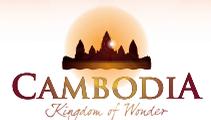
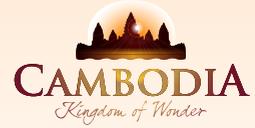


Stay Another Day Cambodia 2009 - 2010



**Promoting
Sustainable Tourism**





Welcome Message

Dear Valued Visitors,

On behalf of the Ministry of Tourism, I am delighted to welcome you to Cambodia, the Kingdom of Wonder.

Most travelers cite Angkor Wat, one of the great wonders of the world and the heart and soul of our national pride, as one of the highlights of their visit to Southeast Asia. However, few tourists venture beyond the glory of the temples to discover the beauty and adventure that awaits them in other regions of this diverse and captivating country.

Cambodia is a country rich in culture, nature, history and tradition. However, it is also an emerging nation striving to rebuild itself after a difficult political past. By extending your stay and traveling to other regions of the country, you will not only gain a deeper understanding and insight into the culture of Cambodia, but you will also be helping the local economy by generating jobs and income for our people.

With this third edition of the “Stay Another Day Cambodia” booklet, I would like to invite and encourage you to:

- ❖ Dine at local restaurants hiring and training disadvantaged youth;
- ❖ Visit shops participating in fair trade and employing disabled artisans;
- ❖ Observe and/or participate in various cultural activities on offer;
- ❖ Plan a side trip with a responsible tour operator;
- ❖ Be adventurous and visit a new ecotourism project; and/or
- ❖ Volunteer your time or donate money to NGOs doing valuable work for the people of Cambodia.

All of the initiatives in this booklet are carefully selected responsible tourism practitioners working in the areas of education, culture, community, and/or the environment. Additionally, our advertisers are selected based on the integrity of their businesses within the tourism industry.

On behalf of the Royal Government of Cambodia, we hope you will extend your stay in Cambodia and we look forward to your return visit.

Best wishes,

Dr. Thong Khon
Minister of Tourism

Perhaps you've already seen Cambodia's new branding campaign, the "Kingdom of Wonder," which captures the essence of this diverse and captivating country. The signature logo of Angkor Wat is naturally the most widely used image. However, there are six additional logos that are less often used, but promote Cambodia's cultural and natural attractions, its people and traditions.

You will see these logos placed on the pages of the initiatives throughout the booklet – letting you know at a glance what each initiative has to offer.



ANGKOR

Spectacular and grand, the temples of Angkor are the reason most tourists visit Cambodia and are at the heart of the Kingdom's national pride. The noble spires are also representative of the numerous ancient temples found elsewhere around the country.



CUISINE

Cambodia's delicious cuisine is represented by a fish and the famous "Mekong Lobster." Cambodians rely heavily on the country's mighty rivers for their food.



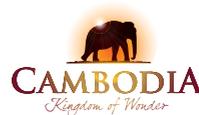
CULTURE

The graceful Apsara dancer represents Cambodia's distinct culture. Traditional celebrations, festivals and other cultural activities are always on offer throughout the Kingdom.



COMMUNITY-BASED TOURISM

The ox-plov, the reliable workhorse of Cambodia's bucolic countryside, represents rural daily life and traditional ways. You, too can experience rural daily life by visiting community-based and ecotourism projects.



NATURE AND ECOTOURISM

The elephant in Cambodia represents nature, strength, heritage and wisdom, which are symbolic of the unspoiled natural attractions of Cambodia's northeast and play a major role in indigenous culture.



COASTAL DESTINATIONS

The coconut tree is reminiscent of the beauty of Cambodia's coastline including Sihanoukville, Kep, and Koh Kong – the perfect places for a relaxing getaway.



THE MEKONG

Cambodia's playful freshwater dolphins represent both fun-loving culture and the life-giving Mekong, symbolic of the wealth of engaging attractions on offer in Kratie and Stung Treng Provinces.

Why Stay Another Day?

The treasures of Cambodia's rich millennial civilization and unspoiled natural environment make for an unforgettable experience. Few can witness the soaring spires of Angkor Wat or the mysterious faces of the Bayon without feeling a deep and lasting sense of awe.

But Cambodia has so much more to offer for those willing to stay another day or longer, boasting a wealth of world-class tourism attractions, ecotourism destinations, dining and shopping options to support a good cause, and a host of other unique products and experiences. For over three years, Stay Another Day has brought together attractions that offer visitors a view beyond the typical tour, taking you deeper into the rich culture and civilization of Cambodia. The Stay Another Day partner initiatives also support the community, culture and the environment, and by visiting them you are helping local people sustainably benefit from tourism.

Two wildly popular editions of the Stay Another Day booklet were jointly published in 2007 and 2008 by the International Finance Corporation (IFC) and the German Technical Cooperation (GTZ). Building on the IFC's and GTZ's accomplishments in producing a high-quality, successful publication, the Cambodian Ministry of Tourism, Economics Today Magazine (ETM), and GTZ have cooperated to put the 2009-2010 edition of Stay Another Day Cambodia on firm private-sector footing to make it a truly sustainable tourism initiative.

Economics Today Magazine is working closely with GTZ to promote the development of sustainable and responsible tourism businesses working in tourism, and in assisting non-governmental organizations (NGOs) working in tourism or that are in need of tourists' time and/or donations by featuring them in this booklet.

Stay Another Day presents a wealth of remarkable, specially selected initiatives which not only provide ideas for richer travel experience, but also the opportunity to contribute in some way to improving the welfare of local people. Through these initiatives, you will have the opportunity to:

- ❖ learn more about Cambodian life and its challenges,
- ❖ volunteer your time or donate to a good cause,
- ❖ marvel at the stunning scenery,
- ❖ get up close with the local wildlife, and
- ❖ help preserve the Kingdom's legendary cultural heritage for future generations by participating in cultural activities or purchasing souvenirs.

So during your visit to Cambodia, stay a little longer, buy local products, support the initiatives highlighted in this booklet, and buy from responsible advertisers. Not only will you have a more memorable experience, but you will also ensure that your tourism dollars are benefiting a much wider range of people.

Visit us online at: www.stayanotherdaycambodia.com, www.etmcambodia.com

Join our Facebook group at: Stay Another Day Cambodia

Photo: Chean Long / CLA

Please mention the Stay Another Day Cambodia booklet when you visit the initiatives inside so we can track the impact of this publication. Thank you!

Leave the World a Better Place

Changes in public attitudes are essential to change business practices. The fact that we're all empowered to change the world for the better is cause for hope. We are seeing major shifts in public and business attitudes toward a more sustainable future. Within the last three years, addressing global warming went from being an obscure grassroots initiative to becoming a mainstream phenomenon. Conscientious businesses and travelers are increasingly looking for eco-friendly products and services. At Sustainable Travel International, we feel the momentum on a daily basis. The number of inquiries we receive from businesses and travelers who want to support sustainable tourism continues to exceed our expectations. We're optimistic about the future and want to take this opportunity to thank you – the responsible traveler – for making the world a better place.

– **Brian Mullis, President, Sustainable Travel International**

Our Holiday, Their Homes!

We often forget that our holidays are spent in other people's homes and sometimes give little thought to the impact we will have on our holiday destination, its people, culture, economy and environment. Here are some ways to ensure the destination, as a whole, benefits from your visit.

- ❖ **Create an instant smile** – Chat with the local people and try to speak their language. 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 experience 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 conditioners, and think 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 – there are plenty in this booklet to choose from – or volunteer your time. This will have a more positive and long-lasting impact on both you and them.



Please email info@sustainabletravel.com
or visit www.sustainabletravelinternational.org for more
information on how to be a more responsible traveler.

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Cover Photo by Nathan Horton
Photography (see page 45)

ON THE COVER: A weaver from Koh Dach, an island 15km north of Phnom Penh, where high-quality silk is produced.

This Third Edition of the "Stay Another Day Cambodia" booklet has been realized in partnership with the German Technical Cooperation (GTZ), which is active in promoting community-based tourism in Cambodia. GTZ's training and development program involves the local population in planning processes and targets reducing poverty through tourism.



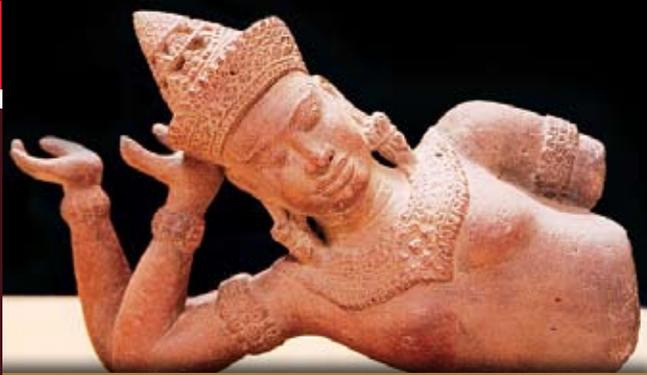
gtz

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Tired after a long day of temple touring or neck in a pinch after a long bus ride?

Rejuvenate yourself with a massage by the blind. You'll be helping professional blind masseurs earn a living while getting good value for money. The original "Seeing Hands Massage" is located in Siem Reap at #324 Sivatha Street; in Phnom Penh at #12 Street 13; and in Battambang at 20 Usaphea Village, Svay Por Commune.



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ANGKOR WAT

An Irreplaceable Treasure



The number of tourists visiting Angkor Wat each year is dramatically increasing. This phenomenon is quite recent, as are its destructive impacts. Your behavior can make a difference to the preservation of Cambodia's heritage, so please:

- **Accept the restrictions** placed on the temple complex (i.e. do not touch, do not photograph, do not enter).
- **Avoid touching.** Every small touch becomes harmful when repeated by 1,000 people every day.
- **Avoid climbing** unnecessarily on the statues and monuments. If you must take a photo on top of a temple, be selective and choose to climb only one.
- **Wear appropriate clothing.** Angkor Wat is a modern-day living temple, so dress as you would when visiting any other Buddhist temple (i.e. no tank tops, short shorts, etc.).
- **Wear appropriate shoes.** Avoid high heels and studded soles that can damage the stones.
- **Mind your backpack.** Be careful not to brush up against the walls and damage the carvings and bas-reliefs with your backpack.
- **Stop graffiti.** Resist the temptation to scribble your name or draw on the monuments.
- **Admire from afar.** If every visitor to Angkor Wat took home a piece of the temple as a souvenir, the temples would quickly disappear forever.
- **Shop responsibly.** Beware of buying objects of unknown origin. The looting of archaeological sites results in the loss of significant social and cultural treasures, and robs the Cambodian people of their history.
- **Don't litter.** Take your rubbish with you!
- **Respect silence and other people.** The temple complex brings different experiences to different people. Allow other visitors to experience the peace and beauty.



Angkor: Living Heritage

For most visitors to the temples of Angkor Wat, their impression of these magnificent 800-year old “relics of the past” is one of magnificent structures, largely abandoned at some point in time, and now an outdoor museum to explore and marvel at — all the while wondering how the ancient Khmers managed to construct the world’s largest religious monument without modern-day tools.



Photo: APSARA Authority

Traditional ceremony at Angkor Wat

What most people don’t know is that Angkor Wat is a modern-day, living temple revered and used for worship by many Cambodians. The enduring intangible links between the temples of Angkor and the Cambodian people are often overlooked by visitors unaware of its modern day, significant religious features.

Intangible cultural heritage (ICH) is a vital aspect of World Heritage and in understanding Angkor’s outstanding universal value in a holistic way. The forms of ICH are intricately associated with the daily activities of people who live around the monuments of Angkor. These activities are related to the belief system of local Khmer and are often deeply intermingled with Buddhist and animistic values, as well as familial and agricultural knowledge. It is said that Buddhism and Animism (which pre-dates Buddhism’s arrival) are intricately linked and co-exist harmoniously in contemporary Cambodia.

“Angkor is not just a site of World Heritage monuments. It is also a landscape comprising local communities and their unique beliefs and livelihoods that are inseparable from the monuments themselves and provide meaning and spirituality to Angkor.”

– Georgina Lloyd, University of Sydney, Australia

One of the most important spirits at Angkor is known as Neak ta Reach, which resides within the Vishnu statue in the west entrance gallery at Angkor Wat (see photo on right). This royal spirit, like other spirits, is thought to influence the health and well-being of local communities. An annual ceremony is held within Angkor Wat in January or February (depending on the full moon) to pay homage and seek advice. Within this ceremony, mediums communicate with the guardian spirits – often mimicking their personalities.



The belief in spirits is just one aspect of the intangible cultural heritage of Angkor. Other forms include ancient traditional healing, life-stage ceremonies performed since Angkorian times, oral histories connecting villagers to their ancestors, traditional Buddhist practices, and inherited agricultural and artistic knowledge.

Please read “Angkor Wat: An Irreplaceable Treasure” (see page 8) for tips on being mindful while visiting the temples.



Photos: Georgina Lloyd

A method used to communicate with spirits

Written by: Susan Kennedy with contributions from Georgina Lloyd, University of Sydney, Australia

Stay Another Day...

Most visitors planning a trip to the famous temples of Angkor Wat plan on doing just that—tour the majestic temples and soak up the local culture while staying at a comfortable hotel. What they don't expect to happen is to fall in love with this magical country and its warm people and turn their trip to Cambodia into a volunteer vacation!

Volunteer tourism, or “voluntourism” as industry experts call it, has many potential benefits for all concerned. The best volunteer programs work with local communities by helping them to implement projects which fill needs that *they* have identified, by supplementing their skills and resources to support capacity building within the project, and that leave the project better able to continue successfully after the volunteers have left.

Cambodia is still a developing country and therefore there are a large number of NGOs (non-governmental organizations) engaged in community development which supports activities that supplement the work of the Cambodian government. However, because a market has been created for cash donations and assistance from altruistic tourists, some self-interested, enterprising individuals and organizations have also popped up—unfortunately capitalizing on your desire to help and often to the detriment of the very people you wish to assist.

One way to ensure that your time and money are going to the right people and places is to use this booklet as your guide. Each of our initiatives has been carefully screened and actively supports Cambodia and its people by



being culturally, environmentally, and socially responsible. All initiatives were required to fill out an “Eligibility Form” asking over 20 specific questions relating to how their business or organization supports community, culture and the environment before being allowed the opportunity to participate.

Another way to ensure that your time and money are well-spent is to stop by the ConCERT office (*see below*). ConCERT, which stands for “CONnecting Communities, Environment, and Responsible Tourism,” is an umbrella organization assisting over 20 NGOs in many sectors including: health, education, HIV/AIDS, land mine clearance and support for victims, environmental protection, the care of children, women and vulnerable groups, infrastructure, agriculture, and crafts and skills training.

ConCERT staff are happy to chat with you about the various ways you can help and can assist you with finding volunteering opportunities. You will also discover that many of the initiatives in this booklet are also part of ConCERT, reassuring you that you're in the right place!



Contact Info:

ConCERT Office
560 Phum Stoeung Thmey
Tel: +855 (0) 63-963-511
Email: info@concertcambodia.org
Website: www.concertcambodia.org

And Make a Difference!

Whether you volunteer through ConCERT's connections or some other organization, they offer a few tips to help you get the most out of your volunteering experiences, while maximizing the benefits for the communities you wish to help:

- Plan ahead. Think about why you want to volunteer and what you want to achieve. The longer you can stay, the better the experience will be both for you and the people you assist.
- Think twice before buying books and souvenirs from children and don't give them money. Instead, support organizations that are working to improve their lives.
- If you book through a volunteer program, ask what has been achieved by previous volunteers. Look at their responsible tourism policy and ask how much of the fee goes to the project(s). Be cautious of any program that cannot provide you with this vital information.
- Be wary if the organization resists putting you in touch with previous volunteers or local people. If they don't clearly explain where and how you fit into their overall plans, and if they don't ask many questions about you (except how you're going to pay), these are causes for concern.
- Be wary of any orphanage tourism that allows unrestricted visits and access.
- If you want to make a donation, ask around about the organization's reputation to avoid placing your hard-earned money into the wrong hands.
- Work with, not instead of, local people. No volunteer placements should ever take

away jobs from local people.

- Be sensitive to the Cambodian culture by dressing and behaving appropriately. Wear modest clothing (i.e. covered shoulders and longer skirts or trousers for women). Men should wear short or long-sleeved shirts and long trousers.
- Make sure you are committed and prepared to follow the rules of the project.

Another organization which shares a lot of these same tips for travelers is PEPY, an education organization working in rural Siem Reap Province (see below).

The PEPY Team has created voluntourism guidelines to help travelers and tour operators identify the best volunteer opportunities (*visit their website at: www.voluntourism101.org*).

If you time your trip right or customize your own PEPY Tour, you can travel with PEPY throughout Cambodia on one of their educational adventures. They offer bike tours and service learning trips where you are able to learn from and support local programs.

*Written by: Susan Kennedy,
Sustainable Tourism Professional, Phnom Penh*



Contact Info:

PEPY (Protect the Earth, Protect Yourself) Tours
Tel: +855 (0) 17-737-519
Email: info@pepyride.org
Website: www.pepyride.org

Stay Another Day...

Visit Some of Cambodia's Community-Based and Ecotourism Destinations

While the vast majority of Cambodia's visitors come to see the magnificent temples of Angkor Wat, many are allowing more time in their itineraries to explore more of what this captivating country has to offer.

Cambodia's tourist offerings in community-based and ecotourism are becoming more sophisticated and varied. Local residents are looking forward to your visit and working hard to learn more about how to accommodate you and your needs.

Community-Based Tourism (CBT) is a form of tourism managed and owned by communities in collaboration with all stakeholders to enhance local well-being, natural and cultural resource conservation, and foster host/guest interaction and education.

Visiting a CBT project allows you to experience the real Cambodia, enjoy nature, and get a glimpse of local culture. The money you spend goes directly to the community for development and conservation and improves rural livelihoods by providing income and employment.

You will find many common activities being offered at most CBT sites. They include:

- ❖ Swimming
- ❖ Mountain biking
- ❖ Forest trekking
- ❖ Ox-cart riding
- ❖ Boat trips
- ❖ Camping in the forest
- ❖ Bird watching
- ❖ Wildlife viewing
- ❖ Village exploration
- ❖ Indigenous cultures
- ❖ Homestays
- ❖ Silk weaving
- ❖ Rice processes

With support from SNV (the Netherlands Aid Organization), the Cambodia Community-Based Ecotourism Network (CCBEN) was created as an umbrella organization assisting over 30 members countrywide. CCBEN promotes, serves and supports communities and assists them with networking, capacity building, and marketing and promotions. CCBEN's mission is to strengthen the ecotourism and community-based tourism network by serving the needs of members, communities and visitors.



See page 64



See page 28



See page 25



See page 66

And Explore More!

To find out more information about the various Community-Based and Ecotourism projects in Cambodia, look for the participating initiatives in this booklet (see corresponding page numbers below the photos) or visit the CCBEN website at www.CCBEN.org.



Thmeat Boey
See page 28



Yreuk Laom



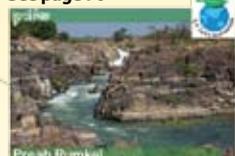
Virachey



Qivay



Q'Ruz say Khndai
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Preah Romkul
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Koh Phleap
See page 68



Thmar Bang



Prek Thnot



Chumbok
See page 60



Sombor Preahk
See page 58



Contact:

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Email: info@ccbenn.org - Website: www.ccbenn.org

MADE IN CAMBODIA

Buying local products creates jobs for Cambodians and supports the national economy. In addition, buying souvenirs made here helps to preserve and develop traditional Khmer handicrafts.

But many goods in Cambodia's markets—including clothes, shoes, silks, jewelry, stone carvings, metal sculptures, glassware and other consumer favorites—are mostly imported. Even the soapstone Apsaras sold in local markets are often made in neighboring countries. To ensure that the profit from your purchases benefits Cambodians, check carefully where the souvenirs were produced.

Phnom Penh's Night Market near the riverside and Siem Reap's Angkor Night Market offer products produced in Cambodia under the Cambodian Government's One Village One Product (OVOP) initiative.



Food can also be a great souvenir—Kampot's black pepper is said to be the best in the world and purchasing it helps raise living standards in rural provinces. Producers include Kurata Pepper in Phnom Penh and the Kampot Pepper Promotion Association. Confirel produces tasty palm wine and palm sugar which also make great gifts.



Cambodian silk was once among the most sought after, but most on sale today is imported. Silk is still hand woven on looms in the traditional way in several places. Shop at the places located inside this booklet which offer authentic Cambodian-made silk products among other souvenirs.

Put Fair Trade on your shopping list ...



All you need is a little awareness and a desire to make a difference. When you choose products from companies and organizations that trade fairly, not only are you buying a quality product, but you are also supporting fair prices for the producer which will cover production, wages and more importantly, enable the community to invest in their future.

Fair trade products adhere to many specific regulations such as ensuring safe and hygienic working conditions, non-exploitation of children, paying living wages, non-excessive working hours, non-discrimination practices, and no harsh or inhumane treatment.

Some businesses have been trading fairly for years but are outside the categories for which fair trade labels have been developed. To ensure you don't judge them unfairly, ask questions about who made the product, where it came from, and who benefits from your purchase. Also, try to minimize your bargaining by remembering that the extra money you pay will go directly to the community.

A good place to start using your purchasing power is to shop at the places highlighted in this booklet!

— Brought to you by the Artisans Association of Cambodia (www.aac.org.kh)



ROYAL BAY INN ANGKOR RESORT



Oum khun Street, Mondull, Svay Dangkom,
Siem Reap Cambodia

Tel : +855 (0) 63 760-500/502

Fax : +855 (0) 63 760-503

Email : sales@royalbayinnangkor.com

Web : www.royalbayinnangkor.com



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Siem Reap

Mention Siem Reap and the iconic spires of Angkor Wat spring to mind. However, while the majestic temples are undoubtedly one of the highlights of any trip to Cambodia, Siem Reap has much more to offer those willing to spend a little more time and explore beyond the temples.

Siem Reap has undergone an incredible rebirth over the last few years, with the world-famous temples now drawing millions of tourists. But the economic benefits of tourism haven't always reached the local economy. Visiting the places listed in this booklet will support local businesses and organizations, helping local people reap more benefits from welcoming visitors to Cambodia.



Photos: Nicky McGavin/ Stuart Cochlin / Nick Sells

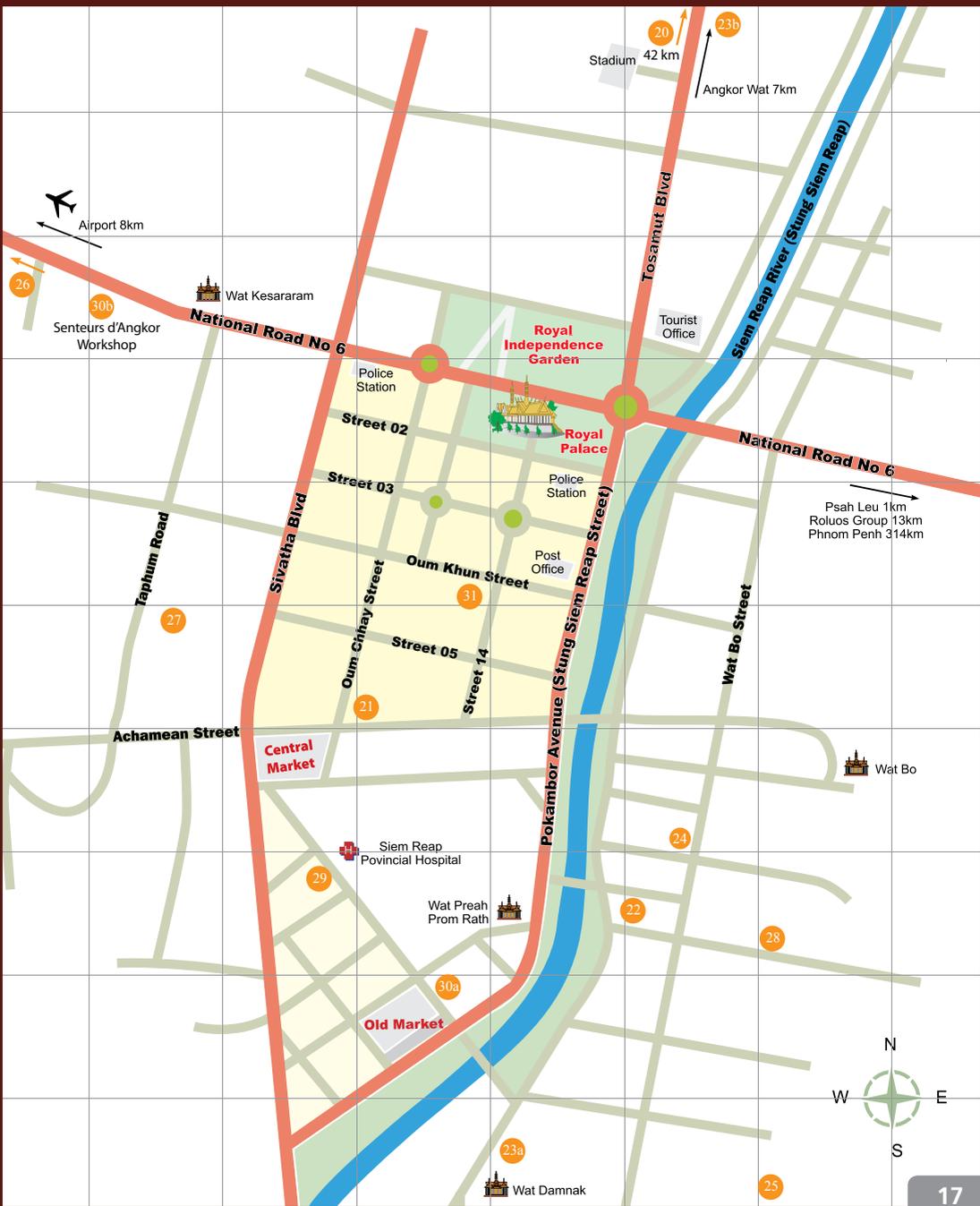
Siem Reap town was until relatively recently a cluster of small villages along the Siem Reap River originally developed around Buddhist wats. Though much of today's Siem Reap can seem far removed from its small town heritage, culture vultures, shopping fanatics and nature enthusiasts alike will find that the initiatives listed on the following pages offer you a richer experience and better understanding of Cambodia and its people.



Find our partners in Siem Reap on the map and on these pages:

- 20 Angkor Centre for Conservation of Biodiversity (ACCB)
- 21 Angkor Hospital for Children
- 22 Butterflies Garden Restaurant
- 23a Center for Khmer Studies
- 23b Krousar Thmey
- 24 NEDO (Soria Moria)
- 25 Osmose
- 26 Paradise Eco Resort
- 27 Sala Bai Hotel School
- 28 Sam Veasna Center for Wildlife Conservation
- 29 Samatoa Silk Shop
- 30a Senteurs d'Angkor Shop
- 30b Senteurs d'Angkor Workshop
- 31 Shinta Mani Institute of Hospitality

... has so much more than temples to offer



Angkor...

Cambodia's rich cultural heritage and archaeological history are no secret, yet many of Cambodia's remote temple sites are seldom visited or written about.

Although little is known about the exact details of Cambodia's ancient road networks, the Angkorian Empire covered vast tracts of land and was connected by roads and bridges.

Visit these sites to learn more about Cambodia's rich history. Proud local residents are happy to show you around their precious heritage sites.



Photos: Susan Kennedy

Banteay Srei

The 10th Century temple of Banteay Srei lies near the hill of Phnom Dei, a 25km scenic drive north-east of the main Angkorian temples. Banteay Srei is largely built of red sandstone, a harder rock that can be more elaborately carved and better survives the rigors of time.

The carvings of the pediments and lintels have rightly become famed for their exquisite beauty and the buildings themselves are small when measured by the scale of other Angkorian construction, lending it the name, 'Citadel of the Women' in Khmer.

Consecrated in 967 AD, Banteay Srei is the only major temple at Angkor not built by a monarch—it was constructed by a noble named Yajnavaraha, a philanthropist and scholar. The temple was only "rediscovered" by the outside world in 1914.

Kbal Spean

Also known as the River of the Thousand Lingas, Kbal Spean is set deep in the lush jungle of Phnom Kulen National Park, 48km from Siem Reap and about 25km from Banteay Srei.

A steep 1.5km walk leads to the river and waterfalls where hundreds of phalluses are carved onto the sandstone riverbed. The clear, cool waters were regarded as holy and the famed fertility carvings blessed the waters headed for the ancient city of Angkor.

Carved into the sandstone boulders are representations of the Hindu god Vishnu, his wife Lakshmi, the god Brahma, dancing Apsaras and other sacred figures. There are also a series of tiered waterfalls, with designated bathing spots in ancient times for royals, court officials and commoners.

When visiting Kbal Spean, plan to take the daily tour at 13:00 (except Sundays) with the Angkor Centre for Conservation of Biodiversity (ACCB). See page 20 for details.

 សារមន្ទីរជាតិ អង្គរ
Angkor
National Museum

Operating hours: 08.30AM - 06.30PM Daily

E-mail: info@the-anm.com
Website: www.angkornationalmuseum.com
Tel: 855 [0] 63 966 601, Fax: 855 [0] 63 966 600

Come to see...Get to know...The Legend Revealed, Siem Reap, Kingdom of Cambodia

And So Much More!

Preah Vihear

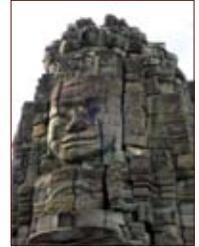
Visit Cambodia's second UNESCO World Heritage Site (inscribed in 2008).

Preah Vihear temple is situated on Dangrek Mountain cliff-top with stunning views of Cambodia and the Dangrek Mountain Range. The road from Siem Reap to Preah Vihear temple in the northwest is currently under construction and plans to develop the area are in the works. Get there while it's still an adventurous journey!



Banteay Chhmar

Banteay Chhmar was built during the reign of the great King Jayavarman VII at the end of the 12th Century and is similar to Bayon with its mysterious smiles. The structures consist of a complicated variety of tower shrines, courtyards and linking corridors, most of which have collapsed. The Global Heritage Fund (*see page 64*) is doing restoration and preservation work at the temple and working with the local community on community-based tourism. Several other smaller temples dot the area including Banteay Top, set among rice paddies, 9km south of Banteay Chhmar.



Koh Ker

Far more than a hidden temple, Koh Ker is a group of monuments consisting of more than 100 buildings constructed over centuries. Koh Ker served as the capitol of Angkor in the 10th Century for a brief time. As proof, Prasat Thom, a sandstone-faced pyramid that looks as if it belongs in Mayan South America, rises 35 meters above the ground.

In 2008, just over 2,000 visitors arrived in Koh Ker. Now, however, experts at the Jaya Koh Ker Project, which is managed by the Hungarian Royal Angkor Foundation, are working to improve tourism to the site by creating a management plan (*for more information, contact Mr. Mihaly Rozsa at rozsamihaly@gmail.com*). This plan helps to protect the historical monuments and degradation of the environment in addition to developing programs and itineraries for tourists to visit the site safely, comfortably, and enjoyably by creating an information center, resting place, lavatories, and information boards. *For tour information, contact Indochina Services, Siem Reap, Tel: 063-760-282.*



Beng Melea: Combine a trip to Beng Melea with your trip to either Kbal Spean or Koh Ker. This jungle temple is overrun with vegetation and not often visited by tourists, giving it an adventurous, 'lost temple' feel. An Angkor Wat-styled temple, it may have been used as a prototype and was once located at the crossroads of several ancient roads that led to Angkor, Koh Ker and Preah Vihear.

Preah Khan: Not to be confused with the Preah Khan temple at Angkor, it is perhaps the remotest temple site of the major groups. Preah Khan is a massive temple complex covering nearly 5km². It's worth a visit if you're looking for a real Indiana Jones experience.



Heritage Watch is a non-profit organization working to preserve and promote Cambodia's cultural heritage, responsible tourism and community development. Be 'Heritage Friendly' and look for businesses with the Heritage Friendly Logo as they are supporting arts, culture, communities and heritage.

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Siem Reap Office:

#291, Airport Rd., Phum Krous, Khum Svay Dangkm
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E-mail: firsttravelrep@online.com.kh

Head Office:

#171-173, Eo, Street 110, Sangkat Wat Phnom,
Phnom Penh, Cambodia.
Tel: 855-23-213325-26
FAX: 855-23-219326
e-mail: first.tour1@online.com.kh



ANGKOR CENTRE FOR
CONSERVATION OF BIODIVERSITY
A KINGDOM OF CAMBODIA/GOETZ-PROJECT

*Wildlife Conservation
& Environmental Education*

Who are we and what do we do?

The ACCB is a not-for-profit wildlife rescue and nature conservation center. ACCB is located at Kbal Spean, 12km north of Banteay Srey.

Our aims are the rescue and rehabilitation of threatened wildlife, the conservation breeding of selected species, field research, environmental education and capacity building, to promote wildlife conservation, and the sustainable use of natural resources.

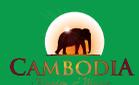
What can you experience?

- During our free guided center tour every day at 13:00 (except Sundays), you will see a variety of animals and learn about our efforts to save Cambodia's wildlife.
- Take our village-based sustainable tour and experience what everyday life is like in rural Cambodia.
- We arrange a variety of environmental activities, seminars and workshops with advance request.



Contact Info:

Kbal Spean, Phnom Kulen National Park, Banteay Srey District
Tel: +855 (0) 99-604-017 / +855 (0) 11-426-856
Email: info@accb-cambodia.org - Website: www.accb-cambodia.org





Every child has the right to
a healthy and loving life



Who are we and what do we do?

Angkor Hospital for Children (AHC) is dedicated to improving the health and ensuring the future of Cambodia's children by providing free, full-service, life-saving care to over 100,000 sick and injured children and babies every year.

Founded in 1999 by the internationally acclaimed photographer Kenro Izu, the hospital has grown to be one of the best healthcare facilities in Cambodia and is recognized by the Ministry of Health as an official teaching hospital.

AHC has trained hundreds of healthcare and NGO workers throughout Cambodia through the Medical Education Center (MEC) and the Capacity Building and Health Education Programs (CBHEP).



***Inquire today about how you can make
a difference to the children of Cambodia.***

What can you experience?

- The newly opened Center for *Friends Without A Border* at AHC gives visitors the unique opportunity to visit the hospital and learn more about its programs. Designed for environmental sustainability, the Friends Center displays prints donated by Kenro Izu and hosts rotating art and photography exhibitions.
- Visitors may purchase postcards, books and prints designed by children at the hospital. All proceeds support the Angkor Hospital for Children.
- Visitors are welcome to donate blood at the hospital as blood banks are in scarce supply in Cambodia.
- AHC also welcomes volunteers with expertise in medical and non-medical fields.



Contact Info:

Acha Mean Street (near the Central Market)
The Center is open Mon–Friday 8am–6pm, Sat. 8am–12pm
Saturday afternoon & Sunday by appointment only
Tel: +855 (0) 63-963-409, Ext: 7015
Email: ahcpr@angkorhospital.org / fc@angkorhospital.org
Website: www.angkorhospital.org

Who are we and what do we do?

Imagine hundreds of tropical butterflies in a flower-filled garden. After a long, hot day at the temples, relax to soft music, while enjoying Khmer or international cuisine with an ice cold drink. Welcome to Butterflies Garden Restaurant!

We offer our guests superb dining while providing benefits to the community. We do this by providing training and job experience to young Cambodians; selling local products made by disadvantaged communities in our gift shop; protecting Cambodia's heritage through education and traditional performances; and practicing responsible employment. In addition to fair wages, staff members receive education assistance and participate in a profit-sharing program.



What can you experience?

- We are open from 8am to 10pm daily and are located across the river from the Old Market in the Wat Bo area. Our menu features creative cuisine using local ingredients. Try our fresh corn cakes with lemon-cilantro aioli, minced shrimp on a sugar cane skewer, or fresh ginger cake.
- Call or email us for information about traditional performances and special events.
- We can accommodate group bookings for up to 50 people with custom-designed menus. For large groups, we can also arrange special performances by traditional and emerging artists.



Contact Info:

On Street 25 between the Siem Reap River and Wat Bo Road
Tel: +855 (0) 63-761-211
Email: susan@butterfliesofangkor.com
Website: www.butterfliesofangkor.com



Center for Khmer Studies

"Dedicated to the promotion of research and international scholarly exchange through programs that increase understanding of Cambodia and its region."

Who are we and what do we do?

The Center for Khmer Studies (CKS) is a non-profit, non-governmental organization promoting the social sciences, arts and humanities as they relate to Cambodia and South East Asia.

At the heart of our Siem Reap campus in Wat Damnak is the largest specialised public library in Cambodia outside Phnom Penh with over 5,000 books, journals and monographs in Khmer, English and French. Our publications, available for sale at our offices and bookstores, include

Siksacakr, a tri-lingual academic journal; *Wooden Architecture of Cambodia: A Disappearing Heritage* in English and Khmer; and David Chandler's *The History of Cambodia* in Khmer. In Phnom Penh, our Junior Faculty Training and Translation Training programs expand the skills of young Cambodian professionals.

What can you experience?

- Visit the CKS library, an early 20th Century restored historical structure, and our campus inside peaceful and serene Wat Damnak.
- Make a donation or purchase one of our publications.

Contact Info:

Across the bridge from the Old Market, PO Box 9380, Wat Damnak

Tel: +855 (0) 63-964-385

Email: center@khmerstudies.org - Website: www.khmerstudies.org



CAMBODIA
Republic of Cambodia



First Cambodian Foundation Assisting Disadvantaged Children

Who are we and what do we do?

Since 1991, Krousar Thmey provides appropriate care for disadvantaged children and assists them in becoming autonomous and responsible adults. We support street children and provide deaf or blind children throughout

Cambodia with a formal education in Braille and Sign Language. In all our work, our goal is to provide equal educational opportunities, whilst respecting and promoting cultural traditions and Khmer values.

What can you experience?

- Our exhibition, called *Tonlé Sap, Source of Lives*, showcases the ecological and cultural richness of the great Tonlé Sap Lake at our school.
- Daily professional blind massage services at our school.
- Traditional performances (shadow theatre, music and dance) given by disadvantaged children every Wednesday and Sunday evening at La Noria Hotel.
- Contact us for more information.

Contact Info:

Krousar Thmey School for Deaf or Blind Children, Siem Reap

Road to Angkor Temple, Phum Modol 3, Khum Slagram

Tel: +855 (0) 63-964-694 / +855 (0) 23-366-184

Email: communication@krousar-thmey.org

Website: www.krousar-thmey.org



CAMBODIA
Republic of Cambodia



Who are we and what do we do?

NEDO is a non-profit organization founded by the Norwegian owners of Soria Moria Boutique Hotel who have a strong interest in the sustainable development of tourism in Siem Reap.

NEDO provides educational opportunities for poor and underprivileged children and youth and is financed by private and corporate donations and income from micro-projects such as the White Bicycle Project and the Love Card Project. We support educational projects, provide scholarships, work training, and clean drinking water.

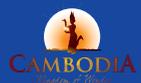
What can you experience?

- Come to Soria Moria Hotel on Fridays and watch traditional Apsara dancing performed by the Sangkheum Center for Children. The performance is free of charge and donations are appreciated. Please call us in advance. For more information, visit: www.sangkheum.org.
- Rent a White Bicycle. Proceeds from the rental service go directly to provide job training and micro-funding to aid projects in the rural area of Siem Reap. More information is available at: www.thewhitebicycles.org
- Purchase and send a Love Card and help support free art classes for schools in Siem Reap. Children paint postcards that Love Cards sells through a distribution network without sales commission. Participating schools are remunerated to subsidize teachers' salaries and provide funding for educational and recreational projects. More information is available at: www.love-cards.org
- Buy a Silk Lab product from our boutique shop. The Silk Lab was developed to assist underprivileged women and support their families. They produce a beautiful selection of silk products including funky handbags, make-up bags or purses. All profits support the Sangkheum Center for Children.
- On Wednesdays, experience our popular \$1 night where all drinks and tapas are just a dollar. You'll be assisting in an ongoing training initiative for our kitchen, restaurant and bar staff – while enjoying good value for money!



Contact Info:

Wat Bo Road, Salakamrouk
 Tel: +855 (0) 63-964-728
 Email: mail@thesoriamoria.com / ken@nedo.no
 Website: www.thesoriamoria.com - NEDO: www.nedo.no





*Linking Conservation,
Environmental Education and
Community-Based Ecotourism*



Who are we and what do we do?

In the floating villages of the Tonlé Sap Lake (a UNESCO Biosphere Reserve) and around the Prek Toal Wildlife Sanctuary, Osmose has been linking sustainable development with preservation of the environment for 10 years.

We run mobile clinics, schooling assistance, environmental education, water sanitation, wildlife research & conservation, water-hyacinth handicrafts (Saray Cooperative) and Solidarity Ecotours. Join one of our tours or visit Saray at Prek Toal on the route between Battambang and Siem Reap!

What can you experience?

Osmose offers you a unique way of seeing one of the most beautiful places in Cambodia, while giving you the opportunity to meet and support the communities that live and depend upon the lake.

- Buying one of their beautiful bags and furnishings, you contribute directly to the futures of the Saray Cooperative women and their families. Soft and supple water hyacinth creates weaved products with unique characteristics and elegance. See www.osmosetonlesap.net for our main outlets in Phnom Penh and Siem Reap.
- Community-Based Ecotourism allows you to join a tour organised by the villagers themselves. Spend a night in a family home stay, paddle in traditional canoes, experience the wonder of the floating forest by night, and share special times with the magical Saray handicraft artists.
- On a Solidarity Tour, visit the Wildlife Sanctuary and Floating Villages to immerse yourself in an ecosystem of extraordinary biological richness and harmony. Income from Solidarity Tours supports our local development projects.

Tours are available in English, French and Khmer. We are currently developing tours in Chinese, German, Japanese and Spanish. Please enquire!

Contact Info:

Group 4, Sallakamraek Village, PO Box 93045

Tel: +855 (0) 12-832-812

Email: booking@osmosetonlesap.net

Website: www.osmosetonlesap.net



PARADISE ECO RESORT

For an Eco World

Who are we and what do we do?

Paradise Eco Resort is Angkor's premier ecodge and resort. We are an eco-friendly resort located in the beautiful Baray Area near the splendid temples of Angkor and the peaceful Tonlé Sap Lake. Paradise Eco Resort is only 6km from Siem Reap on National Road 6 (towards Poipet).

Surrounded by 50 coconut trees, frangipani and plenty of other exotic plants, we offer cheap (from \$5 USD) and luxurious accommodation in a relaxing setting.

As an environmentally friendly resort in Cambodia, we support the region and local people. We are happy to offer a pristine destination for the environmentally conscious traveller at no expense to the environment or residences. We encourage nature and holiday lovers alike to visit our green resort in Cambodia for a truly unique vacation experience.



What can you experience?

- Stay with us in one of our 10 rooms or 3 bungalows. Prices range from \$5 to \$60 USD per night.
- Relax around our 13m x 8m swimming pool, renovated with local stones and using only natural materials (stones, sand and natural dyes from local trees).
- Enjoy excellent Cambodian cuisine including local organic salads, Amok, Lok Lak, frog ginger, and barbecue.
- Sip on healthy fruit cocktails in our tropical garden setting inspired by different Asian influences (Cambodian, Balinese, Thai, Burmese, and Malay).
- Relax during a traditional Cambodian massage.
- Let us arrange tours for you to visit the temples as well as to numerous NGOs doing good work for the local people.
- With advance booking, we can also organize botanic, silk weaving, water hyacinth or pottery training.

Contact Info:

Andy De ville D'Avray

Tel: +855 (0) 17-371-619 / (0) 85-382-470

Email: gm@paradise-eco-resort.com

Website: www.paradise-eco-resort.com





SALA HOTEL SCHOOL BAI

RESTAURANT | COOKING | FRONT OFFICE | HOUSEKEEPING

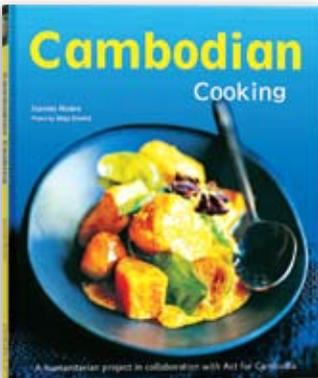
"Training underprivileged young Cambodians"

Who are we and what do we do?

Sala Băi is a Hotel and Restaurant School created by the French NGO "Agir Pour Le Cambodge" in 2002. Each year, the school trains completely free of charge (including courses and daily expenses) approximately 100 young, disadvantaged Cambodians, with a priority on training girls (70%).

Selected essentially on socio-economic criteria, the students spend 11 months in qualified training in either restaurant service, cooking, front office or housekeeping. The program includes theory classes and practical experience both at our training facilities and during internships at our partner hotels.

Over the past seven years, 605 disadvantaged young people have been trained and found jobs in the hospitality sector within three months of graduation.



What can you experience?

Come to the Sala Băi Training Hotel and Restaurant run by students and contribute to their vocational training! Every meal you eat and every night you stay add to the students' experience and help to finance their training:

- 1 lunch at \$8 = 1 day of training costs for a student
- 1 night at \$15 = 2 days of training costs for a student
- 1 recipe book bought at Sala Băi School at \$33 = 4 days of training costs for a student

The hotel is open everyday and the restaurant is open for breakfast from 7-9am and lunch from 12-2pm, Monday to Friday.

Training facilities are closed between mid-July and mid-October and during some public holidays.

Contact Info:

#155 Phoum Tapoul
Tel: +855 (0) 63-963-329
Email: info@salabai.com
Website: www.salabai.com





Organising responsible tours to remote habitats – benefiting rural communities and promoting wildlife conservation

Who are we and what do we do?

Sam Veasna Center (SVC) was founded in 2003 in honour of Sam Veasna, a pioneering Cambodian conservationist, to raise awareness of Cambodia's natural heritage. In 2006, SVC started managing ecotourism to the sites where Wildlife Conservation Society (WCS) works alongside the Cambodian government.

Ecotourism provides much needed financial resources for remote communities and SVC provides livelihood development training in guiding and hospitality services. In addition, SVC makes a conservation contribution for each tourist which is used for development projects, benefiting the whole community. In return, communities abide by no hunting and land conversion agreements and benefit from the education they receive in the conservation of wildlife and its environment.

What can you experience?

SVC manages customised itineraries across Cambodia as well as day trips from Siem Reap with English speaking guides trained in bird identification.

- Visit the ancient Angkorian reservoir of Ang Trapaeng Thmor – now a Sarus Crane Reserve.
- Visit the bird reserve near the floating village of Prek Toal – home to one of the largest colonies of water birds in South East Asia.
- Stay at our award-winning ecolodge in Tmatboey, where you may catch a glimpse of the critically endangered Giant- and White-shouldered Ibis dwelling in the unique open deciduous forest habitat.
- Visit a 'Vulture Restaurant' near the Lao border. These are conservation initiatives providing prey for three species of vulture.
- For the really adventurous traveller, inquire about our newly-organized trips to view birds and mammals in the mixed evergreen 'jungles' of Mondulkiri.

Each time you take a trip with SVC you benefit the livelihood development of the local communities and the conservation of the environment.

Photo Credit: Eleanor Briggs

Contact Info:

Nick Butler, Coordinator

#0552, Group 12, Wat Bo (200m past Angkor Village Hotel)

Tel: +855 (0) 63-761-597 / (0) 12-520-828

Email: bookings@samveasna.org - Website: www.samveasna.org



Samatoa

For a Better World

Who are we and what do we do?

Created in 2004, Samatoa Cooperative is the first fair-trade community group in Cambodia that specializes in producing high-quality silk apparel. Our goal is to revive the silk-making skills that have largely been lost in recent years, providing livelihoods for poor women from rural areas and allowing for the preservation of the art of traditional Cambodian silk-making.

Samatoa uses only natural products that are safe for the environment and pays fair prices. Samatoa offers tailored 'made to measure' silk clothes in 24 hours and sells accessories designed by famous French fashion designers including handbags, accessories, scarves and home decorations.



What can you experience?

- Order your 'made to measure' silk dress at Samatoa Shop (opposite the provincial hospital, Old Market area) and browse through our large selection of silk products.
- Discover the only remaining Cambodian silk village - Phnom Srok - and meet the silk workers, see mulberry tree plantations, silk worms and cocoons.
- Visit Samatoa Cooperative in Siem Reap where you can see how dressmakers and tailors create silk clothing and accessories.



Contact Info:

N° 98, Mondol 1, Svay Dangkm Village

Tel: +855 (0) 63-965-310 / (0) 92-373-207 / (0) 11-766-276

Email: contact@samatoa.com

Website: www.samatoa.com



CAMBODIA
Kingdom of Wonder



Senteurs d'Angkor

Awakening the Senses

Begin a sensory voyage of Cambodia

Who are we and what do we do?

Founded in 1999, Senteurs d' Angkor is a Cambodian company that has succeeded in relying on local resources to develop its wide range of "Flavors and Fragrances" products. Through this line, our company aims to develop and promote a good quality, original and local crafts industry in working conditions that are respectful to people. The quality and authenticity of the products manufactured in this workshop, along with the refinement and originality of packaging, make this line of products unique and well-appreciated.



What can you experience?



- **Visit us at our Workshop.**

Pass through the different workshops and admire the coloring of sugar palm leaves and their weaving to produce lovely boxes made from natural fibers, called "**smoks**". Observe the manufacture of natural **soaps** made from coconut oil, of **moisturizing creams**, of subtly scented **balms** and aromatic **candles**. Discover the different steps in the treatment of **spices** (Kampot pepper, lemongrass, chili...), of their subtle combinations to make traditional **curry** or **amok**, and of the creation of flavored **coffees** and **teas**.

Come to admire the **know-how** of local craftsmen and **be enriched** by the flavours and fragrances of Cambodia.

Open daily from 7.30am to 5.30pm (shop open till 6pm).

- **Come to our Boutique**, where most of **Senteurs d'Angkor Products**, as well as finely woven local **silk** products and traditional **handicrafts**, are on display and for sale.

Open daily from 7:30am to 10:00pm.

Contact Info:

Workshop & Shop - Airport road (5 minutes from town)

Tel: +855 (0) 63-966-733 / (0) 12-326-546

Boutique - Opposite Old Market

Tel: +855 (0) 12-964-801 / (0) 12-326-546

Email: gm@senteursdangkor.com - Website: www.senteursdangkor.com



*Putting back a little of what
life takes out*



What can you experience?

- Dine at our restaurant and enjoy traditional Khmer food prepared with locally-sourced products.
- Enjoy our spa services, winner of the "Most Socially Responsible Spa" by AsiaSpa Awards for 2008. Spa students work under the guidance and direction of our therapists.
- Visit our Institute of Hospitality and students. Come from 1:30-3:30pm, Mon. - Thurs., to see our culinary students perform their practical training. Students can be sponsored for a month, term, or their entire studies.
- Buy some Shinta Mani bread or sweets from local stores and our café. Bakery products are produced by students and former students. All profits from the bakery go back into the Institute of Hospitality.
- Visit the communities where we work and collaborate with rural families. See the beauty of the Cambodian countryside and interact with villagers.

Who are we and what do we do?

Shinta Mani is a hospitality organization committed to serving both visiting guests and the greater community. Shinta Mani's Institute of Hospitality and Community-Based Activities (CBA) operate alongside its for-profit services.

The Institute of Hospitality targets around 30 young, disadvantaged Cambodians for an extensive 10-month training course. Shinta Mani selects students for all areas of hospitality and they learn through classroom work and on-the-job training. Students pay no fees while attending the Institute and are provided with rice for their families and a small stipend.

The CBA projects allow guests to give back to rural communities in a personal and sustainable manner. Shinta Mani targets families in need of assistance and provides them with the tools for self-reliance and a better future.

Contact Info:

Shinta Mani Institute of Hospitality
Junction of Oum Khun and 14th St.
Mr. Solomon DeLeon - Tel. +855 (0) 63-761-998
Email: cba@shintamani.com
Website: shintamani.com



Phnom Penh

While Cambodia's capital lacks the ancient Angkorian temples of Siem Reap, Phnom Penh is rightly renowned as a regional center of culture, and is famed for its wealth of unique architecture and fine dining. The wide, tree-lined boulevards, the scenic riverfront and the bustling markets all make Phnom Penh a 'must-see' for travelers of all types.

The name Phnom Penh literally means Hill of Penh. An ancient legend tells of a woman named Daun Penh who discovered a Buddha statue floating in the nearby Tonlé Sap River. A devout Buddhist, she set up a stupa to house the relic at the site of today's Wat Phnom, a picturesque temple that boasts both a resident elephant and a free onsite museum.

The city has experienced unprecedented growth in the last decade. Alongside the scenic boulevards and serene temples, vibrant Phnom Penh has a well-established nightlife and an emerging contemporary art scene (see page 34 for details).

Phnom Penh has plenty to do and see—the National Museum, the Royal Palace, Wat Phnom and the infamous Tuol Sleng Museum are almost obligatory on any travel itinerary. However, these historical and cultural sights, fascinating as they are, barely scratch the surface of what modern Phnom Penh has to offer. Phnom Penh's wide range of attractions will give the visitor a better understanding of Cambodia's past, its rich culture, welcoming people and bright future.

So why not stay another day and find out more...



Find our partners in Phnom Penh on the map and on these pages:

- 36a Amrita Performing Arts
- 36b Cambodian Living Arts
- 37 The Bodddhi Tree (3 locations)
- 38 ChildSafe Network
- 39 Citadel Knives and Swords
- 40 Friends International
- 42 Free the Bears Fund
- 43a Hagar
- 43b Hagar Chegann!
- 44a Living Room Café
- 44b NTFP-EP
- 45a Nataraj Yoga
- 45b Nathan Horton Photography
- 46 Mekong-Quilts
- 47 NYEMO Cambodia
- 48a PSE Center & Lotus Blanc I
- 48b PSE Restaurant: Lotus Blanc II
- 49a Rabbit Café
- 49b Rehab Craft
- 50 Smateria
- 51 Sobbhana Boutique
- 52 Tabitha Cambodia

A Modern Art Renaissance in Phnom Penh

A renaissance in Cambodia's contemporary art has made Phnom Penh one of the region's creative capitals. The art scene offers a fascinating and thought-provoking diversion for visitors, and an emerging new generation of artists is helping Cambodians reclaim and enrich their heritage.

Visitors can enjoy a rich array of compelling exhibitions, mostly for free.

Chinese House (#45, *Sisowath Quay*) is in the city's former 'quartier français'. The building, an elegant combination of Chinese and French colonial architecture, is one of very few such houses to survive in its original state. The tiled lower floor is devoted to the latest exhibition, while the opulently appointed upstairs is perfect to relax over a cool drink.

French Cultural Centre (#218, *Street 184*, www.ccf-cambodge.org) promotes the French language and culture in Cambodia. The CCF remains a choice venue for all Cambodia-based culture and the cinema, with an emphasis on the French-language, often screens films not shown elsewhere.

Java Café and Gallery (#56, *Sihanouk Blvd. at Street 274*, www.javaarts.org) is one of Phnom Penh's leading contemporary art spaces and has featured artists from all over the globe.

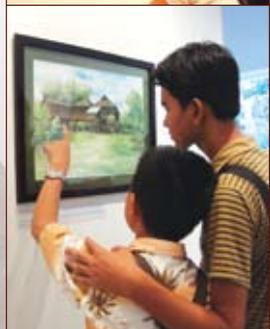
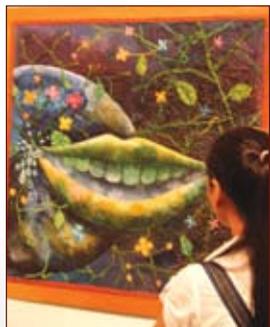


Meta House (#6, *Street 264, Chaktomuk*, www.meta-house.com) is a three-storey gallery just a few minutes away from the riverside and a stone's throw from the Royal Palace. As well as contemporary art and photography exhibits, films and documentaries from around the world are screened for free on the open-air rooftop. Money from the food and drinks goes towards fostering links with Southeast Asian and international universities, galleries, curators and others, helping to promote art awareness and criticism.

Reyum (#47, *Street 178, opposite the National Museum*, www.reyum.org) is a non-profit, non-governmental organization dedicated to Cambodian arts and culture. Reyum was founded to provide a forum for research, preservation, and promotion of traditional and contemporary Cambodian arts and culture.

The gallery offers exhibitions, publications and lectures to stimulate an exchange of ideas, creative expression and research. All activities are free and open to the public.

Sovanna Phum (#4, *Street 99*, www.shadow-puppets.org) is an independent Khmer art association aiming to revive, preserve and promote Khmer culture to local and international audiences, and to give Khmer artists the opportunity to make a living performing their art. Sovanna Phum, famous for its shadow puppetry, has a dynamic network of 120 energetic professional artists. With the construction of its new stage, Sovanna Phum now offers a rare chance to share the rich diversity of Khmer performing arts.



Art is a great souvenir from Cambodia and sales help to develop the budding art scene. The best place to buy local art in Phnom Penh is Street #178 near the National Museum.



PUZZLES **FOOD & DRINK**
HOT PROPERTY TRAVEL
WHAT'S ON
INTERNATIONAL FASHION Q&A
HEALTH & BEAUTY SIEM REAP

EVERY FRIDAY IN





Working with young Cambodian performers to find their creative voice and develop contemporary expression in a nurturing and culturally sensitive environment

Who are we and what do we do?

Amrita Performing Arts collaborates with the Ministry of Culture and freelance artists in producing professionally staged performances of traditional and contemporary theater and dance, both in Cambodia and abroad, through regional exchange programs and international tours.

The revival and preservation of Cambodian traditional dance and theater remain an urgent priority. However, young performers are exposed to contemporary trends and are becoming bolder in challenging their traditions. We encourage them to confront their natural desire to innovate while respecting cultural traditions handed down from previous generations.

What can you experience?

- Observe dance and theatre workshops at our new dance studio on #22 Street 240.
- Attend our theatre and dance performances; schedule updates are posted on our website.
- Donations are welcome; Amrita enjoys US non-profit tax status.
- Join our mailing list to receive project updates.

Contact Info:

Studio: #22 Street 240 / Office: #128 G9, Sothearos Blvd.
Fred Frumberg - Tel: +855 (0) 23-220-424
Email: admin@amritaperformingarts.org
Website: www.amritaperformingarts.org



Cambodian Living Arts

Who are we and what do we do?



Generating Arts Renewal

Cambodian Living Arts (CLA) works to support the revival of traditional Cambodian performing arts and to inspire contemporary artistic expression. We work with the vision that by the year 2020, Cambodia will experience a cultural renaissance so dynamic that the arts will become the country's international signature.

CLA works to empower our students and master teachers to sustain themselves through the arts. Pairing master teachers with young artists, CLA not only helps to preserve the rich cultural heritage of Cambodia, but also provides educational and economic opportunities for hundreds of people throughout the country.

What can you experience?

- Visit classes or attend a workshop led by Master teachers and students.
- Book a performance of traditional dance or other performing art form for your special event.
- See an authentic *sbaek thom* performance. *Sbaek thom* is a form of shadow puppetry that is performed by firelight in the evening. Performances must be arranged at least 3 days in advance and are subject to cancellation during rainy season.
- Purchase our CDs at *Artisans d'Angkor* or *Monument Books* of high-quality recordings of traditional and innovative Khmer music.
- In **Siem Reap**, purchase a shadow puppet made from leather and featuring elaborate designs illustrating scenes from the Ramayana, folktales and everyday Khmer life. (Contact Sambor: 012-797-578)

Photos: Chean Long



Contact Info:

Office: 128 G9, Sothearos Blvd, Phnom Penh
Tel: +855 (0) 12-852-625 / (0) 12-583-891
Email: info@cambodianlivingarts.org
Website: www.cambodianlivingarts.org





The Boddhi Tree

Where positive entrepreneurial values meet the marketplace

Who are we and what do we do?

The spirit of The Boddhi Tree has always been, and continues to be, focused on offering travelers the opportunity to experience firsthand the unique value of Cambodian hospitality. Our primary aim is to provide a comfortable working and interactive environment for young Cambodians who may find themselves and their families in challenging circumstances.

Since our beginning in 1997, we have been training young Cambodians in the art of hospitality in partnership with local and international organizations. Our continuing plan is to create a more meaningful, life-fulfilling social and development experience.

The Boddhi Tree recognizes that profit and principles can co-exist hand-in-hand with heart. Step inside The Boddhi Tree and you'll find high-quality food, tempting smells, gracious service and comfortable rooms.



What can you experience?

- Savour our organic and locally grown seasonal vegetables from a network of 200 farmers and hand-collected forest honey by families who have done so for centuries.
- In the evenings, our courtyard gardens and open balconies become meeting places where our guests can enjoy the slow pace of the city and the warmth of our Khmer staff in buildings with great historical interest.
- By staying at The Boddhi Tree, our guests support community-based projects and the appreciation of Khmer culture in all its dignity and magic. Experience the true soul of Cambodia in small and well-maintained lodging with personalized service.

Contact Info:

UMMA BODDHI TREE: #50, Street 113

DEL GUSTO BODDHI TREE: #43, Street 95

ARAM BODDHI TREE: #70, Street 244

Mr. Mam Kimsan - Tel: +855 (0) 23-998-424

Email: bths.office@gmail.com / boddhitree_pp@hotmail.com / bookings@boddhitree.com

Website: www.boddhitree.com





Who are we and what do we do?

Initiated by Friends-International in 2005, the ChildSafe Network is a child protection network designed to protect children in Cambodia and other countries in the region from all forms of abuse. The program involves the participation of key people who are in a position to help the most vulnerable children in the city – motodups and tuk-tuk drivers, guesthouses, hotels, restaurants, Internet cafes, communities and travelers.

Carefully selected, trained and monitored, these ChildSafe members are able to protect and support children at risk and eventually become community social workers. To date, over 1,500 members have been trained in Phnom Penh, Siem Reap, Kampong Cham and Sihanoukville (with implementation in Sihanoukville by M'lop Tapang, an NGO partner). The ChildSafe project is also working to build awareness for ChildSafe tourism by promoting ChildSafe Traveler Tips.

What can you experience?

When travelling throughout Cambodia, look out for the ChildSafe logo and support our members by using their services.

- Visit the ChildSafe Center in Phnom Penh (near the National Museum on Street 13) and in Siem Reap (parallel to Tep Vong Street, between the Wat Bo bridge and Psar Kandal) to learn more about the 7 Tips for travelers and get certified as a ChildSafe Traveler.
- Purchase ChildSafe products made by former students of Friends and parents who want their children in school instead of begging or working on the streets. ChildSafe products are available in Phnom Penh at:
 - Friends 'N' Stuff: #215, Street 13
 - Tooit-Tooit: Russian Market, Stall #215
 - Romdeng Restaurant: #21, Street 278
 - Friends@240: #32, Street 240

In Siem Reap:

- Tooit Tooit, Old Market, Stall #14H

Call our ChildSafe Hotline if you see a child in danger or in a risk situation. It's a 24-hour hotline with social workers on call at any time.

ChildSafe Hotline in Phnom Penh: 012-311-112

ChildSafe Hotline in Siem Reap: 017-358-758

ChildSafe Hotline in Sihanoukville: 012-478-100

Be a ChildSafe Traveler! Travel with your eyes wide open to protect the children in Cambodia. Visit us at www.childsafe-international.org to learn more about how you can protect children during your travels.

Contact Info:

ChildSafe Center, Phnom Penh, Street #13 - across from Friends Restaurant

ChildSafe Center, Siem Reap (parallel to Tep Vong Street, between the Wat Bo bridge and Psar Kandal)

Email: childsafe@friends-international.org - Web: www.childsafe-cambodia.org



*Traditional knives and
swords makers*

Who are we and what do we do?

Ten years after starting operations, knives branded "Citadel" are famous worldwide for original design and outstanding quality. Citadel swords are regarded by many as the only serious Japanese swords outside of Japan.

At Citadel, we use the two most important features available in Cambodia in making our handmade knives and swords: good will and workmanship. We are happy to see our workers proud of what they make, using their skills and their hands with very little help from machines.



What can you experience?

There are three ways you can get to know Citadel Cambodia:

- If you have at least two hours, visit our workshop, which is a half mile from Pochentong airport. You can see the full process of knives or swords making including forging, clay coating, quenching, polishing, mounting, sheathing, and more. Please call Christophe for an appointment (Tel. 092-313-961).
- If you have less than 2 hours, visit our workshop in Tuol Kork (#5 Street 285, 10 minutes from Phnom Penh) where most of the process can be seen and understood.
- If you are in a rush, don't miss our shop located at **#10 Street 110**, just off the riverside near Sisowath Quay and beside the Lyon d'Or restaurant.



Contact Info:

Dominique Eluere or Christophe Hiriart
Tel: +855 (0) 12-802-676 / (0) 92-313-961
Email: citadel@camnet.com.kh
Website: www.knives-citadel.com / www.depdep.com
Showroom: #10 Street 110



Together, building futures



Who are we and what do we do?

Friends-International and Mith Samlanh ('friends' in Khmer) work with Cambodian street children, their families and the community, to develop creative projects that effectively support children and youth to become independent and productive citizens of their country.

From its main centre in Phnom Penh, Mith Samlanh provides education, vocational training, hygiene, health care, counselling, food and shelter to over 1,800 vulnerable children each day.

Friends-International also provides services for street children in Siem Reap city and around the Angkor temples. Kaliyan Mith ('good friends') provides an outreach program, a drop in centre, transitional home, education and vocational training. Kaliyan Mith also supports children in the Siem Reap prison and garbage dump.

In order to support as many children as we can, we operate businesses that not only provide training opportunities for former street youth, employment for parents so they can take better care of their children, but that also generate income for our projects. By dining at our restaurants and shopping with us, you are helping to build futures for these children and their families.

Contact Info:

ChildSafe Center, Phnom Penh, Street 13 (near the National Museum and opposite Friends the Restaurant)

ChildSafe Center, Siem Reap (parallel to Tep Vong Street, between the Wat Bo bridge and Psar Kandal)



What can you experience?

- Our 3 training restaurants, run by former street youth and their teachers, provide vocational training for students. All profits go back into our projects for street children, so you can enjoy a great meal here and support a great cause. **Friends the Restaurant** specialises in Western and Asian tapas, refreshing frozen fruit shakes and daiquiris. **Romdeng** is a great place to try Cambodian cuisine from the provinces. Paintings by our students are on display in this gorgeous colonial building, which also has a garden, swimming pool and free wi-fi. *Both are open daily from 11am-9pm.* **Le Café du Centre**, at the French Cultural Centre, offers crêpes, salads, cakes, and ice-creams. *Open daily from 8am-9pm except Sundays.*
- Friends 'n Stuff**, next to Friends the Restaurant, sells products created by our beneficiaries and products from other NGOs. After shopping, relax with a manicure and pedicure by Mith Samlanh's beauty training students at **The Nailbar**. *Both open daily from 11am-9pm.*
- Friends@240** sells urban clothing and accessories for adults and kids made by Mith Samlanh sewing students. You can also have



customised clothes made just for you. *Open Tues-Sat. from 10am-7pm and Sunday 9am-2pm. Closed on Mondays.*

- Tooit Tooit**, at the Russian Market, sells funky accessories and bags, made from recycled materials by parents of vulnerable children. *Open daily 8am-5pm.* There is also a **Tooit Tooit** outlet in the Old Market in Siem Reap. *Open daily 8am-5pm.*
- Our cookbooks: **The Best of Friends - The Restaurant** and **From Spiders to Water Lilies, Creative Cambodian Cooking with Friends** are for sale at all Friends outlets in Phnom Penh and Siem Reap.
- Visit the **ChildSafe Centers** in Phnom Penh and Siem Reap (*see page 38 for more information*).



Friends the Restaurant:

#213, Street 13 (near the National Museum)
Tel: +855 (0) 12-802-072

Romdeng: #74, Street 174 - Tel: +855 (0) 92-219-565

Café du Centre: French Cultural Center, Street 184

Friends 'n' Stuff and the Nail Bar

Street #13, next to Friends the Restaurant

Friends@240: #32, Street 240 (opposite the Royal Palace)

Tooit Tooit: Russian Market - Phnom Penh
Old Market - Siem Reap

Email: info@friends-international.org
Websites: www.mithsamlanh.org
www.friends-international.org





*Protecting, preserving
and enriching the lives of
bears throughout Asia*



Who are we and what do we do?

Free the Bears Fund is an Australian-based nonprofit organisation dedicated to protecting, preserving and enriching the lives of bears throughout Asia. We have been working in partnership with the Cambodian Forestry Administration since 1997 to establish the Cambodian Bear Sanctuary at the Phnom Tamao Wildlife Rescue Centre, 45km south of Phnom Penh in Takeo Province.

So far, over 130 bears (Moon bears and Sun bears) have been rescued from illegal wildlife traders and hunters and brought to our sanctuary where they enjoy a life free from pain, hunger and fear. Beyond the sanctuary, Free the Bears supports ranger training programmes, research into wild bear populations and environmental education programmes to teach Cambodia's children about the need to conserve their precious wildlife.

What can you experience?

- Visit the Sun and Moon bears at the Phnom Tamao Wildlife Rescue Centre, 45km south of Phnom Penh in Takeo Province. It also provides a safe home to more than 1,000 animals which have been rescued from the illegal wildlife trade and is open to visitors daily. It's easily reached by tuk-tuk, taxi or on special tours operated by Betelnut Jeep Tours. *Contact them by phone at 012-619-924 or email betelnuttours@gmail.com.*
- Volunteer at the sanctuary for a week and assist our local keepers with the day-to-day care of more than 100 rescued bears. In exchange for a small donation which helps to care for the bears, you will have the opportunity to help prepare feeds, clean the large forest enclosures and build a variety of special enrichment toys to keep our bears happy and stimulated at the world's largest Sun bear sanctuary. Accommodation and meals are provided and volunteers must commit to a minimum 1 week stay (maximum 6 weeks).
- For sponsorship of our bears and memberships, please visit our website: www.freethebears.org

Contact Info:

Khouy Pesei, Tel: +855 (0) 12-354-769

Matt Hunt, Tel: +855 (0) 12-719-498

Email: volunteers-asia@freethebears.org.au / asianbears@gmail.com

Website: www.freethebears.org



HAGAR

social rehabilitation
economic empowerment

Who are we and what do we do?

Hagar was born in 1994 when the first shelter for destitute and abused women opened in Phnom Penh. Not long after, Hagar opened its first social enterprise, providing employment for women in the shelter.

Fifteen years on, our goal is the same – to support the recovery, empowerment and reintegration into community of women and children who have been victims of human rights abuses.

At Hagar, social programs meet social business. Recovery centres, education, vocational training and enterprise are critical in restoring women and children to wholeness. Every year, hundreds of women and children recover, gain education and become financially independent through Hagar. Our experience has taught us that these things enable women and children to be strong and thriving individuals who spark transformation in their communities.



What can you experience?

Come to our restaurant at **#23, Street 288 between Street #63 and Monivong Blvd** where the food is prepared by the cooks we train from Hagar's social programs.

- Enjoy our very popular international lunch buffet for only \$4.50+VAT.
- Breakfast and dinner is available everyday with an international à la carte menu or select from one of our 4-course menus.
- Hagar is perfect for large groups. Please call 012-306-075 for reservations.
- We have a large meeting room available for rent, free WiFi, and are able to provide full catering services for your company meetings or private party.



Eat at our training center, **Chegann!, #9, Street 163**. Our students prepare traditional Cambodian food at a very affordable price.

- Open for breakfast and lunch from 7am till 4pm.



Contact Info:

Hagar Restaurant & Catering: #23, Street 288

Tel: +855 (0) 12-306-075

Chegann! #9, Street 163

Email: Cambodia@hagarinternational.org

Website: www.hagarcambodia.org





Living Room Café

Café – Function Space – Events – Play Corner – Free WiFi

Who are we and what do we do?

Café Living Room is a social enterprise that aims to offer employment pathways, further training and fair working conditions to Cambodians graduating from NGOs working with vulnerable and at risk groups.

At Café Living Room we are committed to promoting ethical farming practices and supporting community-based enterprises. All our fresh produce is purchased daily and is pesticide-free where possible.

What can you experience?

- Café Living Room serves fresh, healthy and delicious food in our large, breezy villa. Our menu is full of tasty dishes, including extensive options for vegetarian, vegan and gluten/wheat-free customers.
- A diverse range of community events, children's activities, performances and art exhibitions are regularly held at Living Room.
- We also support a number of NGOs involved in the production of local crafts, food and coffee. Browse our retail space where you can find honey and coffee from Mondulkiri, cardamom from Pursat, Kampot Pepper and beautiful textiles from Ratanakiri.
- On the last Sunday of each month, NTFP-EP holds a garden market bazaar. *See below for details.*



Contact Info:

Living Room Café

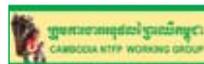
#9, Street 306, Boeung Keng Kang 1

Tel: +855 (0) 23-726-139 - Email: cafe@livingroom.com.kh



Non Timber Forest Products Exchange Programme for South and Southeast Asia (NTFP-EP)

The Forest and its Resources from the Communities' Perspective!



Who are we and what do we do?

Non-Timber Forest Products Exchange Programme (NTFP-EP) is a network of NGOs and community-based organizations in India, Philippines, Indonesia, Malaysia, Vietnam and Cambodia. As the overall facilitator of the Cambodia NTFP Working Group, we support our partner-members through training, advocacy and marketing services in order to empower forest-dependent communities to sustainably use and manage their forest resources, protect their culture and improve their livelihoods.

What can you experience?

- Visit NTFP Sundays @ Café Living Room – a **bazaar** of indigenous crafts, forest food and natural/eco-products held *every last Sunday of the month* or to coincide with special events. Products for sale are from sustainably harvested NTFPs from the forests of Mondulkiri, Ratanakiri, Koh Kong, Kratie, Preah Vihear, Pursat and other provinces.
- At other times, purchase community products on display at Café Living Room.



Contact Info:

#10Eo, Street 420, Sangkat Boeung Trabek

Tel: +855 (0) 23-727-407 / (0) 92-286-306

Email: ntfp-marketing@online.com.kh





NATARAJ
YOGA

Bringing yoga to life

Who are we and what do we do?

NataRaj offers public yoga classes, teacher training for Cambodians, Kids' Yoga and trauma therapy for NGO groups. We subsidize an extensive outreach program that has adapted yoga to meet the needs of many Cambodians, from survivors of trauma to young people at risk, by linking psychology, movement, community service and Buddhist philosophies in fun and innovative ways.



What can you experience?

- Visit our website to view our monthly schedule of classes. We offer a variety of yoga classes for all levels – and pilates, too!
- Take a class with Cambodia's only fully-certified Cambodian yoga teacher, Mr. Vannac Yan. He offers regular public classes on the schedule alongside our international teachers. Just look for his name on the schedule.
- NataRaj offers private classes by appointment, yoga retreats, and regularly hosts master teachers for intensive workshops and teacher training. Check our website for details.
- Experienced yoga teachers from abroad are invited to come and help out with our Kids Yoga and outreach classes.

Contact Info:

#52 Street 302, BKK1 - Mr. Vannac Yan, Tel: +855 (0) 12-584-930

Isabelle Skaburskis, Director, Tel: +855 (0) 12-250-817

Email: natarajyoga@gmail.com - Website: www.yogacambodia.com



nathan horton photography

Learn how to take better Travel Photos

Who are we and what do we do?

Nathan Horton has been a professional photographer for over 20 years and has lived and worked in Cambodia for over 3 years. Although he is a seasoned photographer in many areas (advertising, editorial, fashion and still life), his real passion has always been travel photography. While still a professional photographer in Cambodia, he now spends half his time teaching budding photographers how to take better travel photographs through a combination of workshops followed-up by short walking tours, day trips, weekend retreats or longer private tours around Cambodia.

What can you experience?

Nathan's workshops and guided tours are aimed at both keen amateurs and aspiring professionals. In his workshops, he'll teach you how to:

- Take technical control of a camera in the hopes that it can be used more creatively.
- Improve photographs aesthetically with regards to composition, creating depth, looking at light, etc. and other tricks of the trade.
- Approach travel photography from an ethical point of view. A strong emphasis is placed on taking pictures of people without upsetting them.

With his guided tours, Nathan presents a stimulating environment in which to practice what he teaches, but also hopes to offer a better insight into Cambodia's heritage, culture and everyday life.

Contact Info:

#126 Street 136, 1st Floor

Nathan Horton, Tel: +855 (0) 92-526-706

Email: nathanhortonphotography@gmail.com

Web: www.nathanhortonphotography.com





Mekong-Quilts

Producing top quality quilts while ensuring long-term livelihoods for women

Who are we and what do we do?

Mekong-Quilts began eight years ago with the goal to provide attractive and sustainable employment to poor villagers in Vietnam. The strategy from the start has been to produce top quality quilts and ensure long-term livelihood sustainability. Quilting takes a long time and as such, generates long-term employment. One double-bed cover takes 3-4 weeks to make!

Today, Mekong-Quilts provides employment to 180 quilters who, on average, have doubled their income or more. Quilters are able to work with their children nearby, allowing them to take good care of them. They receive training to improve the health condition of their whole family, and to increase their income through various agriculture projects.

Mekong-Quilts has four shops located in Phnom Penh, **Siem Reap (#5 Sivutha Blvd.)**, Hô Chí Minh and Hà-Nôi. All shops generate some profit which goes entirely to the quilters' villages to assist other poor families. Here in Cambodia, the profits are funnelled through the NGO Mekong Plus which provides scholarships and promotes health and quality of life initiatives in the remote villages of Svay Riêng Province.



What can you experience?

- A wide range of top quality, beautifully crafted quilted products – about five times cheaper than what you would pay back home!
- Our policy is to offer employment to as many women as possible. Therefore, our attention to detail is impeccable. Professional designers from Australia, France and the USA ensure us that our quilts will seduce all visitors!
- The Mekong-Quilts teams have been trained to give you complete explanations about the Community Development Programs in Svay Riêng, Cambodia and in Vietnam. Ask to receive a free video which shows the impact of Mekong-Quilts in these villages!

Contact Info:

Koy Kalyan

#49, Street 240

Tel: +855 (0) 23-219-607

Email: mekong.quilts.pp@gmail.com

Website: www.mekong-quilts.org



Improving the quality of life of vulnerable women and their children through sustainable social and economic integration.



Who are we and what do we do?

NYEMO is a Cambodian non-profit organization established in 1998 to provide vulnerable women with the necessary means to regain their dignity and participate actively in the development of their own lives and their country. Every year, approximately 800 women who have been affected or infected by HIV/AIDS, abandoned by their husbands or families, trafficked or abused, receive support from us. In addition, about 700 orphans and vulnerable children receive our services.

Our activities revolve around a drop-in centre which supports and assists women in their reintegration into society and the workforce. The centre provides counselling, food, day care, temporary shelter, access to public health care facilities, basic education, job placement services, micro-credit financing, and targeted vocational training including cooking & cleaning, sewing, dressmaking, embroidery, traditional silk weaving and laundry & pressing. Trainees complete a comprehensive six-month training program ensuring that they are not simply beneficiaries of our services, but empowered and active partners.



What can you experience?

On December 1st, 2009, Le Rit's is moving to its new location at No. 71, Street 240 (from #14, Street 310).

- Support job creation for women by purchasing products from Le Rit's Boutique or at our store at the **Russian Market (Stall #14, corner of St. 450)**. All products are made by our trainees who were previously unskilled and unemployed women.
- Tour our production workshops where women's support groups produce traditional Khmer silk handicrafts that are displayed and for sale on our premises. Place an order for wholesale, export, and special design orders.
- Dine with us at **Le Rit's Restaurant** and choose from a three-course set meal or à la carte menu offering both Asian and European cuisines.
- Stay at **Le Rit's Guesthouse** and feel at home with modern facilities and complimentary breakfast.

We also offer Catering Services for tour groups and to homes and offices as well.

Contact Info:

#71, Street 240 - between Street 63 and Monivong Blvd.

Tel: +855 (0) 23-213-160

Email: sales@nyemo.com / nyemo@everyday.com.kh

Website: www.nyemo.com





For a Child's Smile

Who are we and what do we do?

Created in 1996, Pour un Sourire d'Enfant (PSE) is an NGO that aims to rescue Cambodian children who are forced to scavenge through the rubbish dumps in Phnom Penh to survive.

One of the most important roles of PSE is education. Approximately 1,000 children who have missed an important part of their schooling are given tailored education to allow them to catch up on their missing years of schooling. Around 4,000 other children are supported in public schools around the city and more than 1,000 students are training in the Vocational Training Center in a variety of professional skills.



What can you experience?

- On the way to the Killing Fields, we invite you to visit our main center. Experience our spa, dine in our vocational training restaurant (**Lotus Blanc I**), and watch a movie about our activities. Our restaurant is open for breakfast and lunch from Monday to Friday.
- **Lotus Blanc II**, our new application restaurant in central Phnom Penh (#61B, Street 51), is open Monday to Saturday.
- At both restaurants, choose from our "à la carte" or 3-course set menu and enjoy French and Asian cuisine served by our smiling and eager students. There is a buffet every Friday!
- Visit our handicraft shop and bring back gifts for your friends and family. We have accessories, clothes, decorations, and more available for purchase.



Contact Info:

PSE Center and Lotus Blanc I Restaurant:
No 402, Group 12, Village Trea, Stung Meanchey

Lotus Blanc II Restaurant:
No 61B, Street 51 (Pasteur), Boeung Keng Kang I
Tel: +855 (0) 12-508-537

Email: communication@site-pse.org - Website: www.pse.asso.fr



Rabbit



Support our students with disabilities to learn and grow

Who are we and what do we do?

The Rabbit Café is a new project set up by the Rabbit School, a Komar Pikar Foundation (KPF) project, in response to the need to provide educational and therapeutic activities for young adults with moderate to severe physical and intellectual disabilities.

The Rabbit Café provides vocational skills training and jobs for young adults enrolled in the Rabbit School. They learn to cook, serve meals and create handicrafts. They also learn communication skills, money management, and gain the necessary experience and confidence to enable them to become more independent, earn a living and contribute to society.

What can you experience?

- Visit the Rabbit Café and enjoy a refreshing fruit shake, snack or meal. We also have free WiFi.
- Browse our handicrafts section and buy a souvenir or t-shirt. Your purchases directly support our students and encourage skills training.
- Volunteer with us if you have experience in special education, physiotherapy, occupational therapy or speech pathology.
- Help us run the vocational training program or in making walking frames, wheelchairs, crutches, or other special devices.



Contact Info:

#13A Street 278, Boeung Keng Kang 1
Mr. Hun Touch - Tel: +855 (0) 23 210 447/ (0) 12-369-376
Email: huntouchrabbit@yahoo.com
Website: www.rabbitschool.org - www.komarpikar.org



Creating job opportunities for Cambodians with disabilities

Who are we and what do we do?

Rehab Craft Cambodia (RCC) is a non-profit, fair trade organization that provides employment opportunities for Cambodians with physical disabilities through the production and marketing of quality handicrafts.

Since 1995, RCC has been addressing the needs and



RCC is a member of the International World Fair Trade Organization (WFTO)

Your purchases benefit our employment programs and offer a better standard of living for disabled persons.

perceptions of disabled artisans by offering skills training and job opportunities to build their future. Being an organization run by, and for, disabled Cambodians is a powerful example to those who still believe that disability equals dependence.

Rehab Craft employs over 15 producers and 9 staff in support management. In addition, over 15 rural artisans make their handicrafts at home and sell through our shops.

What can you experience?

- Visit our workshop and buy products from our showroom in Phnom Penh, Mon. – Fri., 8am–5pm. See the sewing staff, wood carvers, and jewelry makers at work.
- Talk to the producers and staff about their lives. Your questions are welcome and can be translated for you.
- Purchase souvenirs at our shop in **Siem Reap at #353, Pokombor Avenue, along the river, one block from the Old Market (Tel. 063-965-104).**

Contact Info:

#10A Street 322, Boeung Keng Kang 1 - Tel: +855 (0) 23-726-801
Email: rcc_marketing@camnet.com.kh
Website: www.rehabcraftcambodia.org





Bringing New Life to Common Materials



Who are we and what do we do?

Smateria produces a unique range of bags and fashion accessories using recycled "street" materials. We believe the beauty of our products comes from the rebirth of these everyday items into stylish and useful creations.

Over the last three years, Smateria has collected and recycled 24,744 milk and juice cartons and 264 kilos of plastic bags. Our recycling network strictly prohibits the employment of minors.

Today, the shop exports to the USA and six European countries. Our Cambodian workshop employs 40 excellent managers and tailors. We also train and support more than 30 home-based businesses.

Our materials:

- Nets traditionally used for construction, fishing and rice-farming in Cambodia are transformed in the Smateria workshop. The result is a fine veil-like fabric with stunning tones and contrasts, perfect for our funky line of bags and wallets.
- Our elegant crocheted hand bags and wallets are made from recycled plastic bags collected from Phnom Penh's city rubbish dump. Chic without the leather.
- With just a little imagination, your Tetra fruit juice and milk cartons are transformed into colourful, fun shoulder bags and wallets.

What can you experience?

- Visit our store and workshop and see the different stages of our production process, from the cutting to the final touches.
- Discover new uses for recycled Tetra Pak cartons and plastics.
- Learn how the traditional Khmer way of working is combined with an Italian approach to give a unique flair to our products.
- Visit our website to find out more about our work.



Creative Designer Elisa Lion and Business Manager Jennifer Morellato founded Smateria in Phnom Penh in December 2006.



Contact Info:

#08EO Street 57 at Street 278
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Email: jennifer@smateria.com
Website: www.smateria.com





Sobhanna is a woman whose age is determined not by years, but by experiences.

Sobhanna Boutique

Who are we and what do we do?

Created by Her Royal Highness Princess Norodom Marie since the early 1980s, The Sobhanna Foundation works to improve the lives of Women and Children in Cambodia in need. From remote areas to the capital city with her boutique in Phnom Penh, Sobhanna actively assists hundreds of weavers and their families while contributing to Cambodia's silk tradition. With its extensive network of silk weavers throughout the country, Sobhanna is able to extend its program to promoting healthcare and education as well.

Sobhanna's goal is to promote women's role in society by strengthening their capacity in three key areas of development:

- **Funding Educational Opportunities for young girls.** Since 1997, Sobhanna has funded a scholarship program for young girls. Sobhanna's dedicated volunteers follow each child's progress through monthly visits to the families and schools.
- **Creating Access to Basic Healthcare.** During their monthly visits, Sobhanna's all-volunteer Medical and Health Team provide free health care and medicine to rural villagers.
- **Providing Essential Skills Training.** Sobhanna believes in not simply offering assistance, but empowering the people it is dedicated to serving. Training on skills such as weaving, sewing, cooking and literacy are provided in programs to teach employable skills and self-reliance.

Women are trained in the ancient Cambodian tradition of silk weaving at one of three training centers. After completing their training, products are purchased by Sobhanna for sale through the Sobhanna Boutique.

All proceeds from the sale of the exquisite handmade silk products fund the Sobhanna Foundation's social initiatives.

What can you experience?

- Shop at Sobhanna Boutique where you'll find exquisite silk products including scarves, bags, cushion covers, wall hangings, table runners, and silk by the meter to design your own creations. Many other unique Cambodian souvenirs are also for sale including stone sculptures, carvings and other art decorations for your home.
- For \$10 USD per month, support a Cambodian girl's education, allowing her the opportunity to secure a better future for tomorrow.



Contact Info:

Mr. Heng Haklim
 #23-24, Streets144/49, Sangkat Phsar Thmey III
 Tel: +855 (0) 23-219-455 / (0) 16-851-118
 Email: sobhanna@sobhanna.org
 Website: www.sobhanna.org



Tabitha



Your help will last a lifetime

TABITHA-CAMBODIA

Who are we and what do we do?

Tabitha Cambodia is a non-profit organization dedicated to assisting disadvantaged Cambodians in a variety of ways. Since 1994, we have reached over 500,000 people, working directly with over 65,000 families, through our high impact community development programs in Cambodia.

With minimal overhead and running costs, all funds are used to help Cambodians through programs that focus on personal and financial development. Tabitha works in 11 provinces in Cambodia providing a variety of programs.

Savings Program: The Savings Program is the cornerstone of Tabitha's work. The Savings Program encourages families to save their money in order to break the cycle of poverty. Through donations, Tabitha pays families 10% interest on savings every 10 weeks.

Family Partnerships: A Family Partnership supports interest payments on savings and helps families achieve from 4-6 "Dream Items" in the coming year. Dream items range from basic necessities in the early years (a cooking pot or sleeping mat) to larger items such as a bicycle or a child's education. It takes an average family 5 years to break the cycle of poverty. The cost to help one family per year is \$25 USD.



Water Wells: 99% of the families Tabitha supports don't have access to clean water. A water well eliminates many illnesses and allows families to increase their daily income through raising livestock and growing crops. It is the gift of life. The cost of a well is \$95 USD.

House Building: Tabitha families do not have secure housing. The families in our program save \$30 towards materials and house building teams of 12-25 people fund the balance of costs for six or more homes. The teams travel to Cambodia to finish building the houses and the result is a shared experience and understanding between cultures. The cost of a house is \$960 USD.

Piglets: A piglet can be raised and sold in a few months for up to four times the purchase price. Piglets are an important step on the road to self sufficiency. The cost of a piglet is \$50 USD.





Cottage Industry: Tabitha employs silk weavers, embroiderers, silversmiths, and sewers – all of whom were previously without work or hope. Buying Tabitha products supports these workers to achieve a life of dignity and respect.

Patchwork Quilts: Tabitha has adopted 21 women living with AIDS. In an effort to help themselves, these women use recycled materials to create beautiful quilts for sale. Purchase a quilt for yourself or buy one for a Cambodian family in need. The cost of a patchwork quilt is \$125 USD.



What can you experience?

- Visit our shop and browse through our silk and embroidered products among many other souvenirs. Buying Tabitha products supports our workers.
- Come and meet our workers who are happy to interact with you.
- Donate to the various programs listed above by purchasing a well or pig 'card' to support our programs.
- Visit our websites in Canada (www.tabitha.ca), the UK (www.tabithauk.com), USA (www.tabithausa.gmail.com), Australia (www.tabitha.org.au), New Zealand (www.tabithanz.com), and Singapore (www.tabithasingapore.com) and discover the many ways you can help.



Contact Info:

#239 Street 51, Corner of Street 360

Tel: +855 (0) 23-721-038

Email: tabitha.janne@forum.org.kh



Around Cambodia

For those looking for more authentic Cambodian culture and nature, it's worth your while to venture further. With so much attention on Siem Reap's famous temples, many tourists unfortunately do not see or experience the quieter – but charming – aspects of the country.

So stay a little longer and spend some time discovering the delights of Cambodia's coastal towns, relax on sandy beaches, pay a visit to quaint cities rich in culture and history or immerse yourself in village life. It's up to you!



Photo: Susan Kennedy



Just a few hours north of the capital is **Kampong Thom** (see page 56), a bustling city with an ever-increasing number of tourist activities on offer. Discover for yourself the 7th Century temples of Sambor Prei Kuk, once the capital of the Chenla Kingdom and several centuries older than the temples within the Angkor Wat complex.

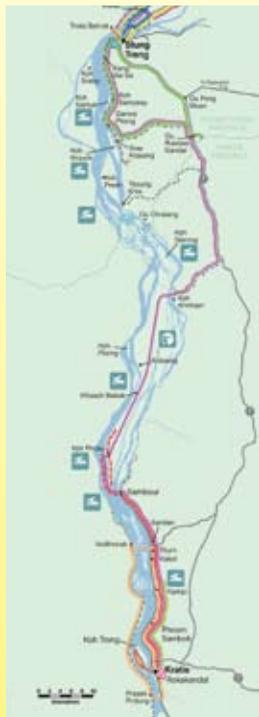
Another popular stop for those traveling between Cambodia and Laos is **Kratie**, a quiet and unassuming town best known as the best place to spot rare Irrawaddy river dolphins during the dry season. The tree-lined streets and rural atmosphere add to the charm.

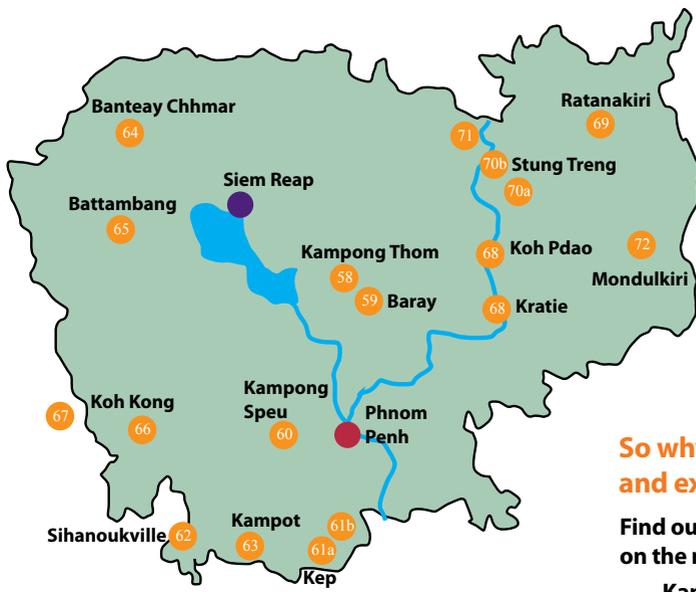
While in Kratie, spend some time on the Mekong Discovery Trail which will take you into the heart of the Mekong where the beauty of the river and warmth and humility of the people create authentic and unforgettable experiences.



The trail follows the path of the mighty Mekong River through the provinces of Kratie and Stung Treng, connecting you with the communities and towns of this unique region. The trail network was developed cooperatively with local villages and communes with the support of a host of non-governmental organisations (NGOs) and national and provincial government departments. The Cambodian and international tourism industry are playing an increasingly important role in the future development of the trail by developing itineraries that allow travelers to experience authentic river life.

By taking part in these Mekong Discovery Trail adventures, you will be treading softly on river environments, helping local economies, and having the time of your life. For more information, visit: www.mekongdiscoverytrail.com.





So why not stay a bit longer and explore more....

Find our partners around Cambodia on the map and on these pages:

Kampong Thom

- 58 Isanborei Community Tourism

Baray

- 59 Khmer Village Homestay

Kampong Speu

- 60 Chambok Community-Based Ecotourism

Kep

- 61a Chamcar Buy
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Banteay Chhmar

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- 68 Cambodian Rural Development Team (CRDT) and Koh Pdao

Ratanakiri

- 69 Cambodian NTFP Development Organization (CaN-DO)

Stung Treng

- 70a O'Russey Kandal CBET Site

- 70b Tonlé Tourism Training Centre

- 71 Preah Rumkel CBET Site

Mondul Kiri

- 72 WWF Homestay in Dei Ey

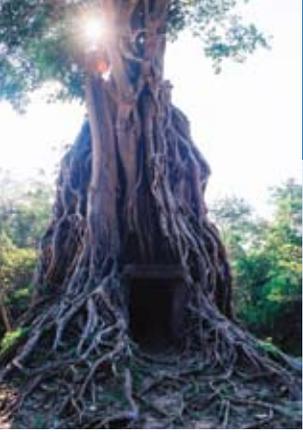
While in **Stung Treng**, try some of the best coffee in Cambodia and enjoy dishes made with a unique mix of Lao and Khmer ingredients. Marvel at the confluence of the Sekong and Mekong Rivers in the centre of town and admire the area's natural beauty. From there, head to **Ratanakiri** and explore this province's varied ethnic groups and natural beauty including Virachey National Park and Yeak Lom volcanic lake.

Or travel east and up in elevation to **Mondul Kiri** (meaning "Meeting of the Hills") during the dry season for cooler temperatures and spectacular scenery. Experience indigenous Cambodian culture, view the spectacular landscape atop an elephant, and journey to the many picturesque waterfalls on the outskirts of the town of Sen Monorom.

To the west is **Battambang**, home of Cambodia's second largest city and a favorite with those hankering for a friendly and laidback atmosphere. Set across the banks of the Sangker River, picturesque Battambang city also boasts Angkor-period ruins.

One town that can truly boast something world-famous is sleepy **Kampot** in the southern tip of the country, whose pepper is world-renowned. It also has stunning views across to Bokor Mountain and is a popular stop for adventure-seekers. Combine it with a trip to lovely **Kep**.

Visit the magnificent mangrove forests and Cardamom mountains in **Koh Kong** province and enjoy the numerous ecotourism activities on offer.



Kampong Thom:

Idyllic Kampong Thom Province, halfway between Phnom Penh and Siem Reap on National Road 6, is the often-overlooked and charming heart of Cambodia. Many tourists traveling by bus stop at the local café in Kampong Thom town for a snack between the two destinations – but have little or no idea that they are in the midst of an ancient city that predates Angkor by nearly 500 years.

Photo: Sam Campbell

Sambor Prei Kuk

Hidden amongst the forest and scattered across a 30km² area, Sambor Prei Kuk (SPK) is the largest pre-Angkorean settlement in Cambodia and was once the bustling epicenter of a mighty empire. Nowadays, however, the lush green forest setting provides a pleasant, relaxing and peaceful setting to explore the temple ruins.

The archaeological protected area consists of over 200 temple ruins and evidence of the ancient city abounds – including dozens of ancient ponds, roads, a drainage system and residential area. The SPK temples were once part of the ancient city of Isanapura, the capital of the 7th Century Chenla Kingdom. During the reign of King Ishanavarman I, the Chenla Kingdom ruled over most of present-day Cambodia, Western Thailand, and Southern Laos.

The temples are divided into three large architectural groups which are similar in layout. A central tower, a number of octagonal brick shrines, colossal gateways, and artificial ponds were enclosed by two walls. The layout, similar to later Angkorean monuments though compressed and simplified, provided the basic patterns for future temple buildings including Angkor Wat and Bayon. However, Sambor architecture shows a refined elegance with its smaller, perfectly laid bricks and intricate carvings and lintels.

The area also boasts the centuries-old tradition of craft-making using bamboo and rattan. The Isanborei Craft Hut is located at the entrance to Prasat Sambor. It sells a variety of handicrafts and is a center for information about the temples and villages surrounding the monuments.



Photo: Sam Campbell

The German Technical Cooperation (GTZ) has been assisting provincial and community leaders in Kampong Thom in developing responsible and community-based tourism since 2005. GTZ has conducted trainings for local tour guides, established a crafts hut on the premises, developed tour products, and assisted with promotional activities.



gtz



Isanborei Craft Hut

The New Destination



In addition to visiting the stunning temple sites of Sambor Prei Kuk, Kampong Thom Province boasts many other attractions of interest to tourists.

❖ **Phnom Santuk (Santuk Mountain)**

Santuk Mountain is the holiest mountain in the region and has been revered for centuries. Twenty kilometers south of Kampong Thom, it rises high above the countryside. Climb the more than 800 steep but shady naga-guarded steps to the summit and admire an impressive range of ancient stone reliefs, eclectic modern sculpture and amazing shrines. Nearby is a series of 15th Century Buddha statues carved into rock, and the view over the emerald rice plains below is spectacular.

❖ **Stone Sculptors**

On the way to Santuk Mountain, check out Samnak village's stone sculptors carving out their giant Buddhas. The craftsmen use rocks from the mountain's foothills to craft spectacular statues of all shapes and sizes.

❖ **Tonlé Sap Lake Protected Area and Bird Sanctuary of Boeng Chhmar**

Venture down the Stoung River to the Tonlé Sap Lake Protected Area and enjoy water bird watching in 4,000 hectares of untouched wetland vegetation. Experience the life and culture of the floating villagers living on the lake.

❖ **Santuk Silk Farm**

See firsthand the entire silk process, starting with silkworms feeding on mulberry leaves and ending your tour by watching weavers make scarves and other items by hand. It's best to call ahead (Tel: 012-906-604, Email: budgibb@yahoo.com).

❖ **Rice-Noodle Making**

Ever wondered how tasty rice noodles are made? Learn about the process firsthand and try making it yourself by taking a village tour.

❖ **Khmer Village Homestay**

Located in Baray District, Khmer Village Homestay (see page 59) offers splendid accommodations in cozy bungalows and a wide variety of tourist activities. Spend some time experiencing village life firsthand while contributing to the local economy.



Recommendations:

A trip to SPK takes around 45 minutes from Kampong Thom town (in rainy season, it may take an hour or more). An informal Tourism Transport Network of tuk-tuks, motodups and taxis can arrange transport services including bicycle rentals as well as community-based tours. For tours and information, contact Mr. Khun Sokha (Tel: 099-583-585, Email: sokha73@hotmail.com), Mr. Harth Bunhe (Tel: 092-798-334, harthbunhe@yahoo.com), or Mr. Pii Sokoueng (Tel: 017-483-829).

For a longer stay and more detailed tour itinerary, contact Isanborei Community Tourism (see page 58) and travel by bicycle around the temple complex with a guide, enjoy a picnic lunch in the temple area, and immerse yourself in village life by spending the night in a village homestay.



*Experiencing authentic Cambodia –
both past and present*

Who are we and what do we do?

Isanborei Community Tourism aims to create jobs and build capacity in the tourism sector by increasing the number of visitors to the Sambor Prei Kuk community in a sustainable manner.

The main attractions are the temple ruins of Isanapura (Isanborei), a pre-Angkorean Kingdom dating back to the 7th Century.



More than 150 temples can be explored on foot and by bicycle, led by guides from the community who know the area well and are able to relate historical facts as well as provide insight on day-to-day life in rural Cambodia.

There are a number of home stays in the community that provide visitors a unique opportunity to immerse themselves in traditional Cambodian village life.

For groups, Isanborei Community Tourism can provide a catered lunch in a scenic spot with a backdrop of the stunning temples.

What can you experience?

- Isanborei Community Tourism allows you the opportunity to explore remote, jungle-like overgrown temple ruins that are visited by very few people.
- Follow a local guide on a bicycle tour through the forest to see some of the remoter temples.
- If you are traveling in a group, Isanborei Community Tourism can set up a delicious Cambodian lunch prepared by talented cooks at a marvelous setting within the temple ruins.
- Immerse yourself in Cambodian village life by staying overnight in one of the home stays provided by the community.



This project is sponsored by Khiri Reach, the not-for-profit division of Khiri Travel in collaboration with the German Technical Cooperation (GTZ).



Contact Info:

Linda Oum
Tel: +855 (0) 23-210-271
Email: info@isanboreicommunitytourism.org
Website: www.isanboreicommunitytourism.org





Khmer Village Homestay

Get a glimpse into the real lives of rural Cambodians and make a difference on your journey between Siem Reap and Phnom Penh



Who are we and what do we do?

Khmer Village Homestay (KVH) is an idyllic bungalow resort nestled in Baray District in Kampong Thom Province on the main road between Siem Reap and Phnom Penh. The half hectare area can accommodate up to 80 guests and consists of 10 bungalows, 2 houses, and even a treehouse.

KVH was set up to help alleviate rural poverty and support local industry. Staff are hired and trained locally and expert guides are anxious to show you around and introduce you to local villagers performing their everyday activities. KVH also has an established volunteer program for those who wish to extend their stay in Cambodia, get involved, and make a difference.

Stay at Khmer Village Homestay, enjoy an unforgettable experience, and make your trip to Cambodia complete!

What can you experience?

- Stay in your very own bamboo hut, palm leaf house, treehouse or deluxe wooden bungalow and wake up to the sights and sounds of rural village life.
- Take a guided tour by tuk tuk and pony cart and meet villagers performing daily activities such as rice-noodle making, rice farming, boat making, and bamboo processing.
- Visit the handicraft center, watch the weavers, and try it yourself. Weavers are happy to take a break, have a laugh, and show you how. It's also a great photo opportunity!
- Take an oxcart ride to watch the magnificent sunset in nearby rice paddy fields.
 - Visit the dam for a refreshing swim. Go fishing or take a scenic boat cruise up and down the river.
 - Volunteers with educational, medical/dental, construction, and gardening skills are most welcome. Contact us in advance to see how you can help!
 - While in **Phnom Penh**, visit our shop: **Khmer Life on Street 330** (across from Tuol Sleng Museum).



Contact Info:

Esther Ding

Tel: +855 (0) 12-635-718 / (0) 12-592-098

Email: khmervillagehomestay@yahoo.com

Website: www.khmerhomestay.com / www.khmerlife.org





Looking for a quick getaway just outside the capital city?

Day Trips from Phnom Penh

Head to **Phnom Tamao Zoological Gardens and Wildlife Rescue Centre**, just 45km south of Phnom Penh off National Route 2. Home to more than 1,000 animals of almost 100 different species, Phnom Tamao provides a safe sanctuary for animals which have been rescued from hunters and illegal wildlife traders. Asian elephants, Indo-Chinese tigers, Sun bears (*see page 42*) and many other endangered Cambodian wildlife species can be seen enjoying large, forested enclosures where they are rehabilitated. Whenever possible, animals are later re-released back into safe areas of the wild or take part in international breeding programs to support the conservation of their species. By visiting Phnom Tamao, you are directly assisting in the Cambodian government's efforts to combat the illegal wildlife trade and conserve Cambodia's incredible wildlife for future generations (*entrance fees for foreigners are \$5 for adults, \$2 for children*).



Or head to the **Chambok Community-Based Ecotourism Site** (*see below*) and enjoy a scenic nature trail, waterfall, and other activities on offer with the help of a local guide.



Chambok Community-Based Ecotourism Site

Who are we and what do we do?

Lying at the base of Kirirom National Park, Chambok Community-Based Ecotourism site boasts a spectacular 40m high waterfall and gentle treks in the hills – ideal for a break away from the city.

The Cambodian NGO Mlup Baitong helps the community implement environmental sustainability throughout the project, so the wide range of outdoor activities can be enjoyed knowing they support conservation and improve local livelihoods.



What can you experience?

- Walk the 3km trail to the stunning 40m high Chambok waterfall.
- Enjoy bird watching, oxcart rides and a bat cave.
- Cool off in mountain streams, picnic in the forest or cycle through villages.
- Visit the Women's Association restaurant, botanical nursery or shop for local handicrafts.
- Stay in a home-stay in a traditional Khmer house.



Contact Info:

Two hours from Phnom Penh off Highway #4
Tel: +855 (0) 23-214-409 / (0) 17-363-480 / (0)12-938-920
Email: chambokcbet@yahoo.com
Website: www.geocities.com/chambokcbet





Chamcar Buy

Handicrafts and Development Association

Innovative handicrafts made by women in Chamcar Bei village, Kep Province

Who are we and what do we do?

Chamcar Buy is a producer association located in Chamcar Bei village, around 25km from the town of Kep. Villagers from subsistence farming families create livelihoods for themselves and their families by making beautiful handicrafts from coconuts and handwoven

cotton *kramas* (traditional Khmer scarves). They also produce 'Funky Junk' handicrafts which are innovative designs made from recycled plastics. The association is supported by "Bridges Across Borders South East Asia" (BABSEA).



What can you experience?

- Learn from local guides about the area's culture, history and beautiful natural surroundings.
- Learn the traditional craft of hand weaving and the different uses of the *krama*.
- Make your own coconut handicraft.
- Work alongside villagers to transform plastics into beautiful new designs.
- Visit the gift shop to buy creatively designed and original handicrafts.

Contact Info:

Mr. Khiev Peou - Tel: +855 (0) 12-787-210 / (0) 92-569-690
Email: peou.khiev@gmail.com / sarahdobbe@yahoo.com
Web: www.econut-cambodia.com / funkyjunkrecycled.com / babsea.org
Chamcar Bei Village, Pong Touk Commune, Kep Province (approximately 25km before Kep town, on the road to Phnom Penh)



CAMBODIA
Discover the Heart of Cambodia



An ecologically and socially responsible guesthouse and working organic farm

Who are we and what do we do?



Relax and enjoy the stunning scenery in this wonderful corner of Cambodia near Kep. The Vine Retreat offers exceptional accommodation and service to guests whilst

maintaining a strong commitment to ecological and social responsibility. Our extensive grounds are being cultivated into an organic farm which will supply fresh, high-quality produce for the restaurant.

Coming soon, guests can cool off on hot afternoons in our naturally filtered, solar-powered swimming pool.

Contact Info:

Mr. Robin Ainge - Tel: +855 (0) 11-706-231
Email: info@thevineretreat.com
Website: www.thevineretreat.com
Chamcar Bei Village (Phnom Vor), Pong Touk Commune



Photos: Nathan Horton

What can you experience?

- Rent a mountain bike and explore the surrounding areas.
- Join us for an exclusive weekend retreat. Guests can participate in different activities such as yoga, photography and trekking. See our website for details.
- Take a guided tour of the 'Chamcar Buy' project (*see above*).
- Get your hands dirty on the farm and learn firsthand how the world-renowned Kampot Pepper is grown!





Making a difference to each individual



Who are we and what do we do?

The Starfish Project, founded in Sihanoukville in 2000, is a community-based humanitarian organization. We focus on facilitating disadvantaged Cambodians with access to existing social services and when such assistance is not available, providing it ourselves. Starfish's activities include medical care, housing projects, business start-ups, community workshops, prison support and others.

Starfish provides employment opportunities for disabled and underprivileged Cambodians.

The profits from the Starfish Bakery & Café cover administrative overhead, allowing donations to be used solely to help disadvantaged people. In addition, the café provides a relaxing environment where tourists can learn about our projects while enjoying fresh, delicious food such as home-baked bread, good coffee and our famous brownies and cookies.



What can you experience?

- Have a relaxing breakfast, lunch or early dinner at **Starfish Café in downtown Sihanoukville** or at **Starfish Express on the road to Serendipity Beach**.
 - We're open from 7am - 6pm and provide a variety of delicious cakes, cookies, brownies, fresh fruit shakes or juices and healthy Western-style food.
- Purchase handicrafts made by disabled people and female prisoners. All profits go back to them and help support their families.
- Relax with an Indian head massage, neck and back, Thai, aromatherapy or foot massage at Sala Santepheap provided by experienced masseurs.
- Donate clothing, toiletries or school materials to support our project. Please visit us to find out more.

Contact Info:

Starfish Café: Behind Sumodera Supermarket, Downtown

Starfish Express: On the Road to Serendipity Beach

In the Night Market next to the Golden Lions

Tel: +855 (0) 12-952-011 - Email: info@starfishcambodia.org - Web: www.starfishcambodia.org



STARFISH
Cambodia



STARFISH
Cambodia



Every Person Is Counted



Photos: Vinth Dao

Who are we and what do we do?

Epic Arts aims to change people's attitudes towards disability, encouraging the belief that Every Person Is Counted. We hope to nurture the abilities of those usually termed disabled by society through arts workshops, performances, special needs education, community outreach programs and an arts café.

The Epic Arts Café employs people with disabilities as kitchen and service staff and is a great model of an inclusive working environment. The café is used as a community space for the local deaf youth of Kampot and the atmosphere is unmistakably 'Epic Arts'. Profits from the café and handicraft sales go towards supporting our other programmes.

What can you experience?

- Drop by the Epic Arts Café, open daily from 7am till 6pm. The café is a good rest stop where you can enjoy fresh coffee and breakfast, delicious homemade cakes, brownies, bagels, light lunches and fruit shakes.
- Chat with our friendly staff, learn about our work and learn some sign language.
- Purchase postcards and handicrafts made by local disabled community members.
- Ask at the café about visiting the new Epic Arts Centre for a tour and presentation about the work of Epic Arts or for dates of local performances.



Contact Info:

#67 Oosaupia Muoy, Kampot (near the old market)

Tel: +855 (0) 92-922-069 / +855 (0) 12-454-935

Email: Hannah.epic@camintel.com

Website: www.epicarts.org.uk





A Global Heritage Fund initiative to empower local people as stewards of their own heritage and promote sustainable tourism in Banteay Chhmar



Who are we and what do we do?



Community-Based Tourism (CBT) Banteay Chhmar is a 74-person membership group that provides tourism facilities around the tentative World Heritage site of Banteay Chhmar. Our aim is to ensure that the benefits of tourism are equitable, sustainable and meaningful to both tourists and local people. We provide the only source of lodging, catering and guides in the village, while saving 40% of our income for local development initiatives such as solid waste management and water conservation.

What can you experience?

Banteay Chhmar is the last of the great Angkorian temples that has not undergone significant study, conservation, or development and as such offers a completely unique destination for tourism in rural Cambodia. The site is set within a living cultural and natural landscape, the likes of which is simply no longer visible at Angkor.

- Experience the ancient monuments in a relaxed, rural setting.
- See intriguing bas reliefs that tell the history of epic battles and religious beliefs.
- Witness and learn about the ongoing conservation and repair of the temple,
- including emergency repair to the bas relief and iconic face towers.
- Wander through charming streets and visit outlying temples throughout the town.
- Visit the Khmer Rouge-era reservoir, picnic on one of the wooden platforms and watch local fishermen working.
- Learn about the sophisticated drainage system that may explain the secrets of the moat, reservoir, and many other water bodies.
- Learn about the silk process and watch local women weave silk products.
- Take an oxcart ride through the countryside or a stroll through lush rice paddy fields.
- Stay overnight in a traditional wooden homestay as one of our guests!

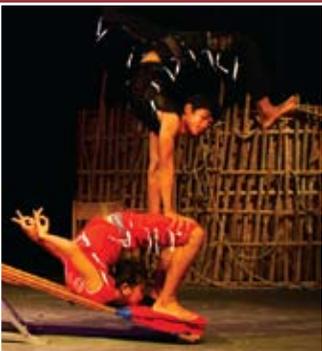
Contact Info:

Mr. Tath Sophal, GHF-CBT Coordinator
Street 56, Banteay Chhmar commune, Thmor Puok district
Banteay Meanchey Province
Email: tsophal@globalheritagefund.org / Tel: +855 (0) 12-237-605





From a refugee camp initiative to a multi-angled, sustainability-through-arts project



Who are we and what do we do?

Phare Ponleu Selpak (PPS) is a Cambodian NGO founded by eight young Cambodian returnees from Site 2 Refugee Camp in Thailand in 1994. Following drawing workshops they attended, they decided to create a socio-cultural centre aiming to improve the living standards of the communities and participate in the revival and development of Cambodian arts and culture.

PPS has developed a holistic-based approach of children's needs and community development through:

- **Social Services:** hosting, feeding, clothing and supporting children and families.
- **Education Action:** formal school, non-formal programs, library, blossoming activities.
- **Arts and Culture in 3 Artistic Schools:** Visual Arts (drawing, painting, animation cartoon, graphics and design); Music (modern and traditional); Performing Arts (circus and theatre).



Photos: ©Phare Ponleu Selpak

What can you experience?

- Enjoy a modern Cambodian circus show and live music under the Big Top every Thursday at 6:30pm and other days as scheduled.
- Taste traditional Cambodian cuisine in our restaurant (reservations required).
- Discover Cambodian visual arts in our permanent exhibition.
- Visit the centre and see art students training in the three schools and learn about how our activities are helping communities.
- Stay overnight and share dinner with the Cambodian family of a local artist (please call ahead).
- Join a visual arts workshop in an old Khmer temple.

Our office hours are Monday to Friday, 7:30am – 12pm and 2pm – 5:30pm.

Contact Info:

Anch Anh Village, Ocha Commune BP 316

Tel: +855 (0) 53-952-424 / (0) 12-890-360 / (0) 17-696-371

Email: inquiries@phareps.org

Website: www.phareps.org





www.wildlifealliance.org

Chi Phat Community-Based Ecotourism Project

Home of community-based ecotourism in the Southern Cardamom Mountains and your gateway to a green adventure



Who are we and what do we do?

Experience Cambodia's best-kept eco-destination secret nestled away in the mist-covered Cardamom rainforests of Koh Kong Province. Catch sight of tropical wildlife species while hiking or mountain biking through the jungle. Our local eco-guides will take you to see waterfalls, ancient burial sites, and organize overnight jungle camping trips.

Supported by Wildlife Alliance and its partners, the Chi Phat Community is developing ecotourism activities and facilities to provide villagers with a sustainable alternative livelihood and help them protect the biodiversity and natural resources of their region against illegal logging, wildlife poaching, and other threats while providing tourists with a green adventure.

Revenue from your visit is shared between the local service provider and the village community fund that is used for improvements of products and services, as well as for village infrastructure, education, elder support, and health care services.

What can you experience?

- Take it easy with a sunset boat ride up the river followed by a glass of iced coffee in the local café. Soak up the local culture and lazy pace of this charming Cardamom village!
- Stay in one of our cozy homestays and join us on one of our tours. Tours include boats, mountain bikes, guides, forest cooks, food, camping equipment, quality binoculars and more.
 - Bike tours – 1 to 3 days: Hundreds of single tracks crisscross the mountains connecting

villages and sites of interest, making Chi Phat ideal mountain-biking country.

- Jungle trekking tours – 1 to 4 days: Trek through the forest and get an up-close opportunity to see birds and wildlife, sample forest fruits, and experience the beauty of the Cardamom's tropical rainforest.
- River tours – 1 day: Rivers are the lifeblood of the Cardamoms and Cambodia. Cruise Chi Phat's rivers in a traditional rowboat and catch sight of Cambodia's diverse birdlife, lush flora and more.

This community-based ecotourism project is owned, managed, and operated by the Chi-Phat community and is facilitated with technical and financial support from Wildlife Alliance, its donors, and partners.

Contact Info:

Booking and Information:

CBET Field Office: +855 (0) 92-720-925

Email: ecotourism@wildlifealliance.org

Website: www.mountainbikingcardamoms.com / www.cardamoms.org





Come with us and experience the eco-vacation of a lifetime

Who are we and what do we do?

Probably the only floating tents in the world...

We started out with a vision, realized our ideas on paper, discovered environmentally sensitive and friendly materials and building methods, and launched our ambition on the waters of Stung Tatai in Southwestern Cambodia, close to the Thai border.

4 Rivers is that impossible dream come true: the ultimate in modern luxury accommodation founded on ecologically sound principles. Solar panels and natural gas create a constant power supply that takes nothing away from nature, a sophisticated waste-water treatment system puts purity before convenience and fresh water is drawn from the resort's underwater spring. Together they complete the picture of a resort that is proud of its eco-friendly credentials and strives for perfection.

What can you experience?

- Nestled in a fold of the river and resonant with the magical sounds and mystique of the Cardamom mountains, eco-travelers in search of purity and natural unspoilt beauty can wake up to and take home memories that will last a lifetime.
- Your comfort and enjoyment are at the heart of the 4 Rivers concept. From the moment you set foot on the floating walkway, our home is your home. The tented villas have not only been designed to accommodate your aesthetic taste with all "mod cons," but they are also your panoramic window on the world.
- Once you've overcome your sense of wonder at the wild and pristine surroundings, check out what else is on offer at 4 Rivers.
- Visit our website and contact us today for an experience of a lifetime.



Contact Info:

Valentin Pawlik
Tel: +855 (0) 17-240-859
Email: valentin@ecolodges.asia
Website: www.ecolodges.asia
Koh Andet Island, Tatai Village, Koh Kong Province





*Community Development Tours
Supporting Dolphin Conservation*

**CAMBODIAN RURAL
DEVELOPMENT TEAM**

Who are we and what do we do?

CRDT is a local NGO bridging the gap between rural development and conservation. Our vision is an environmentally sound and prosperous Cambodia.

Since 2004, CRDT has helped introduce a variety of alternative livelihoods to over 3,000 families in Northeast Cambodia. These efforts not only empower and build the capacities of rural communities, but also assist conservation efforts for the critically endangered Irrawaddy Dolphin along the Mekong, as well as the protection of tropical forest biodiversity in Mondulkiri.



Our Dolphins for Development: Chance for Survival project, in partnership with WWF and funded by AECID, works with 20 communities adjacent to the dolphin habitats, improving food security and generating income in order to reduce pressure on the natural resources upon which dolphin populations depend.

What can you experience?

Join a tour to the scenic island of Koh Pdao, in the Kratie Mekong, for a unique glimpse of rural Cambodian life and culture – and support local communities and conservation.

- Participate in small volunteer projects
- Take a boat trip to view the much-celebrated Irrawaddy river dolphin
- Stay in local homes, sample delicious local cuisine
- Relax on the river's sandy beach
- Bike along the island trail
- Watch a local dance performance, ride in an ox-cart or take a cooking lesson
- Gaze at the dazzling Mekong sunset

We can also organize tours to the remote but beautiful Stung Treng island of Koh Preah. Please email, visit our website, or drop in to our visitor centre in Kratie town.



Photos: CRDT and WWF

Contact Info:

House No. 695, Street 2, Kratie
Tel: +855 (0) 23-357-230
Email: info@crdt.org.kh
Website: www.crdt.org.kh





CANDO Cambodian NTFP Development Organization

Social Enterprise Development for Better Lives!



Who are we and what do we do?

The Cambodian NTFP Development Organization (CANDO) supports forest-based indigenous communities through forest conservation and economic development in remote areas of Ratanakiri.

CANDO strives to improve the livelihoods of forest-dependent people through sustainable use and management of non-timber forest products (NTFP) and socio-economic development. CANDO helps indigenous people by promoting gender equity and equality, working in transparency and accountability, and in being responsible for the environment and society.



What can you experience?

- Visit the indigenous crafts gallery and purchase indigenous crafts at Cando Craft Center (CCC), a social enterprise that adopts social and environmental responsibility and fair trade principles.
- Visit the handicraft producers' groups in village locations near Banlung with English-speaking CANDO guides and learn how artisans manage their cooperative crafts enterprises and organic cotton farming.
- Learn about the lifestyles, history and culture of the indigenous communities in Ratanakiri.
- Trek in the forest, enjoy the natural landscape, and explore village life while staying in an indigenous community. Tours are guided by a local indigenous guide and CANDO staff. Contact us for more information.



Contact Info:

Heang Sarim
Executive Director
Tel: +855 (0) 92-286-383
Email: candodevelopment@gmail.com
Website: www.elevyn.com/shop/cando
Banlung, Ratanakiri





O'Russey Kandal Community Based Eco-Tourism Site

A riverside retreat deep in the forest



Who are we and what do we do? **What can you experience?**



O'Russey Kandal has long been a popular and beautiful riverside spot, but it is at risk from logging, pollution and exploitation. Through the community's partnership with Cambodian NGO 'Mlup Baitong', tourism has become a way to protect the forest and its wildlife.

- Picnic beside picturesque waterfalls and cool-off in natural pools.
- Rent a bicycle to explore the forest.
- Enjoy traditional Khmer food in the Community Restaurant.
- Watch wildlife including rare soft-shell turtles and many endangered species of birds.
- Learn about the traditional medicinal uses of plants.
- Fish in the streams from the bridges or fallen trees.

Take a day-trip from Stung Treng for a taste of Cambodia's rainforest or spend the night in a village homestay to immerse yourself in nature and forget about the stresses of travelling and city life.



SCI AF



How to Get There:

O'Russey Kandal is 28km south of Stung Treng town on National Road 7. Rent a bicycle or take a moto-dop or taxi. See website for details (www.mlup.org).

Contact Info:

Tel: +855 (0) 11-899-884 / Mlup Baitong: +855 (0) 23-214-409
Email: mlup@online.com.kh - Website: www.mlup.org



CAMBODIA
Destinations of Discovery



CAMBODIA
Destinations of Discovery

Tonlé Tourism Training Centre

Providing employable skills and on-the-job training to disadvantaged youth

Tourism for Help®



Who are we and what do we do?

The Tonlé Tourism Training Centre is a project of the nonprofit organization Tourism for Help in Switzerland and France. Our aim is to provide disadvantaged youth with free vocational training in tourism-related fields such as Khmer and Western cooking, computers and basic accounting, English, housekeeping, local geography, history and ecology, and gardening. Our trainees study and practice at the center which functions as a guesthouse, restaurant and training center.

What can you experience?

- Contribute directly to the project by staying with us at the Tonlé guesthouse, a traditional two-storey Khmer house.
- Enjoy the hospitality of our trainees by dining at our restaurant, giving our students much needed on-the-job training.
- Share your knowledge and experience in hospitality, gardening, English or other skills. We are happy to learn!
- Donate funds towards scholarships for students.

Contact Info:

Along the Sekong River bank - about 500m west of Stung Treng town
Tel: +855 (0) 74-973-638 / (0) 92-674-990 / (0) 89-929-443
Email: fieldco@tourismforhelp.org - Website: www.tourismforhelp.org



CAMBODIA
Destinations of Discovery



Preah Rumkel Community Based Eco-Tourism Site

Jungle adventures with a rural Cambodian community

Who are we and what do we do?

Just 10km from the Lao border, the picturesque jungle village of Preah Rumkel is the gateway to Sopheakmith waterfalls, a unique and awe-inspiring feature of the Mekong River. Stretched along the sandy river bank, it's also the perfect year-round place for watching the rare Irrawaddy dolphins play undisturbed in their natural habitat.

The eco-tourism site was initiated in 2007 by the community in partnership with the Cambodian NGO 'Mlup Baitong' to break the cycle of poverty perpetuated by environmental degradation. By supporting villagers to generate income through ecotourism, unsustainable extraction of natural resources is reduced.

While Preah Rumkel's exotic location, untamed jungle and range of outdoor activities make it the unbeatable escape for the adventurous traveller, its rural charm and fascinating cultural heritage also offer a retreat for those wanting to unwind and immerse themselves in nature.

What can you experience?

- Watch the enchanting Irrawaddy dolphins playing in river pools.
- Visit the spectacular waterfalls where the Mekong River crashes over limestone crags and boulders.
- Spend the night with one of the village homestay families in a traditional wooden house.
- Trek to the top of a mountain to appreciate wonderful panoramic views.
- Mountain bike to explore the tropical forest.
- From February to April, BBQ fresh locally caught fish on the island beach sands and cool off in the river.
- Spot wildlife in the RAMSAR flooded forests and conservation area.
- Enjoy classical dancing and other unique cultural celebrations.
- Try the community's famous rice wine.
- Enjoy the dazzling Mekong sunset over the jungle.



How to Get There:

Take a speed boat from Stung Treng town port or the community boat from the Lao border crossing at Veun Kham. See website (www.mlup.org) for details.

Contact Info:

Preah Rumkel, Tel: +855 (0) 11-899-891
 Mlup Baitong, Tel: +855 (0) 23-214-409
 Email: mlup@online.com.kh
 Website: www.mlup.org





WWF's Community Homestay in Dei Ey

For a Living Planet

Who are we and what do we do?

World Wide Fund for Nature (WWF) Cambodia is working in the Eastern Plains Landscape in Mondulkiri Province to develop ecotourism as an additional livelihood and tool for sustainable financing of the protected areas. The Eastern Plains Landscape covers the Mondulkiri Protected Forest and Phnom Prich Wildlife Sanctuary and hosts several groups of indigenous people.

In Dei Ey and Koh Myil Leu village, an ecotourism group has been established and trained in guiding and hospitality to provide good quality services to tourists. Through a diversity of accommodations and activities, an ecotourism mosaic will be created offering tourists the opportunity to discover the cultural and natural treasures in the Eastern Plains Landscape.



What can you experience?

- Go mountain biking and elephant trekking through the largest continuous dry forest of Southeast Asia.
- Take a boat cruise down the Srepok River through the core zone of the Srepok Wilderness Area and view exotic birds and various wildlife species along your journey.
- In dry season, walk along a 2km marked trail along the river at the Mereuch ranger station.
- Get a glimpse of the life of the indigenous Phnong people with a visit to their villages and participate in livelihood activities such as weaving, fishing and handicraft making.
- Enjoy traditional dancing ceremonies, sip rice wine from a jar through long straws, and try traditional Phnong food.
- Learn about honey collecting and the close relationship of the Phnong to the forest.
- At the end of the day, chill out in the community homestay, ranger outpost, or in the comfort of your hammock deep in the forest.

Established in 1961, WWF's mission is to stop the degradation of the planet's natural environment and build a future in which humans live in harmony with nature.

Contact Info:

For bookings: CCBEN - Tel: +855 (0) 23-355-272

For information about the project:

WWF Cambodia Country Programme, Sen Monorom

Noketh: nokethneou@gmail.com - Tel: +855 (0) 12-466-343

Website: www.panda.org/who_we_are/wwf_offices/cambodia/



Commercial Business Listings



Angkoriana Hotel - Siem Reap

297, Vitheo Chariles de Gaulle (Road to Angkor)

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Web: www.angkorianahotel.com



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Fax: +855 (0) 23-219-326

Email: first.tour1@online.com.kh

Siem Reap: #291, Airport Rd.

Phum Krous, Khum Svay Dangkmum

Tel: +855 (0) 63-963-624 / (0) 63-761-039

Fax: +855 (0) 63-964-922

Email: firsttravelrep@online.com.kh



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Fax: +855 (0) 23-726-698
Email: httravel@online.com.kh
info@hangtiptravel.com
MSN: snida7@yahoo.com
Web: hangtiptravel.com



InterContinental Phnom Penh

Regency Square, 296 Mao Tse Toung Blvd,
Phnom Penh, Kingdom of Cambodia; PO Box 2288

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Tel: +855 (0) 23-424-888
Fax: +855 (0) 23-424-920
Web: www.intercontinental.com



Lazy Gecko Cafe

- 23b Street 93, Boeung Kak (Lakeside), Phnom Penh
- 1D Street 258, Phnom Penh

Lazy Gecko Cafe (Lakeside) holds a weekly quiz night every Thursday at 8pm. Also has Sunday Roasts, tasty food and cheap drinks. 9am - 11pm everyday.

Tel: +855 (0) 17-912-935



Ming Liang Group - Travel Agency

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Khan Daun Penh, Phnom Penh

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Email: mingliang@angkornet.com.kh



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Phnom Penh:

- 26-28 Sotheaors Blvd. (in front of National Museum)
- 39 Sihanouk Blvd, Sk. Chaktomuk, Khan Daun Penh
- 41-43 Norodom Blvd, Sk. Phsar Tmei II, Khan Daun Penh

Siem Reap:

- Old Market Area (in front of Pub Street)
- Angkor National Museum
- Lucky Mall

Orange Pages

There are many organizations and businesses in Cambodia of various sizes that are committed to improving the lives of the local people, preserving and enhancing the country's culture, and conserving the natural environment. We hope the listings on these pages will inspire you to visit these places and stay another day.

Phnom Penh



Café Yejj (#170, Street 450 - near the Russian Market)

Café Yejj combines great food and drink with the best service while providing training and employment for underprivileged young people and vulnerable women. To contribute positively to our community and the environment, we partner with and support local companies, agencies and growers.

Tel: +855 (0) 92-600-750
Online Ordering for Delivery:
www.cafeyejj.com
Phone Ordering for Delivery:
092-799-550 or 016-799-550
Email: cafe@yejj.com



Kundalini Yoga Cambodia (#42, Street 302, BKK 1)

We offer an extensive programme of yoga and meditation classes and weekend retreats. Check out our website for our monthly class schedule. Our programme is created to train Cambodians to become yoga and meditation teachers and to share these practices with the Cambodian community and with you.

Tel: +855 (0) 92-429-835
Email:
info@KundaliniYogaCambodia.org
Website:
www.KundaliniYogaCambodia.org



Kurata Pepper (#206, Street 63 & 322, BKK1)

At Kurata Pepper, we have been growing wonderfully aromatic and flavorful organic pepper at Sre Ambel in Koh Kong Province. Some of the highest quality Cambodian pepper in the world. Stop by our shop and purchase some today!

Tel: +855 (0) 23-726-480
Email: info@kuratapepper.com
Website: www.kuratapepper.com



Raja Yoga Centre (#31A, Street 288, BKK1)

Drop in from Monday to Friday at 5pm for a free one hour introduction to the ancient art of Raja Yoga meditation. Stay longer and do our 5 lesson meditation course!

Tel: +855 (0) 11-751-395 /
+855 (0) 23-990-295
Email: phnompenh@kh.bkwsu.org
Website: www.bkrajayoga.org



Watthan Artisans Cambodia (#180 Norodom, Wat Than Pagoda)

WAC aims to improve the quality of lives for persons with disabilities through training and employment. Visit our gift shop and experience our friendly sales staff, producers, and trainees at work while browsing our handcrafted gift items.

Tel: +855 (0) 23-216-321 /
+855 (0) 12-929-931
Email: wac@online.com.kh /
watthanartisans@yahoo.com
Website:
www.wac.KhmerProducts.com



Yodicraft Shop (#172, Street 13, across from Friends Restaurant)

Yodicraft, the business of Yodiffee, provides employment and training for young Cambodians with disabilities. We specialize in the crafting of useful and attractive products in silk, wood, beads, crochet and coconut shells. From wooden statues to beautiful handbags - all of our products are great value for money.

Tel: +855 (0) 12-324-548
Email: nimullavalla@yodiffee.org
Website: www.yodiffee.org

Orange Pages

Siem Reap



angkorhotels.org

Aiming to promote responsible tourism practices, angkorhotels.org offers an online tour and hotel booking service for travellers looking for accommodation, tours and activities while giving something back to the local community. These responsible businesses are highlighted and easily identified by their 'caring for the destination' rating.

Website: www.angkorhotels.org
Email: info@angkorhotels.org



Intrepid Foundation (#468 Sivatha Blvd., at the entrance to the Night Market)

For travellers with a yearning to get off the beaten track, Intrepid Travel opens up a whole new world of adventure travel. The Intrepid Foundation helps various NGOs in Cambodia. Stop by our office to learn more about it and come with us to discover real people, real cultures & incredible real life experiences along the way.

Tel: +855 (0) 63-966-655
Email: reservations.cam@intrepidtravel.com
Websites: www.intrepidtravel.com
www.urbanadventures.com



Raja Yoga Centre

(2nd street right after the Old Market Bridge)

Located behind the Singing Tree Café, the Raja Yoga Centre offers an introduction from 5-6pm, Monday to Friday, followed by silent meditation until 6.30pm.

Tel: +855 (0) 12-258-984
Email: angkor@kh.bkwsu.org
Website: www.bkrajayoga.org



Singing Tree Community Café

(2nd street right after the Old Market Bridge)

Set in a beautiful garden, come and enjoy delicious food and a growing community. Meditation, Hatha Yoga, Monk Chat, Pilates, Vegetarian Cooking Classes, Fair Trade Shop and information on local environmental issues and volunteering.

Tel: +855 (0) 92-635-500
+855 (0) 63-965-210
(Closed on Mondays)
Email: singingtreecafe@gmail.com
Website: www.singingtreecafe.com

Around Cambodia



Dutch Co & Co - Responsible & Sustainable Ecotourism in Ratanakiri (Village I, Labanseak Commune, Banlung City, Ratanakiri)

Uniting conservation, communities and sustainable travel, we offer professionally organized adventurous treks, kayaking and other trips. Professional member of The International Ecotourism Society (TIES).

Tel: +855 (0) 17-571-682
Email: info@ecotourismcambodia.info
Website: www.ecotourismcambodia.info



Yaklom Hill Lodge - Ratanakiri (National Rd. #78, Ban Lung, Ratanakiri Province)

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Email: yaklom@gmail.com
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The Kingdom of Cambodia wishes you safe travels on your journeys throughout our country. However, in the event of an emergency, our Tourist Police Departments are available nationwide at anytime of day or night.

EMERGENCY NUMBERS TO CALL - AVAILABLE 24 HOURS

- | | | | |
|--------------------|-----------------|------------------|-----------------|
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| ❖ Battambang | : 097 77 800-14 | ❖ Pailin | : 097 77 800-25 |
| ❖ Kampong Cham | : 097 77 800-03 | ❖ Phnom Penh | : 097 77 800-02 |
| ❖ Kampong Chhnang | : 097 77 800-16 | ❖ Preah Vihear | : 097 77 800-19 |
| ❖ Kampong Speu | : 097 77 800-18 | ❖ Prey Veng | : 097 77 800-06 |
| ❖ Kampong Thom | : 097 77 800-12 | ❖ Pursat | : 097 77 800-15 |
| ❖ Kampot | : 097 77 800-10 | ❖ Ratanakiri | : 097 77 800-23 |
| ❖ Kandal | : 097 77 800-01 | ❖ Siem Reap | : 097 77 800-13 |
| ❖ Kep | : 097 77 800-11 | ❖ Sihanoukville | : 097 77 800-08 |
| ❖ Koh Kong | : 097 77 800-09 | ❖ Stung Treng | : 097 77 800-21 |
| ❖ Kratie | : 097 77 800-20 | ❖ Svay Rieng | : 097 77 800-07 |
| ❖ Mondulkiri | : 097 77 800-22 | ❖ Takeo | : 097 77 800-05 |

General Commissariat of National Police
Department of Tourist Police