

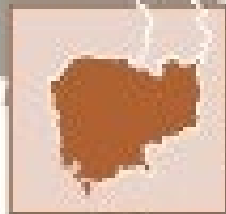


## Country Fact Sheet



# Cambodia

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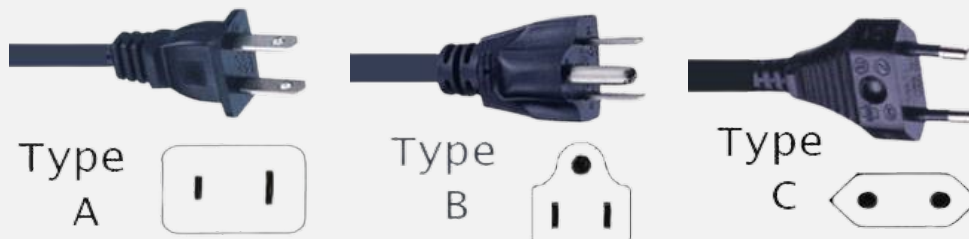
Cambodia is a country with a long and rich history, dating back to the first millennium BC. It was once the centre of the Khmer Empire, which ruled over most of mainland Southeast Asia from the 9th to the 15th centuries. The Khmer Empire was known for its remarkable achievements in art, architecture, religion, and culture, especially the construction of the world-famous Angkor Wat temple complex. However, the empire also faced many challenges from external and internal enemies, such as the Thai, the Cham, and the Mongols. The empire gradually declined and collapsed, leaving behind a legacy of glory and tragedy.

After the fall of the Khmer Empire, Cambodia entered a period of turmoil and foreign domination. It became a protectorate of France in 1863, and part of French Indochina in 1887. It gained independence in 1953, but soon faced civil war and political instability. In 1975, it was taken over by the communist Khmer Rouge regime, led by Pol Pot, who attempted to create a radical agrarian utopia. The regime killed an estimated 1.5 to 2 million people, or about a quarter of the population, in a brutal campaign of genocide, starvation, torture, and forced labour. The regime was overthrown in 1979 by Vietnamese troops and Cambodian rebels, but the country remained in a state of war until 1991, when a peace agreement was signed under the auspices of the United Nations.

Since then, Cambodia has been undergoing a process of reconstruction and development, as well as reconciliation and justice for the victims of the Khmer Rouge. It has adopted a constitutional monarchy with a multiparty democracy, and has made progress in economic growth, poverty reduction, and social development. However, it still faces many challenges such as corruption, human rights violations, environmental degradation, and land disputes. Cambodia is a country that has endured much suffering and hardship, but also has shown much resilience and hope.

<b>AREA, sq km</b>	Total: 181,035      Land: 176,515      Water: 4,520
<b>NATURAL RESOURCES</b>	Oil and gas, timber, gemstones, iron ore, manganese, phosphates, potential, arable land
<b>POPULATION</b>	16,891,245 (2023 est.)
<b>CAPITAL</b>	Phnom Penh (population 2,281,951 as per 2019 census)
<b>ETHNIC GROUPS</b>	Khmer 95.4%, Cham 2.4%, Chinese 1.5%, other 0.7% (2019-20 est.)
<b>MAJOR LANGUAGES</b>	Khmer, Chinese, Vietnamese, other minority languages; English and French are widely spoken in the capital and in Siem Reap
<b>MAJOR RELIGIONS</b>	Buddhist 97.9%, Muslim 1.1%, Christian 0.5%
<b>TIME DIFFERENCE</b>	UTC+7
<b>GOVERNMENT TYPE</b>	Parliamentary constitutional monarchy
<b>ECONOMY</b>	One of the fastest growing economies; tourism and clothing exports; substantial manufacturing and construction sectors; massive reductions in poverty, but rural areas remain poor
<b>REAL GDP PER CAPITA</b>	USD 4,400 (2021 est.)
<b>INDUSTRIES</b>	Tourism, garments, construction, rice milling, fishing, wood and wood products, rubber, cement, gem mining, textiles
<b>AGRI PRODUCTS</b>	Cassava, rice, maize, vegetables, sugar cane, soybeans, rubber, oil palm fruit, bananas, pork
<b>EXPORTS</b>	Clothing and footwear, trunks and cases, rice, rubber, light fixtures
<b>EXPORTS – PARTNERS</b>	United States 21%, Singapore 8%, Thailand 8%, Germany 7%, Japan 6%, China 5%, Canada 5%, United Kingdom 5% (2019)
<b>IMPORTS</b>	Refined petroleum, clothing, gold, cars, flavored water (2019)
<b>IMPORTS – PARTNERS</b>	China 27%, Thailand 25%, Vietnam 15%, Singapore 8% (2019)
<b>EXCHANGE RATES</b>	Riels (KHR) per US dollar (USD) 4,130 (2023)  <b>Note:</b> US dollar remains legal tender in Cambodia and is readily accepted countrywide; the dollar banknotes, however, should be in good condition, without any tears, folds or damage of any kind
<b>TELEPHONE CODE</b>	+855
<b>EMERGENCY PHONES</b>	Ambulance: 119; Fire: 118; Police: 117

**ELECTRICITY/VOLTAGE** 230 V / 50 Hz / plug types: A, B, C



### MAJOR SPORTS

Soccer, volleyball, martial arts (bokator, pradal serey), sepak takraw (ball sport)

### TIPPING GUIDELINES

A tip of 10% is appropriate at restaurants. If you are staying in a hotel, give the bellman around USD 1 per bag and housekeeping USD 1 per day. Taxi drivers do not expect tips.

### SOUVENIRS

*Krama* scarves, silk products, stone and wood carvings, jewelry, silver boxes and bowls, recycled bags

### CULTURAL PRACTICES

Cambodia is a country with a rich and diverse culture, influenced by its ancient and colonial history, its dominant religion of Buddhism, and its ethnic diversity. Some of the cultural practices that are unique or important to Cambodians are:

- **The *sampeah*:** This is the traditional way of greeting in Cambodia, which involves pressing the palms of the hands together in front of the chest, accompanied by a small bow. The higher the hands are held, the more respect is shown. The *sampeah* is used to greet, thank, apologize, or bid farewell to someone. It is also used to show reverence to monks, elders, statues, or images of Buddha
- **The head and the feet:** Cambodians consider the head as the most sacred part of the body, and the feet as the lowest. Therefore, it is rude to touch someone's head, even children's, or to point the feet at people, especially monks or religious figures. It is also disrespectful to step over someone or something, or to sit with the feet pointing upwards. On the other hand, it is polite to lower the head when passing by someone who is older or higher in status.
- **The shoes:** Cambodians always remove their shoes when entering someone's house, a temple, or any place that is considered sacred or clean. This is a sign of respect and hygiene. Shoes are usually left outside the door or in a designated area.
- **The dress code:** Cambodians dress modestly and conservatively, especially when visiting religious or cultural sites. They avoid wearing clothing that exposes too much skin, such as shorts, skirts, tank tops, or low-cut shirts. They also cover their shoulders and knees

when entering temples or palaces. They may also wear a scarf or a shawl to cover their head or wrap around their waist.

- **The cheers:** Cambodians love to drink and socialize, but they have a unique way of saying cheers. They say *chul mouy*, which means “one more time”, and they repeat it to every person at the table before every sip of their drink. This makes the drinking session last longer and more fun.

## MAJOR TOURIST DESTINATIONS

Cambodia is a beautiful country with many tourist attractions that showcase its rich and diverse culture, history, and nature. Some of the major tourist destinations in Cambodia are:

- **Angkor Archaeological Park** is the most famous and visited site in Cambodia, where you can explore the ancient temples of the Khmer Empire, such as Angkor Wat, Bayon, Ta Prohm, and many more. The park covers an area of 400 square kilometers and contains over 1000 monuments that date from the 9th to the 15th centuries.
- **Phnom Penh** is the capital and largest city of Cambodia, where you can experience the modern and cosmopolitan life of the country.
- **Cambodia’s Southern Islands:** If you are looking for a relaxing beach getaway, you can head to one of the many islands along the Cambodian coast. You can enjoy the pristine white sand, clear blue water, and tropical scenery of these islands, as well as snorkeling, diving, kayaking, and fishing activities. Some of the most popular islands are Koh Rong, Koh Rong Sanloem, Koh Sdach, Koh Kong, Koh Russey, and Koh Ta Khiev.
- **Battambang** is Cambodia’s second-largest city and a charming example of French colonial architecture.
- **Kratie** is a small town on the banks of the Mekong River, where you can see one of Cambodia’s rarest animals: the Irrawaddy dolphin. You can take a boat trip to watch these endangered creatures in their natural habitat, as well as enjoy the scenic views of the river and its islands.

## TRADITIONAL CUISINE

Cambodia is a country with a rich and diverse cuisine, influenced by its ancient and colonial history, its dominant religion of Buddhism, and its ethnic diversity. Some of the typical dishes that you can find in Cambodia are:

- **Amok** is Cambodia’s national dish, a fragrant and spicy coconut fish curry steamed in banana leaves. It has a mousse-like texture and a distinctive flavor from the spice paste called *kroeung*. You can also try amok with chicken, tofu, or snails.

- **Kuy teav** is a popular street food dish and a common breakfast in Cambodia. It is a noodle soup made from rice vermicelli and pork or beef bones. The broth is topped with fried shallots, garlic, bean sprouts, green onion and herbs. You can also add pork or fish balls, and dip the noodles in chilli paste, lime juice, or hoisin sauce.
- **Nom banh chok** is another noodle dish that is often eaten for breakfast or as a snack. It consists of thin rice noodles topped with a green fish curry made from lemongrass, turmeric, kaffir lime leaves, and coconut milk. It is garnished with fresh vegetables, such as cucumber, banana flower, bean sprouts, and mint.
- **Samlar machu** is a sour soup that can be made with various ingredients, such as fish, chicken, beef, pork, or vegetables. The sourness comes from tamarind, lime juice, or vinegar. The soup also contains kroeung, palm sugar, fish sauce, and herbs. It is usually served with rice.
- **Kampot pepper crab** is a specialty of the coastal town of Kep, where you can find fresh crabs caught daily from the sea. The crabs are stir-fried with garlic, salt, and the famous Kampot pepper, which has a floral and spicy aroma. The dish is simple but delicious.
- **Lap Khmer** is a refreshing beef salad that is marinated in lime juice and fish sauce. The beef is thinly sliced and cooked rare or raw. It is mixed with lemongrass, garlic, shallots, chillies, mint, basil, and roasted rice powder. It is served with lettuce leaves and cucumber slices.
- **Pleah sach ko** is another beef salad that is similar to ceviche. The beef is marinated in lime juice and fish sauce until it turns pink. It is then mixed with garlic, shallots, chillies, mint, basil, peanuts, and fried shallots. It is wrapped in cabbage leaves or served with rice crackers.
- **Samlar kari** is a chicken curry that is influenced by Indian cuisine. The curry paste contains turmeric, ginger, garlic, shallots, lemongrass, galangal, coriander seeds, cumin seeds, and dried chillies. The chicken is cooked with coconut cream and milk, fish sauce, palm sugar, sweet potatoes, and onions. It is served with rice or baguette.

## CLIMATE

**Tropical, hot, and humid all year round.** There are two main seasons: a **rainy season from May to mid-November**, and a **dry season from mid-November to April**. The rainy season is caused by the southwest monsoon, which brings heavy rains and high humidity. The dry season is caused by the northeast monsoon, which brings lighter and drier winds. The temperature is high throughout the year, ranging from about 28 °C (82 °F) in January to about 35 °C (95 °F) in April. The rainfall varies depending on the region, with the southwest being the wettest and the inland plains being the driest

PHNOM PENH									
Month	Average Temperatures 1991 - 2020						Average Precipitation		
	min	max	mean	min	max	mean	mm	inches	days
	Degrees Celsius – °C			Degrees Fahrenheit – °F					
Jan	22.7	31.2	27.0	73	88	80.5	7	0.3	1
Feb	23.4	32.8	28.1	74	91	82.5	10	0.4	1
Mar	25.1	34.4	29.8	77	94	85.6	40	1.6	3
Apr	26.2	35.0	30.6	79	95	87.1	75	3.0	6
May	26.4	34.7	30.5	80	94	87.0	135	5.3	14
Jun	25.9	33.7	29.8	79	93	85.7	155	6.1	15
Jul	25.5	32.9	29.2	78	91	84.5	170	6.7	16
Aug	25.4	32.8	29.1	78	91	84.3	160	6.3	16
Sep	25.2	32.0	28.6	77	90	83.5	225	8.9	19
Oct	25.1	31.4	28.2	77	88	82.8	255	10.0	17
Nov	24.6	31.0	27.8	76	88	82.0	125	4.9	9
Dec	23.0	30.3	26.7	73	87	80.0	45	1.8	4
YEAR	24.9	32.7	28.7	77	91	83.5	1400	55.1	121

**SIEM REAP** is located in the northwest region of Cambodia where the climate is mostly similar to that of Phnom Penh. However, there are some differences: the monsoon season in Siem Reap is shorter than in Phnom Penh, and it usually ends in early November. The winter season in Siem Reap can be slightly cooler than in Phnom Penh, and the minimal temperature can drop as low as 21°C/ 70 °F.

#### PASSPORT/VISA REQUIREMENTS

- A passport valid for at least six months from the date of entry, with at least one blank page.
- A visa, which can be obtained [online](#) (e-visa), on arrival, or at a Cambodian embassy or consulate. The visa fee ranges from 30 to 36 USD, depending on the type and method of application.
- A passport-size photo, which is required for both e-visa and visa on arrival applications.
- An e- visa printout or an application form available upon arrival for visa on arrival.
- Some countries are exempt from visa requirements for Cambodia, such as ASEAN members, China, India, Iran, Japan, South Korea, and Russia. These countries can enter Cambodia without a visa for a limited time, ranging from 14 to 30 days.

#### VACCINATIONS

An International Certificate of Vaccination for yellow fever is required for travelers arriving from countries with a risk of yellow fever transmission and for travelers having transited through the airport of a country with risk of yellow fever transmission.

## WHAT TO PACK

### Clothing

- Lightweight, light-colored, and breathable clothing to cope with the heat and humidity.
- A light raincoat or umbrella if traveling in the rainy season.
- A swimsuit and a towel for swimming in waterfalls or rivers.
- A long scarf or a sarong to wrap around yourself when needed. You should also remove your shoes before entering a temple or a private home.

### Hygiene

- Some toiletries and accessories that can help you stay clean and healthy during your trip.
- Sunscreen, insect repellent, hand sanitizer, a microfiber travel towel, a reusable water bottle with a filter, and some snacks.
- Some basic medicines for common ailments, such as painkillers, antihistamines, antidiarrheals, and rehydration salts.

### Activities

- Some electronics and entertainment items that can help you enjoy your trip and capture your memories.
- Phone, charger, power bank, earphones, camera, laptop or tablet, e-reader or books.
- A plastic lanyard holder to carry your Angkor Pass around your neck for visiting the Angkor Wat temple complex.
- Comfortable sandals or shoes that are easy to take on and off.
- Insect repellent, a hat, sunglasses, and a camera for exploring the countryside or the islands.

### Security

- An anti-theft backpack that has hidden zippers and slash-proof material. Some padlocks for bags and a neck wallet for passport, cash, credit cards, and phone.
- Use a VPN service when connecting to public WiFi sources, as they may not be secure.
- Be aware of some of the common scams and dangers that tourists may encounter, such as taxi overcharging, fake money, or pickpocketing. Like anywhere in the world, always be alert and cautious when traveling in Cambodia.