



# Travel Tips

## C A M B O D I A



# General Information

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## TIME ZONE & WORKING HOUR

Cambodia operates on Indochina Time (ICT), which is GMT +7 hours. Standard business hours are typically from 8:00 AM to 5:00 PM, Monday to Friday. Many restaurants, shops, and services in tourist areas stay open until 10:00 PM or later.



## LANGUAGE

Khmer is the official language of Cambodia. English is widely spoken in major cities, tourist areas, and the hospitality industry. French is also spoken by some older generations, and Chinese is increasingly common in business settings.



## PASSPORT & VISA

A passport with at least six months of validity is required. Visa can be obtained through the e-Visa system upon arrival at major airports and land border checkpoints, or in advance from Cambodian embassies. Cambodia also requires travelers to complete the new digital Customs and Immigration e-Arrival form online before arrival or via QR code at the airport. It's recommended to check visa requirements based on nationality before traveling.



## TRANSPORTATION

Cambodia offers various transportation options. Tuk-tuks are the most common and convenient for short distances. Metered taxis are available in major cities like Phnom Penh and Siem Reap, though negotiating fares is common. Ride-hailing apps like Grab and PassApp operate in urban areas. Buses and minibusses connect major cities, while domestic flights serve remote destinations like Sihanoukville. Renting a motorbike is an option, but international travelers should ensure they have the proper license.



## CURRENCY

The official currency is the Cambodian Riel (KHR), but the US dollar is widely used for most transactions. As of 2024, the exchange rate is approximately 4,100 KHR per US dollar. Credit cards are accepted in major hotels, restaurants, and shopping centers, but cash is preferred for small purchases, especially in rural areas. ATMs dispense both USD and KHR.



## ELECTRICITY

Cambodia operates on a 230V supply voltage and 50Hz frequency. The common plug types are A (two flat parallel prongs), C (two round prongs), and G (three rectangular prongs). Carrying a universal adapter is recommended for travelers with different plug types.



# Etiquette



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Do's

- Greet people with a slight bow and a Sampeah (pressing your palms together in a prayer-like gesture) instead of a handshake.
- Show respect to elders, monks, and religious traditions. Always address older people and monks with polite speech.
- Dress modestly, particularly when visiting temples or religious sites (Wear clothing that covers your shoulders and knees)
- Remove your shoes before entering homes, pagodas, or temples.
- Seek permission before taking photographs of people, especially monks, religious sites, and rural communities.



Don't

- Do not touch a person's head, including children, as it is considered sacred.
- Do not point at people or objects with your index finger; instead, use your whole hand.
- Do not raise your voice or lose your temper in public, as Cambodians value calmness and avoiding confrontation.
- Do not touch monks or hand items directly to them if you are a woman. Place offerings or gifts on a table or a piece of cloth instead.
- Avoid display excessive affection in public.
- Avoid discussing sensitive topics such as politics or the Khmer Rouge history unless invited to do so.



# Before Traveling



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## HEALTH REQUIREMENTS

Travelers to Cambodia are advised to consult with their healthcare provider or a travel medicine specialist to ensure they are up-to-date on routine vaccinations and to discuss necessary immunizations. Recommended vaccinations may include:

- **Measles-Mumps-Rubella (MMR):** Ensure you are fully vaccinated against measles, as outbreaks have occurred in various regions.
- **Diphtheria and Tetanus:** Keeping vaccinations current is essential due to periodic outbreaks.
- **Hepatitis A and B:** Vaccination is recommended due to the potential risk of exposure.
- **Typhoid:** Advised for travelers, especially those planning to consume local or street food.
- **Rabies:** Consider vaccination if you plan to engage in activities that could bring you into contact with animals, particularly dogs.
- **Japanese Encephalitis:** Recommended for travelers spending extended periods in rural areas or during the transmission season.
- **Malaria & Dengue Fever:** There is a risk of mosquito-borne illnesses, particularly in remote or forested areas.

It's highly recommended that all travelers purchase comprehensive personal travel insurance before departure. This insurance should cover health-related expenses, including medical evacuation, as well as loss or theft of personal belongings. Having insurance from your home country can simplify the process in case of accident or illness, avoiding complicated paperwork abroad.

## WHAT TO BRING

To ensure a comfortable and safe trip to Cambodia, consider the following packing tips:

- **Clothing:** Pack lightweight, breathable clothing suitable for a tropical climate. Include a light jacket or sweater for cooler evenings or air-conditioned environments.
- **Health Essentials:** Bring sunblock, a wide-brimmed hat, and insect repellent containing DEET to protect against mosquitoes.
- **Medications:** Carry a basic first-aid kit and any prescription medications you require, along with a copy of the prescription.
- **Documentation:** Keep photocopies of important documents, such as your passport, visa, travel insurance, and vaccination records, in a secure location separate from the originals.
- **Miscellaneous:** A reusable water bottle, travel umbrella, and power adapter suitable for Cambodia's electrical outlets can be very useful.



# Before Traveling



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## CUSTOMES & FORMALITIES

Travelers arriving in Cambodia are generally required to complete an arrival card and customs declaration form. These forms are usually distributed on flights or can be obtained upon arrival at immigration counters. Electronic visa holders must present a printed copy of their eVisa approval letter alongside their passport.

### Duty-Free Allowances

- Cambodia allows travelers to bring in certain goods duty-free, including:
- Alcohol: Up to 2 liters of alcoholic beverages.
- Tobacco: Up to 200 cigarettes, 50 cigars, or 250 grams of tobacco.
- Other Goods: Personal items and gifts with a total value not exceeding \$300 USD.

### Restricted & Prohibited Items

Travelers are prohibited from bringing the following into Cambodia:

- Narcotics and psychotropic substances.
- Firearms, explosives, and ammunition (unless with prior government authorization).
- Obscene materials, publications, and politically sensitive content.
- Endangered wildlife species and products derived from them (including ivory, certain animal skins, and traditional medicines containing animal parts).

### Medications & Special Declarations

- Travelers carrying prescription medications should bring them in original packaging, along with a doctor's note or prescription to avoid issues at customs.
- Large amounts of cash (exceeding \$10,000 USD) must be declared upon arrival and departure.

### Departing Cambodia

- Antique artifacts and cultural relics require special permits for export. Ensure you purchase from reputable dealers who provide the necessary documentation.
- Large amounts of Cambodian Riel (KHR) cannot be taken out of the country. It's best to exchange any remaining currency before departing.
- Following these customs regulations will help ensure a smooth arrival and departure from Cambodia. Let me know if you need more details!



# Before Traveling



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## CLIMATE & WEATHER

Cambodia has a tropical monsoon climate, characterized by two distinct seasons:

### Cool & Dry (November to February)

- Comfortable temperatures ranging from 22–30°C (72–86°F).
- Low humidity with clear skies, making it the best time for travel.

### Hot & Dry (March to May)

- Temperatures rise to 35–40°C (95–104°F).
- The hottest months are April and May, especially in inland areas like Phnom Penh and Siem Reap.

### Rainy Season (June to October)

- Temperatures range from 24–33°C (75–91°F).
- Heavy rains, mostly in the afternoon or evening, providing relief from the heat.
- Lush green landscapes and fewer crowds at tourist sites.



# While Traveling



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## COMMUNICATIONS

- **Phone/SIM Card**

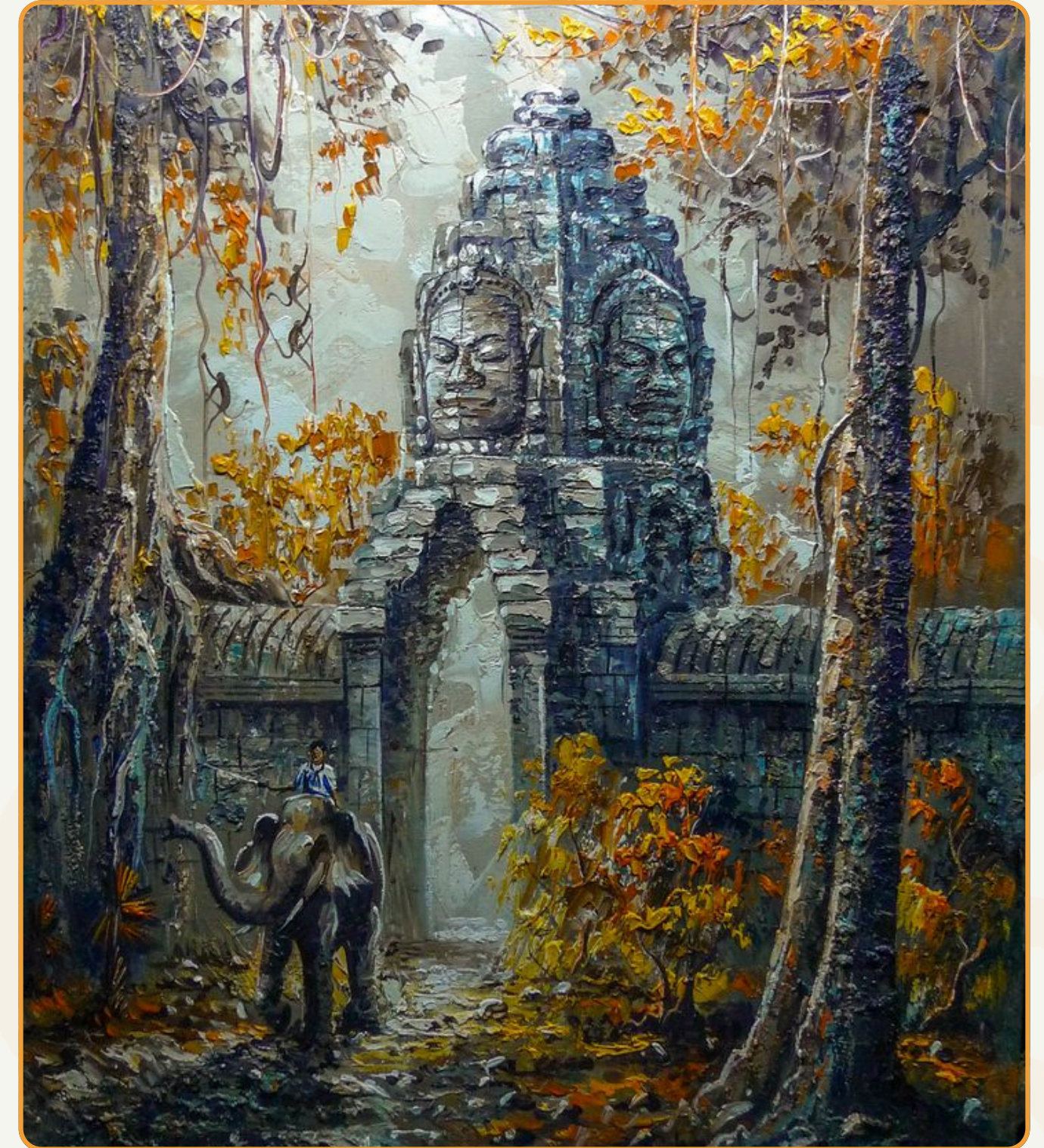
Cambodia has relatively high international call rates, so it's best to check with your hotel before making direct calls. Using VOIP services such as WhatsApp, Skype, or Zoom can significantly reduce costs. Prepaid internet and mobile SIM cards (4G/5G) are widely available in major cities like Phnom Penh and Siem Reap. If your phone is unlocked, purchasing a local SIM card is a cost-effective option, starting at around USD 5. You can easily top up credit at convenience stores, mobile shops, or through mobile banking apps. Major telecom providers include Cellcard, Smart, and Metfone.

- **Internet**

Internet access is widely available in hotels, restaurants, cafés, and internet service centers. Free Wi-Fi is commonly provided in hotels, airports, and popular tourist areas, although speeds may vary by location. Cambodia is gradually expanding its high-speed 5G network in urban centers, ensuring better connectivity for travelers.

- **Post Service**

Cambodia's postal service offers standard international mail services, with Express Mail Service (EMS) available to over 50 countries worldwide. Delivery times for international mail typically range from 3 to 10 days, depending on the destination. Post offices can be found in major cities, and some hotels also provide mailing services for added convenience.





## CAMBODIA CUISINE

Cambodian cuisine, also known as Khmer cuisine, is known for its subtle flavors, fresh ingredients, and aromatic herbs. While it shares similarities with Thai and Vietnamese food, Cambodian dishes tend to be less spicy and more mildly seasoned, often featuring a balance of sweet, sour, salty, and umami flavors. Rice is a staple, served with almost every meal, and freshwater fish from the Mekong and Tonle Sap rivers play a significant role in the diet.

### Must-Try Dishes

- Amok – A signature Cambodian dish of fish, chicken, or tofu steamed in banana leaves with a coconut milk and lemongrass-based curry paste.
- Lok Lak – A flavorful stir-fried beef dish, often served with a tangy lime and black pepper dipping sauce.
- Bai Sach Chrouk – A popular grilled pork and rice breakfast dish, typically served with pickled vegetables.

### Drinks

- Khmer Coffee – Strong Cambodian black coffee is commonly served iced with sweetened condensed milk or fresh milk.
- Palm Wine – A local fermented drink made from palm tree sap, often homemade and slightly sweet.
- Sugar Cane Juice – Freshly pressed sugar cane juice, served over ice, is a refreshing street-side drink.
- Beer – Angkor Beer and Cambodia Beer are the most popular local brews.
- Water Safety – Avoid drinking tap water. Bottled and filtered drinking water is widely available and recommended for travelers.





## CURRENCY, MONEY EXCHANGE & ATM

The official currency of Cambodia is the Cambodian Riel (KHR), but US dollars (USD) are widely used in daily transactions, especially in tourist areas. Small change is often given in riel, with the exchange rate generally fixed at 4,000 KHR per 1 USD.

### Credit Cards

Visa, MasterCard, and UnionPay are widely accepted in hotels, restaurants, and shopping malls, though some businesses may charge a 2–4% transaction fee. American Express (AMEX) is less commonly accepted.

### ATMs

ATMs are readily available in Phnom Penh, Siem Reap, Sihanoukville, and other major cities, dispensing both US dollars and Cambodian riel. Withdrawal limits range from \$250–\$500 per transaction, with fees of \$3–\$6 for international cards.

### Money Exchange

USD and Euros can be exchanged at banks, currency exchange offices, and some hotels. Street money changers may offer slightly better rates but should be used with caution. Damaged or torn USD banknotes are often rejected, so ensure your bills are in good condition.

## SAFETY

### Personal Belongings

Avoid displaying valuable items such as jewelry, large amounts of cash, or expensive electronics in public. Use a money belt or secure bag to keep your belongings safe, especially in busy areas.

### Petty Theft

Be cautious in crowded places like markets, public transport, and popular tourist sites, as pickpocketing and bag snatching can occur. When riding tuk-tuks or motorbikes, keep your bag securely strapped and avoid using your phone near traffic to prevent snatch theft.

### Lost Items

Filing a police report for lost or stolen items can be time-consuming, and recovery is not guaranteed. To minimize losses, keep copies of important documents and use hotel safes when available. Travel insurance is highly recommended to cover theft or loss of valuables.



# While Traveling



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## DOMESTIC FLIGHTS & AIRPORT TAXES

### Airport Tax

- Airport taxes for both domestic and international flights are included in the ticket price. No additional payment is required at the airport.

### Check-in Recommendations

- International Flights – Arrive at least 3 hours before departure.
- Domestic Flights – Arrive at least 2 hours before departure.
- Online check-in is available for most airlines, but some domestic airports may require a printed boarding pass.

### Baggage Allowance

- Cambodia Angkor Air allows 1 checked bag (23kg) and 1 carry-on (7kg) for economy class.
- Budget airlines like AirAsia, Lanmei Airlines, and Thai AirAsia typically charge extra for checked baggage, so check the airline's policy before booking.
- Overweight luggage fees can be high, so consider pre-booking additional baggage if needed.

## SHOPPING & BARGAINING

Cambodia is known for its handmade crafts, silk products, silver jewelry, wood carvings, Kampot pepper, and high-quality Cambodian spices. Shopping options range from high-end boutiques and artisan workshops to bustling local markets and street stalls.

### Local Markets

- Phsar Thmey (Central Market) – Phnom Penh: Famous for jewelry, souvenirs, and clothing.
- Russian Market – Phnom Penh: Best place for handicrafts, antiques, and textiles.
- Angkor Night Market – Siem Reap: Ideal for locally made crafts and souvenirs.

### Bargaining in Cambodia

- Bargaining is common in markets and with street vendors but is not accepted in malls and fixed-price stores.
- Maintaining a friendly attitude can lead to better deals.
- If a price isn't right, it's okay to walk away—the seller may lower the price as you leave.

### Street Vendors & Hawkers

- Vendors can be persistent, especially in tourist areas. A polite but firm "No, thank you" (or "Ot te, orkun" in Khmer) will usually end the conversation.
- Be cautious when buying gemstones or antiques, as some may be counterfeit.





## TIPPING

Tipping in Cambodia is appreciated but not mandatory. While it is not a strong cultural tradition, it is becoming more common in the tourism industry. Below are suggested gratuity amounts (in USD):

### Tour Guides & Drivers

- Private Tour: \$5–10 per guest per day for a local or city guide.
- Group Tour: \$4–7 per guest per day for an escorted guide; \$2–5 per guest per day for a local guide.
- Drivers: Typically receive about half of what guides get (\$2–5 per guest per day).
- Trekking or Adventure Tours: Additional tipping is recommended, around \$3–5 per guide per day.

### Hotel & Restaurant Staff

- Restaurants: 5–10% of the bill if a service charge is not included.
- Housekeeping: \$2–3 per day per room.
- Porters: \$1–2 per trip, depending on luggage size.

### Boat Cruise Staff

- Day Boat Trip: \$1–3 per guest.

### Other Service Providers

- Spa & Massage Therapists: \$2–5 per treatment, especially if service is good.
- Tuk-Tuk Drivers: Not required, but rounding up the fare or giving \$1–2 for longer rides is appreciated.





# Thank You



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