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Cambodian Center for Human Rights

**CCHR International Intern and Volunteers
Handbook**
Updated March 2019

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1. Introduction

This handbook is intended as a short, practical guide for your work at the Cambodian Center for Human Rights (“CCHR”) and for your stay in Cambodia.

Chapter 1 is an introduction to CCHR, followed by information on the Cambodian legal system, and a summary of the human rights issues in Cambodia in 2018.

Chapter 2 will give you all the pre-departure information you need before starting your internship here at CCHR.

Chapter 3 covers interesting and important info about living in Cambodia generally, including important cultural information and some tips for travelling around the country.

Chapter 4 has other useful information, as well as book, film and documentary recommendations to help you learn about Cambodia before joining us here!

1.1. Introduction to CCHR

Who we are

CCHR is a leading, non-aligned, independent, non-governmental organization that works to promote and protect democracy and respect for human rights in the Kingdom of Cambodia (“Cambodia”).

Our Vision

CCHR’s vision is of a non-violent Cambodia in which all people can enjoy the fundamental human rights to which they are entitled, all are subject to the rule of law without impunity, all are treated equally without discrimination, all are empowered to participate fully in the democratic process, and all can share in the benefits of Cambodia’s ongoing economic development.

Our Mission

To promote and protect respect for democracy and human rights – primarily civil and political rights, for the benefit of all those living in Cambodia.

Our Objectives

More specifically, CCHR’s objectives represent what it intends to achieve over the period 2016-2020. The ten objectives, as agreed by CCHR’s Management Committee, staff and the Board of Directors, are as follows:

1. **Provide** a principled voice on human rights and **highlight** underlying themes and trends
2. **Raise awareness** of human rights abuses in Cambodia and deter human rights abusers
3. **Defend** all fundamental freedoms, including freedom of expression and digital rights
4. **Advocate** for justice for human rights victims via a competent and independent judiciary
5. **Strengthen** the rule of law and **fight** against all instances of impunity
6. **Denounce** discrimination of all kinds and staunchly **support** full equality in human rights
7. **Promote** freedom, democracy and full political participation, particularly by women

8. **Engage** and **inspire** the youth to promote, protect, respect and work in human rights
9. **Empower** individuals, communities and marginalized groups to advocate for their own rights
10. **Mitigate** the negative human rights impact that economic development tends to have

Our Values

CCHR expects its staff to share certain values that reflect and complement its vision, mission, goals and objectives, including the following:

- *Equality* – we value diversity and cross-cultural understanding;
- *Objectivity* – we value impartiality and loyalty to principles;
- *Integrity* – we value honesty and commitment;
- *Transparency* – we value openness and accountability; and
- *Creativity* – we value new ideas and innovative solutions.

History

Kem Sokha, current National Assembly Member, former Senator, and founder of the Human Rights Party founded CCHR in 2002. He is now the Vice-President of the Cambodian National Rescue Party (“CNRP”), the main opposition party headed by Sam Rainsy. CCHR was officially launched on 12 November 2002 to promote and protect democracy and human rights in Cambodia. Since our foundation, CCHR’s emphasis has been on empowering communities, being the first NGO to facilitate public forums throughout Cambodia. In December 2006, Kem Sokha and other civil society leaders were arrested and imprisoned for allegedly defaming the Cambodian government. They were released after a campaign led by Ou Virak, CCHR’s president from April 2007 until March 2014. Ou Virak is the founder of the Alliance for Freedom of Expression in Cambodia (“AFEC”), and in 2007, he won the Reebok Human Rights Award for his campaign to secure the release of Kem Sokha and the removal of his custodial sentence for defamation.

During 2014, Ou Virak served as Chair of the Board of Directors, during a year-long transition period when Chak Sopheap, one of Cambodia’s pre-eminent female bloggers and a seasoned human rights and democracy activist, was appointed Executive Director and took over the day-to-day leadership of CCHR. Ou Virak then resigned from the Board of Directors in December 2014. As one of the country’s most prominent human rights advocates, Chak Sopheap’s work has been recognized by United States President Barack Obama,¹ as well as by Cambodian civil society.

CCHR is governed according to its constitution and by-laws.² It has a Board of Directors and a panel of Counselors – successful and influential individuals who have a passion for human rights and support CCHR’s work. The Management Committee, under the leadership of Executive Director Chak Sopheap, manages CCHR day-to-day.

¹ United States White House Website, Office of the Press Secretary, Remarks by the President at Clinton Global Initiative, 23 September 2014, <<https://www.whitehouse.gov/the-press-office/2014/09/23/remarks-president-clinton-global-initiative>>.

² ‘Constitution and By-Laws’, CCHR, 2002, <http://www.cchrcambodia.org/resource/eng/constitution_eng.pdf>.

1.2. Human Rights in Cambodia

1.2.1. Legal Framework

The Kingdom of Cambodia has a strong international and domestic legal framework that, in theory, should protect the human rights of its citizens. The Constitution of the Kingdom of Cambodia (the “Constitution”) provides, in Article 31, that Cambodia “*shall recognize and respect human rights as stipulated in the United Nations Charter, the Universal Declaration of Human Rights (“UDHR”), and the covenants and conventions related to human rights.*” However, despite this protection on paper, Cambodia still suffers from regular and severe human rights violations. Areas of particular concern include, but are not limited to, land rights, right to freedom of expression, right to freedom of assembly, fair trial rights, and impunity.

Article 15 of the Paris Peace Accord - intended to restore and maintain peace in Cambodia after decades of bloody civil war - provides that, “*All persons in Cambodia shall enjoy the rights and freedoms embodied in the Universal Declaration of Human Rights and other relevant international human rights instruments.*” The UDHR was adopted by the United Nations (the “UN”) General Assembly and provides for human rights standards accepted by all UN Member States. Much of the UDHR is regarded as having acquired legal force as customary international law and, as noted above, is binding on Cambodia as part of its Constitution. The “*other international human rights instruments*” to which the Paris Peace Accord refers include the International Covenant on Civil and Political Rights (the “ICCPR”) and the International Covenant on Economic, Social and Cultural Rights (the “ICESCR”), to which Cambodia acceded to in 1992. The ICCPR and ICESCR are legally binding and expand on the UDHR. In total, Cambodia has ratified six core human rights treaties. In addition to the ICCPR and the ICESCR, Cambodia also ratified the International Convention on the Elimination of All Forms of Racial Discrimination (“ICERD”), the Convention on the Elimination of Discrimination against Women (“CEDAW”), the Convention against Torture and Other Cruel, Inhuman or Degrading Treatment or Punishment (“CAT”), and the Convention on the Rights of the Child (“CRC”).

The Constitution of Cambodia defines the role of the most senior state actors, such as the King and the Prime Minister; it outlines the role and functions of the various organs of state, including the judiciary which is required to “be an independent power” and “uphold impartiality and protect the rights and freedoms of the citizens;” and it also outlines the “Rights and Obligations of Khmer Citizens,” acknowledging and enshrining respect for human rights and the requirement that Khmer citizens respect the rights of others.

The Penal Code, which came into force in December 2010, contains several provisions that severely restrict freedom of expression in Cambodia. Under Article 305 of the Penal Code, undermining the honor or reputation of a person or institution constitutes defamation. The *mens rea* of the accused, or traditional defences found in other jurisdictions such as fair comment, have no bearing on the offense. Furthermore, Article 307 renders any insulting expression, any scornful term, or other verbal abuse of a person or institution a criminal offense. This can be committed by mediums including speeches, writing, sketches, or audio-visual communication. Article 311 makes slanderous denunciation a crime and defines it as making allegations of fact, which are known to be false. This may result in criminal or disciplinary action against an individual. All of these offenses fail to differentiate between private individuals and those holding public office, and even allow government institutions to claim for defamation.

The Civil Code sets forth the general principles governing legal relations in civil matters, including the laws of property, contracts, torts, and civil relationships. The Code of Criminal Procedure governs the behavior of the police, the framework for criminal prosecutions, etc.

1.2.2. *Government Institutions*

In Cambodia, the Constitutional Council is the supreme body through which citizens should be able to challenge the constitutionality of laws, regulations, and state decisions that affect their constitutional rights. The procedures involved in making such challenges, however, prevent citizens from accessing the Constitutional Council. A citizen who wishes to make a complaint has to convince either the King, the Prime Minister, the President of the Senate, the President of the National Assembly, one tenth of Cambodia's MPs, or one quarter of its Senators to request that the Constitutional Council adjudicate the case. Furthermore, the Constitutional Council is not independent from the Government.

Articles 147 to 149 of the Constitution provide for an annual National Congress – an institution of direct democracy whereby Cambodians can meet their rulers *"to be directly informed of various matters of national interest"* and *"to raise issues and make proposals for the state authorities to address."* Unfortunately the National Congress has never been convened, and on 4 March 2009, Prime Minister Hun Sen said that it should be removed from the Constitution. However, this has yet to be acted on by law.

Three other state institutions have a role in protecting human rights. The two houses of the legislature – the National Assembly and the Senate - each has a Human Rights and Complaints Reception Committee, and the Government has its own Cambodian Human Rights Committee. These bodies are able to conduct investigations, but have failed in providing protection and redress to victims or in bringing perpetrators to justice. They are widely regarded as being politically controlled. In September 2006, Prime Minister Hun Sen announced plans to create a new National Human Rights Commission ("NHRC") to be based on the UN Principles relating to the Status of National Institutions (the "Paris Principles"). The Paris Principles relate to the status and functioning of independent national institutions for the protection and promotion of human rights. Cambodia currently has no national action plan or policy for protecting and promoting human rights, and the proposed NHRC has not been created.

1.2.3. *Human Rights Situation: 2018*

Introduction

2018 was marked by a severe deterioration in the human rights situation in the Kingdom of Cambodia ("Cambodia"). Ahead of the elections, the Royal Government of Cambodia ("RGC") rushed the National Assembly to pass numerous restrictive laws aiming at silencing dissenting voices. At the same time, the space for civil society closed amid allegations of an alleged "color revolution". Hasty trials and convictions of individuals critical of the government combined with a hostile environment surrounding the national election led to a decreased sense of ownership and involvement of the public in democratic processes.

Political Environment

The past year has marked a sharp decline in the state of respect for human rights and fundamental freedoms in Cambodia. During this period, the Royal Government of Cambodia (“RGC”) has launched a crackdown on dissent which targeted civil society, independent media actors and the political opposition ahead of the National Election scheduled for 29 July 2018. A number of repressive laws have been passed, while other problematic laws are being proposed. All provide the ground for further restrictions to fundamental freedoms and for the punishment of those who seek to exercise their rights. Journalists, human rights defenders, members of the forcibly dissolved Cambodian National Rescue Party (“CNRP”) and ordinary Cambodian citizens continue to be regularly targeted, surveilled, harassed, charged with criminal offences and imprisoned for expressing legitimate critical views and speaking out against public policies.

In early 2018, the Economist’s Democracy Index 2017 ranked Cambodia 124 out of 167 countries, classifying it as an “*authoritarian regime*” and noting that “*Cambodia scored poorly in electoral process and pluralism following the forced dissolution of the main opposition party in November 2017, which turned the country into a de facto one-party state.*”

Below is a brief outline of the key human rights issues of 2018, as they happened in Cambodia.

The National Election

In particular, early 2018 was marked by the passing of a number of restrictive laws which provide the ground for further restrictions to the work of NGOs and other actors of civil society. On 27 February 2018, the constitution was amended without any notice or prior consultation with the public and CSOs. Article 49 new requires obligates every Khmer citizen to “primarily uphold the national interest,” and prohibits every Khmer citizen from “conduct[ing] any activities which either directly or indirectly affect the interests of the Kingdom of Cambodia and of Khmer citizens”. Finally, the amendment to Article 53 states “the Kingdom of Cambodia absolutely opposes any interference from abroad conducted through any forms into its own internal affairs.” Article 49 impacts everyone’s freedom of expression, association and assembly and creates the risk that any statement or action criticizing public policies be perceived as being “affecting” the interests of Cambodia and therefore be censored. Article 53’s broad wording could be used to justify restrictions on foreign funding received by NGOs. Both pave the way for the creation of further restrictive legislation, or ground to interpret existing legislation in a restrictive way and constitute serious cause for concern regarding NGOs ability to exercise their work unhindered. In addition, the criminal code was amended in February, and the offence of lèse majesté was created, making it an offence to defame, insult or threaten the King through “any speeches, gestures, writings, paintings or items that would affect the dignity of the king” associated with a penalty of one to five years imprisonment and a fine of two to ten million riels (about \$500 to \$2,500). Article 437(Bis) further provides for criminal penalties for legal entities, encompassing Civil Society Organizations (“CSOs”) and media outlets, amongst other entities. Due to its vague wording, it could be used to target the legitimate work of CSOs. So far, three individuals have been arrested under this provision and former CNRP leader Sam Rainsy is being charged.

A recent amendment to Article 34 of the Cambodian Constitution, which relates to the right to vote or the right to stand as a candidate for an election, enables the outright stripping of the right to participate in elections. The amendment to Article 42, which relates to freedom of association and the

right to form political parties, now dictates that political parties must “*place the country and nation’s interest first*”. Further, the amendment to Article 49, in similar language to Article 42 New, obligates every Khmer citizen to “*primarily uphold the national interest,*” and prohibits every Khmer citizen from “*conduct[ing] any activities which either directly or indirectly affect the interests of the Kingdom of Cambodia and of Khmer citizens*”. Finally, the amendment to Article 53 states “the Kingdom of Cambodia absolutely opposes any interference from abroad conducted through any forms into its own internal affairs.” Although these constitutional amendments alone do not create any new criminal offences or punishments, they do pave the way for the introduction of wide-ranging sanctions punishing the legitimate exercise of fundamental freedoms, including the engagement in any discussion of Cambodia’s rapidly deteriorating human rights situation. The amended Article 49, in particular, appears to be aimed at restricting or punishing those engaged in international advocacy related to Cambodia’s human rights situation.

Explain the CNRP dissolution.

The environment leading up to the elections has become increasingly tensed, with voters being warned not to boycott elections, and those calling for boycott being accused of violating the constitution. Reports have been heard of people being heavily pressured into voting for the CPP. Sin Bun Hok, head of the NEC, proposed that the Interior Minister take legal measures against all communication activities, including the use of social media that disseminate disinformation or leads people to boycott the election.

Freedom of Expression

2017 saw a rapid decrease in the level of freedom of expression in relation to defamation, and the number of prosecutions – including for online expression – has drastically increased in 2018. The right to freedom of expression was curtailed in various ways throughout 2016 and 2017. While political analysts and the political opposition were subject to litigation (usually in the form of defamation charges), ordinary protesters and activists were silenced by being ordered not to wear certain colors, not to use loudspeakers and to remove banners on private property.

The creation of a lèse-majesté offence

On 27 February 2018, the Criminal Code of the Kingdom of Cambodia was amended to include an Article 437 *bis* entitled “*Insulting the King*”.³ This provision, often referred to as the *lèse-majesté* offence, prohibits anyone from defaming, insulting or threatening the King through “*any speeches, gestures, writings, paintings or items that would affect the dignity of the King.*” Anyone found guilty under Article 437 *bis* faces one to five years imprisonment and a fine of between two and 10 million riels.

³ Andrew Nachemson, Mech Dara, ‘Updated: Lèse majesté law among changes to Cambodia’s Constitution and Penal Code,’ *The Phnom Penh Post*, 2 February 2018, <<https://www.phnompenhpost.com/national-politics/updated-lese-majeste-law-among-changes-cambodias-constitution-and-penal-code>>

The *lèse-majesté* offence has been widely criticized by both national and international Civil Society Organizations (“CSOs”).⁴ Although freedom of expression must be conciliated with the protection of others’ rights and reputation, the *lèse-majesté* offence impermissibly restricts freedom of expression. The first conviction under the new *lèse-majesté* offence was issued on 04 October 2018. Ban Samphy, a former member of the former opposition Cambodia National Rescue Party (“CNRP”), was sentenced to one-year imprisonment for allegedly insulting the King in a Facebook post.⁵ Three other individuals have been charged under the new provision.

Silencing Free Media

While 2017 witnessed a mass shutdown of independent media outlets, attacks on journalists continued in 2018. In March 2018, two RFA journalists – who had been imprisoned in November 2017 upon charges of espionage⁶ – were prosecuted for allegedly producing pornography.⁷ Although the pair were released after the July elections,⁸ the case reflected growing hostility towards journalists.

On 05 May 2018, The Phnom Penh Post, which was considered by some to be the last independent newspaper in Cambodia since The Cambodia Daily’s closure,⁹ was sold to a Malaysian tycoon, Sivakumar S Ganapathy.¹⁰ This led to immediate interventions into the editorial process with the removal of an article covering the links between the new owner’s public relation firm and Prime Minister Hun Sen. Kay Kimsong, the long-standing editor in chief of the Post, was fired over a dispute regarding the article.¹¹

On 24 May 2018, the National Election Committee (“NEC”) released a Code of Conduct calling on journalists to remain professional, fair and transparent during July’s national elections.¹² Under the Code of Conduct, journalists are prohibited from reporting information leading to a “*loss of trust in the election.*”¹³

⁴ Joint Statement, ‘CSOs call for rejection of draft amendments to constitution and criminal code’, 21 February 2018, <<http://www.licadho-cambodia.org/pressrelease.php?perm=431>>

⁵ Prak Chan Thul, ‘Cambodia jails 70-year-old in first conviction for royal insult’, *Reuters*, 5 October 2018, <<https://www.reuters.com/article/us-cambodia-crime/cambodia-jails-70-year-old-in-first-conviction-for-royal-insult-idUSKCN1MF0HH>>

⁶ Mech Dara, Yesenia Amaro, ‘Ex-RFA reporters provisionally charged with “espionage,” sent to Prey Sar’, *The Phnom Penh Post*, 20 November 2017, <<https://www.phnompenhpost.com/national/ex-rfa-reporters-provisionally-charged-espionage-sent-prey-sar>>

⁷ Niem Chheng, ‘RFA journalists questioned’, *The Phnom Penh Post*, 1 June 2018, <<https://www.phnompenhpost.com/national/rfa-journalists-questioned>>

⁸ Joshua Lipes, ‘Cambodia releases two former RFA reporters amid post-election clemency’, *Radio Free Asia*, 21 August 2018, <<https://www.rfa.org/english/news/cambodia/bail-08212018150345.html>>

⁹ Julia Wallace, Mike Ives, ‘A newspaper is sold, and Cambodians fear the end of press freedom’, *The New York Times*, 7 May 2018, <<https://www.nytimes.com/2018/05/07/world/asia/cambodia-phnom-penh-post-sale.html>>

¹⁰ ‘Cambodia’s Phnom Penh Post sold to Malaysian Sivakumar G’, *Al Jazeera*, 5 May 2018, <<https://www.aljazeera.com/news/2018/05/cambodia-phnomh-penh-post-sold-malaysian-sivakumar-180505140010847.html>>

¹¹ Post Staff, ‘Post senior staff out in dispute over article’, *The Phnom Penh Post*, 8 May 2018, <<https://www.phnompenhpost.com/national/post-senior-staff-out-dispute-over-article>>

¹² Soth Koemsoeun, ‘NEC warns press on elections’, *The Phnom Penh Post*, 28 May 2018, <<https://www.phnompenhpost.com/national/nec-warns-press-elections>>

¹³ ‘NEC issues press release on rights and prohibition for media’, *Fresh News*, 24 May 2018, <<http://en.freshnewsasia.com/index.php/en/9114-2018-05-24-14-08-40.html>>

In the 2018 World Press Freedom Index, Cambodia dropped 10 places from 2017 and ranked 142 out of 180 countries assessed.¹⁴

Growing online censorship

One key trend in 2018 was the continuous increase of online surveillance. On 28 May 2018, an inter-ministerial Prakas on “Publication Controls of Website and Social Media Processing via Internet in the Kingdom of Cambodia” (“Prakas”) was adopted.¹⁵ This Prakas gave the RGC broad and intrusive powers that go beyond limitations allowed under international human rights law. Through the creation of a special unit, the government will be able to “*obstruct and prevent*” publications allegedly “*intended to create turmoil leading to undermining the national defence, national security, relation with other countries, national economy, public order, discrimination and national culture and tradition.*”¹⁶ Websites are further required to register with the Ministry of Information,¹⁷ thus at risk of arbitrary shut-down. As no judicial supervision was set out, the Prakas constituted an impermissible restriction to freedom of expression. The government also ordered all domestic and international network traffic in Cambodia to be transmitted through a Data Management Centre (“DMC”), created by state-owned Telecom Cambodia.¹⁸

On 28 and 29 July, the day before and day of the national election, at least fifteen websites of independent news outlets were blocked by Cambodian internet service providers, on orders from the RGC.¹⁹ Anyone trying to access these websites from Cambodia was met with an ‘error’ message.²⁰

Online Surveillance

Online surveillance has moved to the next level, where the authorities are able to monitor everyone’s communications unhindered and without any accountability mechanism to protect people’s privacy. On 28 May 2018, the Ministries of Interior, Information and Posts and Telecommunications released an inter-ministerial regulation (Prakas), in relation to the Telecommunications Law on the “management of the dissemination of news and information through websites and social media networks”. The Prakas aims at countering and preventing “the spread of information that can cause

¹⁴ ‘2018 World Press Freedom Index’, Reporters Without Borders, <<https://rsf.org/en/ranking>>

¹⁵ Mech Dara, Hor Kimsay, ‘Three ministries set-up web monitoring group to look out for ‘fake news’’, *The Phnom Penh Post*, 7 June 2018, <<https://www.phnompenhpost.com/national/three-ministries-set-web-monitoring-group-look-out-fake-news>>

¹⁶ ‘Prakas on publication controls of website and social media processing via internet in the Kingdom of Cambodia’, Phnom Penh, 28 May 2018, <http://safenetvoice.org/wp-content/uploads/2018/06/20180604_Inter-Ministerial_Prakas_On_Social-Media.pdf>

¹⁷ Adrian Shalbaz, ‘Freedom on the net 2018 – The rise of digital authoritarianism’, Freedom House, 1 November 2018, <<https://freedomhouse.org/report/freedom-net/freedom-net-2018/rise-digital-authoritarianism>>

¹⁸ Mech Dara, ‘Ministry’s Plan for Net Sparks Fears’, *The Phnom Penh Post*, 21 May 2018, <<https://www.phnompenhpost.com/national/ministries-plan-net-sparks-fears>>

¹⁹ Sun Narin and Aun Chhengpor, ‘Government confirms blocking 15 independent news sites over poll ‘disruption’’, *Voice of America*, 28 July 2018, <<https://www.voacambodia.com/a/government-confirm-blocking-fifteen-independent-news-sites-over-poll-disruption/4503739.html>>

²⁰ Sun Narin, Aun Chhengpor, ‘Government confirms blocking 15 independent news sites over poll ‘disruption’’, *Voice of America*, 28 July 2018, <<https://www.voacambodia.com/a/government-confirm-blocking-fifteen-independent-news-sites-over-poll-disruption/4503739.html>>

social chaos and threaten national security”, and grants far-reaching powers to an inter-ministerial working group set up to investigate the use of any online media platforms, without any judicial supervision. This new piece of legislation seriously violates privacy rights and endangers freedom of expression for every single telecommunication activity. It further gives the faculty to the Ministry of Posts and Telecommunications to “shutdown websites and social media pages” found to be disseminating the “offending content”, and de facto puts Cambodia’s entire internet-using population under surveillance. All internet service providers are obliged to “install software programs and surveillance tools to easily filter and block any social media accounts or pages” deemed to be illegal.

Press Freedom

The increasingly authoritarian actions of the RGC throughout 2017 encouraged the near total collapse of press freedom in Cambodia. *The Cambodia Daily*, an independent newspaper known for critical investigative reporting was forced to shut down after it was presented with an arbitrarily-defined \$6.3 million tax bill in September, and 15 local radio stations known to be critical to of public policies were shut down based on unclear administrative grounds.

On 6 May 2018, it was announced that the parent company of *The Phnom Penh Post*, Cambodia’s only remaining independent newspaper, had been acquired by a Malaysian Public Relations company directed by Siva Kumar G, an individual with ties to the family of Prime Minister Hun Sen. Although the new owner stated in a press statement that the Post would maintain editorial independence, the acquisition could spell the end of an independent press in Cambodia. There is virtually no independent high quality reporting in Cambodia anymore, which not only reduces the visibility of social problems in Cambodia, including corruptions issues, it also limits NGOs’ ability to gather/verify information, negatively impacting their ability to undertake certain advocacy actions.

The 2018 World Press Freedom Index ranked Cambodia 142 of 180 countries; down ten places from 2017 and 16 places from 2016. As a result of this crackdown, almost all remaining news sources are now pro-government and voters are prevented from accessing alternative political broadcasts.

Freedom of Association

In February 2018, the Constitution was amended to include provisions requiring political parties to “primarily uphold the national interest.” The text contains worrisome provisions regarding freedom of association. Under Articles 42(2) and 49(2) forbids conducting “any activities” which “directly or indirectly” affect “the interests” of the Kingdom of Cambodia and Khmer citizens. In addition, Article 53(3) states that “the Kingdom of Cambodia absolutely opposes any interference from abroad conducted through any forms into its own internal affairs.” These amendments, which were passed without meaningful consultation, were described United Nations’ (“UN”) experts as impinging democracy.

CSOs also raised concerns as to the excessive punishment prescribed for legal entities by the above-mentioned lèse-majesté offence. In addition of being potentially held responsible for offences committed on their behalf by their organs or representatives, legal entities are subject to sanctions

ranging from disproportionate fines to dissolution. Considering the broad language of this provision, CSOs could be prevented from freely exercising their fundamental freedoms.

Numerous associations have reported surveillance and intimidation by police authorities while carrying out activities.

Freedom of Assembly

In the run-up to the 2018 July's elections, freedom of assembly continued to be undermined. CPP officials continuously threatened to take measures to stop those calling for the boycott of the elections, claiming that such calls are illegal under Cambodian law.

Peaceful demonstrations were often disrupted by authorities and were sometimes met with violence. In March 2018, security guards and police officers prevented journalists, CNRP supporters and human rights activists from attending Kem Sokha's appeal hearing by barricading roads leading to the court. One CNRP supporter was slapped by a guard while drawing a message in support of Kem Sokha. Other CNRP supporters and officials were prevented from giving interviews to media reporting the event. The RGC continued to cite a purported "color revolution" when restricting fundamental freedoms, including freedom of assembly.

In a report covering the period from April 2017 to March 2018, the Fundamental Freedom Monitoring Project ("FFMP") recorded 26 prohibitions of assemblies. Many of those were related to the dissolution of the CNRP and Kem Sokha's case, showing the will of the RGC to stifle political opponents.

Social and Economic Rights

Land Rights

Illegal land grabs and forced evictions continued to be among the most prevalent human rights violations occurring in Cambodia. Between April 2017 and March 2018, it is estimated that 33% of land disputes in Cambodia resulted in violations of fundamental freedoms, including legal actions and arbitrary detentions.²¹

For example, the Phnom Penh's Borei Keila community, involved in a long-standing land dispute with the Phanimex Company, has been repeatedly prevented from advocating for its rights since the company forcibly evicted 300 families from their land in 2012. While protesting to demand fair compensation this year, Borei Keila residents were met with threats of prosecution and violence.²² Similarly, in March 2018, the provincial police shut down all events organized by the Cambodia

²¹ 'Second annual report of the Fundamental Freedoms Monitoring Project', CCHR, ADHOC and ACILS, 19 September 2018, pp. 30-31, <https://cchrcambodia.org/admin/media/report/report/english/FFMP_Second%20Annual%20Report_EN.pdf >

²² *Ibid.*

Coalition of Farmer Community (“CCFC”), blocking access to gatherings and harassing participants.²³ In April 2018, the CCFC’s President, along with representatives from other land rights NGOs, was accused, in an op-ed issued by the RGC mouthpiece Fresh News, of carrying out “color revolution” activities.²⁴

As of August 2018, the Ministry of Land Management, Urban Planning and Development had received 9,131 complaints relating to land disputes. Of these, according to Ministry figures, 3,960 have been resolved, 2,854 have been rejected, 858 were withdrawn, and 1,459 are in the process of reaching a solution.²⁵

Workers’ Rights

In June 2018, the Parliament passed the Law on Minimum Wage aiming to enhance decent living of workers and to enable a more attractive business and investment environment.²⁶ Despite the creation of a national minimum wage for all workers being a positive development, the law fails to comply with international standards.²⁷ Its scope remains insufficient, as the law only applies to “those enterprise or institutions and individuals who are under the supervision of the Labour Law,” excluding various other categories of workers.²⁸ In addition, the definition of “minimum wage” provided by the law does not take into consideration International Labour Organization’s recommendations. The vague wording of certain provisions could result in an arbitrary application of the minimum wage for certain categories of workers.²⁹ Moreover, the Royal Government of Cambodia (RGC) has not yet revealed how the minimum wage-setting process will transition from the current Labour Advisory Committee to the newly created National Council on Minimum Wage.

²³ Soth Koemsoeun, ‘CCFC event blicked yet again’, *The Phnom Penh Post*, 9 March 2018, <<https://www.phnompenhpost.com/national/ccfc-event-blocked-yet-again>>

²⁴ Andrew Nachemson, ‘Fresh News editorial accuses orgs of anti-government plot’, *The Phnom Penh Post*, 24 April 2018, <<https://www.phnompenhpost.com/national/fresh-news-editorial-accuses-orgs-anti-government-plot>>

²⁵ Khut Sokun, ‘Over 1000 cases of land disputes unsolved’, *Voice of Democracy*, 25 October 2018, <<https://www.vodhotnews.com/2018/10/25/83753/over-1000-cases-of-land-disputes-unsolved/>>

²⁶ OHCHR, ‘A human rights analysis of the draft law on minimum wage’, June 2018, <<http://cambodia.ohchr.org/sites/default/files/Analysis%20of%20Minimum%20Wage%20Law%20EN%20FINAL%20for%20PUBLICATION.pdf>>

²⁷ ‘Joint Analysis Analysis of the Draft Law on a Minimum Wage’, CCHR, SC, ITUC, March 2017, <https://cchrcambodia.org/admin/media/analysis/analysis/english/ITUC,%20CCHR%20and%20SC%20Joint%20Legal%20Analysis%20-%20Draft%20Law%20on%20Minimum%20Wage_ENG.pdf>

²⁸ OHCHR, ‘A human rights analysis of the draft law on minimum wage’, June 2018, p.4, <<http://cambodia.ohchr.org/sites/default/files/Analysis%20of%20Minimum%20Wage%20Law%20EN%20FINAL%20for%20PUBLICATION.pdf>>

²⁹ OHCHR, ‘A human rights analysis of the draft law on minimum wage’, June 2018, p.5, <<http://cambodia.ohchr.org/sites/default/files/Analysis%20of%20Minimum%20Wage%20Law%20EN%20FINAL%20for%20PUBLICATION.pdf>>

However, the government made a number of positive steps in terms of the rights of garment workers, including improvements in the social welfare system.³⁰ Health and safety concerns remain, including cases of mass fainting.³¹

On 7 November 2018, Prime Minister Hun Sen requested the labor and justice ministers to expedite, and end, cases against union activists.³² This prompted the creation of a working group tasked with facilitating the resolution of lawsuits against unionists.³³ In a statement released on 5 December,³⁴ the RGC laid out a series of “steps to strengthen democracy and the political space”, which include the advancement of labor and trade union rights.

Fair Trial Rights

Judicial harassment of critical voices

The use of the judiciary to suppress those voicing their dissatisfaction towards the government remained widespread. Human rights defenders (“HRDs”), journalists, union leaders, community representatives, and others exercising their fundamental freedoms were often subject to judicial harassment.

On 13 July 2018, the Supreme Court upheld the conviction of three environmental activists from the deregistered NGO Mother Nature.³⁵ The three were arrested in 2015 for their peaceful involvement in a campaign against sand-dredging activities in Koh Kong. The trial was marred by a lack of adherence to fair trial rights. According to the presiding judge, the verdict was upheld because the defense had been unable to prove the innocence of the accused, thus reversing the burden of proof.³⁶

On 26 September 2018, four HRDs from the Cambodian Human Rights and Development Association (“ADHOC”) and a NEC official were found guilty of bribing a witness in connection with an alleged affair with a political opponent, Kem Sokha.³⁷ All were sentenced to five years imprisonment with their pre-

³⁰ Kong Meta, ‘Workers’ welfare progresses’, *The Phnom Penh Post*, 6 December 2018,

<<https://www.phnompenhpost.com/national/workers-welfare-progresses>>

³¹ Yon Sineat, ‘More than 100 workers collapse in Kandal factory mass faintings

’, *The Phnom Penh Post*, 29 May 2018, <<https://www.phnompenhpost.com/national/more-100-workers-collapse-kandal-factory-mass-faintings>>

³² Niem Chheng, ‘PM urges ministers to end all cases against union leaders’, *The Phnom Penh Post*, 8 November 2018,

<<https://www.phnompenhpost.com/national/pm-urges-ministers-end-all-cases-against-union-leaders>>

³³ Hul Reaksmey, ‘Cambodia Forms Group to Settle Lawsuits Against Unionists’, VOA Khmer, 7 December 2018,

<<https://www.voacambodia.com/a/cambodian-government-forms-a-working-group-to-settle-lawsuits-against-unionists/4689594.html>>

³⁴ Open Development Cambodia, <<https://opendevdevelopmentcambodia.net/announcements/statement-of-the-royal-government-of-cambodia-on-further-steps-to-strengthen-democracy-and-political-space/>>

³⁵ ‘Supreme Court upholds Mother Nature conviction’, Licadho, 13 July 2018, <<http://www.licadho-cambodia.org/flashnews.php?perm=251>>

³⁶ *Ibid.*

³⁷ Niem Chheng, ‘ADHOC 5 free despite being sentenced to five years in jail’, *The Phnom Penh Post*, 27 September 2018,

<<https://www.phnompenhpost.com/national/adhoc-5-free-despite-being-sentenced-five-years-jail>>

trial detention considered time served and the remainder suspended. The conviction has been widely criticized by CSOs as unfair and politically motivated.³⁸

In other cases, release from prison is often darkened by the threat of return. Tep Vanny and five other Boeung Kak Lake activists were found guilty of making “*death threats*” and received suspended sentences. Kem Sokha was released from prison and then placed under effective house arrest, unable to leave the streets around his home and barred from taking part in politics.³⁹ The World Justice Projects’ Rule of Law Index 2017-2018, which measures rule of law adherence across the globe, ranked Cambodia 112 out of 113 countries.⁴⁰

Culture of Impunity

Impunity remains a serious concern in Cambodia. Cases involving crimes perpetrated against HRDs and journalists rarely involve accountability. In April 2018, the Appeal Court rejected a request from two Boeung Kak activists to reopen an investigation into an attack on lake residents in 2013 at Phnom Penh’s Wat Phnom by thugs and plainclothes police officials.⁴¹ Although the Phnom Penh Municipal Court had provisionally charged unnamed individuals for intentional violence and had questioned some of the lake residents and Daun Penh officials, an investigating judge dropped the charges.⁴²

In 2018, several cases of impunity remained unsatisfactorily resolved. July marked the two-year anniversary of the murder of Kem Ley, a political analyst who was assassinated in broad daylight days after commenting on the radio about a controversial Global Witness report alleging corruption at the highest levels in Cambodia.⁴³ Since 1994, 13 journalists have been murdered in Cambodia, and in 11 of these cases, no one was convicted for the murders. In the two cases where a trial did take place, some of the perpetrators were not brought to justice.⁴⁴

LGBTIQ Rights

The lesbian, gay, bisexual, transgender, intersex and queer (“LGBTIQ”) community is not criminalized under Cambodian law and enjoys relative visibility. However, societal and legal discriminations persist, including a lack of legislation to allow for same-sex marriage and adoption, or to recognize an individual’s gender identity if it differs from their sex at birth. In May 2018, a report titled “Revealing the Rainbow” documented that LGBTIQ HRDs were weakened by the Law on Associations and Non-

³⁸ Joint Statement, ‘Civil society groups condemn the wrongful conviction of four ADHOC staff members and an NEC official’, 26 September 2018, <https://cchrcambodia.org/media/files/press_release/701_isaanoce_en.pdf>

³⁹ Niem Chheng, ‘Release of Sokha on bail “amounts to house arrest”’, *The Phnom Penh Post*, 11 September 2018, <<https://www.phnompenhpost.com/national/release-sokha-bail-amounts-house-arrest>>

⁴⁰ ‘Rule of Law Index 2017-1018’, World Justice Project, <https://worldjusticeproject.org/sites/default/files/documents/WJP_ROLI_2017-18_Online-Edition_0.pdf>

⁴¹ Kim Sarom, Ananth Baliga, ‘Cour rejects activists’ appeal to reopen case’, *The Phnom Penh Post*, 5 April 2018, <<https://www.phnompenhpost.com/national/court-rejects-activists-appeal-reopen-case>>

⁴² *Ibid.*, <<https://www.phnompenhpost.com/national/court-rejects-activists-appeal-reopen-case>>

⁴³ CCHR, <https://www.cchrcambodia.org/our_work/campaigns/impunity-2017/img/profile/22-Kem-Ley-en.png>

⁴⁴ Joint Statement, ‘CSOs call on authorities to step up the fight against endemic impunity in Cambodia’, <https://cchrcambodia.org/index_old.php?title=JOINT-STATEMENT-CSOs-call-on-authorities-to-step-up-the-fight-against-endemic-impunity-in-Cambodia&url=media/media.php&p=press_detail.php&prid=702&id=5>

Governmental Organizations. The report also highlighted that LGBTIQ people remained at risk due to the ongoing crackdown on fundamental freedoms throughout the country.

While no legal steps towards recognition have been taken, the government has shown some support for LGBTIQ rights. At a policy dialogue in May, the Ministry of Women's Affairs stated that it has been working on addressing issues faced by LGBTIQ people, in particular promoting gender equality and responding to gender-based violence faced by the LGBTIQ community. H.E. Chan Sotheavy explained that if there were concrete data of LGBTIQ people in Cambodia, she could discuss the development of a new protective law. A representative from the Ministry of Labor and Vocational Training, H.E Chum Mom, further stated that if an employer discriminates against an employee based on SOGIE, the employer is at fault. Civil society organizations, as part of a sexual orientation, gender identity and expression working group, took part in consultations organized by the Cambodian Human Rights Committee on 17 August and 14 September ahead of the upcoming 3rd cycle universal periodic review to compile the national UPR report.

Conclusion

The human rights situation deteriorated in 2018, particularly in the run-up to the national elections. The RGC maintained a strong influence over the legislative process, leading to the adoption of laws introducing further restrictions on freedom of expression, association and assembly. This year also witnessed a crackdown on dissenting opinions, with tactics ranging from censorship to threats and violence. Harassment of independent journalists remained widespread, undermining the expression of diverse range of opinion and preventing Cambodian citizens from accessing information.

1.3. CCHR Projects

In response to these serious and varied human rights issues, CCHR works on a number of projects to combat the infringement of human rights, lobby for change and raise awareness of human right issues. CCHR has been working on the promotion and protection of human rights in Cambodia – in particular civil and political rights – since November 2002. CCHR was the first NGO to initiate a program of public forums throughout Cambodia, opening space for the public to learn and ask questions relating to their rights and democracy. CCHR has since expanded and the Projects at CCHR now touch on most significant human rights issues in Cambodia. The Projects are both diverse and interrelated and CCHR has now begun to streamline its Projects in order to play to its strengths, concentrating on key cornerstone issues such as freedom of expression and human rights defenders.

Business and Human Rights Project

The Business and Human Rights Project focuses on the overall impact of business and investment on the human rights landscape in Cambodia. In particular, the Business and Human Rights Project advocates for the implementation of the UN Guiding Principles on Business and Human Rights in the business sector, which includes the State duty to protect human rights; the corporate

responsibility to respect human rights; and the requirement of both the State and businesses to ensure access to remedy for victims of business-related human rights abuses. The Business and Human Rights Project works to improve human rights and legal standards related to the business sector by:

- Documenting human rights violations within the business sector, with a focus on the garment industry and ELCs;
- Increasing awareness of the human rights responsibilities of the business sector, and its performance against these;
- Engaging the business sector and national government to increase respect for human rights in this setting; and
- Building capacity of relevant stakeholders including civil society, government, businesses, unions, workers, and victims of business and human rights abuses related to the UN Guiding Principles and their implementation.

Business and Human Rights/OHCHR Project

Private companies and public authorities continue to fail to fulfil obligations under international human rights law, and economic land concessions (ELCs) have affected rural communities and their agricultural land, causing displacement of communities and destruction of rural areas. When occupants of claimed land attempt to evoke their rights they face eviction, criminal charges, or prosecution/imprisonment.

The BHR Project, in cooperation with OHCHR, looks to encourage and promote greater respect of human rights by domestic and international businesses operating in the land sector in Cambodia. The project organizes business and human rights training for public authorities, and raises awareness on human rights principles through workshops, the publication of informative materials, and use of the radio talk show. Further, to help with the promotion of rights the project organizes networking meetings for relevant actors to share good practices, aiming to target state authorities, business representatives, community representatives, legal professionals, and HRDs/activists.

Business and Human Rights/ActionAid Cambodia Project

The lack of formal land titles and endemic corruption in Cambodia allows for corporate actors to commit violations of human rights with impunity, grabbing land awarded as economic land concessions by the Royal Government of Cambodia.

In association with ActionAid Cambodia, the BHR project works to ensure better adherence to human rights by corporate actors in the land sector in Cambodia. A particular focus is placed on European companies involved in agri-business, encouraging the formulation and implementation of corporate social responsibility policies. The BHR Project works with Action Aid Cambodia to facilitate dialogue between government representatives, corporate actors and affected communities. The project also empowers local communities and civil society organization (CSO) to advocate for their rights, campaigning for greater corporate social responsibility.

Fair Trial Rights Project

The improper administration of justice is one of the main factors impeding the realization of democracy in Cambodia. Cambodia is consistently ranked as one of the countries with the weakest rule of law globally, partly because of the lack of independence of the courts from the executive, which originates from the laws related to the functioning of the judiciary, and partly because of the lack of awareness and accountability on the part of the judges and lawyers regarding fair trial rights, as well as the public's lack of knowledge regarding the most basic rights in the judicial context. Considering that ordinary citizens often find themselves subject to judicial harassment when they attempt to claim their other human rights in Cambodia, widespread knowledge of fair trial rights is crucial.

The FTR Project is the successor to the former Trial Monitoring and Judicial Reform Projects which started in 2009, and has run from 2016 in its current form. The project aims to increase the accountability and transparency of the Cambodian judiciary and justice system, by monitoring trials and collecting data on violations that occur. From 2009 to 2018, the project monitored a total of 3102 trials. It currently only monitors trials at the Court of Appeal in Phnom Penh. Furthermore, the project conducts orientations at universities, offering participants an introduction to fair trial rights with a particular focus on barriers to justice for women in Cambodia. The project also conducts a more in-depth mentoring program, taking 30 students for three full days of detailed fair trial rights training and trial monitoring. Following this, participants of the mentoring program can participate in trial monitoring, then a half-day reflection workshop to reflect on the theoretical framework of fair trial rights and compare it to actual practice observed during their monitoring.

Fundamental Freedom of Unions Project

Unions in Cambodia face restrictions on their activities and rights, in particular freedom of association, freedom of expression, and freedom of assembly. Trade union leaders have faced criminal charges and threats not to mobilize workers, as well as the implementation of the Trade Union Law which restricts the unions ability to work effectively and independently.

The Fundamental Freedom of Unions Project works to monitor the ability of unions to operate freely (particularly the firing of union leaders due to registration) and document incidents of labour rights violations. The project works to form a support networks of local organisations and workers groups to encourage greater workers' rights. The project works with diverse stakeholders to help workers and CSOs engage directly with at least 25 brands, using, in particular, the Fair Labour Association's quick response initiative. FFU Project also supports CSOs facing threats. Three to five unions/CSOs will be selected to be provided with individual and comprehensive organizational strengthening support and capacity building. The project also provides legal support and assistance to CSO individuals and activists working to promote fundamental freedom and workers' rights, as well as possibly providing possible Training of Trainers on digital security and secure communications systems. Furthermore, the project

conducts an exploratory survey on the urgent needs of CSOs working in the garment sector to better allow the project to help the work of CSOs and workers' groups.

Fundamental Freedoms Monitoring Project

In recent years, the Royal Government of Cambodia has largely worked to dismantle civil and political rights. Political opponents, journalists, human rights defenders, civil society organizations, trade unions, community groups and private citizens have been met with a slew of legislative, judicial and extra-legal barriers that have squeezed civic space to breaking point and effectively eradicated any political opposition. An increase in the promulgation and implementation of restrictive legislation and a crackdown on political opponents in the name of preventing a supposed "color revolution" has reduced the ability of Cambodian citizens to exercise their fundamental human rights and engage in democratic processes.

The Fundamental Freedoms Monitoring Project focuses on freedom of association, freedom of expression, and freedom of assembly. The project utilizes a range of monitoring tools; a survey of CSO and trade union leaders, a public poll, an incident reporting mechanism, media monitoring, a trade union registration evaluation tool, and a desk review of relevant laws. To assist in collecting balanced and objective data the project uses the Monitoring and Tracking Tool, which has 92 individual elements to see the adherence and progress towards the projects four key milestones. These are: that the legal framework for fundamental freedoms meets international standards; that the legal framework for fundamental freedoms is implemented and properly enforced; that individuals free to exercise and understand fundamental freedoms; and that CSOs and trade unions are recognized and can work in partnership with the government. The project uses this data to produce an annual report, as well as to advocate for greater adherence to human rights standards.

No Impunity Project

Impunity is a major issue in Cambodia, causing fear and diminished confidence in the rule of law, and causing many Cambodians to self-censor in fear of retribution. Particularly at risk of violence with impunity are activists, human rights defenders, journalists, and trade unionists.

The No Impunity Project works to empower the victims of impunity and their surviving loved ones in Cambodia, particularly by raising awareness of their cases and advocating for justice. The project runs social media campaigns raising awareness of cases of impunity in Cambodia, such as the 2017 "Never Forget" Campaign in which the profiles of victims of impunity were exhibited to allow their family members to call on the government for justice. Through advocacy both online and using more traditional media, such as CCHR's radio show, the project intends to increase demand for an end to impunity among the Cambodian public, raising awareness and fostering increased public debate.

Further, the project hopes to influence policy change in Cambodia by advocating at the local and international levels.

Protecting Fundamental Freedom Project

The Kingdom of Cambodia has seen on going violations of fundamental freedoms, in particular against human rights defenders, union leaders and activists. Restrictive legislation, media censorship and judicial harassment have been used to restrict fundamental freedoms, in particular restrictions of freedom of expression and association.

The Protecting Fundamental Freedom Project undertakes systematic monitoring and documentation of violations to aid advocacy for change. The project also offers legal and practical support to individuals who have experienced violations of their freedoms, maintaining a fund to aid those threatened or violated by legal instruments. Furthermore, they distribute and produce a range of responsive, informative and analytical written and multimedia materials for the public and relevant stakeholders. The project also conducts campaigns, training and community-based events to empower beneficiaries, including HRDs, journalists, union workers, CSOs and local NGOs. These efforts aim to develop a more vocal dialogue among the Cambodian public to claim their fundamental freedoms. The project utilizes the CCHR radio broadcasts to inform the public, particularly in the provinces, of fundamental freedoms.

Radio Project

CCHR's Radio Project broadcasts live radio programs on three radio channels (Vayo FM 105.5MHz in Phnom Penh, relayed to Vayo FM 102.5 MHz in Preah Sihanouk Province; Vayo FM 88MHz in Battambang Province; and Vayo FM 88MHz in Siem Reap Province), as well as a livestream on Facebook. Broadcasting live on Wednesday, Thursday and a weekly analysis on Friday, these shows are re-aired Saturday, Sunday, Monday and Tuesday. By broadcasting programs on a variety of human rights topics, the project works to raise awareness of human rights. The project invites guest speakers to discuss specific issues in the form of discussion, as well as producing radio dramas (such as a series on human rights defenders profiles). It receives calls from listeners throughout Cambodia. The project cooperates with many of the CCHR's projects, such as running talk shows for the SOGI Project and Protecting Fundamental Freedoms Project.

Sexual Orientation and Gender Identity/Expression Project

While commendable progress has been made in respect of LGBTIQ inclusion in Cambodia, LGBTIQ people in Cambodia continue to endure various forms of legal and social discrimination. Cambodia's Lesbian, Gay, Bisexual, Transgender, Intersex and Queer (LGBTIQ) communities and activists enjoy some visibility, with a wide range of LGBTIQ events taking place and with select support from members and institutions of the Royal Government of Cambodia. However, several discriminatory laws and policies remain in place, as do discriminatory practices. The current legal framework denies LGBTIQ individuals basic equality, forms of legal discrimination include the absence of marriage equality, the absence of legal recognition of self-defined gender identity, the denial of full adoption rights to

rainbow couples and the lack of legal protection against discrimination and violence against LGBTIQ people. Furthermore, despite the fact that the LGBTIQ community is becoming more visible, in part due to a growing LGBTIQ rights movement and a context lacking strong religious or institutional opposition, Cambodian LGBTIQ people continue to be discriminated against and excluded in several areas of social life, including in the family sphere and in the education, employment and health sectors.

The SOGIE Project has been ongoing since 2010, and is currently in Phase III of the project as of January 2017. Currently, the project seeks to increase access to information about Lesbian, Gay, Bisexual, Transgender, Intersex, Queer (LGBTIQ) rights in Cambodia, through undertaking research on the situation of LGBTIQ people in Cambodia and diffusing information regarding Sexual Orientation, Gender Identity and Expression and Sex Characteristics (SOGIESC) rights to LGBTIQ communities, the general public and government actors. The aim of the project is also to empower the LGBTIQ community to the available evidence base to advocate for legal and policy changes in respect of LGBTIQ rights at the national, regional and international level. The project consults with established grassroots networks Micro Rainbow International (MRI), Loveisdiversity, CamASEAN and RoCK, aiming to produce a cascade effect on the communities these actors work in.

Universal Periodic Review (UPR) Project

The [UPR](#) is a United Nations (UN) mechanism that operates by reviewing each UN Member States' human rights obligations. Under the UPR, the human rights record of each country is reviewed by other UN Member States. This provides an opportunity for countries to discuss their domestic human rights framework as well as measures taken to promote and protect human rights in their country.

In 2018, CCHR's UPR Project conducted a number of activities focusing on supporting Cambodian civil society to effectively participate in and engage with the UPR process. This included a pre-meeting in February 2018, an introductory workshop in March 2018, a follow-up workshop in May 2018 focusing on the preparation of civil society written submissions for the Third UPR of Cambodia, a validation workshop in July 2018, a UPR Advocacy Factsheet Development workshop in September 2018 and the UPR In-Country Pre Session organized in Phnom Penh in November 2018. In addition to these workshops, with the support of CIVICUS and IFEX, the Project also conducted a number of awareness-raising activities focusing on introducing the UPR process to the public and relevant stakeholders, including through the broadcasting of radio talk shows and the dissemination of educational leaflets. After the third review of Cambodia which took place on 30 January 2019, during which a number of recommendations suggested by civil society were raised, the project organized a CSO strategy workshop in February 2019. During this workshop, CSOs were able to develop action strategies to encourage acceptance of recommendations received as well as to contribute to the implementation of UPR recommendations.

Voices for Gender Equality Project

In recent years, there have been positive developments in furthering women's rights in Cambodia. However, despite these positive developments, patriarchal structures and societal norms remain deeply entrenched. Women remain underrepresented in politics and the judicial system. Reports of

gender-insensitive courts are not uncommon, with victims of gender-based violence reporting having been blamed, ridiculed or re-traumatized by justice professionals. Cambodian women face a high risk of gender-based violence due to discriminatory societal norms in Cambodian culture towards both women and LGBTIQ individuals. In particular, those who advocate for their rights and equality face even greater risk of violence both in the home and the public sphere.

CCHR, in cooperation with DanChurchAid (DCA), the Cambodian Center for Independent Media (CCIM), and the Cambodian NGO Committee on CEDAW (NGO-CEDAW), launched the four-year VGE Project on the eve of International Women's Day in 2018. The project aims to increase commitment and concrete action from the Royal Government of Cambodia to protect the human rights of women and LGBTIQ individuals and promote gender equality. The project provides trainings for women human rights defenders and LGBTIQ activists, provides legal, material, and psychosocial support to women and LGBTIQ individual victims of violations, and conducts advocacy on gender equality and related rights. Furthermore, the project works to raise public awareness and overturn harmful stereotypes through media campaigns.

2. Before You Go

This chapter contains all the essentials that you might like to know before you arrive in Cambodia! We have put together some tips on flights, packing, visas, travel insurance and temporary accommodation, which should ease your planning stresses.

2.1. Travel to Cambodia

Fortunately the popularity of Cambodia as a tourist destination means that travelling to and within the country is relatively easy! The RGC also has relatively relaxed visa requirements, making it an attractive destination for expats to live. As such, you'll see not only busloads of tourists, embassy workers and NGO workers, but also westerners running a whole variety of businesses in the country. The increasing development in Phnom Penh and cheap cost of living has also recently made it an attractive destination for people who work remotely in digital businesses.

2.1.1. Flights

Book your flight as early as possible. Flights might get more expensive the later you book them and there is also a chance that they are already fully booked a couple of months ahead. It can be expensive to fly directly to Phnom Penh. A cheaper option may be to book a flight to Bangkok, Singapore, Hong Kong or Kuala Lumpur and from there book a separate ticket from a discount airline to Phnom Penh International Airport.

Airlines with service to Phnom Penh include:

- Air Asia (discount): www.airasia.com
- Cambodia Angkor Air: www.cambodiaangkorair.com/en/
- Dragonair: www.dragonair.com
- Jetstar Asia (discount): www.valueair.com.sg
- Qatar Airways <https://www.qatarairways.com/en/homepage.html>
- SilkAir (codeshares with Singapore Airlines): www.silkair.com
- Thai Airways: www.thaiairways.com

If you want to fly with a discount airline you should be aware that the baggage weight limits might be low (15 kg at Air Asia) and that you may have to pay for excess baggage.

An even cheaper way to get from Bangkok to Phnom Penh is by bus. You should know though that scams and touts are common at the border crossing, so watch out if you choose this option! Bus tickets are available at guesthouses and travel agencies in Bangkok. There is no departure tax when leaving Cambodia by road.

Transport from the airport

Transport to and from the airport into central Phnom Penh is available by taxi, tuktuk, and moto. The prices are approximately as follows: taxi (\$9), tuktuk (\$7); if you walk through the parking lot and past the airport gates, tuktuks and motos are also available for a dollar or two less (see "4.1 Getting Around" for more information on taxis, tuktuks, and taxis).

2.1.2. *What to pack*

Generally, you can buy nearly everything in Phnom Penh. However, we suggest that you pack the following items:

- Laptop and charger (you MUST bring this for your work at CCHR)
- Clothes for work (business casual, more detail below) and leisure
- Power adapter, if needed (Cambodian power sockets often have both European continental sockets, and a multi-plug socket that suits UK and Australian plugs too). You might also consider a surge protector (or adapter with one incorporated), as power surges are somewhat common and building wiring is often not well installed. It also might be worth checking that the voltage of your electronic equipment is Cambodia-compatible, so you don't end up frying the circuits. Voltage adapters and converters are readily available at travel stores.
- Flashlight (occasionally there are power cuts/outages at night)
- Toiletries (including lotion/moisturizer because the lotions here tend to have a whitening agent in them) These are widely available however Western brands can be expensive to buy in the city
- First aid kit
- Mosquito repellent (bring more than you think you'll need, because you will run out)
- Insect bite and sting cream
- Sunscreen (very expensive in Cambodia. Buy the highest SPF that is available, because the sun here is unforgiving)
- Rain gear - poncho and umbrella (you can buy ponchos here, but they are cheap and rip easily)
- Multiple pairs of shoes (especially sandals. Buy them cheaply, and expect them to get filthy, and to break at least once)
- Towel
- It is good to have a backpack to carry your laptop to and from work. It is also advised that you bring a bum bag/ fanny pack to store goods in the evening or at weekends
- Aloe Vera is expensive and not readily available
- Some medicine (diarrhea, cold, etc.)
- Hand sanitizer
- Snacks from home (things like muesli bars, cookies, and chocolate – whilst readily available, are often prohibitively expensive in comparison, and will generally also help you feel a little less homesick)
- Ensuring that you have access to data in Cambodia is important for many reasons. Before you arrive in Cambodia, it may be helpful to check with your service provider if your smartphone is locked. If your phone is locked, you may wish to bring an alternative cellphone that is not. Sim cards are easily accessible in Cambodia and normally cost around \$1. There are various

data plans that often offer unlimited data for a week throughout the province of Cambodia for an additional \$1. Simply switch your home sim card for a Cambodian one to ensure Google Maps/Taxi Services (such as Grab or PassApp – read more below) are always at your fingertips.

Clothing

Cambodia is situated within the tropics, so it is pretty hot all year round. However, there is some seasonal variation. From June to October the weather is hot and rainy, from November to January it is cooler with little rain, and February to May is the hottest part of the year. Lightweight, breathable clothing is important. Clothes in Cambodia are also usually hand washed, which will wear them out quickly. Laundry services are readily available, but any synthetic fabric will be *highly* prone to shrinkage, and separating colors is probably not something you should rely on. Luckily, clothes are very cheap to buy here! At the traditional markets, you can get shirts from US\$4 upwards and trousers for around US\$7. So you might want to leave some space in your baggage for your Cambodian acquisitions.

Tailors are also widespread throughout Phnom Penh and can make new clothes for you at cheap prices. They can copy an item of clothing that you bring them, or produce something similar if you show them a picture.

Office Dress Code

The dress code at CCHR is informal but modest. Most men wear button down shirts or t-shirts and jeans or other trousers. Shorts are not acceptable. Women are expected to cover their shoulders and typically wear long or short-sleeved tops and skirts covering the knee, or trousers/jeans. For men and women either sandals or shoes are appropriate.

2.1.3. Visa

You can apply for a visa on arrival in Cambodia, online before departure, or via the nearest Cambodian embassy. It is not necessary to organize a visa in advance, unless you are from a country requiring an embassy-issued visa (at time of writing these were: Afghanistan, Algeria, Arab Saudi, Bangladesh, Iran, Iraq, Pakistan, Sri Lanka, Sudan, Nigeria). Instead, when you arrive in the airport in Cambodia, you can buy **a 30-day E-class (“ordinary”) visa**. When you arrive, all you need is a passport that is valid for at least six months, \$35 for the visa, and a passport-sized photo. It is very straightforward to get your visa when you arrive at the airport – all you do is hand over the above items and after a short wait they return your passport with your visa. Alternatively, you can apply for your visa online (for \$37) at: <https://www.evisa.gov.kh/>

Note: If you do choose to organize your visa in advance, please be aware that some Cambodian embassies abroad, and Cambodian immigration at the border with Thailand have issued three-month visas to interns and volunteers. These are NOT valid! The maximum duration of a Cambodian visa granted abroad is one month, regardless of what you may be told at the consulate.

The business visa is issued for one month, but can be extended as many times as you want for one, three, six or twelve month periods at a time. The admin team at CCHR are very happy to sort out the extension for you as are any guesthouse or travel arrangement in Phnom Penh. It is also worth noting that whereas the one and three month extensions keep the visa as a single entry visa, the six month extension converts it into a multi entry visa which is useful if you’re planning any trips to Vietnam or

Thailand during the internship. *A one month visa extension costs \$45, a three month visa costs \$76 and a six month visa costs \$150.*

If you are staying in Cambodia for one month or less (or if you will be leaving Cambodia and re-entering – it is single entry only), you may also obtain a tourist visa, which is valid for one month and costs \$30. This visa can be renewed, but only for one month at a cost of \$45. After the renewed month has expired you must leave Cambodia and come back to obtain a new visa.

If you overstay your visa, you pay a \$10/day penalty when you leave or when you apply for your extended visa.

For further information or for organizing the visa in advance you can contact the Cambodian Embassy in your country.

2.1.4. Health insurance and vaccinations

Before you travel, please ensure that you have adequate health insurance. Make sure that you are insured for motorbike accidents and emergency evacuations.

There are several vaccinations recommended for travel to Cambodia. Check with your General Practitioner at least six weeks before departure what vaccinations are needed. At the least, you should be vaccinated for Hepatitis A & B, Typhoid, and Tetanus if you have not been already, and consider Japanese Encephalitis, Meningitis, and Rabies.

You may also consider bringing anti-malarial medication with you. Although Phnom Penh is considered to be malaria-free, it is very likely during your time in Cambodia that you will venture into the provinces where malaria is common. Regardless of whether you are taking anti-malaria medication, it is important to minimize your exposure to mosquito bites as cases of dengue fever are reported throughout Cambodia.

You should also bring enough of your prescription medication to last the entirety of your stay, as well as some common antibiotics for travelers' diarrhea.

2.2. Temporary Accommodation

There are many hostels and guesthouses available in Phnom Penh that could be convenient for you to begin your time here. Hostels will tend to be busier, more social places, whilst guesthouses might be a quieter, more comfortable option. Usually interns will start at a hostel or guesthouse for a few days until they find an apartment to rent (more info on finding an apartment in Chapter 4).

We recommend using a site such as www.hostelworld.com or www.booking.com to compare hostels and read the latest reviews! Try and find a map view, bearing in mind that CCHR is in the southwest of the city (although it shouldn't take longer than about 20min to get there from the riverside area). However, we do have some recommendations listed below:

- If you want the typical backpacker hostel experience, you could look to the largest hostel in Phnom Penh, the Mad Monkey (#26 Street 302). They have a very busy bar and are located just south of the Independence monument, not too far from either CCHR (about 15min by tuk-tuk) or the Riverside/clubbing area (near the intersection of Rue Pasteur, aka st. 51, and 172). The Blue Dog (#13 Rue Pasteur Street 51) is similar, but not as highly rated.

- Top Banana also has a small bar and downstairs restaurant; it is very close to Independence Monument and the surrounding bars and restaurants. *#9E0 Street 278*

Guesthouses tend to be a bit more expensive, but are suitable for longer stays. There are many available online (try the sites above). One that is certainly good is The Little Garden Boutique Hotel, located a 20 min walk or 10 min tuk-tuk from CCHR. The staff are friendly and most speak good English, and there's a great pool! They also have WIFI, air conditioning and included breakfast. *#8 Street 398*.
<http://www.littlegarden.asia/>

It is easy enough to move guesthouses until you find one that suits you. If you plan to stay in a guesthouse for a long period of time, like a month or more, it is worth trying to negotiate the price. Negotiate the price of everything!

Other guesthouses recommended by former interns and volunteers include Vanny's peaceful Apt and Amber house.

The following Facebook group is good to look for shared apartments:

<https://www.facebook.com/groups/PPsharedhousing/>

Living in Cambodia

Depending on your background and experience in travelling and living overseas, Cambodia can be an unfamiliar and surprising place to live and work. For example, the pace of street life is frenetic and chaotic, but the pace of office life is somewhat slower and more relaxed. It is important to keep the context of the past in mind, and remember that the country is rebuilding itself after decades of turmoil.

3.1 Social Customs

There are a few social customs and norms that might be unusual or unexpected to foreigners arriving in Cambodia. To help you avoid social faux pas, we have collected a few below!

- **Wealth:** You will most likely be perceived as an affluent westerner upon your arrival in Cambodia. If you want to be more approachable, consider the type of clothing, jewelry, restaurants and accommodation you choose while you are here. Bear in mind that an average factory worker earns \$140 per month. It helps a lot to also try to learn some Khmer!
- **Love:** Public displays of affection are inappropriate throughout Cambodia.
- **Monks:** Monks (identifiable by their saffron-colored robes) cannot touch women under any circumstances. Women should be cautious about standing too close to monks and about blocking their way in a crowd.
- **The Khmer Rouge:** Virtually every Cambodian has been affected in some way by the Khmer Rouge period. This is a sensitive topic and you should approach it cautiously.
- **Modesty:** When visiting temples or shrines, you should wear something that covers your legs and shoulders. For the Royal Palace, it is not sufficient to have a pashmina to cover your shoulders; you must wear a shirt with sleeves.
- **Tipping:** this is not at all compulsory (unlike say in the USA where it would be rude not to tip), and you will not cause offence if you do not leave any extra money with your cheque. However, as above, you are perceived as an affluent person, so you might consider a small tip if you received good service.

Weddings

A wedding is a grand occasion for any Cambodian couple, so there is a good chance that you will be invited to one! The invite list for a wedding of any level of extravagance is proportionally much longer than it would be in other countries... so don't be surprised if you receive a wedding invitation from an acquaintance or a colleague's relative (the sister of your language teacher, for example). You should definitely try and attend in any case! The wedding itself is usually a long sit-down dinner from which guests progressively arrive and leave, so there is no exact starting time, and guests will arrive throughout the evening... You should probably arrive at least an hour after the given time! You will be expected to take a seat, and note that you will not be served unless your table (usually of 10 people) is full! There will be a short ceremony and after that some traditional Khmer dancing, which is much more sedate than anything you'd find at a Western wedding. It's usually a great honor to the wedding couple to have foreign guests attend, so be prepared to be the center of attention, and have plenty of people at hand ready to teach you how to dance!

Wedding dress code is surprisingly informal for men, who (including the groom) usually wear a business-type shirt in a plain color, black suit pants and business shoes. Don't wear a tie, you'll be the only guest wearing one! As for women, things are a bit more complicated. You can certainly wear a Western style dress suited to a more formal event. Alternatively, you can cheaply hire a Khmer gown (between \$10-\$20), whether a traditional two-piece dress, or a more extravagant ball gown! Also, you can have your hair and makeup done for you cheaply (roughly \$4) at most markets! The bride herself will usually wear multiple dresses during the night – more grand weddings can spread over several days and involve many, many outfits!

As for wedding gifts, there's only one answer: money! Your shiny wedding invitation will come with a small envelope. On this envelope you should write your name and how much you will contribute (!), and place the money inside. This is surprising and somewhat awkward for the typical foreigner, but it simply ensures that none of your gift money goes missing during the event. At the wedding reception, a relative of the couple will be at the door to collect these envelopes. As for amount, this will depend on your closeness to the bride or groom; the cost of your meal is a baseline.

The other fun thing about many weddings is that they are often held at or outside the family home. This means that the whole street may be blocked off and a huge marquee erected for a day or two whilst the wedding is happening! Funerals similarly are also grand affairs, but they can be distinguished from weddings by their plain marquees, and commemorative plaques above the entrance. You may also hear Buddhist chants during the funeral.

3.2 Money

Although Cambodia has its own currency, the riel, the operating currency is a combination of US dollars and riels. Dollars generally are used for larger amounts, and riels are used for smaller transactions. Be sure to always carry riel or small US bills, as many places will not accept large bills (\$50 and \$100). Tuk-tuk and moto drivers often don't have change, so try to have smaller money with you to make up the exact fare. Despite exchange rate fluctuations, local vendors will typically accept 4000 riel = US\$1 (bigger supermarkets and restaurants will account for rate fluctuations). Riel currency is issued in notes, with denominations of 100, 500, 1000, 2000, 5000, 10,000, 20,000, and (rarely) 50,000 riel.

Note: US coins are not accepted in Cambodia.

ATMs can be found around the city and inside gas stations, and will dispense only US dollars. Most ATMs charge a fee of \$4-5 per withdrawal, except for Canadia Bank, which does not charge any fees. The closest Canadia ATM branch to CCHR is on Street 360, in between Sts. 105 and 113. You may consider withdrawing an amount that is not a multiple of \$50 or \$100, as the ATMs in Phnom Penh generally give out the largest bills possible for your withdrawal amount, and not all stores will be able/willing to give you change for \$100 or \$50. ANZ ATMs give out \$50s, \$20s, and \$10s. ABA tends to give out \$100s, which are slightly more difficult to use. Lucky or Super Duper Supermarkets and Brown coffee shop, as well as some of the more up-market stores and supermarkets, are good places to break your larger bills.

Credit cards are very rarely accepted in Cambodia; the economy relies on cash. Only high-end hotels, restaurants, and medical clinics will accept cards.

There are lots of banks in Phnom Penh that, for a fee, will give you credit card cash advances or cash travelers' checks.

3.3 Travel within Cambodia

It is actually quite easy to take weekend trips from Phnom Penh! You are given annual leave at CCHR proportional to the time that you will be here for your internship. Then you simply need to apply a week in advance to take days off. In terms of transport options for long distances, you have:

- **Private taxis:** usually just private car owners who operate as taxis on an informal basis. It is best to arrange this with a local friend here if you are interested in this option.
- **Mini-buses:** these can be rented and can be quite cheap if you have a group of people. Try to get a recommendation as many mini-bus drivers drive very fast and unsafely. Many accidents involving mini-buses occur on regional roads
- **Buses:** there are a number of bus companies that offer trips between cities and towns in Cambodia. Giant Ibis and Mekong Express are popular companies. Note that CCHR is currently boycotting the company Capital Tours due to their actions in relation to labor disputes. More useful bus information can be found at: <http://www.movetocambodia.com/phnom-penh/how-to-get-from-phnom-penh-to-siem-reap-and-vice-versa/>

As for destinations, there are quite a few great places near Phnom Penh that you can visit! Cambodia is not a large country (especially if you are coming from say the USA or Australia!), so you are really only limited by the time you have (good idea to plan ahead, and perhaps take days off around the many public holidays in March and April) and the amount of time you are willing to spend in a mini-bus/coach. Some places to consider are:

- **Battambang:** the second biggest city in Cambodia, which is really just a country town. There are some temples to see, the bat caves, a world-renowned acrobatic circus, and a lazy, relaxed vibe. *Travel time: around 7 hours by mini-bus.*
- **Kampot:** a sleepy riverside town perfect for a lazy weekend away. Be sure to visit Bokor Mountain, which has an abandoned colonial casino, a newly built casino and temple ruins. The beaches and fish market of Kep are also nearby. *Travel time: about 3 hours by mini-bus.*
- **Oudong:** Very suitable for a day trip, this 'old capital' is a mountain that is home to a series of ancient stupas, and some Buddhist temples. There is a good deal of walking involved (think 500 stairs at least) but it's a relaxing way to unwind out of the bustle of Phnom Penh. *Travel time: about 1.5 hours by mini-bus.*
- **Siem Reap:** really a must-see in Cambodia. We recommend 2 days to see the temples at Angkor; one day for each of the Grand Circuit and Small Circuit. The Small Circuit contains the famous temples (Angkor Wat, of the tourist postcards, and Ta Prom, site of the Tomb Raider films) as well as some others. However the Grand circuit has the great advantages of being far less crowded, and offering a greater variety of architecture and temple sites. The town of Siem Reap is bustling and very Westerner-friendly, with a range of Khmer and Western food places and hostels (as an indication, they have everything from hipster cafes to a Hard Rock Café...). The Angkor National Museum there is particularly well-presented. Another advantage of Siem Reap is that they have a domestic airport. Though flying is significantly more expensive, the flight is less than an hour. *Travel time: 1 hour flight or about 5.5-6.5 hours by bus.*

- **Koh Kong:** this province is one of the most beautiful in Cambodia, and as you will quickly learn, has an uncertain future due to the range of aggressive commercial interests, from dams and logging to resorts and sand dredging. The environmental NGO Mother Nature runs the Wild KK Project, which leads tours through Koh Kong. This would be a great way to see the natural beauty of the region whilst supporting environmental conservation and indigenous land rights. Their website: <http://wildkkproject.com/>
- **Mondulkiri:** the closer of the two more isolated, mountainous provinces to the east of Cambodia, you can see elephants, trek through the jungle and visit indigenous communities. We recommend <http://naturelodgescambodia.com/> for accommodation, and <http://mondulkiriethnicproject.org/> to visit the Bunong community and the elephants! *Travel time: up to 8 hours by bus.*
- **Koh Rong and Koh Rong Samloem:** located off the coast of Siem Reap these two islands make a fun trip, exploring sandy bays and taking trips on Khmer motorbike engine powered boats. *Travel time: around 6 hours bus to Siem Reap then a 45min fast-boat to the islands.*

Be sure to ask around for other recommendations for places to visit!

3. Living in Phnom Penh

Upon arrival in Phnom Penh, your supervisor/manager will explain to you the tasks you will be undertaking at CCHR. These will depend on your skills and previous work experience. Interns and volunteers are expected to work Monday to Friday, 8 am to 6 pm, with a two-hour lunch break between 12pm and 2pm.

The CCHR office itself is located in a large converted house and has recently gotten a new extension, with most of the office located on the first floor. At time of writing there are about 50 people working in the office. The office is very quiet compared to some Western offices, but that is not to say people are not friendly!

This section will explain the basics of getting around in Phnom Penh, living and working here. We thought we would leave the tourist sites and temple visits up to you to decide!

3.1. Getting around

The normal way to get around Phnom Penh, and indeed most Cambodian cities, is by motorcycle taxi (“moto” or “motodup”) or by tuktuk (a motorcycle with attached carriage for seating on the back). These are definitely not hard to find - you will get used to the regular shouts of “tuktuk? Tuktuk?” as you walk down any given street! Motos are cheaper, but for the transport of a couple of people, a tuktuk is more comfortable and economical. For motos in particular you will need to be able to speak a little Khmer.

When getting a tuktuk or moto, especially in tourist areas, it is essential to haggle down the price.

You must haggle (or at the very least ask for the price) before accepting the ride, not after. The base price for a tuktuk to go anywhere is \$2, but \$3 or \$3.50 should get you to the central market area from the CCHR office. Tuktuk drivers may quote wildly inflated numbers (e.g. \$8 or \$10 or even \$2 per person) for the same journey! Don’t feel bad about haggling, they will simply not accept your offer if the price is too low! It is also worth learning a few phrases and numbers in Khmer (see Chapter 5) because this shows tuktuk drivers (and market vendors etc.) that you’ve been here a while and are aware of the tourist prices.

Alternatively, if you have access to data you may wish to use a tuk tuk hailing service.

PassApp/ Grab are Phnom Penh’s answer to Uber and can be downloaded easily from the App store on any smartphone. Simply pinpoint your pick up location, select your service (car, rickshaw, SUV or tuk tuk), add your destination and confirm your booking. You will receive an estimated fee for the journey which is based on a standard fee set by the company - The first kilometer is a flat rate of 3,000 riel, about \$0.75, and each additional kilometer is 1,500 riel, less than \$0.40. Currently the service acts in a cash only basis.

As for directions to your destination, for many new arrivals it comes as a surprise that tuktuk and moto drivers will not know Phnom Penh streets by their numbers. As such, it’s best to have in mind a landmark that they may be familiar with (especially if you know it in Khmer). Learning the names of major markets/streets in Khmer will be incredibly helpful, as well as basic directions (turn left/turn right/go straight in Khmer. You can then direct them, you will just need to pay attention!

Common Landmarks/places that tuktuk drivers will probably know in English:

- Riverside
- Independence monument
- Olympic stadium
- Russian Market (more widely known as Tuol Tom Pong)
- Genocide Museum (more widely known as Tuol Sleng)
- Central Market
- Wat Phnom

Whilst taking any type of transport, you will notice that the traffic here is dangerous! Stop signs and traffic lights are “guidelines,” and people routinely drive in the oncoming lane. If you often drive with a moto, or with a bicycle, you should **strongly** consider buying a helmet (costs around \$5-10), as accidents are frequent and can be quite serious. You may also be fined by the police if you choose to drive without a helmet. **Also, it is important to always keep your personal belongings close to you during transit.** Belongings, especially phones and handbags, can easily be snatched from inside a tuktuk as well as off of a moto. Take particular caution if you choose to ride motos at night.

3.2. Phone & Internet

Phone data and call credit is cheap and readily available, and you can get a SIM card for any type of phone. Mobile signal is generally very reliable in Phnom Penh. However, you might want to consider using two phones – a cheap basic one and your smartphone – because mobile phone theft is very common. Many Cambodians and foreigners do this! Phones are often snatched on streets, so you can keep your smartphone for apps and messaging when you are away from the road.

***Try not to use your phone (to make calls or even text/check the map) whilst on busy streets as it is very easy for a moto rider and passenger to drive past and grab it. ***

Cheap phones can be bought for \$20 at local shops or at phone company stores. Boeung Trabek Plaza (near the office) and Sihanouk Blvd have several mobile phone shops.

As for Internet, most cafes, restaurants and bars (especially those catering for westerners) will have WIFI available. You can also find Internet cafés everywhere in Phnom Penh. The speed of the connection can vary but is generally quite good. Internet café prices vary from 1500 to 4000 riel an hour.

3.3. Safety & Security

While we do not wish to exaggerate the risks involved with living and working in Cambodia, it is important that you recognize that there are risks, and that you know what they are. If anything does go wrong while you are here, CCHR will of course try to help in whatever way we can; however, because of CCHR’s limited financial resources, we are unfortunately not in a position to accept

responsibility for the safety, security, and well being of interns and volunteers while they are in Cambodia. We must emphasize that you come to Cambodia at your own risk, so we cannot stress enough how important it is to have proper travel and/or medical insurance in place. There are, however, many ways of reducing the risks involved:

Although Phnom Penh is not considered a dangerous city, there has been an upsurge in muggings in recent years, and in some cases the perpetrators have used force. CCHR recommends that you do not walk places at night – tuktuks are a cheap and safe form of transport. If you can avoid carrying a bag with you, then do. If you are carrying a bag then try to leave your bank/credit cards at home. Do not carry your passport and take the minimum amount of cash that you can. Moto taxis are a very common form of transportation and are largely safe and reliable, but it is not wise to take a moto after 11PM.

If you do take motos at any time of day, you should NOT wear a cross-body bag or rucksack – the bag should be placed between you and the driver or given to the driver to put in front of him. There have been incidents where people have had their bags tugged and they have been injured as a result.

Ensure that your house/apartment is secure through always locking your doors and windows at night. Do not leave valuables visible in the living area. When staying in hotels, make sure that your valuables are kept in the safe at reception or well hidden in the room.

3.4. Getting to know Phnom Penh

Phnom Penh has a modified grid street system—even numbered streets run east and west, and odd numbered streets run north to south. Note that most streets do not run the length/width of Phnom Penh, so knowing a cross street or nearby landmark is helpful for finding your way.

Neighbourhoods and streets to note:

- **Russian Market** (more commonly known as Tuol Tom Pong) is a favorite spot amongst expats. The market place is situated between streets 440 and 450, between 163 and 155) about a ten-minute walk from CCHR. The surrounding area is filled with tasty restaurants from Iraqi cuisine, to Mexican, to Khmer; hipster cafes; cool supermarkets and fun bars. Checkout ‘Sundown’ to watch the sunset over the Russian market, or ‘Tini’ for some classic happy hour drinks (5PM-7PM). Go to Le Marché for your cheese of choice (cheddar, camembert, brie) or Angkor Mart for more reasonably priced groceries.
- **St. 308** (off Norodom Blvd just south of Independence Monument) is very popular with expats as it offers a variety of restaurants and bars. Recommended are Mama Wong’s for delicious fusion Chinese-Western food, Lemon Tree for French cuisine, and Piccola Italia Da Luigi, a very popular pizzeria. There are also a number of upmarket bars, as well as the cheaper Red Bar. Back across Norodom Blvd down st. 302 is Che Culo!, a relaxed but somewhat upmarket bar with nice daily food specials (tacos are particularly good!).
- **St. 278** (east of Monivong) is a good all-round street: it has guesthouses; great places to eat breakfast, lunch, and dinner; nice bars such as Equinox and Liquid; and generally a holiday atmosphere.

- **St. 240** (east of Monivong) is a great street to treat yourself: it has a lovely spa that offers a range of treatments called Bliss. 'The Shop' is a great place to eat; it has fresh salads, sandwiches and an amazing selection of handmade cakes, ice cream and chocolates, and some lovely (but very expensive) jewellery and clothes shops. 'The Frizz' is also worth checking out. They are known for their fish amok (a Cambodian curry) and you can even take a cooking course (\$25 full day, \$12 half-day) with the guy that creates their menu.
- North on **St. 51** (around St. 174) is where you will find Phnom Penh's most popular dance clubs, a few dive bars and some delicious late night burgers (Ramskey is the best) and Pizza (Katy Peri's Pizza – also available at popular dive bar Showbox near Tuol Sleng) At cross St. 222, there is a lovely pool at Circa 51 where you can lounge if you buy \$5 worth of food and drinks from the menu.
- **St. 178** has a couple of nice bars and clubs. The Latin Quarter is a great spot for Spanish tapas. A few doors down is Blue Chilli, a gay bar, with a fantastic drag queen show on Friday and Saturday starting at 11 p.m.
- **Riverside** (St. Sisowath Quay) is another location full of lots of bars and restaurants. Be ready for many, many tourists. Some places to potentially check out are the famous FCC or Memphis for some good old school rock. The high number of tourists means prices of food, drinks, and transport are slightly inflated.

Cinemas & shopping malls

Going to the movies is very cheap, so can be a great way to chill out and enjoy some quality air conditioning.

- City mall – has English movies for \$3 only! The cinema is on the top floor of the mall. There is a cheap food court just outside the ticket offices.
- Aeon mall – this huge shopping mall is home to Aeon supermarket, and also has many large brand name stores, and a department store. There is a food court inside the supermarket that is cheap and diverse, but quite crowded. There are also a couple of bakeries that are quite cheap. Otherwise the food options are not great, but the cinema is very comfortable, and movies are only \$4. *For any Australians interested, Aeon Mall is the only known location of a Boost Juice in Cambodia!*
- The Flicks – is a community movie theatre situated on St 95 between 348 and 330. The theatre screens Oscar nominees, blockbusters, interesting documentaries and foreign films on the big screen. The Flicks is respected among expats for its 'per day' price, meaning you can watch one film, or all the screening options available, for the small price of \$3.50. The Flicks also has a bar and the staff will order pizza for you from Brooklyn to enjoy throughout the movie!
- The Popcorn – This movie lounge on St 360 allows you to privately rent a room and choose any movie to play at any time from 9.00AM to 10PM. The movies are often recent releases and are available in English. Prices range from \$10 - \$30 per room, depending on the size of your group.

Sport

Playing football (or soccer) can be a very fun and healthy way to meet lots of different expats living in the city – once you’ve started to adjust to the climate that is! There are small indoor places everywhere, especially along street 456 near the Russian Market, and it usually costs \$1-2 depending on how many people there are. It shouldn’t be too hard to find a group of keen expats who play regularly and CCHR even has a few budding Ronaldos and Messis amongst its staff. Volleyball and dodgeball are also very popular in Phnom Penh. Yoga classes are also easy to come by. Choose your sport and you’ll find a group ready to welcome you - there is even a Gaelic team for the Irish amongst us.

3.5. Finding permanent accommodation

As mentioned, many CCHR interns start out their internship by staying in a hostel or guesthouse for a few days, until they find a suitable place to rent. Renting in Phnom Penh is cheap, and finding a place is quite simple! The process can be quite overwhelming, but remember to breathe; there is a high turnover of expats coming and going from Phnom Penh, so there are often rooms in shared accommodation available.

For a single apartment you can expect to pay between \$175 and \$300 per month, and for a room in shared apartment between \$150 and \$250 but it really depends on how much you want to spend. You can get a perfectly fine apartment in a good location for \$200 per month but you could also spend considerably more. It is advisable to look for somewhere near the CCHR office (which is very close to the Russian Market) to cut down on the time and cost of commuting. However this is by no means crucial, especially if you choose to buy a moto (or you can also rent one). Most properties will have Wi-Fi, a small kitchen, laundry facilities, maybe a living room and the slightly more expensive ones will have air conditioning. You will pay for the utilities separately in addition to the rent and the electricity bill can get fairly expensive if you are using lots of air conditioning. The www.movetocambodia.com website has a few useful articles about renting apartments in Phnom Penh as well.

It is difficult and not really advisable to find an apartment before you arrive, because it really is important to see the place for yourself, and have an idea of its proximity to different areas of the city.

There are a number of ways you can go about finding a place:

Estate agent

Perhaps the easiest way to find a place is to use a real estate agent. Agents don’t charge the tenant any fees (fees are paid by the landlord) and they will be able to show you round plenty of suitable properties in your price range and preferred location at very short notice. They will know of several properties available and you really shouldn’t feel pressurised to commit straightaway because there are just so many places available to rent. This is certainly the quickest and most straightforward way to rent somewhere, especially if you’re happy to rent a single apartment by yourself or a shared apartment with some of the other interns. There are several agents in the city which can all be found online but these are some we have had good experiences with:

- Sunny Resident Realty (Yim Chivorn 089363206 or 0977443007): this agent has a website (<http://sunnyresidentrealty.com/>) with various properties to look at, but it’s best to just ring up when you arrive and they will be very keen to take you round the properties currently available.

- Expert Realty: responds quickly to messages on Facebook or you can head to their office on St. 360 <https://www.facebook.com/expertrealtycambodia/?fref=ts>. The agency will take you to [view apartments in a car or on a moto if you are travelling alone](#).
- Sophea Srun: contact via email at sopheasrun.agent@gmail.com

Facebook Groups

There are a number of Facebook groups and websites that you could use to locate shared accommodation or apartments to rent. It is worth looking through these groups and postings just to get an idea what's available and prices. The main groups are:

- Phnom Penh Buy and Sell: www.facebook.com/groups/phnompenhbuyandsell/?fref=ts
- Phnom Penh housing: www.facebook.com/groups/PPhousing/?fref=ts

In Person

Ask people around the office whether they know someone looking to fill a spare room. It can be a very convenient and nice way to live with other people but you need to be a bit lucky. Some past interns have even found places just by walking around their chosen area of the city and looking for 'for rent' signs!

3.6. Eating & Drinking

It is generally not advisable to drink tap water in Cambodia, although it is fine for brushing your teeth or washing dishes. Instead, bottled water is very cheap and is readily available. For your house, you can buy 20L jugs for \$5 and refills are only \$1. Due to the heat and humidity, it is very important to always keep your fluids up and prevent dehydration. As for ice, check that the ice in your drink is cylindrical with a hole through the middle, or some other type of commercially produced ice. Other types of ice (especially crushed ice) are not safe as they are often bought from ice vendors on the street.

There are a number of western supermarkets in Phnom Penh, as well as many markets with fresh produce and other Khmer ingredients. Expect Western food such as cheese, chocolate, wine and biscuits to be quite expensive, although readily obtainable. As for street food, you can find vendors on the street mostly selling pork and rice, the Cambodian breakfast staple, fried noodles or noodle soups, or banh mi-type sandwiches. Of note, there are quite a few lunch options in the Russian Market, and some stalls on the western side too.

As for eating out, there are a huge variety of options. From the many Khmer style beer gardens and BBQ places, to western burger joints, and other Asian cuisines, you are sure to find something that suits you! There is a large range in price, so there is also something to cater to every budget. Note that when eating out, although you may be used to very quick and snappy service in your home country, people operate at a much more relaxed pace in Cambodia. For instance, the two hours for lunch may seem like a very long time, but by the time you order and the food actually comes out, you'll be glad you have that extra time. Also good to note is that many CCHR staff (especially interns) go home at lunch. They are happy to get together for lunch but it's best to organize it in advance!

Price guide for our restaurant recommendations:

- \$ = "cheap", around \$2-\$3 per person – you can eat at many Khmer places for \$2 or less!

- \$\$ = “normal”, around \$5 per person – most western options are around \$5 pp.
- \$\$\$ = “more expensive”, at \$5-\$10 per person – treat yourself!

3.6.1. Food recommendations near CCHR

Fortunately CCHR is located on the edge of the Russian Market area (popular with expats), so there are a variety of western and Khmer food options for your lunch break! For reference it would take you about 15-20 minutes to walk to the actual market itself, which is a good place to pick up souvenirs, or as mentioned some cheap lunch.

Some select lunch and/or coffee options:

- **72 (\$)**: this Khmer restaurant is easily a favorite amongst CCHR interns. The street food style menu is in both Khmer and English and all tables are mostly full at lunch times! All small dishes are \$2 and large \$3. Oh and your meal comes with unlimited boiled rice and ice tea. Yes, please! *Corner Street 123 & 454.*
- **Boeung Trabek Plaza food court (\$)**: on the third floor of the plaza is a cheap Khmer food court, where you can order your food from the selection of vendors. You pay after you have eaten! They have a variety of Khmer dishes. Also a good option for lunch with CCHR national interns. *#18 Street 105.*
- **Brooklyn Pizza (\$\$\$)**: A more expensive option, but really delicious pizzas can be split between two. Burgers and pastas are also good. *#20 Street 123.*
- **Cafe4U (\$)**: The closest coffee to CCHR is dispensed from a coffee cart by the side of the road. Unlike most of these coffee carts which use coffee syrup or some other premade abomination, this cart actually makes it while you wait. They also deliver to the office for free. Pro-tip: if you need to call, ask someone local in the office to call as often they won't speak English, and local interns/staff can better explain the location of the office. Good directions are key to timely coffee. *Last known location is corner of street 456 and Monivong Blvd.*
- **Java Creative Café (\$\$)**: Java café is also a slightly more expensive option however their breakfast menu is extensive, delivery is free and their amazing bagels are only \$2.75. Brunch delivered to the office? Decadent, but delicious. *#56 Sihanouk Blvd and also at 20A St 337 or call 012 833 512/ 023 987 40.*
- **Lot 369 Cafe & Bar (\$\$)**: Possibly our favorite lunch spot. A breezy cafe that is currently flavor of the month with the young expat community! A solid choice for “western food”, boasting delicious burgers as well as numerous (and very tasty!) vegetarian and vegan options. The bacon and egg sandwich, and chicken pesto sandwich are both great options. They also have a great range of cold drinks, and great coffee. Ask for the bacon and egg sandwich & coffee special - only \$5! Currently there's a \$1 coffee promotion on Wednesdays. *#13C Street 454.*
- **Sumatra (\$\$)**: Quality Indonesian food in Phnom Penh! Service is good and friendly, but some dishes are heartier than others. The Sate Chicken set (\$4.50), Chicken Rica, and Chicken Balado are particularly good (if a touch spicy). *#35 Street 456.*

- **Sundown Social Club (\$\$):** Great option for burgers with great chips (little spicy!), plus great cocktails and beer. Very popular with expats and good view over the Russian Market. All menu options are \$5, excluding chips. #86 Street 440.
- **Sesame Noodle bar (\$\$):** Another of our favorites. Their delicious specialty “sesame noodle” dish is almost a noodle salad, and is available with pork mince, pork belly or tofu. So very good and very refreshing. You are left feeling full but not too weighed down. Their ramen is also great. Also open for dinner, and has rotating cocktail happy hour specials! #9 Street 460.
- **Trattoria Bello (\$\$):** Very decent pizza and some good pasta. Maybe not quite as good as Brooklyn, but also less expensive. They make their pasta in-house, and it has a cute atmosphere. #17 Street 460.
- **Eleven One Kitchen (\$\$):** A very good option for Khmer food, especially the Fish Amok. More expensive than 72, but very tasty. #37 Street 123.
- **TINI (\$\$):** The best place you will ever visit. The atmosphere and music are perfect for relaxing and the coffee is GOOD (and has resulted in converting at least one non-coffee drinker). The *caffè tiktik* is a great choice for the amateur coffee drinker as the condensed milk sweetens everything up. The cold brew is wonderful for the hipster. And the cappuccino is also a staple. Don't be afraid to try their food and the ice cream/sorbet. Also a nice spot for post-work drinks. They don't serve food but you can order in local and cheap food here, which they bring in for you from the Russian Market! Note: Closed Tuesdays. #57, St. 450 (btw Sts. 135 & 155).
- **Xotique (\$\$\$):** This cafe is on the more expensive side for coffee shops and has pretty average coffee. However it has relaxing ambiance, reasonably steady wifi, and very comfy couches (think North American cafe), but if it's coffee you're after, *Blingbling* is cheaper and *Tini* serves better coffee. Nevertheless this place is always busy! They also have a range of Western sandwiches and other dishes. #32 Street 456.

3.6.2. *Other food and drink recommendations*

Should you want to go further afield, perhaps for dinner or on weekends or a lazy brunch, there are many options waiting for you! Here are a few good options for starters:

- **Backyard Cafe (\$\$\$):** Their focus is vegan, raw and gluten-free options, and apparently this place is great! We hear the portion sizes are excellent and the food great quality. #11b Street 246, Phnom Penh.
- **Brown Coffee (\$\$):** Feeling worn down by the hustle and bustle of Phnom Penh? Why not stop in at Brown! These are everywhere; there are two just south of independence monument, one at the Mao Tse Tung Blvd & Monivong Blvd intersection (the closest one to CCHR), and one at Riverside just east of Wat Phnom, among others. Their coffee is reliable yet not life-changing (think Starbucks), but the main attraction is the air conditioning and comfortable vibe. The food is also surprisingly not bad! Particularly the pastry and pastas available. *Various locations*.
- **Chinese Noodle Restaurant (\$):** A local and expat favorite, you can watch the workers hand-pull the noodles in the front of this restaurant. Don't expect fine dining, but the food is safe to

eat, very good, and cheap. You can get a plate of 12 dumplings for \$1.80 and noodles with your preferred meat for \$2.00. #545 St. Monivong Blvd.

- **E&M Coffee (\$\$):** A modern, pretty cafe that is a lovely place to while away a weekend morning or relax after work (open 7am-8:30pm). They have bagels and other western dishes as well as some Asian-style options. #61 Street 57, Boeung Keng Kang 1.
- **Farm to Table (\$\$\$):** This is a relaxed, open-air café situated in a quiet street in Boeung Keng Kang 1 (or BKK1 as it's sometimes known). Their main attraction is the chilled-out atmosphere...and the farm animals! They have chickens as well as other animals (lambs and turtles on the last visit!). They also have happy hour, live music on some nights, as well as other special events. As for food, Farm to Table serves a range of delicious Western and fusion dishes, with a number of huge salads. #16 Street 360, Boeung Keng Kang 1.
- **Irrawaddi Myanmar Gallery Restaurant (\$):** One of the more "authentic" Burmese places in Phnom Penh. Irrawaddi has your typical assortments of curries and South Asian cuisine, as well as other specialty dishes. The portion sizes can vary slightly but if you order biryani, you will be full and satisfied. The tealeaf salad is also worth trying. Like many places, rice does not come with the main unless specified and it will cost you extra. #24 Street 334, Boeung Keng Kang 1.
- **Lone Pine Cafe (\$\$\$):** an expensive but delicious burger joint favored by American expats, serving burgers, sandwiches, cajun and creole cuisine. Their burgers boast a variety of cheeses, as well as bacon and other mouth-watering ingredients. 14 Street 282, Boeung Keng Kang 1.
- **Ngon Vietnamese Restaurant (\$\$):** this Vietnamese restaurant has one of the most beautiful atmospheres of any restaurant in Phnom Penh. It's an open courtyard restaurant, with a couple of large open pavilions too. Their food is quite delicious, but note that the staff do not really speak English. But you can certainly get by with pointing and smiling! #60, Preah Sihanouk Boulevard, Tonle Bassac.
- **Nesat (\$\$)-** Love fresh fish? You'll adore Nessat. This nautical themed restaurant is very quaint but can also get very busy. If you are having dinner – make sure to reserve a table. Also worth checking out is their tasty lunch menu. Try the deep fried prawns or freshly grilled squid in a French baguette for less than \$5. Just up the street the owners have opened up a new sister restaurant, **Kinin**. Set in a beautiful jungle like garden, having drinks or dinner here transports you from the chaos of PP to ultimate tranquility. *Nesat is located at #81 St 123 Corner 450 and Kinin is located at St 123, corner of 446.*
- **Taste Budz (\$\$):** A great place to get authentic Indian food (arguably the best in PP), also close to the hostels/bars on street 172. They have a large menu of curries, biryanis and other delicious dishes. The restaurant itself is (really) not much to look at but you'll definitely be distracted by the great food. #13E. Street 282.
- **Bouchon Wine Bar (\$\$\$):** French-owned wine bar which has an extensive list of wines by the glass and good French food, including cheese platters! Head down for their popular "disco" happy hour on Saturday nights (8pm to 10pm), all martinis \$3 each! #3, Street 246.

- **Taste of the Middle East (\$-\$\$):** A great place to get a range of middle eastern food in Phnom Penh. The restaurant is run by an Iraqi family who escaped war and Islamic state to find a new life in Cambodia! They serve delicious chicken kebabs and a variety of share plates. Note the food is halal, and you cannot drink alcohol on the premises. On Saturday evenings try their all you can eat buffet for \$7. Closed Fridays. *#35 Street 19 Near Street 118.*
- **Mama Wong's Dumplings (\$\$\$):** Essentially dumpling tapas, very good options including vegetarian. Tasty and close to Bassac Lane, so the fun can continue. *#41 Street 308*

4. Useful Information

This chapter contains extra information that will hopefully be very useful as you approach your CCHR internship.

Obviously from a travel and settling in perspective sites such as <http://www.tripadvisor.com/> and <http://www.movetocambodia.com/> will be useful, but the below recommendations will help you to gain a deeper understanding of the complex culture and history of Cambodia.

4.1. Highly Recommended: Further Reading & Viewing

When you arrive at CCHR you might feel a bit overwhelmed at the amount of background reading you will need to understand all the issues that exist in Cambodia, and how CCHR is involved in human rights work. As such, we highly recommend you keep an eye on the news and current affairs happening in Cambodia in the months before you begin your internship – it will make understanding the often fast-developing political and social climate that much easier.

We highly recommend *Hun Sen's Cambodia* by Sebastian Strangio. It is focused on the post-Khmer Rouge era but contains a short summary of Cambodian history. It would be an excellent place to start for a background on modern Cambodia.

Of course another important reason to do some background reading is to understand Cambodia's history. The Khmer Rouge period, and the following political upheavals have made their mark on the lives of every Cambodian. Fortunately there are many great English-language books available to give you an excellent understanding of where Cambodia is coming from, and where it might be going. We recommend reading at least one memoir, as this puts the geopolitical events in a human, personal perspective.

To begin with you could have a look at <http://www.lonelyplanet.com/cambodia/history> for a very short summary.

4.1.1. News

The following websites are useful for reliable news on Cambodian issues:

- The Cambodia Daily: <https://www.cambodiadaily.com/>
- Radio Free Asia: <https://www.rfa.org/english/news/cambodia>
- VOA Khmer: <http://www.voacambodia.com/>

You can also read the CCHR Sithi Blog, which discusses human rights issues, news, and CCHR activities. This is updated by the international interns (and others) at CCHR several times per month, and can be found at: <http://blog.sithi.org/>

4.1.2. Books

There are also many interesting books written on Cambodian history. Some we recommend are:

- *Hun Sen's Cambodia* by Sebastian Strangio: as mentioned, an excellent read on modern Cambodia.
- *Pol Pot: The History of a Nightmare* by Philip Short

- *When the War Was Over* by Elizabeth Becker
- *When Broken Glass Floats* by Chanrithy Him
- *First They Killed My Father* by Loung Ung: is autobiographical retelling that chronicles Loung Ung's experience of life under the Khmer Rouge regime. Loung was the daughter of high-ranking government official, with ties to the previous regime – the epitome of the kind of family the Khmer Rouge despised. The memoir written from the perspective of a child, so the narration is simplistic and the socio-political backstory is generic at best, but Ung's story is heartbreaking nonetheless, and kind of haunting. At the time of writing Angelina Jolie is creating a film adaptation of this story!
- *Survival in the Killing Fields* by Haing Ngor
- *Sideshow* by William Shawcross
- *The Gate* by Francois Bizot
- *Cambodia: Year Zero* by Francois Ponchaud
- *A History of Cambodia* by David Chandler
- *The Death and Life of Dith Pran* by Sydney Schanberg
- *River of Time* by Jon Swain

4.1.3. Documentaries and Movies

- *The Killing Fields* by Roland Joffé: A movie based on the true story of two journalists trapped in Democratic Kampuchea. The film won 8 BAFTAs and 3 Academy Awards.
- *Duch, Master of the Forges of Hell* by Rithy Panh: A 2012 documentary on Kaing Guek Eav, known as "Duch", the notorious warden of S21 prison and defendant in Case 001 of the Khmer Rouge Trials.
- *Year Zero: The Silent Death Of Cambodia* by John Pilger: a documentary made in 1979 by renowned Australian Journalist John Pilger. Although it is dated, the images and message still resonate today. It's fascinating (and horrifying) to see footage of Cambodia at the time. A simple and engaging introduction to the aftermath of the Khmer Rouge, which can be found online: https://www.youtube.com/watch?v=0rpZz5l_ylo
- *Return to Year Zero* by John Pilger: a follow-up to the above documentary. Also available online: <https://www.youtube.com/watch?v=Z1PxpXf-6sY>

4.2. Khmer for Beginners

The Khmer language is influenced by Sanskrit and Pali. Unlike other languages spoken in Southeast Asia – such as Thai and Lao – Khmer is not tonal. The Khmer alphabet is the longest in the world, with 74 letters. It is for this reason that most beginners or casual students of the language learn using Khmer words transliterated into the Latin/Roman alphabet, variations of which are used in English, French, German etc. **Note that there is no settled Romanization of the language!** This often gives rise to confusion with different teachers/students using different phonetics. The phonetics used by native English and native French speakers, for example, tend to differ considerably. Even the differences

between UK and US accents can cause spelling differences when different English speakers attempt to transcribe Khmer.

Nonetheless, don't let this discourage you! The following are a number of general terms that are likely to help a newly arrived international intern/volunteer at CCHR get around and get along! These words are written by a native English speaker and should be pronounced (where relevant) as though they are English words.

English	Khmer		English	Khmer
Yes (M)	Baat		No (M & F)	Ot-deh
Yes (F)	Cha/Ja		Please	Somme
Thank you	Or-kun		Can I have the cheque/bill?	Somme gert-looi
Thank you very much	Or-kun cheh-raan		Us	yerng
I/me	Khnyom		He/she	Go-wat
You	nyet		They-them	Bu-geh
Hello	Suu-seh-day		Goodbye	Lire-hi-ee
My name is...	Khnyom ch-more...		What is your name?	Nyet ch-more aiy?
And you? (same question back)	Joht-nyet-winh?			