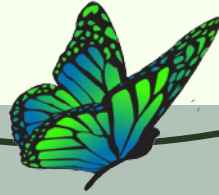


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# Thank You For Subscribing!



I am extremely delighted that you are here with us through this journey. I really did enjoy the first year of blogging, self discovery, and new learnings. I am hoping that the articles and blogs you have been reading from journey4us have been helpful in some ways to achieve...

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## JOURNEY4US MAIN FOCUS

HAPPY



HEALTHY



HARMONY



## ENVIRONMENT

Let me walk you through the first year of Journey4Us and tell you more about future plans and projects that we can all look forward to.



JOURNEY4US STARTED WITH DESIRE TO DISCOVER THE UNKNOWN



"one day I just decided to give  
blogging a whirl"

teriz@journey4us



Many of you probably know me personally and have heard how I started journey4us. Yes, basically, I am a human being filled with positive energy and passion with what I love most, writing and teaching. Let me tell you exactly how this all started.

My love Chris, knew that I am used to be extremely busy. Being busy for me is like a fuel that gets me going. I don't feel good not having too much tasks to do. I am grateful that he got to know the real me. When staying indoors was announced due to Covid 19 last 2020, that was the time my love supported me with what I was trying to raise. I was like a baby crying, saying "I want to try blogging out". Since my love is that supportive and loving, he immediately said, "YES". We started paying bluehost and wordpress to get my plan started. It was then Journey4Us was launched, during the Covid19 Pandemic.

Along the way, I experienced challenges that were way beyond my capacity and intellect. I faced terms that I didn't understand, discovered apps, and encountered too many web design technicalities that were way beyond my imagination. I thought I would quit, however; I then discovered that I enjoy learning and knowing the unknown. Being exposed with factors behind the curtains of the internet is amazing. I get satisfaction from solving issues I faced; and knowing that, I am learning something new.

To cut the story short, I am extremely grateful that I didn't give up along the way and the big part of me continuing is you. Yes! You being here, reading the contents of journey4us is what keeps me going. Thank you so much!

^^Teriz

PLEASE CONTINUE READING TO SEE WHAT LIES AHEAD US ALL...



[www.journey4us.com](http://www.journey4us.com)

GROWING TOGETHER



## QUICK MESSAGE ABOUT JOBS.JOURNEY4US.COM

If you are not aware yet, journey4us manages a facebook group with 30 thousands active and legit members in Cambodia. This group is called Jobs and Best Deals in Cambodia, and has been serving for eight years by posting jobs available for FREE. I have then decided to grow the scope of this group by adding the "best deals" category, so other businesses can be catered as well in the said group. I am inviting you to come check out the group if you have jobs and best deals that you want to post.

### IMPORTANT DATE TO REMEMBER 22, JUNE 2021

JOURNEY4US 1ST YEAR ANNIVERSARY  
JOIN US FOR SOME VIRTUAL FUN OVER OUR FACEBOOK  
PAGE



### SPECIAL THANK YOU TO THESE PEOPLE WHO TOOK PART IN OUR FIRST BLOGGING ADVENTURE:

- Ms. Yanne Derla- Author of "A Mother's Unprecedented Battle"
- Ms. Melody Manual – Author of "Melody Manual's Covid 19 Journey"
- Ms. Maria Victoria De Leon – Author of " A Mother's Story of Emptiness to Fullness"
- Ms. Glaiza Abong – for her insights about Covid 19- " Psalmthing Special with Cousins' Journey"
- Ms. Jeza Chakiton- Author of " Alright I Admit it!"
- And to all followers and likers that we have gained during the entire first year of our journey
- Definitely to my Love Chris for everything he does and to my FandT who allow me to do this

*Thank you!*



[www.journey4us.com](http://www.journey4us.com)

# THANK YOU!

Journey4Us would love to thank our affiliated companies, brands, and people for the year 2020-2021:

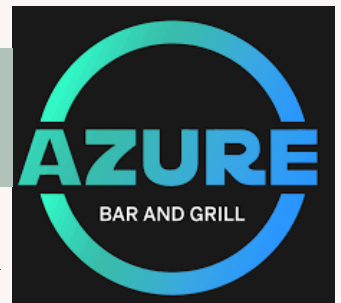


## NHAM 24 SUPER APP IN CAMBODIA

- the most reliable food delivery, parcel pick up and delivery, and transportation app. Download it now, and use **Promocode TERIZ** to avail 3\$ discount on your first order

## AZURE BAR AND GRILL

- a large open-air restaurant with plenty of space for social distancing, Casual restaurant and cocktail bar - great value high quality food and drinks and unique open air setting in the heart of Phnom Penh's Toul Tom Pong (Russian Market)



## THE MILLE CREPES STORY

- the best maker of hand-made 18 layers mille crepes
- made to order and all made layer by layer by heart



SANUK brand

## SANUK CAMBODIA STORE

- celebrate comfort and inclusive styling with pride
- experience the comfort these shoes can give you

## SMILE FOR YOU AND ANITGONA COSMETOLOGY

- for beauty and relaxation
- for teethwhitening
- the most reliable beauty clinic in Cambodia



[www.journey4us.com](http://www.journey4us.com)

# THANK YOU!

Journey4Us would love to thank our affiliated companies, brands, and people for the year 2020-2021:



Helen Keller

## HELEN KELLER

- eyewear shop with fashion and elegance
- get your eyewear and meet a friend as a bonus

## TRATTORIA BELLO

- the best pizza place to go to in Cambodia
- the friendliest restaurant owner ever



FORCAST

## FORCAST

- the best place to go for the most elegant and exquisite clothes and dresses a woman can have



LENS GO

## LENS GO MICROPHONE & MY CAM STORE CAMBODIA

- the best choice brand for microphones
- the most reliable shop in Cambodia for your gadget and technology needs



# THANK YOU!

Journey4Us would love to thank our affiliated companies, brands, and people for the year 2020-2021:



**BAITONG**  
*Hotel & Resort | Phnom Penh*

## BAITONG HOTEL

- the best place for staycation and relaxation
- perfect for family and business meetings
- oasis in the city
- best maintenance against Covid 19

## UCARE PHARMACY

- the pioneer professional pharmacy in Cambodia
- pharmacy with helpful staff



**168 Jewelry Shop**

## 168 JEWELRY SHOP

- for the best jewelry and fashion needs
- friendly customer service agents



## ROYAL MART/ TROLLY DELIVERIES

- the best online app for online groceries in Cambodia
- supermarket in the heart of Russian market that has the friendliest staff

## TROLLY DELIVERIES

GROCERIES



[www.journey4us.com](http://www.journey4us.com)

THANK YOU FOR JOINING US ON OUR FIRST YEAR!

Your suggestions are highly appreciated!



As my way to express my sincere thank you, I am giving you away a FREE RECIPE of our Phnom Penh Plant Based signature LENTIL SOUP. If you happen to give it a try, please dont forget to tag us by using #journey4uscooking



Journey4Us is looking for some social media influencers. These people will help me in disseminating information and sharing articles daily on the web. Perfect for people looking for some freelance job along side. Training and orientation will be given.

FOR ANY QUERIES AND BUSINESSES YOU KNOW HOW TO REACH US:

Search for Journey4Us in all these apps and you will see us:



TERIZ@JOURNEY4US



*Visit us now!*

*This is Teriz, sending you warm appreciation for joining us on our first year journey. Thank you so much!*



UNTIL NEXT NEWSLETTER

[www.journey4us.com](http://www.journey4us.com)



#JOURNEY4USCOOKING

# Lentil Soup



THERESSE GEDORIA



## INGREDIENTS:

- 400 gms yellow lentils
- a stalk of celery
- onions
- garlic
- rosemary
- spring onions
- sunflower oil

# Lentil Soup

## PREPARATION:

- inspect and wash lentils
- cooking time is longer for whole lentils than split ends
- mince garlic and onions
- cut and dice fresh rosemary leaves

## THE COOKING PROCESS



### PART 1

- bring a litre of water to boil in a large soup pot
- chuck all your lentils in the pot
- watch and stir if necessary
- make sure it wont dry
- estimated cooking time : 15–30 mins for whole lentils/5–10 mins for split ends lentils

### PART 2



- while part 1 is happening part 2 is done along side ( multi tasking )
- in a smaller soup pot, heat sunflower oil over medium heat
- add onions, celery and rosemary
- add garlic after about 2 mins
- add salt and pepper
- you may also add some herbs like bay leaf, oregano, and basil
- cook for 2 minutes and your seasoning is done
- estimated cooking time: 5–8 mins

The amount of herbs and spices, really depends on you. Be creative and explore! Just make sure your soup don't dry up!



### PART 3

- once part 2 is done, add all that seasoning into your big pot/part1
- bring fire into low
- slowly and nicely stir the lentils and seasoning
- taste and adjust if needed
- add some water or not depending on your liking
- stir, cover your pot and stop cooking
- garnish with rosemary and spring onions
- serve with healthy bread



Enjoy with family and friends. Stay Healthy!

#journey4uscooking

"Only the pure in the heart can make a good soup"

—❤️— • Ludwig Van Beethoven • —❤️—

