



# MORE THAN JUST LIGHT SKIN

cambodia malaysia mongolia philippines singapore taiwan thailand vietnam



ISSUE NO. 1

# AZN



# CAMBODIA

>

Pol Pot was the leader of the Khmer Rouge totalitarian regime; he killed and displaced millions of people.



>

Somaly Mam is a Cambodian human rights activist and author whose work centers around eradicating sex trafficking and empowering its victims. TIME named her one of the “100 Most Influential People” in 2009.



FISH AMOK

BALUT

KUY TEAV



## Background

> Cambodia's origins can be traced back to the 9th century, when a king named Jayavarman II founded the Khmer Empire.

> Cambodia's neighbors, Thailand and Vietnam, tried to invade them many times. However, this changed in the 1850's when French missionaries arrived in Cambodia. The Cambodian king turned to the French for protection, and in 1863, Cambodia became a French protectorate.

> During the reign of the communist Khmer Rouge (from 1975-1979), over 2 million Cambodians died in what is known today as the Cambodian Genocide.

Millions of people were removed from their homes and were forced to work on communal farms in the countryside where many died from starvation, disease, and overwork. Educated individuals were tortured and executed in special camps, and Ethnic Vietnamese and Cham Muslims were also targeted.

## Language

> Khmer, Cambodia's only official language, is spoken by 16 million people and is the second most widely spoken Austro-asiatic language.

> French is also spoken in the country and is integrated in many Cambodian schools' curriculums.

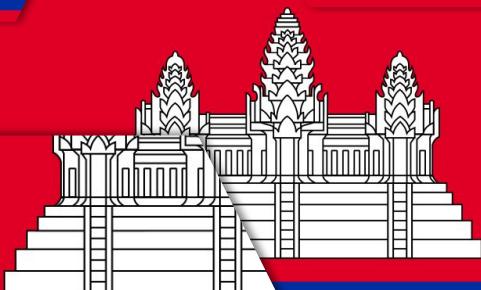
## Traditions

> To Cambodians, the head is the most sacred part of the body because it is believed to contain your soul, while the feet is the least. Thus, you are not supposed to touch anyone's head or sleep with your feet pointing at a person.

> The sampeah, the Cambodian way of greeting, involves pressing the palms of your hands together in front of your chest and bowing. The more important the person, the higher you need to position your hands.

> Khmer classical dance is a form of Cambodian dance that was originally only performed for royalty. During the mid-20th century, it was introduced to the public and is now often performed during holidays, public events, and for tourists. This classical dance is famous for its utilization of the hands and feet to convey emotion; there are 4,000 different gestures in this type of dance.

> Pradal serey (traditional Khmer kickboxing) is a popular sport in Cambodia; Cambodians have been playing it for centuries.



## Interesting Facts

- > Angkor Wat, the world's largest religious monument, is a beautifully constructed Hindu Temple located in Cambodia.
- > 90% of the Cambodian population practices Theravada Buddhism.
- > In Cambodia, it is not considered polite to make eye contact with someone who is older than you.
- > Cambodian children's games emphasize socialization or skill rather than winning and losing.
- > Birthdays are not usually celebrated in Cambodia.

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# AZN





BUUZ



KHUUSSHUUR



FIVE FINGERS  
BEAST

> Erdenetuya Batsukh:  
Mongolian-American dancer,  
specialized in ballroom  
dancing. She got married to  
American actor, screenwriter,  
and martial artist Steven  
Frederic Seagal



> Chinggis Khan / Genghis Khan: founder of the Mongol Empire, which became the largest contiguous empire in history after his death. He came to power by uniting many of the nomadic tribes of Northeast Asia.

MONGOLIA



## Background

> Since prehistoric times, people, mostly nomads of varying ethnicities, inhabited Mongolia. Some formed prominent confederations.

> 1206: Chinggis Khan aka Genghis Khan founded the largest empire, the Mongol Empire covering about 33 million square kilometers across Asia. His legacies were the principle of religious tolerance, written language, support for trade and crafts, and creating a legal code named Jasagh.

> From 1636 to 1911, Mongolia was under the control of China by the Manchu Qing dynasty and later, its modern government. Mongolia then was under a Soviet-dominated Communist regime from 1921-1990 until it transitioned to a multi-party system.

## Language

> Mongolian language is the official and most spoken in Mongolia. Different forms of the Mongolian language are spoken such as Oirat and Buryat.

> The Sovietization and geography of Mongolia has resulted in Russian being one of the more dominant foreign languages in Mongolia and the introduction of the Russian Cyrillic alphabet into Mongolian.

## Tradition

> Naadam is a Mongolian national independence holiday on July 11-13 that starts with an opening ceremony of wrestlers, horse riders, athletes, musicians, monks, and dancers. Wrestling, horse racing, and archery are the biggest events and known as the Three Games of Men.

> The nomadic lifestyle is practiced widely in rural Mongolia. Nomads follow a seasonal routine raising and breeding five main types of stock: sheep, cattle (including yaks), camel and horse, migrating from place to place following the most favorable pastures and campsites.

> Mongolian throat singing is a traditional singing style that is one of the ancient genres of Mongolian musical art. It involves complicated, drawn-out vocal sounds.

> Meat and milk are the foundation of traditional Mongolian food, which are based on the products of animal nomadic herders.

## Interesting Facts

- > Due to certain geographical limitations, spices are not grown in the country. Traditional Mongolian foods are non-spicy mild foods.
- > Mongolia is one of the last nations in the world to have such a high proportion of nomads among its population. About 30-40% live this lifestyle.
- > Ulaanbaatar, the capital city of Mongolia used to move three times a year (being a nomadic city)



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# AZN



# PHILIPPINES

SINIGANG

ADOBO

HALO HALO



> Manny Pacquiao: He has been a senator of the Philippines since 2016



> Lea Salonga: First Filipino artist to be signed to an international record label with Atlantic Records 1993

# Tagalog

Philippines

## Background

- > The Philippines was first settled 30,000 years ago by immigrants from Indonesia over land bridges. By the tenth century A.D. Chinese settlers and Muslim Traders settled in the archipelago.
- > In 1521 the Philippines was claimed in the name of Spain, and named after King Philip II of Spain.
- > The United States main focus in the Spanish-American war was Cuba, and received the Philippines as well as other countries from Spain. In 1944 the United States retakes the island after Japan seized the islands three years prior. Finally the islands are granted full independence in 1946, being the first Southeast Asian country to gain independence after WWII.

## Language

- > In the 1930s the Commonwealth government insisted on a national language for the country. Tagalog was the language spoken widely in Manila and other provinces, but officials insisted not all Filipinos at the time knew how to speak in Tagalog. So in 1970, President and dictator Ferdinand Marcos focused on creating a new society. Under his rule the national language at the time Pilipino, was enriched by incorporating and modifying words utilizing words from English, Spanish, Malay, and Chinese, replacing discordant words with their more pleasing foreign counterparts.
- > Filipino and English are the official languages, after President Cory Aquino's term.

## Traditions

- > Christmas Season in the Philippines starts in September and ends in January with the Feast of the Three Kings.
- > Debut coming of age celebration for Filipinas, traditionally used to indicate daughter is ready to date. 18 pre-selected males will compose 18 roses and dance with celebrant and give roses. Last dance is for father. 18 pre-selected females will deliver message with celebrant and special wish before lighting a candle. Cotillion dance. Celebration ends with debutante giving a speech
- > Mano Po formal greeting of respect with elders.

## Interesting Facts

- > The Philippines is now considered the text capital of the world.
- > The Philippines supplies the rest of the world with approximately 25% of overseas nurses that are available worldwide
- > One of the world's ten most biologically megadiverse countries with 170+ species of birds and 100 species of mammals unique to the islands.
- > Filipino Roberto del Rosario patented the first working karaoke machine.
- > The Philippines is a powerhouse in the beauty pageant world.



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CHILI CRAB



HAINANESE  
CHICKEN



PANDAN CHIFFON  
CAKE

> Stephanie Sun is a multi-awarded singer-songwriter with 10 recorded albums and over 10 million copies sold in Asia. Her fanbase extends throughout the continent.



> Goh Chok Tong was Singapore's open-minded prime minister who announced that his cabinet will employ qualified homosexuals to available positions in 2003. He strengthened Singapore's business ties with the Middle East and signed a Double Taxation Avoidance Agreement with Israel so that Singapore businessmen will avoid double taxation when conducting business with Israel

# SINGAPORE



## Background

- > Some say: founded by a prince from Sumatra who landed on the island and saw a lion (Singapura-lion city)
- > Modern Singapore was founded in 1819 by Sir Stamford Raffles (1781-1826). Raffles became a clerk for the British East India Company in 1795.
- > When the Suez Canal was built in 1869 Singapore became even more important as a 'gateway' between Europe and eastern Asia.

## Language

- > Four official Languages: English, Malay, Tamil, Mandarin Chinese
- > Singapore has a bilingual language policy
- > Malay was also once Singapore's National language as a reflection of its indigenous culture before the arrival of the British in 1819.  
Singapore's national anthem 'Majulah Singapura', or Onward Singapore, is sung entirely in Malay.

## Traditions

- > The state is home to ten major religions, including Buddhism, Taoism, Islam, Hinduism, and Christianity.
- > The different communities do not regard themselves as sharing a culture; instead, they consider themselves parts of a whole. This is illustrated by reference to a popular local dish, Rojak, a salad in which the various ingredients are covered by the same peanut sauce, forming a distinct whole with each ingredient clearly discernible. The peanut sauce is Singaporean; the other ingredients are the different cultural traditions.
- > Polygamy is allowed among Muslim Malays, but otherwise, monogamy is the rule. Interethnic marriages are not common.

## Interesting Facts

- > Singapore is known for its hawker centers which are an open-air cooked food market
- > Singapore served as a trading port for British ships on their way to India and was prone to many foreign influences. The country remained a British colony until 1942.
- > In order to keep Singapore a "fine" city, the government set very limited civil freedoms in prohibiting chewing gum and spitting among others.
- > The Chinese constitute about 78 percent, the Malays 14 percent, the Indians 7 percent, and others 1 percent of the population.
- > The flag is divided into equal red and white horizontal sections symbolizing unity and purity. A white crescent moon and five stars in a circle symbolize a growing nation and the ideals of democracy, peace, progress, justice, and equality.
- > Singaporeans jokingly refer to their desire for the "five C's": car, condominium, credit card, club membership, and career. These are important symbols of wealth and status regardless of ethnicity.



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# TAIWAN



> Shu Qi, born as Lin Li-hui, is a Taiwanese model and actress. She has appeared in a number of films till date, the popular ones being 'Sex & Zen II', 'Viva Erotica', 'Young and Dangerous: The Prequel', 'A Man Called Hero', 'If You Are the One', 'The Assassin', 'The Foliage' and 'If You Are the One 2'.

> We all know that Tzuyu is the first female K-Pop idol who is from Taiwan that debuted on Twice. She was praised and complemented by many thanks to her angelic visuals and stunning physique.



## Background

- > Dutch and Spanish settlers established bases in Taiwan in the early 17th century.
- > Around 1.2 million people relocated from China to Taiwan along with the Republic of China (Taiwan) government in the late 1940s and early 1950s.
- > Beijing and Taipei sharply disagree on the island's status. The PRC asserts that there is only "one China" and that Taiwan is an inalienable part of it. Beijing says Taiwan is bound by an understanding reached in 1992 between representatives of the Chinese Communist Party (CCP) and the Kuomintang (KMT) political party then ruling Taiwan.

Taiwanese



## Language

- > Mandarin Chinese is the official language of the country.
- > Taiwanese (Hokkien) is the primary language used in public and is visible in the transport system. The Hakka language is also a variant of Chinese, spoken by an ethnic group called the Hakka.

## Traditions

- > Three or more generations living in a single household is still very common. In many families, it's still expected that the oldest son will bring his wife to live with him in the house where he grew up.

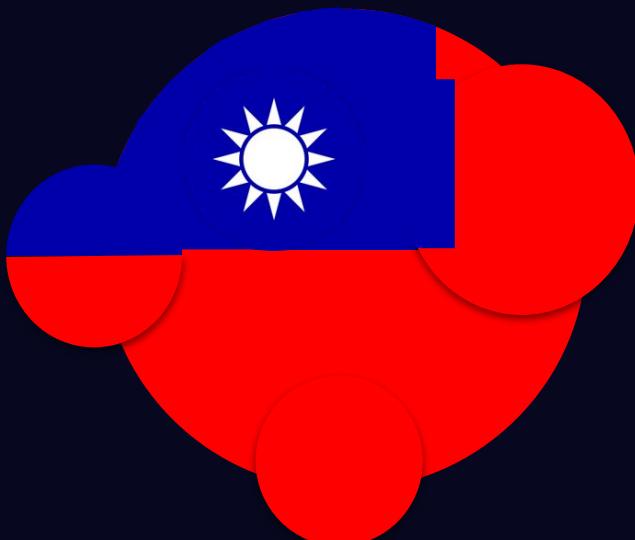
> Several major celebrations, such as the Lantern Festival, build on customs migrants brought with them from the Chinese mainland. Lantern Festival concludes the Lunar New Year season, and gets its name from the colourful lanterns which bedeck temples and streets.

> Vitamin C is great for colds, right? Well, according to many Taiwanese, it's not if it comes from a cold fruit such as an orange. Although the concept of cold fruits is well known across the globe, being told to avoid orange juice when sick is still something that's difficult for many expats to get used to.

> Every culture has an unlucky number. Taiwan's number is 4. It is that way because four sounds similar to death in Chinese. Because of this, there are no 4th floors for apartments, hospitals, etc. People are frightened to associate anything with the number 4.

## Interesting Facts

- > Recently, the city government of Taipei decided that everyone should have access to the Internet in any public space. Now, free Wi-Fi has been introduced throughout the city.
- > Here the garbage trucks play music to prompt people to bring their garbage to the truck. Beethoven's Für Elise can be heard in the streets on a regular base and during the holidays you can expect Christmas songs.
- > In 2011, fertility rates showed that the average number of children that Taiwanese women gave birth to during their lives was 0.9. This makes Taiwan the country with the lowest fertility rate in the world.
- > One of the most impressive facts about Taiwan is the huge amount of motorcycles that are driven on the streets. Surprisingly, there are more than 13 million motorbikes in Taiwan for a population of 23 million people.
- > The Taipei 101 tower was the tallest building in the world until 2007, after which it was surpassed in height by the Burj Khalifa.





AZN



# THAILAND



PAD SEE EW



PAD THAI



STICKY RICE  
& MANGO

> Lisa Manoban  
(BLACKPINK Lisa): Thai Pop Star based in South Korea. She is part of the group Blackpink, a four member girl group under YG Entertainment



> Bhumibol Adulyadej : Former King of Thailand. He is the ninth monarch of Thailand from the Chakri dynasty, titled Rama IX. He died in 2016 and served Thailand's longest-serving monarch.

## Background

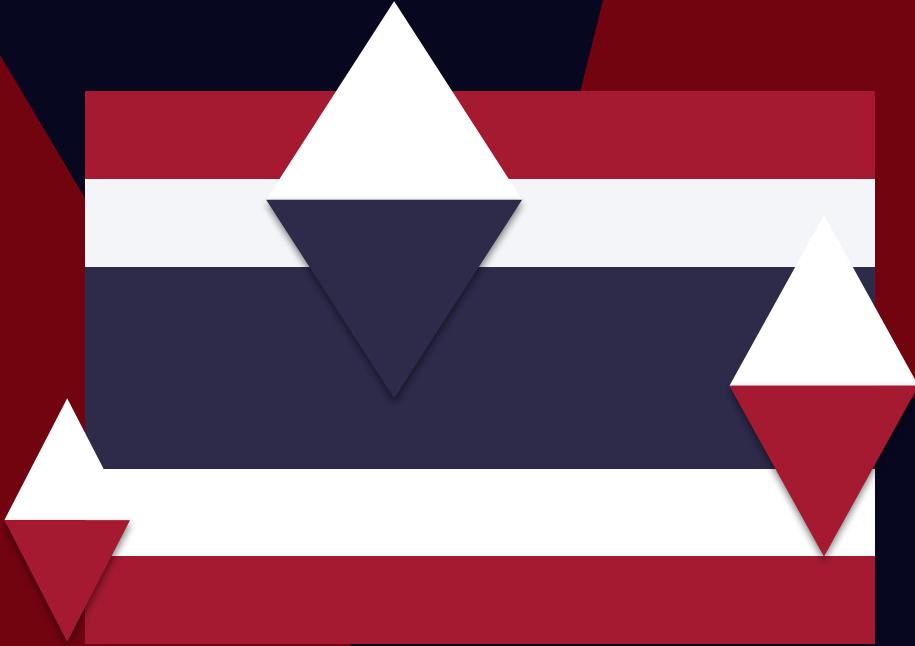
- > In the ninth century B.C., Mon and Khmer people established kingdoms that included large areas of what is now Thailand.
- > Much of what these people absorbed from contacts with South Asian peoples—religious, social, political, and cultural ideas and institutions—later influenced the development of Thailand's culture and national identity.
- > In the second century B.C., the Hindu-led state of Funan in present-day Cambodia and central Thailand had close commercial contact with India and was a base for Hindu merchant-missionaries.
- > In the southern Isthmus of Kra, Malay city-states controlled routes used by traders and travelers journeying between India and Indochina (present-day Cambodia, Laos, and Vietnam).

## Language

- > The official language of Thailand is Thai
- > Roughly 30% of Thailand's population speak Thai as a native language. According to linguists, this language is divided into several different languages, although native Thai speakers consider these other languages to be regional. These diverse Thai languages include: Phu Thai, Shan, Song, Isan, Southern Thai, Nyaw, Northern Thai, Phuan, and Lu.

## Tradition

- > Greeting with Wai: Whenever someone is greeted, they must do it with a wai. A wai is a motion where you put your hands together, touch your fingertips to your nose, and bow down. The higher the hands go on someone's face, the more respectful the greeting. It can be said for goodbye, hello, and thank you
- > Different Color for a Different Day: Thai people have a “dress code” wearing colors such as Green on Wednesday and Yellow on Monday
- > Songkran: A water festival celebrating the Thai New Year every 13th of April. The name Songkran comes from a Sanskrit word meaning ‘passing’ or ‘approaching’.



## Interesting Facts

- > In 2019, Thai boys from a soccer team were trapped in a cave for about 12 days.
- > Thailand was the only Southeast Asian country that was never conquered by a European country
- > Bangkok, Thailand is named the world's hottest city
- > The first known Siamese Twins were born in Thailand on May 11th, 1811. They were named Chang and Eng Bunker and were born near a province near Bangkok in the Kingdom of Siam, today's Thailand.
- > Red Bull was inspired by a drink in Thailand. The inspired drink was called Krating Daeng, which was a sweet, uncarbonated energy drink. Later an Australian, Dietrich Mateschitz, saw it and modified the drink to create Red Bull.

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# AZN



# VIETNAM

BÚN CHA



PÂTÉ CHAUD



BANH MIN



> Ho Chi Minh was the president of North Vietnam from the end of WWII to the Vietnam War. He was responsible for the founding of the Indochinese Communist Party in 1935.

> Ngô Thanh Vân (NTV Virus) is a Vietnamese actress, singer and model known for her acting in the movie "Star Wars: The Last Jedi." She was recently awarded "Female Star of the Year" at the CineAsia Awards Ceremony in December for her contribution to the music and television industry.



## Language

> Vietnamese (tiếng Việt), the official language of Vietnam contains vocabulary borrowed from the Chinese language in addition to influences of Tai languages.

> There are 6 tones in the language that are used to convey a message, distinguished between the different pronunciations of vowels.

## Traditions

> In Vietnam, the Face of a person is the quality that displays and Reflects one's reputation & Dignity. The idea of saving face Affects the way Vietnamese people Communicate with each other, which Includes avoiding confrontation and Speaking one's mind.

> On Lunar New Year and the death Anniversaries of ancestors, the Vietnamese people burn votive papers. These paper crafts of houses and fake money are gifts for the ancestors. After the papers are burnt, they sprinkle wine upon the ashes to allow the spirits to collect the gifts (votive paper) and bring them back to heaven for future use.

> A common practice in Vietnam among businessmen is gift exchanges. These gifts are usually wrapped in colorful paper and are typically small such as flowers or fruit. They are given as a token of appreciation for the contribution to the work.

> Vietnam is a collectivist society, where individuals serve the interests of their family before their own personal opinions. The concerns of the family as a whole are prioritized before one's individual needs.

## Background

> In 938 CE, the Vietnamese, Led by Ngo Quyen successfully Overthrew Chinese rule, who claimed Them during their southward expansion In the 3rd century BCE.

> From 1858 until 1945, Vietnam was under French Colonial rule. This ended when Ho Chi Minh and the Viet Minh Seized power and claimed independence.

> In 1954, Vietnam was split into North and South. The North would be led By Ho Chi Minh and had a communist Government. The South, who was against communism would be invaded by the North eventually during the Vietnam war.



## Interesting Facts

- > One of the Seven Wonders of Nature, Ha Long Bay, lies in Vietnam.
- > Motorbikes are the more common form of transportation because the tax for motorbikes is cheaper than the tax for owning a car.
- > One hobby of the Vietnamese people is to fish for lizards.
- > In the workforce, business cards are printed in both English and Vietnamese. When offering your card for the first time, you give it with the Vietnamese side facing up with both hands.
- > It is considered rude to use your finger to point. The common practice is to use the whole hand to indicate something.



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