

A wide-angle photograph of the Angkor Wat temple complex in Cambodia. The temple's intricate stone architecture, including its five prominent towers, is reflected in the calm water of a pond in the foreground. The sky is a mix of blue and white clouds, also reflected in the water. Lush green trees and palm trees are scattered around the temple grounds.

Overview of Cambodia

Cambodia Kingdom of wonder

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About Cambodia

- ❖ **Area : of 181,035 square kilometers**
- ❖ **Located in the Southeast Asia is home to the friendliest people**
- ❖ **Population : 17 Million people (in 2024)**
- ❖ **Density : 92.62 people per square kilometer**
- ❖ **Cambodia is the Buddhism country 97%**





Cambodia Map and Flag



Cambodia Map and Flag

Angkor Wat's white color: the color represents the country's beliefs and religions, especially Buddhism and the value of dignity related to the universe.

The two blue color bands: blue describes the feeling of unity, freedom, and alliance for all Cambodian citizens. Also, it symbolizes the King and monarchy.

Red color band: bravery is considered a red color in Cambodia. It means that the country has gone through a bitter history of war.



The king of Cambodia



Royal Government of Cambodia



. Samdech Moha
Borvor Thipadei
HUN MANET,
Prime Minister of
Cambodia.



The capital city of Cambodia

Phnom Penh city



Phnom Penh city

- Phnom Penh is mix of traditional Khmer culture and modern development.



Cambodian's People

We treat people with smile, Our culture and hospitality stranger are welcome open arms, and a smile is never far from our face.





Cambodian's People

Cambodian people believe in Karma, we always treat others kindly with the hope that kindness will be returned to us.

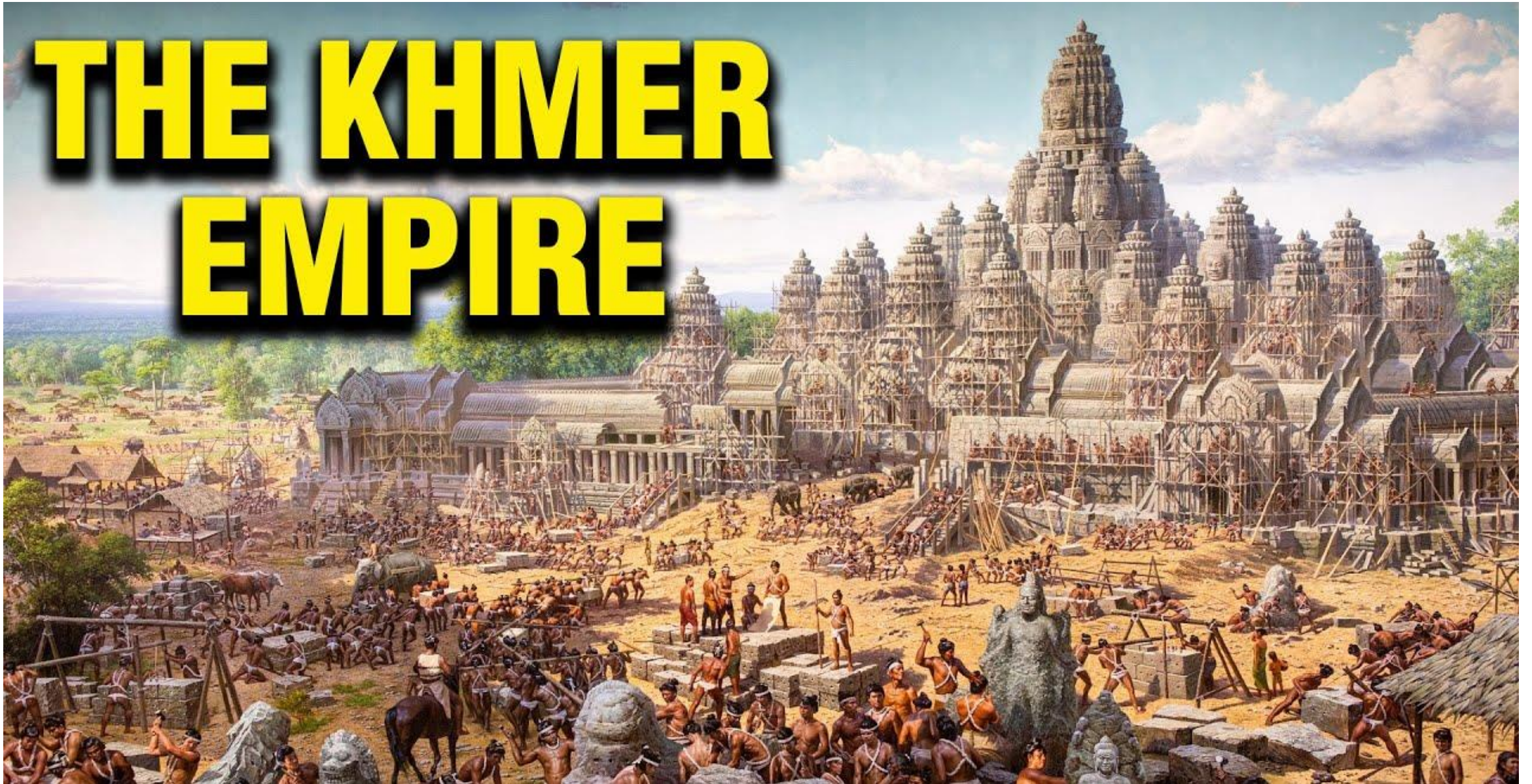
In our history, Cambodia have faced hardship in many war, but we have emerged resilient, our spirit unbroken. It's taught us the value of friendship and compassion.

Our language is “**Khmer**”, and in our language is full of polite phrases demonstrating our respect for other

History of Cambodia

- Cambodia is a Southeast Asian Country and that as Phnom Penh as its capital city. The states of Funan and Chenla were previously assumed by the historians to be closely related to the countries of China and India
- The Khmer Empire rose into power and thrived during the period from 9th century to 13th century. After the fall of the states. History of Cambodia that the center power in the Angkor and China of capitals were built here among with temples. But during 1432 the capital was shifted to Lovek.
- Cambodia, to protect King Norodom in the year of 1863 asked for protection of France. Cambodia became and continued as the protectorate of France from the years of 1863 to 1953.

THE KHMER EMPIRE



History of Cambodia

- ▶ A French colony developed in this country. But on the November 9, 1953, Cambodia attained its independence and came under the constitutional monarchy of King Norodom Sihanouk.
- ▶ In the years of 1975, the Khmer Rouge again rose to power and reached Phnom Penh and changed the name of the country Cambodia to the Democratic Kampuchea.
- ▶ After all these violence meted out to the nation and its people in the 1970s and the 1980s the renovation process again started to bring back the political stability to Cambodia. Cambodia has been helped economically by various developed countries like France, Australia Japan, Canada, and the United States.
- ▶ In 1993, we start the first election was helped by UN.

Culture in Cambodia

- Throughout Cambodia's long history, a major source of inspiration was from religion.
- Throughout nearly two millennium, Cambodians developed a unique Khmer belief from the syncreticism of indigenous animistic beliefs and the Indian religions of Buddhism and Hinduism.
- Indian culture and civilization, including its language and arts reached mainland Southeast Asia around the 1st century.

How we Greeting each other

This is how Cambodia's
people greeting each other
when we meet.



Greetings

- Men should not look women directly in the eye. (They may become confused, feel uncomfortable, nervous, shy, and not respected.)
- Men should not hug, kiss, or touch the body of a Khmer woman while greeting her. (She will lose respect and feel embarrassed.)



Five level of Greeting

- **Sampeah** is a form of greeting, it is also a common way to say thanks or apologize and is an important part of Khmer culture.



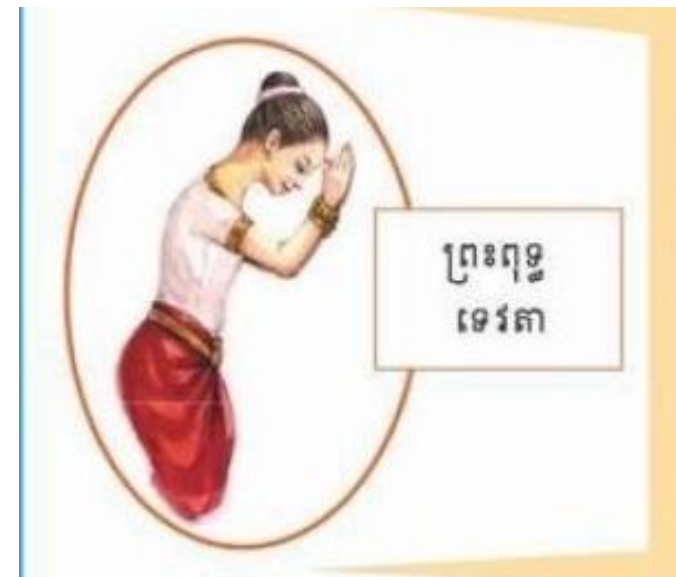


Five level of Greeting

- **Chest Level:** Since the sampeah is hierarchical, the first Sampeah gesture is on the chest. It is used when you greet friends or other people of the same age or status by placing the budding lotus's hands on the chest.
- **Mouth Level:** The second one is mostly seen in the palms' positioning on the mouth. It is utilized to greet, thank you, sorry, or say goodbye to people with higher statuses, such as older relatives, bosses, and so on.
- **Nose Level:** The third Sampeah is put at the nose with a head bowing down a little bit. This gesture must be used to show respect to parents, grandparents, teachers, or the elderly.

Five level of Greeting

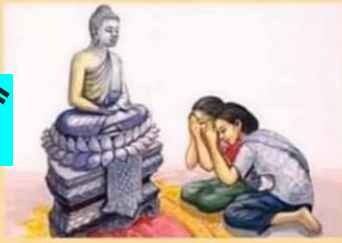
- **Eye brow Level:** The fourth one is for respecting the king, monks, or female and male monastics
- **Forehead Level:** Last but not least, in the case of praying to Buddha, Gods, sacred statues, or temples.
- Cambodians believe that the head is the most important portion of the body since it is the headquarters of wisdom and spiritual essence. As a result, patting or touching someone's head is a serious insult.
- Western cultural impact is now recognized in Cambodia. Cambodian men often exchange handshakes.



របៀបសំពះតាមបែបប្រពៃណីខ្មែរ



あご



口



鼻



眉毛



髪



Learn some Khmer words

ខ្មែរ

កាសាខ្មែរ

Learn Khmer Language

- Hello jum-reap soo-a
- How are you? tau neak sok sapbay teh?
- I'm Fine! Knhom Sok sabay.
- Good morning arun sour sdei
- Good bye! jum-reap Lea
- Good night tiveah sour sdei
- What is your name? tau neak Chhmus Ah Vey?
- My name Knhom Chhmus.....
- Good La or
- Beautiful Sa art
- Delicious Chha nganh

Dress in Cambodia

- Student uniform:



- Wedding Dress



- ▶ Traditional costume



- ▶ Khmer new year



Krama (Khmer Scarf)

- Kramar is a sturdy traditional Cambodian garment and signifies the Khmer cultural identity with many daily-life uses and ornate by all segments and religions





Cambodian or Khmer Music

- ▶ **Chapei Dang Veng** is a tool for singing, and this singing is also used as a poem or Komrorng Kev which recall the rules of ancestral' moral conduct in living, proverb or describing various stories folk. Most of the singing are delivered with beautiful sound and artists can choose to perform solo or couple. The singer was singing and playing at the same time. In the form of Chapei Dang Veng, Chapei Dang Veng is tuned follow the sound of a singer.
- This kind of music is used to accompany dance, theatre, wedding and other ceremonies.



Traditional Dances

What Are Traditional Dances in Cambodian Culture?

here are three primary types of Cambodian dance:

- 1. Khmer Classical Dances (also known as Court Dances).**
- 2. Folk Dances (which portray traditional tribal life).**
- 3. Social Dances (popular dances)**



Apsara Dance

- Apsara dance is a national symbol of Cambodia. It represents our country's rich cultural heritage and is performed to preserve and transmit this tradition to future generations.
- Apsaras were beautiful, celestial female spirits who descended from heaven to entertain gods and kings with their dance.



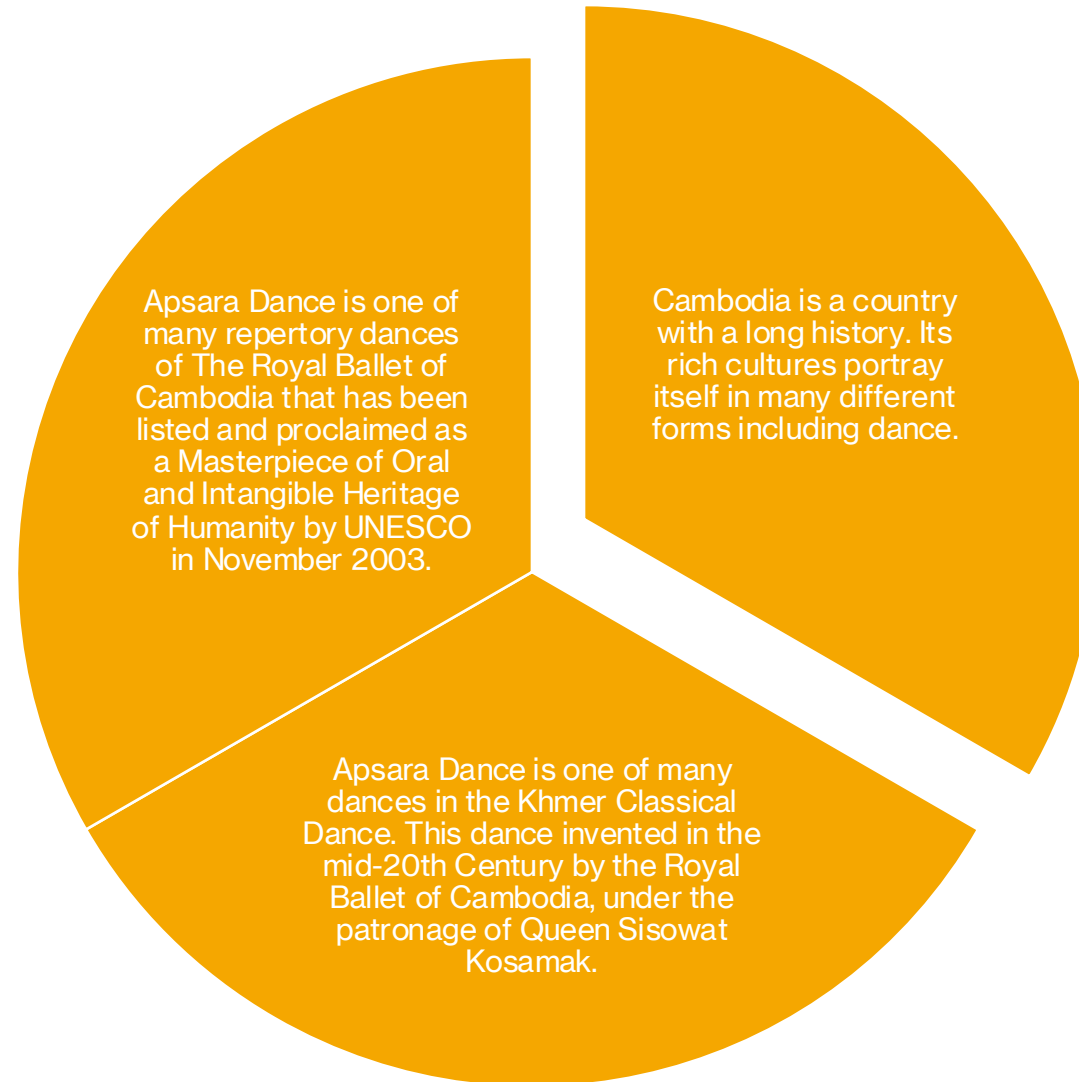
Apsara dance

- The intricate hand gestures and elegant movements can tell the stories and emotions.
- Dancers train for years to perfect the intricate movements and hand gestures.
- Apsara Dance reflects the deep connection between Khmer culture and the natural environment.

Classical Dance



Apsara Dance-One of the Repertory of Dances to the Royal Ballet of Cambodia



Classical Dance



Moni Mekhala



Robam Jun Por
(Blessing Dance)

Besides the cultural heritage, ancient temples, and traditional arts, there are intangible cultural heritages everywhere in Cambodia.



Being one of many repertoires of Cambodian Classical dance, Robam Moni Mekhala (របាំមណីមេខលា), highlights the Cambodian mythology of thunder, lightning, and rain that is related with Buddhist and Hindu superstition.



Robam Jun Por (Blessing Dance) is a piece of art cultivated by Queen Sisowath Kosamak Nearyrath. The dance is meant to welcome and convey blessings and well wishes to the visitors//distinguished guests.

Folk Dances

- Khmer folk dances are usually from locals, which bring the real life or story onto the stage and sometimes bring some message to the audience.



Robam Kandob Ses (Praying Mantis Dance)
to participate in the wedding ceremony



Pailin Peacoc Dance

is a long-standing legacy from the Kola ethnic group



Khmer Scarf Dance

is created to demonstrate the everyday life of the old Cambodians.



Robam Ken (Ken Dance)
the Ken dance is often performed at New Year celebrations



Khmer Fishing Dance



Trot Dance

Popular dance

- The popular dance is usually performed at social gatherings like weddings, parties, Khmer New Year celebrations, and festivals.
- Cambodian Social dances are Rom Kbach, Rom Vong, Saravan, Lam Leav, Jok Kampeus, etc.





TED

RAW

IT TAKES PLACES IN FRONT
OF THE ANKGOR WAT TEMPLE



Meaning of KHMER Dance Gestures



ការដាំ

Planting



ការដុះ

Growing



ស្លឹកខ្ចី

Young leaves



ស្លឹក

Leaves



ការចេញផ្កា

Flowering



ផ្លែ

Fruit



ផ្លែទំ

Ripe Fruit



ផ្លែជ្រុះ

Falling Fruit



Fruit



Flower



Leaf



Tendril



Picking of Flower



Festival in Cambodia

New Year Festival

- ▶ Khmer New Year, also known as "Choul Chnam Thmey," meaning entering the new year.
- ▶ The event is Cambodia's largest event and lasts three days, on the 13th, 14th, or 15th of April.

Day 1: Maha Songkran

- ▶ People clean their houses, and every single corner is checked. Each household displays flowers, lighting, delightful foods, fresh produce, traditional Khmer cuisines, and canned beverages for the interior altar and the spirit palace.

Day 2: Virak Vanabat

- We go to pagoda and play some games.
- 1. Playing Khmer traditional games, "Chol Chhoung."
- 2. Scarf Hidden Game is called "Leak Kon Saeng."
- 3. Tugging Game or "Teanh Proat."
- 4. Bos AngKunh



Day 3: Vearak Loeng Sak

Cambodians use holy fragrant water to cleanse Buddha statues Parents and their elders. Bathing the Buddha statues is a ceremonial ritual that locals believe washes away the sadness, sorrow, and sinful behaviors, replicating how clean water can wash the dirty things

Khmer New Year Games



Tugging Rituals and Games

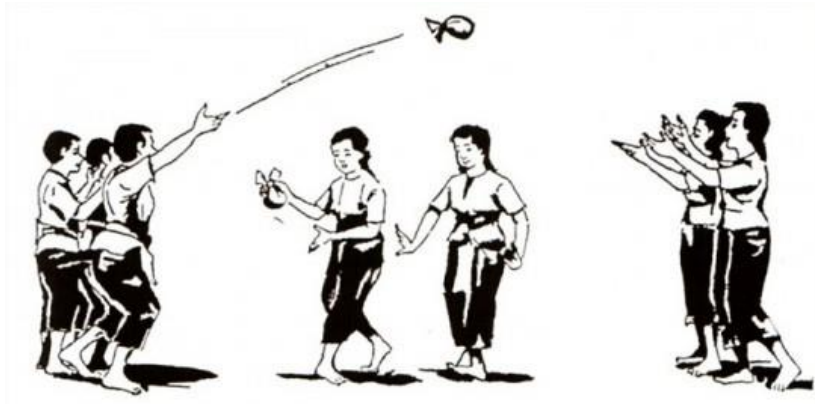
- Tugging Ritual and Games was inscribed on the Representative List of the Intangible Cultural Heritage of Humanity in 02nd December 2015.



▶ Sdech Jang Game (King Game)

- ▶ Sdech Jang or King Game is a game that boys, girls, or teenagers from every village all over Cambodia, always play during their free time at nighttime under the moonlight. When playing, they are divided into two groups, one male, and one female. In both groups, they set up a male or a female as a king to sit in the center.

Khmer New Year Games



Chhoung Game

“Chol Chhoung”, known as “Chhoung”, is one of the most famous Khmer folk games. This game can ignite all players' joy, bonding, and fascination. Moreover, this is the type of Khmer throwing game that everyone, especially teens and young adults, plays at the pagoda during Khmer New Year in April.



Tugging Rituals and Games

- ▶ Bos Angkunh is a popular Khmer traditional game played especially during Khmer New Year at villages, or schools, especially at the pagodas. Angkunh is called after one kind of dried fruit from a climbing plant in Cambodia. Normally, this game could help maintain people's mental and physical dexterity.

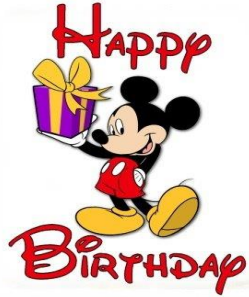
Pchum Ben Festival

- Pchum Ben is a religious ceremony in September when everyone remember the spirit of dead relatives.
- For fifteen-day people in Cambodia villages take turns bringing food to the temple or Pagodas.
- On the fifteenth and final day everyone dresses in their finest clothing to travel together to pagodas .Families bring overflowing baskets of flowers and children offer food and present to the monk.
- Everyone says prayers to help their ancestors pass on to a better life.

Festival in Cambodia



Festival in Cambodia



Birthday

- Birthday's Cambodian children do not Celebrate their birthday and it is not a Special day for them. Often their parent just remember what season they were born in but not the exact day, so they don't know for sure.
- However, all Cambodian know which year they were born and what it means in born and what it means in the Chinese animal calendars. Do you know which year where you born in and which characteristics.
- But nowadays, we change.

Festival in Cambodia

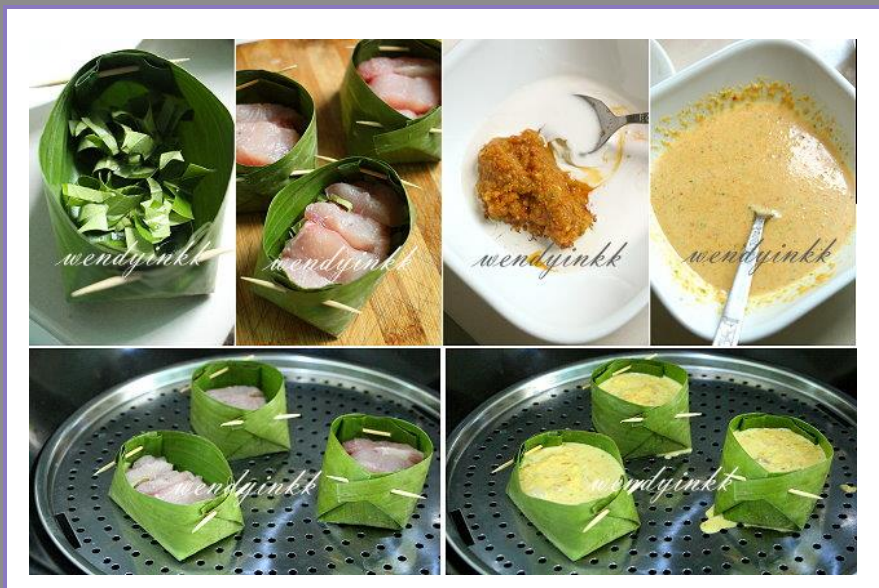
- Weddings are the most important social events in the lives of young people.



Cambodia food

wendyinkk@blogspot







Nom Banh Chok

- Khmer noodle



Cambodian Food



Khmer Food

- **Samlor Kako:** is one of Cambodian national dishes. It uses an incredible range of ingredients to achieve its complex range of flavors, including the famous prahok
- **Hamok Trei or Amok Trei** Fish Hamok, also known as Hamok Trei, is a staple of Cambodian cuisine and a must-try for visitors worldwide hoping to gain a deeper understanding of the nation and its people.
- **Num Ansorm** cakes are made of sticky rice packed with freshly leaves (normally banana leaves), cylindrical shape, cooked by steam or grill.

Nom Ah Kao

- Nom Ah Kao is a unique food from Cambodia. It's made with ripped palm fruits and slightly sweet with coconut flavor. It can be dessert or snack. You can buy this almost everywhere around Cambodia. Most of the time you can find it freshly made in the morning around any city center.



The place you can visit in Phnom Penh



The Royal Palace of Cambodia

- The **Royal Palace of Cambodia** is a complex of buildings which serves as the official royal residence of the King of Cambodia. Its full name in Khmer is the *Preah Barom Reacheaveang Chaktomuk Serey Mongkol*



National Museum of Cambodia

- The **National Museum of Cambodia** is Cambodia's largest museum of cultural history and is the country's leading historical and archaeological museum
- Established: 13 April 1920



- In 1434 King Ponhea Yat founded a city which he called Phnom Don Penh, named after the wealthy lady's house. Later the city was renamed Phnom Penh, which means "Penh Hill"



Toul sleng Genocide Museum

- Phnom Penh also has a dark past. The city was the center of the Khmer Rouge regime in the 1970s, and we can learn about this period at the Tuol Sleng Museum, a former prison, or the Killing Fields, where thousands of people were murdered.
- Cambodian Memorial Sites: From centres of repression to places of peace and reflection by UNESCO World Heritage



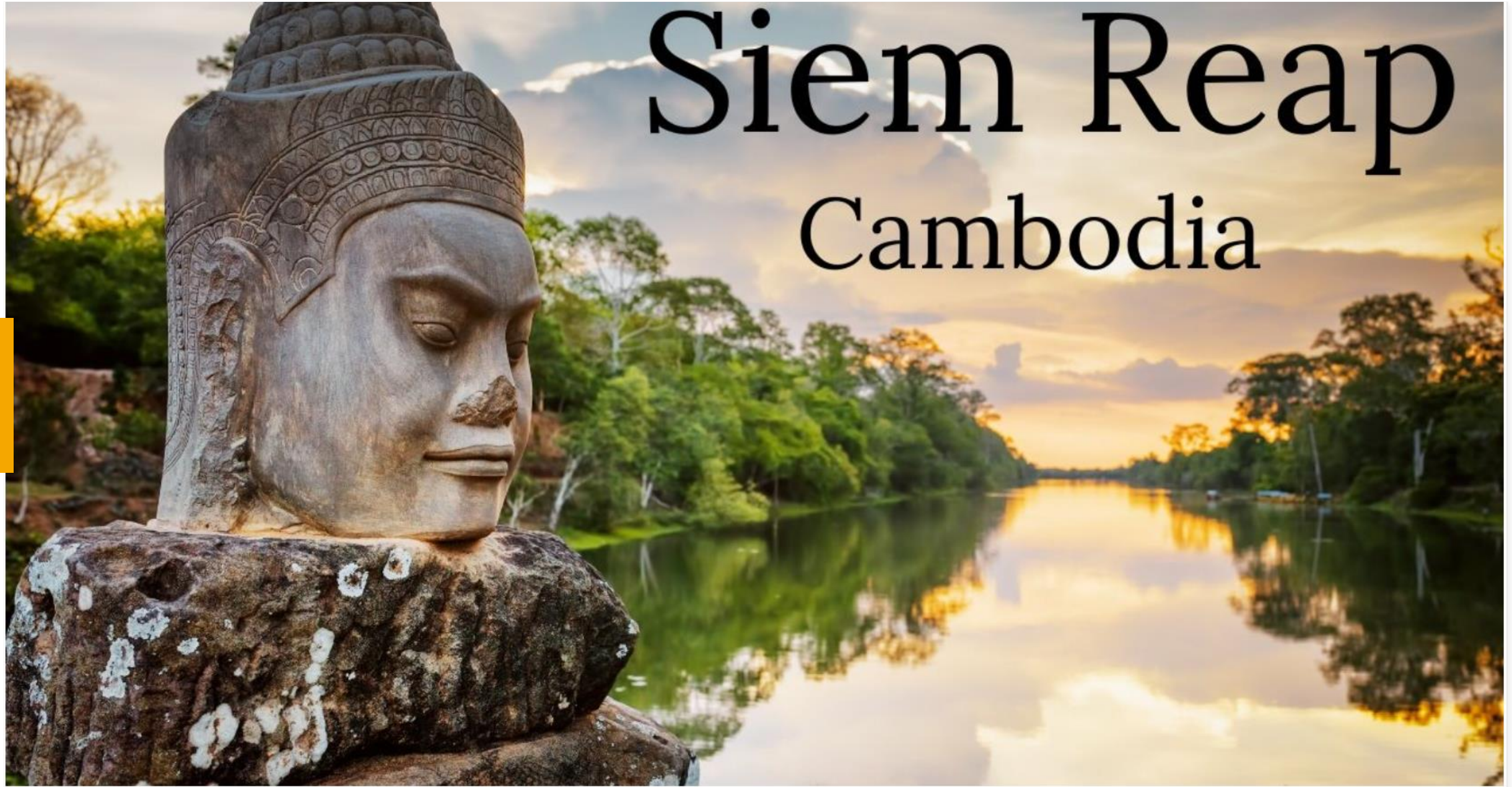


Choeung Ek Genocidal

- Choeung Ek Genocidal Center in Phnom Penh was one of the Khmer Rouge killing sites across Cambodia. Thousands of people died at Choeung Ek from starvation, disease and execution. Many were brought from the nearby Tuol Sleng prison and interrogation center.

Siem Reap

Cambodia



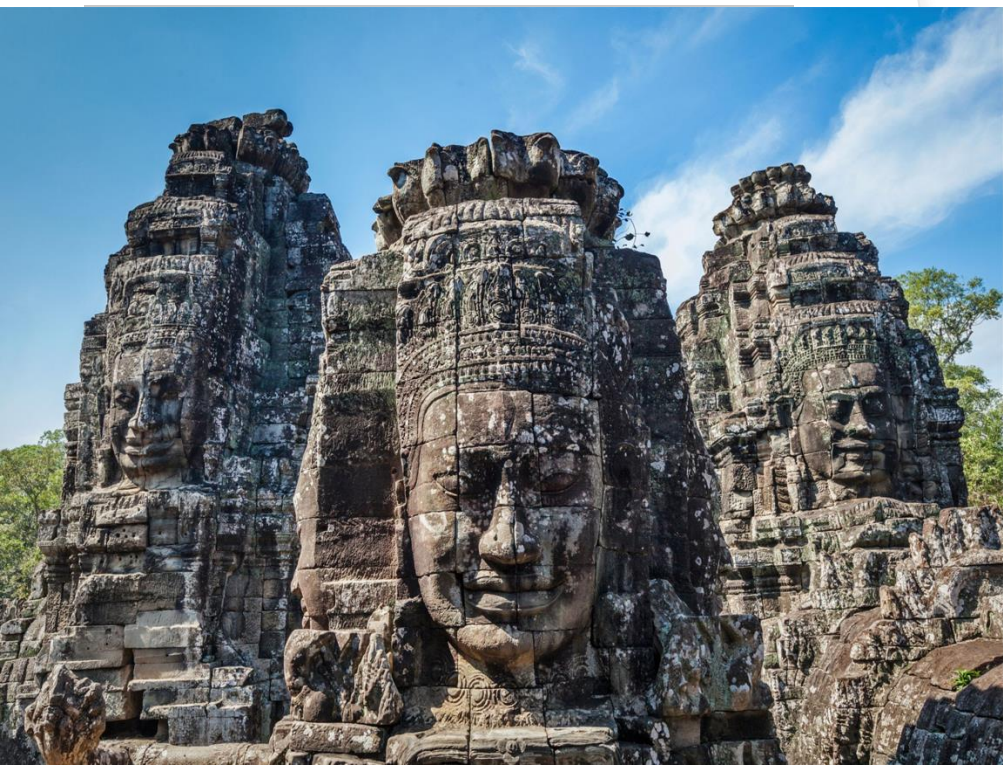


The entrain to the temple

For every temple it has different entrain



Bayon Temple



Ta Prohm Temple





conclusion

- 親しみやすさを求めるなら、笑顔と優しさと温かさの国、カンボジアがぴったりです。
- If you seeking friendliness, look no further than Cambodia, a nation of smiles kindness and warmth.

