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Cambodian Center for Human Rights

**CAMBODIAN CENTER FOR HUMAN RIGHTS
INTERN AND VOLUNTEER HANDBOOK
2012-2013**

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.

ABOUT CCHR

What we do

CCHR is a non-aligned, independent, non-governmental organization that works to promote and protect democracy and respect for human rights throughout Cambodia. Our focus is primarily on civil and political rights, although we work on a variety of interlinked human rights issues.

Our Vision

CCHR’s vision is of a non-violent Cambodia in which people can enjoy their fundamental human rights, are treated equally, are empowered to participate in democracy and share the benefits of Cambodia’s ongoing development. We desire rule of law rather than impunity; strong institutions rather than strong men; and a pluralistic society in which variety is harnessed and celebrated rather than ignored or punished. CCHR’s logo shows a white bird flying out of a circle of blue sky – this symbolizes Cambodia’s claim for freedom.

History

CCHR was founded in 2002 by Kem Sokha, former Senator and current National Assembly Member and founder of the Human Rights Party. 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 since April 2007. 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 a custodial sentence for defamation.¹

OUR PROJECTS

In order to promote and protect democracy and human rights we empower civil society to claim its rights and drive change; and through detailed research and analysis, based partly on the information received through our empowerment work, we develop new, concrete and constructive ideas and recommendations for the institutional, legislative and policy changes required to improve the human rights situation. We use traditional and new communications technologies to transfer these ideas to Cambodian and international

¹ Whilst the campaign for decriminalisation resulted in the removal of the custodial sentence for defamation, Prime Minister Hun Sen’s pledge to decriminalise the offence entirely has yet to materialise.

audiences, engage in dialogue with all stakeholders including the government, test domestic and international human rights mechanisms, and lobby at home and abroad.

Human rights defenders project

Through our Human Rights Defenders Project we empower, protect and promote those individuals at risk who speak out for the rights of others. We provide training to human rights defenders (“HRDs”) on human rights and advocacy skills, coordinate the provision of legal and humanitarian services when they are under threat, and advocate for HRD rights.

Business and human rights project

Through our Business and Human Rights Project, we work to increase businesses’ understanding of their impact on and responsibilities vis-à-vis human rights, encourage them to respect human rights in their operations, and to advocate for rule of law to guarantee a fairer, stable and less risky business environment.

Trial Monitoring Project

Through our Cambodian Trial Monitoring Project we monitor trials and assess their fairness against international standards, and use our findings as a basis for dialogue with judicial and other stakeholders to promote fair trials rights in the Kingdom.

Land reform project

Land Reform Project promotes human rights related to land disputes throughout Cambodia. The overall objective is to facilitate reform of the existing legal, institutional and policy framework governing land security and tenure in Cambodia.

Women’s political representation project

CCHR is the Cambodian partner for a regional program called “Building Sustainable Partnerships to Promote Women's Political Representation in Southeast Asia” which aims to strengthen democracy and the political rights of women by promoting an increase in women’s political representation. CCHR advocate towards the achievement of at least 30% representation of women at all levels of government.

Sogi Project

The Sexual Orientation and Gender Identity (“SOGI”) Project works to promote and protect the rights of lesbian, gay, bisexual and transgender Cambodians, advocating for accountable, transparent and inclusive democratic processes, with the voices of the most vulnerable in society heard.

Human Rights Portal - Sithi Project

The Sithi Project is a CCHR facilitated project aimed at further developing and implementing collaborative and decentralized approaches to monitoring, documentation and information sharing as a basis for more detailed research and analysis and more sophisticated evidence-based dialogue and advocacy to bring about an improvement in the situation of human rights – particularly civil and political rights – in Cambodia.

Freedom of Expression project

The Cambodian Freedom of Expression Project works to improve the situation of freedom of expression in Cambodia. In order to achieve this objective, CCHR monitors instances of freedom of expression on a daily basis, engages civil society, freedom of expression experts, and the Government in constructive dialogue, and advocates for necessary legislative, structural and policy changes.

Other work

In addition to our core projects, CCHR carries out ad hoc research and policy designed to promote and protect the freedoms of assembly, association, movement, conscience, religion and belief. We have assessed and advocated for mechanisms and activities to bestow the Khmer Rouge Tribunal's promised legacy of reform and strengthened rule of law in Cambodia. We have also conducted research and advocacy on the situation of the Khmer Krom and ethnic Vietnamese.

HUMAN RIGHTS IN CAMBODIA

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 trials, and impunity.

Legal framework

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"), the Convention on the Rights of the Child ("CRC").

The protection and promotion of human rights that is expressly provided for in Article 31 of

the Constitution was reinforced by a decision of the Cambodian Constitutional Council dated 10 July 2007, which held that international human rights treaties must be applied by Cambodian courts.

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 which severely restrict freedom of expression in Cambodia. Under Article 305 of the Penal Code, undermining the honour 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 offence. Furthermore, Article 307 renders any insulting expression, any scornful term or other verbal abuse of a person or institution a criminal offence. 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 and which may result in criminal or disciplinary action against an individual. All of these offences 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 behaviour of the police, the framework for criminal prosecutions, etc.

Human rights infrastructure

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. Further, 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 –i.e. 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.

Regionally, Article 14 of the ASEAN Charter calls for the creation of an ASEAN human rights body that will protect and promote human rights and fundamental freedoms. This was realised in September 2009 when the ASEAN Intergovernmental Commission on Human Rights (“AICHR”) was inaugurated. Furthermore, an ASEAN Human Rights Declaration was adopted in November 2013. However, it was rejected by civil society organizations as it was drafted with only very limited consultations and it includes broad limitations on people’s rights.

Cambodia has a thriving civil society that is supported by international donors and has attracted wide praise. However, NGOs continue to face harassment from the Royal Government of Cambodia (the “RGC”). Recently they face new attempts by the RGC to control them through a planned NGO Law (LANGO). LANGO would give the Government control over NGOs’ finances, provide for complex registration rules, and outlaw political aims. This law has now been shelved due to national and international pressure, however it has not gone away.

Internationally, Cambodia signed the first Optional Protocol to the ICCPR on 27 September 2004, however it has not yet ratified the protocol, which allows for citizens to bring claims of human rights violations directly to the UN Human Rights Committee (after they have exhausted all domestic remedies). Signing of a treaty or protocol usually indicates a State’s intent to ratify in the near future. A signature alone is useless as the complaints mechanism is not activated.

Cambodia hosts a country office for the Office of the United Nations High Commissioner on Human Rights (“OHCHR”) which plays an important role in monitoring human rights.

Land Rights

Cambodia is an emerging market dominated by a government that has sought to increase exports and exploit its natural resources for the purposes of national development. Throughout the past decade, a rising global demand for land, accompanied by a rapid economic expansion, has had disastrous effects on the security of land tenure for many of the country’s poorest people.

Through the allocation of economic land concessions (“ELCs”), beneficiaries are given the right to lease State-owned land for a maximum of 99 years, for the purposes of industrial agricultural use. The RGC has previously claimed that ELCs are vital to the economic growth

of the country, and bring numerous social and economic benefits. However, as noted by the Special Rapporteur, *“no comprehensive evidence-based report has been officially published about the benefits of land concessions.”*

On the contrary, despite numerous legal safeguards, the past decade has seen the number of land related conflict dramatically increase. The number of ELCs granted on land, which is either disputed, or inhabited, including protected areas and forests, has continuously grown. Over three million hectares of land – approximately 16.6% of the total 18.1 million hectares of land in Cambodia – have been granted through ELCs to foreign and domestic companies, as well as to wealthy political elites, for industrial development. Consequently, the communities living on the land are frequently subjected to forced eviction, involuntary resettlement or relocation, which are often poorly planned and implemented with little respect for due process of law and for basic human rights. It is estimated that since 2000, some 700,000 Cambodians have been adversely affected by ELCs throughout the country.

Despite international and national laws that protect the right to own property and to have access to adequate housing, land rights violations are one of the most prominent and significant form of human rights abuse throughout Cambodia. Ambiguous land policies, and weak implementation of laws due to corruption, cronyism, and a lack of real political will, has led to a substantial increase in conflicts between Cambodian citizens and land concessionaires. The lack of procedural and legal safeguard when implementing some projects has led to an environment of unregulated development characterized by a lack of transparency, consultation and planning. This is intensified by a politically dependent judiciary, which fails to provide fair and prompt resolutions for many land conflicts.

Abundant examples of land evictions across the country demonstrate the severity of the situation. In 2013, OHCHR assisted on 74 ongoing and unresolved land disputes between affected communities, authorities and businesses in both rural and urban areas combined, and in 2012, the Cambodian Human Rights and Development Association (“ADHOC”) handled 70 cases and followed up on 62 cases left unsolved from previous years. Forced evictions have also become increasingly violent in recent years, with homes bulldozed or burnt down.

Communities who are evicted often lose much more than their homes. Evictions, whether forced or not, *“violate a range of internationally recognized human rights, including the human rights to adequate housing, food, water, health, education, work, security of the person, security of the home, freedom from cruel, inhuman and degrading treatment, and freedom of movement.”*² Forced evictions intensify socio-economic inequality, social conflict, and segregation and invariably affect the poorest, most socially and economically vulnerable and marginalized sectors of society, especially women, children, minorities and indigenous peoples.

Land disputes have led to a turbulent socio-political atmosphere fueling despair among affected communities and leading people to campaign for the recognition of their rights and

² UN Basic Principles and Guidelines on Development-Based Evictions and Displacement, Annex 1 of the Report of the Special Rapporteur on adequate housing as a component of the right to an adequate standard of living, A/HRC/4/18, (2007), <http://bit.ly/HbSJf>

the compensation packages owed to them. Demonstrations and rallies are held with increasing frequency, both in the provinces and in Phnom Penh. They often become confrontational and are met with an excessive use of force by authorities and the unjustified arrest and charges of land rights activists.



In January 2012, Borei Kelia residents clashed with police, military police and security guards as they watched bulldozers destroy their homes (over 300 families) in the name of development. Twenty four female protesters and six children were subsequently held at Prey Speu Social Affairs Center, an extra-judicial detention center, for different periods of up to seven days. Private company had agreed to relocate villagers to newly-constructed apartments as compensation for razing the land for commercial purposes. Numerous families were relocated to a makeshift villages with squalid conditions. Many of the families are still awaiting relocation to more suitable accommodation.

In May 2012, thirteen women at the Boeung Kak lake development were convicted of aggravated obstruction of a public official and illegal occupation of land for their involvement in a peaceful demonstration aimed at supporting a family who were attempting to rebuild their home on the site where it had previously been destroyed. They were sentenced to two and a half years in prison (six months suspended for five of the women and with one woman receiving a one and a half year sentence). The Court of Appeal later reduced the sentences to one month and three days, but upheld the convictions.

A CCHR report entitled “Cambodia: Land in Conflict” and published in December 2013 gives an overview and introduction to the overall sources, causes and impacts of the land conflict in the country.

Freedom of Expression, Association and Assembly

The situation of freedom of expression in Cambodia is dire. The ruling Cambodian People’s Party (“CPP”) owns and controls the media, television broadcast licenses are limited to individuals aligned with the RGC and a moratorium on new radio broadcasts threatens to severely curtail opposition voices’ access to the radio waves. There are currently only two

non-government aligned newspapers in print, one of which, *Moneaksekar Khmer* returned to press in January 2010 after an eight month self-imposed closure after editor Dam Sith was charged with defamation and disinformation for printing segments of a speech by opposition leader Sam Rainsy. The second paper is called *Samleng Yuvachun Khmer*. A third paper, *Khmer Amatak*, closed in September 2010 after publisher Bun Tha was summonsed for questioning on charges of disinformation and defamation following a complaint by a Minister of State in the Ministry of Foreign Affairs. Freedom House assessed press freedom in Cambodia as “not free” in its 2011 survey, while Reporters Without Borders ranks Cambodia 143 out of 179 countries on its most recent Press Freedom Index (2013).

While the RGC has yet to control internet usage, they have declared their intention to do so in the future via the Draft Law on Cyber Crimes. Sieng Sithy, deputy director of the Directorate of Telecommunications Policy Regulation at the Ministry of Posts and Telecommunications, wrote in 2011 an e-mail to 10 local Internet Service Providers to thank them for their efforts to block a series of anti-governmental media including *KI-Media* and several of its mirror sites, *Khmerization* and the website of several cartoonists including Sacrava. Khieu Kanharith, Minister of Information, distanced the government from this initiative by suggesting that he had not been aware of the request and that it did not represent government policy.

A CCHR Report “*Repression of Expression: The State of Free Speech in Cambodia*” published in September 2013 highlights the RGC crackdown on opinion and expression deemed critical of the CPP and RGC and considers the repercussions for democracy in Cambodia. This crackdown has seen criminal prosecutions and convictions of journalists, human rights activists and opposition parliamentarians; the closure of newspapers; and threats of disbarment against lawyers.

The early signs suggest that this trend looks likely to continue; the new Penal Code, which came into force in November 2010, maintains the offences of disinformation and defamation and extends the latter to statements deemed to undermine the reputation of an institution while two new offences proscribe comments “*intended to influence a court*” and criticisms of a judicial act or decision. Concerns that the new Penal Code would leave human rights activists and others who question the actions of the economic or political elite at even greater peril were realised soon after its coming into force. On 25 January 2011, Sam Chankea, a provincial coordinator of ADHOC was found guilty of defamation under the new Penal Code for comments which he made on *Radio Free Asia* in 2009 regarding KDC International, a firm run by the wife of the Minister for Industry, Mines and Energy which is involved in a long standing land dispute in Kampong Chhnang province. Journalists are often the victims of judicial harassment and cases with trumped up charges are brought against them. For instance, on 1 October 2012, 71-year-old Mam Sonando, owner of *Beehive Radio* (one of the only independent radio stations in Cambodia) and director of NGO, the Democrat Association, was found guilty of instigating an insurrection and incitement to take up arms against the state, amongst other charges. Despite a distinct lack of evidence to prove his guilt, he was sentenced to 20 years in prison, which is a life sentence for a man of his age. The charges against Mam Sonando linked him to a group of land activists deemed “secessionists” in Kratie province. However, due to the lack of evidence and Mam Sonando’s

role bringing free and fair news and opinion to the Cambodian people, it is believed that he was targetted in reality as a result of exercising his right to freedom of expression.

Recent incidents of violence, threats and intimidation against journalists are equally concerning. Most prominently, Hang Serei Oudom, a reporter for *Virakchum Khmer Daily* newspaper, was found dead on 12 September 2012 in Ratanakkiri province, where he had been investigating illegal logging. Following Hang Serei Oudom's murder, it was reported that Ek Sokunthy, a reporter with *Ta Prom* newspaper in Ratanakkiri province who was also investigating illegal logging, received a thinly-veiled warning from officials, who asked him "Did you hear about the death? Do you want to follow? Do you want to continue your career here?" Later in September, Ek Sokunthy was assaulted at his home by three men, including an armed former police officer. He was beaten with wooden sticks and a pistol, suffering injuries to the head and body.

The Demonstration Law which was passed by the National Assembly in December 2009 fails to adequately protect the freedoms of expression and assembly and requires, amongst other things, notifications to the authorities of meetings held in private property. CCHR has encountered cases where meetings held in people's own homes have been stopped by the authorities on the grounds that notification was not given. For example, on 26 January 2011, a Kampong Cham man, Ly Leang, was arrested without a warrant after he sent a request to CCHR for a public forum to discuss an ongoing land dispute between hundreds of villagers and a businessman. Ly Leang was released on bail the following day after 200 villagers blocked a road in protest at his arrest. In addition, police brutality and use of force against protesters is increasing in the country. Recently, on 12 November 2013, the protest by hundreds of garment workers from the SL Garment Factory turned violent. During the clashes, one woman – a bystander not taking part in the protest – was fatally shot by the security forces. Several other civilians were also injured. Police officers were seen beating individuals with truncheons and shooting live ammunition from close range.

CCHR has experienced disruption to its activities, such as educational public forums and meeting in the provinces on many occasions, as have other NGOs. Authorities often misuse the Demonstration Law to break up events and claim that the organizers have not received permission, even though technically under the law, NGOs do not need permission to hold educational events.

Fair Trial Rights³

Exacerbating rights violations is a judiciary that is largely influenced by the executive branch of government. During her 2006 visit to Cambodia, the then-UN High Commissioner for Human Rights, Louise Arbour, stated that the strengthening of the judiciary in Cambodia was of capital importance. Arbour noted that an independent, professional judiciary with recognized integrity would not only be essential in protecting fundamental human rights and freedoms but also facilitate the resolution of a number of difficulties evident in Cambodia including impunity, conflicts over land and corruption.

³ See the bi-annual CCHR Fair Trial Rights in Cambodia Report available at: http://www.cchrcambodia.org/admin/media/report/report/english/2012_08_15CCHR%20TrialMonitoringProject%204thBiannualReportENG.pdf

Unfortunately, little has changed in the seven years since the visit of Ms. Arbour. Although there have been steady improvements in the adherence to some of the procedures that underpin fair trial rights, many areas of concern remain. Political influence continues to be a serious problem throughout the Cambodian legal system, compromising the judiciary and the Bar Council and preventing lawyers from freely representing their clients. All this despite the guarantee in Article 109 of the Constitution of a judiciary that is independent and impartial. CCHR's analysis on the fairness of Mu Sochua's trial takes a look at the independence of the courts and separation of powers (or lack thereof) in the context of the trial.⁴

The recent spate of criminal charges of defamation, disinformation and incitement initiated against members and supporters of the main opposition party, the SRP, in recent years are testament to the role that the Cambodian judiciary plays in silencing dissent and anti-government opinions. These cases have targeted the pillars of democracy; politicians, lawyers, journalists and members of civil society, and are evidence of attempts by the ruling CPP to dissolve the main opposition party and move Cambodia towards becoming a one-party state similar to Vietnam or China.

The ongoing conflict at the Extraordinary Chambers in the Courts of Cambodia (ECCC) between the national and international co-prosecutors as to whether there will be charges against further suspects in Case 003 and Case 004, suggests that political control stretches beyond the local and municipal Courts and into an institution that purports to be applying international fair trial standards in prosecuting those alleged to hold the greatest responsibility for the crimes committed during the Khmer Rouge period. Though the names of the potential additional suspects remain unknown it has been suggested that they may include members of the current government. Questions necessarily arise as to whether the stance of the national co-prosecutor, who is the niece of the Deputy Prime Minister Sok An, is influenced by the government.

The UN Special Rapporteur for the Independence of Lawyers and Judges, Leandro Despouy, in 2009 voiced his concerns over the independence of lawyers and restrictions on their freedom to represent their clients. The Special Rapporteur was speaking out in response to the following three instances in which the independence and freedom of lawyers has been interfered with:

- On 5 March, 2012, human rights and opposition lawyer Choung Chou-Ngy was summoned before Kandal provincial court to answer questions in relation to charges alleging that he helped his client escape from prison on 23 September 2011. Choung Chou-Ngy was released on judicial supervision, which entails various restrictions on his liberty.
- In April 2009, Kong Sam Onn, the lawyer for SRP Parliamentarian Ms. Mu Sochua, was charged with defamation and threatened with expulsion from the Cambodian Bar Council after his client initiated defamation proceedings against Prime Minister Hun Sen. Kong Sam Onn, in order to avoid prosecution and the loss of his livelihood, ended his representation of Mu Sochua, apologized to the Prime Minister and

⁴ See CCHR, *Analysis of the Fairness of the Judicial Process Resulting in the Conviction of Elected Representative Mu Sochua*, available at: http://www.cchrcambodia.org/English/add_report/reports/cchr_analysis.pdf.

offered to join the Cambodian People's Party ("CPP"). The charges against him were dropped.

- In January 2009, Cambodian judges threatened defence lawyers at the ECCC, who had called for allegations of corruption at the Court to be investigated by the Phnom Penh Municipal Court, with possible legal action.
- In June 2007, lawyers representing an indigenous community in Ratanakkiri Province who were involved in a land conflict with a private individual with close links to the government, were alleged to have incited their clients to file a lawsuit to retrieve their land. The lawyers were threatened with criminal charges and disciplinary action before the Bar Council.

According to international principles, bar associations are intended to be non-partisan entities working to promote and protect the independence of lawyers from outside interference, especially government interference. In their 2007 briefing paper entitled *Restriction on the Legal Profession by the Bar Association: A Threat to Free & Independent Legal Aid in Cambodia* Cambodian NGO LICADHO noted however that sadly, in the context of Cambodia's feeble and dysfunctional justice system, the Bar has shown itself to be part of the problem, not the solution.

CCHR annual studies "*Fair Trial Rights in Cambodia*" also show the poor respect for fair trial rights in Cambodian's courts with excessive use of pre-trial detention, and little respect for the right to be presumed innocent. Furthermore, allegations of endemic corruption continue to cast a shadow over the Cambodian judicial and legal systems. The Cambodian people consider that the judiciary is amongst the most corrupt institution in the country where low pay makes judges and members of the legal profession easy targets for bribery by the rich and the powerful. These corrupt practices necessarily give rise to an unfair power dynamic in which wealthier Cambodians can use the legal system as a means to attack those in less fortunate positions who, for example, refuse to sell them their land.

Culture of Impunity

As is evident from the foregoing, the Cambodian justice system serves the rich and powerful. This necessarily gives rise to a culture of impunity in Cambodia such that in instances in which members of the elite are implicated in crimes, such as the murders of opposition journalist Khim Sambo in 2008 and labour union activist Chea Vichea in 2004, those responsible are rarely brought to justice.

In the case of Chea Vichea, two men were found guilty of the murder and sentenced to 20 years in prison despite having strong alibis and a dearth of evidence against them. Although one of the men, Borng Samnang, originally admitted to the killing, he subsequently withdrew his confession stating that it was made under duress. The other man, Sam Sok Oeun, denied any involvement in the crime. The criminal investigation and the trial were condemned by the then-Special Representative of the United Nations' Secretary General for Human Rights in Cambodia, Peter Leuprecht, as lacking any credibility. The trial verdict was subsequently upheld by the Court of Appeal despite the Prosecutor's admission that there had been a lack of evidence against the two men. The two men were eventually released on bail in 2009, having served 1,799 days in prison, after the Supreme Court ordered the Court of Appeal to reinvestigate the case. However in December 2012, the Appeal Court shockingly upheld the

conviction of the two men, despite no new inculpatory evidence being presented. After spending another nine months in jail, the Supreme Court finally acquitted the two men in September 2013, who have spent more than four and a half years in prison for a crime they did not commit.

The impunity benefiting the powerful perpetrators of serious crimes remains the most pervasive evil affecting Cambodia today. As the UN Secretary General's Special Representative for Human Rights in Cambodia wrote in his 2006 report to the Human Rights Council, *"Impunity means that Cambodian citizens are not protected by law... With impunity there is no protection of human rights. Impunity is the opposite of accountability and the antithesis of the rule of law."* This culture of impunity that pervades Cambodia today is the basis on which human rights violations in all of foregoing sections are invariably committed.

KNOW BEFORE YOU GO

AIR TICKET

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
- SilkAir: www.silkair.com
- Thai Airways: 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.

Note: The departure tax (\$25) is no longer separately payable when flying out of Cambodia. This charge is now included in the price of the airline ticket.

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.

VISA

It is not necessary to organize a visa in advance. You can purchase a one-month business ("ordinary") visa when you arrive in Cambodia. When you arrive, all you need is a passport that is valid for at least six months, US\$25 for the visa and a passport-sized photo. Alternatively you can apply for your visa online: <http://www.mfaic.gov.kh/evisa/>

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 as the maximum duration of a Cambodian visa granted abroad is one month, regardless of what you may be told at the consulate abroad.

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. Your guesthouse will be able to renew the visa or you can make arrangements with any travel agent. A one-month visa extension costs \$45 and a three month visa costs \$76.

Note: These visas are not usually multiple entry visas. Multiple entry visas can only be obtained for visas that are for six months or longer. Therefore, if you do not have a six-month visa (costs around \$153) or more, you will be required to purchase a new visa every time you leave and re-enter Cambodia.

If you are staying in Cambodia for one month or less (or if you will be leaving Cambodia and re-entering), you may also obtain a tourist visa, which is valid for one month and costs \$20. If you overstay your visa, you pay a \$5/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.

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 6 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 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.

ORGANIZING ACCOMMODATION

Guesthouses and hostels can be fun places to stay, as they are very social. Often guesthouses and hostels have a kitchen, so you are never too far from a decent meal. Laundry may be included in the room price, or as a small extra. Other extras to consider include: A/C, hot water, wifi. Most interns and volunteers will stay at a guesthouse or hostel on arrival and then choose to look for an apartment within the first few weeks.

Intern/Volunteer recommendations:

Budget options

Alibi Guesthouse

Address: Sothearos Boulevard, Phnom Penh, Cambodia

Website: <http://www.alibiguesthouse.com/contact.php>

- Two room options: daily and monthly rates.
- Daily room rental – from \$20/night
- Offer monthly room rental.
- All rooms are ensuite and come with linen, towel, cable TV, safety box and fan included. Air-conditioning is also available, but the price is unpredictable as it is metered.
- Quiet and clean rooms – cleaned daily, towel change.
- Very secure.
- Good location; although not visible from the street. Look for an alley next to Metro Bar.

“Alibi Guesthouse is a quiet family-friendly guesthouse. If you are looking for somewhere that fits in between the madness of a hostel and the quietness of a house this may be the place for you. Located in a quiet lane off Sothearos Boulevard, right beside Vietnam-Cambodia monument it is the ideal location. It is quite literally in the middle of everything - 2 minutes walk from Royal Palace and 10 minutes walk from the Riverside (the tourist hub) and BKK (unofficially named International Quarter). For the added extras Alibi also offers a pool table, an abundance of communal areas and Wi-Fi. It takes about 15 minutes to get to work from Alibi.” – Hannah and Aidan, July 2010

OKAY Guesthouse

Address: #5 Street 258, Phnom Penh, Cambodia

Website: <http://www.okay-guesthouse.com/>

- 12 USD for an AC room, hot shower, TV and double bed.
- Friendly open restaurant: Khmer meal \$2.50 and western food, inc mash potato!
- Quiet and clean rooms
- Free wi-fi and cheap laundry service
- Central location.

Mid-Range options

Street 278 (Golden Street) is located in the BKK1 neighborhood and is the hub of expat social life in Phnom Penh. The street has a plethora of restaurants including a salad bar, Indian, Thai and a variety of Western food. There are numerous guesthouses in the area including:

- **Golden Gate Hotel** (Street 278) is well located but expensive for what it is. For \$20/night you will have AC, laundry service, cable and internet.
- **Top Banana** (Street 278) is very popular, which can make it hard to get a room. It is cheap (about \$7-10 for a room) very social, (think university halls of residence), serves nice food and is in a good central location. It is also well known with drivers, so you shouldn't have a problem communicating where you want to go.
- **Amber** (Street 278) is very comfortable and clean, a bit like a small hotel. Some of

the rooms have little kitchenettes with gas burners, kettle and basic cooking equipment, so they can feel a little like a studio apartment. It is \$20 a night, so on the expensive side, but you should be able to negotiate a month let for between \$450 - \$500. All rooms have internet, cable TV, air-con and free (unlimited) laundry service.

- **Goldie** (Street 57, on the corner of 278) is another 'flashpacker' option for Phnom Penh and might appeal to people who do not want the liveliness of somewhere like Top Banana.
- **Mad Monkey** (St. 288) is a great option and is just a couple blocks away from St. 278. The staff is very helpful. The room rate is about \$7 to stay in a dorm and around \$18/night for a private room which includes AC, wifi, cable, and laundry service (\$1/load). Good restaurant as well and nice rooftop bar.

"Mad Monkey is a good place to begin your stay in Phnom Penh. It's located on quiet Street 302, between Monivong and Norodom Boulevards. It takes about five minutes on a moto to get to the office and is close to all the main tourist attractions. The dorm rooms are clean and reasonably priced but can be quite noisy late at night. If you're planning to stay there for a few weeks whilst working at CCHR before you find somewhere more permanent (and you're willing to pay a little more), then consider booking a private room to make sure you get a good night's rest. The hostel is a friendly place with helpful staff and is a great place to meet people. There is free wifi and the restaurant is pretty good and reasonably priced. There's also a lively bar upstairs which hosts events most nights during the week."

Evan Milton (November 2013)

All of these guesthouses and many more are described in greater detail in guidebooks and have online reviews. 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; a month or more, it is worth trying to negotiate the price; negotiate the price of everything!

Apartments can offer a greater sense of independence than guesthouses. Many cafes have adverts for tenants or roommates, though mainly it is a case of networking and asking around for vacant apartments. *The Phnom Penh Post* also advertises private accommodation. Average rent is about \$150 – \$350 a month (electricity is generally extra as it is based on actual metered usage). There are a number of good estate agents on Street 57 and Street 278. This is a great resource because this service is free of charge (the landlord pays the agent).

Intern top tips

There are a few websites/online forums that you can use to help you find an apartment:

- <http://www.expat-advisory.com/asialife/southeast-asia/cambodia/phnom-penh>
- <http://khmer440.com/k/>
- Yahoo Group – Cambodia Parent Network
- Bongthom.com – for apartments and jobs

There are also facebook groups:

- Phnom Penh buy and sell
- Phnom Penh Housing

"One of the best ways to find a house is to walk around the streets of the area you want to live in (Russian Market area is near to CCHR's office) and look for apartments/houses with 'For Rent' signs. You will notice loads of them as you walk around. Then you can knock on the door and approach the owner who will be happy to show you around; if they don't speak English there is usually someone nearby who can help! This way is usually much cheaper as you avoid any kind of agent fees and you usually just pay any bills directly to your landlord, who quite often will live in the house below you/next door. As with everything in Cambodia, remember to negotiate the price! You can sometimes also negotiate extras for the place too, such as additional chairs, a coffee table etc. Good luck!"

Daisy Pitcher (November 2013)

"To find my house, I looked at various posts on Facebook groups, such as "Phnom Penh Buy and Sell." We ended up renting a two-bedroom flat located near Tuol Seng Area, which is close to CCHR and pretty central. We rent it for 400 USD/m (200 USD/m/person) excluding charges. It is furnished (fridge, washing machine, AC in all rooms and two bathrooms). You have to be careful in using the AC as electricity is very extensive in Cambodia. People working in Phnom Penh always come and go, so it is very easy to find a room available in a house."

Emilie de Spéville (November 2013)

"We were a couple and decided to get a place for ourselves so we contacted an agency because it was quicker and they don't charge any fee. They arranged a meeting with us the day after we contacted them and showed us many apartments in central Phnom Penh. We found a beautiful and comfortable serviced apartment in BKK1 with a terrace, kitchen, bathroom, living room and a communal swimming pool in the ground floor, only 10 minutes away from CCHR and close to everything in the city. We had to haggle for the price (and pretty much for everything in Cambodia) and managed to get a considerable discount. Within a week we were living in the apartment!"

Silvia Lorenzo Perez (November 2013)

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) and leisure
- Camera
- Adapter (European continental plug)
- Flash light (occasionally there are power cuts/outages at night)
- Toiletries (including lotion because the lotions here tend to have a whitening agent in them)
- First aid kit
- Mosquito repellents
- Sunscreen (very expensive)
- Rain gear - poncho and umbrella (you can buy ponchos here but they are cheap and rip easily)
- Some pairs of shoes (sandals)
- Towel
- Some medicine (diahrea, cold etc.)

Other items which you may consider (optional):

- Mobile phone (or buy one in Phnom Penh for approx. \$20 plus prepaid phone credits)
- Bedding (provided at many guesthouses and hostels, or can be purchased at the market for approx. \$20 for a pillow, two pillow cases and a sheet)
- Travelers' checks or other safeguard in case debit card is stolen or frozen by bank.
- iPod or MP3 player and speakers.

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. 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 open 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.

Note: The office dress code in Cambodia is relatively modest and should be followed in most situations, including whilst working at CCHR. Women are expected to cover their shoulders and typically wear long or short-sleeved tops and skirts covering the knee or trousers. Men usually wear long pants and button-down shirts. Shorts are not acceptable. Either sandals or shoes are appropriate.

WORKING AT CCHR

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 a.m. to 6 p.m. with a two-hour lunch break.

LIFE IN PHNOM PENH

How to Get Around

The normal way to get around Cambodian cities is by motorcycle taxi (“moto”) or by tuk tuk (a motorcycle with attached carriage for seating on the back). You can generally find drivers on the roads in central Phnom Penh to flag down, or they may find you first! Motos are cheaper but for the transport of a couple of persons a tuk tuk is more comfortable and economical. Many tuk tuk and moto drivers will not know the streets by their numbers, so have in mind a landmark that they may be familiar with or be prepared to direct them.

To CCHR office from the Independence Monument will cost around US\$2 in a tuk tuk and around \$1 on a motorcycle. Transport is readily available, and be sure to bargain with the driver for a satisfactory fare before accepting the ride.

The traffic here is dangerous! Stop signs and traffic lights are “guidelines,” and people routinely drive in the oncoming lane. You should **STRONGLY** consider buying a helmet (costs around US\$10) if you often drive with a moto; as accidents are frequent and can be quite serious. Also, it is important to always keep your personal belongings close to you during transit. Belongings can be snatched from inside a tuktuk as well as off a moto. Take particular caution if you choose to ride motos at night.

To and from the airport

Transport to and from the airport into central Phnom Penh is available by taxi, tuk tuk and moto. The prices are approximately as follows: taxi (\$9), tuk tuk (\$7); if you walk through the parking lot and past the airport gates, tuk tuks and motos are also available for a dollar or two less.

Mobile Phones

Mobile phones are widely used and the texting/SMS is the standard way of communicating and making plans in Cambodia; a local sim card will be substantially cheaper than using international or roaming minutes on your mobile phone from home. Mobile signal is generally very reliable in Phnom Penh. Boeung Trabek Plaza (near the office) and Sihanouk Blvd have several mobile phone shops. You can expect to pay between \$10 and \$15 for a second-hand handset or \$20 for a standard new phone, plus \$2-5 for a sim card (which are pay-as-you-go). Note that you may be asked for your passport when buying a sim card. Phone credit is sold in most shops, and by lots of street sellers, so it is easy to top up.

Medical Advice

Regarding health concerns while in Phnom Penh, although there is a pharmacy on every corner, you may want to stick with Pharmacy de la Gare, No. 81 Monivong Ave., well-known among westerners and U-Care, located throughout the city. They sell western medicine, and their staff are trained pharmacists and speak English.

There are a number of decent medical clinics; many westerners have had good experiences with such as International SOS, 161 St. 51, which has foreign and Cambodian doctors (and dentists). Also Naga Clinic, between St. 57 and 51 a block off of Sihanouk, is a cheaper option and comparable in service.

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 amounts. Be sure to always carry riel or small US currency as many places will not accept large (\$50 and \$100) US bills. Tuk tuk and moto drivers often don't have change so try to have smaller money with you to make up the exact fare.

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 Canadian Bank on Street 360 and Sihanouk Bld. 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 Supermarket and Brown coffee shop, as well as some of the more up-market stores, are good places to break your larger bills.

Despite exchange rate fluctuations, local vendors will typically accept 4000r = US\$1 (bigger supermarkets and restaurants will account for rate fluctuations). 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 traveler's checks.

Internet

You can find internet cafes everywhere in Phnom Penh. The speed of the connection can vary but is generally quite good. Internet café prices vary from 1500 to 4000 riels an hour. Many have headphones and microphones making Skype an incredibly cheap way to keep in touch with home, especially as Cambodia hardly has any payphones. Most guesthouses, coffee shops and restaurants now also have wi-fi.

Eating and Drinking

Tap water must not be consumed. 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. Ice is generally

fine to consume, as most is sourced from companies that do not use tap water.

A standard Khmer meal at a modest restaurant will cost no more than US\$1.50-3 (less if from a street vendor), and a meal at a Western restaurant will cost about double that. There are local Khmer restaurants and roadside food kiosks absolutely everywhere in Phnom Penh, although many staff do not speak any English so it may be helpful to bring a Khmer phrase book.

Typical Khmer breakfast is either a noodle soup, or rice with pork and egg on top and green tea. There are however many Western cafes which also do Western breakfast.

Some suggestions:

- Java Cafe – Sihanouk Blvd
- Brown – two locations: St. 51 with 302 and St. 57 with 294
- Jars of Clay – St 456 just south of Russian Market
- Sisters – St 446 just south of Russian Market
- The Living Room Cafe – St. 306 and Norodom
- Circa 51 – St. 51 and 222

Some lunch suggestions near the office are:

- Inside the Russian Market – Fried noodle with beef can be bought for about \$1 and a particularly delicious Vietnamese spring roll and noodle dish will cost the same.
- Baan Thai, Street 99 – about three blocks up from CCHR sells cheap Thai food and has a good-value buffet menu.
- Sumatra, Street 453 – cheap and delicious Indonesian (Padang) food.
- Coffee House, Street 432 – international-style coffee house with moderately priced Western and Khmer food.
- Mama's Deli, Street 63 – a bit more of a trek from the office but serves big portions of Western fast food.
- My Dream 9999 II, Street 432– just by the Russian market, this place is cheap and serves frog's legs, ox's penis and other Cambodian delicacies.
- KFC – international finger lickin' chicken just by the Russian market.
- Café Yejj, Street 450 – quite expensive but a nice place to relax and read a book. Food is Western and Khmer.
- Atelier, Street 450 – again, more expensive but good salads, crepes, soups, Khmer food and weekly specials.
- Sesame Noodle Bar – Street 460 – very good noodle salads for around \$5.

It would be a good idea to pick up a copy of Door-2-Door. It is a compilation of restaurants in Phnom Penh and their menus, giving you the option to have food delivered from a variety of places for lunch or dinner. You can find the book at most restaurants along with maps and other travel guides.

Here are some links to restaurant recommendations:

<http://khmer440.com/k/2011/08/cheap-and-cheerful-places-to-eat-cambodia-style/>
<http://nyampenh.com/author/nyampenh/>

You should probably be familiar with Lucky Market, a supermarket on Sihanouk Boulevard. It sells all sorts of western and local food, and is a good place to stock up on cereal (expensive), croissants and baguettes for breakfast. It also has an ATM upstairs, and Lucky Market is one of the few places in town where you can guarantee that they can break a \$50 or \$100 bill. Pencil Supermarket is another good option. It is located on St. 214 and Norodom.

Social Customs

Public displays of affection are inappropriate throughout Cambodia.

Monks (identifiable by their saffron 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.

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.

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.

Finding Your Feet

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.

- St. 278 (east of Monivong) is a good all-round street; guesthouses, great places to eat breakfast, lunch and dinner, nice bars such as Equinox and Liquid, and generally a holiday atmosphere. Around the corner, south on st. 51 you will find Blue Dog, a great place for cheap beer and food. They also have a guesthouse upstairs.
- 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; 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 (Ramksey is the best) and Falafel (look for the pink awning). 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 and does salsa nights on Wednesdays. A few doors down is Blue Chilli, a gay bar, with a fantastic drag queen show Friday and Saturday from 11 p.m.
- Riverside (St. Sisowath Quay) is another location full of great places to eat and spend an evening with lots of bars and restaurants ranging in price, from the famous FCC to

Memphis for some good old school rock. It can be a bit touristy, so be prepared for prices of food, drinks and transport to be slightly inflated.

What To See

Interesting places to visit in Phnom Penh include:

- Toul Sleng Genocide Museum (formerly S-21)
- The Killing Fields (Choeung Ek)
- National Museum
- Russian Market
- Phnom Chisor Temple
- Royal Palace
- Silver Pagoda
- Central Market
- Wat Phnom
- Orussey Market

Guidebooks offer a much more extensive account of the attractions in Phnom Penh and surrounding areas.

SAFETY & SECURITY

While we do not wish to exaggerate the risks involved with living and working in Cambodia, it is important that you recognise 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 emphasise 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 months, and in some cases the perpetrators have used force. CCHR recommends that you do not walk places at night – tuk tuks 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 either in the safe or at reception or well hidden in the room.

FURTHER READING

This handbook is only designed as a short overview of Cambodia, so we suggest that you also purchase a guidebook.

We recommend you familiarise yourself with the CCHR website (www.cchrcambodia.org) where we post news articles, CCHR press releases and CCHR publications.

For information on human rights in Cambodia, we also recommend looking at the Cambodian Human Rights Portal that is facilitated by CCHR at www.sithi.org. This site includes details of human rights violations, links to relevant law, news articles, press releases and publications about human rights in Cambodia from a number of different organizations and media outlets.

The following websites are also useful to keep up-to-date on the news in Cambodia:

<http://www.phnompenhpost.com/index.php>

<http://www.cambodiadaily.com/>

<http://www.voanews.com/khmer/>

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

- *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
- *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 P. Chandler

- *The Death and Life of Dith Pran* by Sidney Schanberg
- *River of Time* by Jon Swain

There are also interesting films/documentaries, such as:

- *Killing Fields* by Ami Canaan Mann
- *Duch, Master of the Forges of Hell* by Rithy Panh

CONTACT US

If you have any questions, please contact:

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Appendix

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. This usually involves Khmer words being written in roman script by a teacher and given to a student, or a student listening to a teacher pronounce a word and transliterating it using her/her own phonetics. It should be noted that 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. Further, the phonetics of one native English speaker may be misleading to another.

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.

Getting along			
Hello	Sua-se-day	Yes (M)	Bat
How are you?	Sok-sa-by?	Yes (F)	Ja
I am fine	Knium Sok-sa-by	No	Ot-day
Thank you	Aw-kun	Please	Sum
No thanks	Ot-day Aw-kun	Goodbye	Lee-hi
I/Me	Knium	You	Nea
He/she	Go-at	Us	Young
They/them	Boo-gay	When?	Bail na?
Who?	Nea na?	Where?	Now Na?
Name	Ch-moo-a	What is your name?	Nea Ch-moo-a I?
My name is	Knium Ch-moo-a Ann/Mary	Same question to you (you can say this after answering any question if you wish to return the question)	Jaw-nea-wing
How many?	Pun man	Year	A-you
How old are you?	Nea a-you pun man?	I am X years old	Knium X A-you
Time/hour	Ma-ung	What time (literally - how many hours)	Mao-ung pun man?
People (from a particular country)	Chun-chee-it	Come from	Mok be
I come from England	Mok be Anglais	I am Irish	Knium Air-glaun

Country	Sraw	American people	Chun-cheet-it Amerik
Work	Twow gaa	At	Now
I work at	Knium Twow gaa now	CCHR	Ma-Chey-a Mondul Set Manu Kampuchea
Human	Manu	Right	Set
Human right	Set manu	Centre	Ma-chey-a Mondul
Cambodia	Kampuchea	I work at CCHR	Kniom twow gaa now ma-chey-a mondul set manu kampuchea
Getting around			
When talking to tuk tuk and moto drivers as well as people working in shops, bars etc. you should call him/her "Bong" which means older brother/sister. If the person is younger than you, you should call he/her "Pa-own". So an easy starting point with a moto driver will be "sua-se-dey bong".			
Tuk tuk	Tuk tuk	Moto	Moto
How much/many?	Pun man	Cost/price	Tly
How much does it cost?	Tly pun man	Expensive	Tly na
Money	Loi	Have	mean
Don't have	Ot mean	I don't have money	Ot mean loi
Already	Howie	I already have it/one	Mean howie
Go	Dow	Turn	Bot
Straight	Trong	Go straight	Dow trong
Left	Sweng	Right	Sadam
(please) turn left	(sum) bot sweng	(please) turn right	(sum) bot sadam
(please) Stop	(sum) Chup	(please) Wait	Sum Jam
Wait a minute	Jam Ma-plate	Turn around	Bot Tra-lop Graw-ee
Come	Mao	Come back	Mao win
Fast	Loon	Slow	Yut
Market	Saa	Street	Plow
Pagoda/temple (a useful landmark)	Wat	Riverside	Mot ton-lay
Know (a place)	Squall	Do you know where CCHR is?	Squal Ma-chey-a Mondul set manu Kampuchea?
Yes, I know	Bat, squall	I don't know	Ot squall
Near	Jet	Its near Boeung Trabek Market	Jet Saa Boueng Trabek