A Travel Guide to Laos

The Essential Things

PLACES CUISINES CULTURE HACKS and MORE!
It’s a blessing for us to take people to places and make them smile every day.

- CEO David Dao
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LAOS TRAVEL GUIDE

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EXPLORE
ENJOY
REPEAT

UNBEATABLE PRICES
7-DAY MONEY BACK
DEPARTURE GUARANTEE
Greetings from

Asia Vacation Group

Inspired by the passion of travelling and exploring the extraordinary, Asia Vacation Group travel agency was born in 2015 with the vision of delivering the ultimate travel experience to group and individuals around the world.

Guests Lover
Our dedicated services are with you all the way. Just sit back and relax.

Local Leaders
With more than 60 itineraries to 7 countries in Asia, we will take you the most beautiful corners of the land.

Responsible Travel
We implement only good ethic practices to protect the environment and historical wonders for mankind.

The accommodation was exemplary in the four hotels we stayed in and every tour was terrific with the highlight for me being the Saigon River dinner cruise. The food everywhere was fantastic. Thank you for arranging such a great holiday.

- Norm Avent
Asia Vacation Group Customer
LAOS

The landscape in Laos has been famous for small towns, stellar waterfalls, and untouched nature, reflecting an Asian ancient beauty. Some highlights include the charming UNESCO World Heritage Luang Prabang city, a scenic Vang Vieng town and many other astounding destinations. Unlike the neighbouring countries, travellers probably will not find chaotic and buzzing cities like Bangkok in Thailand or Saigon in Vietnam. Rather, people can find their chances to let go of their busy lives and enjoy the calm and peaceful moments.
Quick Facts

POPULATION
7 mils (as of 2017)

CURRENCY
Kip (LAK)

EXCHANGE RATE

<table>
<thead>
<tr>
<th></th>
<th>1 USD</th>
<th>1 AUD</th>
<th>1 Euro</th>
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<tr>
<td>to LAK</td>
<td>8,698</td>
<td>6,017</td>
<td>9,822</td>
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</table>

POPULAR INTERNATIONAL AIRPORTS
Wattay Airport (VTE), Vientiane
Luang Prabang Airport (LPQ)
Savannakhet Airport (ZVK)
Pakse International Airport (PKZ)

LANGUAGE
Lao

TIME ZONE
UTC +7 hours

ELECTRICITY
230V/50Hz
Plug type A, B, C, E and F

Weather

There are 2 distinct seasons, which are the wet season (May - September) and dry (October – April). Laos can be visited year around. However, the best time to visit is probably during the dry months.

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<thead>
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<th>Jan</th>
<th>Feb</th>
<th>Mar</th>
<th>Apr</th>
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WHERE TO GO

1. Luang Prabang
   As a UNESCO World Heritage-listed city and once served as the royal capital of Laos, Luang Prabang is well-known for numerous ancient Buddhist temples and antique architectures. The nearby Kuangsi Waterfall is a popular attraction as well.

2. Phonsavan
   Located in the northeast of Laos, Phonsavan means “Hills of Paradise” in Laos’ language. The most well-known attraction in the area is the Plain of Jars, an archaeological site with mysterious giant stone jars scattered all over the place.

3. Vang Vieng
   A striking river landscape sitting on the banks of Nam Song River and surrounded by a mysterious cave system, towering karsts along with lagoons of turquoise water. This town is a perfect destination for adventurers and backpackers.

4. Vientiane
   Vientiane is the capital and the hub of commerce and administration. Influenced by the French colony in the past, many buildings are created with French styles, especially the famous gate Pattuxai. Also, this city is home to the massive glittering stupas and Buddhist temples.

5. Savannakhet
   Savannakhet is Laos's second-largest city and is known for its well-preserved French colonial architectures, such as Wat Xayaphoum Temple, That Ing Hang Stupa and Huean Hinh Stone House.

6. Pakse
   Situated at the confluence of the Mekong River, Pakse possesses historical charm and is considered as the gateway to many incredible sites of Southern Laos, such as the Si Phan Don and Vat Phou.
There are much more beautiful destinations not being mentioned here. Visit our website to explore the bigger Laos.
As one of the most sacred morning rituals in Laos, Alms Giving Ceremony takes place daily when the sun rises, the Buddhist Lao monks will silently walk through the streets and receive the gifts of food from the locals kneeling down on the sidewalk. All the tourists that take part or observe the ritual should keep silent, turn off the camera's flash, don't touch the monks or get in their way.

Try the Gibbon Experience

Being renowned for the world’s highest tree houses, the Gibbon Experience is a tourism-based project located in Bokeo Province. Travellers may fly through jungles via zip lines and stay overnight in the tree houses as part of the journey to search for gibbons. The experience is truly amazing and adventurous.
04

Canoe through a 7-km cave
Tham Kong Lor Cave is an impressive natural masterpiece located at the Phu Hin Bun National Park. The Phu Hin Bun rivers flow through the cave, and visitors can canoe through it and discover the emerald pond hidden deep inside. The pond is believed to have a connection with the Hindu God, Indra.

05

Go tubing in Vang Vieng
For less than USD10, one can rent a rubber tube and float down the Nam Song river for a whole day. Vang Vieng is always famous for its untouched nature and fresh air. It’s time to grab a drink and enjoy the view.

06

Cruise along the Mekong River
As the Mekong River plays a major role in Laos’s agricultural production, an excursion along this mighty river will give the tourists a chance to witness the lush vegetations, fertile lands for rice production and livestock farming as well as a rich cultural heritage along the banks.
INSIGHTS

Getting a Visa

<table>
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<tr>
<th>Type</th>
<th>Visa On Arrival</th>
<th>Visa Before Arrival</th>
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<tr>
<td>What</td>
<td>Apply at the airport.</td>
<td>Apply at nearest Lao embassy.</td>
</tr>
<tr>
<td>Pros</td>
<td>No preparation needed prior to leaving.</td>
<td>Save time at the airport.</td>
</tr>
<tr>
<td>Cons</td>
<td>Queue up at the airport.</td>
<td>Must apply in person.</td>
</tr>
<tr>
<td></td>
<td>Only available for residents from eligible countries. Refer to <a href="https://www.tourismlaos.org/">https://www.tourismlaos.org/</a></td>
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Local Money

Local currency can be exchanged at the banks or authorized agencies. Popular banks are ANZ Bank, Indochina Bank, and Agricultural Promotion Bank. *Do not make any transaction at unauthorized shops. There’s a fine and the difference is not worth it.*

![Images of Lao currency notes: 1 kip, 5 kip, 10 kip, 50 kip, 100 kip, 500 kip, 1,000 kip, 2,000 kip, 5,000 kip, 10,000 kip, 20,000 kip, 50,000 kip, 100,000 kip]
TAXI
Taxis in Laos may have meters or not. In any case, passengers can make a bargain with the drivers. Another option is to rent a taxi for the whole day, which will cost about USD50 per day for commuting within the city.

BUS
Bus city network in Laos is not likely designed for tourists. However, the long-haul bus is useful and favourable. For a trip between Luang Prabang and Vientiane, the cost would be USD23. There are also buses between Laos and neighbouring countries.

TUK-TUK
Similar to Thailand, three-wheeled Tuk-tuk is also a common means of transportation in Laos. The price is typically USD1 per kilometres and passengers should bargain hard.

AIRLINES
There are only 2 airlines operating in Laos, which are Lao Airlines and Lao Skyway. Lao Skyway is the newer airline and offers flights at a bit cheaper prices. Laos Airlines is the national airline.

BOAT
The most popular boat route is between Luang Prabang and Huay Xai. There are slow boats and speed boats. They usually depart in the morning and the cost may vary depending on the water season. The average cost is about USD43.

MOVING AROUND

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01 Steamed Fish (Mok Pa)
A speciality contains steamed fish mixed with garlic, chilli, shallot, dill and fish sauce then wrapped in banana fish and tied with bamboo.

02 Green Papaya Salad (Tam Mak Hoong)
A dish made by mixing chopped green papaya with carrots, peanuts, tomatoes, shrimp, chillies, fresh lime juice then pounded together.

03 Chicken Noodle Soup (Khao Piak Sen)
A traditional homemade soup made of slightly chewy noodles and a chicken broth then topped with scallion.

04 Meat Salad (Laap)
Fresh meat (pork, chicken, turkey or duck) seasoned with fish sauce, shrimp paste and sugar stirred together, then served with steamy hot sticky rice.

05 Coconut Sweets (Khanom Nom Kok)
The small pancakes are made from rice and packed with shredded coconut, giving a chewy and mild sweet taste.
**STAY HEALTHY**

Laos’ health system is still less advanced than in other countries in Asia. Some common diseases are bird flu and diarrhea. Tap water is not good for drinking and street foods should not be consumed too much. In an emergency, you must quickly get transferred to the nearest medical centres for treatment and advice. We highly recommend that all travellers should purchase travel insurance for peace of mind.

**STAY CONNECTED**

For data only, a 4G sim card costs about USD12 for 3GB of data, valid to use in 30 days (Unitel). Credits can be added for calling. Popular Network Providers are Unitel, Laotel, Beeline, and ETL.

**STAY SAFE**

Laos is considered to be a safe place for tourists. Violent crimes against foreigners are very uncommon. However, pickpocketing and petty theft are the threats that tourists should be aware of. Tip: Do not carry valuable assets and documents while travelling and always stay cautious when entering crowded areas.
As the biggest festival of the year, people celebrate by reuniting, dancing and splashing water to others. Laotians believe that they can wash off the bad lucks and welcome a better year by getting wet. The festival lasts for a week and the streets may be packed with local residents and tourists.

**New Year (Pi Mai Lao)**  
*April - Nationwide*  
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**Boat Racing Festival (Boun Suang Heua)**  
*October - Vientiane*  
This colourful festival is held annually on the 15th day of the 11th lunar month to pay respect to the mother of the river for providing water for daily life as well as washing away the bad luck of the past year. Traditional boat racings along with many other sports will happen during this day along the banks of the Mekong River. This is one of the most expected festivals of the Lao every year.

**Rocket Festival (Boun Bung Fai)**  
*April/June - Vientiane*  
To pray for rain and prosperous rice crops coming up, the Lao people usually celebrate Rocket Festival in the 6th lunar month. The self-made firework rockets from many representatives of different communities will compete for the best decoration and the highest flying. Losers are thrown in the mud.
ETIQUETTES

Stay local. Stay right

#1 Greet with *nop*, putting your hands together like praying and bow your head slightly. Handshakes are also widely accepted.

#2 Take off the shoes when entering houses unless being told otherwise.

#3 Do not touch anyone’s head, even children.

#4 Use your right hand when handing something to others. The right hand is considered to be more respectful.

#5 Public displays of affection are highly discouraged in Laos between opposite sexes.

#6 Sexual relations between a Lao national and a foreigner is not likely welcomed.

#7 Dress properly when entering temples and shrines. Shoulders and knees should be covered.

#8 Getting in line is not very popular. Try to stay calm if someone breaks the line.

#9 Try not to show your anger or disappointment in public. Saving others’ faces is important.

#10 Giving gifts randomly to children is not recommended as it encourages begging.
Employed by Asia travel experts, Asia Vacation Group understands deeply WHERE to go, WHAT to do, and HOW to take your holiday to the fullest.

**Best Prices**

**7-day Money Back**

**100% Departure Guarantee**

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Our tours typically include:

- **Flights**
- **Accommodation**
- **Selective Meals**
- **Transportation**
- **Sightseeing**
- **Tour Guides**

*Prices are on per person twin share basis and subject to change without notice.*

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**16 Day Vietnam Laos Cambodia Tour**

Tour Code VLC16

Saigon, Hoi An, Hue, Hanoi, Halong, Luang Prabang, and Siem Reap.

**21 Day Best of Indochina Tour**

Tour Code WBI21

Phnom Penh, Siem Reap, Luang Prabang, Hanoi, Halong Bay, Hoi An, and Saigon.

**14 Day Luxury Southeast Asia Discovery Tour**

Tour Code AIDL1-14

Hoi An, Hanoi, Halong, Luang Prabang, Siem Reap, and Saigon.

**25 Day Grand Southeast Asia**

Tour Code ASE2A2-25

TRAVEL HACKS

the CHECKLIST for PACKING

You don’t need to pack your whole apartment into your luggage...

Documents
- Passport with at least 6 months expiry date.
- Visa documents.
- E-tickets or printed ticket.
- Hotel list.
- Tour itinerary.

Clothes
- Tshirts, shorts.
- Swimsuit.
- Jackets.
- Hat or cap.

Electronics
- Chargers.
- Electrical adapter and converter.
- Camera kit, including batteries and memory cards.
- Phone, earphones.

Shoes
- Comfortable walking shoes.
- Sandals.

Accessories
- Sunglasses.
- Umbrella.
- Hat or cap.

Medicines
- Cold/Flu, Diarrhea, Pain Relief, Allergy.
- Prescription drug with label and doses description.
- Sunscreen and insect spray.

Toiletries
- Toothbrush and toothpaste.
- Soap/shower gel.
- Feminine product.
- Hand sanitizer or wet wipe.

Money
- Foreign currency in cash.
- Credit card (Mastercard or Visa are more widely accepted).

Packing Gears
- 1 check-in luggage (up to 20/30kg).
- 1 carry-on luggage (up to 7kg).
- 1 small travel bag/backpack.
ON THE GO

SURVIVAL TIPS

SOUVENIRS

For those who do not want to get home empty handed.

- Bamboo wares.
- Wood carving.
- Silver jewellery.
- Textiles.
- Coffee.

TALK LOCAL

Some common Burmese phrases that may come in handy.

<table>
<thead>
<tr>
<th>English</th>
<th>Burmese</th>
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<tr>
<td>Hello</td>
<td>sai-bai-dee</td>
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<tr>
<td>Thank you</td>
<td>khop chai</td>
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<tr>
<td>Sorry</td>
<td>khaw toot</td>
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<tr>
<td>Yes</td>
<td>doi</td>
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<tr>
<td>No</td>
<td>baw</td>
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BARGAIN

Prices are generally fair in Laos. You should only haggle with taxis.

Rule#1: Study the prices with different drivers.

Rule#2: Do not use this move if the price is too low already.

Rule#3: Start bidding at 50% of the offer received and work your way up.

Rule#4: If 50% works, walk away immediately. It can be much lower.

Rule#5: Just walk away...
BOOKING FORM
Please fill in the form below and kindly send them to our office. Our address is on the last page of this guide.

SECTION 1: TRIP DETAILS

1. Which tour do you want to book?

2. Preferred room type
   - Twin
   - Double
   - Triple

3. Where will you depart from?
   - Sydney
   - Melbourne
   - Brisbane
   - Adelaide
   - Canberra
   - Perth
   - Auckland
   - Other (Please specify below)

4. Would you like to purchase travel insurance?
   - Yes
   - No

5. Preferred Flight Class
   - Economy
   - Premium Economy
   - Business
   - First Class

6. When do you want to travel
   (dd/mm/yyyy)

7. Number of passengers

8. Add-on Tours (Please name all of them)

* Final price will vary based on your selections. But don’t worry, you are still having the best rates possible

SECTION 2: LEAD PASSENGER

10. First Name

11. Middle Name

12. Last Name

13. Street Address 1

14. City

15. State

16. Postal Code

17. Street Address 2

18. Country

19. Nationality

20. Email Address

21. Phone Number

SECTION 3: OTHER INFORMATION

22. Would you like to hear about our latest offers and promotions?
   - Yes
   - No

Terms & Agreement (Please read carefully)
If submitted by one party only, I confirm that I am authorized to sign on behalf of all passengers listed on this booking form. All parties have read, understood and agree to abide by the terms, booking conditions and responsibilities.

Your signature

Today’s Date:........../........../.........
BOOKING CONDITIONS

Reservation & Deposit
Tour prices are subject to availability of tour, airlines, special economy class fare and specific airfare class availability. All services are subject to availability. Typically, a deposit (from $199 per passenger) is required within three (3) days of receiving confirmation that the company is holding space for you. Actual amount of deposit may vary depending on tours.

Note that Private Tours and Tailor-Made Tours require a 30% deposit. Passenger names must be provided exactly as per passport, including middle names, at the time of deposit/booking. Any spelling corrections made after a deposit is paid must be sent in writing and will incur additional fees, including any ticket reissue fees. Asia Vacation Group reserves the right to correct any errors in rates quoted or calculated, or any commissions made at any time during your booking. Any verbal quote given is an indication only of the final price and is subject to confirmation in writing.

Amendments & Extra Fees
The following fees will apply:
- Amendments to confirmed and deposited itineraries outside of 30 days prior to departure where the value of the booking is decreased: $50 per change for admin fee.
- Transferring between tours (within 75 days): See “Cancellation by Customer” for applicable fees and details.
- Reissue of airline tickets: From $100 per person.
- Once a booking is confirmed, name transfers may incur additional charges.

Cancellation by Customers
All cancellations must be made in writing to Asia Vacation Group and will be subject to the following cancellation charges from the date the written cancellation is received:
- If airline and rail tickets are issued, up to 100% of the airfare and rail fare surcharged.
- If your booking is made with the Budget airlines, up to 100% of package tour.
- If customer wants to change the travel dates and visa issued, up to 100% of visa fee.
- More than 75 days prior to departure: loss of deposit plus any administration fees
- Between 74 and 59 days prior to departure: 25% of total cost
- Between 58 and 46 days prior to departure: 50% of total cost
- 45 days or less prior to departure: 100% of total cost
- Any “No Show”: 100% of total cost

In the event of a cancellation any refunds will be less administration fees and any applicable amendment fees. Asia Vacation Group will endeavour to recover as much as possible from suppliers to pass on to the customer. Regrettably, cancellation charges and fees cannot be waived. There can be no exceptions. No refund will be made for any unused portions of the holiday after the departure date. Please note that employees of any overseas company or staff of Asia Vacation Group outside Australia are not authorised to give any guarantees or agreements to customers in respect of refunds or any other matters.

Cancellation by the Company
Asia Vacation Group reserves the right to cancel or vary a tour prior to departure due to insufficient numbers. In such an event, alternative guaranteed travel dates will be offered. Should these options not be acceptable Asia Vacation Group will refund the full price paid, less visa cost. If a tour is cancelled or varied prior to departure due to unforeseeable circumstances such as, but not restricted to, severe weather conditions or force majeure, Asia Vacation Group will refund all monies prior to departure less visa cost, fuel surcharge and any other cancellation fees levied by airlines and other third parties. Unforeseeable circumstances such as force majeure, adverse weather, flight rescheduling, hotel overbooking and faults with transportation or road conditions may also have an effect on the tour itinerary after the commencement date. Any decision made in respect of tour services by independent operators to re-route or amend the itinerary due to any of the above or similar circumstances is at the discretion of the tour service provider and Asia Vacation Group will not be liable for any claim whatsoever arising from such events.

Responsibilities
Asia Vacation Group acts as a co-ordinator for all persons taking these tours in the making of all arrangements for transportation, sightseeing and hotel accommodation. The Company does not own, manage, control or operate any transportation vehicle, any hotel or restaurant or any other supplier of services. All receipts and tickets are issued subject to the terms and conditions specified by the supplier and all services are subject to the laws of the country where the services are provided. The Company acts only as an agent for the owners, contractors and suppliers of transportation and/or other related travel services provided and assumes no responsibility for the loss, theft or damage to baggage or property or for any injury, illness or death or for any damages or claims whatsoever caused arising directly or indirectly from accidents, loss, theft or damage to person or property, delays, transport failure, strikes, wars and uprisings or acts of God etc. over which the Company has no control. We strongly urge all customers to undertake a high level of personal responsibility in order to ensure that possessions, equipment and personal documents are closely monitored and protected at all times.

Privacy
We are collecting your personal information so that we can process your booking. We will also keep you up to date with other Asia Vacation Group’s offers and product information that may be of interest to you if you have consented to this. You can opt out of receiving information at any time if you choose to do so. Any personal information you provide will be managed in accordance with Asia Vacation Group’s privacy policy.
We are living in a connected world.
You never have to travel alone.