

Grand Tour Report



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Chapter 1

Introduction

Cambodia is a developing country which is located near the Equator. During the days of our trip, we noticed that during November to April is the dry season whereas raining season starts at May and ends in October. The temperature during our trip was around 38 degree Celsius every day.

We are glad to go to two different cities within 5 days – Phnom Penh and Siem Reap. First of all, Phnom Penh is the capital and economic core center in Cambodia. From streets to buildings, they are more innovative than the rural one. It has combined lots of international food cuisines into local restaurants. On the other hand, Phnom Penh preserved lots of cultural and historical buildings for tourists and local citizens to admire. For example, Choeung Ek Genocidal Center which is a symbol of dark tourism (tourism that involves travelling to places associated with death and suffering) to teach global villagers learning from history and Royal Palace which was occupied by the Kingdom of Cambodia since it was built in 1860s. Next, Siem Reap is more likely focusing on tourism than business. Tourists cannot find even a building higher than 6-floor because of the government restrictions. The electricity supply is not much stable than Phnom Penh also. However, it is a renowned city which tourists can get closer with the cultural environment. There is a famous building which is called Angkor Wat. It was built by the Khmer King in the early 12th century in the capital of Khmer Empire – Angkor. One thing has to be appreciated is the hard work of the citizens at that time as they have figured out lots of detailed statues and buildings or even a closely packed structure.

In the grand tour report, we will focus on the food culture in Cambodia comparing to Hong Kong local one. Moreover, we will share what we have seen and experienced in Cambodia. Here, we would like to say thank you to the school for providing a precious chance to learn how to be independent and broaden our own horizons.

Chapter 2

Methodology

1. Interviews

During our Grand Tour in Cambodia, we had some precious opportunities to interact with the local chef in cooking class and our tour guide. We had interviewed those three groups of locals and foreign expert at Cambodia sharing their unique Cambodian food culture. By carrying out interviews, we would be able to obtain the first-handed information which is different than reading books as literature review because books tend to show the ideal side of the culture to attract travelers. However, the results of the interviews might be affected by the interviewees and their personal opinion towards the food culture, so we avoided subjective questions to improve the quality of our findings.

2. Photo Analysis

Back in Cambodia, we had encountered a variety of food products and we took photos of the products for the photo analysis. To begin with, we investigated the Cambodian cooking methods by taking photo of one of our lunch dishes in a Cambodia local restaurant which is a fried fish fillet. Then, we also carried out finding on the seasoning in Cambodian food culture with the same photo. At last, we had visited a local supermarket and we took plenty of photos of the products that we could find there.

Chapter 3

Literature Review

Review on the webpage of Ministry of Tourism of Cambodia¹, “Cambodian cuisine includes noodles, soups, grills, stir-fried, curries, salads, desserts, lots of vegetables, tropical fruits, and of course rice which is the staple food for Cambodians. Cambodians perfected the art of blending spice paste using many ingredients like cloves, cinnamon, star anise, nutmeg, cardamom, ginger and turmeric. They add other native ingredients like galangal, garlic, shallots, lemongrass, cilantro, and kaffir lime leaves to these spices to make a rather distinctive and complex spice blend known as “kroeung”. Typically, a Cambodian meal is served with rice and at least three other dishes. It usually includes a soup (samlor), served alongside the main dishes. Each of the individual dishes will either be sweet, sour, salty or bitter; these exist side by side in harmony, sometimes even within a single dish, to offer an original melody. Chili is usually left up to the individual to add. Also, a wide range of curries, soups and stir fried are usually served with rice. Being in a country that produces many rice varieties, tourists are subtly ensured that they get a bit of every flavor to satisfy their palates and enjoy the best aromatic grains and various types of glutinous rice.”

On the other hand, Hong Kong is regarded as “Gourmet Paradise²” which tourists could enjoy variety of delicacies. Changing from simple mouth-watering food and drinks to gourmet enjoyment, from humble eateries to superb restaurants and from local Chinese tastes to exotic delicacies, Hong Kong’s food culture has actually reflected the economic, social and livelihood changes. The success or otherwise of restaurants, the popularity of cuisines and the change of taste have not only marked the different expectations of food and drinks at different times, but have also become a collective memory of Hong Kongers.

Hence, this webpage is believed to be useful to compare our findings in the report which compare the food culture in Hong Kong and Cambodia respectively.

Complex combinations and international gourmet expertise have given Hong Kong the reputable labels of "Gourmet Paradise"

¹ http://www.tourismcambodia.org/contents/about_cambodia/index.php?view=food

² https://en.wikipedia.org/wiki/Hong_Kong_cuisine

Complex combinations and international gourmet expertise have given Hong Kong the reputable labels of "Gourmet Paradise"

Chapter 4

Photographs analysis

During our trip in Cambodia, we found out many different eating habits and styles while we were having the meals in Cambodia restaurant. What is more, we visited the supermarket in Cambodia which astonished us since the products are very different from what we expected. We took some photos of the meals and food products so as to compare with what meals and food products we usually have in Hong Kong. Interviews were also conducted with the students in Cambodia while we were visiting the Pouk Secondary School on day 3 of our trip (Ch. 5)

1. Cambodia

a. Cooking methods

As Cambodia is located near Vietnam and Thailand, the cooking methods from Cambodia are very similar due to the weather. Frying, deep-frying and shadow-frying are the very common cooking methods in Cambodia. Therefore, the dishes in Cambodia are usually very oily due to the cooking methods.



Figure A

In figure A, it shows one of the dishes we had in Cambodia. This was a fried fish fillet. The texture of the dried fish fillet was very crispy and oily because of its cooking method.

b. Seasoning

The seasonings of Cambodian cuisines are usually herbs and some spicy sauces. During our interviews with some students in Cambodia, we found out that Cambodian love spicy food very much. Besides, they like to use different kinds of herbs for seasonings so as to enhance the taste of the dishes. We also found out that Cambodian like to pickle vegetables so that the shelf life of the vegetables can be extended. The pH values of the pickled vegetables are changed which bacteria is not able to grow within the vegetables. Families in Cambodia usually have their own seasoning methods which are very unique.

c. Food products in Cambodia



Figure B

Unexpectedly, food products which are made in China were found in Cambodia supermarket. According to our observation, Chinese food products are very common in Cambodia.



Figure C

Variety of food products which are imported from other countries are also found in Cambodia supermarket, such as Korea and Japan.



Figure D

Surprisingly, food brands like Walls that once existed in Hong Kong before can be found in Cambodia supermarket.



Figure E

Unlike Hong Kong, Hong Kong's rice import is mainly from Thailand and China. However, Cambodia is self-sufficient in terms of rice production. It is because farmlands in Cambodia are usually undeveloped which farmers can still farm, therefore, Cambodia can produce rice for their people.



Figure F, G, H
 A large portion of Cambodia food supply is occupied by foreign products. For example, cheese, sterilized milk and cookies from France, Thailand and Korea respectively.



Figure I

In Cambodia supermarket, there are promotions for locally produced food products, which is very rarely in Hong Kong supermarket.

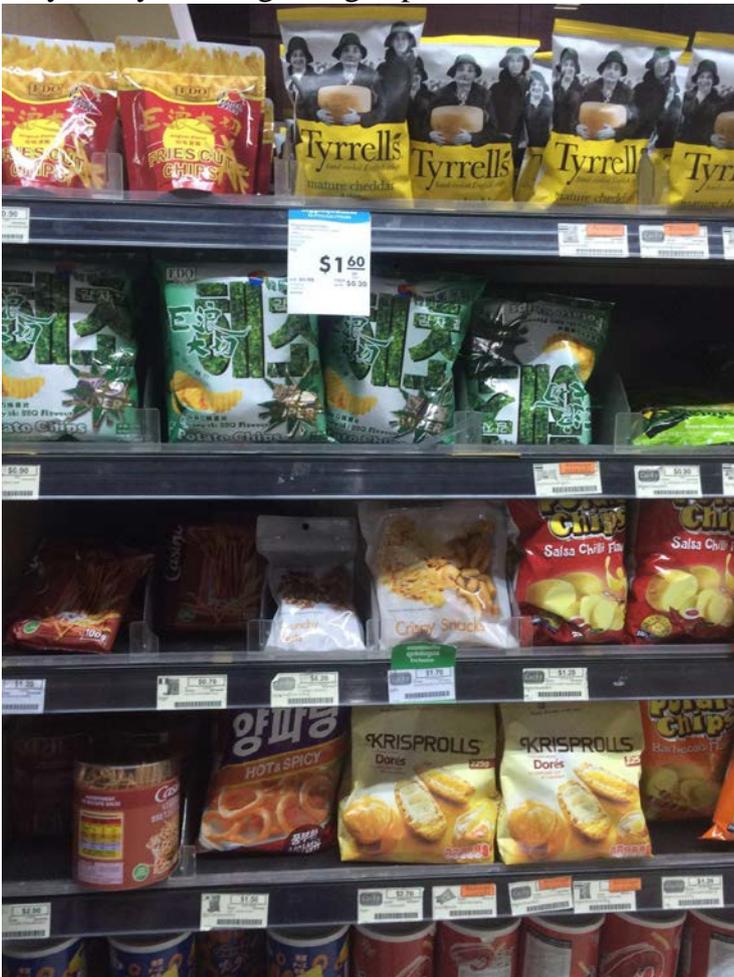


Figure J

The variety of origins of food products in Cambodia is even wider than that in Hong Kong. There are not only food products imported from Asian countries but also European countries.



Figure K

There are quite a large amount of junk food products in Cambodia supermarket. The flavors of the junk foods are much more that those in Hong Kong. Consumers are having more choices in Cambodia.

2. Hong Kong

a. cooking methods

Since Hong Kong is located near Guang Dong and the coastal areas, cooking methods in Hong Kong are greatly affected by these factors. Unlike people in Cambodia, Hong Kong people like to have the freshest taste of the dishes instead of adding extra seasonings to enhance the flavors, especially seafood. Boiling, steaming and simmering are very common cooking methods in Hong Kong for cooking seafood. Besides, stir-frying, pan-frying and deep-frying are also used in Hong Kong for other dishes. These methods take less time to cook the food which are very suitable for Hong Kong people who are always living in a fast-pace.



Figure L

Steamed fish is very typical example about how Hong Kong cook seafood. Only ginger, spring onion and soya sauce are added to the dish for seasonings. The freshest taste is the main focus of the dish which is Hong Kong people's favorites.

b. Seasonings

For seasonings used in Hong Kong, herbs are not commonly used in Hong Kong. Light soya sauce, dark soya sauce, sesame oil, salt and sugar are usually used as seasonings, especially for meat. Sometimes, Chinese wines are also used as seasonings in Hong Kong dishes which makes the dish more appetizing. Pickled vegetables are also consumed by Hong Kong people during hot seasons, such as pickled cucumbers and turnips.

c. Food products in Hong Kong

After we came back to Hong Kong, we went to the local supermarket so as to observe food products in local supermarket. We found that there are some similarities and differences between Hong Kong and Cambodia food products.



Figure M



Figure N



Figure O

According to figure M,N and O, food products from foreign countries are also found in Hong Kong. For example, New Zealand and the United States.



Figure P



Figure Q



Figure R



Figure S

Rice imports in Hong Kong are very different from Cambodia. Rice is usually imported from other places, like Taiwan, Thailand and Vietnam. It is because Hong Kong does not have enough farmlands to be self-sufficient in terms of rice production.



Figure T



Figure U

In Hong Kong supermarkets, there are always some promotional sections for promoting some food brands (Figure T) and promoting local organic food (Figure U) since Hong Kong people are paying more attention on healthy diet.



Figure V



Figure W

Besides importing food products from foreign countries, there are also local food products in local supermarket. However, the amount is very small when it is compared to the imports from foreign countries.

Chapter 5

Findings of interview

On the third day of our trip, we have visited the Pouk Secondary School in Cambodia. We joined the lessons and played some traditional games with the students there. Besides, we have also conducted an interview with some students in our team so as to know more about the food culture in Cambodia. Here are the contents of our interview with some of our teammates.

First of all, about the cooking methods that are used in Cambodia, people there tend to use some fast and oily cooking methods. For example, frying, deep-frying and shadow-frying. According to our knowledge, these cooking methods usually require a lot amount of seasonings, such as there are always some sauces in every dish. Consuming too many seasonings in meals may harm people's health, especially huge amount of spicy seasonings. Many side effects are caused by consuming too many heavy seasonings, such as dehydration, kidney failure and diarrhea.

Secondly, about the eating pattern in Cambodia, we found out that Cambodian generally have breakfast between 6:30am and 7:30am. Lunch is generally eaten between 12:00noon and 1:00pm. Dinner is consumed during 6:00pm to 7:00pm. For breakfast, they have rice because they believe that rice can them enough energy for work and study. Many people eat out during lunch time, they sometimes grab a quick a bowl of noodles or snacks as lunch is not the main meal of the day. Actually, dinner is the most important meal for them. It is served with meat or fish, rice and a variety of stir fried dishes and soups. When it is compared to the first two meals, more dishes are served during dinner. People often stay at home for dinner.

Finally, we also asked about the Cambodia cuisine during the interview. There are many typical Cambodia cuisines, such as *prahok* which is fermented fish paste. Prahok is usually served with rice or noodles. Cambodian sometimes eats pickled vegetables with prahok too. For dessert, they usually eat pastry, like coconut bar. They are usually very sweet. Cambodian eats dessert as snacks and after dinner for most of the time.

Chapter 6

Reflection

Day 1 Hong Kong to Phnom Penh

Today is the first day for our 5-day trip of Cambodia, heading to the Hong Kong International Airport and arrived Phnom Penh in the afternoon. The first feeling was: What a hot and shine weather! The weather here compared with Hong Kong is such a big difference. After having the lunch which is in a buffet format, our journey begins finally. Travelling to Royal Palace, Silver Pagoda, National Museum, Street Art (178 Art Street) and lastly Wat Phnom was the journey of our very first day, and was also a time for us to be a bit more familiar with Cambodia this place.

These places all have long and rich history behind them, it is hard to memorize or absorb all the history behind these architectures in a short period of time, but then these symbols can really tell us the story of these beautiful places although it is not well developed. Symbolic sightseeing places are not only for well developed countries, but also those which are not that well developed also the right to be one of the best sightseeing places.

Before we started our journey, friends and family were always worried about our safety as Cambodia this name gives people a feeling of unsafe and dangerous, it's mainly because of it is not that well developed like other common travel places. But then, after the first day, we can say that Cambodia is not that "dangerous" as you think like, it is a beautiful place instead.

Day 2 Phnom Penh to Siem Reap

The second day starts with a simple buffet breakfast which gives us energy for our second day of journey. This days' morning everyone was in a serious and heavy mood as we were going to Choeung Ek Killing Fields. This place is the site of a former orchard and mass grave of victims of the Khmer Rouge regime where he executed over one million people. Today, Choeung Ek is a memorial, marked by a Buddhist stupa. The stupa has acrylic glass sides and is filled with more than 5,000 human skulls. Some of the lower levels are opened during the day so that the skulls can be seen directly. Many have been shattered or smashed in.

This place is full of black history and the most heartbroken part of the past, the sadness cannot be expressed easily but directly memorized in our mind. It is hard to explain history, we wouldn't have an idea what people think in the past history. The only thing we can do is memorize and reflect the past history, and create a better world for tomorrow.

Apart this place, we also went to Central Market that most of us looked forward to. It is a place full of souvenirs for tourists to choose and buy. Most of our classmates claimed that their bargaining skills had improved a lot since they want to buy their loved souvenirs with a low and affordable price. So they tried their best to bargain to the lowest price, which we all think it was a funny and interesting experience that we would not experience in Hong Kong at all.

Day3 Siem Reap

The third day was the day for us to learn with local students and have cooking lessons with the chefs at local. Pouk Secondary & High School was the school we went to visit and experience the learning in Cambodia. As we arrived there, students were friendly and full of kindness, they showed their passion and willingness to meet new friends. Being one of the students during their history lessons, the teacher didn't know English at all. Local students are not that good in English compared with us, still, they did try their best using their skills of English and explain to us. Actually, the locals are rather more active and have a passion of helping and learning, they do not mind teaching and explaining us their learning process even though they cannot express well. They have great patience in hot weather which surprised us a lot because the school didn't install any cooling systems at all, no fans, not to mention and air- conditioner. However, they can still go to school and learn without any reasons and maintain their daily life under such a hot and extreme weather. This really impressed and surprised us as we are surely that we don't have that patience. As we are living under good care and love, we don't lack anything to maintain our basic livings.

Having cooking lesson with local chefs is a priceless experience. Learning the cooking habit of Cambodia through cooking with chefs, it shows that they like to add herbs and strong flavored ingredients that may be different to the eating culture in Hong Kong. Moreover, this experience was an unforgettable experience to spend time cooking with locals and friends, which is a good opportunity to share and exchange different cultures to people.

Day4 Siem Reap

Going to Angkor Wat cannot miss out the view of sunrise and sunset, which are worthy of seeing parts. Watching the sun rises slowly and shines brightly in front of us is so amazing and it's like witnessing a brand new start of the day that is created by us. It's like we gain the power to do everything well and with passion for the day, what an amazing witness. Then, we started our journey all around Angkor Wat, listening to the tour guide's presentation and enjoying the view, the architecture and the story behind this stunning place. Angkor Wat, a world heritage site, it is a rare opportunity for us to visit a world heritage site so close and in person. The architectures were built with simple materials only and contained a large amount of sculptural pieces in the past, but they can still stay for hundred years which shows how great their skills were.

Despite the hot weather, we all enjoyed and loved the day so much which gave us a lot of new knowledge and has definitely broaden our horizons.

Day5 Siem Reap to Hong Kong

The last day of our 5-day Cambodia trip had come to an end finally. Time flies so fast as 5 days have already past and we need to go back to the "reality" and continue with our work. We realized that we started to get part into this place and got more confidence to stay in this place, we loved and missed this place since we left this place. The beauty of Cambodia is not only the stunning views, architecture, but also the people that we had interacted with, showing their kindness to all people.

This place is a worth a travel, it is not a dangerous nor a unsafe place, it is rather a place that can experience all kinds of funny things, such as bargaining with the locals, suddenly out of electricity, sweating every moment, etc. Cambodia gave us lots of unforgettable memory.

Chapter 7

Conclusion

Throughout the trip in Cambodia, we have experienced a lot related to the food culture in Cambodia. In the followings, I would like to briefly summarize the topic : food culture between Cambodia and Hong Kong based on our first person experience according to four sections: the cooking method, food products in supermarket, food seasoning as well as the eating habit.

First and foremost, for the cooking method, based on the meals we have had in different restaurants in Cambodia throughout the 5 days, we have found that the Cambodian cooking style is tend to be more unhealthy and strong-flavoured. The food was often cooked with frying, deep-frying and shallow-frying method which a lot of oil was added in a bit to make the food with a crispy and crunchy texture. While in Hong Kong, even though we also have food cooked with the style mentioned above, we usually stressed on cooking methods like steaming and simmering as you can see from our common food like congee and dim sum.

Next, for the food products in supermarkets, based on our investigation in Day 2, Cambodia has a wider range of imported food from a variety of countries. With the locational advantage, Cambodia can easily import food products from neighboring countries like Thailand and Vietnam. Chinese and Korean food is also very common as well as European food products. Also, Cambodia has a heavier reliance on locally produced products such as rice. They even categorized a section in supermarket especially for locally produced products.

On the contrary, Hong Kong does not really have a wide range of food choice from different countries. For example, if we have to buy any Indonesian food products, rarely can we found these in supermarkets like Welcome, but instead we have to go to Indo Market which is especially designed for the selling of food products from South-East Asian countries, which is inconvenient. Also, Hong Kong heavily relied on foreign exported food which locally produced products are extremely rare and are not able to be self-sufficient enough. Thus, there are sections in supermarkets for promoting local made products, instead, only the foreign ones.

Then, for the food seasoning, again based on our meal we had throughout the 5 days,, we found that Cambodia food often seasoned with a lot of herbs. For example, we have had rice served with banana leaf as our main course. They also utilized tropical fruits like coconut to enhance the flavor of each dishes.

However, unlike Cambodia, we often stressed on the freshness of food so we tried our best not to add in much seasoning, at most soya sauce.

What is more, with the data collected from our interview with the local Cambodian students on the 3rd day we visited Pouk High School, we found that the locals have similar eating pattern than we do which they had breakfast at around 0630-0700, lunch at 1200-1300 and dinner at 1800-1900. On this aspect there are not many differences between the two places.

Last but not least, we are very grateful to experience such an unforgettable memory together in Cambodia, and we would like to express our gratitude to the school as well as the organizer for letting us to have a precious piece of collective memory and an opportunity to broaden our horizons. Thank you.

Chapter 8

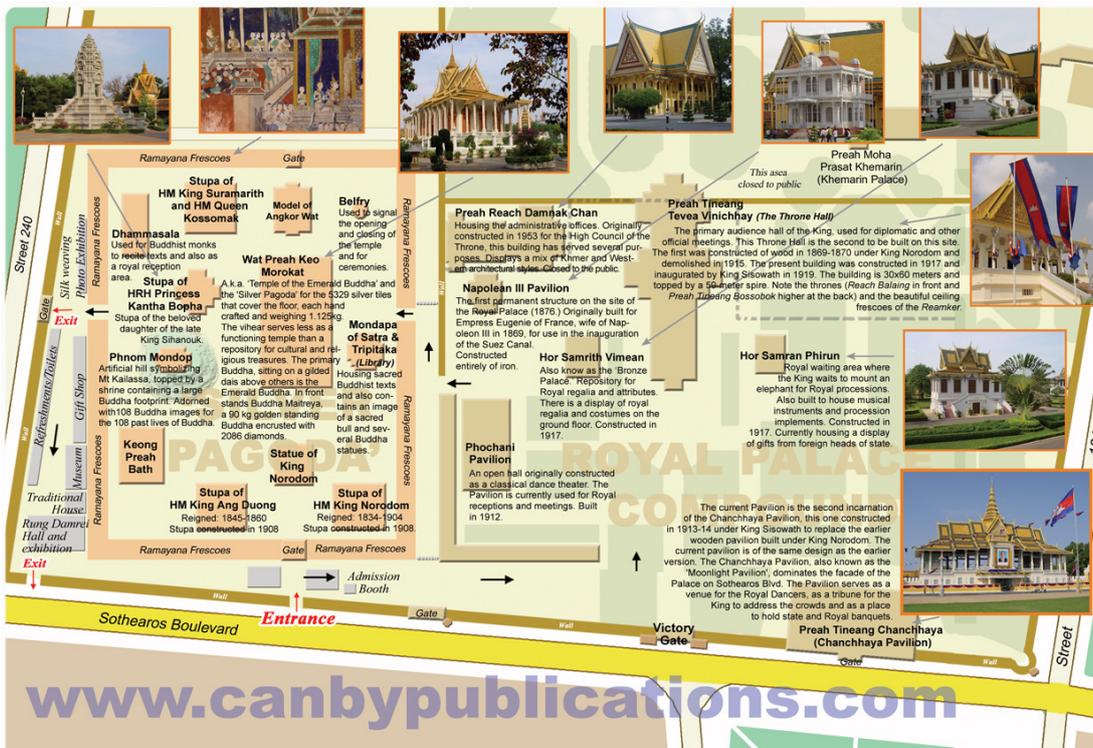
Appendix

Appendix 1:

Royal Palace at Phnom Penh

In 1813, King Ang Chan (1796-1834) constructed Banteay Kev (the 'Cristal Citadel') on the site of the current Royal Palace and stayed there very briefly before moving to Oudong. Banteay Kev was burned in 1834 when the retreating Siamese army razed Phnom Penh. It was not until after the implementation of the French Protectorate in Cambodia in 1863 that the capital was moved from Oudong to Phnom Penh, and the current Royal Palace was founded and constructed. Map 1 below has shown the details of building.

Map 1: Royal Palace at Phnom Penh



(*1): Website of Royal Palace in Phnom Penh (Date of browse: 2nd April 2016)
<http://www.canbypublications.com/phnompenh/pproyalpalace.htm>

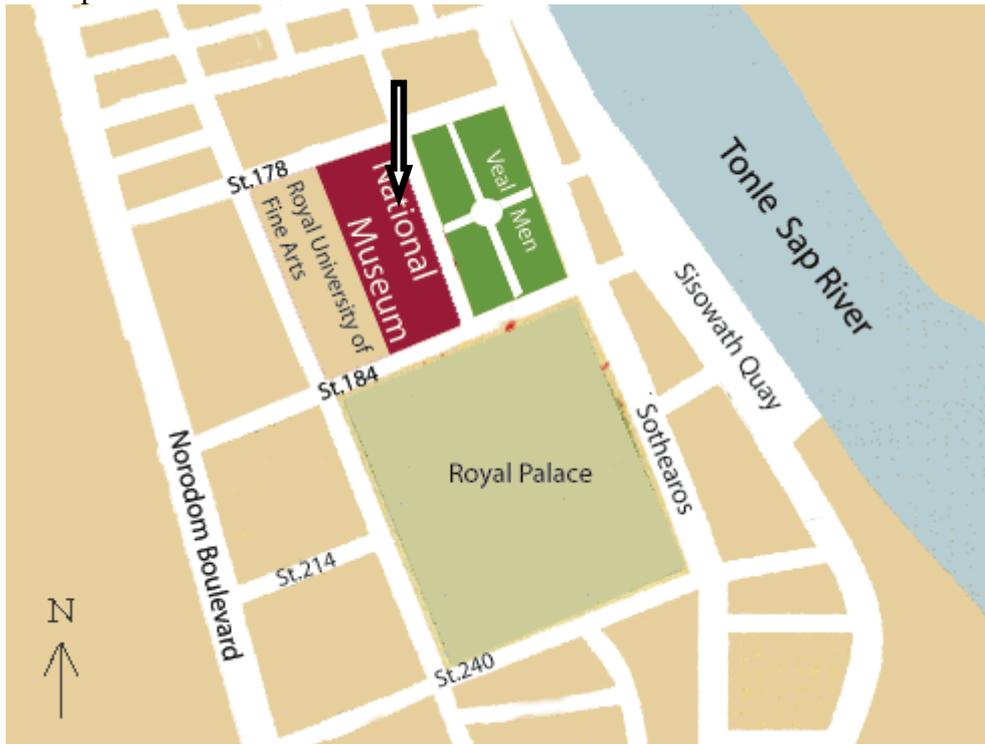
Appendix 2:

National Museum of Cambodia

George Groslier (1887-1945), historian, curator and author was the motivating force behind much of the revival of interest in traditional Cambodian arts and crafts, and it was he who designed the museum that is today synonymous with 'traditional Khmer' architecture.

The main activities of the National Museum of Cambodia include exhibiting, safeguarding and promoting understanding of Cambodia's cultural and artistic treasures. Keeping objects safe and working to ensure the repatriation of pieces stolen from Cambodia are important aspects of the museum's work; particularly as looting and illicit exports of cultural material are a continuing concern. In addition, the Museum strives to engage its visitors through its exhibitions and to fulfill its role as an integral part of the community. Map 2 below has shown the approximate location of the museum.

Map 2: National Museum of Cambodia



(*2): Website of Cambodia National Museum (Date of browse: 2nd April 2016)

<http://www.cambodiamuseum.info/index.html>

Appendix 3:

Choeung Ek Killing Fields in Phnom Penh

The Cambodian genocide during 1975-1979, in which an estimated 1.7 million people lost their lives, was one of the worst human tragedies of the last century. The Khmer Rouge, headed by Pol Pot, combined extremist ideology, ethnic animosity, and a disregard for human life to carry murder on a massive scale. (Approximately 21% of the country's population had been killed)

Choeung Ek Memorial Stupa

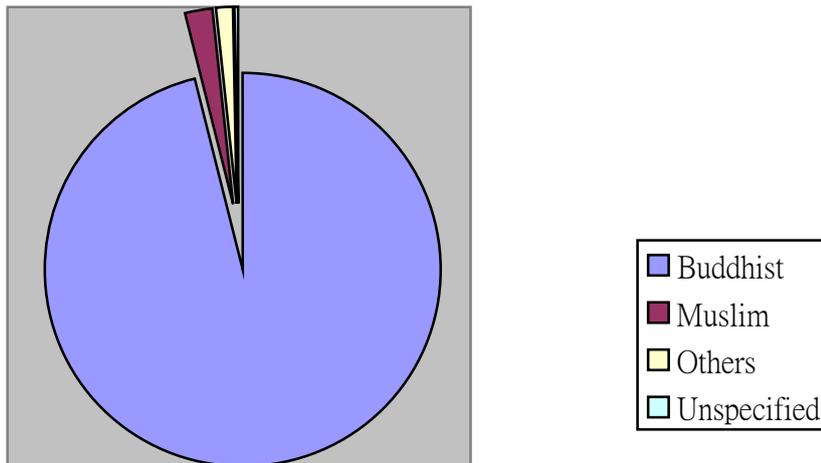
The stupa is filled with more than 5,000 human skulls that have been smashed in or shattered with various weapons and tools. Victims included women, elders, infants, children, workers, professionals, merchants, foreigners...etc.

Appendix 4:

Religion in Cambodia

About 95 percent of the population are Theravada Buddhists, which is also the dominant form of Buddhism in Thailand, Laos, Myanmar and Sri Lanka. The Khmer Rouge destroyed many religious buildings and tried to stamp out religion itself. Buddhism and other organized religions have not yet recovered from this period. The Cham minority is mostly Muslim. Many of the hill tribe minorities are animists. Daoism and Confucism are also commonly practiced among the Chinese people. More details are on Pie Chart 1 below.

Pie Chart 1: Religion in Cambodia (%)



Buddhist (official) 96.4%, Muslim 2.1%, other 1.3%, unspecified 0.2%
 Adapted from Religions – Cambodia, 1998 census (Date of browse: 2nd April 2016)
<http://mecometer.com/whats/cambodia/religions/>

Appendix 5

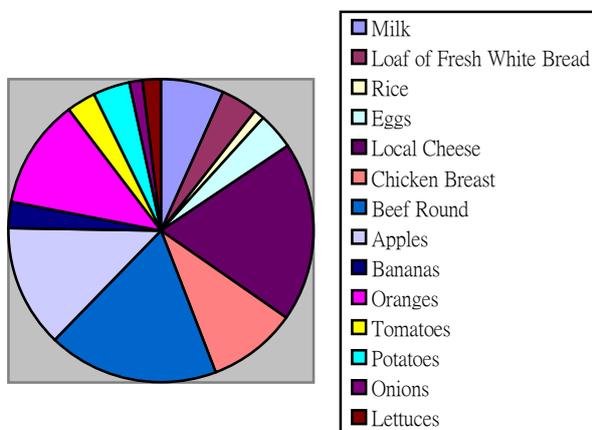
Angkor Wat

Angkor, Situated at 7 kilometers of Siem Reap, Angkor's site extends over square 400 km. 287 temples were counted in the region, the construction of which is spread out by the 9th & 13th century. It's a temple Hindu dedicated to the god Vishnu, whose construction was start at the beginning of the XIIth century during the administration of King Suryavarman II. Its construction lasted 37 years. His name means in Khmer "the city pagoda ". The main tower of the central temple represents the mountain "Meru " (or Kailash), the centre of the universe for the Hindus (but also the Buddhists). The temple is supposed to be invulnerable and during the war which began in 1970, the inhabitants of Siem Reap had taken refuge inside the temple.

Appendix 6

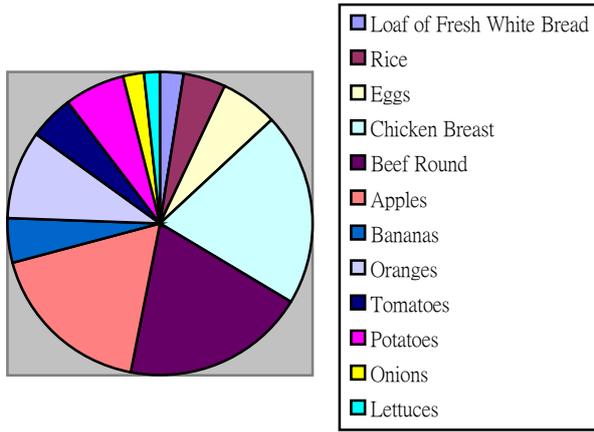
Food, Ingredients Expenses in Cambodia

The Pie Charts, 2&3, below indicate the food, ingredients expenses of Cambodians on Western and Asian food respectively.



Pie Chart 2

Distribution of food expenses of Western food types models



Pie Chart 3

Distribution of food expenses of Asian food types models

Adapted from: Food Prices in Cambodia, March, 2016 (Date of browse: 2nd April 2016)

http://www.numbeo.com/food-prices/country_result.jsp?country=Cambodia

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