

PHUM JOURNEYS

ADVENTURE WITH PURPOSE



WHO WE ARE

Pum Journeys is an experiential education organization based in Siem Reap, Cambodia, designing curriculum-aligned learning journeys in partnership with international schools. “Pum” means village in Khmer, a reflection of our belief that meaningful travel begins with genuine connection to local communities. We believe that without stepping into a village, travelers may arrive at a destination but never truly experience it. Rooted in this philosophy, and shaped by more than a decade of guiding travelers and students, our programs combine cultural immersion, leadership development, mindful service learning, and outdoor experiential learning. Each journey is co-created with community partners and guided by strong safeguarding, ethical engagement, and risk management standards to ensure safe and responsible learning. Aligned with the IB framework and the UN Sustainable Development Goals (SDGs), our programs help students develop resilience, intercultural understanding, and responsible global citizenship through real-world experiences that extend beyond the classroom.

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Introduction to the Khmer Language:

Khmer (ភាសាខ្មែរ) is the official language of Cambodia and is spoken by most people across the country. Learning a few basic Khmer words and phrases can greatly improve your travel experience, help you connect with local communities, and show respect for Cambodian culture.

Khmer has its own unique script and pronunciation, which may look unfamiliar at first, but locals truly appreciate any effort travelers make to speak even simple phrases. In tourist areas, some people speak English, but basic Khmer is especially helpful in markets, rural areas, and local restaurants.

Key Things Travelers Should Know

- Khmer is generally polite and gentle in tone.
- Respect and friendliness are important in communication.
- Smiling and using polite words go a long way.
- Pronunciation matters more than perfect grammar.

Why Learn Basic Khmer?

Even a few words can:

- Help you navigate markets and transport more easily
- Create warmer interactions with locals
- Make your journey more authentic and meaningful
- Show cultural respect and openness

Khmer may feel challenging at first, but travelers often find it fun and rewarding. Start with greetings and polite expressions, practice daily, and don't be afraid to make mistakes – Cambodians are usually happy to help.

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ESSENTIAL GREETINGS & POLITE PHRASES



- Hello (Formal): Chom reap suor (pair with a bow/sampeah).
- Hello (Casual): Susadei.
- Thank you: Orkun.
- Thank you very much: Orkun chran.
- Yes: Baht (male) / Chaa (female).
- No: Ot teh.
- Excuse me / Sorry: Som dtoh.
- Goodbye: Lea haey.
- How are you?: Sok sabay?.

Dining & Ordering

- Delicious: Chhnang.
- Water, please: Saom took muoy.
- Check, please: Saom kitloy.
- Cheers!: Choul mouy.

Key Tips

- Politeness: Use Som (Please) before requests.
- Numbers: Common, but English is widely understood in tourist areas for prices.
- Body Language: A polite "Sampeah" (hands together at chest/chin) with a nod is respected, especially for older people.
- Pronunciation: Khmer is not tonal, making it relatively straightforward for English

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PREPOSITION



After: ក្រោយមក / បន្ទាប់មក <i>kraoyomk / banteabmk</i>	Before: មុន / ពីមុខ <i>moun / pimoukh</i>	With: ជាមួយ <i>cheamuoy</i>	Without: គ្មាន <i>kmean</i>
Since: ចាប់តាំងពី <i>chabtangpi</i>	Until: រហូតដល់... <i>rhautadl...</i>	Of: នៃ / របស់ <i>nei / robsa</i>	From: ពី / មកពី <i>pi / mk pi</i>
To: ទៅ / ឆ្ពោះ <i>tow / chhpaoh</i>	Instead of: ជំនួស ដោយ <i>chomnuosa daoy</i>	In: ក្នុង <i>knong</i>	Against: ប្រឆាំង / ទប់ទល់នឹង <i>brachheang / tbtlnung</i>
As: ដូច(ស្រដៀងនឹង) <i>dauch(sradiengnung)</i>	About: អំពី(ទាក់ទងនឹង) <i>ampi(teaktngnung)</i>	For: សម្រាប់ / ចំពោះ <i>samreab / champoh</i>	ខ្មែរ
And: និង <i>ning</i>	Or: ឬ <i>ryy</i>	But: ប៉ុន្តែ <i>bonte</i>	So: ដូច្នោះ <i>dauchneh</i>

I'm from Japan: ខ្ញុំមកពីប្រទេសជប៉ុន <i>knhom mk pi bratesa chbon</i>	The pen is under the desk: បិទគឺនៅក្រោមតុសរសេរ <i>bich ku now kraom tosarser</i>
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The letter is inside the book: សំបុត្រគឺនៅក្នុងទីក្រុងសៀវភៅ <i>saambotr ku nowknong sievphow</i>	Can I practice Italian with you?: តើខ្ញុំអាចអនុវត្តភាសាអ៊ីតាលីជាមួយអ្នកបានទេ? <i>tae khnhom ach anouvott pheasaea aiteali chea muo uo y anak ban te?</i>
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I was born in Miami: ខ្ញុំកើតនៅក្នុងទីក្រុងម៉ៃអាមី <i>knhom kaet nowknong tikrong mai a mi</i>	I speak French but with an accent: ខ្ញុំនិយាយភាសាបារាំងមិនល្អ <i>knhom niyeay pheasaea barang minola</i>
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DIRECTION



Excuse me! (to ask someone): សុំទោស!(ដើម្បីសួរអ្នកណាម្នាក់) <i>somtosa!(daembi suor anaknea mneak)</i>	Can you show me?: តើអ្នកអាចបង្ហាញផ្លូវខ្ញុំបានទេ? <i>tae anak ach bangheanh phlauv khnhom ban te?</i>
I'm lost: ខ្ញុំវង្វេងផ្លូវ <i>khnhom vongvengophlauv</i>	I'm not from here: ខ្ញុំមិនមែនជាអ្នករស់នៅទីនេះទេ <i>khnhom minmen chea anak rsanow tinih te</i>
Can I help you?: តើខ្ញុំអាចជួយអ្នកបានទេ? <i>tae khnhom ach chuoy anak ban te?</i>	Can you help me?: តើអ្នកអាចជួយខ្ញុំបានទេ? <i>tae anak ach chuoy khnhom ban te?</i>
It's near here: វានៅជិតនេះ <i>vea now chit nih</i>	It's far from here: វានៅឆ្ងាយពីទីនេះ <i>vea now chhngay piti nih</i>
Go straight: ដើរទៅឲ្យត្រង់ <i>daertow aoy trang</i>	Turn left: បត់ឆ្វេង <i>btchhveng</i>
Turn right: បត់ស្តាំ <i>btsdam</i>	One moment please!: សូមរង់ចាំមួយភ្លែត! <i>saum rngcham muoyophlet!</i>
How long does it take to get there?: តើទៅកាន់ទីនោះត្រូវចំណាយពេលប៉ុន្មាន? <i>tae towkean tinih trauv chamnappel bonman?</i>	Downtown (city center): ទីក្រុង(កណ្តាលទីក្រុង) <i>tikrong(kandal tikrong)</i>

Near: ជិត <i>chit</i>	Far: ឆ្ងាយ <i>chhngay</i>	Right: ស្តាំ <i>sdam</i>	Left: ឆ្វេង <i>chhveng</i>
Straight: ត្រង់ <i>trang</i>	There: ទីនោះ <i>tinoh</i>	Here: ទីនេះ <i>tinih</i>	To walk: ដើរ <i>daer</i>

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HOMESTAY



Family word words Krusa គ្រួសារ

Father / dad - (Puk) ពុក

Mother / mom - (Mae) ម៉ែ

Uncle - (Um/Pu) អុំ / ពូ

Aunty- (Um/Ming) អុំ / មីង

Grandma - (Yeay) យាយ

Grandpa - (Ta) តា

Brother - (Bong Pros) បងប្រុស

Sister - Bong Srie បងស្រី

Pronounce Somp neam សព្វនាម

I / Me / Mine - Kyom ខ្ញុំ

He / Him / His - Keat គាត់

She / Her / Hers - Keat គាត់

About House : Paa Teas ពាក្យអំពីផ្ទះ

Roof - Dom Bol ដំបូលផ្ទះ

Door - Tvea ទ្វារ

Stair - Chhun Dar កាំជណ្តើរ

Pillar - Sor Sor សរសរផ្ទះ

Fence - Ro Bong Paa-Teas របងផ្ទះ

Kitchen - Paa-Teas Bai ផ្ទះបាយ

Bedroom - Bontob Keng បន្ទប់គេង

Livingroom - Bontob Tor Tul Paa-nheav

បន្ទប់ទទួលភ្ញៀវ

Bathroom - Bontob Toek បន្ទប់ទឹក

Furniture - Songha Roem គ្រឿងសង្ហារឹម

Cabinet - Tou ទូ

Painting - Kum Nu ផ្ទាំងគំនូរ

Photo - Rub Thot រូបថត

Table - Tok តុ

Chair - Kou ia កៅអី

Bed - Kra គ្រែ

Harmach - Ong Roeng អង្រឹង

Kitchen Paa Teas Bai ផ្ទះបាយ

Stove / cooker Chong Kraan ចង្ក្រាន

Cooking pot Chnang ឆ្នាំង

Spoon Slab Prea ស្លាបព្រា

Plate Chaan ចាន

Bowl Chan Kro Lum ចានគោម

Fork Sorm សម

Frying Pan Kaa teas ខ្ទះ

Cupboard Tou Chaan ទូចាន

Firewood Os អុស

Glass Keo កែវ

Water jar Toong Toek / Peang toek ពាងទឹក

Knife Kaam Bet កាំបិត

Tray Thaas ថាស

Transportations Met Thaa yo bay Tver

Dom Neu មធ្យោបាយធ្វើដំណើរ

Motorbike / Scooter Motor ម៉ូតូ

Car Laan ឡាន

Bicycle Korng កង់

Tuk Tuk Tuk Tuk ធុក ធុក

Cart Ro Tes រទេះ

Bag / Container Thoong / Thorng ធុង / ថង់

Basket Kaa Jreng កញ្ជ្រែង

Bag Thoong ថង់

Plastic Thoong Plastic ថង់ផ្លាស់ស្ទិក

Water Container Thoong Toek ធុងទឹក

Basin Ang Toek អាងទឹក

Electronic Words Peak electronic ពាក្យ

អេឡិចត្រូនិក

TV Tu Raa Tus ទូរទស្សន៍

Phone Tu Raa Saab ទូរស័ព្ទ

Headphone Kaas កាសត្រចៀក

Charger Chnaang Saak ឆ្នាំងសាកទូរស័ព្ទ

Flashlight / Headlight Pil ពិល

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PAST TENSE



To see: មើល <i>meul</i>	To write: សរសេរ <i>sarser</i>	To love: ស្រលាញ់ <i>sralanh</i>	To give: ឲ្យ <i>aoy</i>
To play: លេង <i>leng</i>	To read: អាន <i>an</i>	To understand: យល់ <i>yl</i>	To have: មាន <i>mean</i>
To know: ចេះ / ដឹង <i>cheh / doeng</i>	To learn: រៀន <i>rien</i>	To think: គិត <i>kit</i>	To work: ធ្វើការ <i>thveukear</i>
To speak: និយាយ <i>niyeay</i>	To drive: បើកបរ <i>baekabr</i>	To smile: ញញឹម <i>nhnhum</i>	To find: រក / ឃើញ <i>rk / kheunh</i>
I saw you: ខ្ញុំបានជួបអ្នក <i>knhom ban chuob anak</i>	I wrote with a pen: ខ្ញុំបានសរសេរជាមួយប៊ិច <i>knhom ban sarser cheamuoy bich</i>		
You loved apples: អ្នកចូលចិត្តផ្លែប៉ោម <i>anak chaulchett phle baom</i>	You gave money: អ្នកបានឲ្យលុយ <i>anak ban aoy louy</i>		
You played tennis: អ្នកបានលេងតេននីស <i>anak ban leng ten nisa</i>	He read (past) a book: គាត់បានអាន(អតីតកាល)សៀវភៅ <i>keat ban an(ateitkal)sievphow</i>		
He understood me: គាត់បានយល់អំពីខ្ញុំ <i>keat ban yl ampiknhom</i>	She had a cat: នាងមានឆ្កាមួយក្បាល <i>neang mean chhma muoy kbal</i>		
She knew my friend: នាងស្គាល់មិត្តរបស់ខ្ញុំ <i>neang skal mitt robsaknhom</i>	We wanted to learn: ពួកយើងចង់រៀន <i>puok yeung chng rien</i>		
We thought Spanish is easy: ពួកយើងគិតថាភាសាអេស្ប៉ាញស្រួលរៀន <i>puok yeung kitthea pheasaea esbanh sruol rien</i>	You (plural) worked here: ពួកអ្នក(ពហុវចនៈ)បានធ្វើការនៅទីនេះ <i>puok anak(phovochn) ban thveukear now tinih</i>		

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NEGATION



No: ទេ <i>te</i>	Nothing: គ្មានអ្វីទាំងអស់ <i>kmeanoavei teangoasa</i>	Not yet: មិនទាន់ <i>mintean</i>	No one: គ្មានអ្នកណាម្នាក់ <i>kmean anaknea mneak</i>
No longer: លែងមានទៀត <i>leng mean tiet</i>	Never: មិនដែល <i>mindel</i>	Cannot: មិនអាច <i>min ach</i>	Should not: មិនគួរ <i>min kuor</i>
We don't understand: ពួកយើងមិនយល់ទេ <i>puok yeung min yl te</i>	I do not speak Japanese: ខ្ញុំមិននិយាយភាសាជប៉ុនទេ <i>knhom min niyeay pheasaea chbon te</i>		
I cannot remember the word: ខ្ញុំមិនអាចចងចាំពាក្យនេះទេ <i>knhom min ach changcham peaky nih te</i>	You should not forget this word: អ្នកមិនគួរភ្លេចពាក្យនេះទេ <i>anak min kuor phlech peaky nih te</i>		
No problem!: គ្មានបញ្ហាទេ <i>kmean banhhea te</i>	I don't know!: ខ្ញុំមិនដឹងទេ! <i>knhom mindoeng te!</i>		
I'm not interested!: ខ្ញុំមិនចាប់អារម្មណ៍ទេ! <i>knhom min chabarommo te!</i>	Don't worry!: កុំបារម្មណ៍អី! <i>kom bar mm ei!</i>		
This is wrong: វាខុស <i>vea khosa</i>	This is not correct: វាមិនត្រឹមត្រូវទេ <i>vea min troemotrau te</i>		
No one here speaks Greek: គ្មានអ្នកណានៅទីនេះនិយាយភាសាក្រិចទេ <i>kmean anaknea now tinih niyeay pheasaea kre chte</i>	I'm not fluent in Italian yet: ខ្ញុំនិយាយភាសាអ៊ីតាលីមិនទាន់ស្ទាត់ទេ <i>knhom niyeay pheasaea aiteali mintean stat te</i>		