodia. In rural areas, shared living spaces for the extended family are more common.

Although, migration is changing the makeup of the Cambodian family. Age appears to play a significant role in the decision of whether to take children when parents migrate. Younger children tend to stay behind, while those over 15 years are more likely to move with parents or other relatives. This may be because the minimum age for labour in Cambodia is 15 and therefore most children aged 15 and above migrate with parents to work. Grandparents as primary caregivers of children left behind. The CRUMP survey found that of domestic migrants who left children behind, 82.4 per cent left their children with grandparents (usually a grandmother). The average age of a grandmother in this study was 62.4 years, and most lived in difficult circumstances. The majority of these women had limited education, and almost half had no education. The grandparents cared for between one and eight grandchildren each.

Government structure

Legally speaking, the Cambodian government operates as a multiparty democracy under a constitutional monarchy; however, the Cambodian People's Party controls a majority of the power in Cambodia and Prime Minister Hun Sen continues to solidify his hold on the government. The country is divided into 25 administrative provinces and 4 municipalities; national elections are held every four years. However, all provincial and district level government officials are appointed by the ruling party, not elected by their constituency.

Corruption is such a big part of the culture here that about 90% of all Cambodians consider it “normal.” A motto that works here is: Might is Right. The rich and/or powerful are above the law and not to be argued with. Although there is not a formal caste system in Cambodia, all relationships are controlled by a very hierarchical “patron/client” system in which those with money (patrons) provide favors and jobs to their poorer relatives or community members (clients) in exchange for their unquestioning loyalty and service to the patron. It is essentially a modern day form of medieval feudalism. This attitude permeates every relationship, and even if you do not see yourself as a patron, as a foreigner you will often be treated like one even if you are not aware of it. It is most often demonstrated in the Cambodians' eagerness to please those who are perceived to be in a position of greater power or influence than they are. The thinking is that “If I keep my patron happy, then he will bestow favors on me.”

Economy

According to the Cambodian [Factbook](#) produced by the CIA:

“Cambodia has experienced strong economic growth over the last decade; GDP grew at an average annual rate of over 8% between 2000 and 2010 and about 7% since 2011. The tourism, garment, construction and real estate, and agriculture sectors accounted for the bulk of growth. Around 700,000 people, the majority of whom are women, are employed in the garment and footwear sector. An additional 500,000 Cambodians are employed in the tourism sector, and a further 50,000 people in construction. Tourism has continued to grow rapidly with foreign arrivals exceeding 2 million per year since 2007 and reaching around 4.5 million visitors in 2014. Mining also is attracting some investor interest and the government has touted opportunities for mining bauxite, gold, iron and gems.

Cambodia remains one of the poorest countries in Asia and long-term economic development remains a daunting challenge, inhibited by endemic corruption, limited human resources, high income inequality, and poor job prospects. As of 2012, approximately 2.66 million people live on less than \$1.20 per day, and 37% of Cambodian children under the age of 5 suffer from chronic malnutrition. More than 50% of the population is less than 25 years old. The population lacks education and productive skills, particularly in the impoverished countryside, which also lacks basic infrastructure.”

Literacy & Education

77.2% of Cambodians over 15 years of age can read and write; however, the education level, while slowly rising, is still very low. Far more women than men are illiterate. Most education is still based on a “rote” (repeat and memorize) system, and until the last 8-10 years, the entire national education system did not teach any science or social sciences. Spatial awareness is not strong in Cambodia; most people cannot read or interpret maps, charts or graphs. Teaching and using higher levels of critical thinking skills is still not part of the national education or teacher training systems. As a result, most Cambodians find it difficult to understand and discuss conceptual or abstract ideas. Ideas and thoughts must be taught in practical, concrete ways in order for them to be understood. Storytelling is therefore an effective way to communicate ideas and principles.

Day in the life snapshot

Most Cambodians are up early (especially in the provinces) and go to bed early – 8:30 or 9 p.m. Get ready to wake up early (5:30 or 6:00 a.m.) likely by an unusual noise: roosters, barking dogs, motos (motorcycles), people collecting garbage (honking), selling bread (singing) or just walking by talking noisily.

In cities like Phnom Penh or major provincial towns, most people – especially business or NGO workers – are fairly time conscious and will usually start meetings on time. In rural areas, however, time is measured more by the sequence of events in the day rather than by the clock. Often meetings will not start until everybody is present, no matter how late they are. Cambodians value their midday break for their noon meal and a nap, and it is common for lunch breaks to be 1½ to 2 hours long – much like the “siesta” in Spanish-speaking countries. You may find that some things are “scheduled” to happen or an appointment takes place later than planned. As Westerners, we often feel that this reveals a lack of respect or value for our time. Try to remember that everything in Cambodia is built on relationships and the time you spend with people is important to how they regard your relationship.

8. Before You Go

Visa



Tourist visas are required for entry into Cambodia. You may purchase an eVisa for \$30 prior to travel [here](#). Otherwise, they may be purchased for \$30 upon arrival at Pochentong International Airport (PNH) in Phnom Penh, and are good for 30 days from the arrival date. You will need an extra passport photo with you for your visa application at the airport.

Preventative care - Vaccinations (Link to [CDC](#))

See your doctor at least 6 weeks prior to departure to allow time for shots to take effect (please note the timing for Hepatitis A and B). Check with the CDC and your private physician for the latest shot recommendations.*

Packing List

Clothing Guidelines: The following are recommendations for a one week trip. We do not recommend buying items that you won't use apart from the trip. Pack lightly; limit luggage to one suitcase and one carry-on bag. Laundry services will likely be available, though you may be hand washing your own clothes.

Each traveler should pack entry documents, medicine, basic toiletries and a change of clothes in his/her carry-on in case of delayed baggage arrival.

Please keep in mind that the more rural the area, the more important it is to dress modestly. Please be aware of and sensitive to cultural differences when preparing for your trip, using the following guidelines to inform your packing choices.

Women:

Short and long-sleeved shirts (5-7)
Sleeveless may be okay in the city
Skirts (2-3) - knee-length or lower *particularly for church*
Jeans (2-3)

Men:

Comfortable, light-weight trousers (2-3) *shorts only for the beach*
Polo shirts and T-shirts (5-7)
Tie (minimum 1)

Both:

Light windbreaker/sweater for evenings
Umbrella and a Raincoat
During monsoonal season (May to October)
Comfortable/washable walking shoes or sandals
Sandals/flip-flops for shower, beach, etc.
Sleepwear
Swimsuit *Please keep in mind modesty even for sleepwear and swimwear.*

Other Items:

Toiletries: sunscreen, chapstick, hand sanitizer, repellent (non-aerosol), aloe or after-sun lotion
Medications (as needed): antibiotics, band-aids, vitamins, Dramamine, anti-malaria pills

Camera, extra batteries
Plug adaptor/ voltage converter if necessary
Hat/sunglasses
Ear plugs/eye mask
Water bottle
Small flashlight
Pictures of your family/friends to show people *(be mindful of clothing in pictures and settings that aren't too extravagant)*
Bible, notebook/journal, pen
Reading material
Suitcase locks (for leaving baggage)
Credit Cards (VISA is best) and cash (\$20 and smaller bills are recommended) - *for personal purchases and souvenirs.*

Documents:

Passport!

2 extra passport photos
Contact information: names, addresses, important phone numbers, e-mail addresses of family members
Documentation of important health information (allergies, conditions, medical history if necessary)
Driver's license or copy of your ID
Copy of your passport



What NOT to pack: Survival gear, mosquito nets, bedding (sleeping bags), alcohol or tobacco, lots of extra food (hosts are very hospitable), candy to pass out, loads of technology (take this opportunity to “un-plug” a bit).

Electricity & Voltage

Cambodia uses 230 volt AC electricity. To ensure that your electrical devices plug properly into sockets in Cambodia, you will need to bring an Asian-style two-prong plug adaptor. Be certain that your equipment can run on 220 volts; if it cannot, a voltage converter will also be necessary. In general, World Relief suggests that you do not bring many electronic devices for use while in country. Due to the limited availability and expense of electricity, some of the items you are used to may be unnecessary or costly for the duration of your trip (i.e. laptop computers).

Recommended reading & helpful websites

Travel and Health

www.travel.state.gov – State Department issued travel warnings, passport & visa www.cdc.gov/travel – Travel health recommendations from the CDC

www.cbp.gov – U.S. Department of Homeland Security, Customs and Borders Protection. **Medical and Evacuation Insurance**

www.brotherhoodmutual.com

International News and Information

www.tcci.org – Short-term mission training videos covering a wide range of subjects.

www.lonelyplanet.com – Basic country information geared towards travelers.

www.countrywatch.com – up-to-date information and news around the world.

http://news.bbc.co.uk/2/hi/country_profiles/default.stm - Country Profiles from the BBC.

www.irinnews.org – Humanitarian news coverage and country information.

Miscellaneous

www.kropla.com – International telephone and electrical guides.

www.oanda.com – Currency exchange rates, charts, & currency-by-mail.

www.xe.com – Another currency exchange rate site.

www.timeanddate.com/worldclock/converter.html – Int’l time & date converter.

Online Travel Arrangements

www.fellowship.com - Full-service travel provider, specializing in mission and church travel.

www.mennotravel.com – MTS Travel, a travel service especially geared for the Christian community offering mission-specific fares.

www.kayak.com – Search engine that pulls airfares from every major travel site (Priceline, Orbitz, Expedia, individual airlines, etc). **Cambodia**

www.phnompenhpost.com - Phnom Penh’s daily newspaper

www.cambodia-travel.com - Information on Cambodia tours, hotels, airfares, travel guides, and history

www.cambodia.org

Relief/Development Related

These books are recommended for those interested in learning more about relief and development work and the approach of World Relief. If you would like a more exhaustive list, please contact your partnership manager at World Relief.



The AIDS Crisis: What We Can Do: Deborah Dortzbach & W. Meredith Long
Walking With the Poor: Principles and Practices of Transformational Development: Bryant L. Myers
When Helping Hurts: Alleviating Poverty without Hurting the Poor...or Yourself Steve Corbett & Brian Fikkert
The aWAKE Project: Uniting against the African AIDS Crisis: Various Contributors
Cross-Cultural Connections: Stepping Out and Fitting in Around the World: Duane Elmer
Good News About Injustice, Gary Haugen
Foreign to Familiar: A Guide to Understanding Hot - And Cold - Climate Cultures, Sarah Lanier
Discipling Nations: The Power of Truth to Transform Cultures, Darrow L. Miller;
A Community Guide to Environmental Health, Jeff Conant and Pam Fadem

Economic Development, Agriculture

The Mystery of Capital Hernando De Soto
Biblical Holism and Agriculture, Cultivating our Roots, Darrow L. Miller
God is at Work: Transforming People and Nations Through Business, Ken Eldred
Business as Mission: The Power of Business in the Kingdom of God, Michael R. Baer
Food Security in Sub-Saharan Africa, edited by Stephen Devereux and Simon Maxwell
Plowing the Sea: Nurturing the Hidden Sources of Growth in the Developing World, Michael Fairbanks and Stace Lindsay
Amaranth to Zai Holes: Ideas for Growing Food Under Difficult Conditions, Laura S. Meitzner and Martin L. Price (Author)

Helpful words and phrases (written phonetically)

Hello: *chom-reab-suor*
What time is it? : *mong-pon-man-haoey?*
How are you?: *Sok Saabay Tay?*
I'm fine: *soksabay*
Excuse me / Sorry: *somtoh*
Yes: *chaa* (for women) *baa* (for men)
What is your name? *Louk Chmoo-ah aye?*
My name is : *Knyom chmoo-ah* _____

9. In Transit

Information to carry

World Relief contact information
World Relief Headquarters
7 East Baltimore Street
Baltimore, MD 21202
(443) 451-1900

World Relief Country Address

World Relief Cambodia Contacts Country Office 2
Physical Address.....#168, Street 29B, Teok Thla, Sensok Phnom Penh



Phone.....011 (855) 23-641-5577
Joshua Meares, Country Director
Phnom Penh Phone.....
Email..... JMeares@wr.org
US Embassy in Cambodia
Address: #1, Street 96, Sangkat Wat Phnom, Phnom Penh, Cambodia.
Telephone: [011] (855) (23) 728-000
Website: phnompenh.usembassy.gov
Hours of Operations: Monday –Thursday 1:00 PM — 4:00 PM

Upon Arrival

Most transportation in Cambodia will be by road, in a passenger van, Land Rover-type vehicle, or moto (right). The quality of roads in Cambodia varies depending on where you are. Some cities have paved—though often un-maintained—roads. Once you leave the city premises, some roads are dirt. Streets are often crowded with people, bicycles, and/or animals; however, pedestrians do *not* have the right-of-way.

Motos: World Relief does not recommend taking motorbike taxis unless you are a long-term volunteer. Helmets should be worn while on the back of a moto.

Taxis: Be prepared to be squashed! Taxis often carry up to 4 people in the front seat and another 5 or 6 in the back. Have someone bargain the rate for you first.

Cyclos: Bicycle taxis; these are more common in Phnom Penh than in the provinces.

Tuk Tuk's: Motorcycles with little carts attached to sit in. Cost increases per passenger and by distance. Expect to pay at least \$1-2 per ride, depending on distance to destination.

10. During the Trip

Communications

Wifi will be available in the World Relief Cambodia office. Otherwise, wireless service is not guaranteed. We encourage you to unplug and fully participate in your travels.

Photography/Videography

Be sensitive when photographing local people and their villages. Feel free to take pictures within reason, but it is best to ask permission before taking anyone's photograph. Behave as you would when invited to a friend's home rather than as a tourist. Do not take pictures of military or "official" looking buildings, vehicles, or individuals. Ask before even taking out your camera at the airport or in municipal settings in order to avoid receiving a fine or having your camera confiscated.

It is not a good idea to take photos while riding on the back of a motorbike. If you are riding in a tuk tuk or walking down the street, keep a careful eye on your camera and keep the wrist or neck strap around you at all times. Do not put your camera outside of the tuk tuk. This is a very easy way to attract thieves. If you have an expensive camera, you should plan to insure it for the time you are visiting.

Food and Water

In the markets – you will see Cambodians selling trays of fried, pickled, sweetened and salted bugs and spiders (right). Chicken feet, heads and other "exciting" parts are found in soup. In villages, rice and stir-



fried vegetables are usually safe. There are some delicious Cambodian dishes – many foreigners like a sliced beef dish with lemon, garlic and pepper sauce, served with sliced tomatoes and cucumbers called Loc Lac. Stir fry dishes are usually very good as are some of the fried rice dishes.

Do not eat any raw vegetables or fruit unless they have been cleaned with clean bottled water or a disinfecting washing solution. Eating anything off the streets (street cafés or street carts) is very risky; you won't have had time to acquire some immunity to the bugs, worms, and germs that could be present. One exception is green coconuts, picked fresh off a tree, hacked open and stuck with a straw. Fresh coconut juice has everything you need when you are dehydrated or suffering from diarrhea. Fresh fruit is safe if you wash it with clean water and use a clean knife to cut it. When meals are prepared for you by our staff you can assume it is safe to eat.

Vegetarianism is not a concept that most Cambodians are familiar with. It is sometimes difficult to find restaurant food for non-meat eaters, and requires special instructions for our cooks. If you are a vegetarian or have any special dietary needs, it is very important that you include this in your communication with WR **before** coming to Cambodia.

Health and Safety

Security

As a rule, it is important to be alert and aware of your surroundings at all times, but especially in market areas and cities. Keep the following guidelines in mind:

1. If you are compliant with criminals, they will generally not harm you, so be willing to part with anything at anytime.
2. Do not carry more all your cash if you have a safe place to leave it.
3. Avoid calling attention to yourself with jewelry or a cell phone or wallet that is easily identifiable from the outside. Such items are easy to steal, and are often what thieves are after. It is also advisable to carry money in a money belt worn under your clothes.
4. Neither males nor females should walk outside at night, especially in the city. Walking in the daytime tends to be safe, but danger heightens with nightfall. Do not walk anywhere alone—it is always better to walk in groups, preferably with at least one male present. The more rural the area you are in, the safer it tends to be.
5. Pedestrians do **not** have the right-of-way, especially in cities, so stay alert for traffic!

Common diseases

Link to [CDC](#)

Medical facilities

Should any illness or emergency occur on trip, contact the following immediately. Do not travel to a local medical facility without the direction of WR Staff.

Cambodia Country Director, Joshua Meares

Trips and Events Manager, Bethany Seremet

Money & Expenses

Currency: unit is the Riel (pronounced “real”), and USD is also accepted

Exchange rate: ([link](#))



Estimated spending money: Phnom Penh has a variety of markets to purchase daily necessities and souvenirs. Toul Tom Pong (“Russian”) Market and Central Market are the markets most frequented by visitors, and are fun places to explore, bargain, and buy anything from clothing to silver jewelry to silk scarves and other handicrafts

Accommodations

Housing will be coordinated for you by World Relief Staff. During free time, please contact Sothea if you want to travel across town. We ask that you coordinate with World Relief staff for any additional local travel. We are happy to coordinate this for you. Additionally, if you would like to gather your bearings off-line, download the app maps.me. This will be helpful for gathering an understanding of the area where you will be traveling and staying.

Laundry

Limit luggage to one suitcase and one carry-on bag. Laundry services will likely be available, though you may be hand washing your clothes.