

VOLUNTEER & INTERN GUIDE



Before you Arrive

YOUR SUITCASE

Although Cambodia is a very warm country, it is also very conservative when it comes to dress, especially when it comes to visiting places such as temples and schools. Bottoms should generally cover your knees, and tops should cover your shoulders. Light, airy clothing is recommended to stave off the heat. Flip flops and sandals are perfectly acceptable in most settings.

At Soulcial Trust and in professional settings in general, the dress code is generally informal and everyday wear is acceptable. However, please be mindful of what is appropriate wear for a workplace setting and especially what is appropriate for the country that is hosting us. Other items recommended by our current and former interns:

- Mosquito spray
- Laptop/Computer (you will need this for the internship.)
- Raincoat/umbrella for heavy rains

Because of the humidity, we do not advise that you bring too many valuables such as electronics unless they are necessary. Electronics can be sensitive to the weather.

VISAS

This section is up-to-date as of October 25, 2017, and applies to nationals of all countries **EXCEPT:** Afghanistan, Algeria, Bangladesh, Iran, Iraq, Nigeria, Pakistan Saudi Arabia, Sri Lanka, and Sudan.

Visas on Arrival

Cambodia processes visas-on-arrival, which can be obtained from the Phnom Penh and Siem Reap airports and a few land crossings from Thailand, Vietnam, or Laos. When you arrive at the check point, you should get an **Ordinary E class visa** (also known as a business visa). To do this, you will need:

- A form (can be obtained at the check point or on the airplane)
- 35 USD (bring clean, new bills)
- A recent passport photo
- Your passport

Alternatively, you can pay 37 USD and they will use a scan of your passport as your photo.

DO NOT GET A TOURIST VISA. You will not be able to extend your visa for more than a month and you will need to leave and re-enter the country.

Visas Before Arrival

It is possible to obtain an Ordinary E visa before your arrival in Cambodia if there is a Cambodian [embassy in your area](#). Please refer to your embassy for more details.

The Ordinary E visa will give you a 30-day stay in Cambodia. At around 3 weeks, you can go to a travel agency to apply for an extension of 1, 3, or 6 months. Be sure to ask for an extension to an EG visa, **not** an EB visa. The 1- and 3-month visas are only for single entry, so if you leave the country you will need to get a new visa on arrival. The 6-month visa is multiple entry. Current extension prices are:

- 1 month: 30 USD
- 3 months: 75 USD
- 6 months: 145 USD

Not including fees from the travel agency.

A popular travel agency to process these requests is Sopheak Na Travel:

Sopheak Na Tour and Travel
Preah Sangreach Tep Vong Street
Siem Reap

The current cost for a 6-month extension at Sopheak Na is 160 USD.

VACCINATIONS AND HEALTH

Please refer to your country's recommendations and/or your physician regarding vaccinations. You can obtain malaria medicine in Siem Reap, however it is generally not necessary and not advised to take over long periods of time. Other vaccinations you may consider are Hepatitis A and B, rabies, and tetanus.

If you require medication, it is best to bring as much of a supply with you as possible, although there are pharmacies that carry several types of medication. U-Care Pharmacy, which has several locations throughout Siem Reap, is known as a reliable pharmacy.

CURRENCY

Cambodia mainly uses US dollars and sometimes Cambodian riels. If you would like to bring USD from your country beforehand, you should bring new, crisp bills. It is especially advisable to bring small change, as it can often be difficult to change large bills. Please note that credit cards are rarely accepted in Siem Reap, so it is important to have cash, however ATMs are readily available at the airport and all throughout the city (with a fee).

Living in Siem Reap

ACCOMMODATION

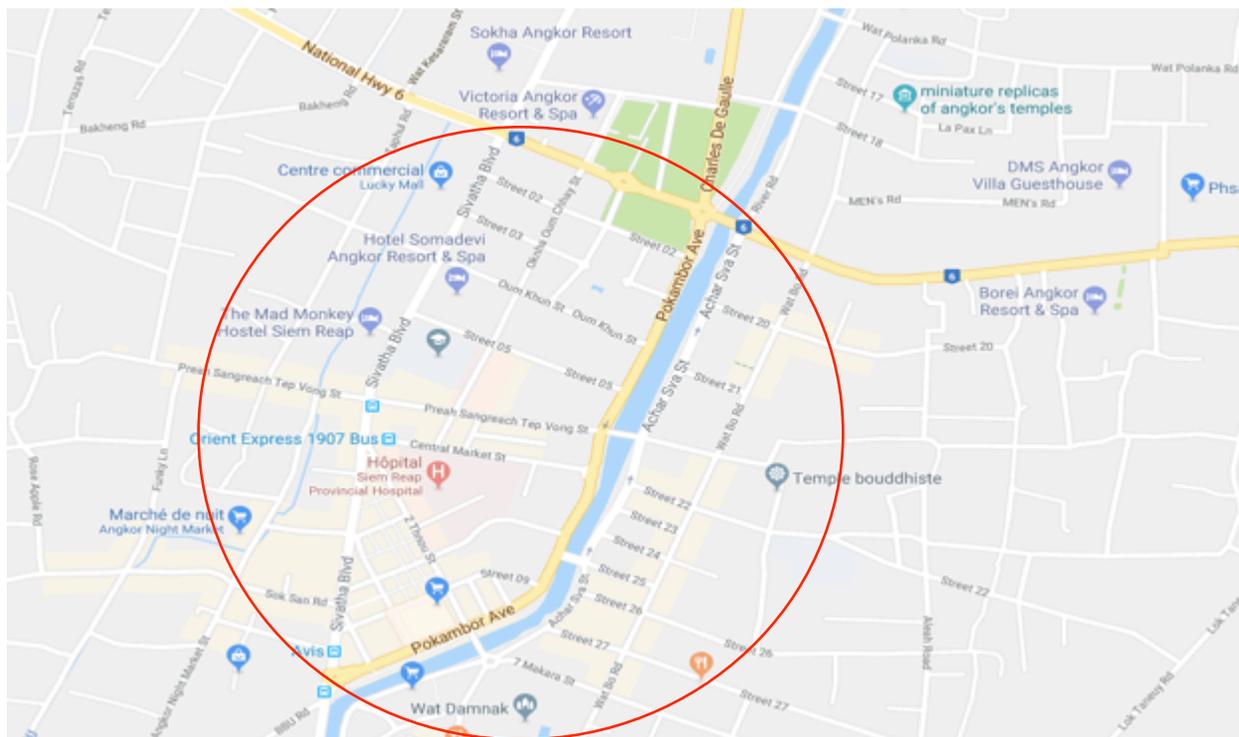
Accommodation is plentiful in Siem Reap and comes in a wide variety of quality. A simple room with a fan about 10 minutes from the center of town can be around 120 USD to 150 USD. Nicer accommodations or places closer to town can be had for anywhere from 200 USD to 300 USD. Rent sometimes includes internet, but if not you can set it up for about 12 USD per month. Electricity and water are about .25 USD per kilowatt or litre used; depending on use it will cost 20 to 30 USD per month.

While you can secure your own accommodation before arrival, it is recommended that you book a few days to one week in a cheap hostel or guesthouse and look for your long-term accommodation after you arrive, so you can visit the accommodation and ensure it meets your needs. Soulcial Trust members can advise you on which areas are good to look at.

Current recommendations:

- I-bed Hostel, which is across the street from Soulcial Trust's office, has very good dorms and a very sweet family who runs it. Long-term stays can be negotiated for a discounted price.
- Happy Guesthouse has private rooms that can be negotiated for about \$5 per day.

Here is a map showing where the city center is:



TRANSPORTATION

You can easily get almost everywhere in Siem Reap by bicycle, motorbike/electric scooter, or tuk tuk. Tuk tuks are generally used by tourists and will require some haggling, but you should not pay more than 1-2 USD for a ride within the city. From the airport, if you arrive in Siem Reap during the day, the cost is 5 USD into the city; at night you may have to pay 7 USD. From the bus station, the ride is 3 USD.

You can buy a bike in shops close to Phsar Leu Market for around 35 USD.

An important thing to note is that street names are not generally recognized in Siem Reap, with a few exceptions. Giving directions requires you to use landmarks, which can be temples/pagodas, large hotels, or well-known restaurants. Tuk tuk drivers may not be able to read maps.

When going somewhere new, it is best to do your research beforehand to know exactly where it is before leaving.

FOOD

As Siem Reap is a tourist town, there is also a wide variety in both cuisine and price. A meal at a street cart will cost about 1-2 USD, an average meal at a local restaurant will cost about 3-5 USD, and a nice meal at a western restaurant will cost between 5-10 USD.

If you want to buy your own food, there are a lot of supermarkets (Asia Market, Tai Huot Market, etc.), but fruits and vegetable will be cheaper in local markets like Phsar Leu.

SECURITY

Siem Reap is generally a safe place, even late at night. However, it is always advisable to keep your personal belongings secure when out and about, and to be cautious when walking home late at night.

PHONE

You can obtain a SIM card for your phone for about .50 to 1.00 USD. The main companies are Smart, Metfone, and Cellcard. To use your SIM, you must buy credit, which can be obtained at most convenience stores. After you buy credit, you will be given a code to fill out and call to add the credit to your SIM card.

To make calls locally, the number “0” should always precede the phone number. For example, +855 15 579 367 should be dialed as 015 579 367.

CONTACT INFORMATION

Soulcial Trust’s office is located above Casa Sur restaurant:
636 Hap Guan Street, 1st Floor

Kandal Village
Siem Reap, Cambodia
17000

Michael Barrett, Director: +855 (0) 89 772 600
Julie Webb, Programmes Director: +855 (0) 81 986 581