

# DOS & DON'TS IN LAOS

WELCOME TO LAOS!  
WE HOPE YOUR VISIT IS ENJOYABLE AND REQUEST THAT YOU RESPECT THE LAO LAW, CULTURE AND CUSTOMS.  
PLEASE READ ON TO FIND OUT MORE ABOUT THE DO'S AND DON'TS FOR CULTURALLY SENSITIVE TRAVEL IN THE LAO PDR.

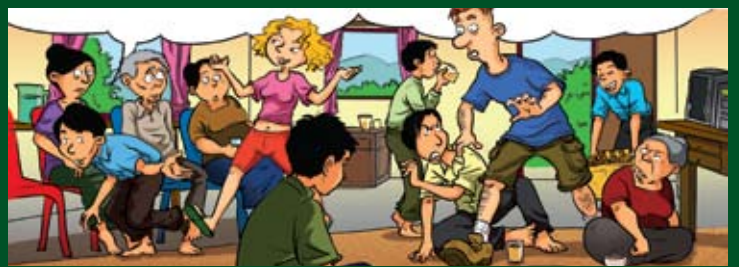


The Lao word for Hello is "Sabai dee", usually said with a smile. Touching or showing affection in public will embarrass your hosts.

Lao people traditionally greet each other by pressing their palms together to 'NOP', although it is acceptable for men to shake hands.



Kissing and hugging in public is impolite. Please be discrete.



Remember, your head is 'high', your feet 'low', it is polite to gently crouch down when passing someone who is seated. Never, ever step over someone in your path.



In Laos your head is 'High', your feet 'Low'. Using your feet for anything other than walking or playing sport is generally considered rude.



Lao people speak softly and avoid confrontation. Please do not shout or raise your voice. Before you take a photo of someone ask if it is ok.



Touching someone's head is very, very impolite. Lao people appreciate clean and neatly dressed visitors.



Please do not distribute gifts to children as it encourages begging, but give to an established organization or village elders instead.



Bathing nude in public is impolite. Please remember to take your shoes off before you enter a Lao person's home.



Try eating delicious Lao food whenever you can. It helps local business and Lao farmers.



Monks are revered and respected in Laos. However woman should not touch a monk or a monk's robes.



Please help keep Laos clean and beautiful by not leaving litter. Picking up rubbish sets a good example for Lao youth.



Please show respect and dress neatly while in temples and when taking photos. There are many other sacred items and sites in Lao. Please don't touch or enter these places without permission.



Laos loses a little of its heritage every time an antique is taken out of the country. Please do not buy antique Buddha or other sacred items. Instead, support local craftsmen by purchasing new, quality handicrafts.

The use of drugs is illegal in Laos. The consequences may be severe for you and Lao society.