



SEPTEMBER NEWSLETTER

Welcome to Cambodia!



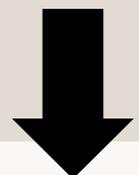
WOW, I really moved halfway across the world for the next 10 months of my life! Here is what I will be doing, what I have done so far and how to stay connected!

First things first, meet the cohort because thankfully I am not alone! In the picture above from left to right is Espen, Lina, Katie, Ashlyn, and then me.

While here we have visited Lutheran Hope Cambodia Organization which is a partner organization and learned about all the super cool things Lutherans are doing here, picture at the bottom of newsletter. Every Sunday we go to the Rainbow Hostel for service, also where Lina and I will be serving, to hear the word of God in Khmer. It is a comforting feeling knowing we are worshipping just like all of you reading this! We also have had the privilege of meeting the Bishop and she is super cool. She was very interested in all of the gifts we have and has an immense amount of knowledge we are just learning about.



This newsletter will be every other month so the best way to stay connected and updated weekly is to follow the blog I am writing and to follow our cohort instagram, both of which are on the bottom of each page.



Learning Taking Place

Our first month here has been all about learning including language, culture, about each other, and ourselves.

Our learning started by visiting two genocide museums to learn more about the Khmer Rouge. This was a powerful and important thing to begin with as this was a genocide of Cambodian people by Cambodian people and only ended in 1979. Many crimes against humanity happened in the 4 years of control and I urge you all to do your research as well. Here are a few good links to find out more <https://tuolsleng.gov.kh/en/> and <https://www.cambodianmuseum.org/remembering-the-killing-fields>.

We have been learning culture both in formal and informal settings. One of the most important cultural differences is that around 90% of the population here are practicing Buddhists, this means there are Wats (Buddhist temples) everywhere and their actions are different because of their religious beliefs just like in any other culture and religion. The coolest thing I have learned is how important fruit is here, you are supposed to have fruit after every meal which I love and will try to continue back in the States as well. Another tidbit I love is riding tuk-tuks because they are so small and interesting to ride in, the first picture of the newsletter is Lina and I in one of our first rides!

We are also learning the Cambodian language of Khmer. Here is a little lesson in Khmer (Kh-my) for you:
Su-sa-die! Sok-so-by thai? (Hello! How are you?)
Congrats you and I now speak about the same amount of Khmer!
I am just kidding I know a little bit more (tik tik) and that is because of wonderful teachers at Gateway To Khmer. This is a difficult challenge but our teachers and classmates make it worth it!
Sidenote: I am in Khmer class with the wife of the Australian Ambassador to Cambodia and she is super cool.



Personal Information

I am sure you all want this to be the longest section but alas it will not be, maybe next time.

I have decided to run and try to come top 10 in the Phnom Penh half marathon! The half marathon will be June 15th 2025!

I have been able to play basketball, swing some golf clubs, swim, bike everywhere, and play tennis all while here so a lot of fun is being had.

I have already uploaded 6 blogs so go and read those to find out more and look at our fruit reviews on instagram!!