### Do’s
- Dress conservatively. Temples especially require shoulders and knees to be covered.
- Tuck your feet under you when you sit - the soles of your feet are considered taboo.
- Avoid public displays of affection.
- Remove your shoes before going into someone’s home.

### Don’ts
- Don’t touch other’s heads.
- Don’t raise your voice in public.
- Don’t point.
- Women should not touch or pass anything directly to monks.
- Don’t make joke about the monarchy.
- Don’t polish off your plate - in some countries it is considered a sign that they didn’t feed you enough.

### Fast Facts
- **Main religion:** Buddhism
- **Climate:** mainly tropical - hot and humid with decent rainfall
- **Safety:** [http://www.state.gov/p/eap/ci/index.htm](http://www.state.gov/p/eap/ci/index.htm)

### How do you say...?

**Hello:**
- **Thai** - Sà wàtdii (kráp/ká)
- **Vietnamese** - xin chao
- **Lao** - sábaai-dii
- **Khmer** - chum reap sour (formal) or sous-dey (informal)

**Thank you:**
- **Thai** - kòp kun(kráp/ká)
- **Vietnamese** - cam o’n ban
- **Lao** - khàwp jai
- **Khmer** - aw kohn

### Cuisine recommendations
- Fish Amok, Pad Thai, Pho, Laap, Nasi Lemak, Mohinga, Adobo