



FREQUENTLY ASKED QUESTIONS:

IS THE DOLLAR ACCEPTED IN CAMBODIA?

The American dollar is accepted throughout Cambodia. You will get change back in Cambodian riel, which can also be spent throughout Cambodia. Banks with ATM's are available in Kampot and most other cities. If you have a current and valid debit card from any bank you can withdraw money. The banks sometimes limit the amount that can be withdrawn per day via debit card and there is usually a withdrawal fee involved. There may also be a foreign transaction fee from your bank as well. Travel notifications are also good to give your bank if you are going to use your card, or they may freeze your accounts.

IS TRANSPORTATION AVAILABLE FROM PHNOM PENH TO KAMPOT?

It is the responsibility of each volunteer to work out and pay for their own transportation. There are multiple modes of transportation between Phnom Penh and Kampot, as well as to and from other cities. From the airport in Phnom Penh you can take a taxi to Kampot usually for \$35-\$45 or up depending on the driver. Prices are somewhat negotiable. There are bus lines available—minibuses, large buses, shared taxis, etc. that run several times per day that depart from different areas in Phnom Penh with usual cost from \$5 to \$9 per person. Tuktuks are available for shorter travel distances within town limits such as from airport to bus station, local motels, restaurants, etc. From the bus stations in Kampot there are taxis, tuktuks or moto-taxis available to travel to the hospital or elsewhere.

- Taxis to Kampot: Taxis will also be located outside of the airport, but it's best to arrange this before you arrive to the airport or it may be more expensive. We can help arrange this and the cost is between \$35-45
- Tuktuks are located outside the airport and on most busy streets, average you pay \$3 for every 5 mins (or approximately 10 km) you drive. Set a price with them before you get in. From airport to most hotels, guest houses, or hostels \$8 is a good price. In Kampot, from the bus station to the hospital a good price is \$4 one way. Be flexible and be willing to negotiate.
- This is a great website that has more details on taking a bus:
 - o <http://www.movetocambodia.com/kep-kampot/how-to-get-from-phnom-penh-to-kampot-and-vice-versa/>

WHAT TYPE OF CLOTHING SHOULD I BRING TO CAMBODIA?

Cambodia is a tropical country, so weather is usually always warm and humid. Light materials such as cotton are recommended. Cambodian dress is modest so volunteers and guests will be expected to respect the customs and also dress in a modest fashion. While at the hospital, dress should be smart casual or you can opt to wear scrubs if you are working in a clinical area. Please see other websites to determine further information such as specific months for rainy season, hot season, etc.



WHAT TYPE FOOD IS AVAILABLE IN KAMPOT?

A variety of Khmer (Cambodian) and Western food is available. There are multiple Western restaurants in Kampot, especially on and near the riverfront. Prices are usually very reasonable, though there are certainly variations in cost. If you buy fruits or vegetables at the market to eat raw, be sure that you thoroughly wash them before eating.

As a general rule, you should drink bottled water. However, the restaurants that cater to foreigners (such as restaurants located along the riverfront) have safe ice and water.

WHAT TYPE OF HOUSING IS AVAILABLE IN KAMPOT?

There are multiple motels, hotels and guest houses available in Kampot. There is a large variation in available amenities and costs. You should refer to websites for specific information regarding places to stay.

The hospital offers housing on site for some volunteers. Each request is considered individually and decisions are made depending on availability of rooms, planned length of stay, volunteer service that is being offered, etc. As a general rule, we ask volunteers to make a contribution for their housing to help cover the costs of electricity, housekeeping services, etc. The cost for a room with fan only is \$12 per night and the cost for a room with A/C is \$18 per night. Some volunteers solicit donations from family and/or friends to help cover the cost of expenses incurred during volunteering.

Each hospital guesthouse has a common kitchen with refrigerator and stove top plus a common living area. Kitchens are equipped with basic furnishings for cooking and eating. Lunch Monday- Friday is the only meal included in the cost for housing. There is also a nice restaurant with very reasonable prices within easy walking distance of the hospital. You will have a private bedroom and bathroom with sheets and towels furnished.

WHICH IMMUNIZATIONS SHOULD I HAVE?

If you are coming to Cambodia for longer than 2 weeks, the following immunizations are strongly recommended:

- (1) Typhoid fever – especially if you are staying for longer than 3 weeks.
- (2) Tetanus - should be updated every 10 years. 25-65 year old people can update every 20 years.
- (3) Polio - should be updated every 10 years. Not necessary for Cambodia, however it's needed for some surrounding countries.
- (4) Diphtheria – people aged 25-65 people can update every 20 years.
- (5) Rabies (Not everyone chooses to have this immunization, but there are lots of dogs in Cambodia. Especially if you are staying for longer than 6 months, and/or riding a bicycle or motorbike.



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** If you will be doing work in a medical/clinical field, then you also need:

- (6) Hepatitis A, initial injection, then obtain booster one year later
- (7) Hepatitis B, initial injection, then repeat at 1 month and 6 month intervals – If you are staying for longer than 30 days.
- (8) Measles, mumps and Rubella - primary vaccine and booster.

Many clinics will tell you that you also need immunizations for malaria, Dengue and Japanese encephalitis. The latter is low risk unless you live in the province. Malarone is a suggested brand of anti-malarial. Prevention is the best way to avoid sickness. Insect repellent with Deet is recommended.

ARE STUDENTS OF PROFESSIONAL PROGRAMS ALLOWED TO DO CLINICAL ROTATIONS AT SKMH?

We generally don't accept students as we currently focus our training efforts on our young Cambodian doctors. We look forward to accepting students in the future when we have better capacity to do so.

WHAT TYPE OF VISA WILL I NEED?

For correct information it is suggested that you visit official websites regarding visas to enter Cambodia. Please note that a tourist visa is very limited and cannot be extended beyond 30 days. So if you plan to stay longer (or think you might stay longer) it is advisable that you obtain an ordinary (also called business visa) visa from the beginning. An ordinary visa can usually be extended beyond the original time frame. The volunteer is responsible for obtaining his/her own visa of the appropriate type and is responsible for the cost incurred by that process.

WHAT IS THE HOSPITAL ADDRESS?

Physical Address

- This is sufficient for Visa address, if staying at the hospital.
- If you are staying in Kampot use address for the hotel, guesthouse, or hostel you will be staying at for the Visa address.

Sonja Kill Memorial Hospital (SKMH)
National Road #3
Kampot, Cambodia