

Vietnam

Vibrant culture, Limestone mountains, floating islands and fragrant cuisine.

Among the vibrant countries of South East Asia, there is one that manages to rise above its neighbours for cultural distinction, incredible cuisine and extraordinary natural geography. Vietnam is not a 'land of contrast' but one of incomparable variety. Sail the Mekong delta, a hypnotic maze of tributaries and confluences that breathe life into the ancient, raised fishing villages of the south. Sit back, sip your coffee and watch the effervescent bustle of the Nha Trang Night Market unfold in front of you. Vietnam balances the new energy of its emerging cities with a laid-back, easy-going rural outlook. A holiday here is an experience that opens your eyes to the incredible and beautiful potential of diversity within one country.

Health and Fitness Travel Insider

"Vietnam is a country everyone must experience. It has a fascinating history and there are exciting delicacies to enjoy in each region. When you've had enough of soaking up the culture in the ancient cities of Hanoi or Hue, mountains, rivers, islands and many other natural charms are waiting to be explored."

Paul Joseph, Founder

Passport

Before flying make sure to check that your passport has plenty of time before it expires, and we always recommend leaving at least 6 months validity on your passport.

Your passport will need to be valid for at least 6 months from your day of arrival into Vietnam.

For more information, follow this link: <https://www.gov.uk/foreign-travel-advice/vietnam/entry-requirements>

Visa

It is important to check before your holiday whether you need a Visa to fly to your chosen destination.

Visas are not required for those staying in Vietnam for up to 15 days. For those staying long, e-visas can be applied for [online](#). To be eligible for an e-visa, make sure you have more than 1-month validity remaining on your passport from the date you enter Vietnam.

Visa requirements are subject to change and we therefore recommend checking the up to date requirements. This website allows you to select your nationality and the country you are flying to: <http://www.visahq.co.uk>

Overstaying your visa is an offence, please make sure you exit the country before your visa expiration.

Flights

From the UK: please check your travel documentation for your flight details. You will need your flight, booking and transfer vouchers and passport with you. Flights to **Ho Chi Minh City** from the UK usually take around 12 hours. The typical baggage allowance is between 20 – 23 kilograms for economy but we advise that you check with your airline's direct website to verify this, as these can change without notice.

From other countries: please enquire for more details.

We also recommend that you keep moving about during the flight to relieve cramped muscles and ensure you arrive feeling healthy. Walking up and down the aisle when the seatbelt sign is off and flexing and stretching your legs when sitting will encourage blood flow around the body and limber up swollen ankles or feet. Here are some tips to [stay healthy whilst travelling](#) and [on long haul flights](#).

The logo for 'Health & Fitness TRAVEL' is centered at the top. 'Health' and 'Fitness' are in a white serif font, with a yellow stylized infinity symbol between them. 'TRAVEL' is in a smaller, white, spaced-out sans-serif font below a thin white horizontal line.

Health & Fitness

TRAVEL

Location

Time Difference: GMT + 7

Capital City: Hanoi

Currency: Vietnamese Dong

It might be useful to have a map of the city, or apps such as maps.me or google maps with a download option, to have a general idea of where you are going. If you are to use a taxi, always insist that they put it on the meter. Always keep your passport on your person and in a safe place.

To reduce the effects of jet lag as much as possible, try to adapt to the local time zone as best you can. If you arrive during the day, going for a stroll outside will help you adapt more easily, and the natural light will encourage your body to acclimatise. Likewise, if you arrive in the evening or night, adopt the local bedtime and try to go to sleep.

Airport

You will be flying into **Tan Son Nhat International (SGN) Airport**. After going through passport control and collecting your luggage, you will then need to make your way to your transfer meeting place, details of which can be found on your transfer or booking voucher.

Porters offering to carry your bags will expect a tip. If this is something you do not want, just politely (and firmly if necessary) say no. Taxi drivers are also likely to offer their services and can be quite persistent. It is best to approach this offer in the same manner.

Travel Insurance

We recommend shopping around on an insurance comparison website to ensure you get the right product and a competitive quote. It is worth considering annual multi-trip insurance if you are going to make several trips a year.

It is also important to consider repatriation insurance in the off chance that you suffer illness or injury and need help to be brought back to your home country.

Health and Vaccinations

Immunisation and other preventative requirements will depend on your general health, destination travelled to and activities whilst there. We advise that you consult with your GP and/or book a specialist travel consultation at least two months before your trip.

Information on immunisation, medication and other health risks can be found at:

<https://www.fitfortravel.nhs.uk/destinations/asia-east/vietnam>

Healthcare in the cities is adequate for minor injuries. More complicated treatment may require evacuation to another country. Healthcare in rural areas is extremely basic. Many hospitals require guarantees of payment before they'll start treatment. Make sure you have adequate travel health insurance and accessible funds to cover the cost of any medical treatment abroad and repatriation.

Language

English in Vietnam is not widely known, and most Vietnamese nationals are restricted to a couple words and phrases. Here are some useful phrases in Vietnamese:

Basics	Food and Drink
Hello Xin chao	Could I have...? Toi co the co...?
How are you? Ban khoe khong?	Water Nuoc
Fine, thank you Tot, cam on ban	Tea Tra
Never mind Dung ban tam	Coffee Ca phe
What's your name? Ten cua ban la gi?	Beer Bia
My name is... Ten toi la	Wine Ru'ou
Sorry/excuse me Lay lam tiec/xin loi	Milk Su'a
I can't speak Toi khong the noi tieng viet	Ice Nu'oc da
Vietnamese	Chicken Thit ga
	Fish Ca
Can you speak Ban co the noi tieng anh	Beef Thit bo
English? khong?	Pork Thit heo
Do you understand? Ban hieu khong	Rice Co'm
I don't understand Toi khong hieu	Noodles Mi
Where is the toilet? Nha ve sinh o dau vay	Noodle soup Hu tieu
How much is it? Cai nay gia bao nhieu?	bread Banh my
What's the time? May gio roi?	Tasty Ngon
Expensive Dat	Sugar Du'ong
See you again Hen gap lai	I'm hungry Toi doi
Goodbye Tam biet	Not too spicy Khong qua cay
	The bill please Hoa do'n vui long

Numbers	Directions
One Mot	I want to go... Toi muon di...
Two Hai	Where is...? O dau...?
Three So ba	Turn left Re trai
Four Bon	Turn right Re phai
Five So nam	Go straight Di thang
Six Sau	Stop here Du'ng o day
Seven Bay	Slow down Ngay cham
Eight Tam	Be careful Hay can than
Nine Chin	
Ten Mu'oi	
Twenty Hai mu'oi	
Thirty Ba mu'oi	
Forty Bon mu'oi	
One Hundred Mot tram	
One Thousand Mot ngan	

Places

Airport San bay	Market Thi tru'ong
Bus station Tram xe buyt	Police Station Son canh sat
Embassy Dai su quan	Beach Bo bien
Hotel Khach san	Toilet Phong ve sinh
	Hospital Behn vien

Phone Numbers

In the unlikely event of something going wrong with your travel plans, it is important to have the necessary phone numbers written down somewhere safe. You should contact your insurance/medical assistance company promptly if you are referred to a medical facility for treatment.

Police: 113

Ambulance: 115

Fire: 114

If you are unsure about anything, please don't hesitate to call us on 020 3397 8891.