



***Trip Tips for  
International Visitors to the***

**Cambodian Youth Arts  
Festival 2010**

*August 7 – 11, 2010*





# Greetings

Dear CLA Traveler,

Welcome to the latest Cambodian pilgrimage by friends of Cambodian Living Arts. The following pages contain suggestions and descriptions about Cambodian travel that are intended to be more up to date or specific than the advice available in books or online. The notes are drawn from our previous group visits, and hopefully answer many questions for first-time travelers. If you have been to Asia before, much of this will be familiar. The notes are divided into slightly-overlapping sections.

## **Cambodia Trip Tips**

**Preparations.** Visas, shots, clothing, insurance, Imodium AD, etc.

**Expectations.** Lodging, food, water, laundry, email, phone home.

**Logistics.** Info about how CLA trip works.

**Contacts.** How people can reach you during the trip.

**Reading.** Some interesting books to read before, during or after.

For in-depth information on Cambodia travel, we recommend *The Lonely Planet Guide to Cambodia* (ISBN: 0-86442-670-4), which is the closest we get to required reading for our trips. It was the first modern guide to Cambodia, and is still the best basic work. The 6th Edition came out in 2010. There are several other guidebooks for adventurous or frequent travelers, but none cover the basics like *Lonely Planet*.

If you have corrections or suggestions for these tips, please let us know.

Phany Tum, Country Manager  
phany@cambodianlivingarts.org

## Cambodia Trip Preparations



**VISA.** There are 3 ways to get a standard 30-day visa for Cambodia.

1. *In advance.* Mail your passport to the Cambodian Embassy in Washington. Visit <http://www.embassy.org/cambodia/> for instructions and to see how much advance time is required.
2. *E-visa.* Instead of applying through the Cambodian Embassy, all you need to do is to complete the online application form and pay with your credit card. After receiving your Visa through email, print it out and bring it along when you travel to Cambodia. Visit <http://www.mfaic.gov.kh/evisa/> for instructions and to see how much advance time is required.
3. *At the airport in Cambodia when you arrive.* This is how we usually get our visas. All you need is a US\$20 bill, two passport-type photos, and a sense of humor about bureaucracy. Get the passport-type photos by photocopying your passport and cutting out the pictures – a photocopy of your passport is a good idea anyhow. And you will need more of these photos later, too.

***Visa extensions beyond 30 days can be arranged in Cambodia.***

**IMMUNIZATION.** For current information and recommendations visit the Center for Disease Control's (CDC) website, <http://wwwnc.cdc.gov/travel/destinations/cambodia.aspx>

Consult your doctor for additional recommendations and prescriptions, based on your individual medical and inoculation history.

- **ROUTINE.** Recommended if you are not up-to-date with routine shots such as, measles/mumps/rubella (MMR) vaccine, diphtheria/pertussis/tetanus (DPT) vaccine, poliovirus vaccine, etc.
- **TETANUS AND DIPHTHERIA.** Check to see if you are current.
- **POLIO.** Need a booster?
- **TYPHOID.** Shots are good for 5 years. Check your records.
- **HEPATITIS A.** A new long-lasting vaccine has replaced gamma globulin.
- **MALARIA.** This takes serious thought – the pros and cons are significant. Malaria is present the countryside, but not in Phnom Penh and Siem Reap. Opinions differ about which medicine is best for Cambodia, and also about whether ANY medicine works. Ask your doctor to check the known side effects against your health profile. Consult the CDC website (above). Check with friends. CLA's travel experience could be used to argue either position. **PRO.** One of our travelers in 2001 contracted malaria, although it could have been contracted during extended travel on the Mekong and in Vietnam. It took a long time to diagnose, and she reported that malaria was so awful that she would rather give birth again. **CON.** One of our travelers in 2001 had an extreme psychotic reaction to her malaria medication (Lariam) and had to be evacuated by plane in the middle of the night. Others have

reported side-effects including digestive problems and sun-sensitivity from the daily medicine (Doxycycline). Most people who live and work in Cambodia do not take anti-malarial medicines because none are 100% effective and all have side effects. They rely on long sleeves and insect repellent after dark when the malaria mosquitoes come out.

- FLU. Recommended for anyone at risk who travels in a group.

**MEDICINE.** You should consider something for diarrhea, colds, allergies, insect stings, skin conditions, toothaches, nausea, airsickness, dehydration, severe pain, and any special conditions you have. Don't leave home without *Imodium AD*, a very effective suppressor of diarrhea symptoms that you can buy off the shelf in US drug stores. Most drugs are available over the counter in Cambodia, but when you are flat on your back or stuck in the bathroom it feels good to know there is help in your bag. The *Lonely Planet Guide* is full of practical advice on medicine kits. (Like a pair of extra glasses and your prescription.) The CDC website's section on Southeast Asia has practical advice, too. Both tell about how to eat and behave so you stay healthy so you won't need the medicine you brought. In an emergency, there are good hospitals and dentists in Siem Reap and Phnom Penh.

**DOCUMENTS.** A secure, hidden document pouch is recommended although some hotels offer lock boxes. Before you leave home, make 2 photocopies of any documents you are taking (passport, driver's license, credit cards, prescriptions, etc.). Leave 1 copy at home where someone can find it if you call, and take 1 copy with you in case you lose the originals. Take a half dozen passport-size photos made by photocopying your passport and cutting out the pictures.

**VALUABLES & EQUIPMENT.** If you take valuables or equipment along, it is a good idea to record the models and serial numbers and values in advance, leaving 1 copy and taking 1. Maybe even make photographs. This list is also of use in the event that customs (Cambodian or US, coming or going) has questions about the equipment.

**INSURANCE.** Check your coverage before you leave.

- **MEDICAL.** Check with your medical provider to understand what is covered in foreign countries. You may want to purchase a supplemental plan for overseas. Most medical plans reimburse expenses overseas, but check about receipts, etc.
- **EVACUATION.** Each CLA traveler should have "medical evacuation insurance" in case there is need to leave Cambodia for emergency medical treatment. We recommend *SOS Insurance* because it also gives access to a clinic in Phnom Penh. [www.internationalosos.com](http://www.internationalosos.com). *Note that evacuation insurance covers ONLY the evacuation, not the medical care you receive before or after. That's where your medical coverage comes in.*
- **PROPERTY.** Most household or renter's insurance policies cover personal possessions while traveling. Check with your provider to make sure, to see what is covered, and to adjust your deductible.
- **TRIP CANCELLATION.** Please note that our **cancellation policy** is that 1) your trip deposit is not refundable, 2) the remainder of your trip payment is not refundable if notice of cancellation is received within 30 days of departure, and 3) airfare refunds must be taken up with the airline directly. We recommend Trip Cancellation Insurance so your pre-payments for airfare and travel expenses can be covered in such cases. Trip Cancellation Insurance is arranged by each traveler individually.

**CLOTHING.** Choosing appropriate clothing for Cambodia is a balancing act between tropical comfort and cultural courtesy. The Lonely Planet's advice to women travelers also applies somewhat to men: "Khmer women dress conservatively, and it's best to follow suit,

particularly when visiting wats (pagodas). In general, long-sleeved shirts and long trousers or skirts are preferred.” (NOTE: The monuments at Angkor are active religious sites, too.) Short sleeves seem to be OK now, but Khmer women’s shoulders are always covered. Fortunately, it is a matter of courtesy rather than personal security. Cambodia is not like some countries where conservative men may act out their disapproval of a visitors' clothing. Khmers are a very considerate and forgiving people, and will just shake their heads and "tut-tut" when local standards are ignored. I have seen obtuse westerners in cutoff halters and short shorts enter temples and monuments without a problem.

- **LIGHT WEIGHT.** November through January is the cool season -- about 90°F during the day and 70°F at night. Siem Reap is a little cooler than Phnom Penh and can be chilly (65°F?) at night. April is the hottest month.
- **QUICK DRY.** It is always humid. November is the beginning of the dry season, with rain unlikely but possible. From March through May it seldom rains. The monsoon begins in June and peaks in September.
- **LIGHT COLORS.** Mid-day sun is extremely intense.
- **COVER UP.** Women should cover shoulders and legs when entering a wat (temple), including monuments at Angkor. A sarong and a shawl/throw will suffice, or bring a light shirt. A light long sleeve short is also great protection against the intense sun.
- **SKIRTS vs. TROUSERS.** Trousers are advantageous in many circumstances, including sitting on the floor and riding motorcycle taxis. Cambodian women often ride sidesaddle on the back of motorcycles without touching the male driver, but that skill takes a while to master; it is accepted for western women to sit boldly astride and hang onto the driver.
- **SHOES.** Slip-on shoes are handy because you have to take them off several times a day in temples, homes and some restaurants.
- **QUANTITY.** Inexpensive, same-day laundry is available at most hotels. It works well enough that you can get by on just a few days' clothes. In a pinch you can wash something in your sink and hang it up to dry overnight in air conditioning.
- **BUY IT THERE.** Ready made clothing is a bargain in the markets, so you can stock up on shirts, hats, shoes, sandals, t-shirts, etc.

**ELECTRICITY.** The electricity in Cambodia is 220 volt.

- **Adapters.** Most outlets take a plug with two round pins. All traveler kits seem to include it: the larger of the 2 round-pin plugs. Adapters are available quite cheaply in Cambodia.
- **Converters.** There are at least two types of voltage converters, depending on the amps of the device you want to use.

Most laptops now come ready to accept either 120 volt or 220 volt power. Look for something like “120-240V” in the fine print on the laptop or on the “brick” in the power cord.

**EMAIL.** For email simplicity and certainty, set up a temporary account at one of the web-based services like Gmail, Hotmail or Yahoo and tell your friends and family to use that. You can access it quickly from the hotel’s business center or the numerous cyber cafes. Some other email services, like AOL, are also available through websites.

**SUPPLIES.** Bring any special requirements and unusual personal care items. Many needs and comforts are available in western "supermarkets" in Phnom Penh and Siem Reap, which are actually large convenience stores with many familiar goods at western prices.

**DAY BAG.** Something to carry your water, *Imodium AD* and

- **SNACKS.** Always carry some quick nutrition. We cannot always find something to eat when we need it, a problem that begins on the airplane. Trail mix, dried fruit or nutrition bars will not go to waste. You can restock in Phnom Penh.
- **INSECT REPELLENT.** Mosquito problems vary throughout the year and throughout the country, and at dusk they can swarm with determination that would impress even a New England bug. If you plan to travel without malaria medicine, repellent is essential. Insect repellent can be purchased in Phnom Penh and Siem Reap, but most do not contain 30% DEET, and we recommend repellents with at least 30% DEET, particularly if you are traveling to remote areas.
- **SUN SCREEN.**
- **BABY WIPES & ANTIBIOTIC HAND LOTION.** If you worry about germs and cleanliness you will not regret having them with you.
- **SECURITY BLANKET.** Whatever keeps you sane when the going gets rough.

## Cambodia Trip Expectations

**THE FLIGHT and JETLAG.** Travel time from New York to Cambodia is about 24 hours. Cambodia is 12 hours ahead of EST. (6:00PM there is 6:00AM the same day in New York, 6:00AM there is 6:00PM yesterday in New York.) So when you get off the plane in Cambodia stiff and exhausted, your body says it is midnight while your eyes tell you it is noon. Put yourself on local time as quickly as possible. For the first 3 days, try to get lots of exposure to sunshine, avoid naps and stay up until 8:00 or 9:00PM. The trip back to the US usually seems to involve worse jetlag than going over. Plan for a few dysfunctional days.

**LODGING.** Accommodation starts from as little as \$5 to \$10 for basic budget lodgings. Mid range hotels of \$15 to \$30 will include more amenities, such as air conditioning, satellite TV, fridge and hot water. For \$50 - \$80 will get you three-star standards and charming boutique resorts. Spending US\$100 or more offer higher end options.

We recommend the following hotels as they are located near our office or program centers:

### PHNOM PENH:

- *Pavilion Hotel* – charming colonial hotel in Phnom Penh with a swimming pool and a large garden, <http://www.thepavilion.asia/homeeng.htm>
- *Villa Langka* – A boutique hotel in an oasis of calm, Villa Langka Hotel offers a private hideaway in central Phnom Penh, <http://www.villalangka.com/>
- *Frangipani Hotel* – boutique hotel, <http://frangipanihotel.com/>
- *Royal Inn* – Mid-range hotel a few doors down from CLA office. <http://www.royal-inn.net/index.php>

### SIEM REAP:

- *The Auberge Mont Royal d'Angkor* is a small family operated hotel located near the center of town. <http://www.auberge-mont-royal.com>
- *Sydney Angkor Hotel* – one of the best value hotels in Siem Reap, located in the famous Wat Bo area, <http://www.sydneyangkor.com/>

**FOOD.** Be careful. We nearly always eat in hotels or "white tablecloth" restaurants where ice and vegetables are safe, but use your own judgment. Although Cambodian food hygiene has improved enormously in the last 5 years, street vendors and small local restaurants are still risky. Westerners who live in Cambodia say ice cubes are generally safe but chipped ice is generally unsafe. Most menus offer Cambodian, Thai and Chinese selections, but there are many restaurants featuring Korean, Japanese, Indian, Italian, Mexican, Greek, French cuisine and more. Safe meals cost about what they do in the US -- \$3-5 for breakfast, \$5-10 for lunch, and \$10+ for dinner. Soda and beer cost western prices. You can economize by stocking up at the supermarket.



**WATER.** Safe water in plastic bottles is commonly available. We can always find water for sale within a few minutes. You need to drink much more than usual in the heat.

**INTESTINAL DISTRESS.** Even if you are very careful you will probably experience occasional intestinal distress. *Imodium AD* (the over-the-counter anti-diarrheal which you brought from home and always have in your day bag, right?) usually lets you keep going. It does not cure you but it stops the symptoms. Wash your hands often.

**TRANSPORT.** We have vans and drivers available for the group all day, but any time you want to get around by yourself or in a small group you have several choices. There are metered taxis that charge \$1 for first two kilometers and \$.50 every additional kilometer, within Phnom Penh. The easiest, cheapest, and most common way to get around is by *motodup* (motorcycle taxi), which are everywhere. They cost under \$1 for most trips, or \$8 to \$10 for the day. Also for \$15 to \$20 per day, you rent a remorque or tuk tuk (trailer pulled by a bicycle or motorcycle). *Cyclos* (bicycle rickshaws) are slower but more fun. Cambodian cyclos have the bicyclist behind the passenger, offering a wonderful panorama obstructed only by your knees - armchair tourism at its best.

**SECURITY.** Generally, Cambodia is pretty safe. The safe streets are a result of the strongman government that leaves justice to the police rather than the courts. But westerners *are* occasionally robbed on the street at night. There are also growing incidents of bag snatchers who grab bags from moto and tuk tuk passengers, so clutch your day bag tightly.

**MONEY.** The *de facto* currency in Cambodia is the US greenback. The official currency is the Riel ("reel"), worth about 4,200 to the dollar, and usually seen only in denominations under a dollar. You can make the entire trip with a bunch of \$50s and \$100s in your secret pouch. There are now many ATMs in most major cities including Phnom Penh, Siem Reap, Sihanoukville, Battambang and Kompong Cham. Machines dispense either US dollars or Riels. ANZ Royal Bank has the most extensive network, including ATMs at petrol stations and popular hotels, restaurants and shops, closely followed by ACLEDA and Canadia Bank. ACLEDA Bank has the widest network of branches in the country, including all provincial capitals, and many have ATMs which are now compatible with international credit cards. Also, please make sure you have some small US bills handy when you arrive, especially a \$20 for the visa and some \$1s for tips. (\$1 is a Big Tip – see Tipping below.) Pick up \$5-10 worth of Riels right away.

**CREDIT CARDS.** Top-end hotels, airline offices, supermarkets, and upmarket boutiques and restaurants generally accept most major credit cards. Most credit card transactions have a surcharge of 3% to 5%. VISA is most common, MasterCard next, Amex almost nowhere.

**PHONE.** Calls back to the US are easy, and usually costs around \$.15 cents per minute.

**EMAIL.** Most hotels in major cities such as Siem Reap and Phnom Penh offer internet access from terminals in their "business center" for an hourly rate. However, increasingly a lot of hotels in town also offer free wi-fi internet access.

**MAIL.** Regular mail is slow but reliable between Cambodia and the US. Allow 2 weeks either way. If you mail postcards home in the first few days, they may arrive before you. DHL, UPS, TNT and FedEx have offices in Phnom Penh, and get packages back and forth in two or three days.

**LAUNDRY.** Many hotels offer inexpensive same-day service for most common items. If you leave clothes in a basket in your room, they disappear in the morning and reappear late

in the afternoon folded or on hangers. Anything you hand wash will dry overnight in air-conditioning.

**SHOPPING.** There are now specialty stores in Phnom Penh for many items. But public markets are the economical (and interesting) place to shop for souvenirs and common items. The covered bazaars contain hundreds of vendor stalls with clothes, fabric, jewelry, CDs, DVDs, software, paper, watches, suitcases, shoes, sandals, flowers, baskets, hats, spare tires, dried fish – you name it.

**RESUPPLY.** There are western-style supermarkets in several areas in Phnom Penh (two in Siem Reap), with all sorts of packaged food, snacks and kitchenware. There are also many convenience stores in Phnom Penh, Siem Reap and Sihanoukville. Phnom Penh and Siem Reap also offers U-Care, a pharmacy and convenience store. Public markets offer everything from office supplies to clothing to luggage.

**GIFTS & SOUVENIRS.** The best deals are in the public markets. Street hawkers and Angkor vendors offer you most of the same things at 50% higher prices, so only buy from one of them if you want to help that vendor in particular. Bargaining is expected. If you see something you want to buy but the price is wrong, walk away and ask one of our Cambodian friends to buy it for you.

**BOOKS.** Monument Books is an excellent bookstore that carries nearly everything in print about Cambodia. While there are no bargains at this store, the selection is probably unparalleled in the world. If you want the kind of coffee table book that guarantees your suitcase will be overweight, this is the source. Monument Books has a number of branches in Phnom Penh, Siem Reap and at the country's major international airports.

**FILM.** Standard film is easy to find.

**CUSTOM MADE.** Custom made clothing is a bargain. Everything from casual jackets to leather footwear can be made to order in a week. If you don't need high-end tailoring, then a good system is to bring items you want copied. Buy the cloth in the fabric section of the market and drop it off with the example in the sewing section. One traveler bought a carved ornament that would not fit in a suitcase, and had a carrying case made specifically for it.

**EVERYTHING ELSE.** In Siem Reap and Sihanoukville, the best variety is in the Old Market downtown. In Phnom Penh the best markets are the Russian Market (also known as Psar Tuol Tom Pong) and Central Market, but other markets have specialties.

**TIPPING.** Tipping is not common in Cambodia, but is expected in restaurants and hotels that cater to westerners. There is not much trickledown in the system, so try to tip deserving hands directly.

- Tip directly for special individual service (room service, heavy luggage) or for beyond-the-norm service. A 1,000 or 2,000 Riel note (25 or 50 cents) covers most incidental tipping, like baggage carriers or room service. If you are caught without Riels, you can fall back on a \$1 bill, which is a REALLY BIG TIP and guarantees that you will be remembered and well cared for.

**BEGGING.** Cambodian beggars are not oppressively common, but where they exist they are persistent. Giving gifts and money unfortunately encourages begging. Instead consider giving to a project or volunteer your time.

**LANDMINES.** We will not be in any locations that require precautions, but landmines are a very real fact of life in Cambodia. As stated in Lonely Planet, “Landmines are still a real danger in Cambodia, with up to six million live mines dotted around the countryside and near the border with Thailand. Stick to the beaten track - even at Angkor.”

**REVERSE CULTURE SHOCK.** We have all heard about the shock some travelers experience in the third world. Now there is a growing field of study about the disorienting effect some travelers have upon coming back to the US after experiencing the poverty and conditions of such countries. Not everyone slips smoothly back into the world of consumerism and superhighways after an intense experience of poverty and deprivation. It can be difficult to return to family, friends or co-workers who expect you to act like you just spent a couple of weeks vacationing in the tropics. You can't forget the face of that little beggar girl who broke your heart, and people are complaining to you about inane details of their daily life. Bear with them.

And finally, a quick note about being a responsible traveler from Sustainable Travel International, [www.sustainabletravelinternational.org](http://www.sustainabletravelinternational.org):

When traveling, it is easy to forget that we are guests in people's homes and sometimes we give little thought to the impact that we have on our destination, its people, culture, economy and environment. Here are some tips to help you leave the world a better place.

**Create an instant smile** – Chat with the local people and try to speak their languages. You're sure to get an instant smile and a laugh to seal those memories.

**It's not an exam** – If you read up on the places you intend to visit, your experiences will be enhanced, but your guidebook is just a guide. To truly experience a place, go off-the-beaten-path. You'll be glad you did!

**Slow down** – Our hurried concept of time is not the same in other cultures and local people's thought patterns differ from your own. Challenge yourself and do like the local people do, just for a day.

**Create win/win situations** – Bargaining is expected in many cultures and we all enjoy the haggling with a smile and a laugh, but it's easy to get carried away trying to find the best deal. Keep it in perspective and remind yourself that small amounts of money to us could equal the cost of an entire family's meal that night.

**How big is your ecological footprint?** How heavily do you “tread” on your holiday? Natural resources are precious and the size of your ecological footprint will have an impact. Re-use water bottles, don't buy wildlife products, turn off lights and air-cons, and thin about your waste disposal.

**Go local** – Buy from local markets and roadside vendors. This keeps money in the local economy and helps local people keep their jobs.

**Giving back** – Giving gifts and money unfortunately encourages begging. Instead, find a project to support or volunteer your time. This will have a more long-lasting impact on both you and them.

## Cambodia Trip Logistics

**CONTACT.** The attached list of contacts should help people reach us. We usually have a cell phone with us, so someone in the US can reach us within an hour or two at most times.

**EXPENSES.** For group visits, CLA pays the group expenses as we go along, including travel, lodging, group meals, admission fees, and other expenses. If we pay anything for individuals, such as personal vans, guides, etc., we keep track and settle up at the end. For individual travelers, please pay the expenses directly for travel, lodging, meals, admission fees, guides, translators, and other expenses.

**TRANSPORT.** For groups, there will be at least one van available every day, giving us flexibility. A vehicle and driver can be arranged for \$25-30 per day for individual travelers or for side trips or appointments of individuals traveling with a group. Translators or guides are \$25 to \$35 per day for within local city or town, and starts at \$50 per day to the provinces. A tuk tuk can be arranged for \$15-25 per day. Usually if someone or a small group goes somewhere independently they take a moto or tuk tuk.

**THE DAYS.** The daily itinerary that we so carefully prepare in advance always changes once we are actually there, so we confirm the next day's plans with you each evening. Unless we have an early start, we usually meet at breakfast and leave the hotel by 9:00. Lunch is around noon, and usually at or near the hotel so we can rest and resupply. Dinner is usually at 6:00 or 7:00, and often with guests. On several occasions we will assemble to exchange experiences and reactions. "Free" times can be used for naps or expeditions or shopping – we can arrange a transport and guide for almost anything.



## How To Contact Us In Cambodia

It is easy to dial Cambodia from the US. The country code is 855, followed by a 2-digit network code (without the zero) and a 6-digit number. From the US, dial 011 - 855 - Network - Number

For instance, the CLA office is 011-855-23-986032. All calls within Cambodia begin by dialing zero, so calling the CLA office from anywhere in Cambodia is 023-986032.

### **CLA OFFICE IN CAMBODIA:**

128G9, Sothearos Street  
Tonle Bassac, Chamkar Morn  
Phnom Penh, Cambodia

KUON MANITH

CLA Administrative and Financial Assistant  
012 303 087  
manithkcla@gmail.com

### **CLA OFFICE IN USA:**

c/o The Marion Institute  
202 Spring Street  
Marion, MA 02738

MICHELLE PREVOST

CLA Development Coordinator  
508.748.0816  
michelle@cambodianlivingarts.org

### **PEOPLE WHO KNOW HOW TO FIND US QUICKLY**

MR. PHLOUEN PRIM

CLA Director  
012 882 014  
phloeun@cambodianlivingarts.org

MS. PHANY TUM

CLA Country Manager  
012 852 625  
phany@cambodianlivingarts.org

MS. RATANAK ROS

CLA Admin and Finance Manger  
012 906 024  
ratanak@cambodianlivingarts.org



## Suggested Readings

This is a short, incomplete list of books about Cambodia. Many new books are coming out now, and any suggestions you have will be appreciated. Some of these titles are hard to find in the US. Most of them (and more) are available at Monument Books in Phnom Penh. Let us know if you can fill in missing info about publisher or ISBN.

**Anatomy of a Crisis: Education, Development, and the State in Cambodia, 1953-1998** by David M. Ayres. In this exacting and insightful examination of the crisis in Cambodian education, David M. Ayres challenges the widespread belief that the key to Cambodia's future development and prosperity lies in overcoming the dreadful legacy of the Khmer Rouge. He seeks to explain why Cambodia has struggled with an educational crisis for more than four decades (including the years before the Khmer Rouge came to power in 1975) and thus casts the net of his analysis well beyond Pol Pot and his accomplices. Drawing on an extensive range of sources, Ayres clearly shows that Cambodia's educational dilemma -- the disparity between the education system and the economic, political, and cultural environments, which it should serve -- can be explained by setting education within its historical and cultural contexts. Themes of tradition, modernity, change, and changelessness are linked with culturally entrenched notions of power, hierarchy, and leadership to clarify why education funding is promised but rarely delivered, why schools are built where they are not needed, why plans are enthusiastically embraced but never implemented, and why contracts and agreements are ignored almost immediately after they are signed. (1999, University of Hawai'i Press, 256 pages, ISBN: 978-0824822385)

**A Blessing over Ashes : The Remarkable Odyssey of My Unlikely Brother** by Adam Fifield. Adam tells the story of growing up with his adopted Cambodian refugee brother, and of their struggles to find a common ground in the extreme differences between their backgrounds of malls and killing fields. Adam wrote the article about Arn and CMPP in *(ai)* magazine. ISBN: 0380976803

**Brother Number One : A Political Biography of Pol Pot** by David Chandler. The first full-length academic analysis of Pol Pot and his regime puts the madness of the 70s in historical perspective. The latest editions are updated to include the death of Pol Pot in 1997.

**Cambodia: Tales from a Stricken Land** by Henry Kamm. The Pulitzer Prize winning New York Times reporter recalls his behind-the-scenes experiences in Cambodia before and after the Khmer Rouge. His depressing conclusions about Cambodia's future are controversial, but his anecdotes are entertaining and informative.

**Cambodian Folk Stories from the Gatiloke** retold by Muriel Paskin Carrison. A collection of tales and fables passed down by monks, providing insight into Khmer culture.

**A Cambodian Prison Portrait -- One Year in the Khmer Rouge's S-21** by Vann Nath. More than 15,000 Cambodians entered Phnom Penh's infamous Tuol Sleng prison, and only 7 lived to tell about it. Vann Nath's ability to paint kept him alive in chains doing portraits of Khmer Rouge leaders. His short, harrowing tale tells it like it was. (1998, White Lotus, Bangkok; paperback 118 pages; ISBN: 974-8434-48-6)

**Children of Cambodia's Killing Fields** edited by Dith Pran and Kim DePaul. Dith Pran, whose experiences under the Khmer Rouge are portrayed in *The Killing Fields*, assembled these accounts by survivors who were children during "Pol Pot time". Includes work by Chath Pier Sath, a Cambodian-American poet, painter, writer, actor, community

activist, and former member of Cambodian Living Arts Board of Directors. (1997, Yale University Press; paperback 218 pages, ISBN: 0300078730)

**Children of War** by Roger Rosenblatt. This early 1980s book contains a chapter on Cambodia that offers insight into Khmer culture and survival. The Cambodian child Rosenblatt spent the most time with in the refugee camp was Seng Ty, who now lives in Lowell and started the Khmer Cultural Institute (which housed CMPP in its early stages). (1983, Anchor Books; paperback 200 pages, ASIN: 0385182724)

**Dance in Cambodia** by Toni Samantha Phim & Ashley Thompson. An excellent introduction to Khmer dance, shadow theater, mask dances, and culture in general. (1999, Oxford University Press, Oxford, NY; hardback 90 pages; ISBN: 983-56-0059-7)

**A Dragon Apparent: Travels in Cambodia, Laos & Vietnam** by Norman Lewis. A classical Cambodian read, it is an account of the author's 1950 foray into an Indochina that would soon disappear. In the course of his travels, Lewis circumnavigated Tonle Sap Lake, with a pause at Angkor. (2003, Eland, 304 pages, ISBN: 978-0907871330)

**First They Killed My Father -- A Daughter of Cambodia Remembers** by Loung Ung. Ms. Ung's recently published remembrances of growing up during Pol Pot's holocaust brought her into the spotlight as an articulate spokesperson for the anti-land mine movement. (2000, Harper Collins, NY; hardback 240 pages; ISBN 0-06-091332-8)

**A History of Cambodia** by David P. Chandler. Chandler's treatment of early Khmer periods is the academic standard. (2008, Westview Press, Boulder; 384 pages; ISBN 978-0813343631)

**Light Over Ancient Angkor** by Kenro Izu. A magnificent volume of black and white platinum prints taken with 14"x20" negatives. Izu specializes in portraits of rock structures, and at Angkor he found "the gods' presence". Izu later founded the Angkor Hospital for Children in Siem Reap. (1996, Friends Without A Border, 140 West 22<sup>nd</sup> Street, New York, NY 10011, 212-254-1002; paperback 150 pages; ISBN 0-9653574-0-6)

**The Lonely Planet Guide to Cambodia.** The 6th edition came out in August 2008. The first modern guide, and still the best basic work. There are some interesting new guides for adventuresome or frequent travelers, but none cover all the basics like Lonely Planet. (6th Edition / August 2008, ISBN: 0-86442-670-4)

**Quality of Mercy: Cambodia's Holocaust and Modern Conscience** by William Shawcross. This highly praised bestselling book discusses and chronicles the way the world responded to the calamitous famine in Cambodia after the fall of the Khmer Rouge regime in 1979. Drawing on extensive and frequently confidential documentation and his own eyewitness investigation, Shawcross gives us the huge and imperfect drama of international rescue, thwarted by human pettiness and malicious intent. (1984, Simon & Schuster, Inc., 978-0671606404)

**The Phnom Penh Post.** A daily English-language newspaper.  
<http://www.phnompenhpost.com>

**Phnom Penh Then and Now** by Michael Igout. A detailed history of the capital city, maps, drawings, and then-and-now photographs. (1993, White Lotus, Bangkok; paperback 180 pages; ISBN 974-8495-84-1)

**Reporting Angkor: Chou Ta-Kuan in Cambodia 1296-1297** by Robert Philpotts. The best single record of life in ancient Angkor is the diary of an assistant in the Ambassadorial entourage sent by the Emperor of China to the great capital of the Khmer Empire. 700 years later, Philpott's small volume retells the episodes of the diary with added historical context and human interest. (1996, Blackwater Books, London; hardback 90 pages; ISBN 0-946623-96-1)

**The River's Tale: A Year on the Mekong** by Edward Gargan. A war-protester-turned-foreign-correspondent, Gargan sees for himself how Cambodia and its neighbors have brought themselves back from the brink. (2001, Vintage, 352 pages, ISBN: 978-0375705595)

**Sideshow -- Kissinger, Nixon and the Destruction of Cambodia** by William Shawcross. This powerful and massive book uses the Freedom of Information Act to expose the 1970s US secret policy of destruction and de-stabilization of a neutral, democratic country. (1979 + 1986, Hogarth Press, London; paperback 525 pages; ISBN 0-7012-0944-5)

**Silent Temples, Songful Hearts: Traditional Music of Cambodia** by Sam-Ang Sam and Patricia Shehan Campbell. A simple, clear introduction to Khmer traditional music designed for teaching. The non-technical descriptions are accompanied by pictures of masters in the US. Includes a CD. (1991, World Music Press, PO Box 2565, Danbury, CT 06813-2565 ; paperback 145 pages; ISBN 0-937203-74-2)

**Sympathy for the Devil : Living Dangerously in Cambodia a Foreign Correspondent's Story** by Nate Thayer. Nate Thayer is either one of the bravest reporters of the 20th Century or one of the most foolhardy. But in 1997 Thayer's dogged pursuit of Pol Pot paid off when he was the only western journalist to meet and interview Pol Pot at his jungle "trial".

**Voices from S-21 : Terror and History in Pol Pot's Secret Prison** by David Chandler. A detailed look at the madness behind the Khmer Rouge's infamous Tuol Sleng torture center, a converted high school in Phnom Penh known as S-21, where more than 15,000 people suffered before being driven to the killing fields. Chandler uses the absurd, detailed confessions of victims to analyze the workings of the Khmer Rouge system, and to find parallels with other dark episodes of the 20th Century. (1999, University of California Press, ISBN: 0-520-22005-6)

**When Broken Glasses Floats: Growing Up Under the Khmer Rouge** by Chanrithy Him. In this mesmerizing story, finalist for the Kiriya Pacific Rim Book Prize, the author vividly recounts her trek through the hell of the "killing fields." She gives us a child's-eye view of a Cambodia where rudimentary labor camps for both adults and children are the norm and modern technology no longer exists. Death becomes a companion in the camps, along with illness. Yet through the terror, the members of Chanrithy's family remain loyal to one another, and she and her siblings who survive will find redeemed lives in America. (2001, W.W. Norton & Company, 330 pages, ISBN: 978-0393322101)

