



Indirizzo: No 2403, Floor 24- Block A3 Ecolife Capitol,
58 To Huu, Me Tri, Nam Tu Liem, Hanoi (Viet Nam)
Tel: +84-24-320.450.77 - Mobile/Whatsapp: +84-988550733
Tax code: 0108826708 - Website: www.vietconetravel.com

PASSPORT

To enter Laos, a passport with a residual validity of at least 6 months from the date of entry into the country is required.

VISA

The visa, for short stays, can also be obtained at the airport border and by land at the Thai-Lao Friendship Bridge and other international border crossings. The visa costs around US \$ 35 and a passport photo is required; validity is 30 days and can be renewed by the local Immigration Department.

HEALTH

Medical services and services in Laos are limited. We recommend that you consult your doctor and a vaccination center before departure. No vaccinations are officially required to visit Laos except for yellow fever for travelers from infected countries. However vaccinations against poliomyelitis, typhoid, tetanus, hepatitis A and B, measles, mumps and rubella (MMR) are recommended. To avoid contracting dengue, it is advisable to buy a good mosquito repellent and wear light clothes that cover arms and legs.

CLIMATE

Like any tropical country, Laos has two seasons: the rainy season (May to September) and the dry season (October to April). The average annual temperature is around 28 ° C, up to a maximum of 38 ° C in April and May. In mountain areas, on the other hand, temperatures can be considerably lower, reaching zero degrees in the colder months. The best time to go is from November to April.

CURRENCY

Laos currency is the Kip and the exchange rate is around € 1 = 9500 LAK. Three currencies are used for trading: the Kip, the Thai Baht (B) and the US dollar (USD). In large cities and towns, baht and USD are accepted almost everywhere. In smaller towns and villages, Kip is preferred. ATMs are available in Vientiane, but withdrawals can generally be limited to around USD 100, in Laotian Kip equivalents. Credit cards are accepted mainly in the most famous hotels.

TIME ZONE

The Laotian time zone is GMT + 7 hours, so there are 6 hours more than Italy when daylight saving time is in effect and 5 hours more when solar time is in effect.

CUSTOMS

For international flights, when requested, a Departure / Arrival document must be completed and presented to the Immigration Office. A wide range of products is subject to import and export bans and restrictions. The import and export of national heritage items, which include antiques and artifacts such as Buddha statues, images, bronze drums, spears, swords and bracelets, is only carried out after approval by the Ministry of Information and culture.



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LUGGAGE

Each company applies its own rules regarding baggage allowance, both in the cabin and in the hold. These rules regulate the weight of baggage allowed in the cabin and in the hold, as well as specifying the size allowed for baggage. The quantity and weight of baggage per passenger varies according to the class of travel and the type of flight ticket.

ELECTRICITY

The current in Laos has a power of 220V. The sockets are of various types (type A, B, C, E, F). Adapters are readily available in stores in Vientiane. Power outages are frequent during the rainy season and in smaller cities, so it is highly recommended to bring a torch.

DRINKS

Spirits and wines are sold quite cheaply in shops and at higher prices in hotels and restaurants. Except for water, the most popular drink in Laos is the famous Beer Lao which is also exported to various foreign states.

KITCHEN

Laotian cuisine has strongly influenced the nearby cuisines of Thailand and Cambodia. The staple food of Laotians is sticky rice which is eaten with the hands. Laos' most famous dish is Larb, a spicy mixture of marinated meat and / or fish, often served raw with a combination of herbs, vegetables and spices. Another typical Laotian dish is a spicy unripe papaya salad, known as Hoong tam mak or Som tam. Laos cuisine has many regional variations. French colonization is evident especially in the capital, where baguettes are sold on the street and French restaurants are common and popular.

SHOPPING

Laos has a strong tradition of weaving silk and cotton. Weavers from every province incorporate typical patterns and colors in their works. These pieces can be purchased in all the main markets or directly from silk weavers in the villages near Luang Prabang.

TELEPHONE AND FAX

Postcards from Laos sent to western countries take around 10 days to arrive. To call Laos from home, dial the international country code followed by 856, then the local area code (minus the initial zero), plus the number. To call home from Laos, dial 00 + the country code + area code without the initial zero + the number.



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PHOTOGRAPHY

It is strictly forbidden to photograph places of military or security interest, including bridges, airports, military installations, government or government buildings. Due to the prohibition of religious proselytism, photographs or videos should be avoided during non-Buddhist religious services. It is polite to seek permission before photographing people.

TRAFFIC

Traffic in Laos is chaotic and road conditions are generally not good. Few roads have horizontal signs. Theoretically, traffic is moving to the right, but vehicles use the entire roadway. Taxis or rental cars are available at the airport, at the Friendship Bridge, in the larger hotels and near the Vientiane market. The most common form of public transport is an open three-wheeled taxi called a tuk-tuk but classic taxis are also used, they are often in poor condition and drivers generally speak little or no English.

SAFETY

Laos is generally a safe country, but like everywhere you need to follow some basic common sense rules. Petty crime occurs in the capital and other major cities, although not often. Pay close attention during big parties, especially on the streets.

CLOTHING

Wear appropriate clothing for the climate. Light cotton clothes are best suited for most of the year, while something warmer may be required in the mountains or in January and February. Remember to bring a raincoat and an umbrella, given the frequent rainfall.

GOOD HABITS

When visiting Laos there are some general rules of behavior that should be followed: do not touch people's heads, as the head is considered the most sacred part of the body. On the contrary, you should never move objects with your feet, indicate anything with your feet or point the soles of the feet to people when sitting, as they are considered the least sacred part of the body. If you sit in a temple keep your feet as far away from the main Buddha image as possible. When visiting a temple, the arms and legs must be fully covered. Take your shoes off before entering a temple or any room that contains a Buddha image. Don't be surprised if some hotels and restaurants ask you to take your shoes off. Monks are not allowed to touch women, so they should not try to shake a monk's hand or give him something directly. When speaking to a monk always keep your head lower than his. As elsewhere in Southeast Asia, the traditional way of greeting is to join hands in front of the chest, like a prayer, and slightly bow your head.