



PREPARE YOUR TRIP

THE ESSENTIAL FOR A
SMOOTH ARRIVAL
TO SIEM REAP



Professionals
doing good

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Passport:

Cambodian visas take up a whole page so please ensure you have some pages left to fit at least two visas.

Your passport will also need to be valid for at least an additional 6 months from your arrival date (so we can ensure you will leave without any problems!).

Check your flight ticket options:

You can use *Skyscanner* to find affordable flight options.

<https://www.skyscanner.net/flights-to/kh/cheap-flights-to-cambodia.html>

Please re-confirm your exact arrival and departure dates with your Host Organization or Professionals doing good before you book any flights.

You should look to arrive at least 1-2 days before your intended start date, to recover from jet lag and get acquainted with the town.

Health and Travel Insurance :

Insurance is essential, don't gamble with your health!

Hospitals in Cambodia are extremely basic and the facilities are not necessarily what you may be used to at home.

Make sure your policy covers emergency evacuation: limited medical facilities mean evacuation by air to Bangkok in the event of serious injury or illness.

We recommend *World Nomads* - <https://www.worldnomads.com>

They offer comprehensive and affordable insurance policies, you can get a free and instant quote from their website.

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Vaccinations:

We recommend you to check with your doctor prior to arrival about pre-travel vaccinations required for Cambodia. Some of them might take some time and they may influence your departure date. Opinions vary so we have included a few general notes for you to start with.

HEPATITIS A

This virus is spread through contaminated water and food, which Cambodia has in abundance. The vaccine requires a booster at 6 to 12 months, but you can get that in Cambodia if you haven't finished the course before you leave your home country.

HEPATITIS B

Although part of the Kingdom's national immunization program, hepatitis B is nevertheless very common in Cambodia. HBV vaccine is therefore a must before coming, especially if you plan to have any medical procedures or tattoos. It requires three injections over a 6-month period, at 0, 1 and 6 months. A vaccine preparation combined with hepatitis A is available.

TYPHOID

Also spread through contaminated food and water, typhoid is common in Cambodia, particularly in rural areas. Though a serious illness, it is treatable. Nevertheless, vaccination is strongly recommended before your trip to Cambodia or once you arrive if you intend to spend a long period of time here or visit rural areas frequently.

ANTI-MALARIA MEDICATION

You do not need to take anti-malarial medications in Cambodian cities, like Siem Reap or Phnom Penh. However, if you are traveling near forested areas, it's best to take them as a precaution. With or without it, always practice good mosquito protection- long clothing and insect repellent- especially during the night.

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JAPANESE ENCEPHALITIS

Caused by a mosquito-borne virus with animal vectors and most commonly spread near pigs, this is the disease whose vaccine seems to be the most favored choice of those who like to get a lot of vaccinations. There is no treatment for Japanese encephalitis, but the prevalence of Japanese encephalitis is low in Cambodia. Cases do occur on a regular basis, though, and the vaccine is recommended for those who will be spending extended periods of time in rural areas. CCF is in the city so this is not usually required for volunteers or those here for a short period.

RABIES

Spread by bites from rabid animal, rabies is fatal if untreated. It's most often recommended for those who are going to be far from medical care—if you plan to be anywhere where you will be more than 24 hours from a decent hospital, you should consider getting a rabies shot. Even if you get the vaccination, you'll still need to seek medical care, so many cost-sensitive travelers choose to skip the vaccination and take their chances. That said, if you do get bitten while in Siem Reap or Phnom Penh , we will always encourage you to get the injections here.

Plan ahead for getting your vaccinations, as some of them require more than one injection over a period of time, while others should not be given in combination.

Record all vaccinations on an International Certificate of Vaccination, available from your doctor. It is a good idea to carry this as proof of your vaccinations when travelling in Cambodia.

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Money:

The local currency is Cambodian Riel although US dollars are widely accepted all over the country.

In practice, US dollars are used for most transactions over US\$1. The US dollar, especially the one-dollar bill, is prevalent throughout Cambodia for almost all purposes and is often preferred to the riel, earning the unofficial reputation as a second currency in Cambodia.

Change that is less than \$1 will be given back to you in the local currency-riel. Riel is mainly used for buying local produce and other small purchases.

ATMs are widely available in all major towns, however most of the time you will be charged. To avoid any additional bank fees check with your home bank to find out which bank they have an agreement with and then withdrawing there.

Cambodia is a cash based country and credit cards/debit cards are not widely used, but a few hotels and supermarkets in larger cities accept them.

We recommend having at least \$100 in small size (1, 5 , 10, 20, 50) hidden around your hand luggage in case of emergency.

Have the exact bills (\$30 or \$35) to pay the visa upon arrival at the airport.

Ensure they are good conditions. Old and/or torn currency bills very often suffer rejection.

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Accommodations:

With over 500 guests hotels in Siem Reap and 300 in Phnom Penh, it is going to be easy for you to find the right place based on your budget. Prices are approximately

- \$6-8 per day for a shared dorm in a hostel
- \$10 per day for a private room with bathroom
- \$15-20 per day for a nice room with air conditioning, Wi fi , swimming pool and restaurant
- \$30 (and above!) per day for a four star hotel room

For your peace of mind, we advice to book the accommodation for at least one or two weeks prior to your arrival.

We can also help you find an accommodation, please ask for it.