



## TRAINING PROJECT IN JAPAN FOR CAMBODIAN YOUTH CLIMBERS



In 2015, from August 30th to October 6th, we accepted two Cambodian trainees, Mr. Kimsroy, an instructor, and Channy, a third-year high school student. Following an event in 2013, the Japan Mountaineering Association again invited a Cambodian climber and a staff member. In addition, we received a grant from Shinnyoen, and some climbing facilities in Nagano prefecture also supported our project.

The picture above shows multi-pitch climbing, which is a method that cannot be taught at the artificial wall in Cambodia.

There are many natural climbing walls in Cambodia, but there is also a danger of landmines in some places, and many natural climbing areas belong to temples. Some Americans who pioneered those climbing walls first established good relations with the locals before they started climbing. Staff members of ACN Cambodia also have good relations with local residents.

In this training project, we emphasized climbing safety, so that the participants can better guide children and tourists at Cambodia's natural climbing walls.

Pictured on the right: from the left, Mr. Kimsroy, Channy and Mr. Hidekazu Asai, ACN's new chairperson. This was taken after the training at "Tate Iwa," Kita-Aiki, Nagano Prefecture.





Pyramid Japan Co. Ltd. in Hanno City



Karasuyama Setagaya

From September 1st-10th, Mr. Kimsroy learned about construction and maintenance of artificial walls from Mr. Yano. For example, how to fix bouldering walls along with weak parts of the building walls, etc. (pictured above)



Mr. Ohno showed Mr. Kimsroy a self built practice apparatus for belay, using an old tire at Mr. Ohno's Alpine school for beginners in Hanno, Saitama. Mr. Kimsroy also visited "Hirado-no-Iwaba," a training place, near Higashi-Agano station.

### "Learn More About Cambodia and Cook and Eat Cambodian Food"

On September 6th, the ACN general meeting and "Learn More About Cambodia and Cook and Eat Cambodian Food" events were held at Chofu City Hall "Tazukuri."

The board of directors reported the changes to the board members' roles according to the articles of association and, as an NPO, reported the activities, closed accounts for the first term and set forth the plan for the second term. All were passed through the approval process.

#### The board members

NO.	氏名	役	職	在
1	浅井和英 Asai Kazuhide	代表理事	Chairperson	Nagano
2	安田至宏 Yasuda Yukihiro	副代表理事	総務	Yamanashi
3	伊藤明子 Ito Akiko	副代表理事	事務局	Tokyo
4	堀田圭子 Hotta Keiko	理事	会計	Tokyo
5	高木智子 Takagi Tomoko	理事	総務	Cambodia
6	有泉重正 Ariizumi Shigemasa	理事	総務	Tokyo
7	榎澤健治 Kurumizawa Kenji	理事		Yokohama
8	才原明男 Saihara Akio	理事		Saitama
9	嶋志田智也 Kamoshida Tomoya	監事		Tokyo
10	吉富明 Yoshitomi Akira	監事		Fukushima

Following the meeting, we had the "Learn More About Cambodia" event. An ACN member introduced the climbing wall in Siem Reap by showing pictures and movies, and Mr. Kimsroy and Channy answered the participants' questions.

We moved to the kitchen and 22 people of all ages, from an infant to a woman in her 80's, enjoyed cooking and eating Cambodian food together.

Papaya salad

Tunka soup



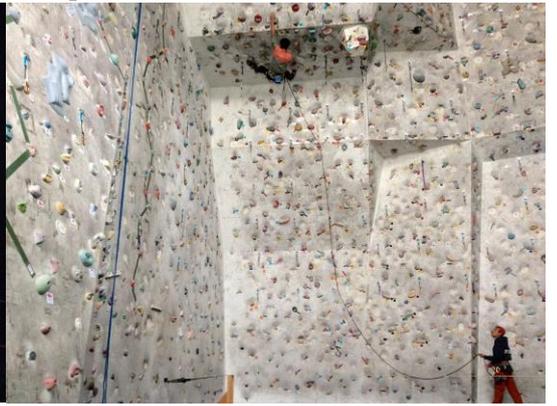
Channy, the trainee, practiced at 12 artificial climbing walls in Nagano, Kanagawa, Saitama and Tokyo. Many businesses and associations offered their climbing wall facilities for this practice.



Nagano Art Wall Climbing Center



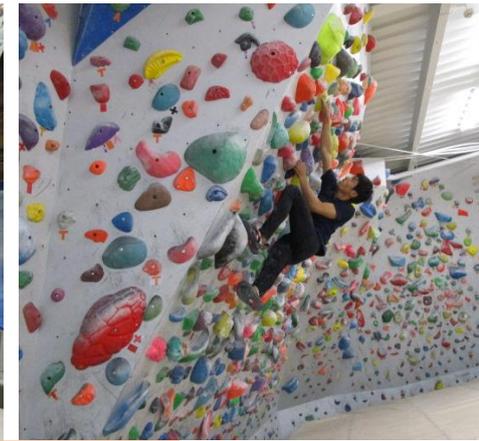
Chino City Fire Station



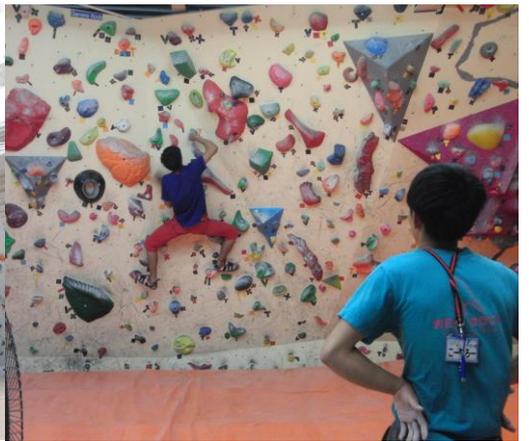
Sakudaira Rock Climbing Center



Climbing Gym Big Rock in Hiyoshi



Hangout in Shibazaki



West Rock in Nishi Chofu.

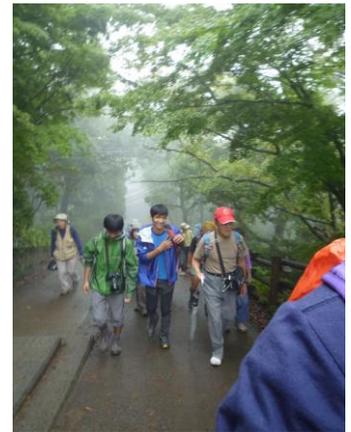
On September 20th, the Children's Climbing School was held at Ogawa-Yama.



Pictured on the left: Most children came from Nagano and Yamanashi Prefectures.

Channy took good care of the children in order to learn how to guide Cambodian children at natural climbing walls in Cambodia.

On September 27th, Channy went hiking at Mt. Takao with members of JMA-Tama Salon.



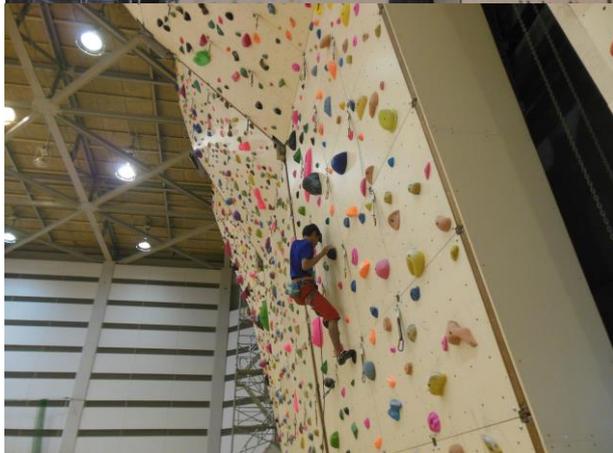
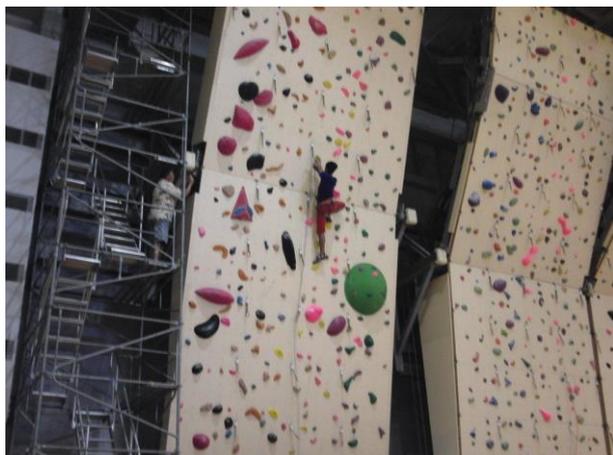


Channy climbed up the sixth route along the stream, down the first route and enjoyed the natural beauty. He also learned the history of Japanese mountaineering at the 599 Museum.



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On September 29th, Channy participated in Eastern Saitama High School's climbing competition



Channy achieved a result that would merit 4th prize, and was supported with lots of cheering from students and teachers at the Kazo City Gymnasium. He experienced the tense atmosphere of the climbing isolation room for the first time.



## Global Festa Japan 2015 at Odaiba on October 3rd and 4th



ACN participated in the "Human Rights and Peace Zone" in the Global Festa 2015 and operated a free climbing wall experience. It used a scaled-down version of the Angkor Climbing Wall in Siem Reap, which was lent free of charge, thanks to Pyramic Japan Co. Ltd.



Over two days, 97 adults and 172 children enjoyed the climbing wall. Since the weather was fine and the location of our tent was good this year, we had a lot of visitors to our booth. Thank you for coming!

## The Lotus Cup was held on July 5th, 2015 (Competition in rainy season)



We named the competition held during the rainy season "Lotus Cup" last year. In this season in Cambodia, lotus flowers bloom beautifully in ponds.

Since climbers tend to lose interest in training at the Angkor wall with its simple roof during rainy season, which lasts from May to September, we held an in-group competition. Children are interested in books about climbing techniques.

## Top-Rope



## Lead

## Bouldering - Ten routes for men and women



For the competition, Mr. Yuichi Wakae, a volunteer specializing in route-setting, taught ACN-Cambodia staff how to maintain bouldering walls and set routes. He made 10 routes for men and another 10 for women. Seven girls from Khvien Junior High School, who started climbing at the AW this year, participated in the Top-Rope competition for the first time

We did not intend to award prizes at first, but there were a lot of presents from donors, so all the participants could receive prizes.

Pictured: All competitors with Mr. Ito (ex-chairperson). This is the last picture of Mr. Ito with all the participants and staff taken before he passed away.



The winners of each class could choose their prizes first.

## ・ Starting the 5th Angkor Cup & Workshop

As Pchum Ben, the Cambodian Buddhist Festival, was over and the rainy season has ended, we are getting ready for the workshop and the Angkor Cup.

The schedule:

On Sunday, November 1st, we will hold a workshop for children and elementary, junior-high, and high school students in Siem Reap.

On Sunday, December 13th: Angkor Cup, Top-Rope, Lead

On Saturday, December 19th: "Bouldering Babes" Climbing Clinic

**Bouldering Babes Climbing Girls Run the World Tour**

<http://boulderingbabes.com/climbing-girls-run-the-world-tour/>

On Sunday, December 20th: Angkor Cup Bouldering competitions for women

For these events, four board members and volunteers are planning to visit Cambodia. Some climbers from Laos and Phnom Penh and a climber from the Climbing Gym in Chofu, Japan, will also come to the competition.

Also, an American Women's Climbing Group from New York is going to hold a climbing clinic at Angkor Wall, after they saw our website. They are touring many places in order to empower women through climbing. We are looking forward to having them.

### ・NPO法人としての会員は現在36名、会員として継続的な支援をお願いします

ACNへ入会をご希望の方は、随時下記宛て、郵送、メール、電話、Faxのいずれかでお知らせください。一般個人会員の年会費は¥5,000です。事業年度(7/1~翌年6/30まで)に対応して納入をお願いしています。みなさまの支えがカンボジアの青少年の、健全な成長を継続する確実な助けになります。

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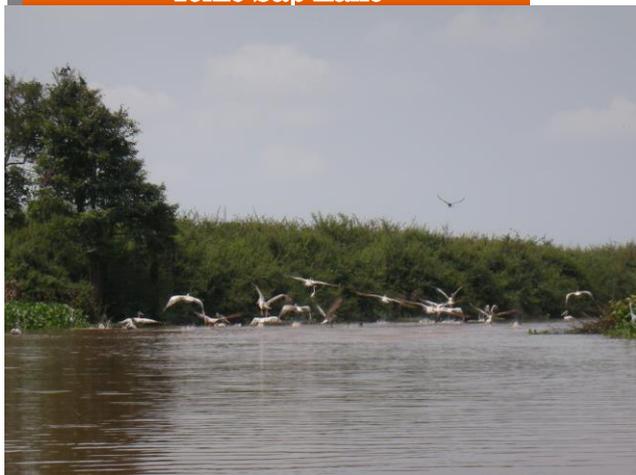
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## Tonle Sap Lake



The founding members of ACN started climbing in Mt. Kulen, a holy mountain where the first king of the ancient kingdom of Khmer was said to have ascended the throne. Areas where land

↑ mines are still buried are being developed for tourism.

In addition to Angkor Wat, another Cambodia treasure is the nesting habitats of some species of birds which appear in the dry season starting from February.

## Phnom Kulen



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寄付・寄贈について

※写真、地図、イラストはすべて ACN  
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## Editor's note

In the last column, we reported Mr. Hem Thon's sudden death. He worked hard to found the Cambodian Climbing Federation. This time, we have to relay some more sad news. Mr. Ito, the founder of ACN, passed away on August 12th after two years of fighting his illness.

He was hospitalized in February, but thanks to a fourth-generation anticancer drug, he briefly recovered and published News Letter 16. He visited Cambodia twice in April and July, but finally, his strength gave out. We are all very grateful for his legacy. I would like to thank all of you for your kind support.

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