



CAMBODIA

Aoi Takahira

Jeung Yun

Yui Hiyama

Language / 言語

In Cambodia, people speak Khmer or Cambodian. Khmer language has its own characters/alphabets very similar to Thai language and Lao language, and its origin is related to Sanskrit. Additionally, more than 10 different languages are also spoken by Cambodians in rural area.

カンボジアではクメール語（カンボジア語）が公用語になっています。タイ語やラオス語によく似ており、インドで使われていたサンスクリット語に影響を受けてできた言語の一つです。それに加え、田舎にはその土地特有の言語が10以上もあります。

Key Phrases in Khmer / よく使うクメール語

English/日本語	Khmer	Pronunciation
Hello こんにちは	ជំរាបសួរ	Chum reap sour チョムリアップスオ
How are you? お元気ですか？	សុខសប្បាយជាទេ ?	Sokh sabbay chea teh? ソックサバーイテー？
Thank you ありがとう	អរគុណ	Orkun オークン
Good bye さようなら	ជំរាបលា	Chum reap leah チョムリアップリア

Religion / 宗教

In the early period of Cambodian history, Hinduism from India was the main religion, the secondary religion being Mahayana Buddhism. Then Mahayana Buddhism became more influential. However, after 13th century, Theravada Buddhism replaced Mahayana Buddhism, and since then it is the main religion in Cambodia.

カンボジアには宗教の移り変わりがありました。はじめはインドから来たヒンドゥー教が主な宗教で、しかし大乘仏教を信仰する人もいました。その後、主な宗教が大乘仏教に代わりました。13世紀からは上座部仏教が主な宗教となり今も変わっていません。



Customs / 習慣

1. Greetings / 挨拶の仕方

Cambodians place their hands together to greet others, and the height of the hands depends on the person they are greeting – higher the rank, higher the hands.

カンボジアでは手を合わせて挨拶をします。また挨拶をする相手によって手の高さを変えるのが特徴です。



2. Khmer New Year / クメール式正月

Cambodians have their own unique New Year. They celebrate the New Year for 3 days in April. During the New Year, families gather and people dance the traditional dance and play the traditional games.

カンボジアには日本のお正月とも中国の旧正月とも違う独特なお正月が存在し、お正月は4月のうちの3日間です。お正月の間は家族で集まり、伝統的な踊りや遊びをします。

3. The Riverside / リバーサイド

The Riverside is a street in Phnom Penh that goes along the body of water. It is a special place in terms of geography because it is a meeting point of 4 rivers. At the Riverside, both local people and tourists take a walk, play sports, and enjoy talking.

リバーサイドはプノンペンにある川沿いの通りです。カンボジアにある4つの川が集まっている地点でたくさんの飲食店が並んでいます。地元の人も観光客も訪れて散歩やスポーツ、おしゃべりなどを楽しむ憩いの場になっています。



4. The Royal Palace / プノンペン王宮



The Royal Family of Cambodia lives in the vast Royal Palace. In front of the Palace, there is a park in which a lot of people and pigeons gather.

プノンペン王宮はカンボジアの王家が住んでいる広大な王宮です。リバーサイド沿いにあり、その前にある公園には昼夜関係なくたくさんの人と鳩が集まっています。

History

i. Angkor Wat



Angkor is the name of the capital of that time and Wat means temple. It is a religious place which has both aspects of Hinduism and Buddhism and is still important for Cambodian people. The main building which you can see on the national flag of Cambodia is the most famous one, but actually it is huge and it is said that you need three days to look around this heritage. As you can see on the right picture, there is a long way constructed by stones and huge



open space, and it is a nice place for just strolling around. Also, buildings are constructed with stones, so inside is comfortably cool even though it is quite hot (in March).

アンコールワットは、アンコール王朝時代の寺院（ワット）であることからそう呼ばれています。ヒンドゥー教と仏教の融合した宗教的な場所で、それは現在のカンボジアの人々にとっても変わらず、大切にされています。国旗に見られる中心部の建物が有名ですが、実はその敷地はかなり広く、しっかり見て回るには3日は必要だと言われています。写真に見られるように入り口からメインの寺院に行くまでには石でできた長い道があり、その周りは開けていて、歩いているだけでとても気持ちよいです。私たちの訪れた3月はとても暑いですが、石でできているので建物の中は心地よいです



When we were walking, there were some people around a man. Then we asked him what he was selling. He answered that it was juice made from palm fruits. We didn't try it because of lack of time, but if you are interested, it is good to give a try. In Angkor Wat area, not only this man, but also a lot of people were selling many kinds of fruits not popular in Japan. Just finding new kinds will be fun.

歩いていると長細い植物の実のようなものを持っているおじさんの周りに人が集まっていました。声をかけてみると、ヤシの木の实からつくったジュースを売っているのだとか！時間の余裕もなかった私たちは挑戦しませんでした。興味があればぜひ味見をしてみるのもいいかもしれません。ここだけでなく、日本では見られないような様々なフルーツを売っているお店がたくさん遺跡の周辺にあります。見てみるだけでもとても楽しいです

Every day, many tourists visit Angkor Wat. However, during Khmer new year ceremony, Angkor Wat becomes a special place for Cambodian people, and almost all Cambodian people get together there. It is in April, which is the hottest throughout a year, but even people who live far away from Angkor Wat come and celebrate it. (Of course, locals don't need to pay the entrance fee.) Foreign visitors also come to feel the celebration atmosphere. So, the hotels in that area usually become full. It is a traditional way of celebration to enjoy dancing with traditional music which everyone learns in school. My Cambodian friend said that just hearing the music makes her excited for the New Year ceremony.

毎日観光客でいっぱいアンコールワットですが、四月に祝われるクメール正月にはカンボジアの人が集結します。一年の中でとても暑い時期ですが、アンコールワットから遠く離れている地域からでも新年を祝いに来そう。 (当然ですが、カンボジアの人は入場料を払う必要はありません。) また、盛り上がりを見せるアンコールワットを見ようと観光客の足も途絶えないのだとか。そのため、周辺のホテルは満室になります。華やかにデコレーションをし、伝統的な歌に合わせて、どこのカンボジア

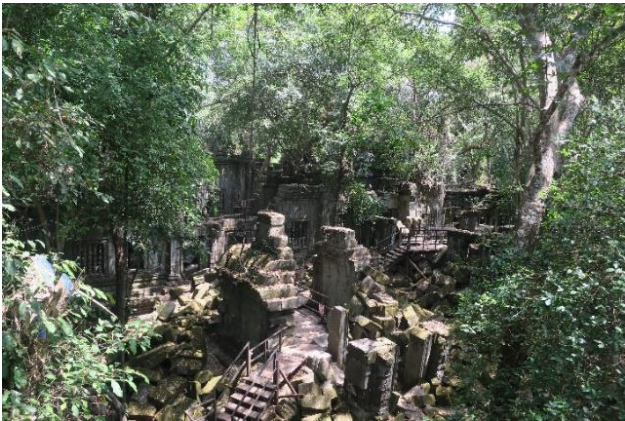


の学校でも教えられているという踊りを皆で楽しむのがカンボジアの祝い方なのだそうです。その音楽を聴くだけで、新年が待ち遠しくなるとカンボジアの友達は言っていました

The attractive points of Angkor Wat are the huge appearance with piled big stones and the delicate manual carvings which seem like impossible. I recommend you to not just take pictures, but also look and touch closely to those stones. Then imagine people who worked for its construction and history.

アンコールワットのみどころは、人の手で削って作ったとは思えない繊細な石の彫刻と、800年前に人がやったとは思えない、大きな石を積み上げてできた壮大なその姿です。1113年1年間のアンコールワットの建設には、試算で毎日9000人から1万5000人が必要だったとも言われています（p.31, 『アンコール・王たちの物語』, NHK ブックス）。写真を撮るだけではなく、ぜひ石を近くで見て、触れてください。そして、このアンコールワットを完成させるために働いた人々、ポルポト政権による破壊受けながらもいまだにカンボジアの人々のよりどころであり続ける、その歴史に思いを馳せてほしいと思います。

Beng Mealea Temple / ベンメリア遺跡



Angkor Wat is the most famous one, but in fact, there are many other heritages. It is similar that they were constructed with stones, but they are actually quite different because of the differences among their histories which each has had. It seems a pity that precious heritages with wisdoms of ancient people have been broken by nature for a long time, but they look beautiful together with nature at the same time. They are spread out in a large area, and the public

transportation is not well organized there, hence it is hard to look around by yourself. So, we suggest that you join the Cambodia study tour and enjoy ancient wisdoms and nature at ease.

アンコールワットが最も有名ですが、実はとてもたくさんの遺跡が周辺にあります。多くが石を用いた壮大なものであることは似ていますが、それぞれ違った歴史の違いが今に独特の違いを生んでいます。古代の知恵と多くの人の力で作られた貴重な遺跡が、長い年月をかけて自然によって破壊されているのは残念な気もしますが、自然と一体化したその姿は美しくも見えます。遺跡同士はかなり離れているうえ、交通の便もよくありません。個人的な旅行で行くのは大変なので、このスタディツアーをぜひ利用して訪れてみてください。



(from right to left)

Bakong Temple / バコン寺院

Ta Prohm / タプローム

Angkor Thom / アンコールトム

ii. S-21



Do you know there is a tragic history that a lot of people killed each other in Cambodia? S-21 used to be a prison and is the place which has told us its killing history. We listened to the person who survived the time and met one of the seven people who got arrested into S-21 and survived until they were released.

カンボジアの中で人々が殺しあった残酷な歴史があることをご存じですか。S-21 は今にその歴史を伝える場所です。私たちはその時代を生き延びた方からお話を伺い、このS-21 から生還した方に直接お会いしました。

Almost all citizens including the people who lived in the capital city were sent to country side because of a thought based on the Pol Pot's fundamentalism that everyone should be equal and farmers. Then, people were forced to work hard and the intellectuals and the rebellions against Pol Pot were killed. At that time, poor people who cannot write or read had a negative feeling towards the intellectuals. By using that feeling, Pol Pot let the poor kill those people cruelly with farming tools which were used for cultivating fields and living their

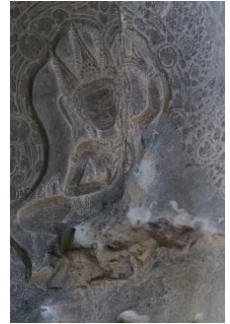


lives.

ポルポトの原理主義に基づいた、すべての人は等しく貧富の差のない農民であるべき、という考えのもとに首都を含む全ての人々が地方へ送られました。そこで強制労働とともに始まったのが、知識人を中心とした強制収容、虐殺です。読み書きができず貧しい暮らしをしていた人々が嫉妬心をうまく利用され、彼らがそれまで畑を耕し命をつないでいた農具でもって、知識人やポルポトに反対する人たちの命を残酷的な方法で奪っていきました。



At the same time, Angkor Wat, which had been hiding in a deep forest, also became a target of destruction. The people who were trying to reconstruct and preserve it were killed and the statues and the buildings with people's wishes for 800 years, were destroyed. It has been quite difficult to restore them. There are many things which will never return same as people's lost lives.



そしてこの時、自然の中にその姿を長年隠していたアンコールワットも破壊の対象となりました。遺跡を保存しようとしていた技術者たちを含む多くの命が失われ、800年もの間静かに人々の思いが宿されていた像や寺院が破壊されました。そして今、その修復は困難を極めています。失われた命と同様、二度と戻らないものがたくさんありました

These things happened only around 30 years ago and still have an effect on present society. Obviously, S-21 is not a fun place. However, it is important for us living now and future to know mistakes and crimes committed by human and imagine how people suffered from them when we visit foreign countries and learn something about them. Please visit there, think and feel by yourselves.



これらはずか約 30 年前の出来事であり、今のカンボジアにもその影を落としています。S-21 という場所は楽しいところではありません。しかし、日本の外に出て、他の国を知るときにはこのような地を訪れて人間の犯した過ちを知り苦しめぬいた人たちに思いを馳せることは今とこれからを生きる私たちにはとても大切なことだと思います。ぜひ実際にこの地を踏んで、感じて考えてみてください。

Culture

1. Hotel

Our members that travelled Cambodia in 2018 stayed in two hotels.

The first hotel is 'La Varenne Hotel'(<https://lavarennehotel.com/>), and another one is 'Angkor Paradise Hotel' (<http://www.angkorparadise.net/>).

Before we arrived at these hotel, many people thought that we were staying in the hotel with a roommate. However, we stayed in the room individually although there were two beds in each room.

I explain each hotel specifically.

I heard that the first hotel, La Varenne Hotel, was a four star hotel. Almost every facility was good. However, there were some disadvantages. We could not use hot water in bathroom. In other words, we should take shower without hot water. In addition, the water quality is not good. I heard that some people get abdominal pain and disease because of dirty water. Therefore, I recommend that it is better to use bottled water when you brush your teeth.

Next, the second hotel, Angkor Paradise Hotel, have many advantages. First, the Angkor Paradise Hotel is located near famous historical site such as Angkor Wat. So, there are many stores, restaurants, night market etc. near the hotel. If you pay two dollars, you can go to the night market from Angkor Paradise Hotel by tuk-tuk (it looks like taxi in Cambodia). Also, the facility in the second hotel was better than that of the first hotel such as swimming pool, hot water in bathroom etc.



Basically towels, shampoo, and body washer were provided in both hotels. However, quality of shampoo was not good, so if you want good condition of hair, I recommend you to bring your own shampoo. (There are no lotion and hair conditioner.) Additionally, if you are Japanese or foreigner who usually use 110v concentric plug, you should bring adapter to charge cell phone battery. Also, If I compare breakfast in hotel to restaurants outside, in my opinion, the food in hotel is better than others. (You can eat breakfast from 7am and 6am in each hotel)



2. Night market

There are so many stores in night market. However, most of the items sold in stores are similar. Thus, if you want to buy same kind of goods (ex. clothes), it is better to buy a lot in one place because you can get some discount when you buy many products in one store.

Also, when you buy something in street stores, I recommend you ask for a lower price. When the employee does not reduce the price, you act to go to other stores. Then you can get product



cheaper at least half.

Especially on Saturday and Sunday, there are many people at night market. Be careful with pickpockets.

3. Life

When I arrived in Cambodia, the environment was different from Japan. It may be hard to adapt at first. In my case, I suffered from headache for 3~4 days. Thus, I recommend you to bring medicine for headache. Also, there are many children who sell some products to get money. They look pitiful, but when you buy things, they do not study and continue to sell things.

So do not buy stuff.

About weather, the weather outside is really hot. However, when you stay in a classroom, it is cold due to air conditioner. Thus, if you stay in room for a long time, I recommend you to bring thin jacket.

About traffic, there are very few traffic lights on the road. Even if there are some traffic lights, they often ignore it.



4. Food

Most people didn't eat street food. In other words, they just eat food in restaurant. Nevertheless, around half of Peace program participants got stomachache. Therefore, I want to give advice to bring diarrhea medicine. Some of the foods did not fit us. Especially I sometimes feel unusual flavor in soup type. However, it was also good chance to experience exotic flavor.



Work Cited

Khmer phrasebook. (n.d.). Retrieved March 29, 2018, from https://wikitravel.org/en/Khmer_phrasebook
Heng, S. (2015, February 06). My perception on my Country - Cambodia. Retrieved March 29, 2018, from <https://www.slideshare.net/seangsokheng/my-perception-on-my-country>
Martin, E. (2017, November 22). A Monk's life in Cambodia. Retrieved March 29, 2018, from <https://pharecircus.org/monks-life-cambodia/>