

# CAMBODIA

## *TRAVEL TIPS*





# GENERAL INFORMATION



## TIME ZONE

- Cambodia is in the Indochina Time Zone (ICT), GMT+7, the same as Vietnam, Laos, and Thailand.
- No daylight saving time is observed.



## LANGUAGE

- Official language: Khmer.
- English is widely spoken in tourist areas, hotels, and restaurants.
- French is used in certain administrative, diplomatic, and cultural contexts due to Cambodia's colonial history.



## RELIGION & CULTURE

- Around 95% of the population practices Theravada Buddhism, which strongly influences Cambodian traditions, festivals, and daily life.
- Angkor Wat, originally a Hindu temple, is now a Buddhist site and the national symbol of Cambodia (also featured on the flag).
- Respect for religion and elders is deeply rooted; modest dress is required when visiting temples and sacred sites.



## ELECTRICITY & PLUGS

- Voltage: 230V / 50Hz.
- Plug types: A, C, and G (same as in Europe, USA, and the UK in some places). Carrying a universal adapter is recommended.



## COMMUNICATION & INTERNET

- Country code: +855.
- Local SIM cards (Metfone, Smart, Cellcard) are inexpensive and widely available at airports and city shops.
- Wi-Fi is common in hotels, cafés, and restaurants in major cities.



## CURRENCY & PAYMENT

- Official currency: Cambodian Riel (KHR).
- US Dollars are commonly accepted and often preferred in larger cities and tourist areas. Prices are frequently quoted in USD.
- Credit cards are accepted in hotels, upscale restaurants, and shops, but cash remains essential, especially in rural areas and local markets. ATMs are widely available in major towns.



# CAMBODIA *ETIQUETTE*

## *Dos*

- Greet others with a slight bow and Sampeah (palms pressed together in a prayer-like gesture) rather than a handshake.
- Respect elders, monks, and religious traditions by using polite speech.
- Dress modestly, covering shoulders and knees, especially at temples and religious sites.
- Remove shoes before entering homes, pagodas, or temples.
- Ask permission before photographing people, particularly monks, religious sites, or rural communities.



## *Don'ts*

- Avoid touching anyone's head, including children's, as it is considered sacred.
- Use your whole hand to gesture instead of pointing with your index finger.
- Maintain calmness and avoid raising your voice or losing your temper in public, as Cambodians value composure.
- Women should not touch monks or hand items directly to them; place offerings or gifts on a table or cloth instead.
- Refrain from excessive public displays of affection.
- Avoid discussing sensitive topics like politics or the Khmer Rouge history unless invited.



# CAMBODIA *WHAT TO BRING*



- **Clothing:** Lightweight, breathable fabrics are best for Cambodia's tropical climate. Pack long sleeves and pants if you plan to visit temples to meet dress codes (shoulders and knees covered).
- **Accessories:** A scarf or sarong is useful both for temple visits and as sun protection.
- **Shoes:** Comfortable sandals or sneakers for walking around Angkor temples and uneven rural paths.
- **Essentials:** Sunscreen, insect repellent, reusable water bottle, and a hat for sun protection.
- **Extras:** A power bank for your phone, as sightseeing days can be long.



# CAMBODIA *SAFETY & HEALTH*

- **Water & Food:** Drink only bottled or filtered water. Ice is generally safe in tourist areas, but be cautious in rural towns.
- **Mosquitoes:** Use repellent, especially in the evening and near water; malaria risk is low but dengue is present.
- **Medical Care:** Pharmacies and clinics are widely available in Phnom Penh and Siem Reap, but facilities in rural areas are limited. Carry your own basic medicines.
- **Traffic Safety:** Traffic can be chaotic, especially in Phnom Penh. Cross streets carefully, ideally with locals or at crosswalks.





# CAMBODIA *CLIMATE & WEATHER*

## Cool & Dry (November–February)

- Temperatures stay mild, around 22–30°C (72–86°F).
- Humidity is low and skies are clear, making this the most popular season for travel.

## Hot & Dry (March–May)

- The heat intensifies, reaching 35–40°C (95–104°F).
- April and May are typically the hottest months, particularly in inland destinations like Phnom Penh and Siem Reap.

## Rainy Season (June–October)

- Daily temperatures average 24–33°C (75–91°F).
- Afternoon and evening downpours are common, bringing a refreshing break from the heat.
- The countryside becomes lush and green, and tourist attractions are generally less crowded.





# CAMBODIA *CONNECTIVITY & SIM CARDS*

- **Availability:** SIM cards are cheap and easy to buy at airports, convenience stores, or official shops.
- **Providers:** Metfone, Smart, and Cellcard are the most reliable, with prepaid data packages from \$5–10.
- **Coverage:** Strong 4G in major cities, weaker in rural provinces. Wi-Fi is common in hotels, restaurants, and cafés.





# CAMBODIA *CUISINE*

- **Signature Dishes:** Try Fish Amok (coconut curry steamed in banana leaves), Beef Lok Lak (stir-fried beef with rice and pepper sauce), and Khmer red curry.
- **Street Food:** Affordable and flavorful; choose stalls with high turnover to ensure freshness.
- **Fruits:** Cambodia is rich in tropical fruits—mango, rambutan, mangosteen, and durian are must-tries.
- **Dining Etiquette:** Locals eat family-style; sharing dishes at the table is common.



Amok



Lok Lak



Beer



Palm Wine



Sugar Cane Juice



# CAMBODIA *MONEY & SHOPPING*

- **Currency:** Both US dollars and Cambodian riel are accepted. Prices are often quoted in USD, and change under \$1 may be given in riel.
- **ATMs:** Widely available in cities, dispensing USD. Small towns may have fewer machines, so carry some cash.
- **Payments:** Credit cards accepted in hotels, upscale restaurants, and shops; cash is needed in markets and rural areas.
- **Shopping:** Popular souvenirs include silk scarves, silver jewelry, pepper from Kampot, and handicrafts. Bargaining is expected in markets, but do it politely.





# CAMBODIA *GETTING AROUND*

- **City Transport:** Tuk-tuks are the most common way to get around cities like Phnom Penh and Siem Reap. Negotiate fares in advance or use ride-hailing apps like PassApp or Grab.
- **Intercity Travel:** Buses and private vans connect major destinations. Journeys can be slow due to road conditions, but sleeper buses are available for longer trips.
- **Flights:** Domestic flights are the fastest option for long distances (e.g., Phnom Penh to Siem Reap takes less than an hour).
- **Cycling:** In Angkor Archaeological Park, renting a bicycle is a popular and eco-friendly way to explore.





# CAMBODIA *WHILE TRAVELING*



## COMPULSORY: TIPPING POLICY

### Tour Guides & Drivers

- From 2 – 3 persons: \$10/group/day
- From 4 – 6 persons: \$5/person/day
- From 7 persons: \$3/person/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

### Boat Cruise Staff

- Day Boat Trip: \$1–3 per guest

### Other Service Providers

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

*Tipping is not a strong cultural tradition in Cambodia but is becoming more common in the tourism industry. While not mandatory, a small gratuity is appreciated for good service. Above are suggested tipping amounts (in USD)*



# VIETNAM



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