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SUMMER ABROAD PROGRAM

Khmer Language and Culture

ADVANCED STUDY OF KHMER

Student Pre-Departure Handbook

UNIVERSITY OF HAWAI'I AT MĀNOA

Department of Indo-Pacific Languages and Literatures

សាកលវិទ្យាល័យហាវៃអ៊ី

THAILAND
LAOS
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Phnom Penh, Cambodia

#1, Street 96, Sangkat Wat Phnom,
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Dear ASK Participants:

Aloha! Congratulations on your acceptance and decision to choose to study abroad with the Advanced Study of Khmer (ASK) Summer Abroad Program in Phnom Penh, Cambodia.

Study abroad is a unique experience during which you will have the opportunity to learn both in and out of the classroom. Going overseas will not only enhance your education, but will also expose you to different cultures and ways of life.

These next few pages cover some of the necessary information to plan for your upcoming trip.

With the right preparation and planning, your study abroad experience is sure to prove rewarding and enlightening. Different people, different lifestyles, and different ideas will challenge and stimulate you. You are about to embark on a life-changing experience.

There may be times when you feel frustrated by differences in language, culture, schedule, etc. We hope that you will meet these challenges with intelligence, maturity, patience, flexibility and a sense of humor. We also believe that adequate preparation and information will help you meet these challenges. Within the text, we have included the addresses for some great websites designed to provide as much general information about Cambodian and travel as possible to prepare you for your program. The more you know, the better your experience will be.

Please read each section carefully, and be sure to contact us with any questions you have. We look forward to meeting each of you individually. Congratulations again!

Chhany Sak-Humphry

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Things You Need To Be Aware Of

For a general overview about study abroad, see the State Department's website *(This site provides links to travel warnings, legal issues, etc.)*:

travel.state.gov/content/travel/en/international-travel/before-you-go/travelers-with-special-considerations/students.html

All ASK participants have been registered with the U.S. Embassy in Phnom Penh, as part of the program requirement. For more information about the embassy, visit:

kh.usembassy.gov

CONDUCT

As a student in the ASK program, you are expected and obligated to conform to the regulations of the University of Hawai'i, the U.S. Embassy in Cambodia (as U.S. citizens) and the laws of Cambodia where you will be studying. Misconduct can jeopardize your welfare, the welfare of other students, and the study abroad program.

ILLEGAL ACTIVITY

Neither the University of Hawai'i nor the United States government and its agencies abroad may be able to ensure that you are not discriminated against should you participate in an illegal activity. They cannot, for example, protect you from arrest, incarceration or punishment if you break the law. If you commit an illegal act, you will be subject to local, not U.S., laws.

CLASS ACTIVITIES & EXCURSIONS

All students are required to attend morning and afternoon class sessions/excursions from Mondays to Fridays, field trips on Saturdays, and homestays. These will be organized by the language instructors, assisted by the ASK Field Coordinator/Project Director. Please also note that class attendance, and attendance during field trips and home stays are mandatory. For samples of previous ASK program classes and activities schedules, visit: manoa.hawaii.edu/ask/

TRAVEL DURING THE PROGRAM

If you plan to go to other places on your own when there are no scheduled trips on Sundays, please notify the Field Coordinator and/or the Program Director of your travel plans. While doing so may seem inconvenient, information about where you are going and when you plan to return is vital to help us to locate you in case of an emergency. Any independent travel will be at your own expense and at your own risk.

Things We Need From You

Address and Contact Information

Please make sure we know where to reach you between now and your departure date. Accurate mailing addresses, phone numbers, and email addresses are crucial to ensure that updates, any program changes and other last-minute information will reach you. Please inform us of whom we can contact, in the U.S., in case of emergency during the program in Cambodia, and also of any change in your contact information prior to departure and after the program!

Please stay connected to the ASK Program upon completing your study. You will be a role model for other future ASK participants.

Questions/Concerns

We want your ASK experience to be positive and memorable. If there are any issues we should know about—such as severe allergies to medicines, etc.—or if you require any accommodations for a disability, please let us know. Please also feel free to ask any questions and/or bring up any concerns—whether academic or person, with the Project Director and Field Coordinator.

Again, let us congratulate you on your selection for the ASK Program, and for your decision to participate.

Academic Preparation

Below are key ways you can be academically prepared for the demands of the ASK program.

Review Past Lessons

We cannot emphasize how important it is to remain refreshed in your language skills. In the weeks to come, review the lessons you have learned thus far to ensure your preparedness for the ASK program.

Read and Listen to Recent Cambodian News

In order to be fully prepared for the ASK program, it is also important to be up-to-date on the recent news in Cambodia. You can do that through reading Cambodian newspapers or listening to Khmer radio via the Internet. This will give you a deeper understanding of the country, as well as an opportunity to practice your reading and listening skills! Below are some websites to check out:

Embassy News

- **U.S. Embassy in Phnom Penh, Cambodia** kh.usembassy.gov

Khmer radio

- **Radio Free Asia:** www.rfa.org/khmer
- **Voice of America:** khmer.voanews.com

Newspapers

- **Every Day (Cambodia):** www.everyday.com.kh
- **Koh Sante Pheap Daily:** www.kohsantepheapdaily.com.kh
- **The Cambodian Daily:** www.facebook.com/withoutfearorfavor
- **Phnom Penh Post:** www.phnompenhpost.com
- **Open Development/Cambodia:** opendevelopmentcambodia.net

Earn University Credits

The ASK summer intensive courses are equivalent to two semesters of Khmer coursework at the University of Hawai'i (Beginning level: CAM 101 & 102; Intermeidate level: CAM 201 & 202; Advanced level: CAM 301 & 302). The credits are also transferrable to other universities in the U.S. The classes offered are: CAM 112 (341) CRN:4207, 10 credits for First year level (level 0 to 1); CAM 212 (341) CRN:4208, 10 credits for Intermediate level (level 1 to 2); CAM 303 (341) CRN:4209, 6 credits for Advanced level (level 2 to 3 or higher). All of these levels will have 120 hours of language instruction in classroom; 84 hours of scheduled for hands-on activities, NGOs, and fieldtrip excursions; and 15-20 hours of individual and group tutorial. For details on how to apply and the cost of the courses, visit:
www.hawaii.edu/khmer/Courses/SAP.html or
manoa.hawaii.edu/ask/apply.htm

Double-check before you leave home that you have these IMPORTANT DOCUMENTS:

- **PASSPORT**. Make two photocopies of the first and last pages of your passport—one for the Field Coordinator and another for yourself, to keep somewhere separate from the original passport. Having the copy will expedite getting you a new passport should you lose yours. It is also required that **your passport should not be expired in less than six months from the day of departure from Cambodia**. Please renew your passport if you need to.

- **TICKETS!!** Bring your paper tickets or if you use e-ticket, bring your credit card to swipe as ID at the airport kiosk.

- **Traveler's checks, credit cards, currency, etc**.

- **List of valuables** (if you bring any— I would leave irreplaceable items at home).

- **Business cards**. If you have some already, or you can also make excellent quality business cards in Phnom Penh at reasonable price. Either way, these are very good to have as you will be meeting many people with whom you will want to keep in touch.

You may also bring two or three **extra passport sized photos**, as they are sometimes requested for use on entry VISA, ID badges at Angkor, etc. Officials will take a picture of you on-site, but it will be much more expensive.

TIPS FOR SAFE TRAVEL

LUGGAGE INFORMATION

Most airline carriers impose restrictions on luggage weight and size. You are generally allowed two pieces of luggage and one small carry-on bag, plus a purse or laptop computer. For specific restrictions inquire with the airline directly. Excess baggage may also be subject to extra charges and also run the risk of being refused by the airline. Simply said: pack light! A suitcase on wheels or a backpack is highly recommended. For in-country travel, too much heavy luggage is a hassle. You should also familiarize yourself with the standards of dress in Cambodia (see "what to pack" guidelines included in this packet) to know what is acceptable. Label all your baggage inside and out. It's also helpful to "mark" your bag with a ribbon or other identifying feature, so that you can pick your bag out of the baggage claim line-up.

UPON ARRIVAL IN PHNOM PENH

VISA

You can purchase your visa on-site at Phnom Penh International Airport. The visa fee for 30 days is US $69. The Field Coordinator will assist the ASK students in extending their visas during the program. Prepare at least two passport sized photos (2"x2"). Your passport will also be collected by the Field Coordinator to extend your visa. If you plan to stay or travel after ASK program ends, make sure to renew your visa on your own as well. For additional information, visit:

www.embassyofcambodiadc.org/how-to-get-a-visa.html or
www.evisa.gov.kh/

The ASK program van will be at the airport to pick you up upon your arrival in Phnom Penh. Please look for the large sign reading "ASK PARTICIPANTS." Unless you have made other arrangement with the Field Coordinator, please do not take other transportation from the airport! We will be waiting and looking for you.

UPON EXITING PHNOM PENH

DEPARTURE TAX

Departure tax is paid at the airport at US$25 cash per person. Note: Pay the tax before you put your bags through the scanner. Otherwise you will be sent back from passport control to pay the departure tax and re-scan everything again. This tax is payable only in cash and only in US$, so spend your Riels before you get to the airport.

MONEY

The amount of money you will need depends on individual spending habits and the expenses you might incur on your program. Each student will receive a stipend ranging from US$1,500 to $1,800. The ASK Program will pay for students' tuitions in Cambodia, other related program costs, instructional materials, transportation fares for program activities. Each student is responsible to pay for his/her own room and board expenses, and a program fee of $500 to the University of Hawai'i after receiving the stipend (refer to the letter of *Intent to Participate* for details). Review the details of your program fees and be sure you understand which expenses are included and which are not. If you are uncertain about a particular expense, please contact Dr. Sak-Humphry.

Cambodian riel to US $
50 Riels = US$ 0.01
100 Riels = US$ 0.03
200 Riels = US$ 0.05
500 Riels = US$ 0.13
1,000 Riels = US$ 0.25
4,000 Riels = US$ 1.00
5,000 Riels = US$ 1.25
10,000 Riels = US$ 2.50
50,000 Riels = US$12.50
100,000 Riels = US$25.00

Currency

The currency in Cambodia is called ***Riel***, but US dollars are widely accepted and exchanged in the country as well. The exchange rate is approximately **4000 Riel=US$1.00** (for up-to-date exchange rate info, check out www.xe.com/ucc/). However, Cambodians do not use U.S. or Cambodian coins. Any change that is less than US $1 will be given in riel.

Traveler's Checks

Traveler's checks are a safe way to take money overseas. American Express checks are the most widely accepted and can be exchanged for the local currency at most banks and large hotels. Rates of exchange/fees will vary. However, you are advised to bring cash (U.S. dollars), and possibly a credit card for emergencies. Once in Phnom Penh, you will want to have a small amount of Cambodian currency (500 and 1,000 riel notes are the most widely used notes) to have on hand for small purchases.

ATM's

ATM's now operate in Phnom Penh & Siem Reap distributing U.S. currencies. Credit card withdrawals incur a 2% charge.

Credit Cards

Visa or Mastercard are accepted in many hotels and the larger souvenir shops but in few restaurants. You should carry enough cash (in fairly small denominations) to cover your immediate costs.

Money Advice

Carry plenty of US$1 and other smaller currency. Most daily transactions are conducted in cash and you should carry plenty of US$1 bills with you. A surprising number of things cost US$1!

Traveling & Studying Abroad

HEALTH

Pre-Departure Doctor/Dentist Visit

We recommend that you see your doctor and dentist for a routine examination prior to departure. While you will be in Cambodia a relatively short time, everyone knows that a major toothache in the middle of the night can make one minute seem like an hour! Preventative health care before you go can save you from discomfort while abroad.

Immunizations and Zika information

It is important to get immunized for certain diseases that you might come into contact with while in the host country. Information on recommended shots may be obtained by calling the Center for Disease Control's International Travelers Hotline at (404) 332 4559 or visit: www.cdc.gov/travel/seasia.htm#vaccines for a list of vaccines for Cambodia. For information on Zika, visit: www.cdc.gov/zika.

Prescriptions/Medicine

If you take a prescription medicine regularly, be sure to have an adequate supply to last the entire time you are abroad. Keep the medication in labeled containers marked clearly with your name, prescription number, doctor's name, etc. If you take allergy shots or insulin, take an adequate supply of well-labeled syringes. If you wear glasses or contact lenses, take an extra pair and a prescription with you. There are many opticians/eyeglass shops in Phnom Penh.

In Case of Illness

If you are sick or injured, inform the Field Coordinator and/or the Program Director immediately. Ask for help! In case of serious illness, consult the Field Coordinator, Program Director, and local health practitioners to determine if you should return to the U.S. for appropriate treatment/care.

Insurance & Medical Services

ALL STUDENTS SHOULD HAVE OBTAINED MEDICAL INSURANCE FOR STUDY ABROAD BY THIS TIME. IF YOU HAVE NOT, PLEASE DO SO IMMEDIATELY. INSURANCE IS REQUIRED BY THE UNIVERSITY OF HAWAII AND YOUR FELLOWSHIPS/SCHOLARSHIPS.

The US/ED requires that participants be covered by health and accident insurance plans. The insurance should include Emergency Medical Evacuation as well as Repatriation of Remains coverage. (Continued on next page.)

The Field Coordinator has recently learned that most hospitals and clinics in Cambodia require cash up-front (approx. $45 US) as a consulting fee. They will not accept insurance cards, etc., as in the U.S. You will be responsible for paying all medical services and claiming back through your individual insurance agency/company upon return to the US. Make sure you keep all forms or receipts with the doctor's signature to ensure reimbursement with your insurance company. If a visit to a clinic is needed, the U.S. Embassy recommends the International SOS (now formed a joint venture with Raffles Medical Group). The Raffles Medical Phnom Penh Clincs is located at House 161, Street 51 (Pasteur), Sangkat Boeung Raing, Khan Daun Penh, Phnom Penh. Tel: (855) 12 816 911. For details, please visit: www.internationalsos.com/locations#Cambodia

Everyday Precautions

Cambodia has a very tropical climate, so tropical diseases such as malaria and dengue fever are present. Sensible precautions such as wearing mosquito repellant should ensure that you don't get bitten. The water is not potable, even in the city. Use bottled water and ensure that it is opened in front of you.

Wash your hands frequently in clean water to prevent any other sicknesses. It is recommended that you carry hand sanitizer/disinfectant wipes with you for this purpose.

Remember to take care of yourself!

The ASK program will be both extremely rewarding and extremely challenging. It is fast-paced, and there are so many things to see and do outside of the classroom. However, Cambodia in the summertime is very hot, sometimes dusty, sometimes noisy, and sometimes—inconvenient. It's easy to get stressed.

Maintaining good health includes paying attention to your state of mind—your mental and emotional well-being. If possible, try to relieve any stress you might be feeling prior to leaving the country. Otherwise, you may find that travel and the adjustment to a new environment may compound your anxiety. Many students experience culture shock and varying degrees of homesickness while studying abroad. The Coordinator or Project Director will be available for individual counseling and/or referrals (in addition to guidance for your individual projects).

Please update and prepare yourself with current health and security issues in Cambodia before you leave for the country. Check out the following websites:

travel.state.gov/content/travel/en/traveladvisories/traveladvisories/cambodia-travel-advisory.html

wwwnc.cdc.gov/travel/destinations/traveler/none/cambodia

Traveling & Studying Abroad

WEATHER/CLIMATE

Essentially it is consistently sunny, warm, and humid! Cambodia has a tropical climate following the Southeast Asia rainy seasons. There are two seasons in Cambodia: wet (May-October) and dry (November-April). The daily nature of the wet monsoon in Cambodia is regular with clear, dry mornings and 2-3 hours of rain in the afternoon. Be prepared for high humidity and sun, with an average temperature of mid-80's to 90's Fahrenheit.

TRANSPORTATION

The ASK program van will also be available throughout the summer for the group program transportation needs. It will take you to/from school and other ASK project activities. If, however, you find that you need other transportation, there are taxis available everywhere. We highly recommend you to use the tuk-tuk versus the moped taxis for safety reasons. DO NOT GO ANYWHERE ALONE!!

HOUSING

All ASK students are required to stay in housing/accommodations designated for the program. Some of you will have your own rooms; some will double-up (if you requested to do so). The Coordinator will assign rooms before arrival in Phnom Penh. If you require any special accommodations, please inform the Coordinator ASAP (before you leave the U.S.!)

ELECTRICITY

Voltage in Cambodia is 220 volts, 50 cycles. Any 110 volts equipment brought from the U.S. that is not dual voltage will require a converter. You can find converters and adaptors either here in the U.S. or in Cambodia.

Traveling & Studying Abroad

Markets

Twice a week, time will be allotted for group grocery shopping where you can buy water, food, etc. Other shopping needs at the outdoor markets can be done in your free time. In these outdoor markets it is accepted (and expected) to bargain for your purchases.

Restaurants

Twice a week there will be mandatory group dinners where you will be able to share/be informed of the week's activities. Outside of that you have the option to eat at local restaurants. Please be cautious about where you choose to eat, and be mindful of sanitary conditions. We recommend that you do not eat anything from street vendors for health reasons.

Security Information

Personal security is an all-important concern in Phnom Penh, Cambodia, even for experienced travelers. Although we hope you have an enjoyable, uneventful stay, it is important to know where and when to call for assistance. We encourage you to use good common sense and follow some recommended defensive security procedures to reduce chances of experiencing trouble.

- Pickpocketting and bag snatching seems unfortunately to be on the increase. Keep your valuables safe and a photocopy of your passport separate from your passport.
- Carry minimal amounts of currency.
- Do not wear expensive jewelry openly.
- Do not travel alone at night.
- Avoid dark alleys and isolated areas.
- Avoid con artists advertising good bargains.

College Credit

It may be possible to obtain college credit for the program via the University of Hawai'i Outreach College (www.outreach.hawaii.edu). Please contact Dr. Chhany Sak-Humphry for further details.

Communications

Addresses Abroad

Every effort will be made to provide you with your foreign residential address and telephone number before you leave the U.S. In some cases, however, circumstances simply make this impossible, in which case you will need to let your family and friends know the official program address and/or your residential address shortly after arrival.

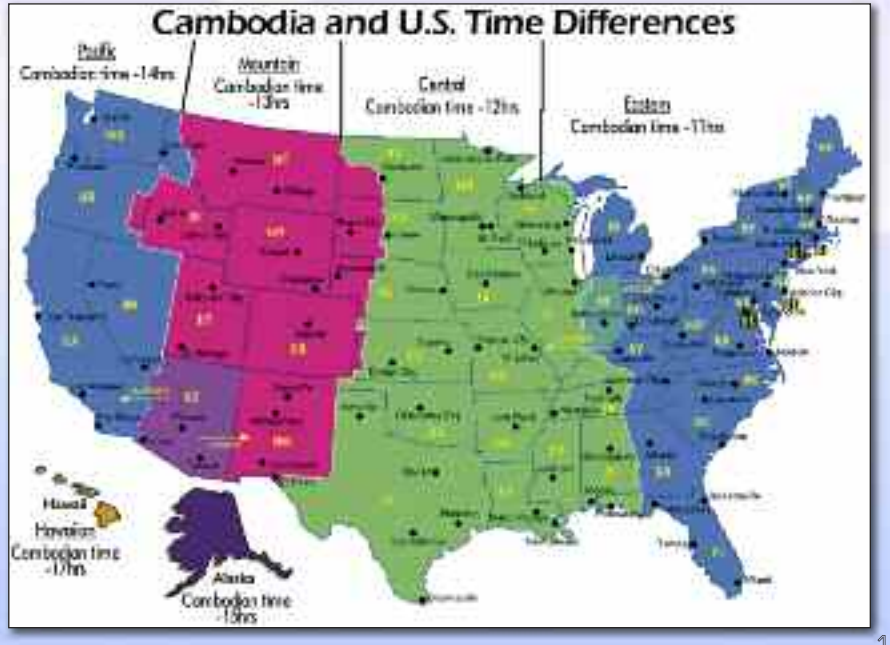
Telephone/E-mail

At your study abroad site and in your residence, you may have limited or no access to a landline telephone. However, cellular phones are easily obtained at a range of prices from various companies and mobile usage operators in Phnom Penh. There are also many "public" phones (i.e., you will pay someone to use his/her phone)—these areas are openly designated on Phnom Penh streets.

There are many internet café's available nearby. Here you can do email and make inexpensive international phone calls. This is the best and most convenient way to contact your family and friends back in the U.S.

Time Zones

When making phone calls to or from the United States, keep in mind that there is a very big time difference! Check out:
www.timeanddate.com/worldclock or www.worldtimezone.com



What to Pack

Remember, it will be HOT in Cambodia. There are many markets where you can purchase appropriate clothing, toiletries, etc., but if you prefer one brand of shampoo or soap, etc., bring it with you.

CLOTHING

- Handkerchiefs (great for patting your sweaty forehead or cleaning your glasses).
- Docker-type/other lightweight pants suitable for walking/travel.
- Shirts suitable for hot weather (mostly casual, but perhaps a dress shirt or two as well).
- Shorts; skirts (for women—note that dress, particularly for women, is rather conservative by American standards)
- Hat with brim; sunglasses.
- COMFORTABLE walking shoes; pair of dress shoes.
- Sarong/sampot/other items for walking in hallway from bathroom to room (these can be purchased in Cambodia as well).
- Rain jacket (you will likely not need a sweater or other jacket, except if the a/c inside gets too cold).
- Flip-flops or tevas; shower slippers; socks; underwear; belt.

MEDICINES

There will be a basic first aid kit available; however, you should keep your own supply of items on-hand just-in-case.

- Prescription medicines AND a copy of your prescription
- Antacids
- Diarrhea medicine
- Antihistamine/allergy medicine
- Anti-nausea medication
- Bandages
- Acetaminophen or ibuprofen

What to Pack

PERSONAL HYGIENE ITEMS

- Comb/brush
- Fingernail clippers
- Toothbrush & holder
- Toothpaste
- Dental floss
- Mosquito repellant
- Sun screen
- Soap & shampoo
- Sink stopper
- Wash & dry towelettes/hand sanitizer
- Other hygiene items

THINGS TO MAKE YOUR LIFE A LITTLE EASIER

- Alarm clock
- Plug adapter & converter
- Ziploc or similar bags, pint & gallon
- Padlock(s) & keys
- Camera gear, film
- Your own pillowcase or pillow
- Extra glasses or contact lenses
- Daily planner (we will be very busy!)
- Tape recorder
- Laptop computer
- Travel journal. For example, see:
  penzu.com/travel-journal-guide

You can search online for more packing tips for Cambodia.

Cambodian Culture & Etiquette

The Cambodian people are in general a tolerant and easy-going people and a visitor can quickly find acceptance. However, as with all nations, there are a few social customs that should be followed. An awareness of these will show courtesy and avoid embarrassment.

GREETING

The correct form of greeting is the *Sampeah* which is performed by placing the palms of the hands together, raising them to the face with the fingertips, and inclining the head slightly forward. In general, the higher the hands and lower the bow, the more respect is being shown. When meeting, Cambodians will *Sampeah* and say ជំរាបសួរ. When departing, again they will *Sampeah* and say ជំរាបលា. Cambodians use *Sampeah* for greeting and to display respect. When used for greeting, it would be impolite not to return a *Sampeah*; it is tantamount to rejecting an offered handshake in Western culture. Adults do not *Sampeah* small children nor initiate *Sampeah* with servants, or vendors.

The most common polite form of address in Cambodia is លោក or លោកស្រី followed by the person's first name. Use of the first name does not necessarily imply any close friendship and the practice is followed even when meeting someone for the first time. In an informal situation, Cambodians will refer to an older man as តា (grandfather), ពូ(uncle), បងប្រុស (elder brother) and to an older woman as យាយ (grandmother), មីង (aunt), or បងស្រី (elder sister). They are also widely used in a situation where one is not sure the age of other parties, in deference to one who may be a senior. In Cambodia, for a younger person to address an older individual without using a title would be considered rude or a form of misbehavior. People of the same age or younger can be called by their given name without the use of a title.

ENTERING A HOME

Take off your shoes and hat before entering a home to show respect.

Cambodians always offer drink, such as water, tea or juice to their guests; sometimes food is also offered. To honor the host, the offer is accepted, even if the guest take just a sip or a bite.

Some homes use beds or mats for receiving guests. If that is the case, visitors should sit by tucking their feet backward. It is impolite to cross or stretch legs.

Cambodian Culture & Etiquette

HEAD & FEET

The Cambodians regard the head as the highest part of the body, both literally and figuratively. It is considered the focal point of intelligence and spiritual substance. It is, therefore, considered an insult to touch or pat anyone on the head. In a like manner, the feet are considered the lowest part of the body and it is extremely rude to point with one's feet, step over a reclining body, or kick anyone.

RESPECT FOR RELIGIONS

Both Buddhism and the monarchy are highly regarded and proper respect should be shown to all Buddha images (old or new, ruined or complete). Do not climb on Buddha images or otherwise act in what may be considered a disrespectful manner.

Buddhist monks are also deeply respected and should be accorded extreme politeness. Never stand when talking to seated monks. It shows grave disrespect. Because of vows of celibacy, a woman must not touch or even brush against a monk.

Monks eat only breakfast and lunch, which have to be finished before noon. In the evening, monks are allowed to drink water, milk, or tea. Any schedule or engagement should take this restriction into account.

When visiting temples one should dress in a way that will not cause offense. Bare shoulders, shorts, or other attire that may be considered acceptable otherwise should not be worn when planning a visit to a temple. Shoes may be worn when walking in a temple compound but must be removed when entering a wat containing a Buddha image.

In general, one should show respect to people of different backgrounds, believes and religions.

APPROPRIATE CLOTHING

Participants of the ASK Program are regarded as representatives of the U.S. and the academic institutions each is from, please wear clothes that are deemed appropriate in any occasions and cultures. To wear clothes that are revealing and provocative may indicate disrespect in Cambodia.

Do's & Don'ts

DO

- ✓ Take off your shoes when entering a temple and other places where you observe Cambodian people removing their shoes.
- ✓ Be patient with a Cambodian whose English is limited. Speak in a slow, clear, moderate voice in literate English.
- ✓ Be the first to Sampeah or greet an elder.
- ✓ Ask for advice if you are uncertain about anything. The Cambodian people are very courteous and will help you if they can.
- ✓ Use good American manners – Cambodians are very understanding and appreciate good manners of any culture.
- ✓ Bargain in shops. Only department stores and expensive shops have fixed prices.

DON'T

- ✗ Never touch a Cambodian on the head!!!
- ✗ When sitting, do not allow your toes to point directly at another person.
- ✗ Do not stand over a seated Cambodian when talking to him/her.
- ✗ If you are a woman, do not touch an orange-robed monk, hand anything to a monk, or let your clothes brush his robes.
- ✗ Do not be impatient when a Cambodian pretends to understand but obviously does not. He or she is just being polite. Be patient and try again.
- ✗ Do not raise your voice, shout, or call out to people. You will lose face if you shout or lose your temper in public and it will accomplish nothing. If, when discussing a problem with Cambodians, they smile or giggle, it is not a sign of disrespect, but rather a nervous reaction to a tense situation. Cambodians tend to smile or laugh both in positive and negative situations, thus, it should not be considered as expressing happiness, agreement, amusement, embarrassment, or ridicule. Great caution should be taken in interpreting a smile or laugh in order to avoid misunderstanding.
- ✗ Do not disturb monks or any Cambodians at prayer or meditation.
- ✗ Do not touch pieces of carving or statuary in temples and/or on public exhibition.
- ✗ Do not point or shake your finger at anyone, especially at the face or head. Cambodians believe that we all have a guardian spirit from the moment we are born, and that spirit is usually perched on the head or shoulders.

Miscellaneous

METRIC SYSTEM/CONVERSIONS

Cambodia operates on the metric system (the U.S. has been out of step!). The following are a few simple conversions that might be helpful:

1 inch = 2.54 centimeters	1 meter = 1.09 yards
1 mile = 1.6 kilometers	1 yard^2 = 0.8 meter^2
1 mile^2 = 2.6 kilometers^2	1 acre = 0.4 hectare
1 liter = 1.06 quarts	1 U.S. gallon = 3.78 liters
1 gram = 0.04 ounces	1 kilogram = 2.20 pounds
1 kilometer = 0.62 miles	1 fluid ounce = 28.4 milliliters
1 U.S. pint = 0.47 liter	1 U.S. quart = 0.94 liter

PUBLIC HOLIDAYS

For the current year public holidays in Cambodia, please visit:
www.siemreap.net/magazine/news/public-holidays-cambodia/

During public holidays, schools, banks, and some businesses or agencies may be closed.

SUMMER ABROAD PROGRAM:
KHMER LANGUAGE AND CULTURE

www.hawaii.edu/khmer/Courses/SAP.html

ASK WEBSITES

manoa.hawaii.edu/ask

THE U.S. DEPARTMENT OF EDUCATION
OFFICE OF POSTSECONDARY EDUCATION
FULBRIGHT-HAYS GROUP PROJECTS ABROAD PROGRAM
INTERNATIONAL EDUCATION PROGRAMS SERVICE

www2.ed.gov/programs/iegpsgpa/index.html

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www.uhm.hawaii.edu

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www.khmerstudies.org

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www.rupp.edu.kh

The U.S. Embassy
kh.usembassy.gov