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GAMBODIA, ITS CULTURE & ITS PEOPLE

VOLUME 4 — 2011



Cambodian Community Day

Sunday, August 21st, 2011

12 PM - 6 PM

Ben Brenman Park | 4800 Brenman Park Drive | Alexandria, VA

A festival to promote Cambodian Culture in the United States

Bridging Distances, Healing Rifts and Building Bonds

Co-sponsored by The Alexandria Department of Recreation, Parks, and Cultural Activities, Cambodian Community Day Committee, and the Cambodian communities of Washington, D.C Metro Area.

www.cambodiancommunityday.org



www.alexandriava.gov

Message from The President



Dear friends and families,

One year to the next passes in a blink of an eye. It doesn't seem that long ago that we had the Cambodian Community Day Festival 2010. Despite of the rain last year, we had a very successful event. And now we will have another wonderful festivity because of all the dedicated people who make commitment to a very worthy cause. I appreciate all the individuals and organizations that support us year after year. It is all of you that help make the CCD event successful.

First and foremost, I would like to thank all of you who have come to participate in the Cambodian Community Cultural Festival today. Each year, the Cambodian Community Day Committee, known as CCD, works very hard to improve the yearly event by showcasing different aspects of the Cambodian Culture. We hope this year's event will bring about understanding and appreciation of the Cambodian community, its traditions and its fine arts. We are pleased to present 'Cambodia, Its Peoples and Cultures'. With this theme in mind, we explore five provinces that we believe are rich in culture and tradition: Koh Kong, Kompot, Kep, Sihanoukville, and Takeo. Please make sure to stop by the displayed tents to learn about the wonderfully diverse cultures. For those of you who have never been to Cambodia, you may find the Angkor Wat replica a fascinating sight. This replica is a sculpture made out of stone that closely represents the real Angkor Wat temple, except it is on a much smaller scale. There are plenty of activities to see and enjoy such as traditional music, songs, dances and games. We have many exhibitor booths and different kind of foods for your enjoyment.

While we believe integrating our culture into mainstream America is important, we also believe in the value of keeping and passing our cultural heritage on to our children. Also, we are networking with other organizations of similar purpose. We believe that higher education is very important and valuable and will improve quality of life for the Cambodian family and communities involved. We also try to participate in other events and festival in and around this area. These events that we participate in help to spread the word about our own Cambodian Community Day celebration. Again, I hope you will take the time to visit each of our tents. A lot of people have put a lot of their time and heart into this in hope that all of you will learn, appreciate and enjoy the festival.

I want to emphasize that the CCD is a not-for-profit organization founded to present, promote, and preserve the Cambodian culture in America. We do accept donations. Please show your support for our cause by stopping at our information booth to make your donations. (Checks are accepted).

ENJOY THE FESTIVAL!

Sincerely,
Somony Yann
CCD President

PROCLAMATION

WHEREAS, every year for the past 31 years, the Heritage of Cambodian Americans has been honored and celebrated in the Greater Washington Metropolitan area and in other parts of the United States; and

WHEREAS, the City of Alexandria is home to many Cambodians who are rich in their cultural heritage and are very successful in their professional lives; and

WHEREAS, this year, the Cambodian Community in the City of Alexandria and in the Greater Washington Metropolitan area, will celebrate its rich heritage and culture through various cultural activities, live performance of classical, folk and traditional dances, arts and crafts displays, traditional games, and ethnic food tasting; and


WHEREAS, the City of Alexandria is very proud of the rich and diverse cultural heritage of its Cambodian citizens, and recognizing their continuing contribution to the culture, education, arts industries, community, civic life, the City of Alexandria joins the rest of the Commonwealth in celebrating Cambodian Community Day.

NOW, THEREFORE, I, WILLIAM D. EUILLE, Mayor of the City of Alexandria, Virginia, and on behalf of the Alexandria City Council, do hereby proclaim August 21, 2011 as

"CAMBODIAN COMMUNITY DAY"

in the City of Alexandria, and call upon all the residents of this great city to join me in recognizing the multiculturalism and diversity of the Cambodian American heritage.

IN WITNESS WHEREOF, I have hereunto set my hand and caused the Seal of the City of Alexandria to be affixed this 21st day of August, 2011.


WILLIAM D. EUILLE **MAYOR**
On behalf of the City Council
of Alexandria, Virginia

ATTEST:


Jacqueline M. Henderson, MMC City Clerk



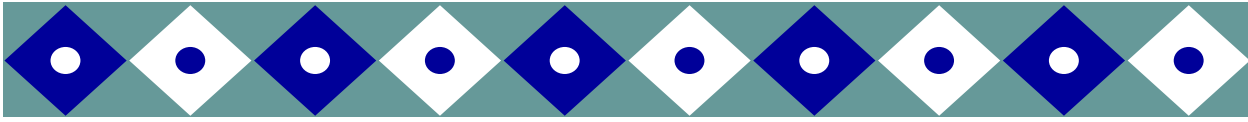


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FACTS ABOUT CAMBODIA

At a Glance



Location: Southeastern Asia, bordering the Gulf of Thailand, between Thailand, Vietnam, and Laos.

Map Reference: Southeast Asia

Capital: Phnom Penh

Population: 14,244,290 (July 2009 estimate)

Area: 181,035 square kilometers (69,898 square miles, slightly smaller than Oklahoma)

Land Boundaries: Total 2,572 km Border Countries: Laos 541 km, Thailand 803 km, Vietnam 1,228 km

Coastline: 443 Km

Maritime claims: territorial sea: 12 nm contiguous zone: 24 nm exclusive economic zone: 200 nm continental shelf: 200 nm

Terrain: mostly low, flat plains; mountains in southwest and north

Language: Khmer (official) 95%, French, English

Religion: Theravada Buddhist (95%), Others 5%

Currency: Riel

Natural Resources: oil and gas, timber, gemstones, iron ore, manganese, phosphates, hydropower potential

Industry: garments, rice milling, fishing, wood and wood products, rubber, cement, gem mining, textiles

Agriculture: rice, rubber, corn, vegetables

Arable Land: arable land: 20.44% permanent crops: 0.59% other: 78.97% (2005)

Exports

timber, garments, rubber, rice, fish

Imports

cigarettes, gold, construction materials, petroleum products, machinery, motor vehicles

Natural Resources

timber, gemstones, some iron ore, manganese, phosphates, hydropower potential

Environment—international agreements:

party to: Biodiversity, Climate Change, Climate Change-Kyoto Protocol, Desertification, Endangered Species, Hazardous Wastes, Marine Life Conservation, Ozone Layer Protection, Ship Pollution, Tropical Timber 94, Wetlands, Whaling signed, but not ratified: Law of the Sea



CAMBODIA PROVINCES

ខេត្តរបស់ប្រទេសកម្ពុជា

Currently, Cambodia is divided into twenty-three provinces and one capital City. Its capital is Phnom Penh. Provinces are further subdivided into districts and municipalities. Districts are divided into communes and quarters, then further divided into villages, and further divided into groups. The capital is divided into sections, which are further divided into quarters



Name of Provinces

1. Banteay Meanchey
2. Battambang
3. Kampong Cham
4. Kampong Chhnang
5. Kampong Speu
6. Kampong Thom
7. Kampot
8. Kandal
9. Koh Kong
10. Kep
11. Kratie
12. Mondulkiri
13. Oddar Meanchey
14. Pailin
15. Phnom Penh
16. Preah Sihanouk
17. Preah Vihear
18. Pursat
19. Prey Veng
20. Ratanakiri
21. Siem Reap
22. Stung Treng
23. Svay Rieng
24. Takeo



The three major Cities: Phnom Penh, Sihanouk Ville, Siem Reap

Phnom Penh

Phnom Penh was founded in the 14th century and has been the capital of Cambodia since 1866 during the rule of King Norodom. Located at the confluence of three great rivers; Mekong, Tonle Sap and Bassac, Phnom Penh is remembered as one of the Indochinese charming cities. This cultural, economical and political capital city is currently in rapid change with the huge influx of visitors and extraordinarily growing number of restaurants, hotels, nightclubs and commercial buildings. The city also serves as a gateway to an exotic land of Angkor temples in the west, the beaches of the southern coast and the ethnic minorities in the northeast.

Sihanouk Ville

Sihanouk Ville (also locally known as Kampong Som) is the Cambodia's premier beach town where visitors enjoy sand, sea, sunbath, soothing swim, relaxing walk and the wonderful sunset. Visitors may also enjoy boat trip to one of the largely little-explored islands with breathtaking scenery. Though constructed as the port city during 1950s, the town wears a look of more Cambodian beach town than a port town.

DISCOVER PROVINCE OF TAKEO ខេត្តតាកែវ

OVERVIEW

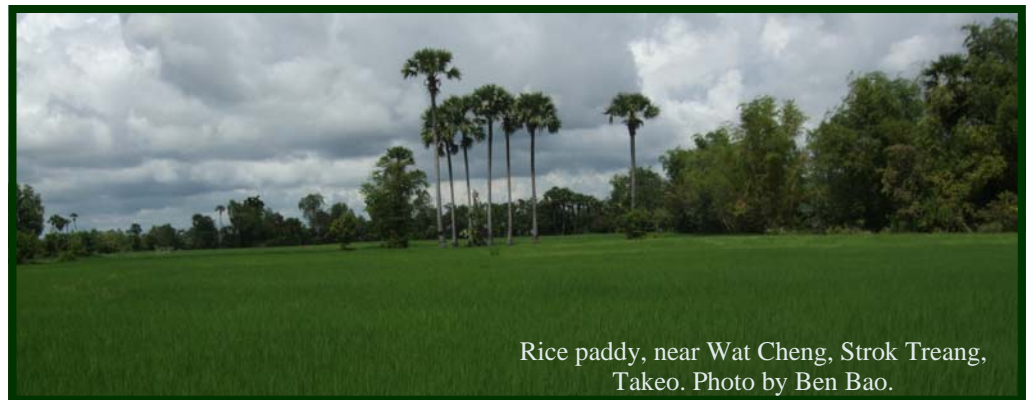
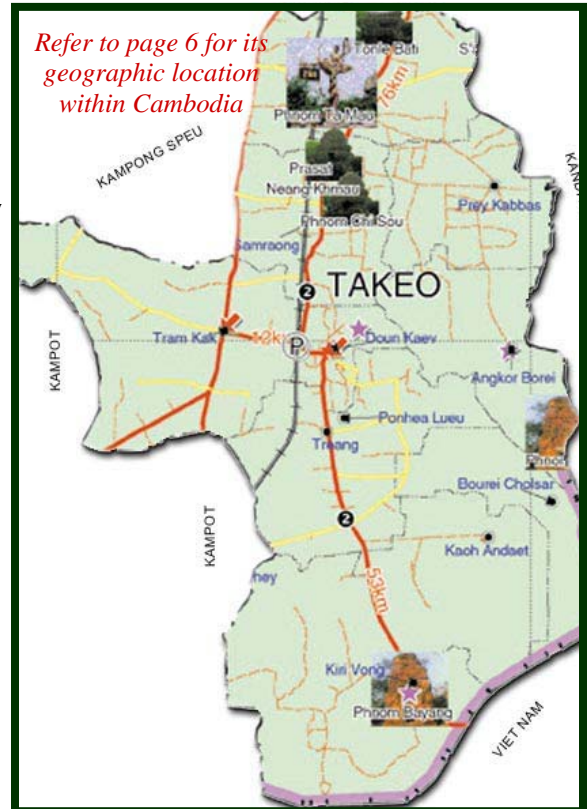
Takeo province is often referred to as “the cradle of Cambodian civilization”. Takeo province has several important pre-Angkorian sites built between the 5th and the 8th century. The provincial capital, Takeo town, is an easygoing place that possesses a fair amount of natural and manmade beauty. The natural beauty is in the Scenic River and lake facing a pleasant town parkway. The low-lying areas include much of the surrounding province area, which is probably why a kingdom that once had its heart here was referred to as Water Chenla. There seems to be water everywhere in the surrounding countryside during the rainy season. The man-made beauty mostly comes from a series of canals and waterways that were cut through the surrounding countryside, many a very long time ago, connecting towns, villages, rivers and Vietnam.

Nearby Angkor Borei town (connected by water to Takeo town) may have been the heart of the Funan Empire, which is called the “Cradle of Khmer Civilization” by Cambodians. Much older than Angkor, the Funan empire had its heyday between the 1st and 6th centuries and stretched across a vast area, from South Vietnam through Thailand, down through Malaysia and into Indonesia. Gold, silver, and silks were traded in abundance in the kingdom, series of fiefdoms.

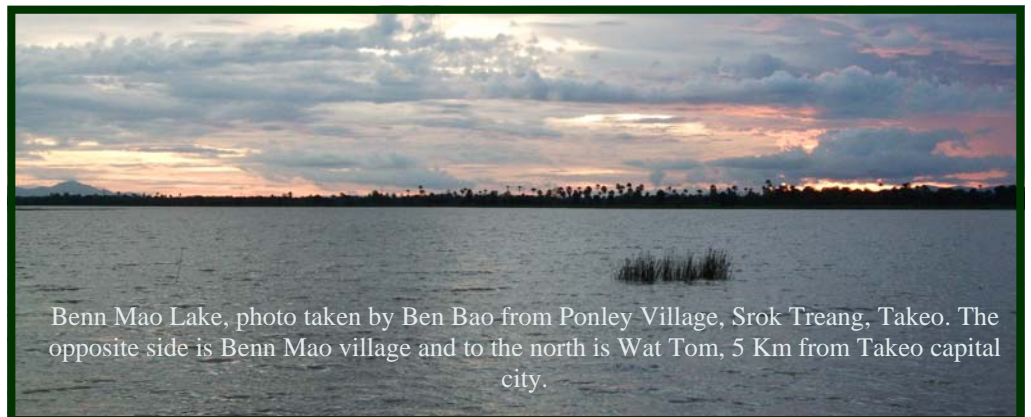
Archaeologists from the University of Hawaii, USA, have made research trips to Angkor Borei in an attempt to piece together the history and story, as well as relics, of the Funan period. In an odd recent twist, Reuters News Service reported in early November 1999 that locals saw the research team digging up ancient relics and figured the stuff must be valuable, so they started digging and looting objects from the area.

Fortunately, the Cambodian government seems to be moving in on the problem quickly to try to save what they can of this important piece of Khmer heritage. Much of what did remain in the form of ancient ruins in Angkor Borei was destroyed not too long ago in the modern past. Fortunately artifacts and history have been put together in the museum.

Takeo Province is full of other interesting sights as well and because of the short distance and good road from Phnom Penh, all are great day trips. Some sights can be combined in a day trip. If you have a bit more time, spend an evening in Takeo town and take in all the sights. There is a pleasant little place to stay overlooking the river and lake area.



Rice paddy, near Wat Cheng, Strok Treang, Takeo. Photo by Ben Bao.



Benn Mao Lake, photo taken by Ben Bao from Ponley Village, Srok Treang, Takeo. The opposite side is Benn Mao village and to the north is Wat Tom, 5 Km from Takeo capital city.

DISCOVER PROVINCE OF TAKEO ខេត្តតាកែវ

Cont'd

Geography

Takeo is located in Southern Cambodia. It borders Kampong Speu to the North, Kandal to the East, Vietnam to the South and Kampot to the West. The area of the province is 3563 square kilometers (MAFF www.maff.gov.kh). The topography is variable, from the Bassac River floodplains to the east, through a broad belt of lowland paddy fields occupying much of the province, to smaller areas of lowland/ upland mosaic on parts of the Western and Southern borders. Takeo is classified as a rural province.



Picture taken from the top of Phnom Kleng hill, by Ben Bao

Population

The current population in this province is about 924,758 people or 6.4% of the country's total population (14,363,519 person in Cambodia, 2007, provincial government data), with 445,000 male and 479,758 female. The population density is therefore about 100 people per square mile.

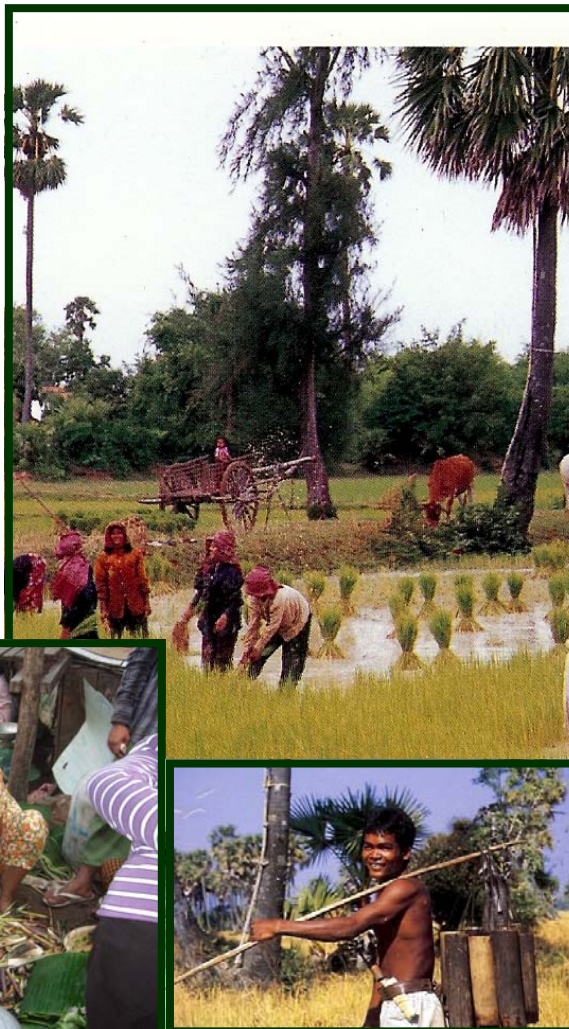
Climate

The average temperature is about 86 degrees Fahrenheit; the minimum temperature is about 61 degrees. December and January are the coolest months, whereas the hottest is April. General information about the provincial climate:

- Cool season: November-March (72-82F)
- Hot season: March-May (82-97F)
- Rainy season: May-October (75-90F, with humidity up to 90%.)

Economy

Takeo's economy consists of agricultural farming, fishery, rice and fruit cropping. Rural households depend mainly on agriculture and its related sub-sectors.



DISCOVER PROVINCE OF TAKEO ខេត្តតាកែវ

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Tourist Attractions

Tonle Bati

Tonle Bati (Tonle means river) is a popular lake and picnic area that has bamboo shacks built out over the water that people can rent out for eating and whiling away the day. It's generally a weekend get-away spot, which means it's nice and quiet during the week.



There are all kinds of food and drink stands selling everything you need for a picnic along the lake. Tonle Bati is a place of worship and features two ancient temples, Ta Promh and Yeay Peov, and a pagoda, Wat Tonle Bati, which was built in 1576. During dry season when water recedes, the place is a little quiet. But visitors do not come here for a floating bamboo shack, foods or drinks. Two ancient temples (Ta Prum and Yiey Pov) nearby offers them an insight to a pre-Angkorian architectres. It is also a place for worship to ancestors.

Ta Prum Temple Was built in 12th century and at the beginning of 13th century (1181-1201) during the reign of the king, Jarman VII, dedicated to Brahmanism and Buddhism. The temple made of sandstone and laterite stone, surrounded by walls, and has protruding sculpture which describes celestials' nymph in the story of Brahmanism. In the temple, there are five compartments containing two statues of 13th century, which located in front of the figure of krud and facing to the East. Yiey Pov (Grandma Pov) Temple Located behind Tonle Ba Ti pagoda. Yiey Pov temple was built of sandstone in 12th century and facing the East.

Phnom Chiso (Chiso Mountain)

Located in Rovieng commune, Samrong district, about 62 kilometers south of Phnom Penh, Phnom Chiso is 130-meter-high mountain. Phnom Chiso temple was built with sandstone and other stones in the early 11th century by King Suryavarman I (AD 1002-1050), who practiced Brahmanism. It is 60 meters long and 50 meters wide and sits atop a mountain. The temple is surrounded by two galleries. The first gallery is 60 meters long on each side. The second, smaller gallery, is in the middle, where there is the main worship place with two doors and a wooden statue. There are beautiful sculptures on the lintel and the pillars.

Phnom Chiso Pagoda was built in 1917, destroyed by war during the 1970s and rebuilt in 1979. Behind it is a hall called



Thammasaphea, kof and a worship place. There is an ancient water tank made of concrete. People usually climb the staircase on the west side of the mountain, which has 390 steps and descend by the south side staircase, which has 408 steps.

Phnom Da

Phnom Da, about 102 km away from Phnom Penh is one of the ancient historical places in Cambodia. Earlier it was the old capital of Nor Kor Kouk Thlork of Kouk Thlork. It is about 24 km away from the town of Takeo. Phnom Da temple was constructed on a small mountain in the 6th century by the King Rut Trak Varman. There are 5 man-made statues situated at the valley of the mountain. These statues represent the style of Phnom Da.



DISCOVER PROVINCE OF TAKEO ខេត្តតាកែវ

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Tourist Attractions (cont'd)

Angkor Borei



Located in the southern province of Takeo, Angkor Borei is one of the oldest sites in Cambodia with several ruins and archaeological digs. This picturesque town is divided into two halves by a gently flowing river and encircled by an ancient and gently crumbling wall. Cambodians occupied the land for at least 2500 years and has yielded artifacts dating from the Neolithic period, the Funan period (4th/5th century AD) and Chenla (8th century AD) as well as the later Angkorian period (9th-15th century AD.) There are no significant temple ruins at Angkor Borei but there is a very interesting little museum displaying artifacts from the area.

Phnom Kleng

The Phnom Kleng, Takeo is considered among the famous tourist attractions in Takeo. A scenic province in Cambodia, Takeo is home to a number of natural and artificial places for sightseeing. There are several grand temples and natural and wildlife preserves in Takeo. There is plenty of vegetation at the Phnom Kleng. You can witness different kinds of birds, insects, reptiles, fishes, and mammals at this wildlife preserve.

Phnom Kleng is a pagoda that was built within a local community. There are two Buddhist temples, one is at the foot of the hill. A steep stairway with serpent handrail, decorated with many statues along the way leads to another temple atop. There are a gigantic Buddha status, a statue of Preah Ko Preah Keo and many others. A southeastern hill sidewalk leads to a sacred natural water fountain. Locals believe that drinking or washing face with this water would heal all kinds of diseases.



Photo by Ben Bao



Photo by Ben Bao



Photo by Ben Bao

Discover Kampot is Researched by Lowell Cole and Ben Bao, illustrated by Ben Bao.

Sources: <http://www.takeoprovince.com/>

http://en.wikipedia.org/wiki/Kampot_Province

DISCOVER PROVINCE OF KAMPOT ខេត្តកំពត

OVERVIEW

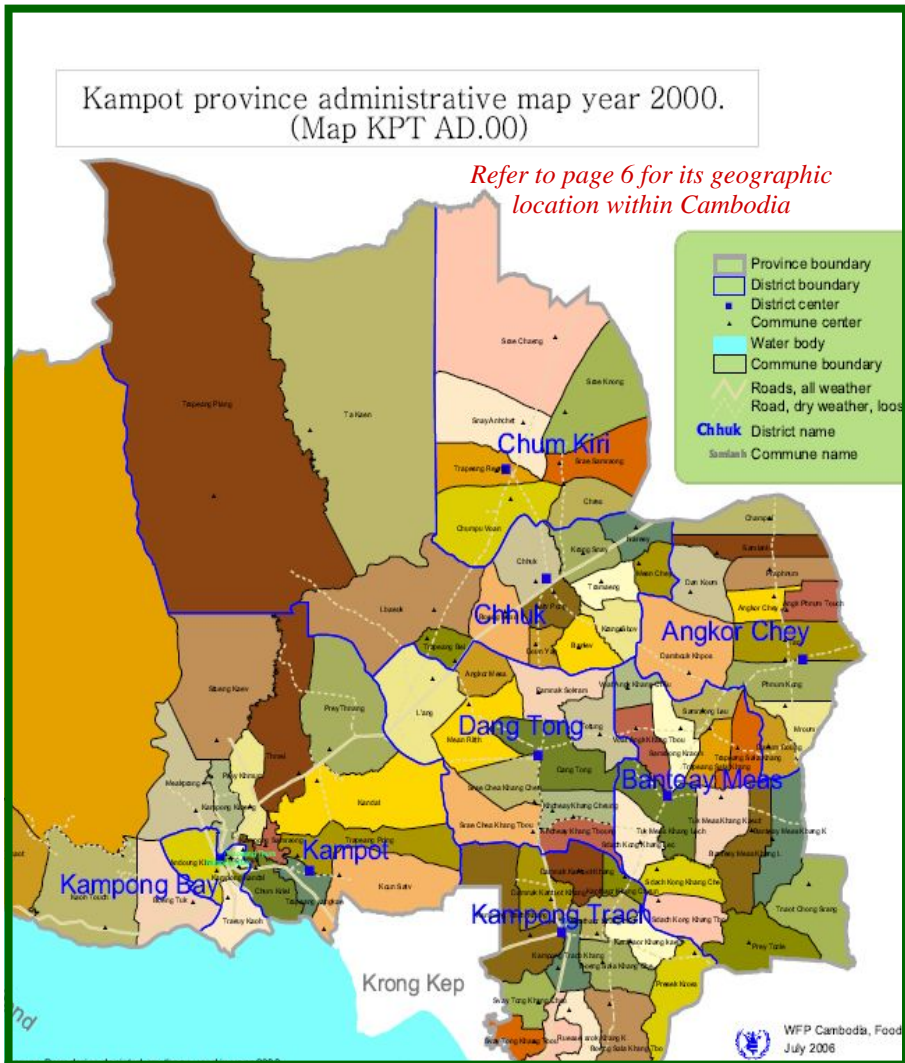
Kampot, situated in the coastal region, is one of the most beautiful provinces of Cambodia. It shares a border with Vietnam to the east and Gulf of Siam to the south. This province offers visitors spectacular natural attractions, plentiful historical and natural wonders, many eco-tourism sites such as waterfalls, rivers, beautiful beaches, offshore islands, and picturesque mountains.

Beside Elegant colonial architecture on top of Bokor Mountain, Kampot is best known for its famous black pepper, fish sauce and table salt producer. It is also renowned for the quality of its fruits (durian, coconut, mango, etc.).

Kampot town is its capital. Kampot has a population of 585,110 and consist of eight districts divided into 92 communes with a total of 477 villages. The eight districts are:

1. Angkor Chey
2. Banteay Meas
3. Chhuk
4. Chum Kiri
5. Dang Tong
6. Kampong Trach
7. Teouk Chhou, changed from Kampot district in 2008
8. Kampot Town, changed from Kampong Bay

Kampot is also a home for Sarus Cranes, a vulnerable species that has gone extinct in multiple Asian nations.



The main purpose of creating this new sanctuary for threatened bird in Kampot province, sub-decree by the Cambodian Government, is to protect the cranes from dying or being killed by hunters. During dried season, Sarus Cranes fly in from different places to this conservation land for foods and shelters.

Old French colonial architecture on top of Bokor mountain are still in charming condition for most visitors.



French Colonial Casino on top of Bokor Mountain

Tuk Chhu river, an inland from sea, runs through Kampot capital and is a perfect place for sunset view. Fishing and farming are the main activities; durians and melons grow in abundance. Other vantage points for visiting are nearby Kep beaches and small islands (Kep is now itself a province).



Black Pepper Farms

Black pepper cropping is nothing new in Cambodia. They have been grown in Kampot since the 1400s. Growing black pepper becomes a culture of tradition. In 19th century, when Cambodia was integrated in Indochina under French Protectorate, black pepper farming was intensified as all the spices were exported to France and Europe. The culinary qualities of Kampot pepper quickly made his reputation as the best pepper in the world. Indeed, this pepper has fragrance and wonderful flavors.

The farming activities were halted when Khmer Rouge seized power (1975-1979). The unstable situation in Cambodia following Khmer Rouge era have derailed the culture and operation of Kampot pepper. Nowadays, the resurrection of pepper cultivation in the province of Kampot is back to current taste and spice. It is highly regarded and coveted by French chefs.

Local people in Kampot are proud of its famous black pepper, which is still widely available in Cambodia. Black pepper is a flowering vine in the family, cultivated for its fruit, which is usually dried and used as a spice and seasoning. The fruit, known as a peppercorn when dried, is approximately 5 millimeters in diameter. The color is dark brown to black when fully mature, and contains a single seed.

Kampot Pepper is grown naturally following the essential principles of organic agriculture in soil building and conservation, pest management,

and heritage-species preservation. Pepper is a vine that grows along standards consisting of vertical poles. This vine originating from the tropical forests requires a hot and humid climate as well as a regulated exposition to the sun. The pepper vine starts producing crop after 3 years. It can reach the maximum height, as high as 5 meters in 6 to 7 years and can live up to 30 years.



DISCOVER PROVINCE OF KAMPOT

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Salt Production

There is a saying “meal without salt is like cake without sugar”. Kampot is where salt is produced for local consumption. and export. Although Kampot is known for production of iodized salt, there had been only limited success in producing it in large quantities. This was due to the scattered of many small to medium sized salt producers in Kampot and Kep provinces and the lack of infra structures, investment fund, and legislation requiring them to iodize all their salt. Before Pol Pot regime, only a few businessmen owned some 3,000 hectares of salt farming land. They hired workers to work in their farms. They market their product all over the country. During Khmer Rouge time, salt farming was established in the form of socialist cooperative. The salt product from this field was reported moderate quality. Kompong Trach, Ses Sor and Kep were empty land during that time. During the State of Cambodia most of salt farming lands are occupied by the State through public entrepreneurs. Some were controlled by private corporative sectors.



The basis for production and supply of iodized salt in Cambodia is the production and harvesting of solar salt in Kampot and Kep provinces. Annual production of iodized salt ranges from 72,000 to 106,000 MT depending on weather conditions and the duration of the overcast period during the production season.



The salt fields are closed to the ocean, and water is let in from the ocean to the fields. The fields are then blocked from the ocean, and the water is allowed to evaporate, leaving salt crystals. This process is repeated many times. The raw salt is then collected and piled up in warehouses in the salt fields. Then, it's delivered to the salt factory, where it is cleaned, Iodine is added, and packaged in 50 Kilogram bags, for shipment throughout the country. All salt production is done without any machines - all manual work by humans, mostly women

DISCOVER PROVINCE OF KAMPOT

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Kampot Fish Sauce

Kampot is also famous for its Kampot fish sauce. Fish sauce is a common and popular product for Cambodians in daily life. Kampot province located along the coastal area has sufficient ability to produce fish sauce for local consumption and export to foreign countries. Fish sauce from Kampot is highly popular in Cambodia. Southeast Asian fish sauce is often made from anchovies, salt and water, and is often used in moderation because it is intensely flavoured. Anchovies and salt are arranged in wooden boxes to ferment and are slowly pressed, yielding the salty, fishy liquid.



Protected Bird Sanctuary

A conservation area in Kampot province was established by the Cambodian government to protect Sarus Cranes, a vulnerable species that has gone extinct in multiple Asian nations. About 30 percent of Cambodia's Sarus Cranes reside in Kampong Trach wetlands where the cranes find their foods. Kampong Trach is one of the three most globally important non-breeding sites in Cambodia for the South-east Asian race of Sarus Crane. It lies close to the sea and has a tidal regime, supporting mangrove and salt marsh vegetation in addition to wet grassland. The other two are at Ang Trapeang Thmor, which has been a reserve since 2000, and at Boeung Prek Lapouv, where BirdLife and Forestry Administration also worked successfully to establish a Sarus Crane reserve in 2007. The Sarus Cranes usually arrive in late November and remain until early May when they begin their migration to the wetlands in the northern and eastern plains of Cambodia where they breed.



Sarus Crane populations have been decimated in recent decades due to the degradation and loss of wetlands and the ingestion of pesticides. Hunting has also played a factor in depleted numbers. The International Union for Conservation of Nature lists the Sarus Crane as a "vulnerable" species. Other subspecies live in India and northern Australia in greater numbers, but the worldwide population is approximately 20,000. Populations have gone extinct in Thailand and the Philippines.



Sarus Cranes feeding in assemblage
Photo: Seng Kim Hout – BirdLife Cambodia

DISCOVER PROVINCE OF KAMPOT ខេត្តកំពត

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TOURIST ATTRACTIONS

Bokor Mountain

Bokor Mountain locates in Kampot province, about 10km from town of Kampot and about 190 km from Phnom Penh. It is designated as Cambodian National Park. It occupies the southern most peak of the Elephant Mountains. The plot of land on the Elephant Mountains was acquired for the park in the year 1916. Later in 1960's, the French Protectorate and then Prince Norodom Sihanouk designed that picturesque plot of land as an altitude resort. It is a place for ride, scenery, cool mountain air, adventure, and relaxation. It offers a breathtaking view from the hill top overlooking Cambodian coastal line and many beautiful offshore islands. The Bokor National Park is the primary wooded area of the nation and is quite prosperous in the terms of the prevalent flora. This park provides a hostage to globally endangered animals like the tiger, chestnut – headed partridge and also the green peafowl. Apart from all this the place is a rainforest with some perpetual calls of birds and bugs. The central attraction in the national park is the Popokvil Waterfalls and the discarded hill station of Bokor.



The moist evergreen wooded land of Bokor comprises of a deciduous forest in its northern part. It is a home for a variety of rare and threatened animals that embrace the Indian Elephant, leopard, Asiatic Black Bear, Malayan Sun Bear, Pileated Gibbon, Pig – tailed Macaque, snow loris, red muntjac deer, lesser mouse deer, pangolin, yellow throated martin, small Asian mongoose and a huge variety of the civet, porcupine, squirrel and bats. Over 300 species of birds reside in this national park that includes a variety of hornbills.



The high altitude of the Bokor National Park provides ample opportunities for trekking. It is also a place to explore wildlife as the moist evergreen tropical forest is home to numerous waterfalls, rivers and many rare species of plants.

Most famous for the abandoned Casino at the top of the mountain, there is also a church, buildings for French Protectorate and former kings. Such remnants remind Cambodian the French colonial era. Plans are underway to re-establish some sort of a luxury resort atop Phnom Bokor.

Bokor Hill Station is an abandoned French town in Preah Monivong National Park. Construction started in 1921 on Elephant Mountains, about 20 km as the crow flies (42 km by the road) West from the town of Kampot, southern Cambodia. It has been abandon twice in its history, once when Cambodian fought for independence from France in the late 40's while, and then again in 1972 when it was overran by the Khmer Rouge.



DISCOVER PROVINCE OF KAMPOT ខេត្តកំពត

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Other Attractions

Visitors may enjoy stunning panoramic views from the mountain tops. They may also enjoy waterfalls, boating and rafting on the river in town. Other attractions include the Popokvil Waterfall where thundering falls provide a cool, refreshing pool to bathe in. Teuk Chhou Rapids and Prek Ampil Resort are within a short distance from each other and are yet another place for enjoyment. Kampong Trach Mountain Resort, caves with their ancient ruins and the durian and pepper farms, Anlong Pring Bird Sanctuary are also worthwhile stops in Kampot. The little island of Koh Tonsay can be reached from Kampot via boat.

Teuk Chhou Rapids



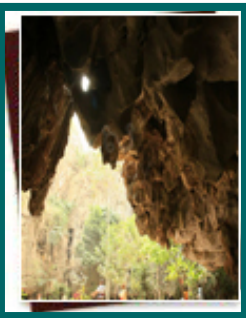
Teuk Chhu is located about 8 kilometers north of Kampot provincial town. It is one of the most peaceful, pleasant little hideaways in the province. It is known to Locals as waterfalls. Teuk Chhou is in fact a series of sparkling natural rapids with crystal clear water which is always cool and fresh.

Durian Plantations



Durian plantations is within a proximity of Teuk Chhou Rapids. Kampot durian is famous throughout Cambodia for its flavor and sweetness. It is deemed superior to Thai durian by Khmer connoisseurs. Durian is a brown spiked skin, strong-smelling fruit. Some Cambodians like to eat it raw. Others use its creamy yellow flesh to make deserts.

Caves near Kampot



Series of caves near Kampot town are limestone caves, some dated back to pre-Angkorian era. Some limestone formations are in the shapes of elephants. Also, various brick structures amongst the stalagmites and stalactites are formed within the caves. There are Buddhist shrines and huge rocks balanced in a hole on the ceiling of the caves.

Discover Kampot is Researched by Boran Tum and Ben Bao, illustrated by Ben Bao.

Sources: http://royalpeppercompany.com/about_kampot_pepper.html

<http://www.kampot-pepper.co.uk/faq/faq.htm>

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DISCOVER PROVINCE OF KEP ខេត្តកែប

OVERVIEW

Kep was a municipality that lies along Cambodian southern coast. It has recently become one of Cambodia's province. Kep city was established in 1908 by France during the colonial era. It is known to be a relaxed, sun-dappled, tranquil atmosphere beaches. People come to Kep to indulge in its luxurious beachside resorts, tropical islands, and mouth-wateringly seafood, particularly crabs.

Prior to 1970, this lush coastal region was a seaside playground for foreigners and Cambodian elite. Casinos, fancy villas and resorts were the norm here in the 50's and 60's. Every weekend, Phnom Penh city dwellers, some 120 km away, were rushing along national route 3 crossing picturesque countryside in Takeo and Kampot provinces. Destination: Kep beaches, Bokor Hill Station. Kep was Cambodia's most popular beach town even though it is not in the same league as those in Shinanoukville.

Kep has fallen on hard times during civil war era which brought Khmer Rouge to power in 1975. Many of Kep's, mostly French villas are abandoned, but some of the town's former splendor is still apparent.

The ocean is lined with huge sidewalks and some large statues that now seem largely out of place. King Sihanouk built a palace overlooking the Gulf of Thailand, but it was never furnished and now sits empty. A good, paved road connects Kampot town, some 15km away. The slightly darker beaches than in Sihanoukville are mostly scattered with mangroves and black rocks, but some visitors do not come here for just beaches. They take-off on a short boat ride to Koh Thonsay (Rabbit Island) where they enjoy white-sand beach, cocounut tree and colorful fishes along its shore. There are many other islands around just about 30 minutes away from Koh Tonsay.

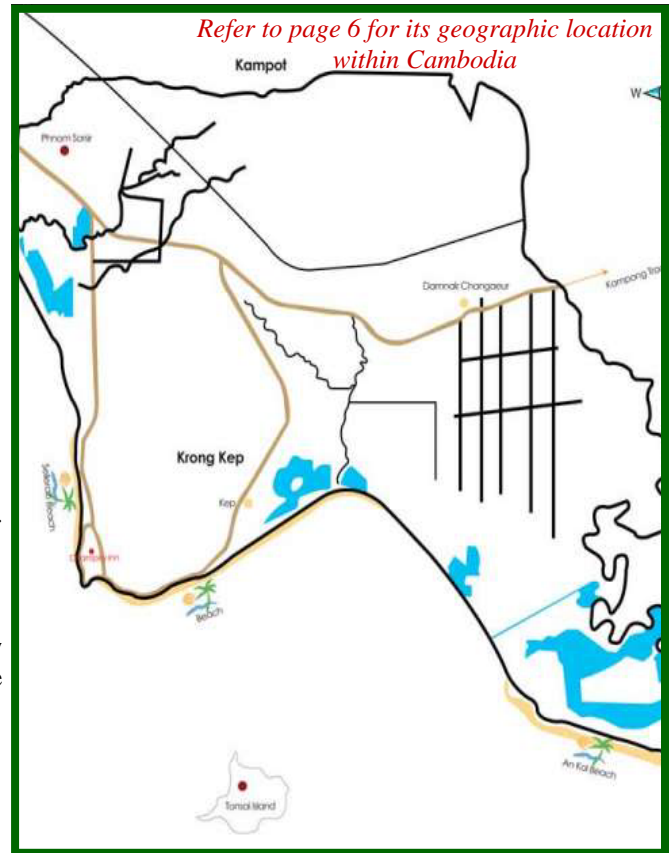


Photo by Ben Bao

Recently, the province has undergone a major renovation. Kep appears to be experiencing something of a renaissance, with several mid-range and luxury guesthouses and bungalows recently opened or still under construction. Kep is also home to an extensive national park covering some mountains with deep green jungle.

DISCOVER PROVINCE OF KEP

ខេត្តកែប

Cont'd

A small section of the beach is a regular Crab Market (Psar Kdam). Fishermen bring in baskets of crabs by the boatload, and waterfront restaurants cook them fresh, usually boiled with a few fragrant sticks of famed Kampot pepper. Fish, squid and prawns are also on offer, often cooking slowly over coals at the front of all the restaurants. There are many crab peddlers along the seawalk, offering cooked crabs, squids, fishes and shrimps.

For a relaxing day trip, visitors often travel to a nearby island such as Rabbit Island (Koh Thonsáy), which is only a short boat ride off Kep's coast. Here, you'll find beautiful seaside views, bamboo platforms and basic bungalows, and plenty of rustic charm. A boat back during the evening sunset is not to be missed.



Photo by Ben Bao



Photo by Ben Bao

A Beauty Queen aperture is one of the popular place people visit. Superstitious at best, some Cambodians bring flowers and incents to pray to this goddess for prosperity and good health, while others pose for a picture and make the best of out their visit. Most



Photo by Ben Bao

DISCOVER PROVINCE OF KEP

ខេត្តកែប

Cont'd

Tourist Attractions

Picnic Area

To experience Khmer Culture, picnic should not be missed. There are plenty of picnic areas along the road that lines up with beach. The platforms are small open cottages with picnic table and hammock. Visitors may rent it or just find an empty place, under a shade of a tree or an open air (if sunbathing is preferred). Vendors/cottage owners will present you with live crabs, fresh prawns, squid and fish from which to choose.



Photo by Ben Bao

Kep Beach

Kep Beach is a famous seaside resort with twelve months of sunshine. A single, kilometer long crescent of sand near the tip of the Kep peninsula. Visitors will find dining places and seafood vendors line the road behind the beach. Visitors can see attractive picturesque mountain views and winding lanes toward the beach. A sightseeing tour of the city is very popular with them. They can stroll down the sidewalk, sunbath, swim, and picnic there.



Photo by Ben Bao

Phnom Sar Sear



Phnom Sar Sear is a nature and cultural site located about 14 Kilometers southwest of Kep city. It is composed of three small mountains about 1.5 square kilometers, 40 meters high. The site features two natural caves-Phnom Dorei Sar and Phnom Ach Prochiev-which tourists can explore. In Phnom Damrei Sar cave, there is a beautiful mountain well called Viel Sre Muoy Roy where several Cambodian melodic songs titles are featured from . In the past, this site was also popular with filmmakers.

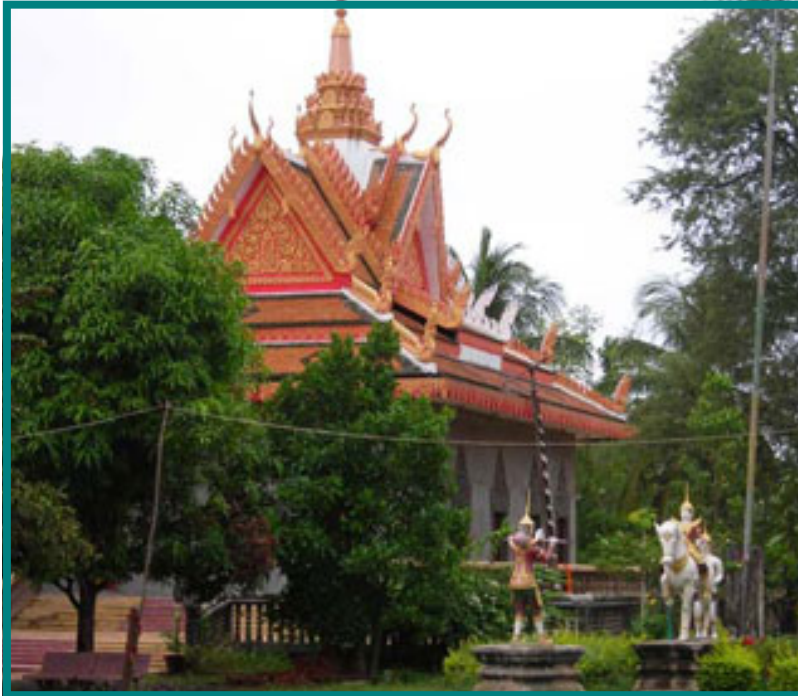
Tourist Attractions (cont'd)

Koh Tonsay (Rabbit Island)



Koh Tonsay is located about 4.5 Kilometers southwest of Kep. Tourists are drawn to the two beautiful white sand beaches. The sea here is shallow and has a long slope, making Koh Tonsay excellent for swimming. At the sea bottom area a variety of corals, sea animals and plants which attract researchers and ecologists.

Wat Samot Reangsey



Wat Samot Reangsey is one of those Kep'sites that draws many tourists because of its historical significant. Wat means temple. Nobody knows when this Buddhist temple was built, but its ancient buildings suggest it is for sure a historical site. There, visitors will find fascinating insight into the history and culture of the land.

Discover Kep is Researched by Boran Tum and Ben Bao, illustrated by Ben Bao.

Sources: http://en.wikipedia.org/wiki/Kep_Province

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DISCOVER PROVINCE OF SIHANOUK ខេត្តព្រះសីហនុ

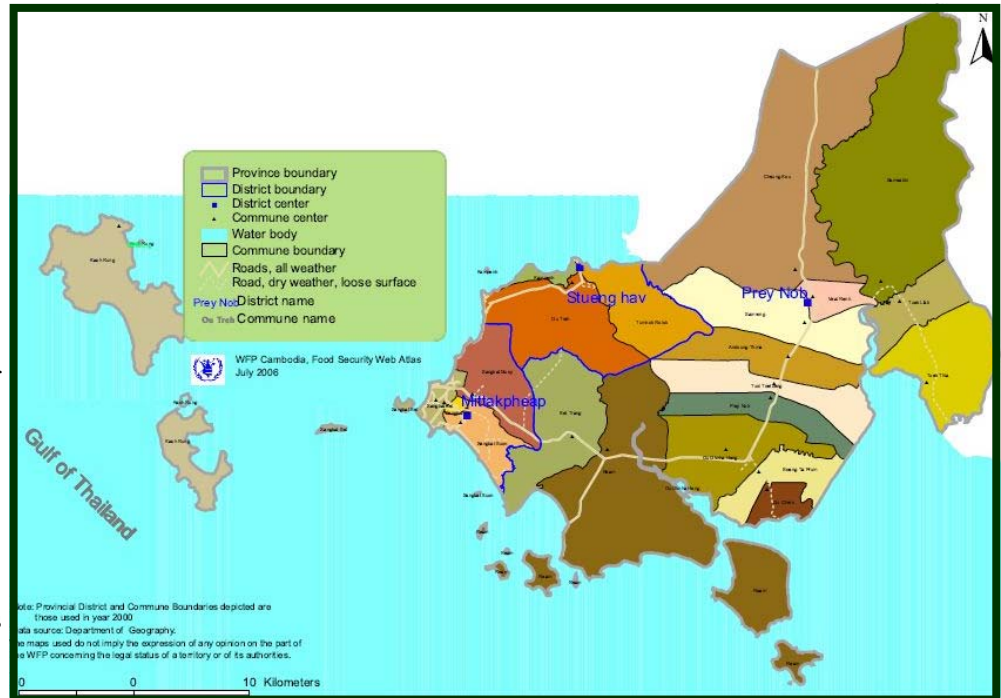
OVERVIEW

Sihanoukville (in Khmer: Krong Preah Sihanouk) and the surrounding areas recently become Sinahnouk province. Known to locals as Kampong Som, it is now a province in southern Cambodia on the Gulf of Thailand. The province is named after former King Norodom Sihanouk following Cambodia's liberation from France. Its capital is Sihanoukville and is the only deep water seaport in Cambodia. The port was constructed in 1955. The province boasts pristine white-sand beaches, unspoiled tropical islands, and a dynamic nightlife.

Sihanoukville's coastal treasures make it one of the most loved beach destinations in all of Asia. With its palm-studded shores and warm, clear waters.

Sihanoukville attracts crowds of locals,

expatriates, and tourists eager for a beachside holiday. There are dozens of untouched islands off the coast of Preah Sihanouk: Koh Rong and Koh Rong Samlon both feature blissfully un-crowded beaches with palm-shaded shorelines. Being a beach town, there are also many sea-based activities for adventurous visitors, including boating, island-hopping, fishing, diving and snorkeling in crystal clear waters. One of the most popular attractions is Ream National Park. Sihanoukville has a few beautiful sandy beaches. While each of the beaches has its own distinct charms, the most popular tend to be Sokha Beach, Victory Beach, Ochheuteal Beach, Independence Beach, Otres Beach and Serendipity Beach. Visitors are enchanted by each of its tranquility and its natural beauty. Sihanoukville is also an ideal place for snorkeling and scuba diving.



Geography

Sihanouk province is located in Southern Cambodia on the coast of the Gulf of Thailand about 230 kilometres (143 mi) southwest of Phnom Penh. It borders Koh Kong to the North, Kampot to the East. Its capital is Sihanoukville, a town area that is spread thinly across a peninsula, surrounded on three sides by beaches, with the downtown area near the center of the peninsula a couple of kilometers from the beaches. Sihanoukville is classified as a municipality. Its topography of the municipality is variable from coastal areas to lowland/ upland mosaic in the northern hinterland. Being a rather small province, Sihanoukville has two main urban centers: the port itself and the Prey Nob District, 46 kilometers from Sihanoukville downtown to the north.

Demography

In 2008 there were 199,902 persons living in Sihanoukville province. It comprises mostly of Khmer ethnic group. There are many other groups like Vietnamese, Chinese, Cham, Thai, French, British, Korean and Americans, especially because of its status as a port. The Cambodian culture is predominantly Khmer. But the presence of several human groups in Sihanoukville makes the

DISCOVER PROVINCE OF SIHANOUK ខេត្តព្រះសីហនុ

Cont'd

province a place for multi-cultural manifestations. The people of Sihanoukville celebrate the traditional feasts of Cambodia and other festivities like Cambodian New Year (April), Chinese New Year (between January and February), Water Festival in Prey No (November), Pchum Ben (honor to the ancestors in October) and Kathen Ceremony (offerings to the bonzies). The ethnic and minority religious groups celebrate the Christmas Day (25 December) and Holy Week for the Catholics, the Ramadan for the Muslims, the Valentine Day and the International New Year (31 December).

The inhabitants of Sihanoukville dedicate especially to commerce, fishing, agriculture and industry. It is used that families visit the beaches and waterfalls at the weekends. Generally people from Sihanoukville are friendly and they are used to visitors from other Cambodian provinces and foreigners.

Tourist Attractions

Significant values of Sihanoukville include Sihanoukville's international port, the pristine beaches and waterfalls, abundant natural resource, and key ecological sub-systems. Ream National Park, the country's only marine national park offers numerous unique ecological habitats.

Beaches, Beaches, Everywhere!

O'cheuteal Beach



O'cheuteal Beach on the East side of town, about a 5 minute motorcycle ride from downtown. This beach runs about 2 kilometers from Serendipity Beach to Otres Beach. O'cheuteal Beach is filled with beach stands and chairs. Seafood, burgers,

serve Khmer style food, but many now offer Western dishes. Across the street from the beach, there's an assortment of restaurants and hotels.

O'treas Beach

O'treas is the quietest beach in town. Several small beach stands with food and umbrellas are available. There's no public electricity here yet, so many places use a generator when necessary.



Sokha Beach

Sokha Beach is located just west of Serendipity Beach. This beach is privately owned by Sokha Beach Hotel, the first five star luxury beach hotel in Cambodia. It provides many facilities with a wide white sandy beach, but hotel guards may prevent visitors who are not guests from going on the beach.

Independence Beach

Independence Beach is located next to Sokha Beach on its west. The beach was named after the old Independence Hotel. This beach offers a good stretch of clean sand. Situated at the northern end of the beach is Independence Hotel and Koh Pos Beach with a tiny island only 800m off the coast. Koh Pos is known for its rock strewn shoreline.

Victory Beach

Victory beach is situated at the furthest north of the peninsula of Sihanoukville. It was the original backpacker beach and is still popular with budget travelers. Victory beach has quickly become the tourist beach on the West side of town. An easy walk from Victory Hill, with plenty of seafood, boating activities, guesthouses, and a full service casino. Some quiet beach in the middle, and some restaurants towards the port. Also, featuring a pier for island boat trips.



DISCOVER PROVINCE OF SIHANOUK ខេត្តព្រះសីហនុ

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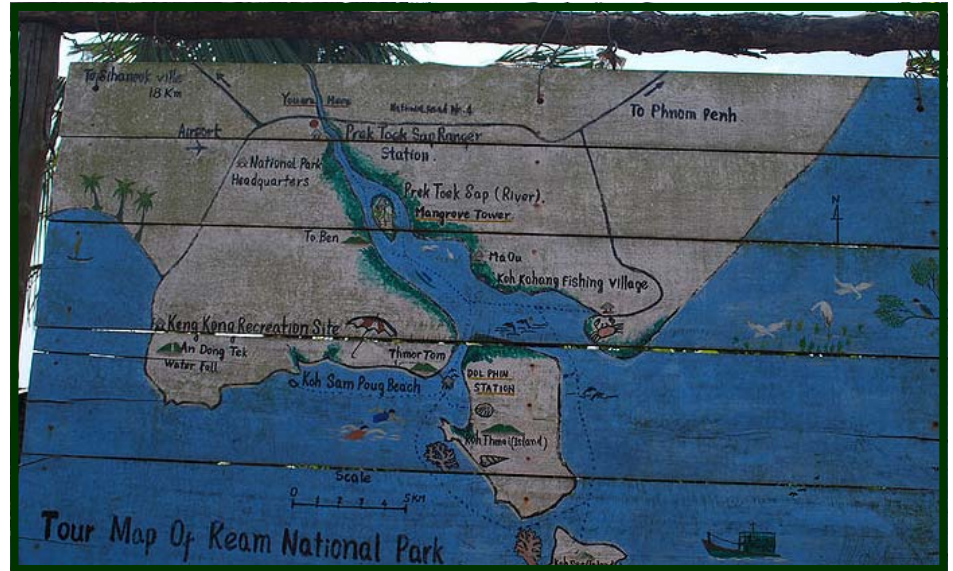
Ream National Park

Located in Ream community, 18 km from Sihanoukville, Ream National Park was established in 1993. It is a lush evergreen ecosystem encompassing 21,000 hectares of coastal area including sandy beaches, mangrove forests, off-shore coral reefs and two islands (Koh Thmei and Koh Seh). It is also home to a number of rare birds and animals which is indeed a treat for the nature lovers. It is also a place where over a 150 species of birds live including herons and cranes. The Park provides refuge for such species, Though rarely seen, as macaques, sun bear, dolphins, mouse deer, pangolin, over a hundred species of birds and there is even rumored to be a tiger. King cobras and pythons have been spotted in the park too. Despite wild animals and snakes, the park offers safari tours of the smaller mammals and birds and waterfalls. Ream National Park is an excellent alternative for those who wish to have a break from the beach scene and enjoy other Sihanoukville attractions. A major attraction during the months of December, January and February are the magnificent fresh water white dolphins. Wat Ream, a buddhist temple, is also worth a trip.

Visitors to the Park may do jungle trekking or take river boat trips



along the Prek Tuk River through the jungle and mangroves to the ocean. The river trip is the most popular tour of the Park and is also more likely to provide wildlife sightings. Hiking to Meditation Mountain and Keng Kong waterfall are also popular trips. The Cambodian navy has a base at Ream and sailors may appear unexpectedly, but they cause no trouble. Getting to Ream National Park is easy. There are plenty of travel agents offering tour services. You may get there on your own by using paid motodup or renting motorbike.



Discover Kampot is Researched by Boran Tum and Ben Bao, illustrated by Ben Bao.

Sources: <http://www.sihanoukville-cambodia.com/>

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DISCOVER PROVINCE OF KOH KONG ខេត្តកោះកុង

OVERVIEW

Koh Kong is located in Southern Cambodia, bordering to the North with Pursat, to the East and South to the coast of the Gulf of Thailand, and to the West with Kampot and Sihanoukville. It is one of the biggest provinces in the whole country with a long undeveloped coastline and a mountainous, forested and largely inaccessible interior, which embraces part of the Cardamom Mountains, the biggest coherent rainforest of Southeast Asia. Koh Kong is a major border crossing with Thailand for overland shipment of products. Smaller ships from Thailand, Vietnam and Malaysia port here. Koh Kong is about 4 hours by road to Sihanoukville, Cambodia's largest beach resort, and 5 hours to the capital of Cambodia, Phnom Penh.

The area of the province is 11160 square kilometers (MAFF www.maff.gov.kh). The topography of the province is variable, from the coastal region on the south and western borders, to extensive upland forested areas covering much of the province. The province consists mainly of a huge mountain range, the Cardamom Mountains. Covered with lush deep rainforest, it is, almost unpopulated except by some small tribes.

There are many creeks and rivers running to the sea, Stoeng Kaoh Pa and Stoeng Me Toek are the largest. Typical Cambodian plain wet areas covering rice fields and other agricultural plantations are not found here except from some river areas near the sea. The highest point in the province is about 4000 feet in elevation.

Climate

The country has a tropical climate - warm and humid. In the monsoon season, abundant rain allows for the cultivation of a wide variety of crops, but roads may be impassable in some areas due to muddy condition.

General information about the provincial climate:

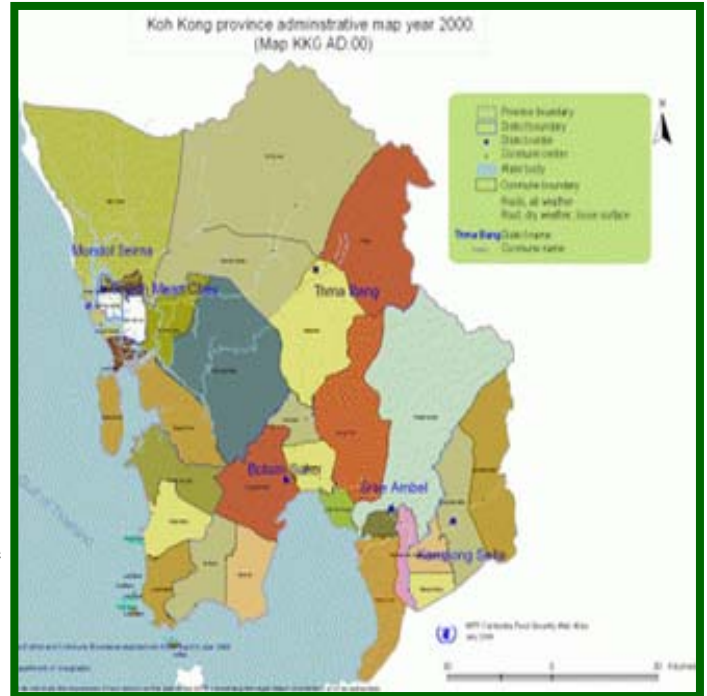
- Cool season: November- March (17-27c)
- Hot season: March- May (29c -38c)
- Rainy season: May - October (27-35c, with humidity up to 90%.)

Tourism

Koh Kong is a major eco-tourism destination in South-East Asia. Largely uninhabited, the Cardamom Mountain park area, and rivers, islands, and jungle are popular eco-destinations. Koreans, Israelis, Thais, Chinese, and Westerners choose this area. Their top choice is the Riverside destinations. Mainland coastline, unpopulated islands, and lots of tributaries fill up more than 90% of the province.

Industry

Industry in Koh Kong province includes fishing, salt production, sand dredging, and is notable for its agriculture. Koh Kong city is the economic center for these and other industries. A major agricultural project is planned by investors from Kuwait. Thai's are attracted to Koh Kong's casinos. An industrial / export processing area is under development.



DISCOVER PROVINCE OF KOH KONG ខេត្តកោះកុង

Cont'd

Infrastructure

Koh Kong's infrastructure is generally poor, but improvements are underway. A major road between Singapore and China has just been completed. This road mainly links Thailand to the rest of Southern Cambodian and Phnom Penh, the Capital of Cambodia.

The airport completely renovated. Large water, sewer, and electrical generating plants are being built. Road construction outside of Koh Kong city, mainly in the National Park, is slowly progressing. The Koh Kong Bridge is a major gateway to Koh Kong. Many, mostly Asian companies are already planning, investing, and working here, relying on cheap labor and tax breaks, and good (or not) enforcement of labor laws.

Tourist Attractions

Koh Kong are visited by thousands of travelers from all over the world. Tourist attractions in Koh Kong includes various places of interest such as resorts, waterfalls, beaches.

Cham Yeam Resort

Cham Yeam Resort is close to the border areas of Thailand and Cambodia. An internationally reputed resort the Cham Yeam Resort is considered as one of a favorite tourist destinations in Koh Kong. Located in Mondul Seima district, about 10 kilometers northwest of Koh Kong provincial town, Cham Yeam Resort is one of the most beautiful resorts in Cambodia because it has five-star hotels, guest houses, several casinos and international zoo, and Beach with beautiful coconut trees.

Kbal Chhay Prek Koh Waterfall

The Kbal Chhay Prek Koh Waterfall is one of the favorite tourist attractions in Koh Kong. Travelers like to go to visit the Kbal Chhay Prek Koh Waterfall, Koh Kong as it has some of the most spectacular scenic views of the adjoining areas. The tourist can enjoy some time of absolute peace and tranquility as the Kbal Chhay Prek Koh Waterfall. Koh Kong is placed away from the commotion of the provincial town. The cool waters of the waterfalls with the vegetation surrounding the Kbal Chhay Prek Koh Waterfall is a perfect picnic spot. It is situated in the Mundol Seyma District of the province of Koh Kong. The Kbal Chhay Prek Koh Waterfall is about 13 miles from the heart of the province of Koh Kong. The Kbal Chhay Prek Koh Waterfall is the nature and wildlife reserves where visitors might get to see some of the rare species of flora and fauna.



Koh Kong Bridge



Chi Phat

Chi Phat is located in Koh Kong province, which is in the Southwest of Cambodia. Chi Phat is mainland South East Asia's largest remaining tract of rainforest situated directly in the heart of the Cardamom Mountains. With mountains, mangroves and low land swamps on the one hand and many cultural artifacts such as burial jars and wooden coffins on the other hand, Chi Phat and its surrounding area has a variety of attractions to offer both to local and international tourists. Tourists can take a walk through the forest trails and meet warm and friendly village people.

DISCOVER PROVINCE OF KOH KONG ខេត្តកោះកុង

Cont'd

Tourist Attractions (cont'd)

Khun Chhang Khun Phen

Khun Chhalgn Khun Phen is one of destinations frequently visited by tourists from different parts of the world. Excursions to the major attractions lying scattered in and around the areas are within reaches. Khun Chang Khun Phen are legendary characters in Khmer literature. Once upon a time, there was villager's daughter named Thim, who was loved by a man named Khun Chhang. Khun Chhang was bold-headed and not very handsome, but his family was rich. Thim, however, did not love Khun Chhang, they became engaged and Khun Chhang married her. She later betrayed her husband to love a commander named Khun Phen. When Khun Chhang learned of his wife's affair, he complained to the King. The King decided to cut Thim's body into two parts. After Thim died, Khun Chhang buried her at the same place where she was killed. Because he wanted her to be reincarnated, Khun Chhang put up a soul flag pole on the east bank of the stream, facing where Thim was buried. Then he built a stupa in memory of their love. Later, the west bank of the stream was named Chetdey (a stupa) village, and the east bank was named Dangtung (a flage pole) village. Khun Chhang Khun Phen stupa sits on a rock in the middle of the sea tributary, about 1 kilometer from the provincial town. The stupa is 4 meters high and made of concrete.



Prek Chik O'srey Sranash

The Prek Chik O' srey Sranash, Koh Kong is one of the attractions in Koh Kong which travelers love to visit because of its idyllic location. The stunning locales which surround the Prek Chik O' srey Sranash in Koh Kong draw many travelers. It is placed conveniently a distance of 3 or 4 miles from the heart of the provincial town. The lush green forests of the adjoining areas of the Prek Chik O' srey Sranash in Koh Kong is a natural habitat for the multitude of flora and fauna of Cambodia. One can see some of the nature and wildlife reserves while visiting the Prek Chik O' srey Sranash in Koh Kong.



Veal Achaut Waterfall

Amidst nature, tourists will indulge an ideal ambiance and a stunning waterfall surrounded by lush green landscape at Veal Achaut Waterfall. The cool waters of the waterfalls and the rich flora and fauna in its adjoining areas attract the tourists from across the globe. The idyllic environment makes the Veal Achaut Waterfall in Koh Kong a perfect place for excursions. Veal Achaut Waterfall also serves as nature and wildlife reserves as many animals have made it their natural habitat.



Lam Da Beach

One of the best places to visit is the Lam Da Beach, Koh Kong as you can spend some time amidst sea, sand and serenity.

The long stretch of the golden beach shining in the warm rays of the sun makes it a favorite tourist sports for young and old alike. The global travelers can find traces of almost every natural element if they come to the province of Koh Kong.

Discover Kampot is Researched by Lowell Cole and Ben Bao, illustrated by Ben Bao.

Sources: <http://www.foodsecurityatlas.org/khm/country/provincial-Profile/Koh-Kong>
<http://www.cambodiatips.com/travelguide/koh-kong/geographyandclimate.html>
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ACKNOWLEDGEMENT

We wish to thank the City of Alexandria, Dept of Parks, Recreation and Cultural Activities, all CCD 2011 committee members, volunteers and their families; individual and group organization sponsors; business advertisers, professional and non-profit communities, all artistic performers and musicians, all Cambodians, Americans who come to support us today. The CCD preparation comes from the hard work of people involved year round. We appreciate all the contributions and donations that made the CCD possible.

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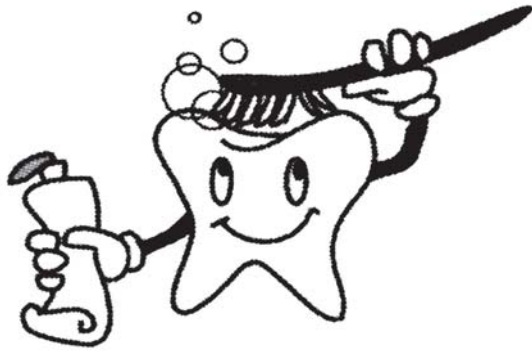
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