

# TRAVEL TIP

## CAMBODIA



### ○ LANGUAGE

Khmer is the official language. English and French are popular second languages.



### ○ PASSPORT AND VISA

A passport with more than 6 months of validity remaining is essential. Apply for visa on arrival.



### ○ CURRENCY

The local currency is the Riel. US dollar is widely accepted.



### ○ TIME ZONE & WORKING HOUR

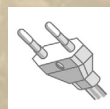
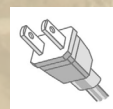
Local time is GMT + 7 hours.



### ○ ELECTRICITY

Electricity in Cambodia is 220V, and most sockets accommodate plugs with two flat pins.

The following plugs are used:



### ○ TRANSPORTATION

Tuk-tuk (a canopied trailer hitched to the back of the motorbike) is easily found and widely used by travelers for sightseeing. Public bus and metered taxi are available in main cities but not very popular.



# ETIQUETTE

## DOS

Ask for permission before taking photographs of any Cambodian people or monks.

Remove your shoes when entering a place of worship such as a pagoda/ temple when entering someone's home.

Dress properly when visiting worship places

A respectful way of greeting another individual is to bow the head slightly with hands pressed together at the chest (known as "Sampeah").

Use both hands or right hand to give or to accept something from Cambodian people.

Cover your open mouth when using toothpick, sneezing, coughing, and yawning

## DON'TS

Don't use your feet to point at someone

Don't touch a Cambodian person on the head

Don't begin eating if you are a guest at a dinner and the host has yet to take a bite

Women should never touch male monks or hand something directly to them

Keep public displays of affection to a respectful minimum

Don't buy any wild animal products from villagers or support any manner of wild animal abuse



# BEFORE TRAVELING

## PACKING LIST

Light clothing made from natural fibers is the best clothing for the region. Warm clothing is needed for the months of December and January, and a light jacket is often necessary in the lowlands. Warmer clothing may be needed if travelling in the highlands. Most towns have markets where you can buy a warm jacket for a fraction of the price you would pay at home.

## HEALTH REQUIREMENTS

There are no officially required vaccinations. Travelers are advised to check with their doctor or travel immunization clinic regarding the advisability of inoculation against typhoid, tetanus, hepatitis A & B and malaria. It is recommended that all travelers take out comprehensive Personal Travel Insurance to cover personal belongings, or in case of an accident or illness, etc.

## CLIMATE AND WEATHER

Cambodia has a tropical climate that is warm and humid. In the monsoon season, abundant rain allows for the cultivation of a wide variety of crops and the year round tropical climate makes Cambodia ideal for the tourism industry.

Check out the link below for detailed information on the climate in Cambodia:

<https://www.vietnamstay.com/best-time-to-visit-cambodia>

## CUSTOMS AND FORMALITIES

Every passenger has to complete an immigration form and a separate customs declaration form for submission upon arrival. Any amount of foreign currency can be brought into Cambodia but the amount of local currency (Cambodia Riel) must not exceed 100,000 riel per person.



# WHILE TRAVELING

## SAFETY

Ostentatious displays of money, jewelry, luggage, and dress can encourage the wrong type of attention. When travelling, be aware of where your luggage is at all times - particularly your hand bag, camera, etc. Do not leave them unattended or hanging on the back of chairs in restaurants. Petty theft is also common on crowded trains, buses, and at supermarkets.

Importance: You should take good care of all your belongings first, and do not always rely on your escorted guides or drivers as their duty is not to take of your belongings during the trip; but to help you to go and well understand the destinations. Lost items are not always found by local policemen as the report procedures are quite complicated and take time. In case of any loss, do not claim your local agent or tour operator as they are not involve in this matter. They may try to help you as much as possible so that you can claim to Insurance Company if it is the case. Local operators are not responsible these losses.

## CURRENCY, EXCHANGE & ATM

The local currency is the Riel, although the US dollar is widely accepted throughout the country and in all major markets. In recent years the rate of exchange has been floating at around USD1 = 4,000 Riels. Some popular Riel denominations include: 500, 1000, 2000, 5000, 10000 notes.

## WORKING HOUR

Local time is GMT + 7 hours. Most business offices are open from 8:00 a.m. to 12:00 p.m. and from 1:00 p.m. to 5:00 p.m., Mondays through Fridays. Banks generally operate from 8:00 a.m. to 3:00 p.m.





## DOMESTIC FLIGHTS & AIRPORT TAXES

For International departures: US\$25 from Phnom Penh; US\$25 from Siem Reap. For domestic flights: US\$6 from Phnom Penh to Siem Reap and US\$6 from Siem Reap to Phnom Penh.

## INTERNET

It is easy and cheap to access the Internet and emails in Cambodia. There are a plenty of internet cafes and many are open until late at night. Currently the charge is between 50 cents to 1 USD per hour, and falling.

## POST AND TELECOMMUNICATIONS

There are two gateways for international telephone access from Cambodia by dialing 001 or 007 followed by the country code and the phone number.

There are also four cellular phone service providers offering convenient communication via the GSM system, therefore many citizens now carry mobile phones. International Direct Dialing (IDD) calls and faxing are also available.

## FOOD AND DRINKS

Phnom Penh, Siem Reap, and Sihanouk Ville are three special places for connoisseurs of Khmer food. Rice and fish, together with an array of herbs, sauces, and spices, are the typical Khmer cuisine. Curries and soup with beef, pork, poultry, and seafood can be bought from vendors along the streets. Cuisine from all over the world is also found in Cambodia with over 100 restaurants such as European, American, Mexican, Indian, Chinese, Japanese, Thai, Korean, Vietnamese and many others, so visitors will be able to have many choices here.

## SOUVENIR

The Krama (a traditional cotton scarf) is one of the most popular, typical Cambodian souvenirs. This multi-purpose garment, similar to a sarong, is used for bathing, cleaning, protection from the sun and many other purposes in the Khmer life. It is also one of the national symbols that distinguishes the Khmer people from their neighbors. Both cotton and silk Krama are available throughout local markets and souvenir shops. Ask the seller to demonstrate the proper way to wear the Krama so that you may carry and wear it yourself while sightseeing for a more elegant and traditional look.

## TIPPING

Gratuity is a prime motivator for tour guides, as well as a major source of their income and therefore are commonly expected in the travel industry of Southeast Asia in general.

If you are pleased with the services provided by your tour guides and drivers, then a tip for their hard work and being away from home will be very much appreciated. Tips are expected by hotel, boat and restaurant staffs also.

All suggested tips below are quoted in U.S. dollars; tips can be converted and paid in local currency or in U.S. dollars (do not use coins, personal or traveler's check for tips). Of course, whether you tip, how much you tip, and how you tip is always at your own discretion.

### Tour guides and drivers

The following gratuity guideline is introduced solely for the convenience of our travelers.

US\$04-06/guest/day for local (city) guide

Normally, drivers expect to receive half of the guides'

For biking/trekking trip: as guide and driver work harder than on regular cultural tours, you may consider tipping more in addition to the above tipping guidelines.

### Hotel & Restaurant staffs

Most hotels and restaurants levy a 5% service charge, but this may not go directly to the staff. A tipping of 5-10% of the total bill is appreciated. If you stay a couple of days in the same hotel, try to tip the hotel cleaner, possibly US\$2-3/day/room. For hotel porters, US\$1-2/time/room is appreciated by those who have escorted you to your room and/or delivered your baggage.

### Boat Cruise staffs

If you travel on a local basic boat, a suggested tip from US\$1-2 per guest.

For an overnight boat trip, the suggestion is US\$20-50 for the entire boat cruise team depending on group size, or US\$3-5 per passenger.

