



CAMBODIA PRACTICAL INFORMATION

We are pleased to offer you herewith some useful tips and practical information on traveling in Cambodia.

COUNTRY PROFILE

Official Name:	Kingdom of Cambodia
Population:	15,2 million
Capital City:	Phnom Penh
Area:	181,035 km ²
People:	Khmer (90%), Vietnamese (5%), Chinese (1%) and other (4%)
Religion:	Buddhism
Language:	Khmer
Time Zone:	GMT +7 hours
International dialing code:	+885
Electricity:	220V AC 50 Hz
Driving:	Right hand side



BORDER CROSSINGS

Phnom Penh and Siem Reap are the two most common points of entry for visitors arriving to Cambodia by air. Arrival/departure procedures at Phnom Penh International Airport are in general easy and quite fast. Travelers can get a visa-on-arrival for USD 30, valid for 30 days (1 passport picture and a passport valid longer than 6 months are required). Khiri Travel offers "Fast track" services for an additional cost.



with Thailand

Aranyaprathet – Poipet

This is the common entry point when traveling between Siem Reap and Bangkok. Visa on Arrival is available or travelers can show an e-visa to reduce waiting time.

Hat Lek – Loh Kong

When traveling between the beaches of Sihanoukville and Koh Chang we often use this border. Visa on Arrival is available or travelers can show an e-visa to reduce waiting time.

Chong Jom – O Smach

This border point is the gateway between Thailand's Isan province and the Angkor temples of Siem Reap. There is an easy access between the border and Surin. From the border to Siem Reap however, implies a fairly bumpy ride.

Chong Sa Ngam – Anlong Veng

This is another border with Thailand's Isan province, but it is not used much and we won't recommend crossing this border point.

Ban Pakhard – Phsa Prum

This is the first border on the route between Pailin and Chanthaburi in Thailand.

Ban Laem – Daun Lem

This is the second border on the route between Pailin in Cambodia and Chanthaburi in Thailand.

with Laos

Veun Kham – Dom Kralor

This is a perfect border to use for travelers visiting both Laos and Cambodia. The border crossing connects Laos' 4,000 Islands and the rural northern area of Cambodia with places of interest like Kratie and the Irrawaddy dolphins, and the lush mountains of Monduliri.

with Vietnam

Kaam Samnor – Ving Xuong

This border connects Phnom Penh and Chau Doc by river.

Bavet – Moc Bai

The most used border between Phnom Penh and Saigon. Visa on Arrival and e-visa are ways to cross this border point.

Phnom Den – Tinh Bien

When coming from Kampot and Takeo in Southern Cambodia and traveling to Saigon in Vietnam, this border marks the shortest route.

Prek Cha – Xa Xia

You'll pass this border on the route between Kep and Ho Chi Minh City in Vietnam.

Le Thanh – O Yadao

You'll pass this border on the route between Ban Lung and Pleiku in Vietnam.

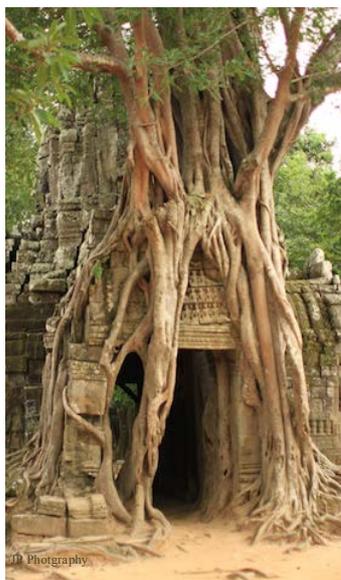
PASSPORTS & VISAS

A passport with at least six months validity is necessary. A visa is required for most nationalities and is available upon arrival at both Phnom Penh and Siem Reap international airports. A tourist visa costs USD 30 and a business visa costs 35 USD. Two passport photographs should be submitted with the visa application form. A tourist visa can be extended from one month to three and a business one can be extended indefinitely. Cambodia also enforces a departure tax to pay on domestic and international flight, which is included in the price of the flight ticket (Domestic: USD 6 - International: USD 25).

TRAVEL INSURANCE

Khiri Travel will do everything possible to ensure a safe and enjoyable trip. However, certain risks are involved and should be recognized by participants. Thus, we require all guests to purchase travel insurance prior to their trip. Travel insurance is a cost effective way of protecting yourself and your equipment in the





event of problems due to cancelled trips, delays, medical emergencies, baggage loss or damage. It also gives you peace of mind for your trip.

MONEY

The official currency is the Khmer Riel. American dollars are however widely accepted in Cambodia and even preferred in larger stores and supermarkets. Make sure you also have small dollar and Riel notes since these are more practical and economical for smaller, day-to-day items.

ATM's are widely available in Phnom Penh, Siem Reap, Battambang and Sihanoukville and they also give out US dollars. Out of these areas, however, there are no ATM's so it is recommended that you carry cash with you (in small notes as people may have difficulty in getting change).

Allow about USD 8-15 per meal for additional lunches or dinners not included in your tour price. You may also want to have some money put aside to try some local foods at the markets.

HEALTH

Before traveling to Cambodia, it is important to ensure that you have adequate protection against diseases. About two months before your holiday you should consult your doctor who will advise as to the whether you need vaccinations before you travel. These will vary depending on where you are planning on visiting. Bear in mind that there is a malaria risk in rural parts of Cambodia. In general, most visitors to Cambodia will require the following vaccinations:

- ✓ Hepatitis A and B
- ✓ Tetanus
- ✓ Typhoid
- ✓ Polio
- ✓ Diphtheria

CLIMATE

The climate in Cambodia can, roughly said, be divided into two different seasons: the monsoon (rainy) season (June to October) and the dry season (November to May). Actually there are four different periods throughout the year:

November – February: Cool and dry

March – May: Hot and dry

June – August: Hot and wet

September – October: Cool and wet

Maximum daily temperatures range from the high 20°C in January to more than 40°C in April. Daily minimum temperatures are usually no less than 15° C.

FOOD & DRINKS

Cambodian cuisine is similar to that of Thailand and Laos. There are also some local dishes to try. The overall consensus is that Khmer cooking is similar to Thai cooking but with fewer spices. Like all other Buddhist countries, vegetarian food is readily available in most restaurants. If you are a vegetarian, vegan, allergic to any foods or adhere to a special diet, please advise us prior to your trip so we can comply with your dietary requirements.

It is not advisable to drink tap water in any South East Asian countries. Bottled water is recommended but do check the expiry date before opening it. Ice is widely used in Cambodia and it is produced with treated water.

TIPPING & TAXES

Tipping is a personal matter, and travelers are encouraged to tip any amount they find appropriate. For your convenience we have included a tipping guide below; please however note that these amounts are suggestions.



We encourage our travelers to reward guides based on their performance:

- ✓ Meals (restaurants): average amount is USD 1
- ✓ Bellboy: average amount is USD 1
- ✓ Chambermaid: average amount is USD 1 per day
- ✓ Tips for guides are completely at your discretion, but here are some guidelines: USD 1.50 to USD 3 per day per person for guides (depending on group size), USD 1 per day per person for drivers

DONATIONS & GIFT-GIVING

Although there is a great amount of poverty in certain areas of Cambodia, please be careful when it comes to donations and gift-giving.

Do not give to begging children as it reinforces for these children that begging is an acceptable way to make a living. However in many places, it is considered acceptable to give to the elderly or disabled as there is no social security or other way these people can earn money.

Giving money and goods away to random individuals can result in the local communities acting like beggars. It accentuates an unequal relationship between locals and visitors, with tourists being seen as purely 'money givers'. We do not want to encourage the development of a society that equates every human action as potential money making scheme – for example paying to take photographs.

Do not give sweets to children in villages that we visit. Local people often have no access to dentists, nor can they afford them and again there is the issue of turning children into beggars. Pens, toothbrushes, clothing or other 'worthwhile' items are best distributed via a local charity, schoolteacher or community leader.

Avoid feeling that you necessarily have to give 'material' things. The best giving can be sometimes be shared interactions: a smile, a joke, a singsong, dance or playing a game. Giving something of your friendship, time and interest to interact with locals can be the best gift of all.

COMMUNICATION

Post is now routed by air through Bangkok, which makes Cambodia a much more reliable place from which to send mail and parcels. Telephone connections to the rest of the world are also widely available, however they aren't cheap. Numbers starting with 011, 012, 015, 017 or 018 are mobile phone numbers. Internet access is available in all major tourist places.

CULTURAL DIFFERENCES

Experiencing cultural differences is one of the joys of traveling, and it is important that these differences are encouraged and respected. Things in Asia are done differently compared to the rest of the world and we ask you to please accept the differences and respect the cultural rules of the areas we travel to.

Saving Face and Manners

- ✓ Getting angry and showing it by shouting or becoming abusive is extremely impolite and a poor reflection on you. In addition, it is unlikely to achieve much.

General Points of Etiquette

- ✓ As in Thailand, it is improper to pat children on the head.
- ✓ If you would like someone to come over to you, motion with your whole hand held palm down - signaling with your index finger and your palm pointed skyward may be interpreted as being sexually suggestive.





- ✓ When using a toothpick, it is considered polite to hold it in one hand and to cover your open mouth with the other.
- ✓ When handing things to other people, use both of your hands or your right hand only, never your left hand (reserved for toilet ablutions!).
- ✓ Public displays of affection are considered to be quite offensive in Cambodia – definitely no kissing! It is also extremely rare to see couples holding hands. On the contrary it is quite common to see friends of the same sex holding hands.
- ✓ It is polite to remove your shoes before entering a house – look for shoes at the front door as a clue.

Visiting temples

- ✓ Do not wear shorts or tank tops, have your shoulders covered.
- ✓ Remove your hat when entering the ground of the *wats*.
- ✓ Remove your shoes before going into the *vihara* (sanctuary).
- ✓ If you sit down in front of the *dais* (the platform on which the Buddhas are placed), sit with your feet to the side rather than in the lotus position.
- ✓ Never point your finger or the sole of your feet towards a person or a figure of the Buddha.



SAFETY

Cambodia is a hard place to get in to trouble. However, when your visiting Cambodia, you should always take some precautions to protect your belongings and also yourself. Although criminality rate is not high, we do recommend to watch out for pickpocketing and bag snatchers. Hotspots for crimes like this include the riverfront and BKK areas of Phnom Penh, and the beaches and tourist areas of Sihanoukville. Take extra care at night and in isolated areas.

LINKS & READING

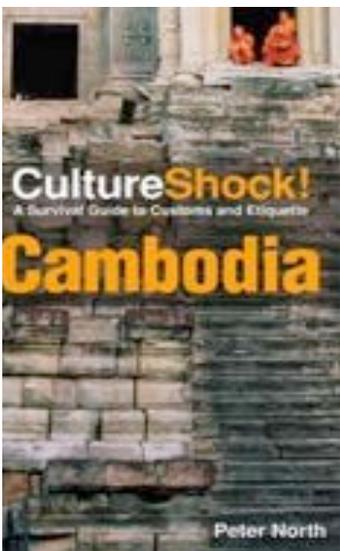
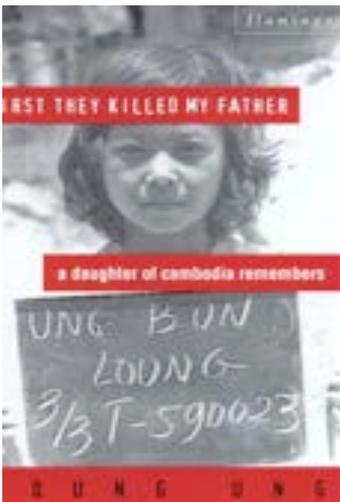
There are a couple of websites and books that are very useful and interesting if you want to get to know the country of Vietnam.

- A recommendable website is <http://www.asialifemagazine.com/cambodia/>. This website covers all that is interesting in and around Cambodia. You can find lots of news, events, traveling tips and much more!
- <http://www.wuppmag.com/> let's you know what is hot and happening in Cambodia on terms of events, bars and resorts, culture, music, etc.
- <http://www.khmer440.com/k/> is a great website for travelers to look for tips, reviews and much more!

The book *First They Killed My Father: A Daughter of Cambodia Remembers* by Luong Ung, a Cambodian author and survivor of the Pol Pot regime, is a nonfiction book and is a personal account of the author's experiences during the Khmer Rouge years. A most striking and intense story of political oppression in Cambodia told from the perspective of a child who is only five years old when the terror begins.

Another book worth reading is *The Cambodian Book of the Dead* by Tom Vater. This story tells you about private eye and former war reporter Maier, who is sent to Cambodia to track down the missing heir to a Hamburg coffee empire. His search leads him into the darkest corners of the country's history, through the Killing Fields of the communist revolution, to the White Spider, a Nazi war criminal who reigns over an ancient Khmer temple deep in the jungle. This story takes you into the heart of Cambodia and opens your eyes to the culture, history and tragedy of the people of Cambodia after the Khmer Rouge.

The book *Cambodia's Curse – the Modern History of a Troubled Land* by Joel Brinkley, about overcoming some gruesome history, certainly allows you to understand why Cambodia is the way it is now.





If you would like to know more about how to survive and thrive in the Cambodian culture; Culture Shock! Cambodia by Peter North is a good recommendation. It's a book covering the cultural differences, with practical, accurate and enjoyable information that will help you find your way in Cambodia.

LANGUAGE

The official language in Cambodia is Khmer. The Khmer language, which is a member of the Mon–Khmer subfamily of the Austroasiatic language group, and is spoken by ninety percent of Cambodia's population. Many older Cambodians still speak French, which once was the language of the government in Indochina. Some schools and universities in Cambodia are funded by the French government and use French as a language of instruction. Also, sometimes being used in government, particularly in court, is the dialect Cambodian French, which is a remain of the country's colonial past.



Khiri Travel Cambodia

17B Street 494
Sangkat Phsa Doeum
Thkov, Chamkamorn
Phnom Penh, Cambodia

T/F +855 23 215 972

