

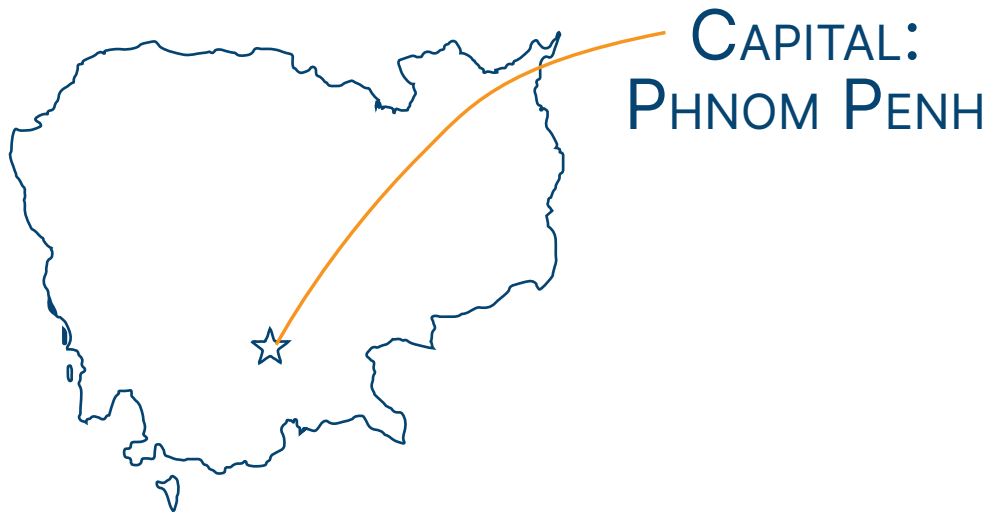


CAMBODIA

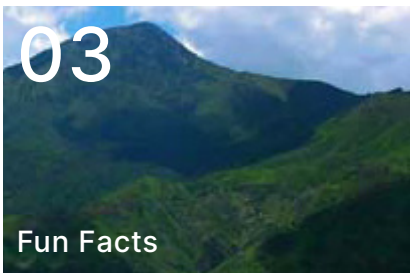
Primary School Activities Kit







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Special thanks to Lorraine Collins for writing the content in this kit.

CAMBODIA FUN FACTS

Did you know that the country of Cambodia has had FIVE different names?

Try to find the different names of Cambodia and list them below:

When babies are born in Cambodia they are said to be already one year old (instead of 0 years old).

How old are you now?

How old would you be if you were born in Cambodia?

In Cambodia they celebrate the New Year (called Choul Chnam Thmey) changing in April, when there is a great celebration that lasts for three days. People throw water and talcum powder on each other for good luck.

How is New Year celebrated in Australia?

Can you describe some other ways that Cambodians celebrate the New Year?

CAMBODIA FUN FACTS

Cambodia has a King as one its leaders. He was a ballet dancer before he became the king.

What is another country that has a King or Queen as the leader?

In Cambodia almost half the population is under 25 years old. 30% of the population are under the age of 15 so there are lots of young children and teenagers.

How many children in your family are under 15?

Cambodia is the one of only a few countries that has never had a McDonalds store! They do have other fast food chains that you might recognise.

Have you been to McDonalds' store here in Australia? What did you eat?

It can get really hot in Cambodia with temperatures in April reaching 40 degrees celsius.

How hot does it get where you live?

In Cambodia people speak a language called Khmer.

What language or languages do you speak?

The main river in Cambodia is called the Mekong river. Its full length is 4350km.

Which other nearby countries border the Mekong river?

What is the longest river in Australia? How long is it?

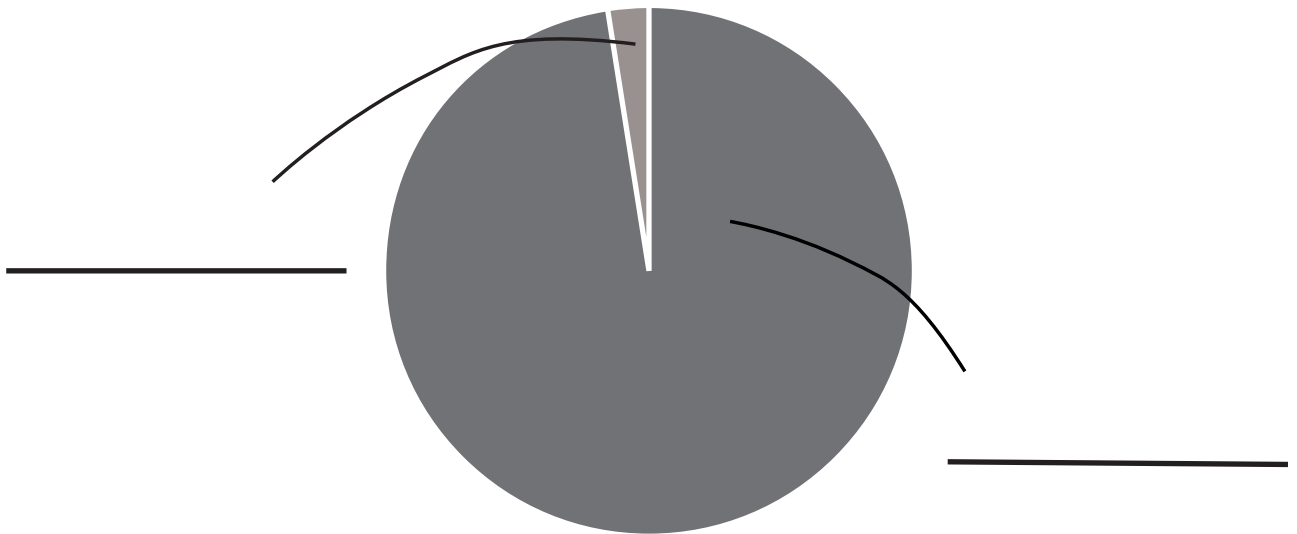
Another river in Cambodia is called the Tonle Sap river. Rivers generally flow in one direction all the time, BUT in this river the flow of the river changes direction twice a year

GEOGRAPHY

Cambodia is about 43 times smaller than Australia in the land area.



Can you label which part of the graph is Australia and which is Cambodia?



Can you find the land size of each country?

Australia: _____ sq km

Cambodia: _____ sq km

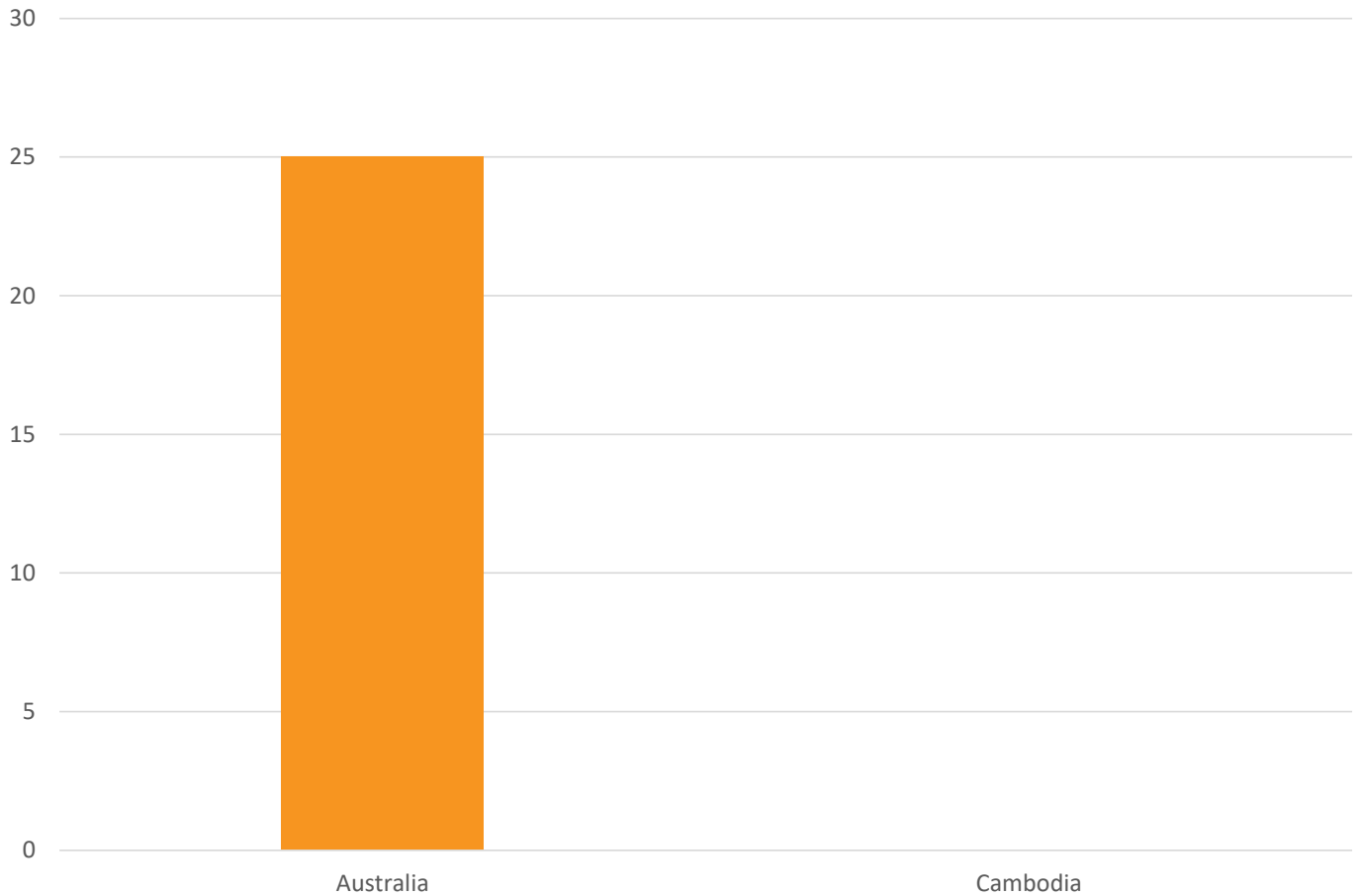
The **population density** of a country or other place is a number showing how crowded that place is. It is calculated by dividing the population by the area.

In Australia there are 3.3 people per square kilometre. In Cambodia there are 95 people per square kilometre.

GEOGRAPHY

The population of Cambodia is 17 million people. The population of Australia is 25 million.

Can you complete the graph to compare the population of both countries?



The capital and largest city of Cambodia is called Phnom Penh (pronounced nom pen).

Can you find what it is named after?

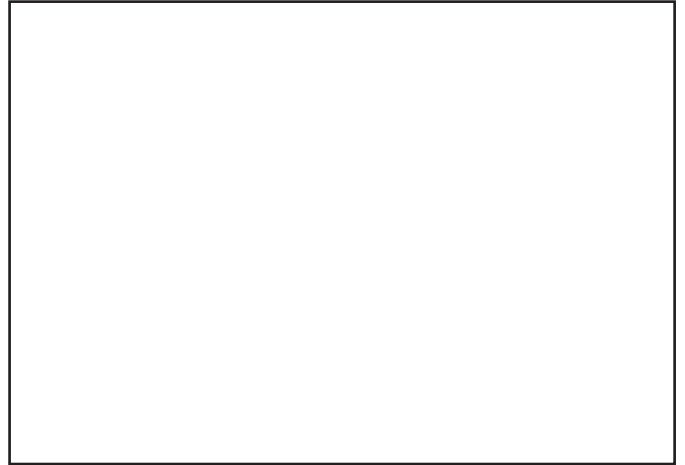
Cambodia is located in Southeast Asia.

Which countries border Cambodia?

FLAG FUN

Cambodia is one of only two countries who have a building on their flag.

Can you find the other one? Draw it here.



The building on Cambodia's flag is called Angkor Wat. It is a special temple and is visited by many tourists each year.

Can you find three things about this temple that makes it unique and special?

1. _____
2. _____
3. _____

FLAG FUN



Cambodian Flag



Australian Flag

Can you list the flags' similarities and differences?

Similarities

Differences

If Australia put a building on the flag, which one do you think it would be?

Draw it and describe why you chose that building.

A large, empty rectangular box with a black border, intended for a student to draw a building and describe it.

ANIMALS IN CAMBODIA

Fill the blanks to complete each animals name, then match the name to the right picture.



Siamese _____



Dhole _____



Leopard _____

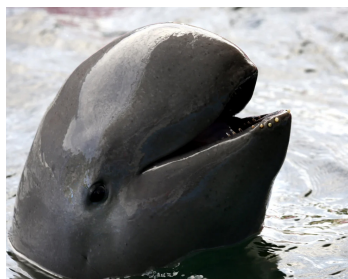


Cantor's Softshell _____



Burmese _____

Irrawaddy _____



Pick two animals and explain a similarity and a difference.

WORD SEARCH

Try this word search for things you know about Cambodia

X P Y I G J Q R A C R X G Y E
H Q A C X F H I Q I E L N C N
T Q I E F O D Q E H C R I D E
A C J C R O M L L S C R C Q Z
H F Z J B M M E Z K O C N D W
Y E M M W Q E N K Y S X A N J
I E A R A I B I E O U C D D W
P C F U R Y D U S I N U K G D
X D O O P Y A H D F D G L E K
T A W R O K G N A D L J O Y H
M L V T N I C L L P H A F X M
Z I L D W L B K U W I I G N E
P H N O M P E N H R J B S V R
L A V I T S E F R E T A W M B
T Z V O L L E Y B A L L K V T

ANGKOR WAT

WATER FESTIVAL

SOCCER

FOLK DANCING

BUDDHISM

CAMBODIA

PHNOM PENH

KHMER

MEKONG

SIEM REAP

RICE

RIEL

VOLLEYBALL

LANGUAGE LEARNING

Let's talk Khmer

Learn some of the language of Cambodia!

To say "hello" you say:	suostei (sos tie)
To say "please" you say:	soam (sew om)
To say "Thank you" you say:	saum arkoun (psalm ark on)
To say "good-bye" you say:	leahaey (lee a high)
To say "yes" you say:	bat (bhat)
To say "no" you say:	te (bey)
To say "My name is...." you say:	chhmoh robsaknhom ku(tchom rock yom ku....)

Now let's count:

1 One:	mouy (moy)
2 Two:	pi (pee)
3 Three	baey (buy)
4 Four	baoun (born)
5 Five	pram (pram)
6 Six	pram mouy (pram moy)
7 Seven	pram pi (pram pee)
8 Eight	pram baey (pram buy)
9 Nine	pram baoun (pram born)
10 Ten	dob (dop)

Colours

Blue	paor kiev
Green	paor baitaorng
Yellow	paor loeurng
Red	paor krohom
Black	paor khmao
White	paor sor
Brown	paor tnaut

Directions

Turn left	Baht schweng (bart-shweng)
Turn right	Baht saddam (bart-sadam)
Stop	Chop (chop)
Here	Tini (tinny)
Go straight	Da trong (da-trong)

Speaking Challenge

Setup a maze or small obstacles in an open part of the room. Break up into pairs and nominate one partner to be blindfolded. Direct the blindfolder partner through the maze or obstacles towards a "Treasure" at the end. The directions must be given using the provided Khmer phrases!

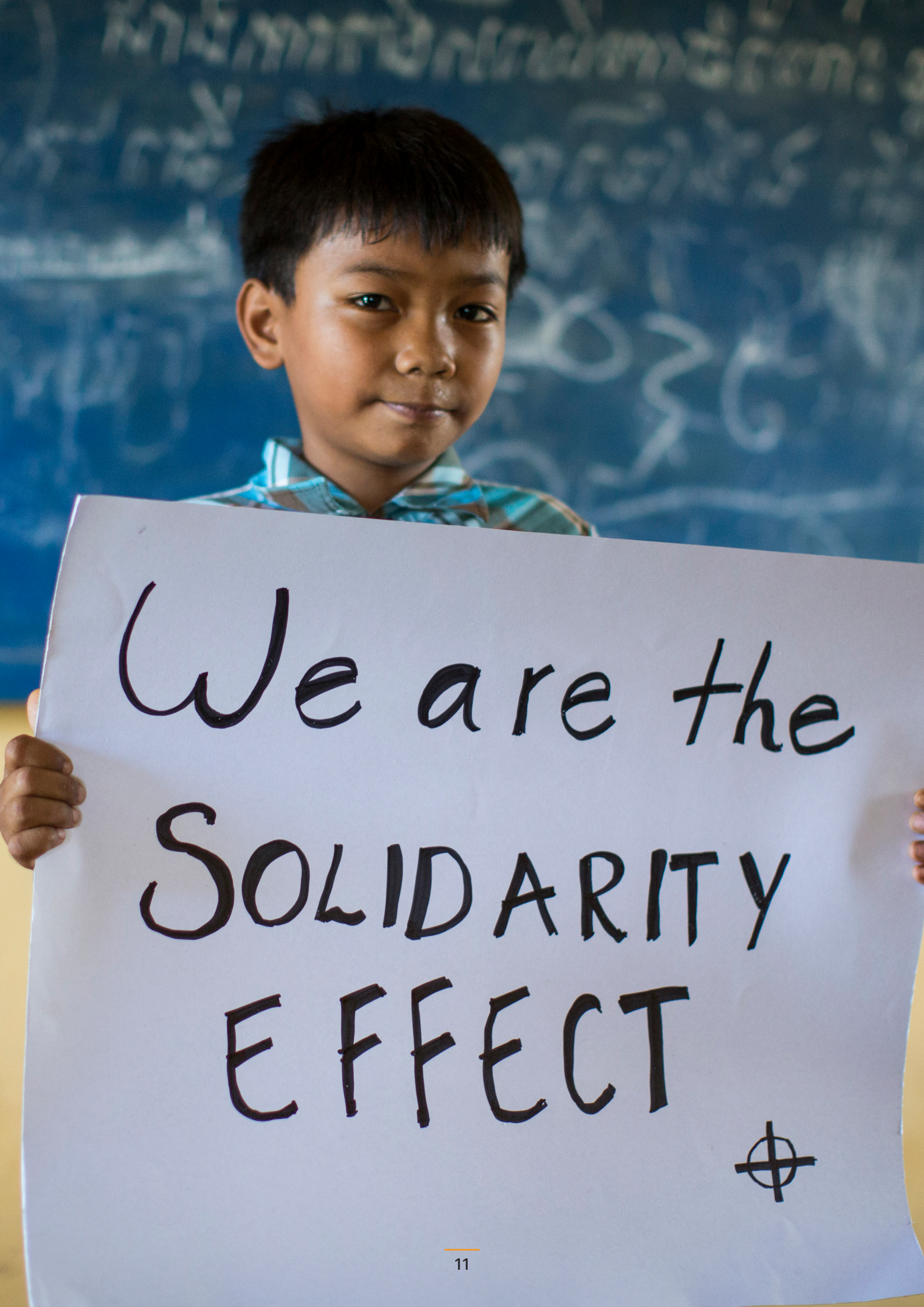
Test Yourself

Can you say your age?

Can you say what year level you are in?

Try counting your fingers or toes using Khmer

Can you say your favourite colour?

A young boy with dark hair and a slight smile is holding a large white sign. He is wearing a blue and green patterned shirt. The background is a blue chalkboard with faint, illegible white markings. The sign has the text 'We are the SOLIDARITY EFFECT' written in black marker. The word 'We' is in a cursive script, while 'are the' and 'EFFECT' are in a bold, sans-serif font. 'SOLIDARITY' is in a bold, sans-serif font. A small hand-drawn symbol is in the bottom right corner of the sign.

We are the
SOLIDARITY
EFFECT



RECIPES

Something savoury: Cambodian Egg Rolls

Food is very important for family life. Cambodian people love rice, noodles, soup, vegetables and fish with different flavourings. The most popular rice is Jasmine rice. At their meal table there will usually be a sweet dish, a sour dish, a salty dish and a spicy dish.

Preparation and cooking time

Prep:

Cook:

Serves 4

Ingredients

- 500g fresh or frozen corn
- 300g dried mung beans
- 1kg pumpkin (or squash or butternut squash), peeled and diced
- 1L water
- 2 onions, peeled and diced
- 8 cloves of garlic, minced
- 3 tablespoons olive oil
- salt and pepper to taste

Method

STEP 1

The night before, soak the mung beans in water for at least 10 hours.

STEP 2

Drain the mung beans

STEP 3

Boil the mung beans for 10 to 15 minutes in a large amount of water.

STEP 4

Meanwhile, sauté onion and garlic in olive oil over medium heat for 6-8 minutes in a separate pan.

STEP 5

Add water, pumpkin, beans and corn to the onion and garlic.

STEP 6

Increase heat to high and bring to boil. Reduce heat to medium and cook, stirring occasionally, until squash is tender, about 15 to 20 minutes until the liquid is reduced to a minimum

STEP 7:

Season with salt and pepper to taste. Serve with rice.



Photo credit: Nicole Le Strange

RECIPES

Something sweet: Cambodian Pineapple Custard (Num crémema-nor)

A simple, refreshing dessert from Cambodia.

Preparation and cooking time

Prep:

Cook:

Serves 4

Ingredients

- 4 eggs
- 1 cup coconut milk
- 1/2 cup sugar
- 1/2 cup palm sugar or light brown sugar
- 1 teaspoon pure vanilla extract
- 250g crushed pineapple

Method

STEP 1

Preheat oven to 175 C and grease 4 custard bowls.

STEP 2

Place eggs, coconut milk, sugar, palm sugar, vanilla and pineapple together in a blender, and puree until smooth

STEP 3

Pour mixture into small greased custard bowls and place on a baking sheet with a deep enough rim (e.g. a brownie pan or baking dish).

STEP 4

Pour hot water in baking sheet so the custard bowls have water 1/3 of the way up their sides.

STEP 5

Bake in oven for 60 minutes or until a knife comes out clean.

STEP 7

Cool completely and then refrigerate until ready to serve.

STEP 8:

When ready to serve, unmould on the plate and serve cold. Add fresh fruit and mint as a garnish if desired.



HISTORY



A little bit of history

Symbolised by the great temple Angkor Wat, Cambodia has a long and rich history. For a long-time, it was ruled by Cambodian Empires, during which time the great temples of Siem Reap and Phnom Penh were built. In the mid-1800s, the Cambodian King Norodom was forced into signing Cambodia over as a French Colony.

After the Second World War, Cambodia was able to declare its independence. However, this did not bring immediate peace to the country. Cambodia was caught in the middle of the Vietnam War, which was followed by a Civil War. This time of conflict had a massive impact on the country, causing a lot of destruction and loss.

In the 1990s, conflicts settled and Cambodia began to rebuild. Today, Cambodia is a country of young people, full of hope and enthusiasm. The Cambodian people live by the proverb: “Fear not the future, weep not for the past.”

Education in Cambodia

From 1975 to 1979, the Civil conflict saw teachers and educators arrested, while many died. All schools were closed and children and families were forced to work on rice farms. Following the conflict, Cambodia made education a priority and has made terrific progress: the number of children enrolled in primary education has increased from 82 per cent in 1997 to over 97 per cent in 2017.

While progress is tangible, children in Cambodia are still failing to reach learning standards appropriate for their age. Nearly 25 per cent of children in Grade 3 cannot write a single word. By the time they are 17 years old, 55 per cent of young people will have dropped out of school.

Cambodian children continue to fall behind in school for a number of reasons, including not being adequately prepared for school, experiencing poor quality teaching and learning, and attending school irregularly.

SPORT IN TIMOR-LESTE

Activities of children in Timor-Leste

Circle the sport that is your favourite?

- soccer
- volleyball
- tennis
- rugby
- basketball
- cycling

If your favourite sport isn't listed, add it here:

Draw yourself playing your favourite sport in the box on the right.



In Cambodia, Soccer is the most popular sport for children.

They also engage in these sports. Can you draw a picture for each one?

Soccer

Volleyball

Tennis

Rugby

TRADITIONAL DANCING



In Cambodian culture, there are three types of traditional dancing: Classical, Folk and Social. Each type is for a different event, holiday or occasion.

What types of dance do you know? What sorts of events or occasions in Australia would involve dancing?

FAMOUS FACES OF CAMBODIA

Mother Nature Cambodia is an award-winning, youth-led environmental rights movement.

Can you name a famous Australian who fights for environmental rights?

Hun Sen was Cambodia's longest serving Prime Minister.

Who was Australia's first Prime Minister? Who is the Prime Minister today?

Sorn Seavmey won Cambodia's first ever gold medal at the 2014 Asian Games.

Can you name a female Australian athlete who has won a Gold Medal?

Bou Samnang is a Cambodian runner who became a viral sensation for not quitting at the 2023 SEA Games. She finished her race, despite being in last place when a storm hit.

Can you find an example of another athlete who showed determination to finish their event?

RELIGION IN CAMBODIA

The main religion of most people in Cambodia is Buddhism. There are also people who identify as Christian, Muslim and Jewish.

What ways does the Roman Catholic Church in Australia help those in Cambodia?

CELEBRATIONS

Can you match the following celebrations with the right date and activities?

Celebration	Date	Activities
<ul style="list-style-type: none"><i>Bon Chol Chhnam Thmei (New Year)</i><i>Bom Om Tuok (Water Festival)</i><i>Pchum Ben (Ancestor's Day)</i><i>Vesak Bochea (Celebration of the Buddha)</i><i>Preah Reach Pithi Bonn Chrot Preah Neangkol (Royal Ploughing Ceremony)</i>	<ul style="list-style-type: none"><i>April 13 - 16</i><i>October 1</i><i>May 26</i><i>November 14-16</i><i>May 23</i>	<ul style="list-style-type: none">observe what feed the royal oxen choose to predict epidemics, floods, good harvests and excessive rainfall.Cambodians visit pagodas to offer gifts to their ancestors.houses are decorated with stars, fairy lights, plants, and various food and drink offerings, and everyone wears new clothes.traditionally spent at the pagodas meditating, chanting and listening to monks reciting Buddha's verses and teachingscarnival-like atmosphere, with games and rides; boat races, and floating candles and fireworks at night.

The celebrations above might be very different to what you've experienced in Australia.

What are some celebrations or special days we celebrate in Australia?

How do we celebrate these occasions?

THE ELEPHANT & THE HARE

There are many stories of the Elephant and the Hare in Cambodian culture. In these stories, the Hare outsmarts and tricks the Elephant, proving size or strength aren't the most important things.

Once upon a time, there were two friends who played together everyday, a young elephant and a hare. One day, the hare asked, "Elephant, between you and I, who is bigger?"

"Don't be silly!" the elephant said, "You do not have even the size of my leg."

"I'm not so sure," said the Hare, "let's check with the human beings."

They both agreed and walked to the village. Before leaving the forest edge, the hare suggested to the elephant: "You go out first and present yourself to the villagers."

The elephant followed the hare's direction. Upon seeing the elephant, the villagers cried out with joy: "Look! Look! A cute little elephant!"

As the young elephant walked back into the forest, the hare quickly jumped out. The villagers exclaimed: "Look! Look! A big hare, a very big hare."

The hare then joined the elephant and walked back into the forest.



Like the Elephant and the Hare, we tell stories, nursery rhymes and fairy tales to teach and learn important lessons.

Can you think of a story similar to the Elephant and the Hare?

What stories do you remember from your childhood? What meanings did those stories have?

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