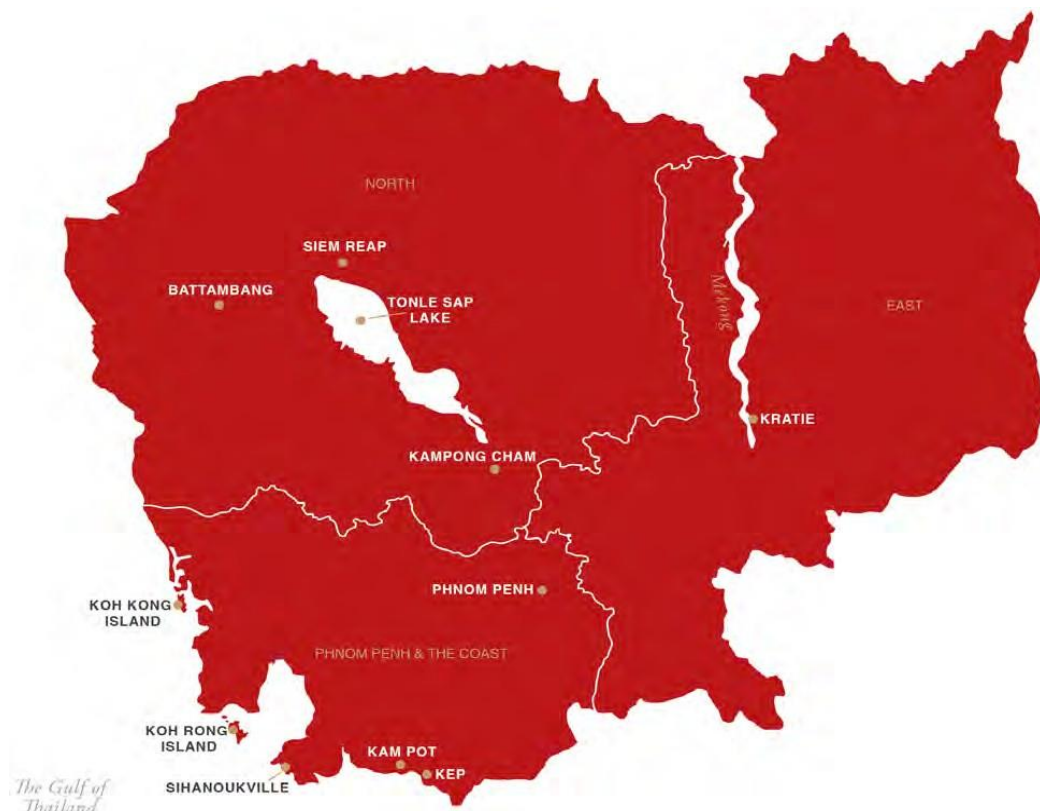


CONICAL

TOUCH THE INCREDIBLE

CAMBODIA: Pre-departure Information



ABOUT CAMBODIA

Present day Cambodia is the successor state to the mighty Khmer empire which once ruled vast swathes of land across what is now Laos, Thailand and Vietnam. The remains of this empire can be seen at the fabled temples of Angkor – monuments that are unrivalled in scale and grandeur anywhere else in Southeast Asia. The country covers a land area of 181,035 sq-km. It is bounded in the west by Thailand; the north by both Thailand and Laos; the east by Vietnam and in the south by the Gulf of Thailand. Administratively, the country is composed of 24 provinces, 26 municipalities, 159 districts, 1,633 communes, and 14,221 villages. Cambodia's two dominant topographical features are the Mekong River and Tonle Sap Lake.

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COUNTRY NAME:

The Kingdom Of Cambodia.

CAPITAL:

Phnom Penh (South of Cambodia)

AREA & POPULATION:

181,035 KMsq. The population estimated in 2019 is **16.3 million persons.**

CALLING CODE:

+855

ELECTRICITY:

Cambodia uses **220V** and a mixture of flat two-pin, round two-pin, or three-pin plugs. It is recommended to bring a universal plug adaptor. Power outages happen occasionally but most hotels have their own generators to provide an emergency power source.

WATER:

It is not safe to drink tap water but purified bottled mineral water is available everywhere. All hotels provide a complimentary bottle of local mineral water per person in the room. Ice cubes in drinks are generally okay in good standard hotels and restaurants, but it is best to avoid them on street stalls or in the countryside. Some minor stomach problems are always possible when travelling in exotic countries, so bring a supply of your usual anti-diarrhea medicine.

CURRENCY:

The currency of Cambodia is the **Riel (KHR)** but there is no need to change your money as the US dollar is widely accepted across the country. Please be aware that

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ripped, torn, or old dollar bills will not be accepted. ATM machines that supply US dollars are widespread.

DRIVING:

Right hand side.

RELIGION:

Buddhism is the dominant religion in Cambodia with nearly 97% of the population followers of this faith. **Islam** is practiced by a small percentage of the population (about 2%), mainly the Cham people resident near the border with Vietnam.

Christianity and **Hinduism** account for less than 1%.

LOCATION:

Cambodia is bordered in the west by Thailand; the north by both Thailand and Laos; the east by Vietnam and in the south by the Gulf of Thailand.

TIMEZONE:

Cambodia is **GMT+7** and does not operate a daylight-savings system.

PLACES TO VISIT:

The most popular must-see destinations in Cambodia are: **Phnom Penh; Angkor; Koh Ker; Sihanoukville; Kratie; Kampot; Battambang; Kep** ...etc

If you are a nature & wildlife fan or an adventure seeker who would like to hide away from mass tourism, it is recommended you pay a visit to: **Mondulkiri; Koh Rong Samleom; Cardamom Mountains; Preah Vihear; Otres;** ...etc

AIRPORTS:

The country has two international airports: **Phnom Penh International Airport** and **Siem Reap**. Both of these are served by flights from neighboring Asian destinations although the airlines flying the route change often. When coming from America,

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Australia, or Europe, it is usually best to book a flight to Bangkok or Singapore and make your travel arrangements for the short distance to Cambodia from these larger flight hubs.

ARRIVAL / DEPARTURE INFORMATION:

The majority of visitors to Cambodia require a **visa** to enter the country and all must have a passport that is valid for **6 months** after their planned exit date from the country. Most nationalities are eligible for a visa on arrival at Phnom Penh and Siem Reap International Airports without prior registration. **Visa on arrivals** are valid for 30 days.

Electronic Visas are available through the Ministry of Foreign Affairs and International Cooperation's website: <http://www.mfaic.gov.kh/evisa/> with a processing time of three days. The applicant must email a scanned copy of their passport and a US dollar fee paid by credit card. They will receive an emailed visa, which they must print out and bring with them on their journey to Cambodia. Most border crossing immigration points accept e-visas, however it is recommended to double check beforehand. The International departure tax is now included in the airfares and there is no need to pay any tax upon departure from Cambodian Airports. To check up-to-date costs, please access: <http://www.mfaic.gov.kh/evisa/>

SAFETY

Despite its turbulent past, Cambodia is a **safe country to visit**. However, theft and bag batches do occur so never leave your bags unattended and always maintain a firm grip on cameras and shoulder bags. Be careful when riding motorcycles, remorks/tuktuks as bags are easily snatched from front baskets. Leave your expensive jewelry at home and always use hotel safety deposits boxes or in-room safes for your valuables.

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BUSINESS HOURS:

Offices are usually open from Monday to Saturday, from **7.30 AM** or **8 AM** until **5 PM**, and often close for lunch between **12 PM** and **2 PM**. Shops open early and close any time between **6 PM** and **10 PM**. Most shops are open seven days a week.

BANKS:

Banks are open Monday to Friday, from **8 AM** to **3 PM**, and Saturday morning until **12 PM**. In the major cities, exchange bureaus and most hotels will change US dollars – although for other currencies it is usually necessary to visit a bank. The banks generally offer the best rate of exchange. Traveler's checks can be exchanged at banks and some hotels but they can be difficult to change outside of the major cities. Also, a commission applies (around 2% - 5%). Very few shops, hotels or restaurants accept traveler's checks. **Visa Card** and **MasterCard** are accepted in most hotels, restaurants and shops in Phnom Penh and Siem Reap. **US dollars** are still the most reliable form of currency to carry. It is advisable to carry small denominations of dollars to pay tuk-tuk drivers and vendors who may not have small change.

CLOTHING:

Due to Cambodia's tropical climate, we recommend **light cotton clothing** in order to remain comfortable while out and about during the day. Smart casual is the attire for the evening (Some hotels and higher-end restaurants impose dress codes so it is always best to check in advance with your Conical Travel guide). It is advisable to cover arms and legs in the evenings to protect against mosquito bites. An umbrella is a good idea in both the hot and rainy seasons as it will offer protection from the strong sun and the tropical downpours. Tourists should respect a dress code to enter temples and palaces which are sacred places. Visitors should not wear the following when entering these places: sleeveless shirts; sportswear; tights / leggings; shorts; short skirts; three-quarter length trousers; flip flops / sandals without a strap behind the heel; swimwear / beachwear; and shirts with offensive texts or images.

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CUSTOM ALLOWANCES:

The following goods may be imported into Cambodia without incurring a customs duty:

- ✚ 400 cigarettes, or 100 cigars, or 400 grams of tobacco;
- ✚ 2 liters of wine;
- ✚ 300 ml of perfume;
- ✚ Medicines for personal uses.

DOS & DONTs:

Dos:

- ✚ Ask for permission before taking photographs of Cambodian people or monks.
- ✚ It is customary to remove your shoes when entering a place of worship such as a pagoda or a temple, as well as someone's home.
- ✚ Though not always expected, a respectful way of greeting another individual is to bow the head slightly with hands pressed together at the chest (known as the sampeah).
- ✚ If invited to dine in a Cambodian family's home, it is polite to bring a small gift for the host such as fruit, dessert, or flowers.
- ✚ If invited to attend a Cambodian wedding, it is customary to bring cash as a wedding gift.
- ✚ Keep business cards ready, and present them with both hands. Accept business cards with both hands.

Donts:

- ✚ 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.

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ENTERTAINMENT & NIGHTLIFE:

Bars and restaurants are plentiful in the major tourism destinations of Phnom Penh and Siem Reap. These range from cheap and cheerful beers bars to smart cocktail lounges. Phnom Penh also has an emerging sophisticated night club scene.

In Phnom Penh, the bar and restaurant venues on the popular riverfront area offer a laidback charm with cooling breezes.

Most major hotels offer entertainment, with properties in Siem Reap especially good at hosting traditional dance performances during the high season. Gambling is a major pastime in Cambodia and there are casinos in Phnom Penh, Sihanoukville, and on the border with Thailand.

FOOD:

Generally, the food in Cambodia is not as spicy as the cuisines of Thailand or Laos but it is flavored heavily with herbs. Fish and rice are the mainstays of Cambodian cuisine. The country has the benefit of a complex river system that feeds South East Asia's largest freshwater lake, plus a coastline famous for its shrimp and crab. **Prahok**, a mainstay of Cambodian cuisine is a fermented fish paste that nourishes the nation. **Amok**; fish-and-coconut milk steamed in a banana leaf is also a core dish on dinner tables. Meals in Cambodia usually consist of three or four different dishes, reflecting the tastes of sweet, sour, salty, and bitter. A legacy of former French colonial occupation is authentic Gallic cuisine at a fraction of the cost in the European country. Phnom Penh, Siem Reap, and Sihanoukville all attract a large volume of Western and Asian visitors and this is reflected in the wealth of global cuisine that is widely available in these major tourist destinations, including American fast food (in the capital), Italian pizzas and pasta, British fish and chips, German meat dishes, Japanese sushi, and spicy Thai specialities. As in all of the countries that Conical Travel operates in, international brand hotels have food outlets that cater for all tastes.

HEALTH:

No vaccinations are required prior to entry to Cambodia except for yellow fever if travelling to an area where the disease is present. It is advisable to be inoculated against typhoid, cholera, hepatitis A & B, tetanus and polio. **Malaria** and **Dengue**

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Fever are present in the country and it is advisable to take precautions, especially if traveling off the established tourist trail.

HOTEL INFORMATION:

The standards of accommodation across Cambodia are excellent and diverse with options for all pockets. Most staff at key positions (front office, reception, restaurants etc.,) speak excellent English, but please be patient if you do not get what you want right away. During check-in you will be requested to complete a registration card. The hotel may ask for an imprint of your credit card as a guarantee for extra purchases. Ask the cashier to return this slip upon check out. Please check that you receive meal coupons (where applicable) with your room key. Many hotels do have a hotel directory inside each room where all facilities are described. Reception desks are usually open 24 hours. For Internet connections please check with reception for login requirements, (extra costs may apply). General check-in time is from **2 PM** and check out time is **12 PM**. If you require a late check-out (extra costs may apply) please check with reception.

INSURANCE:

Medical facilities are limited in Cambodia, especially outside of the capital Phnom Penh and the popular tourism destination of Siem Reap. It is therefore essential to take out a good medical insurance policy prior to travelling. The policy should cover the cost of an evacuation flight out of Cambodia. For adventure excursions such as cycling tours, proof of purchase of a travel insurance policy is usually required.

INTERNET:

Internet access is widely available in every major city in Cambodia. In Phnom Penh and Siem Reap there are many Internet cafes and most mid-range / higher-end hotels offer Wi-Fi.

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PUBLIC HOLIDAYS:

Closure of tourist sites can occur at short notice on public holidays and our Conical Travel guides will give guests advice about this situation.

PUBLIC TRANSPORTATION:

Getting around the bigger cities is easy, especially in the tourist hotspots of Phnom Penh and Siem Reap. The following forms of transport are available:

- ✚ Car hire: Car hire can be arranged through Conical Travel.
- ✚ Taxis can be hired in Phnom Penh only. They are not all metered so the price may have to be fixed in advance
- ✚ Motodops (motorcycle taxis) are an efficient and inexpensive way to get around. Given the predominant use of motorcycles for urban public transportation, travelers should ensure that their insurance policies provide cover for potential accidents.
- ✚ Other popular means of transportation are remorks - a motorcycle with a cabin attached to the rear.

SHOPPING:

Cambodia is a great place to buy unique items such as silks, woodcarvings, rattan weavings and the krama, the traditional Cambodian scarf. The krama is one of the most popular Cambodian souvenirs and is similar to a sarong and can be used for bathing, cleaning and protection from the sun. Phnom Penh and Siem Reap have an abundance of local markets that offer great souvenirs. Our Conical Travel guides can offer advice on the best places to buy holiday purchases. Although the larger cities have supermarkets and gift shops, huge, glitzy shopping malls, like those found in Bangkok, Singapore and Hong Kong, do not exist – but that is one of the attractions of a country that offers something different from the more developed countries in South East Asia.

TIPPING:

Tipping for good service is not compulsory but is always appreciated. Tipping the guide and driver on your transfers and tours should depend on how satisfied you are with the

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excursion. As a common basis, \$ 10 – 20 USD per day for guide and \$ 5 -10 USD per day for driver would make them happy. Hotel porters should be tipped for carrying bags to the room. In other cases, it is totally up to the individual when and how much to tip.

WEATHER:

Cambodia has two distinctive weather patterns: **rainy from June to October**; and **dry from November to May**. The hottest days of the hot season rarely climb above **35 C** (95F) and the cool season may push the mercury as low as **20 C** (68F). The monsoons between June and October follow the same pattern with clear mornings and rain for around one-to-three hours in the afternoon. Afternoon rains can make touring a bit more difficult but a big bonus is that the rains turn the jungle and rice paddies lush and green. The dry season can be very dusty, but it ensures treks through the jungle terrain are more manageable.

LANGUAGE:

English is widely spoken in the main tourist destinations across the country.

Cambodia's national language is **Khmer** and unlike other languages in the South East Asia region, it is not a tonal language. Outside the major centers of Phnom Penh, Siem Reap and the coastal tourism hot spots, most people speak only Khmer but it is usually easy to find someone who can communicate in English.

Some basic phrases:


Hello	: សួស្ដី។	[pronounced <i>suo sdei</i>]
Thank you	: សូមអរគុណ។	[pronounced <i>som arkuon</i>]
Sorry	: សុំទោស។	[pronounced <i>som tos</i>]
Goodbye	: លាហើយ។	[pronounced <i>lea haey</i>]


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