

YOUR TRAVEL GUIDE & PHRASEBOOK

# Indochina



Wendy Wu Tours



Angkor Wat, Cambodia

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## WELCOME TO WENDY WU TOURS

Indochina continues to amaze, fascinate and thrill our passengers, many of whom have travelled to one country in Asia with us, then another, year after year. We urge you to keep in mind all the rewards, as well as challenges of travelling in a country with a history, culture and attitude so unlike your own.

A typical day's sightseeing may include the bustle and noise of a city street, sights and smells of a local market and interacting with the locals. Travelling in Indochina requires patience and potential delays are to be expected due to standards of service. There is a low level of English spoken throughout Indochina, so your National Escort/Local Guides will be indispensable during your trip.

Almost everything will be different to what you may be used to. We have found that our passengers who embark with a sense of humour and adventure, who accept that things do not always go to plan, are those who find their experience most rewarding.

The countries in this region are developing quickly, please note that health and safety standards overseas can differ greatly from those we enjoy at home, often of a lower standard. However, all of our suppliers meet local and national safety standards as a minimum.

At Wendy Wu Tours we are continually working with our suppliers to maintain and improve safety standards by seeking good practice in health and safety and we will do our best to ensure that your holiday is safe and trouble free. Part of the enjoyment of travelling abroad is experiencing a different way of life and cultures, but it may also mean experiencing different safety and hygiene standards than those we are used to in the UK. We want you to have an enjoyable holiday so we ask that you take extra care, use your common sense as well as refer to notices and follow the advice from your National Escort/Local Guides.

**Your Travel Guide** provides you with practical advice and cultural information to help you prepare for your holiday. We are aware that this can seem like a lot of reading material, but we ask that you take some time to familiarise yourself with this information prior to departure and refer to the contents within throughout your travels.

**The Tour Dossier** provides a straightforward description of the physical activities involved in each day's sightseeing for your itinerary. If there are any particular challenges, from the length of time spent on your feet, the duration of drives and flights, to the standard of remote accommodation for our more adventurous tours; they will be explained there.

Occasionally traffic, parking restrictions and construction will mean you will have to walk extra distances from the bus to sights/train stations/airports, which could involve carrying your own luggage.

Sightseeing in Indochina can involve walking for a few kilometres in high temperatures and humidity, over uneven ground or uphill/up steps. All passengers must be able to walk unaided. Whether you are exploring Saigon's bustling downtown in Vietnam, or exploring the hushed Angkor temple ruins in Cambodia; you will need to pay attention to your surroundings. The streets and pavements are uneven, roads are busy and the traffic follows very different rules!

Our National Escort/Local Guides always endeavour to provide the highest level of service and assistance, but they cannot be expected to cater for passengers who are unfit to complete the itinerary.

**Our tours are operated at a moderate pace with appropriate rest stops and are designed to be comfortable for people of all ages. A normal level of fitness and mobility is all that is required to enjoy our tours – unless stated in your **Tour Dossier**.**

## ELECTRICITY

There is an electricity supply of 220 volts throughout Indochina, in the cities and most towns. 240-volt appliances will work safely with this supply. However, there is no universal power point; they vary not just from one country to the next but from one hotel to another. You can buy adaptors, also known as conversion plugs, from hardware, department and duty free stores.

**In Vietnam** – they generally use the vertical two-pin (US) plug or the round two-pin (Europe) plug.

**In Cambodia** – they generally use the round two-pin (Europe) plug or the flat three-pin (UK) plug.

**In Laos** – they generally use the vertical two-pin (US) plug.



US Plug



Europe Plug

## IN REMOTE AREAS

In some areas there is a lesser electricity supply of 110 volts, which is available only a few hours each day from the towns' supply or from a diesel generator. Whenever there is limited electricity supply this will also mean limited hot water supply. Remote and village areas also experience power surges or outages, both of which can make re-charging electrical appliances very difficult. We advise you to bring a supply of batteries (bought in the UK) with you to allow for days when you cannot recharge. **If you are travelling on the Vietnam Panorama, Vietnam Highlights, Around Cambodia or Grand Tour of Indochina**, then this information applies to you.

## MONEY

Here is a reference table of approximate exchange rates (for up-to-date exchange rates, please check before you travel):

	Vietnam VND	Lao Kip	Cambodian Riel
GB£1	30,000	13,000	6,500
US\$1	19,000	8,000	4,200

*We recommend that you have access to more than one source of money – bringing a combination of cash and a credit/debit card will give the most security and flexibility while travelling.*

**Keep some of your exchange receipts:** You can convert any unused notes into USD at the international airport exchange desks when you depart. You will need to present your passport, airline ticket and some receipts of the money exchanged/withdrawn in Indochina.

**Plan ahead:** Exchange desks can close and ATMs can run out of cash and your group could be scheduled to leave your hotel at 7am tomorrow morning! Once you have started your tour, you will quickly get a sense of how often or how much you need to exchange money. Try not to leave this to the last minute.



**Spending Money:** We recommend you take some local currency for the country(s) you are visiting as well as Sterling and/or US Dollars. We also recommend taking a debit and/or credit card. Please ensure you have sufficient funds to pay for personal expenses such as drinks, snacks, souvenirs, additional tipping and optional extras.

**Counterfeit Cash:** This is a problem in Indochina so shop owners and clerks at banks or exchange desks are very cautious and can refuse to accept notes in bad condition. When purchasing cash in the UK or when exchanging them during your holiday – it is a good idea to stand at the desk to count and check the condition of each note. Do not accept any notes which are torn, very faded, a different shade, have ink stamps or any writing on them. If you accept the notes and sign the exchange receipt, then notice a problem, you will not be able to exchange them.

## Travellers Cheques

We do not recommend taking any travellers cheques to Indochina.

## Credit/Debit Card

Taking one credit/debit card is recommended in case of emergency and may be used for large purchases in most hotels, department stores and souvenir stores. The most widely accepted credit cards include Visa, MasterCard and American Express. However, please do not rely on a credit/debit card as your only source of spending money and keep a photocopy of your card(s).

**In Vietnam** – The local currency is the đồng and is written as “đ” or “VND” (Viet Nam Đồng). It is available in notes of 200đ up to 500,000đ although the lesser notes are rarely seen and larger value notes are being converted to plastic. Shop keepers will sometimes quote a price in USD, but it may be better to ask for price in VND.

We recommend that you take mainly cash which can be exchanged at hotels and banks, but you will need to check with your Local Guide before travelling to smaller towns. USD can be exchanged everywhere so if you have any left over from another trip, you can bring this also. When exchanging, the largest note usually given is 100,000đ so you will have a huge wad of notes. Please only carry what you will need each day to avoid unwanted attention.

The most reliable ATMs are at the ANZ banks in Hanoi (near Hoan Kiem Lake) and Saigon (opposite side of roundabout from the Renaissance Riverside Hotel). There are also Vietcom Bank ATMs in major towns including Hue, Hoi An, Danang, Nha Trang, Can Tho and Vung Tau. ANZ and Vietcom ATMs accept Visa and MasterCard, as well as Cirrus and Maestro; enabling you to withdraw directly from your debit account in the UK if your card has these symbols. Try to withdraw as few times as possible because overseas withdrawal fees are very high. Check with your bank before departing the UK. All ATMs in Vietnam dispense VND notes only.

### IN REMOTE AREAS

Outside of the towns listed above, local banks do not have any ATMs and are not licensed to exchange foreign currency. Please ensure that you organise your spending money before you leave a major town and take enough cash in VNĐ or USD to exchange or spend during your stay. **If you are staying in Sapa, the Mekong Delta or the Central Highlands**, then this information applies to you.

**In Cambodia** – The local currency is the riel, and is written as “r” – however the economy runs on USD. Usually you will be given riel as change for amounts under US\$1. You will need to have a supply of USD notes of US\$20 or less, as the locals often do not accept notes above that value.

We recommend you take cash as there are only a few locations in Cambodia (i.e. hotels) where you can exchange Sterling currency into USD. It is easier and you will get a better conversion rate if you buy USD *before* leaving the UK.

There are ATMs in Phnom Penh and Siem Reap and at each of their international airports (next to the visa issuing stations). Try to withdraw as few times as possible because overseas withdrawal fees are very high. Check with your bank before departing the UK. ATMs in Cambodia dispense USD notes only.

### IN REMOTE AREAS

Outside Phnom Penh and Siem Reap bank facilities are very basic. If you are travelling outside these towns, please ensure you have enough cash in riel or USD to exchange or spend during your stay. **If you are travelling on Around Cambodia**, then this information applies to you.

**In Laos** – The local currency is the kip, however the economy runs on USD and Thai baht. It is available in notes of 1,000kip up to 20,000kip. Usually you will be given kip as change for amounts under US\$1. You will need to have a supply of USD notes of US\$20 or less, as the locals often do not accept notes above that value.

We recommend you take cash in USD which can be exchanged at major (Thai) banks in Vientiane, or at upmarket hotels in Vientiane and Luang Prabang. It is easier and you will get a better conversion rate if you buy USD *before* leaving the UK.

There are only a small handful of ATMs in Laos, mainly in Luang Prabang. The most convenient are those found at the airport and the bank near the post office. Only a few upmarket hotels and tourist shops in Vientiane and Luang Prabang accept American Express, Visa and MasterCard (but will charge high commission).

### IN REMOTE AREAS

Banking facilities are decades behind in Laos and you are strongly advised to complete all exchanges or withdrawals in cities such as Vientiane or Luang Prabang. Please ensure you have the appropriate funds in cash (kip or USD) for your time in smaller towns and rural areas. **If you are travelling on Grand Tour of Indochina, Vietnam & Laos Discovery or Highlights of Laos**, then this information applies to you.

### OPTIONAL EXTRAS

A number of optional extra programmes/activities may be offered by your National Escort/Local Guide whilst on tour, time permitting. These can range from US\$20-US\$50 per person.

Please feel free to ask your National Escort/Local Guide about any optional touring they may be planning over the next few days and the approximate cost so you can ensure you have the appropriate funds. All the optional extras must be paid for in local currency.

If you do not wish to take part in any optional extras, you will have the option of enjoying some free time at leisure or to return to the hotel.

### INSURANCE

Anyone joining our tours must take out comprehensive travel insurance. Please ensure you have the appropriate cover for your holiday as overseas medical costs are expensive. Please inform our office of your relevant policy number and note it on the booking form and keep details of the policy in your travel documents including policy number, 24 hour emergency number and next of kin details.

**If you are taking out travel insurance with your credit card company**, you need to investigate the policy's inclusions and conditions fully. You should receive a policy number, an international access phone number to contact them in an emergency and a copy of full conditions.

**It is essential you inform your insurance company of all pre-existing conditions.** All travel insurance providers require you to contact them ASAP in the unlikely event that you need medical treatment, hospitalisation or change travel plans (evacuate) to inform them of your situation. They will then decide the best course of action in regards to further treatment and/or repatriation and make appropriate booking arrangements. Our staff in Indochina will be able to assist you in contacting your travel insurance company.

## KEEPING IN TOUCH

Here is a handy table to help you work out how to call the UK:

From	International Access Code	Example: to call Wendy Wu Tours (omitting '0' from local area code)
Vietnam	00	0044 207 403 7860
Cambodia	001	00144 207 403 7860
Laos	00	0044 207 403 7860

### Phone Calls

Decades of war and slow regional development have left Indochina's landline phone system decades behind the rest of Asia so, rather than repair it; the governments are looking to mobile phone networks for the future. In most parts of Indochina, the phone system is quite easy to use, although expensive. International and national calls can be made from hotel rooms, or from central post offices for a slightly lower charge. The negative aspects are that call rates are expensive compared to the UK, connections can be unavailable and disconnections can occur mid-sentence.

Phone cards bought in the UK or in Indochina can be used in most public pay phones, but if you plan to use these to call from your room – always check the costs and procedure with hotel reception beforehand. If the hotel does enforce a call charge, you will be unable to refute it after making your call.

**In Vietnam** – IDD international direct calls from hotel rooms cost approx £1/minute + surcharge of at least 10%. Operator-assisted calls from central post offices usually have a minimum charge of 3 minutes. If using a phone card to call overseas (from either hotel or post office), dial 171 before the international access code for a lower rate. Vietnam's country code is 84. From the UK: dial 0011 84 followed by the area code (omit first zero) then the number.



Halong Bay, Vietnam

**In Cambodia** – IDD international direct calls from hotel rooms in major cities cost approx £2.50/minute + surcharge of at least 10%. If using a phone card to call overseas (from either hotel or post office), dial 007 for the international access code, instead of 001, for a lower rate. Cambodia's country code is 855. From the UK: dial 00 855 followed by the area code (omit first zero) then the number.

**In Laos** – IDD international direct calls from hotel rooms cost approx £2.50/minute + surcharge of at least 10%. Operator-assisted calls can be made at each town's central post office, with a minimum charge of 3 minutes. There are no public phone cards or reverse call charge (trunk call) services in Laos. Laos's phone system can be unreliable (international dialling was only introduced there in the mid-1990's) and not very user-friendly. Laos' country code is 856. From the UK: dial 00856 followed by the area code (omit first zero) then the number.

### Mobile Phones

**In Vietnam & Cambodia** – These countries use the GSM mobile network – the same as the UK. You will find great coverage in both countries; however, SMS and call rates can be expensive. We recommend that you contact your mobile supplier if you intend to use international roaming during your holiday and ensure you investigate all associated costs *before* you leave the UK.

**In Laos** – Mobile Phone coverage is available in cities and towns, however is not reliable in mountain and rural areas.

### Fax

Due to the poor standards of landline phone connections, fax machines are not widely available. Up-market hotels and the Post Office will have fax services – the cost is approx £4 for the first page and £1.50 for each page thereafter. To receive a fax costs approx £1 per page.

### Postage

We recommend that you use the Post Offices, rather than your hotel to post items. There are no regulation envelope or package sizes in Indochina; as long as you take it to the P.O. unsealed. All packages need to be inspected (also forms completed and fees paid) beforehand. Posting DVD's, CD ROMs, etc is not allowed. From capital cities or major towns, airmail letters and postcards take 10-20 working days to arrive and from smaller towns, they will take over a month. We advise you to use a courier service (e.g. E.M.S from Post Offices) to send anything valuable or important.

### Internet & Email

Internet cafes can be found in all major cities and even in some small towns. This is often the easiest and cheapest way to stay in touch. Most hotels have a business centre with internet access, but at a slightly higher rate.

## TRANSPORT

We use a variety of transportation to operate your itinerary at the best pace and to give you an authentic travel experience so you are not always 'removed' from the locals.

### Domestic Flights

The flight schedule of domestic airlines in this region changes frequently, hence all domestic flights that appear in your itinerary are very subject to change. Please ensure that all valuables and any medications you may need for the rest of the day are taken onboard with you. The luggage limit is 20kg per passenger and all seats are economy class. Airlines currently do not allow liquids (alcohol, spirits, wine, water, perfume etc) or sharp objects to be carried on-board the aircraft and these will be confiscated. Wendy Wu Tours issues all internal domestic flight tickets in Indochina and they will be handled by your National Escort / Local Guide and given to each passenger just prior to their flight.

### Coaches

Our coaches are comfortable, air-conditioned vehicles. Please note – seatbelts are not compulsory by law here and local people largely choose not to wear them. Wendy Wu Tours cannot guarantee that vehicles will be fitted with operable seatbelts.

### Overnight Trains

All travel will be on first class 'soft sleeper' trains, which are the best available in Indochina. Each compartment is shared by four people, is air-conditioned, with lockable doors and four beds which are fixed in place. There is room for passengers to sit on the lower berths and a folding table. A pillow, clean sheets and a quilt are provided.

Your National Escort/Local Guides will try to organise the whole group to be sleeping in the same carriage but in busy periods of travel, this may not be possible. Each group will receive tickets with sequential berth numbers; these may be sharing with people from another tour group/company, or with some of the locals.

In the past we have had requests for 'upgrades' so that a single passenger or a couple do not need to share with anyone else. As there are no two-berth or single-berth compartments available, the only way we can arrange this is to purchase the empty berths (if available) and thus give you a private compartment. Cost of this upgrade is on application and subject to availability.

There is usually a western style toilet at one end and a squat toilet at the other end of the carriage. Hot drinking water is available from a boiler which is located at the end of the carriage.

**Keeping valuables safe on the train:** Carry all valuables with you at all times. A passenger should remain in the compartment at all times to watch all belongings. Your main luggage must have a lock on it.

**Pack for the train:** We recommend you bring a small overnight bag to carry whatever you need until the following morning as you will not have access to your main luggage which will be stored on a separate carriage of the train. Consider including a face towel, all toiletries, medication you require until midday next day, a tracksuit or similar outfit to sleep in and toilet paper, as the train supply tends to run out. There is no dining car, so please carry snacks with you.

### Boats

Your tour could include taking a ride in an old, wooden boat in the Mekong, in modern speedboats between Phnom Penh and Chau Doc or on a majestic junk boat in Halong Bay. To take part in any boat ride, you need to be of average mobility and be able to cross between moving pontoons which may be moored together (particularly at Halong Bay and Nha Trang), climb steps and disembark onto makeshift docks – sometimes without assistance or handrails or onto muddy riverbanks.

### Bicycles / Motorbikes / Jeeps

If at any time you choose to ride on a bicycle, motorbike, jeep or tuk-tuk, you must bear responsibility for yourself. We strongly advise against using them as health and safety standards will not be the same as in the UK and it is very unlikely that your travel insurance will cover this form of activity. Please also be aware that safety helmets are generally not available for hire.

## FESTIVALS

**In Vietnam** – 'Tet' New Year celebrations last between three to ten days in late January or early February.

**In Cambodia & Laos** – New Year celebrations last three days in mid-April.

During this time, all businesses and some sites/attractions may be closed. Those that remain open may be more crowded than usual.

## ROAD CONDITIONS

Although road conditions are improving, there are rough, unsealed roads covering vast areas of rural and mountainous regions across Indochina which can result in existing road surfaces to be affected by heavy or monsoonal rains. Your National Escort/Local Guides will do their utmost to avoid possible delays, changes or in rare cases, cancellations to sections of your itinerary.

## TRAFFIC

The number of vehicles in Indochina is rapidly increasing. Please keep in mind that major events or holidays and new construction projects create traffic that can interfere with your tour and meal times. Your National Escort/Local Guides will do their utmost to avoid possible delays, changes or in rare cases, cancellations to sections of your itinerary.



### TIME DIFFERENCE

Indochina is 7 hours ahead of the UK during the winter and 6 hours ahead of the UK during the summer.

### SAFETY & SECURITY

All travellers should maintain a high level of personal security. Although Indochina is considered safe for travellers, please keep in mind that cash or wallets in pockets, obvious jewellery, swinging handbags etc may attract unwanted attention. Keep your belongings with you at all times and beware of pickpockets in market areas and at train stations.

Make sure your valuables and cash are secure and inconspicuous. Do not leave any valuables unattended in your hotel room. Lock away cash you do not need during the day/evening, credit cards, airline tickets, passports, jewellery etc either in your room's safe or at Reception; as not all hotels will have an in-room safe deposit box.

Wearing a money belt under your clothing is strongly recommended. We advise you not to bring valuable jewellery etc with you to Indochina and keep a photocopy of your passport and debit/credit card(s).

### LANDMINES

Some remote areas of Cambodia and Northern Laos have not been cleared of Unexploded Ordnance (U.X.O.). All areas within our group itineraries are cleared and considered very safe. If you are travelling independently through remote areas, keep to marked paths and roads regularly used by the locals.

### TRAVEL HEALTH

A health certificate is not required for entry into Indochina.

#### Do you need to visit a doctor before travelling?

We strongly recommend that you see a doctor at least six weeks before your holiday to allow time for any necessary vaccinations etc. Remember to take your itinerary with you to the appointment. For the very latest travel advice, please check [www.fco.gov.uk](http://www.fco.gov.uk) before you depart the UK.

#### Drinking Water

It is not safe to drink the tap water, nor take ice in your drinks. There will usually be a kettle or flasks of boiled water in your hotel room and onboard trains. Boiled water is suitable for drinking and cleaning teeth. Safe, bottled drinking water is readily available for sale everywhere – from small shops, supermarkets, restaurants and hotels. It is not customary for hotels to provide complimentary bottled drinking water. Always ensure that the seal is unbroken.

#### Toilets

Toilet facilities are very basic throughout Asia and it is rare that you will find a 'western' style toilet (except in hotels). 'Squat' toilets are very common in public places and toilet paper is never supplied. We suggest that you carry toilet paper in your day backpack as well as not turn down the opportunity to use a 'nice' toilet when you see one!

### TRAVEL ADVICE

We strongly recommend that you check [www.fco.gov.uk](http://www.fco.gov.uk) for up-to-date travel information and advice from the UK Foreign and Commonwealth Office for Indochina before departure.

### PERSONAL MEDICAL KIT

Take all pharmaceutical products that you may require on your tour; do not rely on being able to purchase these during your holiday. You will see pharmacies all over Indochina, but they stock local traditional medicine and many unregulated brands of western medicine. You are also very unlikely to find anyone who can speak English, nor any products with English writing.

Consider taking a 'personal medical kit' containing any medication or medical equipment you may need during your time in Indochina:

- ✓ All prescribed medication (with a cover note from your doctor for prescribed medication and/or equipment you will carry)
- ✓ Headache tablets
- ✓ Anti-diarrhoea tablets
- ✓ Cold and flu tablets
- ✓ Travel sickness tablets
- ✓ Lozenges
- ✓ Insect repellent and sunscreen
- ✓ Antibacterial hand wipes and/or hand wash

If you need to purchase any pharmaceuticals or medical equipment while in Indochina – you may ask your National Escort, Local Guide or hotel staff to help you locate a pharmacy, identify medication or to translate from the local language to English. If you need medical attention they will be able to arrange a call from a doctor, usually one who speaks English. However, the decision to purchase or take any non-prescribed (either western or traditional local medicine) is entirely your own.

*The staff at Wendy Wu Tours (in the UK and in Indochina) are not medically qualified. Therefore they are neither able, nor allowed to give any medical advice, recommendations or administer medications.*

## ACCOMMODATION

### Hotels

Hotel rooms will usually have private western bathroom facilities, television, air-conditioning and a telephone (unless stated otherwise). Some hotels may have hot water restrictions, operating for only a few hours at a time, usually in the mornings/evenings. It is not customary for hotels in Indochina to have in-room fridges, tea/coffee making facilities and a safe deposit box. Most hotel rooms do not have irons or boards, but most will offer a laundry service that can launder your clothes (typically in 24hrs). All beds in Indochina have hard mattresses.

Most hotels throughout Indochina are still required to register all guests with the Local Police. Reception staff will collect your passports each time you check-in and the hotel will keep them safely for a few hours or overnight. Please keep this in mind if you need to exchange money or get a credit advance at the bank.

In Indochina, check-out time is usually 12 midday and check-in time is usually 2pm. Please keep this in mind on the days when you are travelling between cities as it may result in a delay of access to your room or a change of itinerary. Hotels in this region cannot guarantee late check-out.



Ta Phrom in Angkor, Cambodia

### Hotel Ratings

Star ratings identify the standard of quality for hotels. Not all star systems are created equal. Countries throughout the world adopt various classification systems for hotels in accordance to their chain name and the type of hotel. No international classification system exists. Typically, a three-star rated hotel in Indochina cannot be compared to a three-star rated hotel in the UK. Attempts at unifying the classification system have been made so that it becomes an internationally recognised and reliable standard. However, differences do exist in the quality of accommodation which plays an integral part in defining which hotel category the specific accommodation fits into. Please be advised that all hotels used by Wendy Wu Tours are regularly inspected by our staff and our operators so that standard of quality is maintained.

### Halong Bay Junk Boats

Accommodation is in a twin berth cabin with private western facilities. Single cabins are available at a supplement on request.

### Mekong Delta Homestay

Accommodation is at the home of local farmer, which may sit over the water. Your bedding is an individual camp bed with a mosquito net in a dormitory of up to ten people. There are showers and western toilets in an outside block; similar to caravan parks. Usually there is only cold water for showers but most passengers do not mind this at all due to the hot weather all year-round in the Mekong.

### LUGGAGE

All passengers are limited to two (2) items of luggage each:

- ✓ One (1) suitcase or backpack, with a maximum weight of 20kg. Your main luggage must have a lock on it.
- ✓ One (1) piece of hand luggage, with a maximum weight of 5kg. It is advisable that your hand luggage consist of a 'daypack' – a small bag which you can access during the day and carry items like your camera, bottled water, toilet paper, hat etc.

### CLIMATE

You will find helpful climate charts in your **Suggested Packing List**, with maximum, minimum and average temperatures. We recommend you also check weather conditions before you depart.

The region generally has a tropical climate with monsoon rains for part of the year. However, the word 'monsoon' should not deter you – travelling during the monsoon can be the most rewarding, with lower tourist numbers and lush growth of the landscape. Usually the monsoon involves a downpour late in the day, which is heavy but short lived. In Cambodia, you could almost set your watch by the weather as it tends to rain at the same time every afternoon! In other areas, it varies. Freak weather conditions could result in delays, changes or in rare cases, cancellations to sections of your itinerary.

**In Vietnam** – There is a sub-tropical climate and although having a small land area; the length of the country is split into three different weather patterns. North Vietnam has a distinct winter (Nov-Feb) and a summer wet season (May-Oct). Central Vietnam is monsoonal, but has a long dry season (Jan-Sep) before a short wet season with occasional storms (Oct-Jan). South Vietnam is monsoonal, with a wet season (May-Nov) that peaks in July and a dry season (Dec-Apr) with less humidity and low temperatures. Good travel periods are from Sep-May; you can take advantage of the dryer and cooler conditions in the south from Nov-Mar, but then bear in mind that the north will be quite cold at that time of year. Sep-Oct and Apr are also popular as these months are not at the height of the monsoon and do not have the cold and fog of winter.

**In Cambodia** – There is a tropical climate with a wet season (May-Oct) and dry season (Nov-Apr). The dry season can be extremely hot, especially April, with temperatures reaching 40°C and very high humidity. Good travel periods are Nov-Mar as the days can still be warm but nights become cooler.

**In Laos** – There is a sub-tropical climate with three seasons. The dry season (Oct-Feb) has cooler temperatures and in Northern Laos you will need a pullover or jacket in mountainous areas like Luang Prabang, Phonsavan, Saravane and Houeixay. The hot season (Mar-May) has higher temperatures building up to the wet season (Jun-Oct). Please note, farmers in Laos practise slash and burn cultivation (Mar-Apr), resulting in a smoky haze, which may cause flights to be delayed or cancelled.

## TIPPING

Tipping is a firm and expected element in the tourism industry today and Indochina is no exception. We strive to establish trust with our guides who rely on and expect tips from passengers. If the guides are keen to work with our passengers regularly, they become familiar with our itineraries as well as the Wendy Wu Tours' philosophy and expectations we have of their work.



Many passengers are often uncertain of how much to tip so we have established a tipping system whereby every passenger gives a set amount (in US Dollars) to the National Escort who will distribute the amount appropriately. On multi-country tips, this amount will be paid in stages on arrival in each country. All group tour passengers are expected to contribute to the tipping kitty. (If there is no National Escort, please give the money directly to your Local Guides and tipping amounts for each city will be shown in your final itinerary).

The amount for the kitty is calculated for each tour depending on the length, group size and services used during the trip. Your final documents will specify the exact tipping amount for your group. The tipping kitty will cover local guides and drivers in each city/province, local and/or site guides and your National Escort. Tipping for hotel porters is at your own discretion.

## ADDITIONAL TIPPING

For independent passengers, or group passengers with pre/post tour arrangements, you should allow USD 7-10 per person per day in Vietnam, Cambodia and Laos.

## CUSTOMS & DUTY FREE

**In Vietnam** – You can bring in up to 2L of alcohol, 200 cigarettes/tobacco and unlimited amounts of foreign currency (declare this on customs form). Vietnam's officials remain sensitive to what they call 'culturally damaging material' that portrays the nation or government negatively; they forbid things like films or books which are officially banned (including some guidebooks!) and pornography.

**In Cambodia** – Tourists can enter with 'a reasonable amount' of duty free items. Please note that cigarettes/tobacco and alcohol is cheaper for sale within Cambodia than at duty free. Exporting any Angkor period sculpture is illegal and these items will be confiscated. If you buy a souvenir that could be mistaken for a genuine antique, get an official receipt from the shop.

**In Laos** – You can bring in up to 1L of alcohol, 500 cigarettes, 1 bottle perfume/cologne and unlimited amounts of Lao and foreign currency (declare this on the customs form). Exporting antiques such as old Buddha images or bronze drums are illegal these items will be confiscated. If you buy a souvenir that could be mistaken for a genuine antique, get an official receipt from the shop.



### EATING IN INDOCHINA

Breakfast is served in the hotel and usually includes western dishes. As is traditional in this region, lunch and dinner consists of small dishes of local cuisine which is then placed on the table so you can experience the variety of speciality dishes. The amount of food served is enough for the whole group and caters to the tastes of the majority of people so dishes are not too spicy or unusual in their taste. If you do not feel confident with chopsticks please ask the restaurant staff for cutlery.

Drinks are not included with your meals and will be at your own expense. Beer is widely available and cheap. Wine lovers should remember that western style wine is very expensive to import into the Indochina region and so is not stocked except by upmarket restaurants. Bottled drinking water, soft drinks and fruit juices are also widely available – however, remember that you should only have ice or fruit juices from a trusted restaurant; where they will use boiled or bottled water to prepare ice and juices.

Due to the French colonial influence, black tea (commonly referred to as “lip-ton” by the locals), coffee and baguettes are available in most places. However, the local style is to have sweet condensed milk with their tea and coffee. Fresh dairy milk is not usually served but many restaurants will provide this if requested.

It is possible to buy snacks in supermarkets within major towns or cities. Alternatively, you may also like to bring comforts like cereal, biscuits, muesli bars and tea/coffee from home.

**Any food/diet requests MUST be specified on your booking form at the time of booking** and you should mention it again to the National Escort/Local Guides when you meet them – they will do their utmost to cater for any special requests, such as vegetarian meals or food to be avoided in case of allergies.

**People on restricted diets should expect complications in Indochina.** The Vietnamese and Cambodian cuisine relies heavily on fish sauce or shrimp paste and your National Escort/Local Guide will need to instruct each restaurant to omit such ingredients.

Vegetarians should remember that although vegetarian dishes are available, they may be offered meat by restaurant staff who do not understand why anyone who can afford meat can choose not to eat it. In these cases, patience and understanding will go a long way.

### TRAVEL WITH CONSIDERATION

At Wendy Wu Tours we believe responsible travel is not about how much you give, rather it is about how much you consider. Some of our group tours may include visits to local schools, villages or homes. We urge you to use this opportunity to give something back to the country by learning a little and behaving with respect and consideration.

### Gifts & Begging

Wendy Wu Tours does not condone the practise of giving gifts such as sweets, coins and souvenirs to local people while in Indochina. Instead, think about how you would like to be treated (or how you would like your children to be treated) when at a village, school or home. Taking sweets to a village or school is unhealthy, encourages begging and embarrasses the adults.

As a rule it’s best to take school materials (pens, pencils, exercise books, calculators etc) for children, or useful household items and local treats (candles, sugar, tea, rice, shampoo etc) for families or village groups. You will be making more of a contribution to the local economy if you buy these items in Indochina, rather than in the UK.

When giving any gifts try to present these to the teacher, the head of the household or village leader. This not only discourages begging or over excited grabbing, but shows that you respect their traditions and pattern of authority.

### Taking Photos

*“Tourists stick their cameras in our faces and promise they’ll send photos back, but they never do.”* Once again, we encourage you to think about how you would like to be treated by camera-wielding tourists – always check that it is ok before taking a photograph of a local person. Simply indicate to your camera to ask and never take the photograph if someone gestures or says that they do not want you to.

Carry a small notepad with you so that you can write down the email or postal address of people who you have promised to send a copy of the photo to and keep your promise! Please remember that you are an ambassador of your country and your interaction with this person shapes their attitude towards the tourists that come after you.

## Observe Local Rules

The laws, regulations and behaviour in Indochina are affected by their different culture. Please pay attention to a few simple rules so that you do not accidentally offend anyone –

- X Do not touch anyone on the head (or their hair)
- X Do not point the soles of your feet towards people/religious objects
- ✓ Leave your shoes outside a temple, pagoda or anyone's home. If you do not want to remove them, you should remain outside
- X Cameras are not allowed in some sightseeing spots, particularly temples and pagodas. Please consider the reason behind this before getting upset just because you may miss a souvenir photograph
- X Do not raise your voice as this can be very offensive
- X It is considered very rude to indicate for someone's attention by gesturing with your palm upwards. Instead, extend hand with palm downwards and wave by moving your wrist

**In Laos** – The local people retain the most traditional culture. Their daily routine, religious beliefs and acceptable behaviour are all determined by Buddhism. Therefore in Laos (and more traditional areas of Vietnam and Cambodia), you must be careful of how you behave in the presence of Buddhist monks –

- ✓ Keep your head lower than monks and Buddha images
- X Women should never touch a monk, or their robes

## Dress Appropriately

The locals in this region dress conservatively. According to their culture only very poor labourers would wear clothes which reveal their shoulders and legs, or go without a shirt. Brief shorts or skirts can be offensive – no matter how hot the weather. For men, full length cotton trousers or shorts that cover the knees are acceptable. For women, skirts or trousers that reach below the knee are ideal, worn with tops that cover the shoulders.

In temples and pagodas, at royal palaces and at the Ho Chi Minh Mausoleum in Hanoi, female travellers should wear modest clothing that covers knees and shoulders. A 'modesty shawl' – either a large shawl or sarong – can be useful to carry in your daypack while sightseeing, to cover up in these places.

Covered shoes must be worn at the Angkor Wat complex.

## Phrasebooks

Practise some polite greetings and phrases such as "excuse me" and "my name is..." during your flight to Indochina. Please don't assume that people you interact with need to have skills in speaking English.

## HAGGLING OR BARGAINING

In local shops, markets and street stalls all over Indochina, haggling is the accepted way to agree on a selling price. It can be a great way to save money, as well as a wonderful way to interact with some local people you may not otherwise meet. However, some foreign visitors find it too confronting and prefer to shop in the more upmarket tourist shops or department stores, where prices are set.

## SHOPPING

Shopping can be fun and entertaining, especially in local markets in Indochina where souvenirs can be purchased for next to nothing. However passengers must realise that in **Indochina the authenticity and value of goods is always questionable**. If the price seems too good to be true, then it probably is!

A lot of tourist shopping in Indochina is made up of copied brand items and reproduced antiques. We have had cases where passengers have bought goods in stores, especially jewellery including pearls and silk items, only to find upon their return home that they are of inferior quality.

Wendy Wu Tours, our staff, National Escort and Local Guides are not qualified nor permitted to guarantee the quality or value of any goods purchased during your holiday. All passengers who make purchases during their holiday must accept responsibility for their decision regarding the good's value, as well as the risk and process of credit card purchase and/or shipping. **Unfortunately, we cannot assist in returning or refunding goods in any circumstances.**

In keeping with most people's interest whilst on holiday, your tour will include a reasonable number of opportunities in local shops and government factories. This may vary depending on local conditions, and should never interfere with your itinerary's included sightseeing.

**Tailors in Hoi An** – For centuries the cloth and silk merchant trade flourished in this small port and over the last decade tourism has revived the local tailor trade. There are hundreds of tailors in Hoi An, all competing for your business, but not all of the same quality. Check their work and the quality of their material, hemlines, sewing, etc and always compare their work and price with other tailors.

Be specific about everything you want (e.g. buttons, pocket designs) and that your tailor understands these requests. There are no guarantees so it's best to keep it simple and not to let these shops detract you from your visit to one Vietnam's most charming towns.

## READING LIST

### Indochina:

- Brother Enemy – Nayan Chanda
- Mekong – Milton Osbourne
- The River's Tale (A Year on the Mekong) – Edward A. Gargan
- Highways to a War – Christopher Koch
- A Dragon Apparent – Norman Lewis
- Dancing in Cambodia, At Large in Burma – Amitav Ghosh

### Vietnam:

- Insight Guide Vietnam (2005 edition) – West & Rutherford
- The Quiet American – Graham Greene
- Vietnam: A History – Stanley Karnow
- Lonely Planet World Food Vietnam – Richard Sterling
- When Heaven and Earth Changed Places – Le Ly Hayslip
- Three Moons in Vietnam – Maria Coffey
- A Bright, Shining Lie – Neil Sheehan
- Shadows and Wind – Robert Templer
- The Girl in the Picture – Denise Chong
- Catfish and Mandala – Andrew X. Pham
- The Tunnels of Cu Chi – Tom Mangold and John Penycate
- Anatomy of a War – Gabriel Kolko
- Hanoi Adieu – Mandaley Perkins
- Down Highway One – Susan Downie
- Novel Without A Name – Duong Thu Huong
- Vietnam: The Australian Experience – J. Rowe

### Cambodia:

- Angkor (Odyssey Guide, 5th edition) – Rooney & Danford
- Insight Guide Laos & Cambodia (2003 edition) – Clare Griffiths
- First They Killed My Father – Loung Ung
- Red Lights and Green Lizards – Liz Anderson.
- Cambodia Now: Life in the Wake of War – Karen J. Coates
- A History of Cambodia – David Chandler
- River of Time – Jon Swain
- Brother Number One – David Chandler

### Laos:

- Insight Compact Guide Laos – Simon Robson
- A History of Laos – Martin Stuart Fox
- Stalking the Elephant Kings – Christopher Kremmer
- Ant Egg Soup – Natacha Du Pont De Bie
- Shadow War: The C.I.A.'s Secret War in Laos – Kenneth Conboy
- Voices from the Plain of Jars – Fred Branfman
- Short History of Laos: The Land In Between – Grant Evans

The information contained within this travel guide is correct at March 2011 and is subject to change.

## YOUR PHRASEBOOK

# Vietnam

## GUIDE TO PRACTICAL VIETNAMESE

Vietnamese has been spoken by the inhabitants within the current day borders of Vietnam for millennia and today it is the national and official language of the country. It is the mother tongue of 86% of the inhabitants of Vietnam and is a second language spoken by the many small ethnic minorities within the country. French is also spoken in some places.

The ancestor of the Vietnamese language was originally based in the area of the Red River, in what is now northern Vietnam, and during the subsequent expansion of the Vietnamese language and people into what is now central and southern Vietnam.

It appears that the language has been heavily influenced by its location in the Southeast Asian region and much of the vocabulary has been borrowed from Chinese, especially words that denote abstract ideas in the same way European languages borrow from Latin and Greek. Although it was formerly written using the Chinese writing system, the writing system in use today is an adapted version of the Latin alphabet.

Through extensive contact with western countries over many hundreds of years, other languages have been in common usage within Vietnam and today English is widely spoken throughout the country.

With the use of English being commonplace you should have no difficulty in finding your way or visiting restaurants and shops during your visit to Vietnam. However, there may be occasions, especially in small towns, rural areas and in the many local markets, when you may find the ability to communicate in Vietnamese to be helpful and also a great way to make friends with the warm and hospitable Vietnamese people.

To assist you in this we have prepared this brief phrase book, containing some phrases that you are most likely to need as well as a small dictionary of additional words that you may find useful from time to time. We have added space at the back of this book for you to write down any other words you may need; ask your National Escort or Local Guide for a word and then write it down and you are set to go.

For each word or phrase we have given the English followed by the Vietnamese and then a phonetic version that should make it easier for you to pronounce.

First though you need to know about the tones. Vietnamese is a tonal language with 6 tones. These tones are marked as follows:

1.	Level	ma	ghost
2.	High Rising	má	cheek
3.	Low/Falling	mà	but
4.	Drip-Rising	mả	tomb
5.	High Rising Glottalized	mã	horse
6.	Low Rising Glottalized	mạ	Rice /seeding

Something else to help you is the Vietnamese alphabet, try these pronunciation exercises:

Aa	a
Ăă	ah
Ââ	er
Bb	ber
Cc	ga
Dd	zar
Đđ	dar
Ee	air
Êê	e
Gg	gar
Hh	har
li	Ling-an
Kk	ga
Li	e-luh
Mm	m-mar

Nn	nar
Oo	or
Ôô	aw
Ơơ	er
Pp	pa
Qq	car
Rr	e-rer
Ss	s-ee
Tt	dar
Uu	oo
Ưư	er
Vv	va
Xx	s-ee
Yy	caw ret

## GETTING STARTED

All phrases throughout this booklet are set out in the following order:

ENGLISH	hello or hi
VIETNAMESE	xin chào
PHONETIC	sin chòw

### The first thing to know is the various forms of greeting:

#### Hello or Hi

xin chào  
sin chòw

#### How are you?

bạn khoẻ không?  
barn quair kong

### If you are asked the same question then the answer is:

#### I am very good

tôi rất là khoẻ  
doy zut là quair

### If you ask the question first and ask 'How are you?' the response will probably be:

#### I am very good, and you?

tôi rất là khoẻ, còn bạn?  
doy zut là quair, gon barn

### To which the final response will be:

#### I am also good

tôi cũng rất là khoẻ  
doy koong zut là quair

### So the full conversation will be:

(You) barn quair kong?  
(Them) doy zut là quair, con barn?  
(You) doy koong zut là quair

### Here are the words you have learnt:

You	Good; well; fine
bạn	khoẻ
barn	quair

### Add to the end of a word or phrase to pose a question:

VIETNAMESE	không
PHONETIC	kong

I; me	Very
tôi	rất là
doy	zut là

### Here are some more greeting words that you can easily use:

#### Pleased to meet you

rất hân hạnh gặp bạn  
zut hun hang gup barn

#### Good morning

chào buổi sáng  
chòw boỏ-ee sáng

#### Good afternoon

chào buổi chiều  
chòw boỏ-ee chee-ò

#### Goodbye

chào tạm biệt  
chòw dam biet

#### Good evening

chào buổi tối  
chòw boỏ-ee dóy

#### You (formal)

bạn  
barn

Practice this with your partner or a friend.

Now you have learnt how to greet someone you may like to learn something about them, their name or where they are from or what they do for a living.

**The following words and phrases should help you with that.**

**May I ask your name?**

cho tôi hỏi tên bạn là gì?  
char doy hi den barn là zi

**My family name is Brown, given name John**

họ tên tôi là Brown, tôi tên là John  
ho den doy là Brown, doy den là John

**What's your name?**

bạn tên là gì?  
barn den là zi

**Where are you from?**

bạn đến từ đâu?  
barn den du dow

**If you are asked this question your answer would be:**

I'm from      tôi đến từ      doy den du

**Australia**

uc  
ook

**I am**

tôi là  
doy là

**America**

mỹ  
mey i

**You are**

bạn là  
barn là

**China**

trung quốc  
chung quor

**He is**

anh ấy là  
ang ay là

**England**

anh quốc  
an guor

**She is**

cô ấy là  
gaw ay là

**New Zealand**

niu zi nan  
new zee lan

**They are**

họ là  
họ là

**What do you do?**

**What is your work?**  
bạn làm nghề gì?  
barn lam nay zi

**We are**

chúng tôi là  
júm doy là

**Let us review the new words you have learnt:**

**May I ask?**

cho tôi hỏi  
char doy hi

**I/me**

tôi  
doy

**You/your (formal)**

bạn  
barn

**He**

anh ấy  
ang ay

**What**

cái gì  
gái zi

**She**

cô ấy  
gaw ay

**Name (family)**

họ tên  
ho den

**They**

họ  
ho

**Name (given)**

tên  
den

**We**

chúng tôi,  
júm doy

**Here are some other words you may find useful**

**This**

(cái) này  
(guy) này

**Theirs**

của người kia  
gor nooa gia

**That**

(cái) đó  
(guy) đó

**Both; all**

cả hai  
ga hi

**Which**

cái nào  
cuy now

**Friend**

bạn  
barn

**Who**

ai  
ai

**Male**

người đàn ông  
gooay dan ong

**Mine**

của tôi  
guo doy

**Boy friend**

bạn trai  
barn chai

**Yours**

của bạn  
guo barn

**Girl friend**

bạn gái  
barn guy

**His/hers**

của anh ấy / Của cô ấy  
guo ang a / guor gor a

**No; not**

không  
kong

Want  
muốn  
morn

Today  
hôm nay  
hom nay

*Hence*  
Don't want  
không muốn  
kong morn

Tomorrow  
ngày mai  
nay my

I Understand  
tôi hiểu  
doy heê-ow

Tonight  
tối nay  
dóy lay

*Hence*  
I don't understand  
tôi không hiểu  
doy kong heê-ow

*Hence*  
Do you understand?  
bạn có hiểu không  
barn heê-oo kong

### Asking the whereabouts of something or someone

Where is the toilet?  
nhà vệ sinh ở đâu?  
nyà ve sing er đoh

Where is John?  
John ở đâu?  
John er đoh

Where is the dining room?  
phòng ăn ở đâu?  
fung an er doh

Where is the market?  
chợ ở đâu?  
cha er doh

I would like to buy water  
tôi muốn mua nước  
doy morn moer luac

## SHOPPING

Do you have water?  
bạn có nước không?  
barn gor luac kong

Just looking  
tôi chỉ nhìn thôi  
doy chỉ nin toy

How much does this cost?  
cái này bao nhiêu tiền?  
guy lay bow nio dien

It is too expensive  
cái này mắc quá  
guy lay ma qua

Excuse me  
xin lỗi  
sin loy

Miss  
cô ơi  
gaw oi

I want  
tôi muốn  
doy morn

Thank you  
cám ơn  
gam urn

Very good  
tốt lắm  
dort lam

Not good  
không tốt  
kong dort

No thank you  
không cảm ơn  
kong gam urn

## CAFES & RESTAURANTS

### Do you have coffee?

bạn có cà phê không  
barn go ga fay kong

### I want coffee

tôi muốn cà phê  
doy morn ga fay

### We all want coffee

tất cả chúng tôi muốn cà phê  
dut go chung doy morn ga fay

### No milk thank you

không sữa, cảm ơn  
kong su er gam urn

### I would like to drink beer

tôi muốn uống bia  
doy morn uong bia

### Please bring a knife and fork

làm ơn cầm dao và thìa  
lam ern gam zow va zia

### Waiter!

bồi bàn!  
boy ban

### Do you have an English menu?

bạn có thực đơn bằng tiếng Anh không?  
barn go tuc dern bang dieng an kong

### Bill please

tính tiền làm ơn  
ding dien lam ern

## Let us review some more new words you have learnt:

### Toilet

nhà vệ sinh  
nyà ve sing

### Where is

Ở đâu  
ar dough

### Dining room

phòng ăn  
fung an

### Market

chợ  
cha

### Water

nước  
luac

### Looking

nhìn  
nin

### Excuse me

làm ơn  
lam ern

### Miss

cô  
gaw

### Want

muốn  
muon

### Thank you

cảm ơn  
gam urn

### Good

tốt  
dough

### Coffee

cà phê  
ga fay

### Milk

sữa  
su er

### Water

bồi bàn  
boy ban

### Waiter

bồi bàn  
boy ban

### Cold

lạnh  
lang

### Beer

bia  
bia

### Menu

thực đơn  
tuc dern

## NUMBERS

ENGLISH	VIETNAMESE	PHONETIC
1	một	mort
2	hai	hi
3	ba	ba
4	bốn	born
5	năm	num
6	sáu	sow
7	bảy	bay
8	tám	dam
9	chín	chin
10	mười	moo ay
11	mười một	moo ay mort
12	mười hai	moo ay hi
13	mười ba	moy ay ba
14	mười bốn	moo ay born

And so on to 19 and then...

20	hai mươi	hi moo ay
21	hai mươi mốt	hi moo ay mort
22	hai mươi hai	hi moo ay hi

And so on to 29 and then...

30	ba mươi	ba moo ay
40	bốn mươi	born moo ay
50	năm mươi	num moo ay
60	sáu mươi	sow moo ay
70	bảy mươi	bay moo ay
80	tám mươi	dam moo ay
90	chín mươi	Chin moo ay

And so on to 99 and then...

100	một trăm	mort chum
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## DICTIONARY

Following is a small dictionary of words that you may find useful either in practising your Vietnamese skills, or when you are out shopping. If there are any specific words you want to know that are not shown here or in the general phrasebook, simply ask your National Escort or Local Guide to write them down for you in the space provided at the end of this section.

ENGLISH	VIETNAMESE	PHONETIC
<b>A.</b>		
Adaptor	cái nắn điện	guy lun dien
Address	địa chỉ	dia chi
Allergic	dị ứng	zi oong
Apple	quả táo	gwa doo
Asprin	được học	zur how
ATM	nơi rút tiền	noi zut dien
<b>B.</b>		
Bakery	lò bánh mì	lor bang mi
Banana	quả chuối	gwa cheway
Band aid	băng răn tay	bung zan die
Bank	nhà ngân hàng	nia nun hang
Bar	quầy bán rượu	gway ban zio
Beer	bia	beer
Black	màu đen	mao den
Blue	màu xanh	mao sang
Boiled water	nước đun sôi	luac doon soy
Bookshop	hiệu sách	hio sa(t)
Bread	bánh mì	bang mi
Brown	màu nâu	mao no
Buy	mua	mooer
<b>C.</b>		
Cake	bánh ngọt	bang nort
Camera	máy ảnh	my ang
Change (money)	đổi tiền	doy dien
Cheese	phó mát	for ma(t)
Chemist	bán dược phẩm	ban zur phum
Chocolate	sôcôla	shocola
Chopsticks	đũa	do are
Coffee	cà phê	ga fay
Cold	lạnh	lang
Cough drops	thuốc ho	tuoc ha
Credit card	thẻ tín dụng	tear din zung
Cup	chén	chen

ENGLISH	VIETNAMESE	PHONETIC
D.		
Dentist	thợ trồng răng	ta chowng zang
Diabetes	bệnh đái đường	ban dai duong
Dirty	dơ bẩn	zo ban
Doctor	bác sĩ	ba(t) see e
Dollar	đồng đô la	dong dollar
Double bed	giường đôi	zuong doi

E.		
Earache	đau tai	dow dye
Eat	ăn	un
Egg	trứng	choong
Electricity	điện	dien
Empty	trống không	chong kong
Enough	đủ dùng	do zung
Exchange (rate)	giá hối đoái	za hoi doan
Excuse me	làm ơn	lamb urn
Expensive	đắt tiền	dat dien
Eye drops	thuốc nhỏ mắt	tour nia mut

F.		
Fan	cái quạt	dye quar
Fire	lửa	luar
Fish	cá	gar
Flower	bông hoa	bong hua
Fork	cái đĩa	guy zia
Fresh	tươi	do ay
Fruit	trái cây	chai gay
Fruit juice	nước trái cây	luac chai gay

G.		
Glass	cái cốc	gay goc
Good	tốt	door
Green	màu xanh	mao sang

H.		
Hard	cứng	gung
Headache	nhức đầu	nioc dow
Heater	lò sưởi	la soo ay
Heavy	nặng	nun
Help	cứu giúp	giu zoo
Honey	mật ong	mu(t) ung
Hot	nóng	numb
Hot water	nước nóng	luac numb

I.		
Ice	nước đá	luac da
Ice-cream	kem	giem
Indigestion	không tiêu hoá	kong dio hoar
Insect repellent	thuốc trừ sâu	tour chew sew

ENGLISH	VIETNAMESE	PHONETIC
J.		
Juice	nước ép	luac ep
K.		
Key	chìa khoá	cheer kwa
Knife	con dao	gone zao

L.		
Leather	đồ da	doe za(n)
Lemon	quả chanh	gwa chang
Lipstick	son môi	sun boy moy
Lunch	ăn trưa	un chure

M.		
Magazine	tạp chí	da chi
Mail	thư từ	too dur
Meat	thịt	dit
Melon	dưa tây	zure day
Menu	thực đơn	tuc dern
Milk	sữa	su er
Mineral water	nước khoáng	luac kwung

N.		
Name	tên	den
Need	cần	gun
Newspaper	tờ báo	dar bow
No	không	kong
None	không một ai	kong mot eye
Noodles	mì	me
Notebook	sách viết	sack viet

O.		
Okay	được	doer
Old (thing)	già	zar
Orange (fruit)	quả cam	gwa gam
Orange (juice)	nước cam	luac gam

P.		
Padlock	cái khoá móc	guy kwa mao
Pain	đau đớn	dow dern
Paper (writing)	giấy viết	zay viet
Passport	hộ chiếu	hoar chio
Peach	quả đào	gwa dow
Pen	bút	bort
Photo	bức ảnh	booc ang
Pillow	gối	goy
Plate	đĩa	dia
Police	cảnh sát	gang sa(t)
Police Station	đồn cảnh sát	dorn gang sa(t)
Post Office	bưu điện	bill dien



## CAMBODIA VOCABULARY

Vietnamese is the official and national language spoken in Vietnam. It is the mother tongue of 86% of the population and is the second language spoken by the many small ethnic minorities within the country.

Below is a list of the most common words and phrases you are most likely to need whilst in Vietnam in phonetic version to make it easier for you to pronounce.

ENGLISH	KHMER (Phonetic)
Hello	sues'day
Goodbye	sohm dtoh
Yes	baat (by male) <i>or</i> chaa (by female)
No	tei
Excuse me / Sorry	somtoh
My name is...	k'nyom tchmouh
How are you?	Tau neak sok sapbaiy jea te?
Thank you	awkun
I am British	k'nyohm mok pee pradeh Britain
Good	l'aw
Not good	akrawk
Beautiful	sraw (people) <i>or</i> saat (places / objects)
I would like...	k'nyohm jong....
Rice (plain)	buy
Rice (sticky)	bye domnap
Tea	tie
Postage stamp	ti'em
Cold beer	bia
(without) ice	(k'mien) dteuk goa
(without) chilli	(k'mien) ma tay
Mineral water	tuck
Boiled drinking water	teuk dam
Chopsticks	chawng kus
Bowl	muey caan
Plate	chan
Knife	kambut
Fork	sohm
Toilet	kun

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## LAOS VOCABULARY

Lao or Laotian is the official and national language spoken in Laos as well as north-east Thailand.

Below is a list of the most common words and phrases you are most likely to need whilst in Laos in phonetic version to make it easier for you to pronounce.

ENGLISH	LAO (Phonetic)
Hello	sa-bai-dee
Goodbye	la kawn
Yes	doi
No	baw
Excuse me / Sorry	kor thoad
My name is...	kway sue wa .....
How are you?	chao phen nell dai?
Thank you	kok chai
I am British	koi man kol Britain
Good	dee
Not good	bor dee
Beautiful	gnum
I would like...	khoy yak dai.....
Rice (plain)	kao
Rice (sticky)	kao niaw
Tea	num sa
Postage stamp	ka jum
Cold beer	beer yen
(without) ice	(baw sai) nam kawn
(without) chilli	(baw sai) phet
Mineral water	nam dumb
Boiled drinking water	nam thome
Chopsticks	mai thou
Bowl	tuay
Plate	chane
Knife	meed
Fork	soum
Toilet	hong nam

LAST UPDATED: March 2011

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