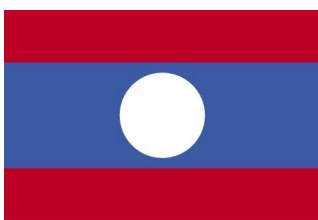


Travel Facts



US State Dept Travel Advisory

The US Department of State currently recommends US citizens exercise increased caution to Laos due to civil unrest. Some areas have increased risk. Consult its website via the link below for updates to travel advisories and statements on safety, security, local laws, and special circumstances in this country.

<https://travel.state.gov/content/travel/en/traveladvisories/traveladvisories.html>

Passport/Visa Requirements

US citizens should make sure their passport will not expire for at least 6 months after they enter the country even if they do not intend to stay that long. They should also make sure they have at least 2 blank pages in their passport for any entry stamp and or visa that will be required. A visa is required. US citizens will need to get in touch with the country's embassy or nearest consulate to obtain a visa prior to visiting the country.

US Embassy/Consulate

[856] 21-48-7000; US Embassy Vientiane, Ban Somvang Thai, Thadeua Road, Km 9, Hatsayfong District, Laos; CONSIAO@state.gov; <https://la.usembassy.gov/>

LGBTQ+ Travelers

When venturing abroad, LGBTQIA+ travelers can face unique challenges since laws, attitudes, and legal protections vary from country to country. Consult the website via the link below to learn what precautions to take before and during your trip.

<https://travel.state.gov/content/travel/en/international-travel/before-you-go/travelers-with-special-considerations/lgbtqi.html>

Telephone Code

856

Local Emergency Phone

191 Police, 195 Ambulance

Vaccinations

The CDC and WHO recommend the following vaccinations for Laos: hepatitis A, hepatitis B, typhoid, cholera, yellow fever, Japanese encephalitis, rabies, meningitis, polio, measles, mumps and rubella (MMR), Tdap (tetanus, diphtheria and pertussis), chickenpox, shingles, pneumonia, COVID-19, and influenza.

<http://www.who.int/>

Climate

Tropical monsoon; rainy season (May to November); dry season (December to April)

Currency (Code)

Kips (LAK)

Electricity/Voltage/Plug Type(s)

230 V / 50 Hz / plug types(s): A, B, C, E, F



Potable Water

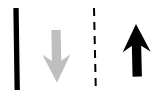
Opt for bottled water

International Driving Permit

Suggested

Road Driving Side

Right



Tourist Destinations

Elephant Village Sanctuary; Four Thousand Islands (includes Khone Pha Pheng Waterfall); Kong Lor Caves; Wat Phu;; Vientiane; Luang Prabang (former royal city); Plain of Jars

Major Sports

Soccer, sepak takraw (kick volleyball), muaylao (martial art)

Cultural Practices

Lao culture is centered on the pleasures of life: eating, drinking, sleeping and chatting with friends. Work obligations rarely take priority over socialization. It's common to be asked if meals, weekend activities, weddings and whatever you're doing right now is "muan," or enjoyable.

Tipping Guidelines

Tipping is not customary except in tourist-oriented restaurants where 10% of the bill is appreciated, but only if a service charge has not already been added. Tour guides and day-long drivers expect \$10-15 (USD) per day for a gratuity. Tip hotel staff \$2-3 (USD) per day for their service.

Souvenirs

Hand-woven silk or cotton sarongs, gold and gemstone jewelry, wood carvings, spices, Hill Tribe bags

Traditional Cuisine

Laab (or Laap) — minced meat, seasoned with lime juice, fermented fish sauce, and a variety of other ingredients such as finely ground roasted sticky rice, chilli, mint leaves, onions, herbs, and spices

Major Languages

Lao, French, English, various ethnic languages

Major Religions

Buddhist, Christian

Time Difference

UTC+7 (12 hours ahead of Washington, DC, during Standard Time)

September 2023

