

# Cambodia

## Flight details

Singapore Airlines

	Date	Depart		Arrive	
<b>Outbound</b>	20 <sup>th</sup> February	Dubai	20:00	Singapore	07:15 +1
	21 <sup>st</sup> February	Singapore	08:40	Siem Reap	09:45
<b>Inbound</b>	28 <sup>th</sup> February	Siem Reap	10:40	Singapore	14:15
	28 <sup>th</sup> February	Singapore	15:05	Dubai	18:45

\*Flight timings are subject to change dependant on flight scheduling at time of booking

## Visa

Please use the below information as a GUIDE only and refer to the Cambodia High Commission before applying for a visa. You should apply for a tourist visa which costs approximately \$36 through the online application <https://www.evisa.gov.kh/> or directly from the Cambodia Embassy.

### Documents needed:

- Passport (at least 6 months validity from date of return)
- Passport photo in digital format (JPEG or PNG)
- A copy of passport (.JPG .JPEG .PNG .PDF size 2MB)
- Visa fee payable by a valid VISA or Mastercard

## Vaccinations

Your doctor or travel clinic is the best person to consult about vaccinations and travel health. We would recommend consulting a medical professional several months before your expedition. Make sure your doctor is aware that whilst away, you will be working closely with local school children, staying and working in rural areas.

The following vaccinations are likely to be recommended:

- Typhoid
- Hepatitis A and B
- Diphtheria/Tetanus

Additionally, the following vaccinations may also be recommended:

- Cholera
- Rabies
- Japanese Encephalitis

Further information about vaccinations and travel health and can be found on the NHS <https://www.fitfortravel.nhs.uk/destinations/asia-east/cambodia>

Whilst we have varying talents in the office, we are not medical experts so we must insist that you seek professional advice from a doctor on all of the above. Most decisions are based on personal medical history, which they will have access to.

It is your responsibility to ensure you are in possession of all relevant medical and health documentation that may be required at point of entry.

## **Behaviour**

### **Code of Conduct**

Due to the nature of the expedition environment it is essential you follow the instructions given by the staff accompanying you, failure to do so can endanger yourself and your team.

Therefore, if there is any behaviour that breaks the code of conduct whilst abroad, then the accompanying staff do have a warning system which they will implement. This could mean that you may miss out on certain parts of the expedition – and no-one wants this to happen! If the behaviour does not improve or escalates after being administered a warning, then we do have the right to send home a student at their parent's cost.

### **FAQ's**

#### **How much validity does there need to be on my passport?**

You need at least 6 months validity left on your passport from the date you arrive back home.

#### **How much money do I need to take with me?**

We suggest a maximum of \$80 - \$100 spending money, this needs to be in US dollars or Cambodian Riel.

#### **What type of bag should I take?**

A backpack (around 60-80L) is best but if this is not possible a duffle bag or holdall would also be ideal. Wheeled suitcases are not ideal due to the varied terrain you will experience in camp.

#### **What will the accommodation be like?**

It will be in traditional style longhouses or hotels, arranged to ensure male and female students have separate accommodation. There will also be communal social and dining areas. Accommodation is basic but clean and comfortable, mosquito nets will be provided in all our camp locations.

#### **Will there be bugs and insects there?**

More than likely, they come with being in the great outdoors! We recommend you carry insect repellent with you that contains DEET and cover up with long sleeved tops and trousers in the evening.

#### **What is the weather going to be like?**

Cambodia has a tropical monsoon climate with a dry period from the end of November until the end of April. Rainy season starts in May and ends in November. Average temperatures range from 26°C and 34°C.

#### **Is there a dress code I need to adhere to?**

We ask that you dress appropriately in respect of local laws and cultures.

#### **What kind of gloves do I need for project work?**

Your work gloves need to cover and protect your hands from the wrist to the fingers. Garden gloves are acceptable, marigolds are not suitable.

#### **Is there a risk of Malaria in the area we are travelling to?**

You must check with your GP or travel nurse to get the most up to date details on the areas that are high risk as it changes regularly. You can also check on

<https://www.fitfortravel.nhs.uk/destinations>

#### **What will the food be like?**

There will be a variety of both western and Asian style dishes throughout your expedition. Breakfast consists of eggs, toast and noodles. Lunch and Dinner will be a nutritionally balanced meal. Fresh fruit will be offered at every meal. Most dietary requirements can be met, but please ensure you disclose these before travel, but please ensure you disclose these before travel to allow our in-country team to plan and prepare for your arrival.