Lanmei Magazine





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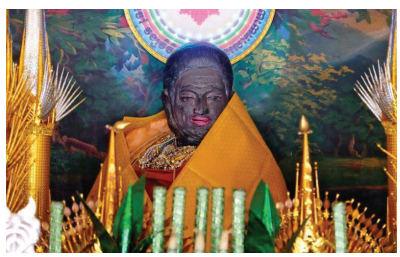



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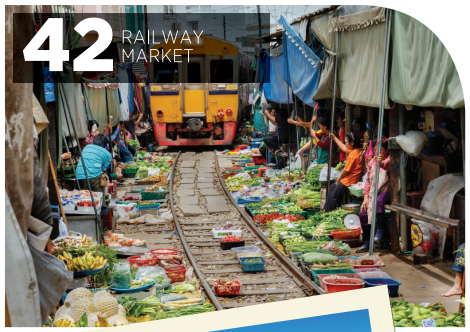





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ABOUT THE AIRLINE



Lanmei Airlines (Cambodia) Co., Ltd., a Cambodian native aviation company, was founded on Mar. 7th, 2016. Its maiden flight took off on Sep. 29th, 2017.





Named after Lancang-Mekong River, Lanmei Airlines' logo resembles a peacock spreading its tail. Lanmei Airlines chooses the peacock as its logo because it symbolizes propitious totem in both Oriental and Western cultures. The six feathers of the wing-like logo represent the six countries that form the Greater Mekong Subregion, and highlights the community's shared destiny. The logo also looks like a rotating aircraft engine, which represents a ready supply of steady support to these six nations.

Lanmei Airlines' strategic thrust is to share benefits and knowledge gained while working towards a common goal. With insurmountable support from its experienced parent company, Lanmei Cooperation Mechanism (LMC), Lanmei Airlines aims to promote Cambodia's "Quadrangle-Development Strategy" while supporting the China "B&R Initiative". With Phnom Penh, Siem Reap and Sihanoukville serving as its three working bases to support the flourishing tourist market, this creates platforms to showcase Lanmei Airlines' onboard, off flight, direct and offline retail marketing. It will also enable the airline to become part of the new generation of E-commerce that meets connectivity demands and a form of "aviation expressway" for the six Greater Mekong River nations to achieve economic, trade and cultural exchanges.

Lanmei Airlines envisions a new public aviation working business model. This model includes purchasing single-type aircrafts with single configuration to increase passenger load factor and stocks-to-use ratio while not compromising the safety of the passengers and the affordability of plane tickets. Meanwhile, Lanmei Airlines will ensure the continuity of personalised services, and its plethora of products available to guarantee pleasant flight experiences for its passengers. Every employee at Lanmei Airlines is professional, honest and strives to serve the public to the best of their ability. Lanmei Airlines is also committed to providing first-class and unique aviation services for the public.





MESSAGE FROM OUR TEAM

WELCOME ABOARD!

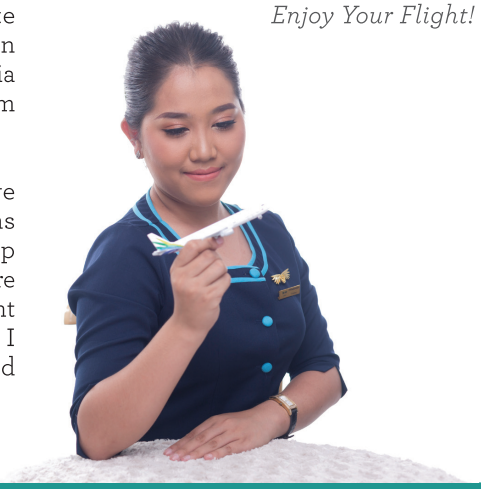
My name is Pen Phaldanotya (Ya Ya), the Deputy Manager of Air Ticket of LANMEI Airlines. It is my privilege to be selected as the LANMEI's spokesperson in this edition of *Time to Travel*, our inflight magazine.

Please allow me to go a bit further into my career. Since my childhood, I have always been fascinated with working in aviation. In June 2017, my dream finally became true when I was recruited by LANMEI Airline, exactly two weeks after my interview. The reason why I accepted this offer is my genuine belief that LANMEI has great potential and adequate resources for growing to a position that brings the Kingdom of Cambodia to the international stage in term of tourism and aviation.

My job is challenging because we have to face challenging problems every day. It is up to us to come up with solutions for the clients to ensure that they receive timely and efficient services. Despite the challenges, I never complained, as I understand that working hard in my job not only helps my career and the growth of my company, but also contributes to my country's development.

LANMEI Airlines would like to express our gratitude towards Yours Majesty, Yours Excellency, Ladies and Gentlemen, for supporting and flying with LANMEI. We will continue our quest in providing the best flights in Cambodia and we sincerely hope that you will keep flying with us.

Thank you and
Enjoy Your Flight!



ZENEARTH Co., Ltd.

ZENEARTH is a media, events and marketing agency that provides a full range of services, including but not limited to advertising, event management, creative design and strategic marketing. Our competitive rates for advertising are an advantage for companies who are looking for efficient means to get their message across to the right target market.

ZENEARTH

WHAT WE DO







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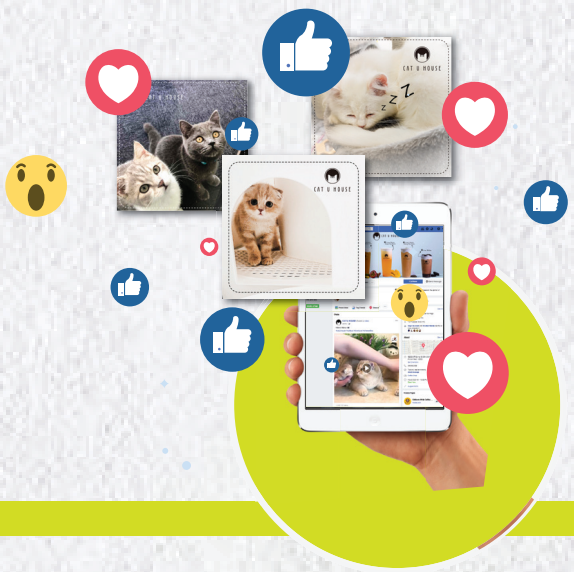
Thanks to our creative design and strategic marketing, we help clients understand and reach audiences, build brands, sell products and services, grow their businesses and prepare for the future. Our experienced social media advertising team work with you to expedite the results that you want. We allow you to leverage on the most cost-effective and targeted form of advertising available today.



BRANDING & MARKETING

Your brand is the most important asset that you own. Integrating creative graphic designs, successful marketing strategies and effective advertisements, we are not only able to bring forth the best of your brand but also create a lasting impression using interesting brand engagement marketing campaigns.





EVENTS MANAGEMENT



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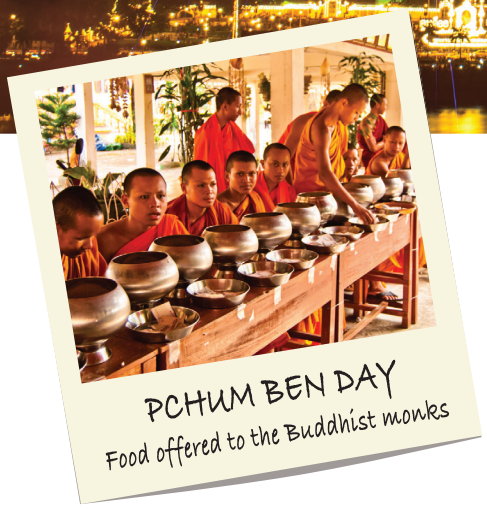
EVENTS AND CA



October 8–10

Pchum Ben Day

Also known as Ancestors' Day, Pchum Ben Day is the biggest religious festival, culminating in celebrations on the 15th day of the tenth month in the Khmer calendar, at the end of the Buddhist lent, Vassa. During the holiday, many Cambodians pay their respects to deceased relatives by offering food to the Buddhist monks; the only means they believe could feed the ghosts of their relatives. The monks chant the sutras in Pali language overnight in a prelude to the gates of the underworld opening, an event that is presumed to occur once a year, and is linked to the cosmology of King Yama originating in the Pali Canon.



According to the local beliefs, if people fail to do so, the ghosts of the dead (preta), who were their relatives, will put curses upon them, bringing them nothing but bad luck. It is also a time of the year when people take time off work to be with families and relatives at home or at the pagodas.

October 15

Commemoration Day of King's Father

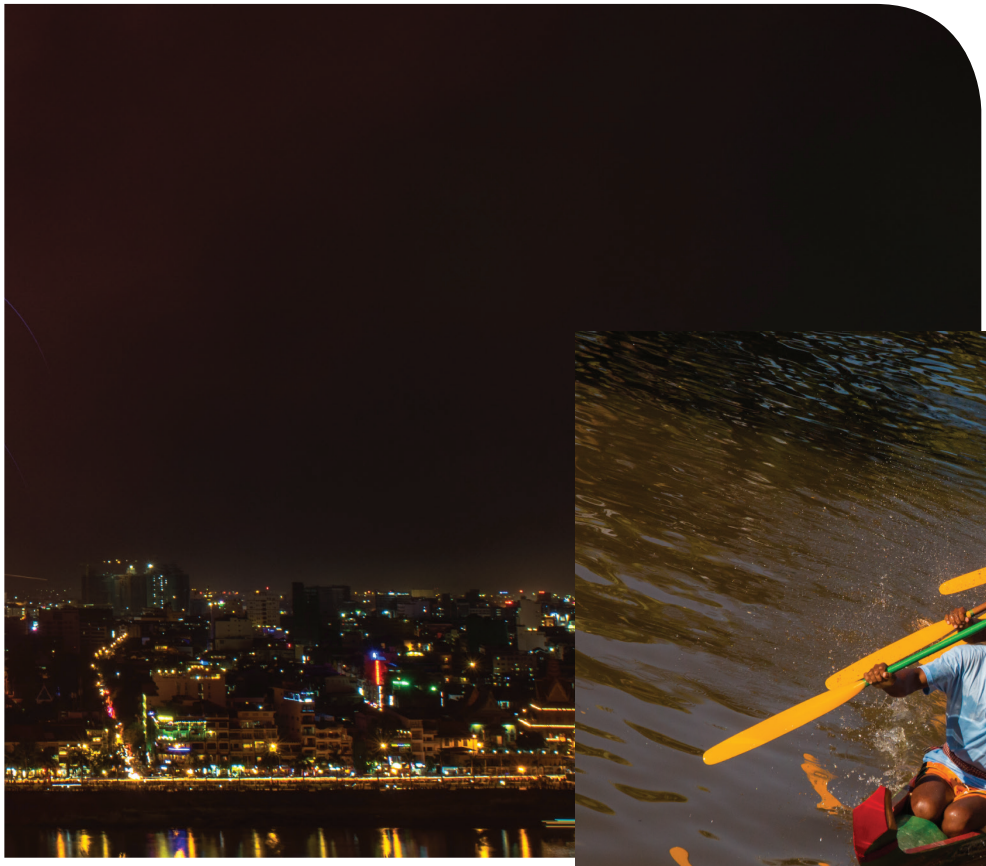
Cambodia celebrates the Commemoration Day of the King's Father to honour the former king, Norodom Sihanouk, who passed away on October 15th, 2012 at the age of 89. King Norodom Sihanouk is considered a national hero, notably the father of Cambodia's Independence.

October 29

King's Coronation Day

This holiday is to commemorate Coronation Day of King Sihamoni, the Cambodian head of states, who inherited the throne from his father King Norodom Sihanouk in 2004.

ALENDARS



LEFT : Fireworks over the Mekong River during the Water Festival.

BELOW : Boat race on the Mekong River during the Water Festival.



November 9
Independence Day

Cambodia gained its independence from France on November 9, 1953 after having been under French Rule for almost 90 years (1863-1953). On this day every year, all the leaders and representatives of state organizations and public departments must participate and celebrate the formal ceremony at the Independence Monument. The ceremony is mainly to dedicate to King Norodom Sihanouk, who successfully conducted 'the Royal Crusade for Independence" and other patriots who lost their lives in the cause. At night, there are fireworks at the Chatomuk River located in front of the Royal Palace.

November 22-24
Water Festival

This national holiday, also known as Bon Om Touk was established to honour ancient Cambodian navy soldiers under King Jayavarman VII during the Khmer Empire. The festival is celebrated in every province, but many Cambodians make a special trip from the provinces to the capital city, Phnom Penh. People gather in the capital for big boat races, illuminated floats, a moon salutation and eating of special rice made with banana or coconut juice. It is the most significant festival, which attracts millions of tourists every year.

December 10
Human Rights Day

This national holiday aims to honour the United Nations General Assembly's adoption and proclamation of the Universal Declaration of Human Rights.

December 25
Christmas Day

Although not an official national holiday, Christmas is one of the biggest celebrations in Cambodia. There are Christmas parties almost everywhere in big cities while many businesses provide special promotions on this day.

Tips for a Trip TO CAMBODIA

CAMBODIA IN BRIEF

Cambodia is a constitutional monarchy
Head of State : King Norodom Sihamoni
Head of the Government : Prime Minister Hun Sen
Population : 15 Million **Ethnic Khmer :** 90%
Religion : Theravada Buddhism
Official Language : Khmer



ROYAL PALACE DURING SUNSET IN PHNOM PENH CITY, CAMBODIA

Cambodia is one of the countries that many people have on their bucket list. It has many must-see destinations and the people are generally friendly and helpful.

Like any other holiday destinations, you have to prepare before visiting Cambodia to get the most out of it by learning all you can about the country. Here are some tips for a memorable and safe trip to Cambodia:



Languages

Khmer, holding the Guinness Book Record for having the most letters in the world (74 letters), is the official language of Cambodia. It is spoken by over 90% of the country's population. However, the boom in tourism and foreign investments has resulted in the increased use of English and Chinese, especially in larger towns and cities. To learn some common Khmer words and phrases, check out the list on pages 78 and 79 of this magazine.

Currency

Cambodian Riel is the official currency of Cambodia, but the United States dollar has also been used extensively, especially in urban and tourist areas. Your bills, especially U.S. dollar, may not be accepted anywhere in the country if they are torn or worn out. If that happens, you can take them to local agencies, such as the Ly Hour Group, for an exchange.

Weather

In tropical Cambodia, dry season runs from October to April, and rainy season from May to September. In rainy season, it could be pouring almost every day while in dry season; the temperature could peak at 40 degrees Celsius. Thus, bringing an umbrella with you is always a good idea.

Transportation

Getting from one place to another in Cambodia is easy and affordable. There are many options: bus, Tuk-Tuk, auto rickshaw, taxi, motorbike taxi and cyclo. There are several transport booking smartphone apps in the country, such as *Passapp, Tos Tov, We Go* and *Grab*.



Safety

Cambodia is generally safe to visit. However, it is crucial to be cautious anywhere you visit. In big cities like Phnom Penh or Sihanoukville, bag snatching can happen, especially when tourists are riding in tuk-tuks or auto rickshaws. It is important to make sure you keep your belongings close to you. Never wander off in rural areas like forests or rice paddies without a guide.

ABOUT *Sihanoukville*



▲ **ABOVE :** Statue of the two lions in the main square of Sihanoukville

Sihanoukville, formerly known as Kampong Som, is a coastal city, located at the tip of a peninsula in Cambodia's south-west on the Gulf of Thailand, about 227 km from the Capital of Phnom Penh.

It has been renowned for featuring the country's most beautiful beaches and islands, attracting millions of local and international tourists every year.



RIGHT : View of a beach in Sihanoukville ▶


OTRES BEACH


INDEPENDENCE BEACH

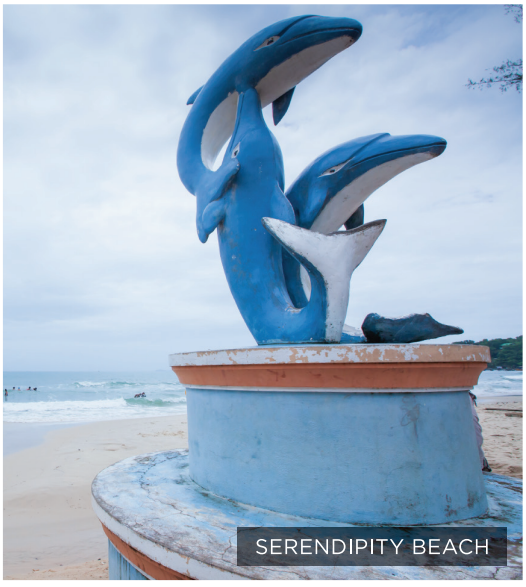
SOKHA BEACH

Sihanoukville is a relatively young city in Cambodia, and unlike in most provinces and cities in the country, visitors will not find the ancient temples and pagodas, or even structures from French Protectorate period (1863-1953). In fact, it did not even start as a tourist spot.

Its history goes back only as far as 1955 when the newly independent Royal Government of Cambodia began the construction of an ocean port in an area known today as Hawaii Beach and the National Road Number 4 that connects the coastal area with the Capital of Phnom Penh.

It was not until the 60s that Sihanoukville was transformed into a seaside town. It was named in honor of former King Norodom Sihanouk, a national hero and the father of Cambodia's independence. Despite its relative youth, Sihanoukville quickly saw its heyday, thanks to the commercial successes from the port, leading to a swirl of constructions and expansions as the centre of trades.

Many of the structures were designed by the iconic Cambodian architect Van Molyvann, such as the *National Bank of Cambodia* and *SKD Brewery*.


SERENDIPITY BEACH


VICTORY BEACH


REAM BEACH

The latter is now known as Cambrew Brewery, which produces Angkor Beer, which has been widely accepted as the national beer of Cambodia. Notable beautiful buildings designed by French Architect include the *Independence Hotel* and *Saint Michael's Church.*

During the early 70s, the period of the Vietnam War, Sihanoukville mainly functioned as a transit point for weapons bound between conflicting parties. The city later met its dark period when it was under the control of Khmer Rouge, when most of its infrastructure was destroyed. Fortunately, it was resurrected in the 1990s, significantly after the UN-organized 1993 General Election.



KOH RONG SANLOEM





KOH TAKIEV

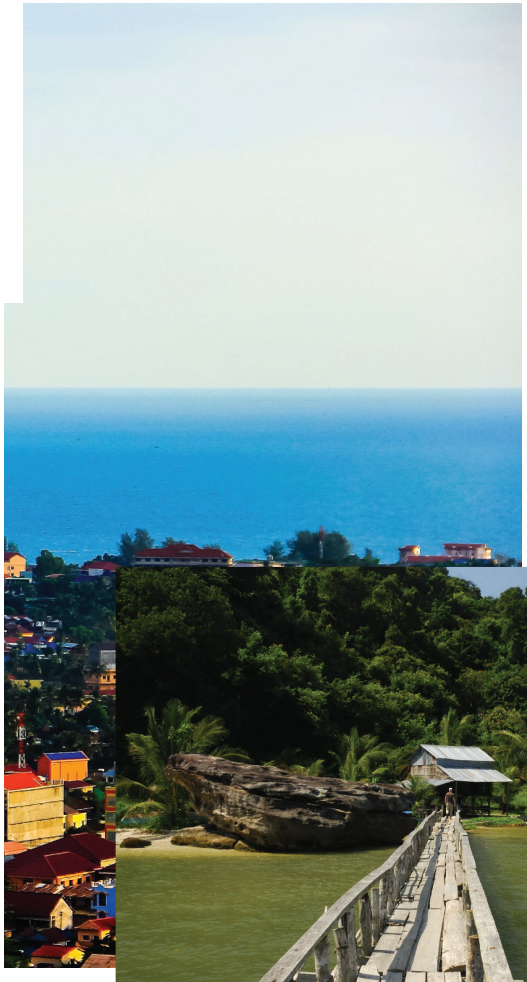
THE CITY OF SIHANOUKVILLE

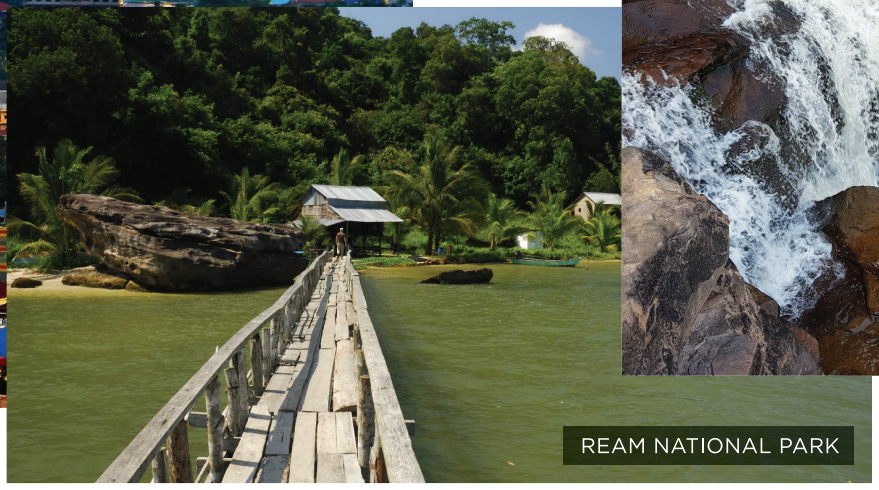

KOH SONG SAA


KOH TMEY


KOH RUSSEI

Since the late 20th century, Sihanoukville has turned itself into a pre-eminent seaside tourist destination with the continually rising number of visitors, owing to its beautiful beaches and tropical islands nearby and leading to the successful openings of hotels, restaurants, resorts and recreational centres. This status, combined with its economic diversity, has made Sihanouk the biggest melting pot, with various cultures and dynamic populations, in Cambodia.




REAM NATIONAL PARK


KBAL CHHAY WATERFALL

Koh Rong Samloem

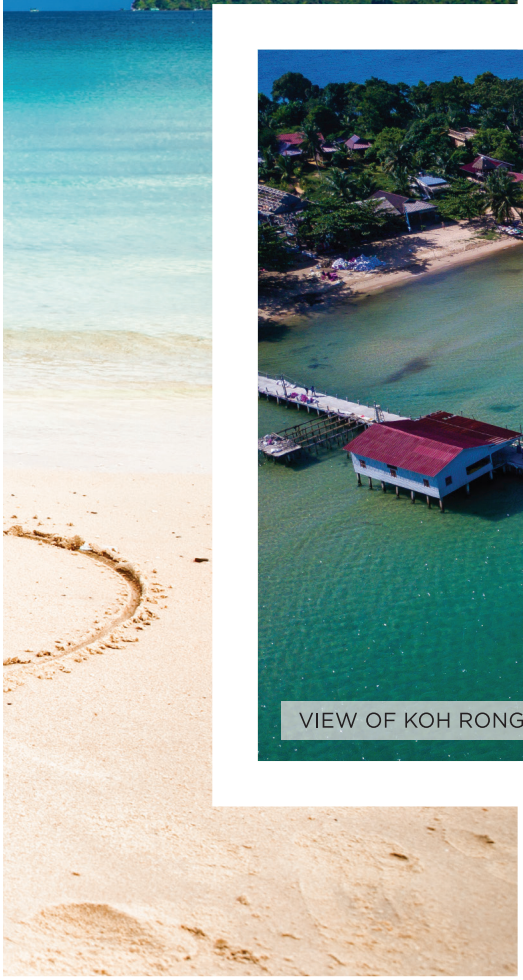


KOH RONG SAMLOEM

CHANCE TO BE ONE WITH NATURE

After sailing westward for about 40 minutes on one of the Catamaran-style speedboats from Serendipity Beach Pier or the New Royal Pier in Sihanoukville, travellers are almost guaranteed to be stunned by the natural scenery of Koh Rong Samloem Island, a popular getaway destination in Cambodia.







VIEW OF KOH RONG SAMLOEM FROM ABOVE

The 24.5-sqm island's breathtakingly beautiful landscape consists of mostly undulating terrain, dense jungle and a 37-km coastline, which is delineated by a chain of sandstone rock formation and gorgeous beach, which was recently voted as one of "Top 21 Beaches in the World", by the National Geographic.

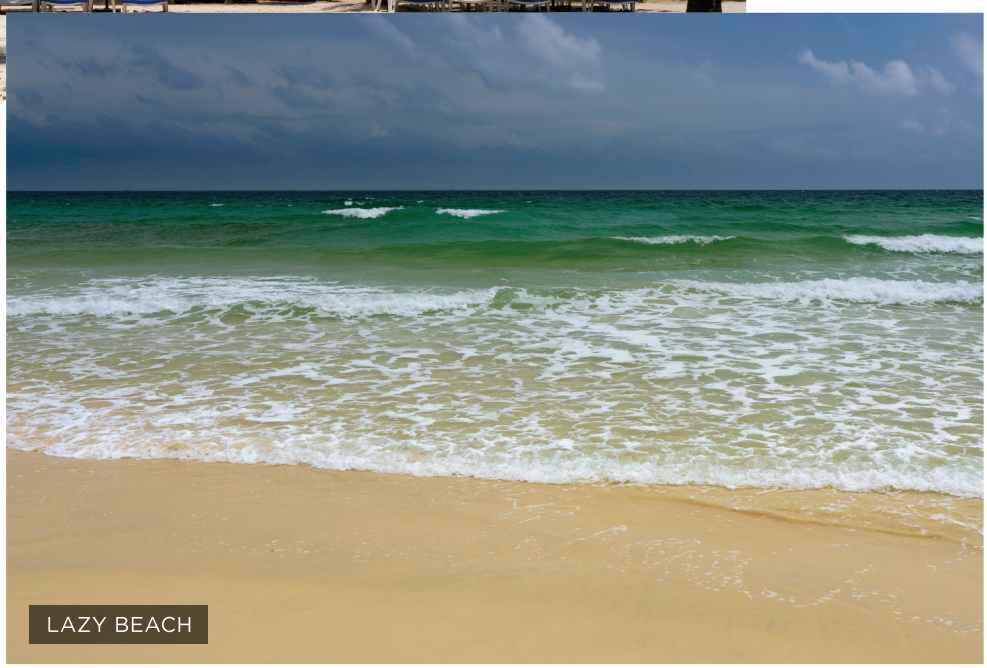
Although remaining underdeveloped, unlike Koh Rong, its touristy counterpart in the Gulf of Thailand, Koh Rong Samloem is renowned for its unspoiled beauty, along with its offer of the opportunity for people to disconnect with a busy and noisy life, making it a tropical paradise that visitors would want to run and tell the world about.

The speedboats could stop at one of the beaches on the island, but the main jetty is Saracen Bay on the east coast. Named after a British brig HMS Saracen, which surveyed and charted the area in the late 1800s, the crescent-shaped bay has turned itself into the most developed and major tourist spot on Koh Rong Samloem, with its crystal-clear seawater and 2.5-km-long sweep of glimmering white sand scattered with swings, beach beds and chairs, on which visitors are relaxing under the sun. Some of them are walking in the water so flat that their thighs are not wet until a few hundred meters. It is quiet during the day and even quieter when the night comes.



A WOODEN BEACH HUT ON SARACEN BAY

In line with the beach on Saracen Bays are at least two dozen resorts, providing accommodation which ranges from small tents and tree houses, which allow their occupants to see a stunning view of sunrise over the calm sea in the early morning, to modern villas with air conditioners, comfortable furniture, and en suite western bathrooms. Electricity, however, runs on generators and is only available at certain hours of the day while the internet, although available via local SIM cards, is very slow.



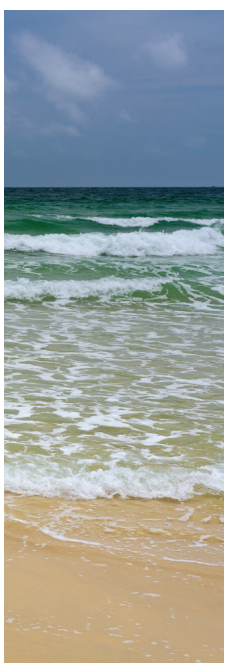
LAZY BEACH

On the western side of Koh Rong Samloem, a 20-minute walk on a jungle path from Saracen Bay is the Lazy Beach. Like the name implies, the tropical hideaway seems to encourage unmitigated laziness, all about hammock swinging and cocktail sipping. If visitors are not used to slacking or are tired of taking a nap or reading, there are a volleyball court, beach gym, badminton court and table tennis. About 20 wooden bungalows, each big enough for four people, are dotted along the yellow beach. A bit farther into the north is the Sunset Beach, a home to only two resorts, which offers similar relaxation and tranquillity.

Another remarkable place to visit is M'Pai Bay (means 23 in Khmer) on the northern coast, the most basic but also a beautiful part of Koh Rong Samloem. It is home to a fishing community, after which it is named, along with a few inns and eating houses. Visitors usually go there to get a glimpse on the "Cambodian islanders" lifestyle, from their simple but delicious cuisines to their unique fishing techniques. Khmer people are social and

friendly, and they love to learn from and share their stories and history with the others.

Koh Rong Samloem has also been popular among divers, thanks to the fact that this spot has been preserved very well and thus allowing the divers to see a great variety of sea life in places around the island. In 2017, Deputy Navy Commander Tea Sokha and some local dive businesses even placed two shipping containers in the water off the island in an attempt to create an artefact reef. There are several diving shops on Koh Rong Samloem and scuba diving, snorkelling, and fishing trips can be arranged by the bungalow or resort operators.



Koh Rong Samloem is not only well-known for its idyllic sea and beaches. Visitors, who want to swim but dislike the stickiness or salty taste of seawater, can swim in a few waterfalls on the island. The most popular one is the waterfall near the Freedom Island Resort, which is located close to the main pier.

Travellers who are keen on thrilling adventures can hire Kayaks or paddleboards and explore the island on their own, or trek through the island's jungle on foot or bicycles for the chance to see its exotic wildlife. Those who enjoy historical sites can travel to a lighthouse, built since the period of French Protectorate (1863-1953), on the southern tip of the island. The trip to the lighthouse is quite tiring and can take up to an entire day, but it compromises with the splendid view which can be seen from the top.

At the end of the day, watching sunset on the island is also a unique pleasure, especially with a cocktail and loved ones, but are also highly likely to result in the feeling of sadness since it reminds that the day you are leaving the paradise island, which has all kinds of joys and relaxation, is coming closer.

SCUBA-DIVING ACTIVITIES IN KOH RONG SAMLOEM





SUNSET ON THE BEACH, KOH RONG SAMLOEM

DIVING FOR *Sunken treasure?*

CAMBODIA AS FUTURE PARADISE FOR DIVERS



Compared to its neighbors Thailand and Vietnam, Cambodia is a less popular destination for snorkeling and scuba diving. Still, the country's coastal area, which covers Sihanoukville, Kampot, Kep and Koh Kong, is considered by many as future diving paradise, thanks to its tropical islands and variety of fish species, and the fact that it is one of the last untapped troves of shipwrecks, particularly from the World War II.

LEFT : Two men are preparing to dive into Sihanoukville's sea



THE DIVER EXPERTS EXPLORING THE SUNKEN SHIP

In 2006, a group of Vietnamese fishermen found what experts believed to be the wreckage of a Chinese trading ship with a cargo of ancient pottery and other artifacts near Koh Sdach off the coast of Koh Kong Province. In the same area earlier this year, divers also found a 70-metre-long shipwreck, which Cambodian Navy researchers are now working on to identify its origin.

But, the most notable finding is the discovery of the wreckage believed to be the stream-powered Japanese merchant vessel *Burma Maru* in waters about 110 km from Sihanoukville's Koh Rong island by a group of six divers in 2017. According to Dennis Funke, the owner of The Dive Shop Cambodia and the leader of the diving group, the cargo ship was sunk on June 12, 1942, by a U.S. submarine *USS Swordfish*.

"The finding is the result of about five years of research," Dennis said. "Diving at a depth of 52 to 67 meters, our team made use of techniques and military-grade technology that had not been put to the test before in Cambodia."

Based on his comparative study on countries around the Gulf of Thailand, Dennis estimates that there could be hundreds of sunken ships on Cambodia's seafloor. However, they remained unknown since the country's sea is still largely unexplored.

"Many dive shops here do not have the technology sophisticated enough to allow people to dive in the deep sea," Dennis said. "With improvements in that, we will turn Cambodia into a paradise for divers."

Sunken ships are ideal targets among divers, not only because they are historically important but also because they could be naturally turned into the habitats for marine life, from tiny seahorses to huge whale sharks, which together create a stunning ecosystem that everyone wants to catch a glimpse of. In addition, the coastal provinces, especially Sihanoukville, offer stunning islands for divers to explore, such as *Kong Rong* and *Koh Rong Samloem*.

The best time to go diving in Cambodia is the dry season, lasting from December to April, which offers best visibility of the ocean view. However, *Dive Shop Cambodia* and other dive shops in Sihanoukville usually operate all year round, and their PADI courses and services cost relatively lower than operators in Thailand and Vietnam.

Cambodia is the ideal destination for divers who want to submerge their heads into the water, forget everything on the mainland, look for sunken treasure and enjoy the breathtaking views of the seabed. However, when exploring unexplored areas, it is best to hire a local guide to ensure your safety.



THE DIVERS ARE TAKING A SELFIE IN THE SEA

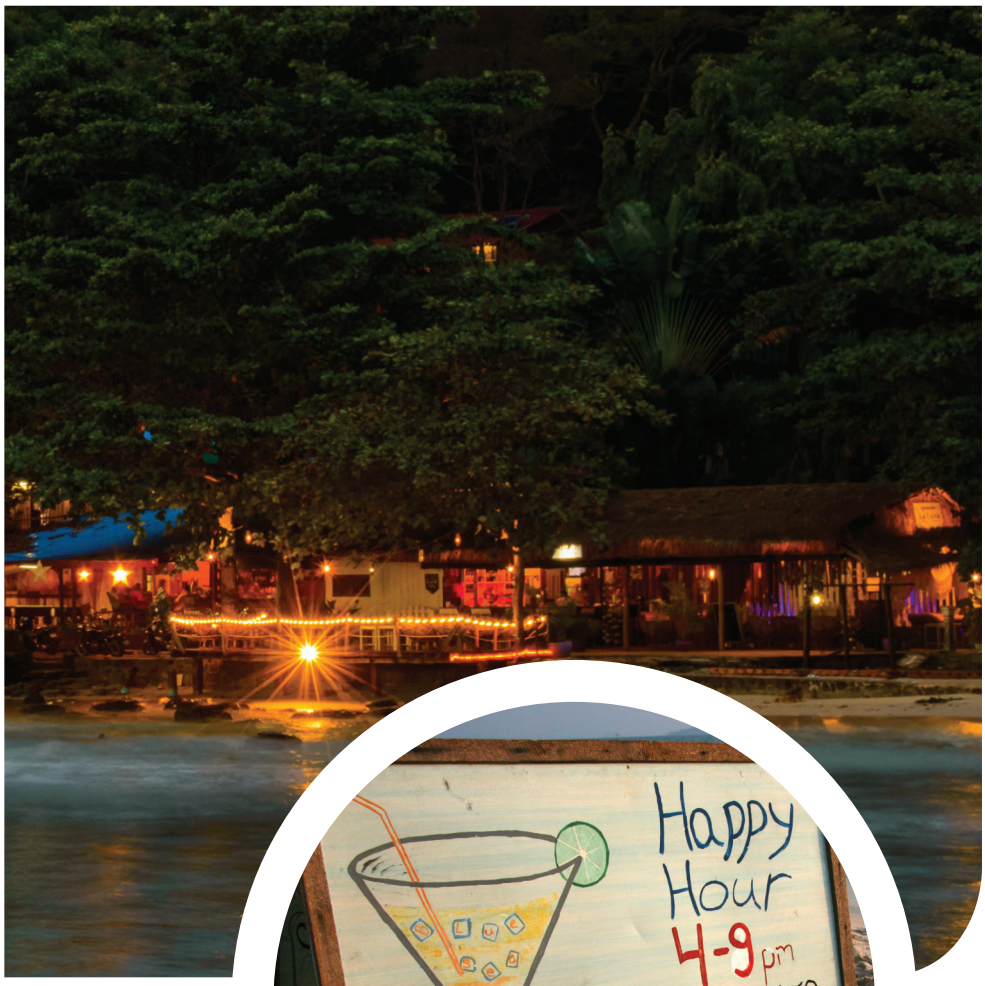


A COUPLE ENJOYING DIVING



NIGHTLIFE IN Sihanoukville

When you are in Sihanoukville, the pleasure will make you feel that the day ends very quickly but it does not really mean the end of it. Unlike most provinces and towns in Cambodia, Sihanoukville does not go to sleep when the night comes. In contrast, many places do not come alive until after the sun goes down. The nightlife there will help you entertain your souls, from early dusk to the early hours of the next morning.





Bars

There are hundreds of bars with a variety of drinks and cocktails for those who love sipping them alone or during a chat with travelling partners. There are many choices in accordance with your favours: rooftop bars, beach bars, boat bars, hilltop bars, and many more.

Discos

Most discos and nightclubs in Sihanoukville are open late at night until early morning, providing you the floors for dancing and stages for showing off your singing, as well as a chance to make new friends, who are in love with the nightlife too. There are also big KTVs, but with only a few English and Chinese songs.

◀ **LEFT :** Restaurants along the beaches of Sihanoukville by night

▼ **BELOW :** 333 KTV & CLUB



Restaurants

After a day of touring around the city or swimming in the sea, you will be hungry for delicious food. Restaurants and eating houses can offer choices of dinner, from half-a-dollar chicken congee served in paper bowls from street carts to a BBQ buffet on the beach, with fresh seafood caught during the day. There are also vegetarian and vegan restaurants in town, such as *Green Pepper* and *Jin* in Otres II.



◀ **LEFT :** Galaxy Cinema & Fun

▼ **BELOW :** Queenco Casino Cambodia

BOTTOM : Sokha Beach Resort in Sihanoukville



Cinemas

There are only a few cinemas here, most notably Saray Andet cinema. There is also the *Galaxy Cinema & Fun* and *Top Cat Cinema*, in which a private room with a sofa and AC could cost as little as $4.50 for two hours, but the movies there are a bit old. Some bars and hotels have projector TVs that shows movies or sporting events.

Casinos

If you want to try your luck, there are plenty of casinos in Sihanoukville. Those with high ratings include *Holiday Palace Casino Resort*, the largest casino in the city with more than 200 machines and 10 tables, *Sokha Vegas Casino* at Sokha Beach Resort, and *Queenco Hotel & Casino* with 138 machines and 12 gaming tables.



Enjoy Yourself at Hotels or Guesthouses

If you are too tired from your trip or do not prefer the crowd, relaxing on your bed in your hotel room could be the best. Many hotels and hostels offer free books and Wi-Fi, and most of them have cable TVs, which allow you to watch documentaries on National Geographic or movies on FOX Movie.

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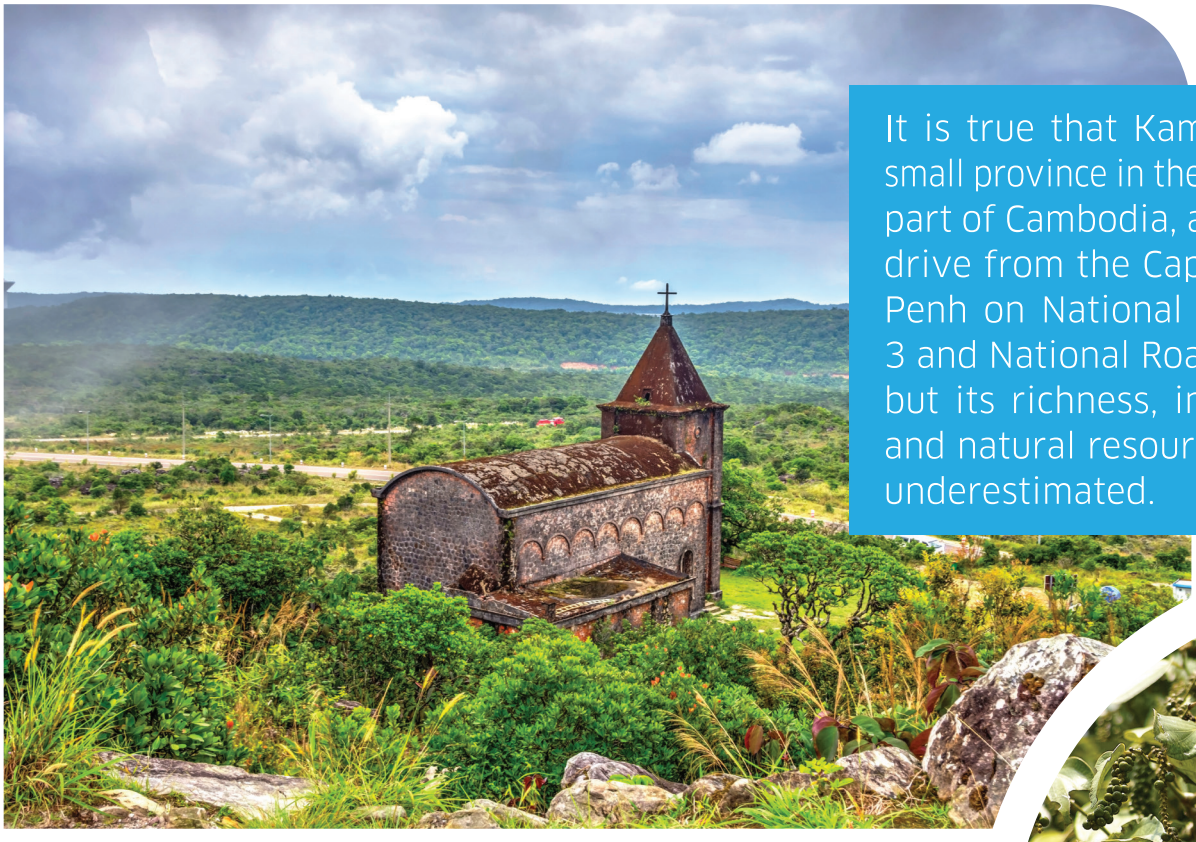
ABOUT Kampot



It is true that Kampot is a very small province in the south-western part of Cambodia, about a 3-hour drive from the Capital of Phnom Penh on National Road Number 3 and National Road Number 43, but its richness, in both history and natural resources, cannot be underestimated.



KAMPOT PEPPER PLANTATION

In the 19th century, Kampot, under French Colonial Administration, was known as the *Circonscription Résidentielle de Kampot*, the centre of administration in the region. At one point, it was also the country's most important port. As the result, the French colonial legacy in this province is stronger than in most other provinces in Cambodia.

The riverside is lined with turn of the century buildings languishing in stately decay, with simple geometrical forms, high ceilings, hardwood floors, and mustard yellow walls symbolized the grandeur of French administration. The Old Market, distinguished by its art-deco-style concrete façade constructed during the 1930s, is the example of such influence.

While the province is already well-known for its high-grade pepper, which has been extensively commercialized, visitors to the country also tend to hear Cambodian people talk about how they enjoy

Kampot durian and *Kampot fish* sauce. Several other industries in the province have also produced favourable outcomes. Its tourist sector, meanwhile, is no exception although it is not to the same extent as its neighbour Sihanoukville.

Despite its location in the coastal regions, Kampot is renowned among travellers for its beautiful mountains and jungle. Bokor Mountain, an approximately 910-meter mountain in the western part, has been the province's signature tourist destination for almost a century. Other peaks as *Elephant Mountain, Kampong Trach Mountain* and *Phnom Sorsai hill complex*, have drawn tens of thousands of tourists who relish hiking, cave exploring, or simply admiring a variety of coastal and mountainous scenery at a great height from the sea level.

Additionally, Kampot has many other resorts, from waterfall to regional zoo, but due to the underdeveloped infrastructure, many of them are run by the local families and are difficult to access. However, as a result, those resorts remained unspoiled and thus a welcome sight for nature lovers.


POVOKVIL WATERFALLS

POPULAR DESTINATIONS


PREAH MONIVONG NATIONAL PARK

Preah Monivong National Park

Also known as *Bokor National Park*, it is an elevated national park featuring jungles, scenic views and ruins of a French settlement, including the historical *Bokor Hill Station*.

Povokvil Waterfalls

The two-tiered fall, with a shallow pool in between, is located about 5 km from Bokor Hill Station.


KEP THMEY BEACH

Kep Tmey Wildlife Park

Located in Kep Thmey Village of Kampot District, it is one of the most-visited tourist attractions and the most popular wildlife parks in Cambodia.



◀ **LEFT :** Phnom Sorsia Cave

▼ **BELOW :** clear water river flowing at Teuk Chhu Resort



Phnom Sorsia Hill Complex

Phnom Sorsia is a Buddhist hill complex about 18 km east of Kampot. While contains Buddhist cultural elements, it also features a complex of karst caves.

Teuk Chhu Resort

Situated in Snomprampi village of Kampot district, Teuk Chhu Resort features the cool, clear water flowing over large rocks year round, which is a good place for swimming or bathing.

Kampot Provincial Museum

The small gallery in Kampot town is where visitors get a glimpse of the province's past, including ancient archaeological artefacts.



Durian Roundabout

The landmark traffic circle in the capital of the province, featuring a giant durian statue in the center.

▲ **ABOVE :** Durian Roundabout



RIGHT : Kampot Provincial Museum ▶

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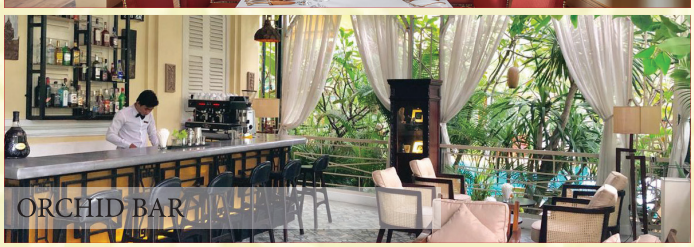
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Bokor Hill Station

THE NEW MODERN LIFE MEET THE GHOSTLY MEMORIES



THE ABANDONED CATHOLIC CHURCH ON BOKOR MOUNTAIN

Visiting Kampot for the first time and not visiting the Bokor Mountain is obviously a great loss. The signature landmark is famous for so many things; from the clouds swirling around the mountain that offer cool climate no matter what the season is, to Than Sour Bokor Resort, with its luxurious hotel, not to ment ion the breathtaking views which can be seen from the mountain top.

However, the most well-known and original attraction is the Bokor Hill Station. The station refers to a collection of French-colonial building on Bokor Mountain, including a casino, a hotel, a Catholic church and a number of settlements. It may be the most renowned for its impressive architectural legacy left by the French colonialist, but the structures come with a tragic past.



THE ABANDONED HOTEL, BOKOR MOUNTAIN



INTERIOR OF THE ABANDONED HOTEL, BOKOR MOUNTAIN

Commissioned by the French administration as a hideaway from the heat, humidity and generally ramshackle structures for colonial elites in Cambodia, its construction is reported to be funded by the heavy taxes imposed on Cambodian people. At the time it was completed in 1925, almost 1,000 workers had died due to harsh working conditions.

After it was abandoned by the French between the 1940s and 1950s due to the First Indochina War (1946-1954), it was reopened in 1962 as Cité du Bokor and became popular with the wealthy Cambodians. At that time, there were rumors that many people committed suicide by jumping off the casino after they had lost everything in gambling; however, this cannot be confirmed.

During Khmer Rouge's rule, the station was abandoned again and left to crumble. At the end of the Khmer Rouge regime in the late 1970s, it became a stronghold for the Khmer Rouge soldiers, who refused to surrender and remained so until the early 1990s.

Some travelling websites label *Bokor Hill Mountain* as one of the most haunted places in Cambodia, with its eerie state and some people reporting that they have seen ghostly figures there. However, this has not prevented more and more people from visiting it. Some visitors even visit the place mainly to seek the paranormal experience. The station was even featured in 2002 American film *City of Ghost* and 2004 Korean horror film *R-Point*.

The Cambodian Tastes


FISH AMOK

Fish Amok

Fish Amok is the signature and most famous dish in Cambodian cuisine. This slightly sweet curry is always presented in a banana leaf bowl, and it has more of a custard consistency owing to a signature steaming step in the preparation. This dish can be found in restaurants all over the nation, and the subtle flavours of lemongrass and kaffir lime go perfectly with a flaky white fish and steamed white rice.

Num Banh Chok

Num Banh Chok, also known among English speakers as Khmer Noodle, is a ubiquitous breakfast and afternoon snack loved by locals and tourists alike. Normally, it consists of white rice noodles topped with cold fish gravy and crisp raw vegetables including cucumbers, banana blossom, and water lily stems and fresh herbs, such as basil and mint. However, there are also several regional variations. For example, in Kampot, the noodle goes with locally-produced sweet dried shrimp, coconut cream, fish sauce and peanuts.



▲ **ABOVE :** Num Banh Chok



◀ **LEFT :** Num Banh Chok

WHAT TO EAT IN Sihanoukville



BBQ SQUIDS



▲ **ABOVE :** Live Cambodian Blue Crabs

Cambodian Blue Crabs

Blue crabs can be found in many seafood restaurants in Cambodia, but fresh blue crabs with sweet tender meat are only available in Cambodia's coastal region, where fishermen take the freshly caught crabs straight to the local markets or restaurants. There are numerous ways of cooking the crabs. The simplest way is to steam them and dip the delicate meat into the Koh Kong sauce, made from garlic, lime, fish sauce, red peppers and sugar. However, the most beloved is the stir-fried crab, with black pepper from the plantations in Kampot province.

Squids

Squid is another must-have delicacy when visiting Cambodia's coastal region. On the beaches in Sihanoukville, vendors carrying grilled squids using shoulder poles will approach you to sell you their seafood, served with Koh Kong sauce. In local restaurants, you can order deep-fried squids and fried squids with Kampot black peppers to go with beers.

WHAT TO EAT IN Kampot

Kampot Durians

Most people think durians smell terrible, but those who love the sweet taste of the "King of Fruit" find the smell pleasurable. In Cambodia, durian is considered a delicacy. The durian season is short, running only from June to July, thus making the fruit expensive. There are a few durian-growing provinces in the country, but Kampot has the best durians with distinctive sweet soft flesh. When in season, durians can be found everywhere in this province and they cost around $5 per kilogram. It is important to note that due to its pungent smell, durians are banned in many places including hotels and airport. Therefore, taking the fruit around with you is a challenge.



KAMPOT DURIANS



ROASTED DUCKS

Roasted Ducks at Kampot's Chhouk District

Kampot is not only famous for its durians and black pepper but also for its roasted ducks. A long line of vendors selling the delicious roasted ducks made using their family recipes can be seen at At Chhouk Market (National Road Number 3 in Chhouk district). The flavour is a perfect combination of sweet and savory. Priced at only $3 each and conveniently packed for take-away, the roasted duck is a great meal option for adventurous backpackers or travellers in the coastal regions.











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The Legend of Yeay Mao

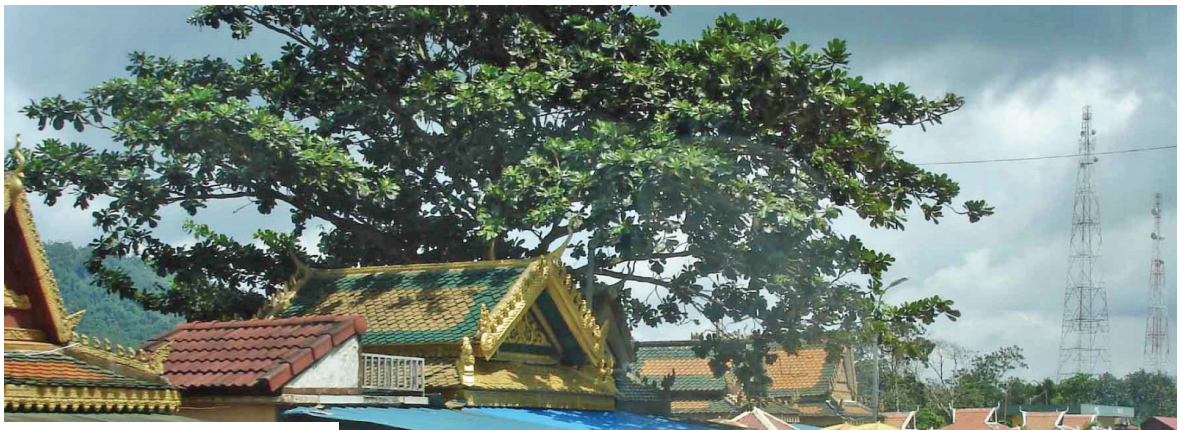
THE COASTAL DEITY



YEAY MAO STATUE

When you reach the crest Pich Nil Pass, the halfway point between Phnom Penh and Sihanoukville, on National Road Number 4, you will see a long line of spirit houses along the road. At one point of the line lies a big shrine, in which there is a black status of a woman in a gold silk robe. The shrine and statue belong to ***Yeay Mao*** (Grandma Mao), a ***nakta*** or deity who, according to the local people's belief, is the overseer of the southern coastal region of Cambodia.

RIGHT : The line of shrines at Pich Nil Pass



BELOW : Big Yeay Mao statue on Bokor Mountain, Kampot





According to the local folks, the shrine was built in 1944 by a Chinese man, whose name is unknown, while the spirit houses were brought there by the people who respect and believe in the power of the deity.

When passing the spot, people will stop and give bananas, incenses, and some money as offerings to Yeay Mao in return for a safe trip and good luck. People believe that ignoring this custom will lead to accidents or other misfortunes on their journey. Some people even promised generous offerings, such as a roast chicken or pig, to Yeay Mao in return for granting certain wishes.

"I offer a roast pig to Yeay Mao because I promised it when I ask her to help me sell my land," said Meng Keng, a 48-year-old Phnom Penh resident. *"She is really powerful. Just three days after praying to her, a buyer contacted me and made a good offer."*

The history of the puissant goddess is unclear, and it is mainly based on legends, mostly featuring Yeay Mao's stories with her husband ***Ta Krohomkor*** (Grandpa Red-necked), a deity who oversees the Dong Rek ranges in Preah Vihear province.

One legend mentioned in ***The Collection of Khmer Tales***, published in 1974 by the Royal Academy of Cambodia, says Yeay Mao is the reincarnation of Mao, a woman who died around 1816 while trekking through the jungle with her husband. According to the legend, dozens of elephants charged at the couple when they stopped for a meal. While fleeing, Mao ran into a tiger and was killed when her husband ignored her scream for help.

Another account dated back so much farther into the past, in which Yeay Mao died in a storm while she was sailing in a fishing boat to find her husband, who was a soldier on a faraway land. Before her death, Yeay Mao prayed to be reincarnated as a powerful figure in consideration of her faithfulness towards her husband.

A different version of the history, which has also been acknowledged by the Cambodian government, shown in a performance during the country's first Sea Festival in 2012, describes Yeay Mao as a national heroine. In this legend, Yeay Mao took the position of her late husband as a navy general and led the army to fight and defeat the Siam army that invaded Cambodia's sea. Her bravery and patriotism impressed the Cambodian people, who worshipped her upon her death.

Despite the vague history, it is obvious that Yeay Mao has become the symbol of coastal provinces and cities in Cambodia. Apart from the main shrine in Pich Nil, her statues are found in many places in the region, notably in Riem Pagoda in Sihanoukville, on the Kep Beach in Kep, and on Bokor Mountain in Kampot.

STREET FOOD SANCTUARIES in Bangkok

Bangkok is synonymous with street food, and no one can doubt that. Street food can be found all over the city, but these five places are the most popular.



KHAO SAN STREET



BANG RAK

Khao San Street

Around Khao San Road and Soi Rambuttri, there is a mass of street food options serving everything from fried rice to tom yum soup. Although these restaurants alter the flavours to be more 'accessible' to the foreign clientele, cheap, tasty options can still be found around this spot.

Bang Rak

The long association with immigrants of this ancient area turned it into a "culinary melting pot." It is characterized by the combinations of Chinese, Indian and Western cuisines with Thai traditional cooking. Popular street food options in this area include roast duck, crispy pork, rice porridge, pork dumplings, green curry with roti, baked breads and so much more.



CHINATOWN



Yaowarat
(Chinatown)

When the night falls, the premier street food haunt in Bangkok is Yaowarat – the main thoroughfare in Bangkok's Chinatown. Barbequed seafood is particularly popular, with Lek & Rut and T & K restaurants set up on two sides of Thanon Phadung Dao (Soi Texas) doing a roaring trade. Popular options include dim sums, oyster omelettes, flat noodles in a pepper broth, roasted chestnuts, ice cream, fruits and a variety of Thai-Chinese desserts. It will be a regret to fill up in only one place because to enjoy Bangkok Chinatown street food properly you should snack and move, just like the locals.

Rattanakosin
(Old City)

Scattered among its narrow streets of the Bangkok Old City are legendary restaurants, including Pad Thai Thip Samai, which is generally considered to have the best Pad Thai in Bangkok. Visiting here from mid-afternoon until late at night offers a genuine slice of Bangkok food, which is so well-known among both locals and expats.



RATTANAKOSIN

Maeklong Railway Market



THE TRAIN PASSING THROUGH THE FAMOUS RAILWAY MARKETS AT MAEKLONG

GET YOUR THINGS! THE TRAIN IS COMING!

From a distant point, Maeklong Market has nothing that distinguishes itself from other markets selling seafood, vegetable, fruits, meats and other miscellaneous goods, but what makes it one of Thailand's amazing attractions is that for decades, a train runs through it eight times a day, seven days a week.





▼ **BOTTOM :** The famous Maeklong railway market



It is about 6:20 in the morning at the market in Samut Songkhram, about an hour southwest Bangkok. A warning bell goes off over the speaker system, and in the next few minutes, vendors, whose stalls are attached to the Mae Klong-Ban Laem railway, are closing their parasols and canvas, and clearing all goods that will obstruct the oncoming train at a great speed. After the train passes, parasols and canvas will be reopened, and goods again placed in their usual spots next to the railroad.

The vendors will do the same thing seven more times on that day, according to the timetable of the train, which leaves Mahachai for Mae Klong and depart Mae Klong for Mahachai. The routine is usual for vendors and local people, but not for foreign tourists, of course, who will be amazed by the scene.

Although the Maeklong Market, commonly called *Siang Tai* (life-risking) Market, is generally considered "the most dangerous market" in the world, thousands of tourists visit it every day to experience the thrill, and at the same time to taste the street food, if it has not been run over by the passing train, in the market.

As the train is approaching the middle of the market, many of the tourists are filming or taking pictures of it while others put their hands out to touch the train as it zooms by.

The easiest way to reach the market is to take the BTS Skytrain to station Victory Monument and grab a minibus. Looking up the train timetable before going there could prevent you from missing the train; however, these times are subject to change.

There are also private tours you can book to visit the market. The prices range from 1,500 Baht to 2,000 Baht.

ONE DAY AND ONE NIGHT in Hong Kong



THE AMAZING VIEW OF SKYLINE FROM THE VICTORIA PEAK

What would you do if you had 24 hours to spare in Hong Kong, one of the most fashionable tourist destinations in the world? Allow us to make some suggestions.

Breakfast

Queues stand around the block for the breakfast at Australia Dairy Company. The east-meets-west diner is known for its traditional Hong Kong breakfasts, particularly scrambled egg sandwiches and macaroni and ham soup.

Morning

Morning is the best time to visit the Blue House, a 4-storey balcony-type tenement block located at 72-74A Stone Nullah Lane, Wan Chai and a rare example of a brick-and-wood tong lau. The ground floor is occupied by the Wan Chai Livelihood Museum. The cluster is also home to the 'Hong Kong House of Stories', which hosts events and exhibitions that touch upon various aspects of Hong Kong's history and development.

Lunch

Hong Kong is home to the power lunch, thanks to all the business deals going on around the city. However, you do not need to be a businessman to take advantage of the lunch promotions at some of the city's finest restaurants. Sample their signature





ROASTED PORK, CHICKEN AND DUCK

dishes at a fraction of the dinner price at Bo Innovation, a three Michelin-starred molecular Chinese concept. Savour their chef-recommended eight-course lunch set for HK$730. Alternatively, go for the three-course set lunch which is a humbler HK$430.

Afternoon

In the afternoon, nothing beats setting sail on the Aqua Luna (Cheung Po Tsai), a beautifully restored traditional Chinese junk operating on the Victorian Harbour. It is mainly constructed from wood and bamboo and lacks even a single nail. It tours hourly from noon to 4 pm, from Monday to Friday.

Evening

ABC Kitchen serves delicious European dinners from a government-run cooked food centre in the trendy Sheung Wan area. Their signature dish is the crispy suckling pig while other popular options include seafood platters, duck confit and pavlova, which are served on red-checkered tablecloths.

After Hours

Hong Kong is one of the renowned clubbing capitals of Southeast Asia. Most of the big names are located on Hong Kong Island, in and around Lan Kwai Fong. PLAY, Dragon-i and Volar all guarantee a fun-filled night of dancing and a wide range of drinks selection. Many of these stay open until the early hours, especially on weekends or when a big-name DJ is on the decks.



LAN KWAI FONG FESTIVAL

FIRST-TIMER'S GUIDE to Hong Kong Disneyland



Best Time to Visit

The peak seasons for visiting Hong Kong Disneyland are autumn (from late September to the end of November) and spring (from March to mid-May), thanks to the little chance of rain or typhoon, but long queues are expected during this time. The weekends and holidays such as Christmas and Chinese New Year also draw crowds of visitors causing a surge in hotel prices and airfare. Avoid the crowd and long lines by visiting the park on a non-holiday weekday.



Admission Ticket

There are four different types of admission tickets for short-term visitors. The most popular options are:

1-Day Park Ticket

- **HK$619** for general admission
- **HK$458** for children between 3-11 years old
- **HK$100** for a senior aged more than 65 years old

2-Day Park Ticket

- **HK$799** for general admission
- **HK$589** for children between 3-11 years old
- **HK$170** for a senior aged more than 65 years old

Tickets can be purchased on the day itself from the booths at the park's entrance or from any of the Hong Kong Disneyland Hotels and some luxury hotels in Hong Kong. They can also be purchased online at **www.hongkongdisneyland.com** for your convenience.

Attractions

- **Hyperspace Mountain** *(Tomorrowland)*
- **Iron Man Experience** *(Tomorrowland)*
- **Big Grizzly Mountain Coaster** *(Grizzly Gulch)*
- **Jungle River Cruise** *(Adventureland)*
- **Tarzan's Tree House** *(Adventureland)*
- **Toy Soldier Parachute Drop** *(Toy Story Land)*
- **RC Racer** *(Toy Story Land)*
- **Mystic Manor** *(Mystic Point)*
- **It's A Small World** *(Fantasyland)*
- **The Many Adventures of Winnie the Pooh** *(Fantasyland)*

How to Get There ?

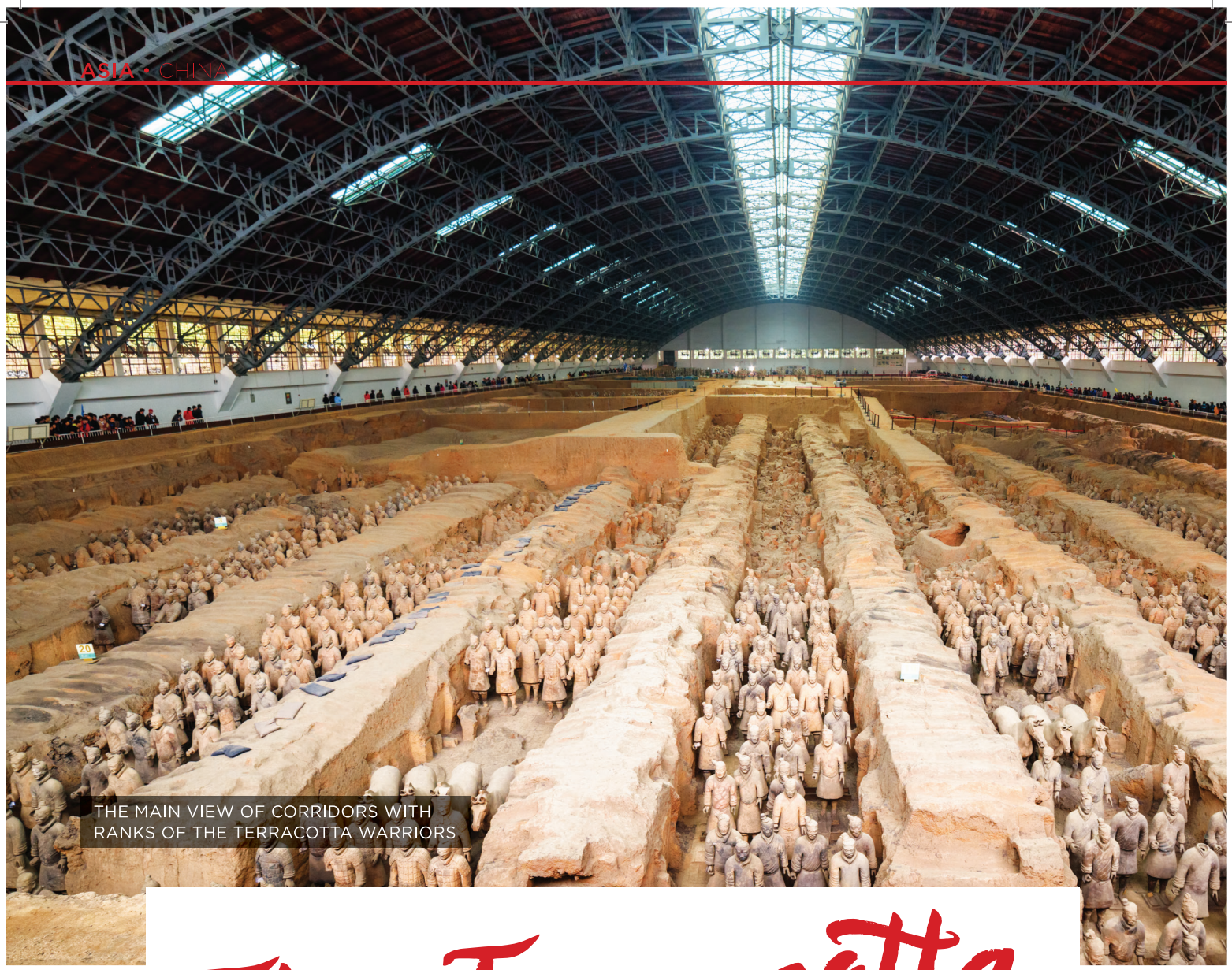
Hong Kong International Airport and Hong Kong Disneyland are both located on **Lantau Island**. You can get to the resort by taking Mass Transit Railway trains. The journey takes about 30 minutes and costs **HK$70** for an adult and **HK$65** for a child. Alternatively, you can take buses with the route starting with **letter 'A' or 'E'** from Airport Ground Transport Centre Bus Terminus. Bus trips take about 15 minutes and cost **HK$7** per passenger.

What to Eat

While outside food and drinks are not allowed in the park, those from restaurants and cart inside the park are pricey. During peak season, you may have to wait in line to secure a table

Popular restaurant inside Hong Kong Disneyland include:

- **Adventureland:** Tahitian Terrace
- **Mystic Point:** Explorer's Club Restaurant
- **Fantasyland:** Royal Banquet Hall and Clopin's Festival of Foods
- **Tomorrowland:** Starliner Diner
- **Main Street, USA:** Main Street Corner Cafe, Market House Bakery, and Plaza Inn



THE MAIN VIEW OF CORRIDORS WITH RANKS OF THE TERRACOTTA WARRIORS

The Terracotta Army in Xi'an

One afternoon on March 29, 1974, a group of farmers in Xi'an, a sub-provincial city in north-western China, stumbled on a kiln while digging a well to water the crops of the cooperative farm. As they continued to dig, the farmers found the shoulders and torso of a statue. It was the first discovery of the famous Terracotta Army, which were buried with Qin Shi Huang 259–210 BCE), the unifier and the first emperor of China, to be his protectors in the afterlife.



THE TERRACOTTA WARRIORS AND HORSES



The thousands of life-sized clay sculptures have been Xi'an's star attraction as well as one of the most renowned archaeological findings of all times. Since the discovery, the excavation site has become so famous that many of its attributes have been now well-known all over the world; one of those is the fact that no two soldier's faces are alike.

Experts speculate that Qin Shi Huang ordered those statuses to be made before his death either because he was afraid of the vanquished spirits awaiting him in the afterlife or desired to continue his reign even after his death. However, other non-military figures, such as official, acrobats and musicians, were also found on the site.

The main features of the Museum of Qin Terracotta Warriors and Horses, located on Qinling North Road, Lintong District, are the three pits where the warriors are on display. Pit 1 is the largest, where 2,000 Terracotta warriors are displayed while the middle-sized Pit 2 has the most army units with archers, chariots, mixed forces, and cavalry. Pit 3, the smallest pit, contains 72 warriors and horses, which were believed to represent the command post.

Almost as special as the soldiers is a pair of bronze chariots and horses unearthed just 20m west of the Tomb of Qin Shi Huang. These are now on display, together with some of the original weaponry and a mid-ranking officer you can see up close in a huge modern museum called the Qin Shi Huang Emperor Tomb Artefact Exhibition Hall. While photography is allowed, flash photography and tripods are prohibited.



The wrap-around theatre on the site offers information on how the figures were sculpted. Yet, visitors can also spend from ¥150 to ¥200 on a guide or ¥40 (plus ¥ 200 deposit) on the audio guide. Regarding souvenirs, visitors can have a picture taken next to a fake warrior for ¥10 or pick up Terracotta ornamentation of all manners from the souvenir shops there. There is also a Friendship Store for jade, jewellery and so on.

The Museum of Qin Terracotta Warriors and Horses is open every day from 8:30 am to 5:00 pm. It is easily reached by public buses from Xī'ān train.

▼ **BELOW :** The Terracotta Warriors inside the Qin Shi Huang Mausoleum



FIVE MUST VISIT ATTRACTIONS in Guangzhou

Known as the "City of Five Rams" in southern China, Guangzhou is a huge metropolis and an amazing destination for tourists, whether they are history enthusiasts or looking for a family-friendly holiday destination.



GUANGZHOU CITY



CHIMELONG TOURIST RESORT

Chimelong Tourist Resort

Located in the bustling area of Panyu Avenue in Guangzhou city, Chimelong Tourist Resort has it all for a full day or even a week of fun with attractions such as: amusement park, international circus, Water Park, Safari Park, Bird Park. The resort can get very busy on national holidays and weekends, so try visiting on a weekday instead.

Huacheng Square

For a modern view of Guangzhou, a must-see spot in the city is Huacheng Square. Several new landmarks surround the square, Guangdong Museum, new library, International Finance Centre, and Canton Tower just across the river. Visiting the spot after sunset allows tourists to admire the colorful lights and a fabulous nighttime view.

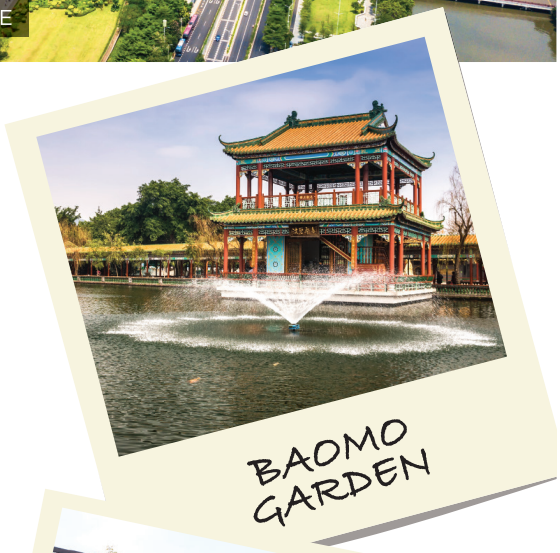




HUACHENG SQUARE FROM ABOVE

Baomo Garden

Located in Panyu, about an hour away from the Guangzhou city center, Baomo Garden is a fine example of Southern Chinese architecture and art of gardening. The original garden was built at the end of Qing dynasty, but unfortunately destroyed in the 1950s. A few years later, its reconstruction began, and the garden returned to its former glory.



BAOMO GARDEN

Chen Clan Academy

Built in 1894, the Chen Clan Academy was built by the Chen family as a study hall for young men to prepare for imperial examinations. Today, it houses the Guangdong Folk Arts Museum and contains 19 buildings and different exhibitions, each of which should be visited for an hour.



CHEN CLAN ACADEMY



REDTORY ART VILLAGE

Redtory

Redtory, once an area filled with industrial factories, is now an area of art galleries, artist studios, art spaces, organizations, fashion stores, and artsy cafés. The general purpose for coming here is usually art exhibitions, but people are also visiting the area for the inspirations and motivations surrounding photography and other arts.



MACAU CITY SKYLINE AT DUSK

TOP THINGS TO DO in Macau

The Vegas of Asia

Appreciate historical and cultural heritage



A-MA TEMPLE IN MACAU

Appreciate historical and cultural heritage

Despite being one of the most modern cities in Asia, Macau has many fascinating historical and cultural legacies. The most attractive spots are the UNESCO World Heritage Sites of A-Ma Temple, a representative of Chinese culture inspired by Confucianism, Taoism, Buddhism, and multiple folk beliefs, and the Ruins of St. Paul's, a 16th-century Portuguese colonial complex and one of Macau's most renowned landmarks.

Visit the city's famous casinos

Packed with casinos, Macau has earned the nickname of "Asia's Las Vegas." If interested in trying your luck, you can explore the city's famous casinos, such as The Venetian Macau and Wynn Palace.

Explore Old Taipa Village

Taipa Village is one of only two traditional villages still existing in Macau. It is a culturally rich destination, boasting a wide array of innovative retail and dining concept offerings, making it a well-preserved non-gaming destination which provides a perfect alternative to the city's casino resorts.

Try Macau's distinctive cuisines

Chinese style cuisines found in Macau restaurants are characterized by the mixture of Guangdong Cuisine, Sichuan Cuisine, Shanghai Cuisine, Chaozhou Cuisine, and so on. The Western style food, meanwhile, is mainly influenced by the Portuguese, who had ruled the city for over 4 centuries but also has slight touches from Japan, Korea, and Southeast Asian Countries. Some popular local dishes are Crab Stir-fried with Curry, Majiexiu Salty Fish, Portuguese-Style Egg Tart and Portugal Chicken.



THE VENETIAN MACAU AT NIGHT



THE VIEW OF TAIPA VILLAGE FROM TOP

Enjoy duty-free shopping

Owing to its free port status, Macau is a shoppers' paradise. The popular buys are jewelry (especially gold), brand label clothes, Chinese antiques, pottery, wine, cameras, watches, knit-wear together with a host of electronic gadgets all at duty-free prices.

Fortaleza do Monte

THE PORTUGUESE MILITARY LEGACY IN MACAU



Standing as one of the most prominent monuments and one of China's oldest Western-style fort buildings in Macau, Fortaleza do Monte is a widely popular tourist spot, visited by hundreds of travellers on a daily basis.





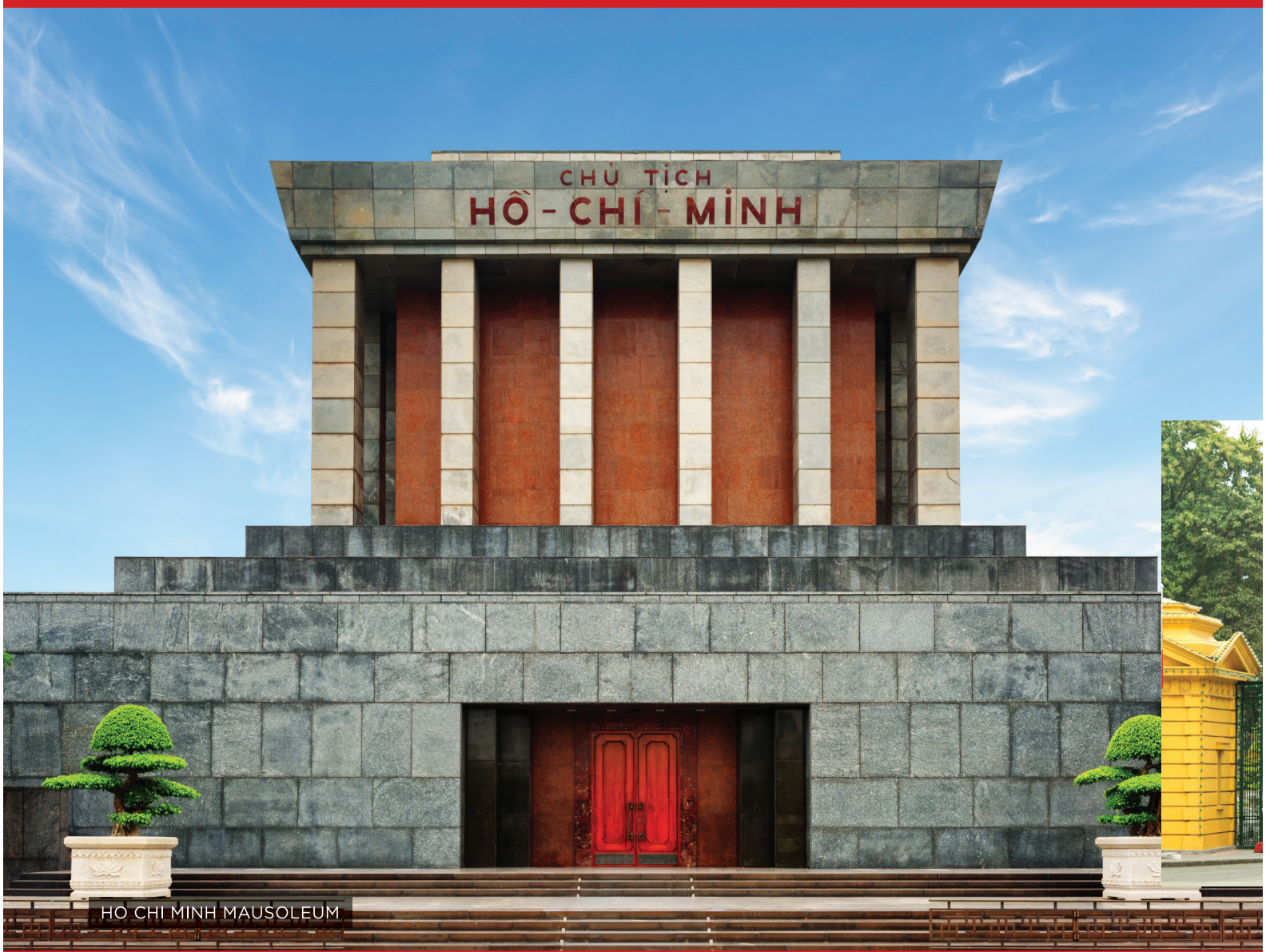


defence facilities. Although now losing its military role, the fort, which rises 52 meters above the sea level, represents the history of Macau and became a testimony of the city's old relic.

Fortaleza do Monte was built with walls as tall as 9 meters and as thick as 3.7 meters on the base, supported by granite. There are 32 muzzle-loading steel cannons around the walls and small watchtowers on the two corners of the south-eastern wall, the facilities which helped the city hold off the Dutch invasion in 1622.

The fort houses many historical and cultural structures, including the ancient pagoda which was one of the sites of Society of Jesus, the stone carving at the entrance of the fort which has recorded this fort's military exploits to resist foreign enemies and the ancient bell which was created by the famous gun casting expert.

Located on the side of the Ruins of St. Paul, Fortaleza do Monte was erected in the 16th century by the Portuguese Jesuits, a scholarly religious congregation of the Catholic Church, to protect their properties from pirates and was later used as a base for military



HO CHI MINH MAUSOLEUM

VISITING THE PAST *In Hanoi*

As the capital of Vietnam for hundreds of years, Hanoi is not only the cultural centre of Vietnam but also a city rich in history. Many people visit Hanoi just to get a glimpse of that richness.

Ho Chi Minh Mausoleum

In contrast to Ho Chi Minh's desire for a simple cremation upon his death, this massive tribute was constructed from the finest materials gathered from all over Vietnam and became one of the most conspicuous monuments in the world. In the bowel of the structure is the frail, pale body of Ho Chi Minh inside a glass sarcophagus. The mausoleum also contains a museum on the father of the famous revolution.

Hoa Lo Prison Museum

The Hoa Lo Prison originally functioned as a political prison for the French colonists in Vietnam. During the Vietnam War, North Vietnam used the prison to house the US. Prisoners of War, and then it was known to the Americans as the "Hanoi Hilton". Although the prison was demolished in the 90s, the gatehouse remains as a museum.



▲ **ABOVE :** Hoa Lo Prison Museum



THE PRESIDENTIAL PALACE

The Presidential Palace

The Presidential Palace was built between 1900 and 1906 as an accommodation for the French Governor-General of Indochina. When Vietnam received its independence from France in 1954, Ho Chi Minh was reported to have refused to stay in the building although he still received his guests there and instead built a traditional Vietnamese stilt house and carp pond on the grounds, which were made into the Presidential Palace Historical Site in 1975.



One Pillar Pagoda

Originally built by the Emperor Ly Thai Tong, who ruled from 1028 to 1054, the Buddhist temple is one of the oldest and most iconic temples in Vietnam. The temple is designed to resemble a lotus blossom, the Buddhist symbol of purity, on a single stone pillar. Before quitting Hanoi in 1954, the French colonists destroy the original One Pillar Pagoda ; the structure was rebuilt by the new government.

Vietnam National Museum of History

This museum has an impressive collection of ancient artefacts either belonging to the Champa culture or traditional Vietnamese culture. The museum also displays a huge Chinese influence to Vietnamese culture.

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探索柬埔寨

60 西哈努克城
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西哈努克城



西哈努克城，原名磅逊，是一个美丽的沿海城市，位于柬埔寨西南部泰国湾的一角，距离首都金边约227公里。
它以拥有该国最美丽的海滩和岛屿而闻名，每年吸引数百万当地和国外旅客。

▲ 上：西哈努克广场中的狮子雕像



右：西哈努克城著名的海滩 ▶



奥特斯海滩



独立海滩

圣卡海滩

西哈努克城是柬埔寨一个相对年轻的城市，但却与该国大部分省市截然不同，这里没有任何古老的寺庙和宝塔，甚至是法国殖民时期（1863-1953）所遗留下的建筑物。 事实上，西哈努克城甚至不是因旅游业而崛起。

西哈努克城的历史可以追溯到1955年，当时刚独立的柬埔寨政府在今天被称为夏威夷海滩的地区建造一个了海港，并创建了4号国道将沿海地区与金边首都衔接起来。

直到了60年代，西哈努克城才发展成了一个滨海小镇。 其名字是为了纪念诺罗敦·西哈努克国王，他是位民族英雄，也是柬埔寨独立之父。 尽管相对年轻，但因繁荣的港口，西哈努克城很快就达到了鼎盛时期。成为商业中心后的西哈努克城迅速的发展与扩建起来。



◀ **左：** 赛倫迪皮蒂海滩（也被称为奥彻迭海滩）



维多利海滩



利恩海滩

许多建筑都是由柬埔寨著名建筑师旺莫利萬亲手设计，当中包括了柬埔寨国家银行和SKD啤酒厂。后者现改名为柬埔啤酒厂(Cambrew Brewery)，生产著名的吴哥啤酒，此啤酒也深受民众爱戴而被尊称为柬埔寨之国家啤酒。 此外，由法国建筑师设计的著名建筑包括独立酒店与圣迈克尔教堂。

在70年代初期，越南战争期间，西哈努克族主要作为各方冲突之武器转换站。不久之后西哈努克城在红色高棉的统治下却迎来了最黑暗的时期，大部分设施在这时期被摧毁。幸运的是，在联合国组织的1993年选举后，西哈努克



高龙撒冷岛





高塔凯依岛

西哈努克城

高龙岛


高颂萨岛


高露西岛

高梅岛

城又迅速的蓬勃发展。

自20世纪末期以来，因其美丽的海滩和附近的热带岛屿，带动了西哈努克城成为一个卓越的海滨旅游胜地。由于游客人数不断攀升，许多的酒店、餐厅、度假村和娱乐中心也如雨后春笋般发展起来。 迅速发展的旅游业与多样化的经济，使西哈努克以拥有各种不同的文化和人口要素，成为柬埔寨最大的文化大熔炉。


科保柴瀑布


利恩国家公园

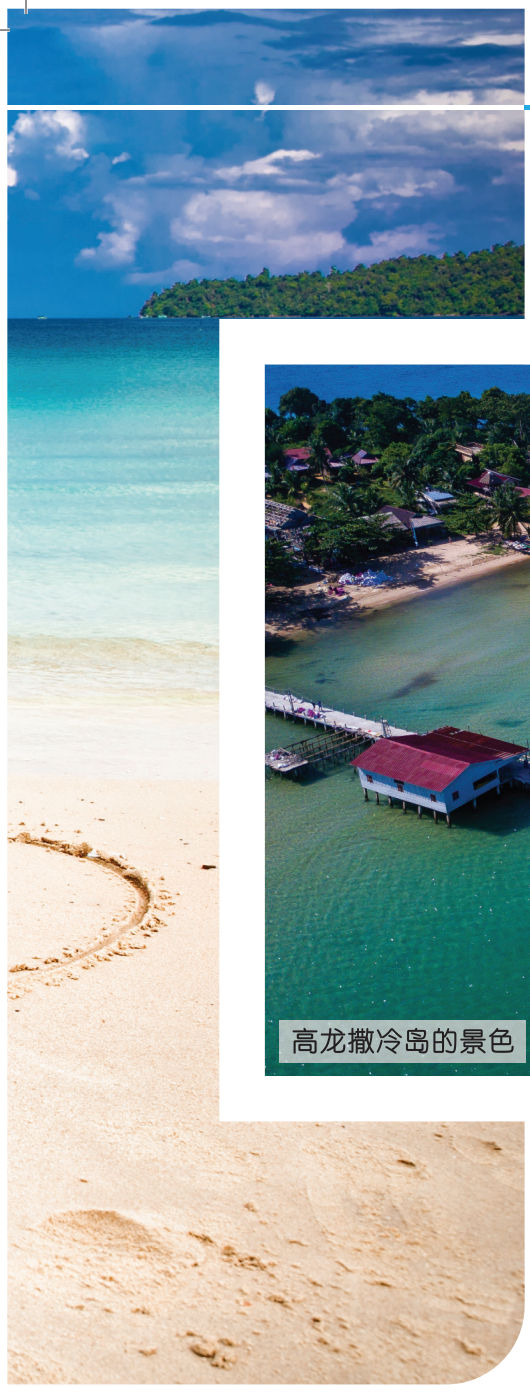


高龙撒冷岛

高龙撒冷岛

体验大自然的机会

从西哈努克城的塞伦迪皮带码头或新皇家码头乘坐快艇向西航行约40分钟就能到达高龙撒冷岛。这座拥有优美自然景色的岛屿保证能让所有旅客感到震撼。



这个占地24.5平方公里的岛屿以其令人叹为观止的美丽景观和起伏的地形，茂密的丛林和37公里长的海岸线，一层层的沙石和美丽的海滩让人极度向往。高龙撒冷岛被美国国家地理台(National Geographic) 评为全世界 21座最美的沙滩之一。

虽然高龙撒冷岛的设施不发达，但与其在泰国湾的其他著名岛屿不同，其未被破坏的美丽环境，为旅客们提供了一个逃离繁忙工作和嘈杂生活的机会，使其成为一个能让旅客忘记一切烦恼的热带天堂。曾经踏足的旅客肯定想向全世界揭示她美丽的容貌。



高龙撒冷岛的景色

高龙撒冷岛的主要码头坐落在东海岸的撒拉逊湾，但快艇也能够停在其中一个沙滩上。这座新月形的海湾是以19世纪后期在这片海域探险的英国双桅船HMS Saracen命名，现已成为高龙撒冷岛最主要的旅游景点。清澈的海水，2.5公里长的沙滩，闪烁的白色沙滩上的秋千，沙滩床和椅子皆能让游客在炫目的阳光下放松身心。平坦的海岸线是喜欢在海边漫步或足浴的旅客的最佳选择。不管是白天还是夜晚，宁静的高龙撒冷岛是让人放松身心的不二选择。

沿着撒拉逊海湾的海滩边布满了至少有20多个小型度假村，提供小帐篷或树屋住宿。旅客可以在凌晨时分欣赏平静海面上的日出美景。岛上也有奢华空调设备的现代别墅，舒适的家具与西式浴室，提供旅客不同的选择。由发电机所提供的电力只能在一天的几个特定时段使用，互联网也只能通过本地的SIM卡连通，速度非常慢。

懒洋洋海滩位于高龙撒冷岛西侧，距离撒拉逊湾的丛林小径约有20分钟步行路程。就如其名字，这片美丽的沙滩是在吊床上小歇或者享受鸡尾酒的好去处。如果游客不想小睡或阅读，海滩边上也有排球场，沙滩健身房，羽毛球场和乒乓球桌。大约



撒拉逊湾的海边小木屋

20间可以容纳4人的美丽木屋点缀着这片海滩。位于北边的日落海滩（Sunset Beach），也有两个度假村，气氛一样的宁静与详和。



懒洋洋海滩

另外一个值得参观的地方是北部海岸的M'Pai 湾(高棉语中的23号)，这是高龙撒冷岛最原始也是最美的一部分。它是一个小渔乡，也是M's Pai湾名字的由来。这里有一些旅馆和小食馆，游客们通常会到这里来了解柬埔寨岛民的生活方式，享受美味的菜肴和认识独特的捕鱼技术。友善的高棉人喜欢与他人分享他们的故事和历史。

归功于保存得非常好的海洋环境，潜水员可以在清澈的水里看到各种各样的海洋生物，高龙撒冷岛也因此受到了许多潜水爱好者的欢迎。2017年，海军司令代表媞阿 嗖卡(Tea Sokha)以及一些当地的潜水商店在不远的海床里放置了两个集装箱，试图建造一个人工渔礁。高龙撒冷岛设有多家潜水商店，游客可以通过度假村负责人安排潜水，浮潜，钓鱼之旅等活动。

高龙撒冷岛不仅以其美丽的海洋和沙滩而闻名，岛上的瀑布也拥有



高龙撒冷岛的潜水活动

另一番美丽的景色。想要游泳但又不喜欢海水的游客可以在岛上的几个瀑布中游泳。当中最受欢迎的是距离主要码头不远的自由岛度假村(Freedom Island Resort)附近的瀑布。

热爱刺激冒险的游客可以租用皮艇或划水板，独自探索这座美丽的岛屿。旅客也可以徒步或骑自行车穿越岛上的丛林，欣赏稀有的珍稀动物。喜欢历史遗迹的旅客可以前往岛屿南端的灯塔，这座灯塔是在法国殖民时期(1863-1953)建造的。虽然灯塔之旅需要耗费一天的行程，但从灯塔顶部能看到的景色能让这趟行程物超所值。

高龙撒冷岛海滩上的日落

在一天即将结束的时候，在沙滩上享用一杯鸡尾酒和相爱的人一同享受日落是一种无法以笔墨形容的经历，但这美景也代表了将与岛上美好的日子话别了。

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寻找沉没的宝藏

柬埔寨 未来潜水爱好者的天堂



若与邻国泰国和越南相较之下，柬埔寨是一个不太受欢迎的浮潜和潜水目的地。尽管如此，这个国家的沿海地区，包括西哈努克城、贡布、白马和戈公，被许多人视为未来的潜水天堂，这因其热带岛屿和各种鱼类作出了贡献。这片海域也有许多二战时期未被发现的古沉船。

◀ 左：两个准备潜入西哈努克海的人



正在探索沉船的潜水专家

2006年，一群越南渔民在戈公省海岸附近的沙密群岛附近找到了中国古代贸易船的残骸，船上装载了数量可观的古代陶瓷器和其他文物。 在今年年前，潜水员还在此地区发现了一艘长70米的沉船残骸，柬埔寨海军研究人员正在努力确定其来历。

但是，最值得注意的发现是在2017年，六名潜水员在距离西哈努克岛高龙岛约110公里的水域中发现相信是属于日本商人的蒸汽船“Burma Maru”。根据柬埔寨潜水商店 (The Dive Shop Cambodia) 的店主也是当时六名潜水员队长的丹尼斯凡客透露， 这艘货船于1942年6月12日被美国潜水艇---- 剑鱼 (USS Swordfish) 所攻没。

“这项发现是5年的研究成果” 丹尼斯说。 “他也补充当时潜水深度为52至67米，他的团队利用了特殊的潜水技巧以及在柬埔寨尚未测试过的军事技术。

丹尼斯根据他对泰国湾周边国家的研究作出比较，估计柬埔寨海底可能有高达数百艘沉船。 然而，因为柬埔寨的海域未被全面的探索，因此大部分的海域仍然是一个迷。

丹尼斯也补充到“许多当地的潜水商店没有售卖能够让潜水员能潜入深海的装备，但随着不断的改善， 柬埔寨有望将被称为潜水爱好者的新天堂”

沉船是潜水爱好者的最佳探索处，不仅能探索历史的神秘，也能观赏海洋生物的栖息地。从海马到鲸鲨，沉船为海洋生物提供了一个令人惊叹的生态系统，每个人都想要一探究竟。 此外，柬埔寨的沿海省份，特别是西哈努克城的高龙岛和高龙撒冷岛是喜欢探索的潜水爱好者的必到之处。



潜水员在海中自拍





西哈努克城的夜生活

在西哈努克城，快乐的时间总过得特别快，但这并不意味着一天就如此草率结束。与柬埔寨的大部分省份和城镇不同，西哈努克城在太阳下山后也不会安静下来。相反的，许多娱乐场所都在夜晚来临后热闹起来。从午夜至早晨，西哈努克城的夜生活保证能让旅客乐不思蜀。



酒吧

西哈努克城布满了数百家酒吧，提供各种各样的饮料或鸡尾酒，适合那些喜欢独自小酌或与旅行伙伴聊天的人。 根据您的喜好作出选择：屋顶酒吧、海滩酒吧、船吧、山顶酒吧等等。

夜总会

西哈努克城大多数的夜总会都营业至凌晨，为您提供跳舞的地板，炫耀您唱歌技巧的舞台以及结交新朋友的机会。 西哈努克城也有大型KTV，但只有几首英文和中文歌曲。

◀ 左：西哈努克城的夜生活

▼ 下：333 KTV & CLUB



餐厅

在城里浏览或者游泳了一天之后，你会经不起各种美食的诱惑。不同的餐厅提供多样化的晚餐选择。不管是经济实惠的鸡粥还是新鲜食材的沙滩烧烤，不胜枚举的选择中肯定有你满意的。当然城里也少不了素食餐厅，例如位于奥特斯的青椒意大利餐厅(Green Pepper)和金饭馆(Jin)也是不错的选择。



◀ 左：Galaxy Cinema & Fun

▼ 下：Queenco Casino Cambodia
右下角：西哈努克城的圣卡海滩度假村



电影院

西哈努克城也有几家电影院，当中最受欢迎的是沙雷·安得(Saray Andet)电影院。此外，星际电影院(Galaxy Cinema&Fun)和猫顶电影院(Top Cat Cinema)提供带有沙发和空调的私人包厢，两小时只需$4.5美金，不过放映的影片有点过时。许多酒吧或酒店都设有投影机，播放电影或体育赛事。

赌场

如果你想试试运气的话，西哈努克城有很多赌场。当中最大也是知名度最高的赌场是假日皇宫赌场度假村(Holiday Palace Casino Resort)，拥有两百多台老虎机与十张赌桌。此外，圣卡海滩度假村的圣卡维加斯赌场（Sokha Vegas Casino）和魁尼可娱乐场酒店(Queenco Hotel & Casino)也有上百台老虎机和许多赌桌。



在度假村里放松自己

如果不喜欢喧闹的人群或者在旅途中感觉太累的话，您也可以选择在度假村里歇一歇。许多酒店与度假村都提供免费的书籍与无线网络Wi-Fi。你也可以选择观赏有线电视上的国家地理台纪录片或者FOX电影台的电影。



专业活动公司

ZENEARTH Co., Ltd.

ZENEARTH在2014年成立，基地在金边，作为一家媒体和市场营销代理人，我们着力把创意和精细引入商业推广和交流。我们在品牌创新设计上的独到之处，是客户生意的附加值。由我们年轻、热忱、天赋秉性的团队，带给您最优质的广告、活动筹划、创意设计、市场营销等服务。

我们的团队专门定制和组织实施各类大型主题活动，比如节庆、会议、庆典、婚庆、正式餐舞会等。

我们的服务，从概念设定到所有技术环节，贯穿活动的始终。



媒体与宣传

我们深知如何利用最优选的媒介向消费者有效传递讯息，而且我们只收取很优惠的费用。同时出租车广告、嘟嘟车广告、宣传单、广告册子以及标识标牌设计都是我们的强项。创新的概念和设计将使我们的广告成为你商业致胜的法宝。

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每个品牌都是产品特质、价值和属性的诠释。新的品牌总在不断诞生。当你需要一个创新品牌及其营销推广，我们将会是你最佳的合作伙伴。



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贡布



波哥山19世纪法国天主教教堂

贡布是位于柬埔寨西南部的一个小省，沿着3号和43号国道行驶，距离首都金边约三小时车程。贡布省以丰富的历史和自然资源见称，不容小觑。

19世纪时，在法国殖民管理下的贡布被称为 Circonscription Résidentielle de Kampot，是柬埔寨的行政中心。贡布曾经是柬埔寨最重要的港口，因此法国殖民时期的文化遗产比其他省份来得更为丰富。

河畔两旁布满20世纪时代的建筑物，在时代的巨轮下逐渐没落。简单的几何形状，高高的天花板，硬木地板以及斑黄的墙壁映衬着法国殖民时期的辉煌。旧市场的建筑风格是20世纪30年代的典型例子。

贡布省以其优质的胡椒而闻名，该地区的胡椒也已经大量的商业化生产。到贡布旅游的旅客也能从当地人口中得悉当地人喜爱享受贡布榴莲与贡布鱼酱。该省的其他几种行业也取得良好的经济成果，当然旅游业也不例外，虽然相比西哈努克城来说还有一段差距。

尽管地理位置位于沿海地区，贡布却以其美丽的山脉和丛林而闻名。位于贡布西部约910米的波哥山峰，是近一个世纪以来该省的旅游地标。除此以外，大象山，甘榜德拉山和南沙夏山上的建筑物也吸引了成千上万喜欢登山、洞穴探险或者纯粹只为欣赏海拔高度及各种沿海和山区风景的旅客。



胡椒种植园

此外，贡布也有许多度假村，星罗棋布在瀑布至动物园邻近。当中许多都是由当地家庭式经营，基础设施并不发达，所以情况堪忧。但也因为这样，成为了大自然爱好者的首选旅游目的地。

热门旅游景点

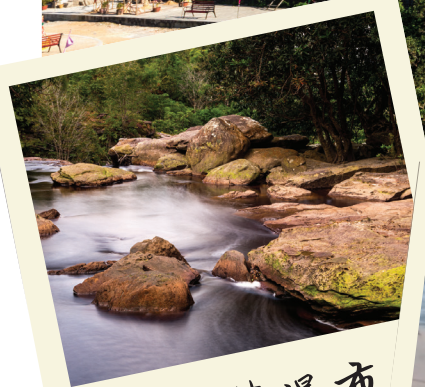
柏威夏·莫尼翁国家公园

柏威夏·莫尼翁国家公园也被称为波哥国家公园。这一个位于山上的国家公园拥有丛林，优美的风景和法国殖民时期所遗留下的废墟，包括历史悠久的波哥山站点。


柏威夏·莫尼翁国家公园

泊波薇瀑布

泊波薇瀑布距离波哥山站点约有5公里，两层瀑布的中间是一个美丽的浅水池。


泊波薇瀑布

凯普梅野生动物园

位于贡布凯普梅镇的凯普梅野生动物园，是柬埔寨最受欢迎的旅游景点和最受欢迎的野生动物园之一。


凯普梅野生动物园

南沙夏山之建筑物

位于贡布以东约18公里处的南沙夏是一座充满了佛教元素的山丘，山丘中也有一个由石灰岩所组成的洞穴。


南沙夏山之建筑物

榴莲弯

该省首府的标志性交通圈，中心有一座巨大的榴莲雕像


榴莲弯

▼ 下：特克初度假村



特克初度假村

特克初度假村位于贡布省斯莫普兰皮村。其特色是拥有大型的岩石与清澈的河水，是淋浴或游泳的好地方

贡布省博物馆

博物馆的小画廊里，旅客在贡布镇的小画廊，可以看到该省的过去，包括古代考古文物。


贡布省博物馆

波哥山站点

新时代的生活与遗失的过去相遇



波哥山上被遗弃的天主教教堂

如果第一次参观贡布而不到波哥山将会是一大遗憾。 波哥山以很多特色而闻名，这里无论什么季节，环绕着山脉的云层，都让气候保持凉爽。位于山顶奢华的丹首尔波哥度假村能将山顶的美景尽收眼帘。

位于波哥山站是波哥山上最著名的旅游景点。该站是指波哥山上法国殖民时期的建筑物，包括了赌场、酒店、天主教教堂以及一些居所。然而，最着名和最原始



▲ 上：被遗弃的波哥山酒店



◀ 左：被遗弃的波哥山酒店内部构造

的景点是波哥山站。 该站是指Bokor山上的法国殖民地建筑物群，包括赌场，酒店，天主教堂和一些居所。法国殖民时期所留下的令人感叹的建筑背后也隐藏了一段悲伤的过去。

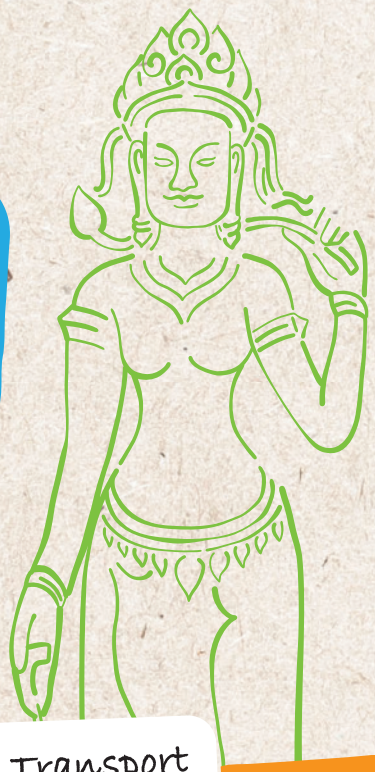
波哥山站是法国殖民时代统治高层的高级住宅区，地理位置优越的波哥山堪称完美无暇。这里能帮助人们避开柬埔寨的高温与潮湿，据报道其建设资金是由对柬埔寨人民征收的沉重税收中所得。 波哥山站在1925年完工，接近1,000名工人死于恶劣的工作环境之中。

由于第一次印度支那战争（1946-1954），此酒店在40年代至50年代期间被法国人遗弃后，于1962年又重新开放并改名为Cité du Bokor，并受到富裕的柬埔寨人的欢迎。 当时，有传言说许多人在赌博时失去一切后在赌场跳楼轻生。

在红色高棉的统治期间，该站再次被遗弃。红色高棉政权在70年代末结束时，它成为红色高棉士兵拒绝投降时占据的据点，这情况一直僵持至90年代初。

有一些旅游网站将波哥山称为柬埔寨最常闹鬼的地方之一，一些人甚至言之凿凿说他们在当地看到了幽灵。 然而，这并没有阻碍旅客的到访，有些游客甚至为了体验第三世界而到波哥山来。 波哥山甚至出现在2002年美国电影《鬼城》和2004年韩国恐怖电影《R-Point》中。

Basic Khmer Words & Phrases



Greetings

1. **Hello**
   - *Joohm ree-up soo-a(formal)*
   - *Soos-a-day(informal)*
2. **How are you?**
   - *Sok-sa bai jee-a tay?*
3. **Goodbye**
   - *Joohm ree-up lea [formal]*
   - *Lee-hai [informal]*
4. **What is your name?**
   - *Nak ch'moo-ah a-vwai?*
5. **My name is (Dara)**
   - *K'nyom ch'moo-ah (Dara).*

Daily Questions

1. **What's this?**
   - *Nih chyea a-vwai?*
2. **What's this called?**
   - *Nih ch'moo-ah a-vwai?*
3. **How much?**
   - *Bpon maan?*
4. **Where?**
   - *Nov ai-naa?*
5. **Where is the market?**
   - *Psar noo ai-naa?*
6. **Where is the toilet?**
   - *Bong-goo-ung noo ai-naa?*
7. **Where are you going?**
   - *Ta nee-uk dtao naa?*

Transport

1. **Airport**
   - *Jom-nort yoo-un hoh*
2. **Boat**
   - *Kanoe / touk*
3. **Bus**
   - *Laan krong*
4. **Bus station**
   - *Suh-ta nee laan-krong*
5. **Car**
   - *Laan*
6. **Ferry**
   - *Sah-laang*
7. **Motorcycle taxi**
   - *Motodup*
8. **Plane**
   - *Yun hoh*
9. **Railway station**
   - *Suh-ta nee ra-dtayh plerng*

Places

1. Cinema
   - *Roang-gon*
2. Hotel
   - *Oat-el / son-ta-gee-a*
3. Bank
   - *Tor-nee-a-gee-a*
4. Market
   - *Psar*
5. Post office
   - *Bprai-sa-nee-ya-taan*
6. Shop
   - *Hang*
7. Restaurant
   - *Hang-bai*
8. Station
   - *S'taa-nee*
9. Toilet
   - *Bong-goo-ung*
10. Pagoda
    - *Woa-ut*
11. Embassy
    - *S'taan dtoot*

Directions

1. Where is (place/name)
   - *Noo ai-na?*
2. I want to go to...
   - *K'nyom jong dtao...*
3. Stop here
   - *Chop tee-nih*
4. Turn left
   - *Bot ch'wayng*
5. Turn right
   - *Bot s'dum*
6. Go straight on
   - *Dtao dtrong ra-hoat*
7. Go backward
   - *Dtao kro-oy*

Shopping

1. Buy
   - *D'ting*
2. Want
   - *Chong*
3. Very expensive
   - *T'lai nas*
4. Cheap
   - *Tauk*
5. What do you need?
   - *Ta nak trau ka avwai?*
6. What do you want?
   - *Ta nak chong baan avwai?*
7. I want to buy something
   - *Knyom chong dting roboh moi jam noo-un.*
8. It's expensive!
   - *Veer t'lai nas!*
9. Can you discount?
   - *Joh baan tik baan tay?*
10. How much is it?
    - *Ta veer t'lai pbon-maan?*

Distance

1. Distance
   - *Chom ngai / ch'ngai*
2. How far is it?
   - *Ta veer chom ngai pbon-maan na?*
3. How far from KPS to PP?
   - *Ta pbee KPS dtao PP, chom ngai bpon-maan na?*
4. It is about 500m.
   - *Veer proh-hael brahm roi met.*
5. It is about half a kilometer.
   - *Veer proh-hael kon-la kilomet.*

EMERGENCY PHONE NUMBERS

IN CAMBODIA

Phnom Penh Tel: 097 7780002	**Kandal** Tel: 097 7780001	**Kampong Cham** Tel: 097 7780003	**Svay Rieng** Tel: 097 7780007
Sihanoukville Tel: 097 7780008	**Koh Kong** Tel: 097 7780009	**Siem Reap** Tel: 097 7780013	**Battambang** Tel: 097 7780014
Pursat Tel: 097 7780015	**Kampong Speu** Tel: 097 7780018	**Preah Vihear** Tel: 097 7780019	**Kratie** Tel: 097 7780020
Ratanakiri Tel: 097 7780023	**Oddar Meanchey** Tel: 097 7780024	**Mondulkiri** Tel: 097 7780022	**Kep** Tel: 097 7780011
Preyveng Tel: 097 7780006	**Kampong Chhnang** Tel: 097 7780016	**Takeo** Tel: 097 7780005	**Kampot** Tel: 097 7780010
Stung Treng Tel: 097 7780021	**Banteay Meanchey** Tel: 097 7780017		

PHNOM PENH

Police **Tel: 119** Or 012 999999	**Traffic Police** **Tel: 117** Or 012 896628	**Fire Station** **Tel. 118** Or 023 7235551	**Ambulance** **Tel: 119** Or 023 723 840
Blood Transfusion Center Tel: 023 215 949	**Water Supply** Tel: 023 724 046	**Public Utilities Electricity(Edc)** Tel: 023 723 871 (24hr)	**Ambulance(S.A.M.U)** Tel: 023 724 891 023 426 918 012 912 947 016 585 108 092 858 434

SIEM REAP

Fire Station Tel: 063 760 133	**Ambulance (S.A.M.U)** Tel: 063 761 119 012 630 399	**Police Station** Tel: 012 630 863 012 630 002	**Water Supply** Tel: 063 963 395	**Traffic Police** Tel: 063 760 123

SIHANOUKVLLE

Fire Station Tel: 016 207 790 016 857 476	**Police** Tel: 016 904 598 012 824 303	**Electricity (Edc)** Tel: 034 933 756 034 933 716	**Water Supply** Tel: 011 666 121	**Traffic Police** Tel: 012 774 737 015 525 293 011 818 20

IN THAILAND

Mobile Police **Tel: 191**	**Fire Brigades** **Tel: 199**	**Tourist Police** **Tel: 1155**	**Police General Hospital** **Tel: 0 2207 6000**	**Tourist Service Centre** **Tel: 1672**
Highway Police **Tel: 1193** 0 2354 6007	**Ambulance and Rescue** Tel: 1554	**Crime** **Tel: 1195**	**Medical Emergency Call** **Tel: 1669**	**National Disaster Warning Centre** **Tel: 1860**

IN VIETNAM

Police **Tel: 113**	**Fire** **Tel: 114**	**International telephone service** **Tel: 110**	**Ambulance First Aid** **Tel: 115**	**Weather forecast** **Tel: 1080**	**Domestic long distance telephone service** **Tel: 101**
General information service **Tel: 1080**	**Law Consultancy service** **Tel: 1088**	**Phone number enquiries** **Tel: 116**			

Note: When making a call to the above emergency numbers from a telephone,
dial the number without the area code. If calling on a mobile phone, dialling the area code number is required.
(For example: You are now in Hanoi, you call 1088. So please dial 04-1088.

IN CHINA

Police (Calling) **Tel: 110**	**Police (Text message)** **Tel: 12110**	**First-aid Ambulance** **Tel: 120**	**Fire** **Tel: 119**	**Traffic Accidents** **Tel: 122**	**SOS in Water** **Tel: 1239**

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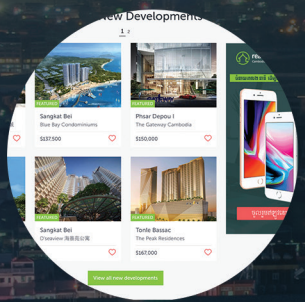

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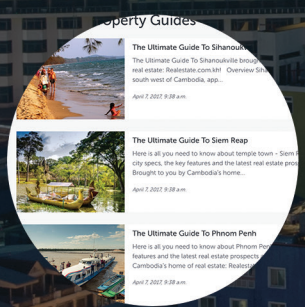

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OUR SCHEDULES / 航班时刻表

SIEM REAP - JINAN / JINAN - SIEM REAP
LQ922-3
暹粒 - 济南 / 济南 - 暹粒
3 hours 50 minutes 3小时 50分钟

Departure 起飞	Time 时间	Arrival 到达	Time 时间	M 一	T 二	W 三	T 四	F 五	S 六	S 日
REP	00:45	TNA	06:30		●		●		●	
TNA	07:30	REP	11:20		●				●	
TNA	07:30	REP	11:15				●			

SIEM REAP - GUIYANG / GUIYANG - SIEM REAP
LQ918-9
暹粒 - 贵阳 / 贵阳 - 暹粒
4 hours 00 minutes 4小时 00分钟

Departure 起飞	Time 时间	Arrival 到达	Time 时间	M 一	T 二	W 三	T 四	F 五	S 六	S 日
REP	17:05	KWE	21:05	●			●		●	
KWE	22:05	REP	00:05	●			●		●	

SIEM REAP - TIANJIN / TIANJIN - SIEM REAP
LQ930-1
暹粒 - 天津 / 天津 - 暹粒
5 hours 25 minutes 5小时 25分钟

Departure 起飞	Time 时间	Arrival 到达	Time 时间	M 一	T 二	W 三	T 四	F 五	S 六	S 日
REP	23:00	TSN	04:55		●					
REP	23:30	TSN	04:55				●		●	
TSN	05:55	REP	10:30			●				
TSN	05:55	REP	10:35					●		
TSN	05:55	REP	10:45							●

SIEM REAP - YICHANG / YICHANG - SIEM REAP
LQ958-9
暹粒 - 宜昌 / 宜昌 - 暹粒
4 hours 50 minutes 4小时 50分钟

Departure 起飞	Time 时间	Arrival 到达	Time 时间	M 一	T 二	W 三	T 四	F 五	S 六	S 日
REP	11:25	YIH	16:15							●
YIH	17:15	REP	19:45							

SIEM REAP - SHIJIAZHUANG / SHIJIAZHUANG - SIEM REAP
LQ916-7
暹粒 - 石家庄 / 石家庄 - 暹粒
6 hours 00 minutes 6小时 00分钟

Departure 起飞	Time 时间	Arrival 到达	Time 时间	M 一	T 二	W 三	T 四	F 五	S 六	S 日
REP	09:35	SJW	15:35	●		●		●		
SJW	16:35	REP	20:50	●		●		●		

SIEM REAP - CHANGSHA / CHANGSHA - SIEM REAP
LQ910-1
暹粒 - 长沙 / 长沙 - 暹粒
4 hours 25 minutes 4小时 25分钟

Departure 起飞	Time 时间	Arrival 到达	Time 时间	M 一	T 二	W 三	T 四	F 五	S 六	S 日
REP	20:05	CSX	00:45		●					
REP	20:20	CSX	00:45				●		●	
CSX	01:45	REP	04:10			●		●		●

SIEM REAP - XI'AN / XI'AN - SIEM REAP
LQ902-3
暹粒 - 西安 / 西安 - 暹粒
5 hours 00 minutes 5小时 00分钟

Departure 起飞	Time 时间	Arrival 到达	Time 时间	M 一	T 二	W 三	T 四	F 五	S 六	S 日
REP	23:00	XIY	04:05	●				●		
REP	23:05	XIY	04:05			●				
XIY	05:05	REP	08:05		●		●		●	

SIEM REAP - NANNING / NANNING - SIEM REAP
LQ920-1
暹粒 - 南宁 / 南宁 - 暹粒
3 hours 25 minutes 3小时 25分钟

Departure 起飞	Time 时间	Arrival 到达	Time 时间	M 一	T 二	W 三	T 四	F 五	S 六	S 日
REP	08:40	NNG	12:05		●		●		●	
NNG	12:55	REP	14:25		●					
NNG	12:55	REP	14:10				●		●	

SIHANOUKVILLE - SIEM REAP/ SIEM REAP - SIHANOUKVILLE
LQ332-3
西哈努克港 - 暹粒 / 暹粒 - 西哈努克港
50 minutes 50 分钟

Departure 起飞	Time 时间	Arrival 到达	Time 时间	M 一	T 二	W 三	T 四	F 五	S 六	S 日
KOS	07:45	REP	08:40	●						
REP	09:30	KOS	10:20	●						

SIHANOUKVILLE - JIEYANG / JIEYANG - SIHANOUKVILLE
LQ980-1
西哈努克港 - 揭阳 / 揭阳 - 西哈努克港
4 hours 30 minutes 4小时 30分钟

Departure 起飞	Time 时间	Arrival 到达	Time 时间	M 一	T 二	W 三	T 四	F 五	S 六	S 日
KOS	12:10	SWA	17:00	●						
KOS	12:30	SWA	17:00			●			●	
SWA	18:00	KOS	20:30	●		●			●	

SIHANOUKVILLE - MACAU / MACAU - SIHANOUKVILLE
LQ502-3
西哈努克港 - 澳門 / 澳門 - 西哈努克港
3 hours 45 minutes 3小时 45分钟

Departure 起飞	Time 时间	Arrival 到达	Time 时间	M 一	T 二	W 三	T 四	F 五	S 六	S 日
KOS	08:45	MFM	12:30		●			●		●
MFM	22:50	KOS	00:30		●			●		●

MACAU - PALAU / PALAU - MACAU
LQ9509-8
澳門 - 帕劳 / 帕劳 - 澳門
4 hours 55 minutes 4小时 55分钟

Departure 起飞	Time 时间	Arrival 到达	Time 时间	M 一	T 二	W 三	T 四	F 五	S 六	S 日
MFM	13:20	ROR	18:15		●			●		●
ROR	19:15	MFM	22:15		●			●		●

PHNOM PENH - BANGKOK / BANGKOK - PHNOM PENH
LQ670-1
金边 - 曼谷 / 曼谷 - 金边
1 hour 10 minutes 1小时 10分钟

Departure 起飞	Time 时间	Arrival 到达	Time 时间	M 一	T 二	W 三	T 四	F 五	S 六	S 日
PNH	07:55	BKK	09:05		●		●		●	
BKK	10:05	PNH	11:20		●		●		●	

PHNOM PENH - GUANGZHOU / GUANGZHOU - PHNOM PENH
LQ908-9
金边 - 广州 / 广州 - 金边
4 hours 00 minutes 4小时 00分钟

Departure 起飞	Time 时间	Arrival 到达	Time 时间	M 一	T 二	W 三	T 四	F 五	S 六	S 日
PNH	22:20	CAN	02:20			●	●		●	
CAN	05:10	PNH	07:10				●	●		●

PHNOM PENH - SIEM REAP / SIEM REAP - PHNOM PENH
LQ315-6
金边 - 暹粒 / 暹粒 - 金边
50 minutes 50分钟

Departure 起飞	Time 时间	Arrival 到达	Time 时间	M 一	T 二	W 三	T 四	F 五	S 六	S 日
PNH	08:10	REP	09:00					●		
PNH	08:30	REP	09:20	●						
PNH	08:35	REP	09:20							●
PNH	08:45	REP	09:30			●				
PNH	12:15	REP	13:00				●		●	
PNH	12:25	REP	13:15		●					
REP	10:30	PNH	11:20					●		
REP	10:35	PNH	11:20	●						
REP	13:40	PNH	14:25				●		●	
REP	14:10	PNH	15:00		●					
REP	18:15	PNH	19:05			●				●

SIEM REAP - MEIXIAN / MEIXIAN - SIEM REAP
LQ935-6
暹粒 - 梅县 / 暹粒 - 梅县
4 hours 00 minutes 4小时 00分钟

Departure 起飞	Time 时间	Arrival 到达	Time 时间	M 一	T 二	W 三	T 四	F 五	S 六	S 日
REP	10:20	MXZ	14:20	●			●			
MXZ	15:20	REP	05:25	●			●			

PHNOM PENH - HONG KONG / HONG KONG - PHNOM PENH
LQ970-1
金边 - 香港 / 香港 - 金边
1 hour 45 minutes 1小时 45分钟

Departure 起飞	Time 时间	Arrival 到达	Time 时间	M 一	T 二	W 三	T 四	F 五	S 六	S 日
PNH	08:45	HKG	12:45					●		
PNH	12:10	HKG	15:45						●	
PNH	14:45	HKG	18:40				●			
PNH	16:05	HKG	20:05	●						
PNH	16:10	HKG	20:05		●					
PNH	16:15	HKG	20:20							●
HKG	13:45	PNH	16:15					●		
HKG	16:45	PNH	18:50						●	
HKG	20:00	PNH	21:50				●			
HKG	21:05	PNH	23:00	●						
HKG	21:15	PNH	23:00		●					
HKG	21:20	PNH	23:00							●

PHNOM PENH - HANOI / HANOI - PHNOM PENH
LQ666-7
金边 - 河内 / 河内 - 金边
1 hour 45 minutes 1小时 45分钟

Departure 起飞	Time 时间	Arrival 到达	Time 时间	M 一	T 二	W 三	T 四	F 五	S 六	S 日
PNH	07:05	HAN	08:50						●	
PNH	16:05	HAN	17:55			●				
HAN	09:30	PNH	11:30						●	
HAN	18:45	PNH	20:55			●				



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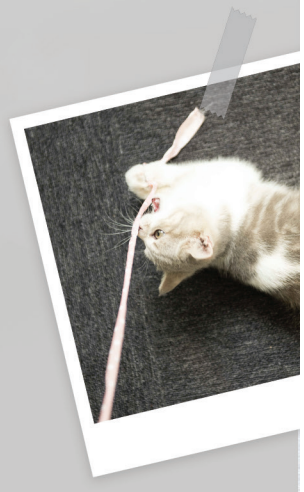

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