

TRAVEL ADVICE FOR CAMBODIA AND KAMPOT

Passports & Visas

To enter Cambodia you need a valid passport with at least four months remaining at time of arrival and a visa.

- Tourist visas valid for a one month stay can be secured on-line at <https://www.evisa.gov.kh/> or on arrival at the airport. They can be extended once only, for just one month.
- Ordinary or business visas are secured on arrival at the airport and can be extended for a longer period after entry to the country. There are one or two agencies in Kampot which will, for a modest charge, arrange visa extensions, saving the visitor a trip to Phnom Penh for the purpose. A passport size photo will be required. Check "Kampot Noticeboard" (see below) for information.

Requirements can change, so it's wise to check latest visa types and requirements on line before coming to Cambodia.

Clothing And Equipment

Check seasonal conditions on the internet before packing for an indication of what to bring, but remember to bring the following:

- Sunscreen, sunglasses and a hat.
- Thongs for casual wear and good walking shoes for trips or trekking.
- Light long pants and long-sleeved shirts to protect against sun and mosquitoes.
- If working with children in the classroom, conservative clothing as per the Volunteer Guidelines.
- Swimmers and an extra light towel.
- Power adapter for electronic equipment (Asia is two prong).
- A small backpack/daypack can be useful.
- A torch or head lamp is also useful.

Money

Cambodia operates with dual currency: the US dollar and the Cambodian riel. 1 USD = 4000 riel approx. There are several ATM's in Kampot where money can be withdrawn using credit/debit cards and these withdrawals are usually made in US dollars.

There is a safe at Reception of most guesthouses for valuables, and some offer a safe in each guest room.

Communications

Most guesthouses and restaurants have Wifi with reasonable internet connection.

Local SIM cards are cheaper for making both local and overseas calls than using a SIM from your country of origin with global roaming.

Transport

Tuk tuks are the easiest and most fun mode of transport and can be picked up on the street or arranged through your guesthouse or hotel reception.

Motor bike taxis (motos) are cheaper than tuk tuks, but not as comfortable.

Motor bikes and push bikes can be hired at cheap prices, while it is also pleasant to walk in and around town. Check to ensure your travel insurance covers operating a motor bike, and always wear a helmet.

Health And Hygiene

Well before leaving, ask your doctor what vaccinations are recommended for traveling in Cambodia, and ensure necessary shots are current.

Malaria is not a major concern in the Kampot area. If concerned, consult your doctor for up to date information regarding malaria medication and possible side effects.

Dengue fever can be a concern in remote villages and in some areas of Phnom Penh. To avoid mosquitoes use repellent, wear long sleeved, light coloured clothing, and sleep under a mosquito net if necessary.

Amoeba/diarrhea and minor stomach upsets can be treated with rest and appropriate medication which is available locally.

Cleanliness is vital to maintain health - wash your hands often, especially before you eat.

Kampot has both a public and a private hospital, the latter with international doctors. It also has many well stocked pharmacies.

Drink bottled or clean boiled water only.

Ice is manufactured locally from treated water and is usually safe for consumption.

Personal Safety

Cambodia is generally a safe country for travelers, but it is wise to observe the following:

- Walking or cycling alone late at night is not advisable (though in Kampot dogs are more frightening than strangers!).
- Do not put valuables in the basket of your bike.
- Barangs (foreigners) are seen as wealthy, so it is not advisable to carry valuables or large amounts of money in a handbag or bumbag, although this is more relevant in Phnom Penh and Siem Reap, where tourists are prevalent, than in Kampot. Caution should nonetheless be taken in all markets and other busy places, and on major Cambodian holidays.

Kampot Noticeboard

Kampot Noticeboard is a Facebook page providing useful and up to date information on facilities and matters of interest to visitors and residents staying or living in and around Kampot.