

DO'S AND DON'TS IN LAOS



1. The Lao word for 'hello' is 'sabai dee', usually said with a smile. Touching or showing affection in public will embarrass your host.
2. In Laos your head is 'high', your feet 'low', using your feet for anything other than walking or playing sports is generally considered rude. Do not point with your feet/toes and do not have your feet raised/or propped up on tables.
3. Touching someone's head is very very impolite! It is polite to gently crouch down when passing someone who is seated. Never ever step over someone in your path.
3. Monks are revered and respected in Laos. However, women should not touch a monk or a monk's robe.
4. Lao people appreciate clean and neatly dressed visitors! Please show respect and dress neatly while in temples and when taking photos. Dress appropriately, no tank tops or shorts in temples, no low cut neck-lines, or revealing clothes.
5. While bathing daily and personal hygiene is appreciated, bathing NUDE IS IMPOLITE and rude to their culture!
6. Please remember to take your shoes off before entering a Lao person's home.
7. Kissing and hugging in public is impolite; please be discrete!
8. Lao people speak softly and avoid confrontation. Please do not shout or raise your voice.
9. Before taking a photo of someone, ask if it's OK.
10. Please do not distribute gifts such as candy to children as it encourages begging, but give to an established organization or village elder instead.



11. Try eating delicious Lao food whenever you can. It helps local businesses and Lao farmers.
12. There are many other sacred items and sites in Laos. Please don't touch or enter these places without permission.
13. Laos loses a little of its cultural heritage every time an antique is taken out of the country. Please do not buy antique Buddha's or other sacred items. Instead, support local craftsmen by purchasing new yet quality, handicrafts.
14. The illegal sale of wildlife and wildlife products endangers many species native to Laos. Help protect Lao wildlife by refusing to buy wildlife products.
15. Please help to keep Laos clean and beautiful by not leaving litter. Picking up rubbish sets a good example for Lao youth