



PREPARE YOUR ARRIVAL IN CAMBODIA

Congratulations, you have chosen Cambodia to do your internship abroad!

To help you get a more precise idea of the country and your internship, Cod.eau

Khmer offers you this

Frequently Asked Questions (FAQ)!

1

Who are we?

Cod.eau Khmer is a union which aims **to fight rural exclusion**. This phenomenon often forces people living in villages to exile in Phnom Penh, Siem Reap or Battambang, the main cities of Cambodia.

To do this, Cod.eau Khmer performs various actions in different parts of Cambodia (mainly east and north). These actions are mainly directed with the desire to provide better living conditions in the countryside. For this, we act in favour of **access to energy, water, education, but also employment** thanks to the organization into a group (into a cooperative).

Cod.eau Khmer has existed for over twenty years today! It is an NGO with a organization in two parts: one in France, where you had contacts with **Pitou Ang**, the president of the NGO, and **Patrice Blanchet**, the Vice-President, and another party to the Cambodia, where the main contacts for the year 2020 are Noémie Burnichon and Savuy Bo.

Our organization will help you before and during your internship:

Upstream, by finding universities that correspond to your field of study, by organizing the logistics of your arrival and departure (transport, lodging, etc.). During your internship, advising you and providing logistical support when you need it.

2

What are the entry formalities?

- Visa required to enter Cambodian territory

The entry visa on Cambodian territory is **your responsibility**, we strongly advise you to not exceed the date indicated on this one (\$10 / day exceeded fee is applicable). In order to complete an internship, you must obtain the business visa (E visa) from one month, you can obtain it in the Cambodian Embassy in Paris or in one of the consulates. **Pay attention, your visa's date of validity is three months, but it means that over those three months you can only stay one month (from the entry stamp) on the territory.** We will help you with these steps which can be long, so it is imperative to not deal with it at the last moment.

3

What should you know about Cambodia?

- A country with a recent history!

The Khmer Empire was the most powerful empire in Southeast Asia in the 12th century. At this stage, this empire controlled most of the Gulf of Indochina and had most powerful economy in Southeast Asia. However, because of the wars with its neighbors and internal dysfunctions (especially with the difficulty of being a united Kingdom and of controlling the borders due to the size of the empire), the Khmer Empire collapsed in the 15th century.

After that, Cambodia is in perpetual war with its neighbors. To end it, King Norodom signed a protectorate of France in Cambodia in 1863, which lasted four-twenty years. This signature was originally intended to help Cambodia keep its borderlines, but in the end, the French protectorate was more like colonization.

After World War II, King Norodom Sihanouk negotiated independence, and in 1953 the constitutional monarchy was established.

In 1975 began Pol Pot regime. This revolutionary and authoritarian movement had the following ideology: workers and peasants are the only valuable members of the society. **To aim to this ideal society, the Khmer Rouge established communism and expelled all people from cities and towns to work in farms.** It was the reign of terror during the four years the regime lasted (1975-1979). It kills all opponents or considered as opponents: around 20% of the population (about two million people), most were bourgeois or capitalists



The country had experienced many changes such as the decline in **the fertility rate, indecent living conditions, geographic displacement of the population in rural areas, the collapse of the education rate, etc.** Today, Cambodia's social, economic and demographic figures are drawn from this recent history. After the end of the civil war, between 1980 and 1990, Cambodia knows a "baby boom", as it is often the case at the end of the wars. While trending in other South east Asian countries, the birth rate was/is declining.

- Uses and customs, an important part to integrate!

Religion

Buddhism is the state religion, that is to say the "official" one or the "birth" one for Khmer people. But there are other religions practised in the country, we can speak about two in particular: Hinduism (whose three main gods are Brahma, Shiva and Vishnu) and Animism (vital force of living beings but also of natural elements).

If you want to know more about these religions, you can consult this site, which explains very well the context on the subject:

<https://www.routard.com/guide/cambodge/1414/traditions.htm>

Superstition

In addition to having integrated religions and beliefs into their daily lives mentioned above, Cambodians are **particularly superstitious**. The fields concerned are as varied as gluttony, pregnancy, forbidden fruit, how to correct the size of testicles when they are different, the risk of going under a clothesline, considered unclean, ... You will maybe see in the country kids wearing a cord around their neck with a hanging key so to keep away certain diseases, because the king of hell, not possessing the key, cannot enter the body. Similarly, **avoid entering a pagoda with a hat** or you would be bald in the next life.

Coutumes

Above all, as everywhere in Asia, it is all about **never getting upset** and especially not raising your voice or being threatening. This kind of behavior makes a Cambodian lose face, and he will keep you resentful.

- It is very frowned upon to contradict someone. **If your interlocutor is wrong, don't tell him!**
- We don't shake hands and kiss each other even less. To greet someone, bring your **hands together in front of the chest** (the Sompiah) if you are facing an equal. If you greet an upper, join hands in front of the face.
- Stay modest in your clothes: shirtless tourists in public places are very bad seen, and let's not talk about nudism on the beach.
- Politeness is very important. In public, a **person** should be **called by their name preceded by "sir" or "madam"**.



- It is **very frowned upon to criticize the royal family and the king**. More than a politician, he embodies the symbol of Khmer unity and traditions.
- It is customary to give money to real beggars, especially **the elderly and war cripples** (there are a lot), who have nothing else to live on. 500 riels is enough. Here, the stingy is a disgrace (especially that of Westerners).
- Never touch the head of a person (even a child), this gesture is considered as an **insult**. On the other hand, Cambodians willingly wander by standing by the little finger.
- Don't point the finger at people.
- Always ask permission before taking a photo of someone.
- During a courtesy visit, you will be offered something (a cup of tea, fruit or cakes). We are waiting for you to share everything that is handed to you. **Know that refuse food or drink is considered an offence.**
- Before entering a place, do not forget to take off your shoes if the owners do it, or if you see a pile of shoes on the doorstep (wearing flip-flops is therefore very practical!)
- As everywhere in Asia, a small gift, symbol of gratitude, is appreciated during an invitation. It should always be offered with the right hand.

Visit of the Temples, instructions to respect

- Wear adequate clothing: **covered from shoulders to knees minimum, men and women!** (entry may be refused if you come in a tank top or shorts)
- Women are not allowed to touch the monks
- Discover yourself, take off your sunglasses and especially your shoes.
- Do not cross your legs when you sit on a floor in a religious place. Bend your knees, put your feet behind and sit on your side, bend over slightly forward.
- In places of prayer you will find incense sticks, **do not prick them vertically, they must be tilted slightly**. Stitching them vertically can remind Cambodians of the ceremonies for the dead.

4

What budget is expected on site?

In Cambodia, two currencies can be used: The local currency, the Riel, and the Dollar American (**\$ 1 = +/- 4000 riels**).



Eating here doesn't cost much! It is very easy to eat on the street for 1 or 2 dollar (s), so **shopping is sometimes more expensive than eating in the street**. After that, everything depends on tastes and desires: the "western" food is more expensive.

Know that in cities, you can find all kinds of foods, all nationalities, and that there are delivery applications such as Nham24 or MealTemple.



Here, no public transport. You can travel by tuk-tuk or moto dop: the first one charge you between 1 and 2 dollars per ride, depending on your number and the distance, and on a motorbike you can negotiate between 3000 riels if you are alone. You can download transport apps such as **Grab or PassApp Taxi**, which are the Uber equivalents for tuk-tuks, taxis, moto-dop,... These are very applications practices so as not to waste time and money.

In order to find your way, we recommend that you **also download maps.me which enables to have access to the map without the Internet connexion**, (very useful for advising drivers on the way to go).

Traffic in Cambodia can be dangerous, Tuk-tuks and motorcycles sneak in on either side of the road. **Thus, it is strongly advised not to rent or buy all types on two wheels** (notably in Phnom Penh).

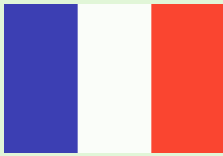
5

Which language in Cambodia ?



We speak **Khmer** ! In order to be polite, to ask for information or to move with a Tuk-tuk a few Khmer words would be useful. **Google translator and Google conversation** can really be a life savior in some situations.

Go to the next page for a short Khmer lesson !



The essential

Hi (unofficial)
Hello (official)
Do you speak english
I do't understand
Sorry
Goodbye
Thank you (very much)
Yes/No

Sour sdey
Chom reab suor
Teuy neak niyeay anglais té ?
At yol / Kniom minh yol
Som toh
Lee hai
Orkun (chran)
Tcha (girls) ou Bat (boys) / Até

Shops

How much does it cost
It's cheap
It's too expensive
I would like to buy this

Tlai pun man ?
Thauk
Tlai nah !
Kniom chong tink vea

To move

I would like to go...
Where is...? How to go ...?
Straight
Left/Right
Here/there

Kniom chornng teuw...
Tiy naa...?
Trang
Tchveng / Sdam
Ti nih / Ti nouh

Numbers

One, two, three, four, five

Six, seven, eight, nine, ten

One hundred

One thousand

Muoy, pi, bay, buon, bram

Bram muoy, bram pi, bram bay, bram
buon, dop

Muoy roy

Muoy puan

6 What's the weather like in Cambodia?



Cambodia is a tropical country, which means here we have only two seasons: **the dry season (November to April) and the rainy season (May to October)**.

So you will arrive during this second: which means a very hot climate (up to 35 ° C) and above all very humid (heavy but short rains at the end of the day, and a lot of floods).

It is obviously **hotter in Phnom Penh than in Battambang** (because the capital is further in the south and pollution is more important there), but the temperature remains high in the whole country compared to Europe. We, therefore, strongly recommend to take **light clothing (but covering for mosquitoes) as well as a k-way and shoes that can handle the rain (here flip flops are required)**.

Remember, however, that the temperature change outside (in the sun) and inside (with air conditioning) can be abrupt, so we suggest you take at least one sweater.



Little girl moving in
boat during season
monsoons,

Kandal province

Photo by
TangChhin Sothy

7

What are the safety instructions to respect ?

Immunizations

No vaccination is officially mandatory or essential in Cambodia, however the Institut Pasteur recommends the following vaccines:

Hepatitis A: recommended in the event of a stay with restricted hygiene

Hepatitis B: transmits with the blood

Typhoid: transmissible via water, food or hand washing

Rage: enables to have more time to go to the hospital

Ask your doctor for advice and he will be able to advise you the best possible!

Aid kit



A word of advice, **buy the main drugs in France, it's not always easy to find everything here.** For those who have lenses, remember to also take glasses and physio products because the dust and pollution make wearing lenses rather unpleasant here.

If you have questions about malaria, **know that there is none in Phnom Penh.** However, you can plan a few treatments (malarone, generics or others) when you go to the countryside or trekking in the jungle. **Beware of certain treatments which may be strong! Talk to your doctor.**

Also, bring some mosquito repellants (take 5/5 tropical). **The dengue is present everywhere in Cambodia,** the mosquito repellent and long clothes are the best protection! (Do not panic too much either: we continue to wear shorts and tank tops and do not put the product every day!).

Recommended medicine kit:

- **Paracetamol, Aspirin and / or Ibuprofen** : for pain and fever (depending on your habits)
- **Anti-malarial drugs** : your doctor will prescribe anti-malaria drugs (you can request a generic which will be less expensive).
- **Throat lozenges** : with pollution and temperature changes due to the air conditioning makes it easy to catch cold
- **Anti-diarrheal and decongestant** : our stomachs / intestines are not used to Asian food that can cause us little belly problems

- **Eye drops** : there is a lot of dust in Phnom Penh for example, if you are sensitive to the eyes it is essential!
- **Anti-mosquito and antihistamine cream type Anthisan or Systra** : in case of allergy to insect bites.
- **Small dressing kit** (compresses and sterile dressings with a small pair of scissors, tweezers, betadine, etc.): this is not essential except in the case of trekking or adventures in rural areas
- **Sunscreen index 50 and Biafine** : even if you are not used to burning in the sun, the UV index in Cambodia is very high so it's quite common for foreigners to have a sunburn. In addition, sunscreen can be expensive in Cambodia because it is not the habit of locals to get them but rather to cover themselves.
- **Antiseptic, antibacterial, antimycotic cream** : due to humidity.

Prevention

- **Drugs**: The consumption, transport, sale or purchase of narcotic drugs are punished by Cambodian law. **Cambodia has one of the most harder in this sense**. Thus, in no case can it be tolerated.
- **Tobacco**: Smoking is strictly prohibited in all public places in Cambodia. Through respect for the customs of the country, it will be asked not to smoke in front of young Cambodians.
- **Sexuality**: Modesty is required in Cambodia. Prostitution and sex tourism exist in this country, so it's **important to be vigilant about it**. Of course, condom use is highly recommended!
- **On-site security**: Phnom Penh and Battambang are friendly cities and not dangerous. Like everywhere, you have to be careful when you go home alone at night, but not more than in other cities in Europe.



However one thing is proven approved by all, **THE MUGGING IS A NATIONAL SPORT** : in other words, forget the bags hand and especially the shoulder bags and opt for fanny bags, backpacks or your pockets! We will repeat it often here because **it does not happen only other...**

8

How will my campus look like?

NPIC (Phnom Penh)

NPIC (Phnom Penh) NPIC campus is outside Phnom Penh about a 30-minute drive from the center city (more or less depending on traffic).

The campus is calm and green, **the buildings are new**. It has a football field, rooms for table tennis and small shops on site.



UBB (Battambang)

You will land in Phnom Penh where you will spend a few days before leaving for Battambang, **one of the most important cities of Cambodia in terms of population**. The travel between these two cities is done by bus, which is the preferred transport in Cambodia, for a journey of approximately 5 hours.

The campus is calm and green. It has in particular a soccer field, a room IT and an Olympic type swimming pool is under construction. It is located at the entrance to the city, about 10 minutes from the hyper-center of the city.



9

What are the essentials to bring in my bag ?



conditioning

- **Long, wide and light clothes** : not only to avoid bites mosquitoes, but also because in official, religious places (especially temples), you must cover your knees and shoulders.

Provide at least one light vest / sweater, for airplanes and public places with air

- **Several pairs of shoes** : Walking, small city sneakers, and light shoes flip-flops style, to be comfortable in all situations!

- **Sunscreen and mosquito repellent** ! To have the best possible stay.

- **Make a stock of underwear and swimwear** : Here, it is not the same size!

- **Having a light raincoat** is essential here, although you can find some for sale all over.

- **A first aid kit** (see above)

- **Caps and hats** are welcome! In Cambodia, the sun is very present, and the sunstrokes are never very pleasant

**We just have to tell you
SEE YOU SOON !**

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***Attention, in Cambodia, we have 6 hours
of more than in France until April !**