



# CAMBODIA

*Kingdom of Wonder*  
feel the warmth

**SHOWCASE OF CAMBODIA  
PHNOM PENH**  
**CAPITAL CITY & SURROUNDING  
A CONTEMPORARY METROPOLIS  
WITH LOTS TO OFFER**



**Southeast Asia**  
LAND OF SMILES



CLEAN CITY | CLEAN RESORT | GOOD SERVICE | BEST HOSPITALITY  
[www.tourismcambodia.org](http://www.tourismcambodia.org)

6

General Information

10

Phnom Penh Capital

14

Wat Phnom

16

Royal Palace

18

National Museum

20

Independence  
monument

21

King father norodom  
sihanouk's royal soul

22

Riverside

23

River Cruises

26

Phsar Thmey

27

Phsar Toul Tum Pong

30

Excitement awaits  
you at NagaWorld

34

Phnom Penh  
Golf Clubs

36

Win-Win Memorial

37

The Morodok Techo  
National Stadium

40

Night Market

41

Night Life

44

Koh Dach

45

Kampong Luong

46

Phnom ChiSor

48

Oudong Mountain

49

Cambodian New Year

50

Royal Ploughing  
Ceremony

51

Water and  
Moon Festival

06 | Visiting Cambodia  
08 | Chumreap Suor  
Customs And Tradition  
09 | About Cambodia  
10 | Phnom Penh Capital City  
12 | Phnom Penh  
International Airport  
15 | Wat Phnom  
16 | Royal Palace

18 | National Museum  
20 | Independence Monument  
21 | King father norodom  
Sihanouk's Royal Soul  
22 | Riverside  
23 | River Cruises  
24 | The Oldest Buddhist Pagodas  
in Phnom Penh  
25 | Cambodian Peddlers

Street Delicacies  
26 | Phsar Thmey  
27 | Phsar Toul Tum Pong  
28 | Vattanac Capital  
29 | The Mall of Phnom Penh  
30 | Excitement awaits you at  
NagaWorld  
32 | Community Of Cambodia  
Upstyle Living

33 | Phnom Penh Safari  
34 | Phnom Penh Golf Clubs  
36 | Win-Win Memorial  
37 | The Morodok Techo  
National Stadium  
40 | Night Market  
41 | Night Life  
42 | Choeung Ek Genocidal Center  
43 | Tuol SLENG Genocide Museum

44 | Koh Dach  
45 | Kampong Luong  
46 | Phnom ChiSor  
48 | Oudong Mountain  
49 | Cambodian New Year  
50 | Royal Ploughing Ceremony  
51 | Water and Moon Festival  
52 | Coconut Shell Dance  
53 | Fishing Dance

54 | Buffalo Racing  
55 | Tonle Sap



## CHUMREAP SUOR

Cambodians traditionally greet with a Sampeah, which involves pressing the palms together before and center of the chest with a slight bow and greeting with a polite 'Chumreap Suor'. Customarily, the higher the hands are held and the lower the bow, the more respect is conveyed. Except when meeting elderly people or government officials, between people, this custom has been partially replaced by the handshake. Women usually greet both men and women with the same traditional greeting. Although it may be considered acceptable for foreigners to shake hands with a Cambodian, it is more appropriate to respect the custom and respond with a 'Chumreap Suor'.

## CUSTOMS AND TRADITION

Cambodian culture and tradition have had a rich varied history dating back many centuries. Over the years, the people of Cambodia developed a set of unique tradition from the syncretism of indigenous Buddhism and Hinduism. Cambodians have been raised to respect their culture and are very traditional in their way of life. Tourists will see the well mannered Cambodian expressing a friendly "Chumreap Suor" when they meet one.



## ABOUT CAMBODIA

### LOCATION

There are mountains to the North and East but the land is mostly flat perfect for rice cultivation. Indeed, Cambodian Jasmine Rice had won the World's Best Rice competition three times in a row. The green rice fields and trees are fed by the giant Tonle Sap Lake and famous Mekong River the 12<sup>th</sup> longest river in the world that flows through the country and the capital city, Phnom Penh. Minerals, oil and natural gas deposits were recently found beneath Cambodia's territorial waters valuable assets that will surely contribute to this burgeoning economy.

### CLIMATE

Cambodia's climate is hot and sunny all year round. Like most Southeast Asian countries there are two seasons the rainy season and the dry season. The rains fall May-October and it is dry during November April. December and January are the coolest months and April is the hottest. The average temperature is 27-28°C. During the rainy season downpours are limited to a couple of hours a day in the late afternoon or overnight so many tourists still come during this time to enjoy the country.

### POPULATION

Cambodia's total population is roughly 16.72 million people, 95.6% of which belong to the Khmer ethnic group. Many foreigners live here too and some ethnic groups have made their home in Cambodia for centuries including the Chams (Muslim Khmer), Chinese, Indian, Vietnamese, Thai, Kuoy, Stieng and Tamil. Chinese people have a strong influence particularly in the business sector. Khmer is the official language of Cambodia.

### LANGUAGE

Khmer is the official language of Cambodia. It is one of the oldest languages in the region and is derived from the Mon-Khmer (Austro-Asiatic) language family. It is notable for its extensive alphabet with 33 consonants, 23 vowels and 12 independent vowels. Unlike other Asian languages, Khmer is not tonal and so is quite approachable for foreigners. While learning simple phrases is appreciated, English, French and Mandarin are widely spoken.

### RELIGION

Theravada Buddhism is the oldest surviving form of the religion and is practiced by 90% of the Cambodian population. Cambodian Buddhism shares much with other Theravada countries but has many notable and unique qualities. Buddha statues are revered in Cambodia and visitors are kindly asked to respect the customs surrounding these items (such as not pointing your feet towards a Buddha statue and dressing respectfully in temples). Islam, Christianity and Hinduism exist harmoniously alongside the main religion.

### NATIONAL FLAG

The Cambodian national flag was adopted in its current form in 1948 when Cambodia broke with the French protectorate. It was readopted in 1993 following the end of the civil war. The Angkor Wat temple represents the Buddhist religion of the country along with the dignity and heritage of the Khmer people. The blue stripes represent the king and also stand for liberty and co-operation. The red represents the people and also stands for bravery. In short, the flag sums up the slogan: "nation, religion, king."



### ROMDUOL - NATIONAL FLOWER OF CAMBODIA

Romduol (*Sphaerocoryne affinis*) is the national flower of Cambodia. It is a small, pale yellow flower with a heady fragrance that can travel far and wide in the wind. Cambodian women have often been compared to the Romduol flower and such is the regard for this pretty thing that several regions have been named after it. The Romduol plant can grow to a height of 12 metres and many have been planted in Cambodia's public parks.

## VISITING CAMBODIA



Cambodia can be accessed through three international airports (Phnom Penh, Siem Reap and Sihanouk International Airport) and two international sea ports (Sihanoukville and the Phnom Penh Autonomous Port). Tourists can also enjoy traveling to Cambodia by land and water from neighboring Laos, Thailand or Vietnam. Applying for a Cambodian visa is a simple process which can be done at all international points of entry into the country. All nationalities, except for visitors from the ASEAN countries, are required to apply for a visa. Visa on arrival, which is valid for a 30-day stay is available at the above mentioned international airports, sea ports and border checkpoints.

However, not all nationalities will be granted a Visa on Arrival. It is better to apply at the Royal Cambodian Embassy or Consulate abroad before visiting. A visa application form is usually issued on the airplane or one can be had on arrival. You will need one passport photo to accompany your visa application. A 30-day single entry E-visa, can be applied by visiting [www.mfaic.gov.kh](http://www.mfaic.gov.kh) complete an online application form, upload a recent passport sized photograph in jpeg format. Allow at least three business days for processing.

Note that an E-visa is only valid for arrival at Phnom Penh or Siem Reap international airports, Cham Yeam (Koh Kong), Poi Pet (Banteay Meanchey) and Bavet (Svay Rieng).



## BY LAND

Tourists can enjoy traveling to Cambodia by land from neighboring Vietnam, Laos and Thailand.



### BORDER CROSSING WITH VIETNAM

- Bavet, Svay Rieng, Cambodia / Moc Bai, Vietnam
- Kaam Samnor, Kandal, Cambodia / Ving Xuong, Vietnam
- Phnom Den, Takeo, Cambodia / Tinh Bien, Vietnam
- Trapeang Phlong, Tbong Khmum / Cambodia Xa Mat, Vietnam
- Prek Chak, Kampot, Cambodia / Ha Tien, Vietnam
- O'Yadaw, Ratanakiri, Cambodia / Le Tanh, Vietnam
- Trapeang Srer, Kratie, Cambodia / Bonue, Vietnam
- Banteay Chakrey, Prey Veng, Cambodia / Vinh Ba, Vietnam
- Samrong, Svay Rieng, Cambodia / Mi Quy Tei, Vietnam



### BORDER CROSSING WITH THAILAND

- Poipet, Banteay Meanchey, Cambodia / Aranyaprathet, Thailand
- Cham Yeam, Koh Kong, Cambodia / Hat Lek, Thailand
- O'smach, Oddar Meanchey, Cambodia / Chong Jom, Thailand
- Anlong Veng, Oddar Meanchey, Cambodia / Chong Sa Ngam, Thailand
- Prum, Pailin, Cambodia / Ban Pakard, Thailand
- Doung, Battambang, Cambodia / Ban Laem, Thailand



### BORDER CROSSING WITH LAOS

- Trapeang Kreal, Steung Treng / Cambodia / Norg Nokbiane, Laos



## BY WATER

Cambodia can be reached by boat from neighboring countries and the world. The Preah Sihanouk International Seaport, the Phnom Penh International Port and Kompot international Tourism Port are three main gateways to Cambodia.

The Sihanouk International Seaport receives international cruise ships that accommodate hundreds of visitors. It is possible to reach Phnom Penh Capital by ship along the Mekong River from Vietnam. Phnom Penh is connected by fast local boats to the Upper Mekong River close to Laos or it is linked along the Tonle Sap to Siem Reap Angkor.

By this means, visitors can enjoy the Mekong's view and discover the new growth area of Cambodia full of natural resources, cultural heritage, and life styles of the Cambodian people.





# PHNOM PENH CAPITAL CITY



Phnom Penh, once known as the 'Pearl of Asia', is the capital and largest city of Cambodia with plenty to see. It is now an economic, commercial, cultural, entertainment and tourist center. Here in this city of more than 2 million people, is where tourists can experience a fresh wave of Cambodian hospitality. Cambodians are by nature cordial and friendly. People are more enterprising here.

The city, now a center of diverse economic and urban development, is architecturally developed with many modern housing estates and high rise buildings including several mixed used multi storey development, condominiums, business and recreation centres. Hotels catering to every level of desire have mushroomed all over the city. The riverfront is lined by chic pubs, bistros and boutique hotels. Smart little silk boutiques and galleries dot the side streets. A building arts scene and a heady dusk to dawn nightlife; such are what this pearl has now to offer.



**PARLIAMENT BUILDING**



**PEACE PALACE**



**PHNOM PENH CITY HALL**



**MINISTRY OF TOURISM**



# PHNOM PENH INTERNATIONAL AIRPORT



Phnom Penh airport's former name was Pochentong International Airport. Located 9 km and travel time of 35 minutes to the city center, the airport has two terminals for international and domestic operations. Recently, it added a new facility for VIP service.

Arriving passenger experiences a seamless and affection flow from the arrival right through to the immigration and custom process. With constantly upgrading, the airport, now, has duty free shop, many cuisine chooses and variety of retail shops including Bank ATM terminals, currency exchange and SIM card services. Located outside the arrival hall is Tourist Information office offer help and travel maps and materials to the travelers.

A wide of variety of transportation is readily available ranging from taxi to private cars and train

for travelers to take from airport to city center. In 2019, the airport serves over 35 airlines to 36 destinations and within the terminals are many restaurants and retail shops. In 2019, the airport was awarded by the CAPA Centre of Aviation, best Asia Pacific regional airports for smaller airports category (fewer than 10 million annual passengers).

In 2020, the airport achieved ACA carbon reduction certification level 2. This new level of certification is a recognition of the relevance of the VINCI Airports' global environmental policy which establishes goals for its airports based on its commitment to the preservation of the environment. It also recognizes the airports' actions to manage and reduce CO2 emissions and rewards a multi-annual effort to control and reduce their carbon footprint.

## VISA ON ARRIVAL

Visa on arrival is available for selected country and the counters are located with in the arrival halls of all international cheek points You will need to check on the application requirements from your nearest Royal Embassy of Cambodia for the specific visa on arrival requirement.

## DUTY FREE

Besides the Duty Free Shop in the airport there is also CDF (Cambodia Duty Free) located in Samdech Tehno Park and Naga City Walk (underground) explore the first underground retail gallery. In partnership with China Duty Free Group, they offer over 200 luxury brands from all over the world and authentic souvenirs from Cambodia - Kingdom of Wonder. A full assortment of genuine luxury products including perfumes, cosmetics fashionwear, handbags, luggage, accessories, jeweleries, sunglasses, watches, liquor, tobacco, travel accessories and confectioneries with the best duty free prices in Asia are available in the stores.

## MONEY EXCHANGE

Cambodian riel (KHR) is the official currency. However, the US dollars are in common use. Most businesses in the country, especially hotels,restaurants, airlines, markets and souvenir shops actually set their prices in US dollars. Change of less than one dollar is given in riel. Do inspect the bills when accepting money. Marred riel is acceptable tender, but the tiniest tear in a large US note renders it unusable in Cambodia.

## PURCHASING A PHONE NUMBER/SIMCARD

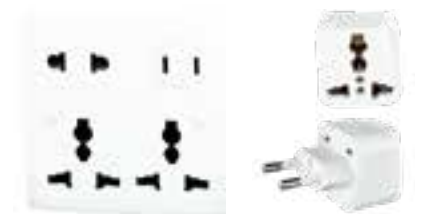
You can purchase a SIM card and telephone number outside the arrival terminal at the Phnom Penh International Airport or from any of the many phone shops scattered across town. It can be purchased for as little as \$1.50; sometimes free. Valid passport and visa are required.

## ELECTRICITY

Voltage: 230 V Frequency: 50 Hz

Pictures - Power sockets

The standard voltage in Cambodia is 230 V and the standard frequency is 50 Hz. See pictures for the types of power sockets and corresponding plugs.







## WAT PHNOM (WAT PHNOM DAUN PENH)

Standing 27 meters (89 feet) high, the Wat Phnom temple is by far the most significant temple in Phnom Penh. Legend has it that in 1372, a wealthy old lady named Daun Penh fished out a floating Koki tree trunk from the river and found five Buddha statues in it; four were made of bronze and one of marble. To revere her sacred find, she built a small temple (wat) on an elevated hill (phnom) with the help of the people from her village and named it Wat Phnom. Since then, the region has grown to be known as Phnom Penh, named after the hill (Phnom) and its creator (Penh).







## ROYAL PALACE

Daily 8:30-10:30AM / 2:00-5:00PM

The Royal Palace of Cambodia is a complex mix of buildings, which serves as the King of Cambodia's royal residence. Located along Sothearos Boulevard, it is surrounded by a high yellow crenellated wall and distinctively marked by the spired Chanchhaya Pavilion facing the riverfront. Inside the Palace grounds, the royal buildings with towering spires sit majestically amidst manicured gardens.

On the south side of the Royal Palace is the Silver Pagoda, otherwise known officially as Preah Keo Morakot or Temple of the Emerald Crystal Buddha.

This pagoda, which houses a collection of priceless Buddha and historical objects including the 'Emerald Buddha', is unique as the floor is covered by more than 5,000 silver tiles, and no monks live in it. The pagoda is the venue, where Royal Ceremonies are held, and where the King meets with the monks.







## NATIONAL MUSEUM

Daily 8:00-11:30 AM / 1:30-5:00 PM

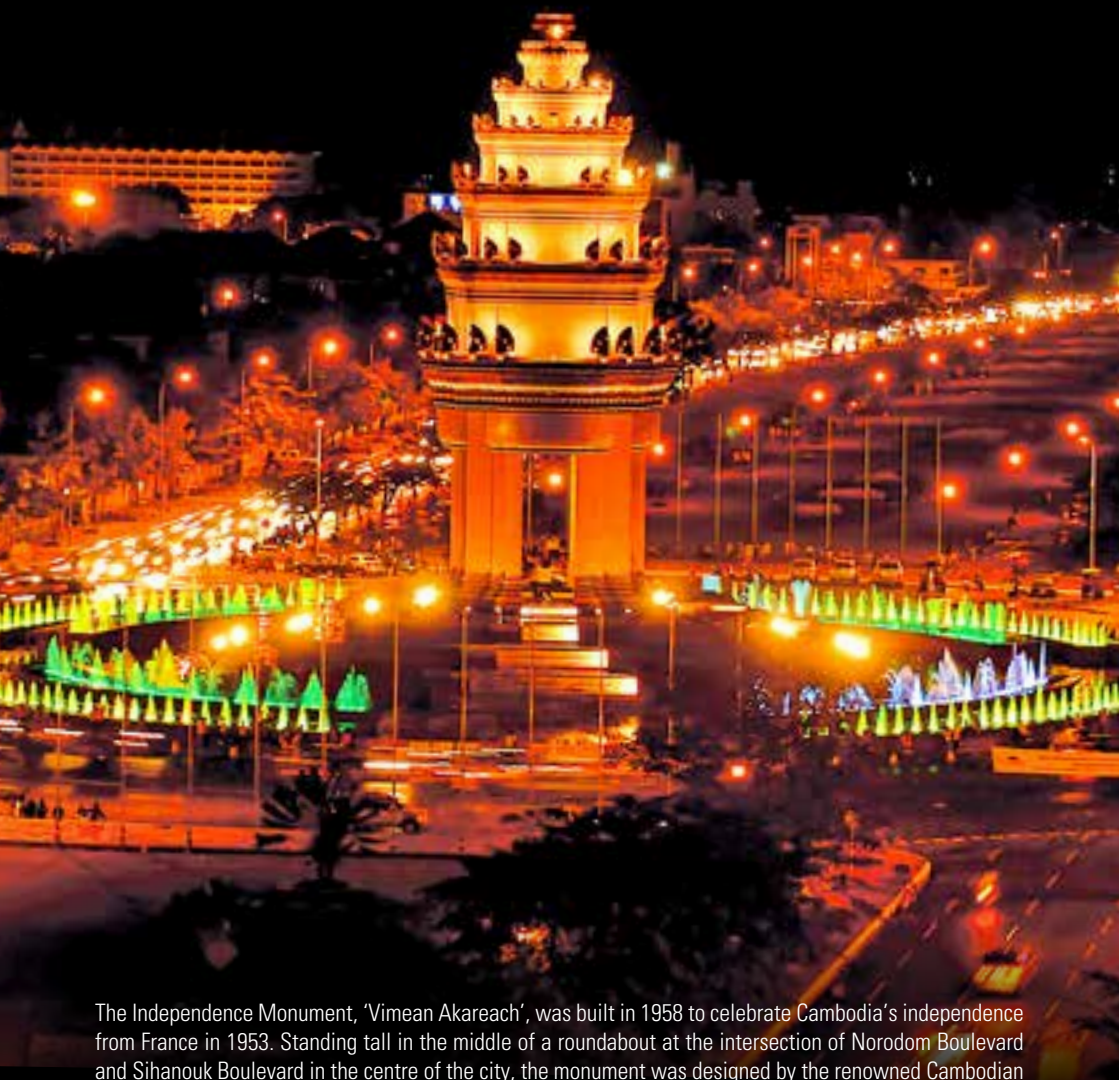
The buildings of the museum are inspired by Khmer temple architecture. There are more than 14,000 items housed in the museum. It has the world's largest collection of Khmer art, including sculpture, ceramics, bronzes, and ethnographic objects dating from prehistoric times to periods before, during, and after the Khmer Empire.

The Museum serves also a religious function. Its collection of important Buddhist and Hindu sculptures including a Post Angkorian Buddha supported by UNESCO and a number of individuals and local businesses, opened in 2,000 to extend the religious function of the Museum.





## INDEPENDENCE MONUMENT



The Independence Monument, 'Vimean Akareach', was built in 1958 to celebrate Cambodia's independence from France in 1953. Standing tall in the middle of a roundabout at the intersection of Norodom Boulevard and Sihanouk Boulevard in the centre of the city, the monument was designed by the renowned Cambodian architect, Vann Molyvann in the shape of a lotus bud adorned with Naga heads to resemble the great Khmer temples at the Angkor historical sites.



## KING FATHER NORODOM SIHANOUK'S ROYAL SOUL

Behind the Independence Monument, stands another monument built in honour of the late King Norodom Sihanouk for his many accomplishments, including gaining Cambodia's independence from France. The 27-meter-tall shrine houses a 4.5-meters tall bronze statue of the late king.





## RIVERSIDE



The riverfront comes to life when the sun softens. Lots of local activities and across the road, plenty of restaurants, eateries, cafes and pubs too chill.

A visit to the riverfront is a pleasure not to be missed. There, you may soak in the pleasant ambience, mingle with the crowd, and meet the locals. You

can also dine at several good restaurants or shop in trendy boutiques along the streets off the main boulevard.

Do checkout Street 178 (aka 'Art Street') next to the National Museum for interesting little art galleries and shops that sell souvenirs and fine silk pieces.



## RIVER CRUISES



A leisurely cruise along the Mekong River is a good way to spend a romantic evening with loved ones. If you are looking for one, head to Sisowath Quay, which offers many night cruises, some with dinner included. Guests may determine their own route and schedule and enjoy a pleasant experience cruising over the confluence of the mighty Mekong, the amazing Tonle Sap and Bassac rivers which have sustained the Cambodian civilisation for centuries.





## THE OLDEST BUDDHIST PAGODAS IN PHNOM PENH



### WAT LANGKA

Wat Langka is one of the oldest pagodas in Phnom Penh.

It was founded in 1442 as a sanctuary for Holy Text and a meeting place for Cambodian and Sri Lankan monks. Located at Preah Sihanouk Boulevard, the Wat Langka escaped total destruction by the Khmer Rouge as it was used as the regime's storehouse.

The temple still plays an important role in Cambodian Buddhism and many of the monks are highly regarded teachers.

### WAT OUNALOM

Wat Ounalom, the headquarters of Cambodian's Mohanikay Buddhism order, is on Sisowath Quay near the Royal Palace. Established in 1443, it is regarded as the most important of all pagodas in Phnom Penh.

Damaged during the Khmer Rouge regime, all the 44 structures within Wat Ounalom have since been restored. An important relic, an eyebrow hair of Buddha, is kept in a stupa behind the main building. It carries an inscription in Pali and is very well revered.



### WAT BOTUM

Established by King Ponhea Yat in 1442, Wat Botum, located on Street 7, Sangkat Chaktomuk, Khan Daun Penh is one of the most original pagodas in Phnom Penh. Originally known as Wat Khpop Ta Yang, it was renamed Botum Wathei after a lotus pond that was on the site. Many politicians figures and renowned citizens are buried here many prominent Cambodian bhikkhus were also ordained here.

For visitors, who are interested, free meditation lessons are available at the pagoda from Mondays to Fridays in the morning, and in the afternoon on Saturdays and Sundays.



## CAMBODIAN PEDDLERS STREET DELICACIES



Phnom Penh is an excellent destination for food lovers. At almost every busy street corner, you will find food peddlers with trays of different tasty street foods on their heads competing with push carts selling their wares. Street food snacking is a popular Cambodian pastime. Among the popular dishes for breakfast are Khmer noodles, skewered embryos, grilled meat and crepes. Roving vendors also hit the streets with fresh cut-up fruits, grilled corns, banana, tapioca and all sorts of fried crawlies and shells.







## PHSAR THMEY (CENTRAL MARKET)

Phsar Thmey, better known as the Central Market, is a unique building built in 1937.

The vast interior of this amazing complex sells an extensive range of goods for a bargain. The architecture is planned for great ambience with excellent ventilation. The Central Market (Phsar Thmey) is a unique Art Deco building where you may shop till you drop! Constructed in 1937, its dome shape with four wings branching out into vast hallways teeming with stalls has become a prominent landmark in Phnom Penh.

With a wide range of goods and services ranging from gold silver and bronze, antique coins, men's and women's apparel, clocks, books, flowers, food, fabrics, shoes and souvenirs to fish, seafood, dessert, luggage, and countless other products, shoppers are spoilt for choice. Once hailed to be the biggest market in Asia, today it still operates as a one-stop-shop frequent by tourists and locals alike. It underwent a US\$4.2 million renovation recently.



## PHSAR TOUL TUM POUNG

(Russian Market) Daily : 6:00am - 5:00pm

Toul Tum Pong Market is often referred to as the "Russian Market" because of its popularity among Russian expats during the 1980s. It is popular with the city's diverse array of foreign

residents and the surrounding vicinity has become a second centre for the city, where you will find some of the best restaurants cafes and local comfort foods.





# VATTANAC CAPITAL



## THE MALL OF PHNOM PENH



THE BRIGDE



MIDTOWN MALL



CHIP MONG NORO MALL



GLOBAL HOUSE



MAKRO MALL



OLYMPIA MALL



# EXCITEMENT AWAITS YOU AT NAGAWORLD

SAMDECH HUN SEN PARK, PHNOM PENH, 120101



NagaWorld is one of Cambodia's most iconic resorts, offering a wide range of world-class leisure facilities for guests to stay, play, dine, shop and relax.

2022 marks the hotel's 27<sup>th</sup> year of service excellence, with its 5-star accommodation spread across 2 sprawling complexes, combining to offer a total of 1,658 luxurious suites and rooms.

There are also over 20 food and beverage outlets and clubs all under one roof, including several award-winning restaurants such as the spectacular Hall of Golden Chimes. Savour impeccable Cantonese delights like premium live seafood and freshly-made dim sum with a sumptuous view to match.

Other amazing dining experiences help take you on a gastronomic journey of the world's cuisines including Chinese, French, Japanese, Italian, Thai, Cambodian, Vietnamese, Indian and more. You can also indulge in some fabulous feasts such as the International Dinner Buffet and All-You-Can-Eat Dim Sum, both

available daily, as well as unlimited Western and Asian options available during weekend lunchtimes. Linking the NagaWorld1 and NagaWorld2 properties is Cambodia's first underground shopping gallery NagaCity Walk, where you can enjoy a lavish spree of luxury goods at duty free prices.

Revel in electrifying entertainment around the clock with daily live performances from local and international talents at various stages across the resort such as NagaWorld1 Lobby Stage and Darlin' Darlin' Music Lounge.

Don't forget to pamper yourselves with some wellness treatments at NagaWorld's award-winning luxury spas, The Spa at NagaWorld and The Elixir of Life. These sanctuaries of tranquility enable you to revitalise your body, mind and soul.

With something for everyone and even more to discover, NagaWorld is a must-visit destination during your trip to Cambodia!





## COMMUNITY OF CAMBODIA UPSTYLE LIVING

A modern urban city buzzing metropolis with skyscraper, mall, modern office, building and condominium.



**BOREY CHIP MONG**



**BOREY PENG HUOTH**



**BOREY VIMEAN PHNOM PENH**



**BOREY PHNOM PENH THMEY**



### PHNOM PENH SAFARI

Daily 10AM - 5PM

Close enough to the city yet far enough away to enjoy unspoiled surroundings, the Phnom Penh Safari is expected to become a magnet for children and parents alike. In a country that is now starting to make the most of its newfound leisure options, the Phnom Penh Safari is expected to be a big hit with Cambodian families and tourists alike.

Educational as well as entertaining, the Phnom Penh Safari is an eco friendly zoological park with more than 800 animals. Species that inhabit the Phnom Penh Safari include bears, ostriches, kangaroos, giraffes, tigers, dolphins, deers and many more. There will also be entertainment and education in the form of crocodile shows, bird shows, orangutan shows, and tiger shows.





# PHNOM PENH GOLF CLUBS

There is a good selection of 5 outstanding golf clubs featuring 6 courses in Phnom Penh, each with their own characters and challenging designed course.

1. Cambodia Golf & Country Club  
(Phnom Penh's oldest golf course)
2. Garden City Golf Club
3. Grand Phnom Penh Golf Club
4. Royal Cambodia Phnom Penh Golf Club.
5. Vattanac Golf Resort - East Golf Course



**GRAND PHNOM PENH GOLF**



**CITY GOLF CAMBODIA**



**GARDEN CITY GOLF CLUB**



**ROYAL CAMBODIA PHNOM PENH GOLF CLUB**



**VATTANAC GOLF RESORT**





## WIN-WIN MEMORIAL

The Win-Win Memorial was inaugurated on 31 December 2018 by Prime Minister Hun Sen to mark the end of the 20-year civil war in Cambodia. Designed in a modernist Khmer-style architecture, the \$12 million monument stands on an 8 hectare plaza with eight pools, various sculptures, and a 117-meter base featuring bas-reliefs depicting the journey to peace.



## THE MORODOK TECO NATIONAL STADIUM



The Morodok Techo National Sports Complex, which features a state of the art stadium was specially built for Cambodia's hosting of the 32rd SEA Games, 12<sup>th</sup> ASEAN PARA Game 2023 and 5<sup>th</sup> Asian Youth Games 2029. Built with Chinese government grant

funding of 1.1 billion Chinese yuan (about \$160 million), the towering 'sailing ship shaped' structure Symbolises a long standing friendship between Cambodia and China.







**WELCOME  
TO THE 32<sup>ND</sup> SEA GAMES-  
12<sup>TH</sup> ASEAN PARA GAMES, 2023  
PHNOM PENH!  
CAMBODIA: KINGDOM OF WONDER**

**សូមស្វាគមន៍!**  
ព្រឹត្តិការណ៍កីឡាអាស៊ីអាគ្នេយ៍ និងកីឡាជនពិការ  
អាស៊ាន ប៉ារ៉ា ឆ្នាំ២០២៣  
រាជធានីភ្នំពេញ  
កម្ពុជា ព្រះរាជាណាចក្រកម្ពុជា



**ប៊ូរី**

**SPORTS LIVE IN PEACE  
OUR DREAM 64 YEARS**



**រំដួល**

**កីឡាល្បែងក្នុងសន្តិភាព  
ក្តីស្រមៃយើង៦៤ឆ្នាំ**





## NIGHT MARKET

Preah Moha Ksatreyani Kossamak Ave (106)  
Fridays to Sundays - 5pm to 11pm

Phnom Penh Night Market is where locals and tourists gather to relax, browse over 150 stalls, and be entertained by amateur singers taking to the stage to showcase their talents. Up for grabs for a bargain are items from clothes, bags, ornaments and souvenirs to furniture and snacks.



## NIGHT LIFE

Fridays to Sundays - 5pm to 11pm



After dark, there is a wide choice of entertainment for visitors and locals alike. In line with the Cambodian government's policy of welcoming foreigners, Phnom Penh is home to an array of international restaurants and fun joints from Moroccan to Mexican. Khmer restaurants are tenapenny as are the famous Southeast Asian Street food stalls and classy eateries. There is no shortage of pubs, nightclubs, music and karaoke venues to keep evening alive. Before you call it a night, do drop in at one of the rooftop skybars overlooking the mighty Mekong River for one for the road.







## CHOEUNG EK GENOCIDAL CENTER

Daily: 7:30 AM / 5:30 PM

Roluos Village, Choeung Ek Commune, Dangkor District A commemorative stupa filled with the skulls of the victims.

Many Cambodians were brutally executed and dumped in mass graves scattered over the country during the Khmer Rouge regime (1975-1979). One of these sites (also known as 'The Killing Fields') is Choeung Ek, an orchard and Chinese cemetery, where about 20 thousand victims were executed and perished.

The victims included diplomats, scholars, foreigners, intellectuals, soldiers and many former political prisoners detained at the Toul Sleng Detention Centre.



## TUOL SLENG GENOCIDE MUSEUM

Daily: 8:00 AM / 5:00 PM

What once was a rowdy school compound, is today a solemn museum of torture. Toul Sleng was a former high school, which was converted into the S-21 prison and interrogation facility by the Khmer Rouge.

Rouge abandoned it in January 1979 and it now serves as a museum, a memorial and testament to the insanity of the Khmer Rouge regime.

Here, inmates were systematically tortured to extract confessions and subsequently executed at the killing fields of Choeung Ek. Much of the S-21 has been left in the state it was in when the Khmer

Extensive records and evidences including thousands of photos of the victims and torture equipment are kept at the museum, many of which are on display. Paintings of torture at the prison by Vann Nath, a survivor of Toul Sleng, are also on display.







## KOH DACH

On the banks of the Mekong River located about 1-hour boat ride from Phnom Penh. The quaint and picturesque island of Koh Dach in the Mekong River is the place to head to for those who want to get away from the hustle and bustle of city life. Known for traditional handicrafts such as pottery, dyeing, wood carving and especially silk weaving, the island has also been dubbed as Silk Island.

Silk Island can be reached within minutes from Phnom Penh by boat. Once there, visitors can see the inhabitants busy at work operating hand looms, dyeing and spinning wheels made of bicycle parts. Tourists sight-seeing on bicycle, motorcycle or Moto remorque (Tuk Tuk) may take a ferry across to the island quite conveniently.

Only a few families of silversmith in Cambodia perpetuate this tradition; most if not all, are in Kampong Luong. This skill is listed as a Cambodian heritage by UNESCO.

## KAMPONG LUONG

(Khmer Silversmith Center)

Every single piece of silverware is crafted from scratch; from smelting down the silver ore to beating, shaping and polishing to the creation of an ornament.

Silversmithing in Cambodia dates back to the 11<sup>th</sup> century and no less than 40 silversmith workshops are found in Kampong Luong, which is located near the ancient city of Oudong. Traditionally, silver ornaments and sculptures were for royalty and presented at weddings and as the Royal Palace's demands grew, many silversmiths were attracted to the area and remained concentrated at Kampong Luong until today.

Handmade silverwares, including jewellery, ornaments, ceremonial objects used for weddings, trays and betel boxes are hailed to be amongst the best in the world in terms of their fine finishing and quality. Many Cambodian-made silver pieces are seen in top collectors' shops around the globe with some making their way to auction houses and sold for handsome amounts.



Artisans giving the finishing touches before they go on to the shelves.



Silver objects, like this jewelry box, were already popular in Cambodia since 500 years or more ago, especially during the reign of King Pongea Yat when Oudong was the capital city and where the royal palace was situated (15<sup>th</sup> to 19<sup>th</sup> Century).





## PHNOM CHISOR

The countryside view from the top of Phnom Chisor coupled by the amazing state of preservation of the temple complex especially the carvings, makes the vigorous climb all worth the effort.

Phnom Chisor (Phnom Chiso, Chisor Mountain) is a 133m high mountain in Dok Por village, Rovieng commune, Samraong District, Takéo Province, Cambodia. It lies about 42 km south of Phnom Penh.

The Ministry of Culture and Fine Arts is preparing documents to nominate the site in the list of UNESCO world heritage. Sitting on top of a solitary hill, from the top the view of the countryside is rewarding.

This temple is Hindu, dedicated to Shiva and Vishnu. Scenes including Brahms, Shiva and Vishnu carvings are visible on some lintels and pediments. Constructed during King Suryavarman 1 at the time when the Angkorian Khmer Empire was nearing its peak. Parts of the temple remain quite well preserved. The complex is surrounded by a 2.5-meter-wide gallery of windows.

From the inscription found, this 11<sup>th</sup> century wonder was known as Suryagiri (Mountain of Sorya). The climb to the top of the hills is a vigorous 461 steps but when at the complex, the amazing view of the countryside and the temple compound makes your effort well worth.

## TA PROHM TEMPLE TONLE BATI

The Angkorian era temples of Ta Prohm and Yeay Peau were built during the reign of Jayavarman VII, about around the same period when the Bayon and Angkor Thom in Siem Reap were constructed.

Ta Prohm is the more extensive of the two with a number of well preserved carvings while Yeay Peau is a single sandstone tower standing next to an active modern pagoda.



## PHNOM TAMAO ZOO

The Phnom Tamao Zoo and Wildlife Rescue Centre is only a 45-minute drive outside town.

Serving as a safe refuge to rare and endangered animals rescued from the clutches of poachers, traffickers and illegal wildlife traders, this is more a wildlife rescue centre than it is a zoo. Its residents include more than 1,000 animals plus hundreds of exotic birds and reptiles.

Managed by the Ministry of Agriculture's Forestry Department with support from WildAid and Free the Bears Fund, the zoo occupies about 70 hectares out of a 2,500-hectare forest protected area; 1,200 hectares of which are dedicated to reforestation. The zoo is situated at the Phnom Tamao area which enjoys picturesque surroundings comprising mountains and ancient temples such as Phnom Tamao Temple and Thmor Dos Temple.







## UDONG MOUNTAIN

The ancient town of Oudong at the foot of Oudong Mountain is located about 40km (or a 90-minute ride by reumork) from Phnom Penh. Founded by King Srei Soryapor in 1601, it remained the royal capital of Cambodia for more than 250 years until 1866 when King Norodom moved the capital to Phnom Penh.

During the Cambodian civil war, the Khmer Rouge committed many atrocities in Oduong and also damaged many monuments, temples and religious structures of historical importance.



## CAMBODIAN NEW YEAR

Bask in the celebration of new year with traditional fun and festivities

This marks the end of the harvest season when farmers enjoy the fruits of their labor and relax before the start of the rainy season. The New Year holidays last for three days officially.

During this time, people around the country engage in traditional Khmer games like the Bas Angkunh

'seed throwing', Chaol Chhoung 'twisted scarf Leak Kanseng 'twisted scarf hide', tug of war and musical chairs to make merry.

Throughout the country, people merrily dance the traditional Khmer forms of the Ram Vong, Ram Kbach, Saravan, and Lam Leav in the open.







## ROYAL PLOUGHING CEREMONY

Every year in May, this cultural ceremony takes place at the park in front of the National Museum (next to the Royal Palace). Cambodia has a deep connection with the earth and farming. There is a deep astrological belief that royal oxen known in Khmer as Usapheak Reach, have an instrumental role in determining the fate of the agricultural harvest each year.

Traditionally, the King Meak, representing the king of Cambodia, ploughs the field whilst the Queen,

the Preah Mehuo, sows seeds from behind. The field is ceremoniously ploughed three times around the compound. Royal servants then drive the royal oxen to seven golden trays containing rice, corn, sesame seeds, beans, grass, water, alcohol to feed.

The royal soothsayers interpret what the oxen have chosen to eat and predict a series of events including epidemics, floods, good harvests, and excessive rainfall. At this festival, both men and women wear brightly colored Khmer traditional costume.



## WATER AND MOON FESTIVAL

It is usually celebrated for three days; the 14<sup>th</sup> and 15<sup>th</sup> of the waxing moon and the 1<sup>st</sup> of the waning moon in the month of Kadek. The 15<sup>th</sup> of the waxing moon is the last full moon day.

The festival ushers in the fishing season, marks a change in the flow of the Tonlé Sap and the ebbing water season, and is seen as thanksgiving to the Mekong River for providing the country with fertile land and abundant fish.

At the height of the rainy season, the water of the Mékong River forces the Tonlé Sap to reverse its current and to flow up to the Tonlé Sap Lake. As the water of the Mékong River begins to subside, the swollen Tonlé Sap Lake flows back to the Mekong River through the Tonlé Sap and empties into the sea, which leaves behind vast quantities of fish. This indeed, is a remarkable phenomenon of the Tonlé Sap.





## COCONUT SHELL DANCE

A ceremonial dance of love and friendship

The Coconut Shell Dance is one of the most popular and well-known of the Cambodian folk dances. The climate is tropical; Cambodia has two seasons, dry season and the rainy season. There are lots of coconut trees throughout Cambodia and their fruits are in great abundance. After the meat of the coconut is carved out, Cambodians often save the shells, polish and use them in many practical ways.

The dance grew out of a popular game that used the coconut shells. The game is played during ceremonies, but more often during weddings, engagements, and especially at the time when the groom is being escorted in a procession to the bride's house. In its original form, this was a one-man show. In the modern-day version, an equal number of male and female dancers perform the dance, personifying friendship and courtship.



## FISHING DANCE

An expression of joy and romance

There is a saying in Cambodia, "Where there is water, there are fish." In this dance, you see two traditional methods of catching fish; the use of braided bamboo baskets called CHHNEANG and bell-shaped traps known locally as ANGRUT. Young women scoop water from the river into their Chhneang which act as strainers. As the water drains through the bamboo strips, small fish are trapped in these baskets. The men would use the ANGRUT for catching larger fish in shallow water. Love and romance are favorite themes in Khmer stories and dances. In traditional Cambodian society, young people are carefully watched and

have few opportunities to get to know one another. But the fishing quarter is one place they have a chance to meet. At the beginning of the dance, young men come down to the river on one side and women from the other. The dance expresses their joy; how happy and excited they are when they meet each other. As they fish, they flirt with each other. The boys playfully snatch the girls' fishing baskets and they make merry. In the dance, the group would split leaving one young couple behind and they fell in love. At the end of the dance, the group returns to tease and congratulate them.





### HISTORY

Buffalo races have grown in popularity over the years. Villagers trained for months in preparation for the event.

The buffaloes raced in pairs and the winners receive monetary awards on top of the glory.

## BUFFALO RACING

An exhilarating spectacle to honour the spirits

Each year, millions of Cambodians visit Buddhist temples across the country to honor their deceased loved ones during a 15-day period commonly known as the Festival of the Dead. However, in Vihear Suor village, about 22 miles (35 km) northeast of Phnom Penh, villagers would wrap up the festival with a water buffalo race to entertain visitors and honour a pledge made centuries ago.

There was a time when many village cattle which provided rural Cambodians with muscle power to plough their fields, suddenly drop dead from an

unknown disease. The villagers prayed to a spirit to help save their animals from the disease and promised to show their gratitude by holding a buffalo race each year on the last day of the "Phchum Ben" festival. Since then, the cattle have been safe and the villagers kept to their pledge.

The race draws hundreds of spectators who come to see riders and their animals charging down the field; the riders bouncing up and down on the backs of their buffalo, whose horns are draped colorfully by cloth and various auspicious ornaments.

## TONLE SAP

Tonle Sap Lake is the largest freshwater lake in Southeast Asia. Also called Boeung Tonle Sap, it has one of the world's most vibrant ecosystems. There are different species of wildlife in and around the lake, which helped to sustain and grow the ancient Khmer civilisation.

It's also famous for its fascinating local communities and their floating villages. Located in Siem Reap, the massive lake is 250 km in length and 100 km across at its widest point, making it seem like an inland ocean because it is impossible to see the opposite shore from ground level.

Surprisingly, it's shallow, with a maximum depth of only 10 metres







# CAMBODIA

*Kingdom of Wonder*  
*feel the warmth*



[www.tourismcambodia.org](http://www.tourismcambodia.org)

CLEAN CITY | CLEAN RESORT | GOOD SERVICE | BEST HOSPITALITY