

A-OK!

Agents of Kindness

Issue

02

2022

Primary 5-6



singapore
kindness
movement

International Friendship Day!

Country of focus: Cambodia



International Friendship Day!

Do you know that ASEAN stands for Association of Southeast Asian Nations and there are ten member states in ASEAN? They are Brunei Darussalam, Cambodia, Indonesia, Lao PDR, Malaysia, Myanmar, Philippines, Singapore, Thailand and Vietnam.

Each ASEAN Member takes its turn to lead ASEAN. Cambodia is the Chair of ASEAN this year! Let's learn more about Cambodia's unique culture and attractions this International Friendship Day!



Contents

Comics

Let's Learn About Cambodia!

Page 3-7

Story of Cambodia

The Legend of Prince Preah Thong and the Naga Princess

Page 8-11

Cultural Tips

Cultural Practices in Cambodia

Page 12

Travel Tips

Travelling in Cambodia's Tuk Tuk

Page 13

A-OK Challenge

Let's Go On An Ad-van-ture!

Page 14

Mailbox

1. A-OK Mailbox
2. Featured Entries

Page 15

Page 17-18



Let's Learn About Cambodia!

Good Morning Grandaunt Junie!



Thank you for coming over!
I need all the help I can get before
the renovation next month!

You're welcome!
Where shall we start?

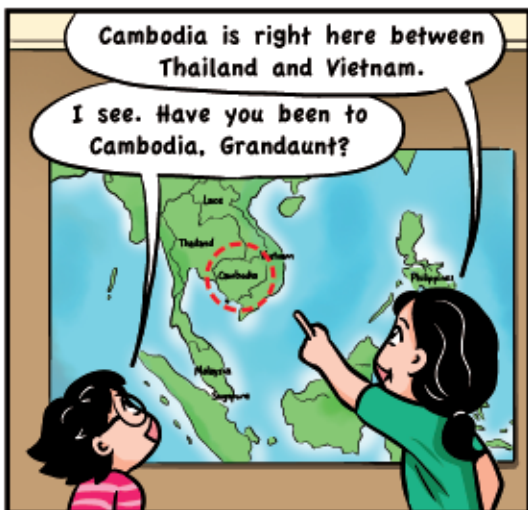
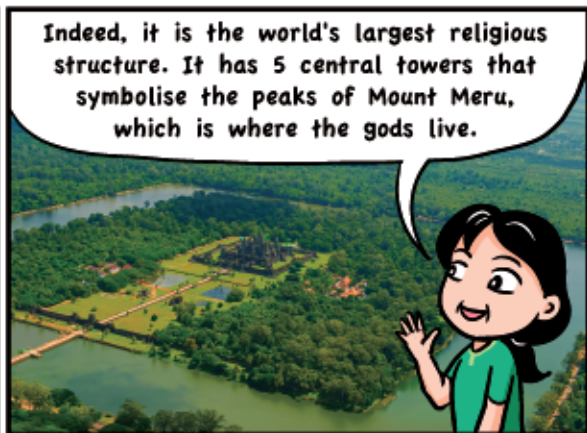
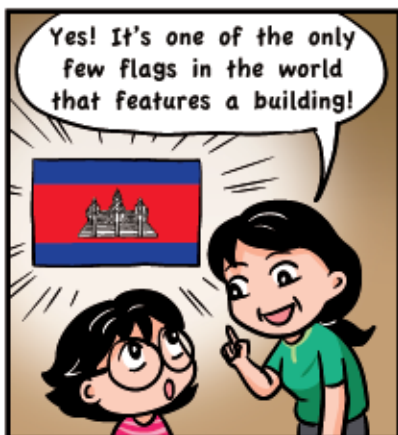


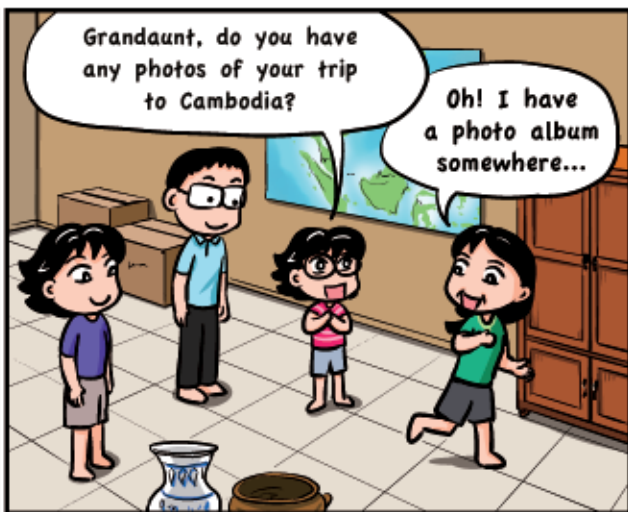
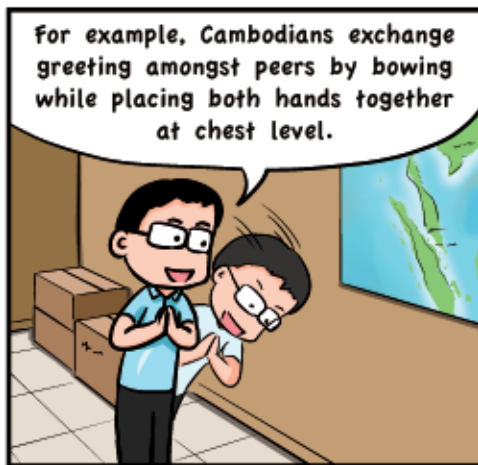
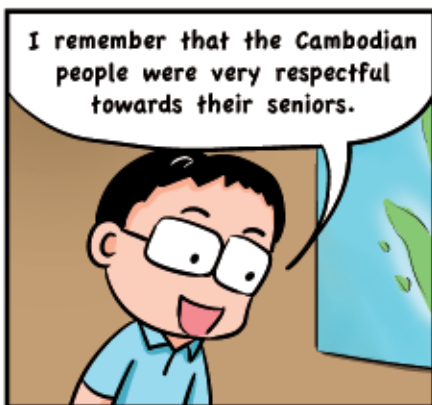
There's a large painting along the staircase
that is too difficult for me to take it down alone.
Can you help me with that?

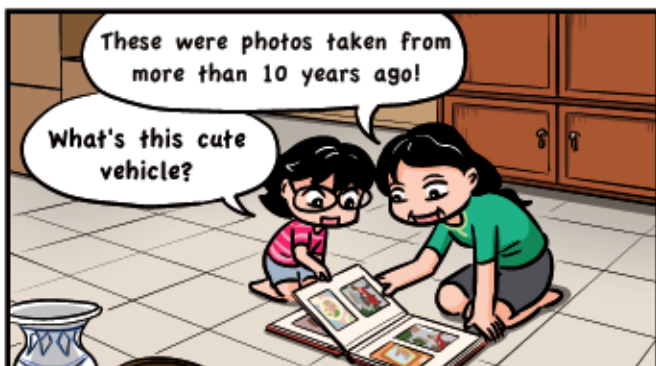


Wow! Is that
Angkor Wat?
It's so majestic!









This is Bai Sach Chrouk, which is grilled sweet marinated pork and rice.



This is Num Ansom, which are sticky rice cakes wrapped in banana leaves. They come with different fillings. My favourite was banana!



*Did you know that the banana fillings turned red after prolonged steaming?

My favourite was coconut!

Mine was pork and green beans!



The food looks yummy!

I wish I can go to Cambodia to taste the food and visit Angkor Wat!



I would love to visit Cambodia again.

It would bring back lovely memories of my youth!



I'll like to come too! We can do a travel vlog together! "Evadventures with Grand aunt in Cambodia" What do you think?

Haha, sure Eva!



End

THE LEGEND OF PRINCE PREAH THONG AND THE NAGA PRINCESS



Long ago, Cambodia consisted of a mainland and the other small islands surrounding it. People had to travel by boat to get from island to island.

It was ruled by the Mon king who had a son named Preah Thong. They lived on the mainland.

One day, Preah Thong went to the smaller islands to look around. The islands were beautiful and alluring. He was so fascinated by them that he missed the favourable time to set sail back home. He was now stuck on the island overnight.





As he stood by the sea-side, he rued the thought that he was going to be all alone. But that night, he met a beautiful lady who was also on the small island.



There was an instant connection between them as they spoke fondly with one another through the night. They soon fell in love.

As legend would have it, she turned out to be a princess of the Naga, a group of divine beings who have special powers.

Preah Thong wanted to marry the Naga Princess. Thus, he had to go to the Naga world. In order to do that, he had to hold on tightly to the Naga Princess' garments as they travelled to her land.



When they arrived, Preah Thong went to the Naga King for his blessings to marry his daughter.



The King was overjoyed and dressed him in a wedding garment with Naga prints. He also presided over their wedding.



As a gift to the couple, the King used his special powers to combine all the islands ruled by the Mon people into one large land for them to live on.



They would never need to worry about being caught on small islands anymore!



That land is what we now know as Cambodia! To this day, the Cambodians say that they are the "children of the Naga." You would also find Naga prints on Cambodian wedding garments to honour this legendary tale.



CULTURAL PRACTICES IN CAMBODIA

Different countries have different customs. When we are making friends, it is important to find out more about their cultural practices as we want to respect them and not offend them.

Here are some practices in Cambodia.



Take off your shoes at the door

It is polite to remove your shoes when entering someone's house or a temple!



Eat with your right hand only

The left hand is for dirty duties in the toilet! Only use your right hand when eating. If you are using a fork and spoon to eat, use the fork to push the food onto the spoon. Putting the fork into your mouth is rude.



Dress modestly

Avoid short shorts, miniskirts, tight pants or other clothing that are too short.

Do not show the bottom of your feet to others

The feet are considered to be the dirtiest and least sacred part of the body. It is rude to show people the bottom of your feet or to point your feet at people or images of Buddha.



Do not interact with monks

While travelling in Cambodia, you may see monks. Monks are not supposed to have direct contact with women! Also, avoid touching a monk's head as it is rude! If a monk is seated, sit before talking to them.



Do not pass anything with your left hand

Avoid handing out anything with only your left hand. The polite way to pass things is to use both hands.



TRAVEL TIPS

TRAVELLING IN CAMBODIA — THE TUK TUK —

Besides cars and motorcycles, Cambodians also travel by Tuk Tuks. Tuk Tuks are the cheapest and most convenient mode of transport in Cambodia. They were invented in Thailand and became popular in Cambodia. The name Tuk Tuk comes from the “tuk-tuk-tuk” sound of the motor.



Tuk Tuks are two-wheeled carriages pulled behind a motorbike that operate like taxis! They do not only carry people but are also used for other services. For example, transporting goods. Some are even turned into food trucks to sell food!

The Tuk Tuk has kept up with modernity. In time to come, don't be surprised when you book transportation on your mobile app in Cambodia and out pops a Tuk Tuk, serving your transportation needs!

A simple greeting and an expression of appreciation can go a long way as these Tuk Tuk drivers work long hours. Here are some phrases in Khmer that would make the ride in a Tuk Tuk a more enjoyable one for you and your driver.

BASIC GREETINGS IN KHMER

Here are some basic greetings in Khmer that you could express during or after the ride on a Tuk Tuk!

Hello
Goodbye
Thank you
Sorry

Sou sdey [soo-a-sday]
Lea haey [le-hai]
Ar kun [ar-koon]
Som toh [som-toe]

BASIC DIRECTIONS IN KHMER

Some Tuk Tuk drivers may not know where you want to go. Here are some basic directions in Khmer you can learn to help you!

Turn left
Turn right
Go straight
Stop

Bot Chhvang [bort-chweng]
Bot Sdam [bort-sdam]
Tov trrong [tov-trong]
Chhoup [chop]

A-OK CHALLENGE

LET'S GO ON AN AD-VAN-TURE!

Countries around the world are often proud of their unique ways of travelling. It has become a part of their way of life and culture. In Asia, many countries have their own mode of transportation.

Can you and your family guess the names of the different modes of transportation below and where they are found? Match the pictures to the correct descriptions and fill in the blanks!



JEEPNEY

This is the most popular form of public transportation in the P_____. They are very colourful and are a cheaper mode of travel!



SONGTHAEW

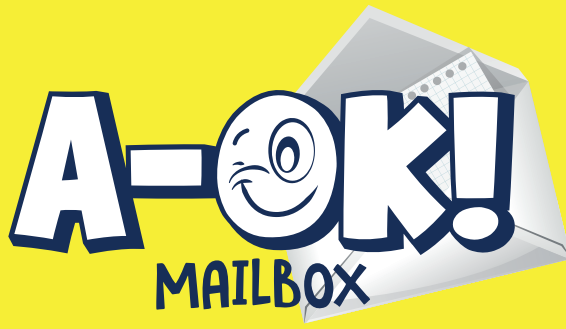
Shaped like a pick-up truck, it is the main form of public transport in many towns and cities of T_____. Like buses in Singapore, you have to ring the buzzer or bell to tell the driver you want to get off!



ANGKOT

In I_____, you will find mini-buses that are normally green, yellow or white in colour. Do you know what is special about them? You can hear them before they reach you because of the loud music played!

What modes of transport do you usually take in Singapore?
Which mode of transport would you see as unique for Singapore?



International Friendship Day encourages everyone to build good relations with friends from other countries and share the uniqueness of their own country and culture with each other. In this issue of A-OK!, we explored aspects of Cambodian culture in terms of food and transportation.

If you were a content creator and were to create a video to introduce Singapore, what else would you include besides food and transportation?



Write down your thoughts and ideas on this page or send in your response through <https://mailbox.kindness.sg>

Name: _____

School: _____ Class: _____

Home Address*: _____

*Receive a personal reply from the Kindness Headquarters when you send in your response.
(Parental consent required)



TEAR OUT THIS PAGE AND SEND IT TO US.

POST IT BY SNAIL MAIL TO:

**Agents of Kindness
Singapore Kindness Movement
61 Stamford Road
#02-01/02 Stamford Court
Singapore 178892**



As an Agent of Kindness, what can you do to play your part for Total Defence?



- Naisha Jain, Fernvale Primary School, Class P5-RT

When I receive news that are possibly fake, I'll check and make sure it comes from a reliable source before showing it to my friends. This is how I can play a part in digital defence.

- Lim Song Yang Moses, Pei Hwa Presbyterian Primary School, Class 6 Resilience I





These are some things I can do to play a part in Total Defence:

1. I can donate my old books to charity.
2. I can donate my old clothes that don't fit me anymore to charity.
3. I can help out at the old folks home and teach the elderly how to use the computers.
4. I can volunteer to help the elderly in the community.

- Shrinjani Shubha,
Sengkang Green Primary School, Class 5 Attentive



One day, when I was walking, I saw a lady lying unconscious on the ground. I ran over to check if she was okay and called a nearby adult for help. A man came to me and he did CPR on the lady. Another adult called the ambulance and the lady was soon sent to the hospital. We can all do our part in Total Defence and help one another in times of emergency.

- Puteri Nur Arya Arissa, Ang Mo Kio Primary School,
Class 6 Excellence



I can do my part in Social Defence by being kind and doing more to help others. I can do simple acts of kindness such as helping my classmates with homework or helping my wheelchaired classmate around the school. I hope to help more people this year!

- Chloe Kate Yen, Fairfield Methodist School (Primary), Class 5E

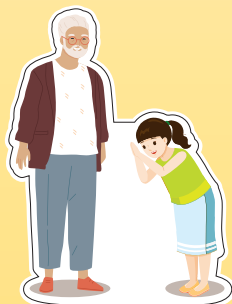
A-OK!

Stickers

Use these stickers to help you remember what you have learnt about Cambodia!



LET'S LEARN ABOUT
CAMBODIA!



Sou sdey!
[soo-a-sday]



Lea haey
[le-hai]



Ar kun
[ar-koon]



Som toh
[som-toe]

