


AT A GLANCE

Official name:	Lao People's Democratic Republic
National flag:	
Capital city:	Vientiane
Population:	<p>Laos' population has approximately 7 million (2016) inhabitants and consists of more than 100 different ethnic groups with most falling into three main categories: The Lao Loum who inhabit the lowlands, the semi-nomadic Lao Theung who live in the lower mountain ranges and the Lao Soung hill tribes originating from Burma, Tibet and southern China.</p> <p>The largest non-Lao groups in Laos are the Chinese and Vietnamese communities in the main cities.</p>
Religion:	<p>Today, Theravada Buddhism is the official religion of about 90% of Lao people. Buddhism is an inherent feature of daily life and casts a strong influence on Lao society.</p>
Time zone:	(GMT/UTC+07:00). Laos is 7 hours ahead of Greenwich Mean Time. It is the same time zone as Thailand, Cambodia and Vietnam.
Electricity:	In Laos electric current is 220V, but sockets are not always standard. Adapters can be found in local markets. It is recommended to bring a universal plug adaptor.
Dialing code:	+856
Emergency numbers:	Police 191 , fire 190 , ambulance 195
Internet:	Internet is generally inexpensive in Laos and readily available in Luang Prabang, Vientiane, either in your hotel or at an internet cafe. Many cafes, bars, restaurants and hotels in these centres provide free WiFi.
Phone:	Mobile phones can be used if you have roaming enabled, though coverage outside urban areas can be inconsistent. The cheapest way of calling overseas (or locally) is via a VOIP service such as Skype. International phone and fax fees in hotels are expensive and you cannot make reverse charge calls in Laos.