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Monthly Newsletter of Plastic Free July Cambodia -
October 2016

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**PLASTIC FREE JULY
CAMBODIA**



**“ I see that I can make a difference and if others see what I am doing
then maybe they will follow.”**

We recently caught up with our friends at Haven Restaurant.

**In the past year Plastic Free Cambodia has held six workshops with the staff at
HAVEN about the dangers and problems caused by single use plastic such as bags,
straws, and cups. HAVEN has long been an environmentally focused business,
striving to “refuse, reduce, reuse and recycle”.**

**As Sara Wallimann said, “When I heard about Sarah Rhodes and PFC, I really loved
what she is doing and wanted to work with her, to train our HAVEN Family in detail
on this topic, so they:**

- a) understand why we do what we do at HAVEN and**
- b) use this knowledge to change their habits and pass this knowledge on to their**

family members and friends.”

Last week we dropped by to chat with some of the staff at HAVEN (Sophy, Visal and Chhou) who came to our July workshop and here’s what they told us.

- “I use less plastic now at home and my family is too”
- “Before I thought that so many people are using plastic and if it’s only me using less, then it doesn’t make sense. But now I see that I can make a difference and if others see what I am doing then maybe they will follow.”
- “Every day when I go shopping, I bring my own bag. I used to burn trash but not anymore. I always have my own water bottle and I never take straws. “
- “Sometimes it is difficult when we go to the market. Sellers don’t have alternatives to plastic bags but they do like it when I bring my own reusable container.”
- “For people who live in the town it’s easier but in the countryside they don’t know how bad it is using plastic. If we could do more training there it will be better.”

[Contact](#) Plastic Free Cambodia to find out about setting up an interactive workshop for your staff, your students or your local community. Sessions are presented in Khmer or English as needed. Our workshops are informative AND fun!



October 28 is [Clean and Green Up Temple Town](#) day! There will be



Green Consortium Kicks

numerous events throughout Siem Reap that you can join in and lend a hand. Join teams at Raffles, La Residence, Sister Srey, Rehash Trash, T Galleria, Park Hyatt. Phare Circus, FCC, Kings Road, and the list goes on and on. Pitch in and help clean up and green up Siem Reap.

Off!

With the increasing focus being paid to environmental challenges in Cambodia there are many organizations working together to tackle these issues. We were very pleased to participate in Phnom Penh's first green consortium a few weeks ago. It is inspiring to come together with the many groups working towards making Cambodia cleaner, greener and environmentally friendly. With representatives from embassies, government, tourism, sustainable energy, and biodegradable solutions coming together, we shared our work, our challenges and our strategies for creating sustainable and lasting change for Cambodia.



If you want to GET INVOLVED or want to take up the challenge, [contact us](#) or follow us on [Facebook!](#)



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