



# CAMBODIA 2012



STEPS OF JUSTICE  
A Ministry of Youth With A Mission

Greetings from the Steps of Justice team.

Thank you so much for choosing to come to Cambodia with us this summer. We are super excited about this journey that we will all be taking together. We just wanted to take a moment and explain a few things about the trip, specifically why Steps of Justice and why Cambodia.

Why Steps of Justice? We started Steps out of the injustices that many of us saw while traveling to countries both locally (USA, Canada, Mexico) and internationally (Cambodia, Thailand, S. Africa). I remember when the conversation started. We were sick of the statistics of 1.25 billion living on less than \$1 a day, 27 million slaves in the world and millions of girls trafficked into the illegal sex industry against their will. We were frustrated, offended and knew that it was our responsibility to see these statistics erased. All this came out of scripture from passages like Micah 6:8, Isaiah 61:8 and Matthew 25. Our response, take a step and do what comes naturally to us.

Naturally we wanted to tell others about these issues and help them take steps to get involved in being a part of the change. Jesus doesn't just call specific people to be involved in doing justice, He calls us all. This call to all means that all need to respond. Like us, we figured that most people don't know how to respond to issues of global poverty, the ramped sex trade or bonded slavery. So, we started an organization that was intended to help people take simple steps that bring massive change, both in our lives and in the lives of those we are fighting for.

Why Cambodia? Well, we love Cambodia. Phil Cunningham and Wade Pallister who are on staff with Steps of Justice have been leading teams to Cambodia for the past 6 years. Cambodia is a beautiful country, filled with great food, smiling people and a devastating history. There is a hunger in Cambodia for the gospel to be preached and also needs to be met. The average yearly wage in Cambodia is \$500. There is a huge population that lives in extreme poverty and Cambodia is widely known for its sex industry. Once again, it was just natural for Steps of Justice to go to Cambodia and help bring hope to those living in despair.

We are privileged to be apart of of what is happening in Cambodia, specifically with ministries like YWAM, IJM, World Vision and Hagar International. There is a healthy and growing work in Cambodia among YWAM and other NGO's (non-government organizations). These organizations are doing great things and are always looking for help, both with volunteers, with finances and in being advocates for the work they are doing.

Once again, thanks for journeying with us this summer. We are excited about what God is going to do, both in our lives and in the lives of those we will be serving in Cambodia.

Phil Cunningham and the Steps of Justice team.

### Visas

Teams coming to Cambodia are required to apply for a tourist visa. You can apply for a tourist visa at the airport if you come in by plane. The tourist visa lasts for 30 days. It can be renewed once for another 30 days. Please bring two passport-sized photos for your visa. NOTE: If your passport expires less than six months before your arrival in Cambodia, you will have to renew your passport before coming.

### Pick Up

If you are coming to Cambodia by plane, we will arrange a van to come pick you up from the airport. From there, we will take you to where you are staying. If you are a large team, we can arrange a second van or a truck to transport your team or luggage.

### Translators

Though English is the most common foreign language in Cambodia, it is not spoken by most Cambodians, especially in the villages. Therefore you will need to have a translator for most of your ministry. Some ministry locations provide translators, but many do not. For those locations, we will provide a translator for you. Your translator will not only translate for you, he or she will also serve your team.

### Money Exchange

The money in Cambodia is called riel. There are no coins for Cambodian money, and riel come in 100, 500, 1000, 5000, and 10,000 note bills. The exchange rate varies very little and is usually 4100 riel to US\$1. You can exchange dollars to riel at many shops on the street and in the markets or at a bank. American dollars are used as much as riel in Cambodia, but American coins are not used. Therefore, if you bought something that cost US\$2.50, you could give the seller \$3 and then the seller would give you 2000 riel in change. Or you could give the seller 10,200 riel. Because of this, it is not necessary to exchange large amounts of money to riel when you come to Cambodia. Also, it is easier to use \$20 bills or lower. If you have \$50 or \$100 bills, you can use these at exchange places but not at most shops. (NOTE: Cambodians do not accept American dollar bills if they are damaged, torn, stained, dirty, etc. This is not always true for \$1 bills though). There are some international ATMs at the ANZ Royal Banks in Phnom Penh. You can also withdraw money from your credit card at many banks in Phnom Penh and some banks in a few of the other cities. Traveler's checks can be used in only a few locations in Cambodia.

### Team Phones

The cell phone network in Cambodia is very good and you can get reception at most locations in the country, including the countryside. Therefore, many teams like to have cell phones to use for their communication while in Cambodia. Unfortunately, it is difficult to obtain a SIM card to use with the cell phone networks in Cambodia. Foreigners need a letter from the government or NGO confirming that you work and live here in order to buy a SIM card. Because they are difficult to get, we provide some SIM cards for teams to use while they are in Cambodia. When you arrive, you will get the number and can notify family of how you can be reached. Often times reception is as clear as local calls.

It is very cheap and easy to use the internet phones in Cambodia as well. There are many of them very close to where you will be staying. Internet access is also readily available for approx. \$2 per hour.

## Orientation

We provide a cultural and historical orientation of Cambodia to every team that we host. This orientation provides teams with a detailed history of Cambodia, insight into Cambodians' religious and spiritual views, description of important points of their culture, a description of how the Cambodian culture affects evangelism and discipleship, and things teams should and should not do if they don't want to offend Cambodians. We can also provide an introduction to the Cambodian language and an orientation of the major sights in Phnom Penh.

## Transportation

There are many ways to get around once you are in Cambodia. When traveling inside a city, the most common method of travel is a moto-taxi (motodop in Khmer). This is a small motorcycle that can take up to two passengers. You tell the motodop driver the area you want to go to and as he gets close to the location, you give him exact directions to where you want to go. We will teach you how to do this when you arrive. Another common method of travel is the tuk-tuk. Tuktuks look like a motorcycle on the front half of the vehicle and a small truck bed with a cover and seats on the back half. Depending on the size of the tuk-tuk, they can carry between 4 and 8 passengers. They are slower than motodops but can be cheaper for large groups.

## Immunization

Immunization information will vary greatly depending on which country you are traveling from. Please contact your local doctor to check which immunizations you already have and which they would recommend you get before coming to Cambodia.

Some immunizations that we would recommend you checking on are

- Typhoid,
- Hepatitis A/B
- Tuberculosis.

Generally, you won't have to take any malaria medication during your outreach to Cambodia.



Photo by: Vanessa Hadford

Cambodia is truly the temple capital of Asia. The kingdom is littered with the lavish legacy of the god-kings. Angkor Wat is the mother of all temples.

## Some Stats:

POPULATION: 14 million

LIFE EXPECTANCY: 57.4 years

INFANT MORTALITY: 96 per 1000 births

ADULT LITERACY RATE: 69.4 %

NUMBER OF TOURISTS PER YEAR: 1 million and rising

NUMBER OF MONKS IN CAMBODIA: 59,470

BOMBS DROPPED ON CAMBODIA: 539,000 tons

NUMBER OF PSYCHIATRISTS IN CAMBODIA: 20

In 1772, The Thais burned Phnom Penh to the ground, another chapter in the story of inflamed tensions that persists today. Cambodia became a French colony in 1884. The French did very little to encourage education in Cambodia, and by the end of WWII, after 70 years of colonial rule, there were no universities and only one high school in the whole country. During the 1960s Cambodia was an oasis of peace while wars raged in neighboring Vietnam and Laos. By 1970, that had all changed, as Cambodia was sucked into hell. In 1969 the USA began a secret program of bombing suspected communist base camps in Cambodia. For the next four years, until bombing was halted by the US Congress in August '73, huge areas of the eastern half of the country were carpet-bombed by US B-52s, killing what is believed to be many thousands of civilians and turning hundreds of thousands more into refugees. Some historians believe the bombing campaign may have killed as many as 250,000 Cambodians. Upon taking Phnom Penh, the Khmer Rouge implemented one of the most radical and brutal restructurings of a society ever attempted; its goal was to transform Cambodia into a Maoist, peasant-dominated agrarian cooperative. Within days of the Khmer Rouge coming to power the entire population of the capital city and provincial towns, including the sick and elderly was forced to march out to the countryside and undertake slave labor in mobile work teams for 12 to 15 hours a day. Disobedience of any sort often brought immediate execution. The Khmer Rouge declared it to be Year Zero. Currency was abolished and postal services were halted. Except for one fortnightly flight to Beijing, the country was cut off from the outside world.



Photo by: Vanessa Hadford

## The Name Game

Cambodia has changed its name so many times over the last few decades that there are understandable grounds for confusion. To the Cambodians, their country is Kampuchea. The name is derived from the word Kambuja, meaning ‘those born of Kambu’, the mythical founder of the country. It dates back as far as the 10th century. The Portugese ‘Camboxa’ and the French ‘Cambodge’, from which the English name ‘Cambodia’ is derived, are adaptations of ‘Kambuja’. Since gaining independence in 1953, the country has been known in English by various names before coming full circle:

- The Kingdom of Cambodia
- The Khmer Republic (under Lon Nol, who reigned from 1970 to 1975)
- Democratic Kampuchea (under the Khmer Rouge, which controlled the country from 1975 to 1979)
- The People’s Republic of Kampuchea (under the Vietnamese-backed Phnom Penh government from 1979 to 1989)
- The State of Cambodia (from mid-1989)
- The Kingdom of Cambodia (from May 1993)

It was the Khmer Rouge that insisted the outside world use the name Kampuchea. Changing the country’s official English name back to Cambodia (which was used by the US all along) was intended as a symbolic move to distance the present government in Phnom Penh from the bitter connotations of the name Kampuchea, which Westerners associate with the murderous Khmer Rouge regime. Cambodia’s turbulent past is uncovered in a series of articles, oral histories and photos in an excellent website called ‘Beauty and Darkness: Cambodia, the Odyssey of the Khmer People’ Find it at [www.mekong.net/Cambodia](http://www.mekong.net/Cambodia).



Photo by: Vanessa Hadford

This is a list of things you should bring with you to Cambodia. The most important stuff first:

- Your passport,
- Plane tickets,
- Insurance information,
- Two copies of the front two pages of your passport
- Two passport-sized photos for visa
- Emergency contact information.

## Other Stuff to Bring

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| Flip Flops for showering  | Hat and Sunscreen (sunscreen is expensive in Cambodia)  |
| Towel and washcloth   | Water Bottle  |
| Toiletries (you can buy these in Cambodia, but may not be the brands that you are familiar with.) | Light daypack   |
| First Aid items (Antibiotic cream, band aids, Imodium, etc.)                                      | Money belt  |
| Vitamins and prescription medicines to last throughout your stay in Cambodia.                     | Small alarm clock   |
| “Wet Wipes”   | Sleeping mat/sleeping bag (it’s probably too hot to sleep inside a sleeping bag, may want a light sheet)  |
| Insect repellent  | Light raincoat or poncho (can be purchased in Phnom Penh at the markets)  |
| Gatorade or oral rehydration solution packets   | Bible, Journal and a reading book   |
| Camera and Film (film if your camera is old school.)  | Power converter/adaptor   |
| Flashlight and batteries (power goes out often in Cambodia)                                       | NOTE: Outlets in Cambodia use the 220V system (America uses 110V) and outlets can use European-style plugs with two prongs or American-style with two prongs. |

Cambodian culture is very modest about the style of clothing that people wear. Because of this, we want teams to adapt to the culture which means that you may have to dress differently than you would at home. When doing ministry, we ask that women wear shirts or blouses that cover the shoulders, stomach, and that don’t have a low-cut neck line. Women should wear dresses, skirts, capris, or pants that cover the knees. Guys also need to keep their shoulders and knees covered, so don’t wear shorts that show your knees. Make sure that you bring clothes that are not in bad condition, such as holes, stains, etc. In teaching situations, team members should dress more formally. For women, this means a skirt and blouse, a dress, or nice pants and a top. For guys, this means slacks, and a shirt with buttons. Short sleeve is fine for this. Sandals/flip-flops are commonly worn in Cambodia and should be appropriate for most situations, unless it’s a more formal setting. Make sure your shoes are comfortable for walking. \* This applies mostly in Phnom Penh.

