



# Child's Dream Foundation

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A non-profit organisation  
supporting children in need  
in the Mekong Sub-Region

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## Important hints before your arrival in Cambodia

- Vaccinations:** We recommend getting in touch with the vaccination centre in your home town before arrival. Hepatitis A and B is a MUST, whereas Malaria prophylaxis and others depends on your own risk tolerance. Bring your vaccination-certificate with you.
- Medication:** Please bring your own medication from home, if you require anything specific. You will still be able to buy medication in Cambodia but the brand might be different.
- Insurance:** Please make sure that you are covered internationally by your current health insurance. Travel insurance is highly recommended. Cambodia is now a stable and relatively safe country, so it's up to you whether you want to get coverage for lost items. Child's Dream is not liable if anything happens to you during this assignment, so please make sure you cover all eventualities before arrival.
- Money:** The Cambodian currency is the Riel but \$US are accepted everywhere and can easily be changed into Riel if necessary (\$1 = 4000 Riel approx). There are ATMs in major cities (Phnom Penh, Siem Reap, Sihanoukville and Battambang). All major foreign ATM cards are accepted (Plus, Maestro etc.). You can also open a bank account in Cambodia and transfer money from your overseas account.
- Visa:** A visa can be obtained at the airport when you enter the country. You will need to bring a recent passport-sized photo. Ask for a **business visa** (\$US25) as this type of visa can easily be extended in Cambodia, although initially you will only be given one month. **Do not get a tourist visa** (which is slightly cheaper, \$US25) as this type of visa can only be extended for one month.

### Cost of Visa Extensions

1 month	US\$45	Single entry
3 months	US\$75	Single entry
6 months	US\$155	Multiple entry
1 year	US\$285	Multiple entry

- Passport:** Entry into Cambodia requires a passport valid for at least six months from the time of entry.
- Driving License:** An international driving permit or a driver's license valid in ASEAN countries is necessary for anybody who intends to drive a motorized vehicle (e.g. car, motor cycle, etc.).
- Copies:** All important documents (passport data page, visa page, credit cards, travel insurance policy, driving license, etc.) should be photocopied before you leave home.

For more details please visit <http://www.lonelyplanet.com/worldguide/cambodia/>

**NOTE: Cambodia is a developing country but you can buy most things you might forget at home. As a general rule, it's best to be equipped like a 'back packer'.**

Chiang Mai, 16<sup>th</sup> March 2010