



# LAOS FACT SHEET



**Capital of Laos:** Vientiane

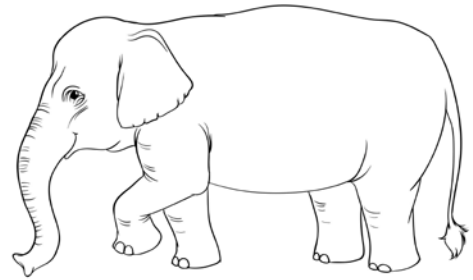
**Currency:** Kip (LAK)

**Language:** Lao

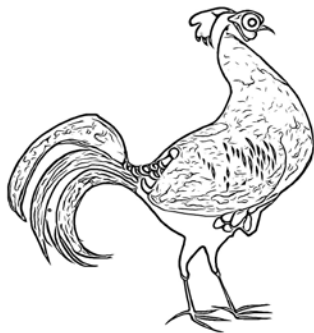
**Population of Laos:** 7,061,507



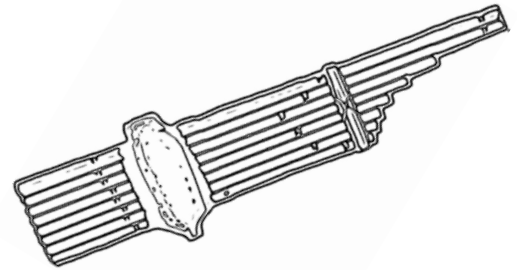
**National Tree:** Frangipani



**National Animal:** Asian Elephant



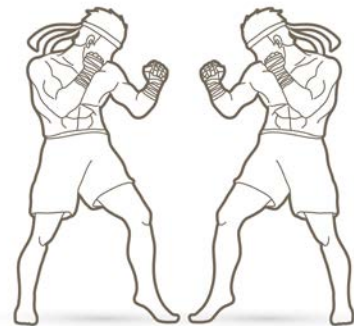
**National Bird:** Siamese Fireback



**National Instrument:** Khene



**National Flower:** Plumeria



**National Sport:** Muay Lao



# LAOS WORD FIND

Z O Y D E N E H K O W K C A M  
S T I C K Y R I C E X R R G Y  
T D N Z Z S H A W B D M N D A  
K C X G N O V M O R I A C L X  
L M O T M Z M Q L A U Q T P N  
I H O F T U Q D F L H Z H I I  
S E N R A H Q G T P M H M B S  
O Y C Y L E N A W W J A N U G  
A X L H Z A H X L A B S D D N  
L A J L B T M Y P A A A R D A  
O G N N A Z T T U C R O C H S  
N R U H E I G H M I A B B I W  
R O P L O O A L T U O X A S H  
B F G A U G C F U Q I E X M E  
F F S O P C S L A N X A N G L

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# LAOS WORD FIND

**Lao:** is a Kra–Dai language of the Lao people. It is spoken in Laos, where it is the official language

**Buddhism:** is the world's fourth-largest religion with over 520 million followers, known as Buddhists. Buddhism encompasses a variety of traditions, beliefs, and spiritual practices largely based on original teachings attributed to Buddha

**Baci:** means “calling of the soul”, and is an important ceremony practiced in Lao culture. Baci is a phi ritual used to celebrate important events and occasions, like births and marriages

**Sang Sinxay:** is a Lao epic poem written by Pang Kham. It tells the story of the hero Sinxay who goes on a quest to rescue his aunt Soumountha who was abducted by the demon Nyak Koumphphan. Sang Sinxay is considered one of the three masterpieces of Lao literature

**Boun Bang Fai:** is known as the Rocket Festival. This occurs during the hottest and driest season of the year, large homemade rockets are launched into the sky in an attempt to convince the celestial beings to send down rain

**Mor Lam:** is a traditional Lao form of song in Laos and Isan. Mor lam means ‘expert song’, or ‘expert singer’, referring to the music or artist

**Xout Lao:** is a Laotian national costume, worn by men, women, and children. Xout Lao literally means ‘Lao outfit’

**Khene:** is a mouth organ of Lao origin, whose pipes, which are usually made of bamboo, are connected with a small, hollowed-out hardwood reservoir into which air is blown

**Romvong:** is a type of Southeast Asian dance where both females and males dance in a circle. It is a popular folk-dance in Cambodia, Laos, and Thailand

**Larb:** is a type of Lao meat salad that is regarded as the unofficial national dish of Laos

**Sticky Rice:** is a type of rice grown mainly in Southeast and East Asia, and Northeastern India which has opaque grains, very low amylose content, and is especially sticky when cooked

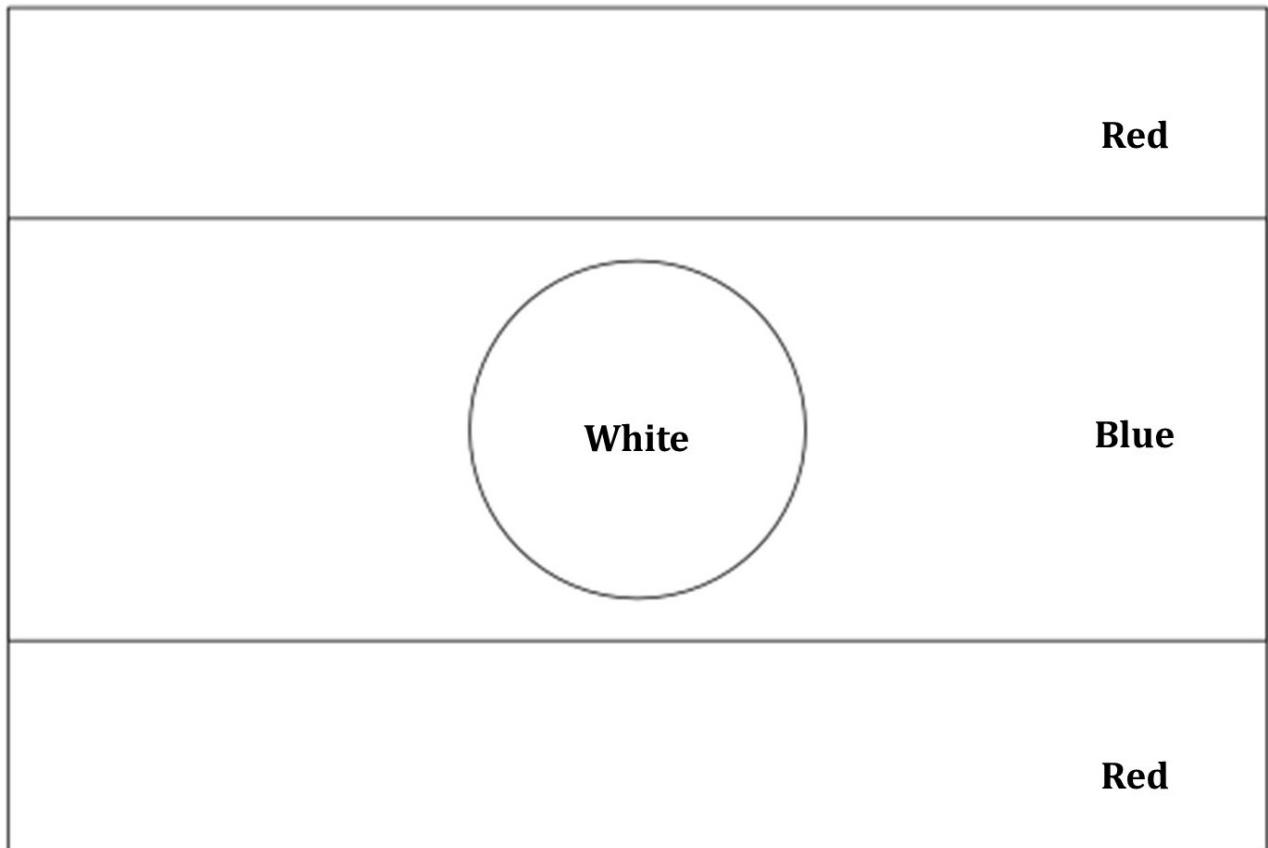
**Muay Lao:** is a traditional unarmed martial art from Laos, and the national sport of Laos. It is similar to Muay Thai from Thailand

**Lan Xang:** Existed as a unified kingdom from 1353 to 1707. For three and a half centuries, Lan Xang was one of the largest kingdoms in Southeast Asia. The kingdom is the precursor for the country of Laos and the basis for its national historic and cultural identity

**Lao Silk:** is produced in Laos with ancient weaving techniques that produce high-quality silk. This woven cloth has traditionally been used for a wide range of purposes, including religious, ritual, and everyday uses

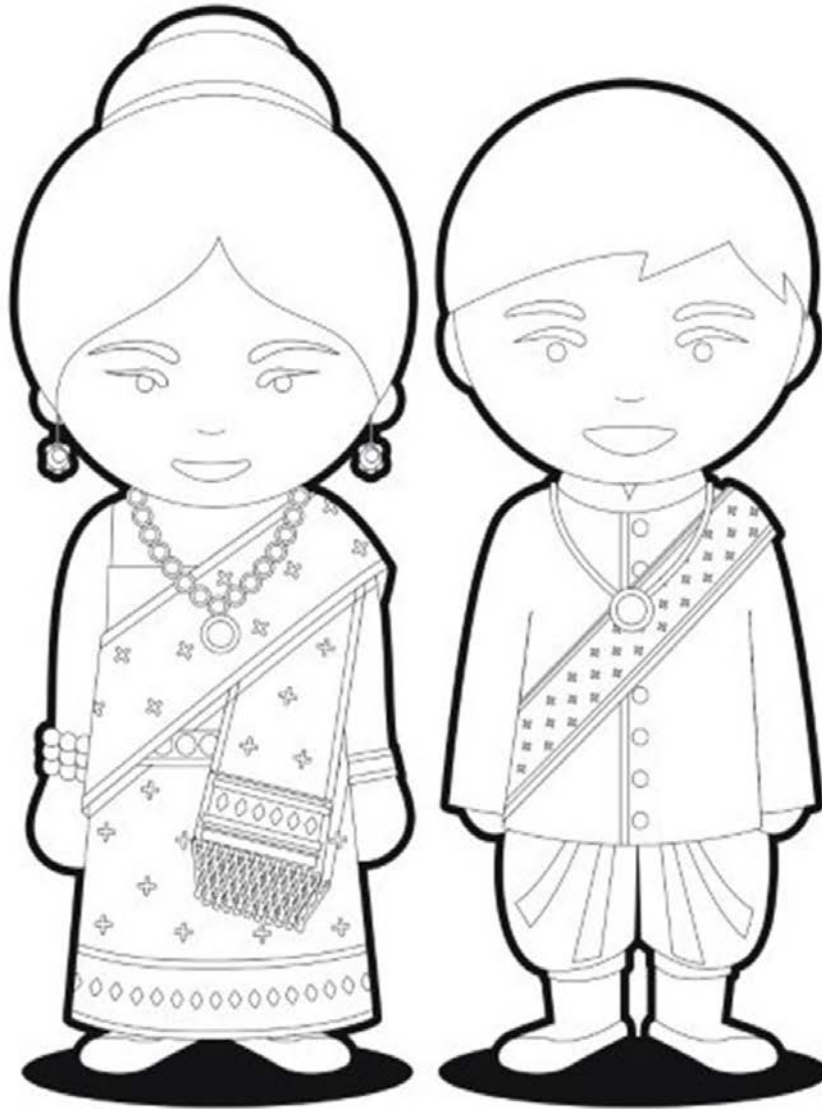
**Pha That Luang:** is a gold-covered large Buddhist stupa in the center of the city of Vientiane, Laos. It is generally regarded as the most important national monument in Laos and a national symbol

# LAOS



**Flag of Laos**

# LAOS



salong (men), sinh (women)

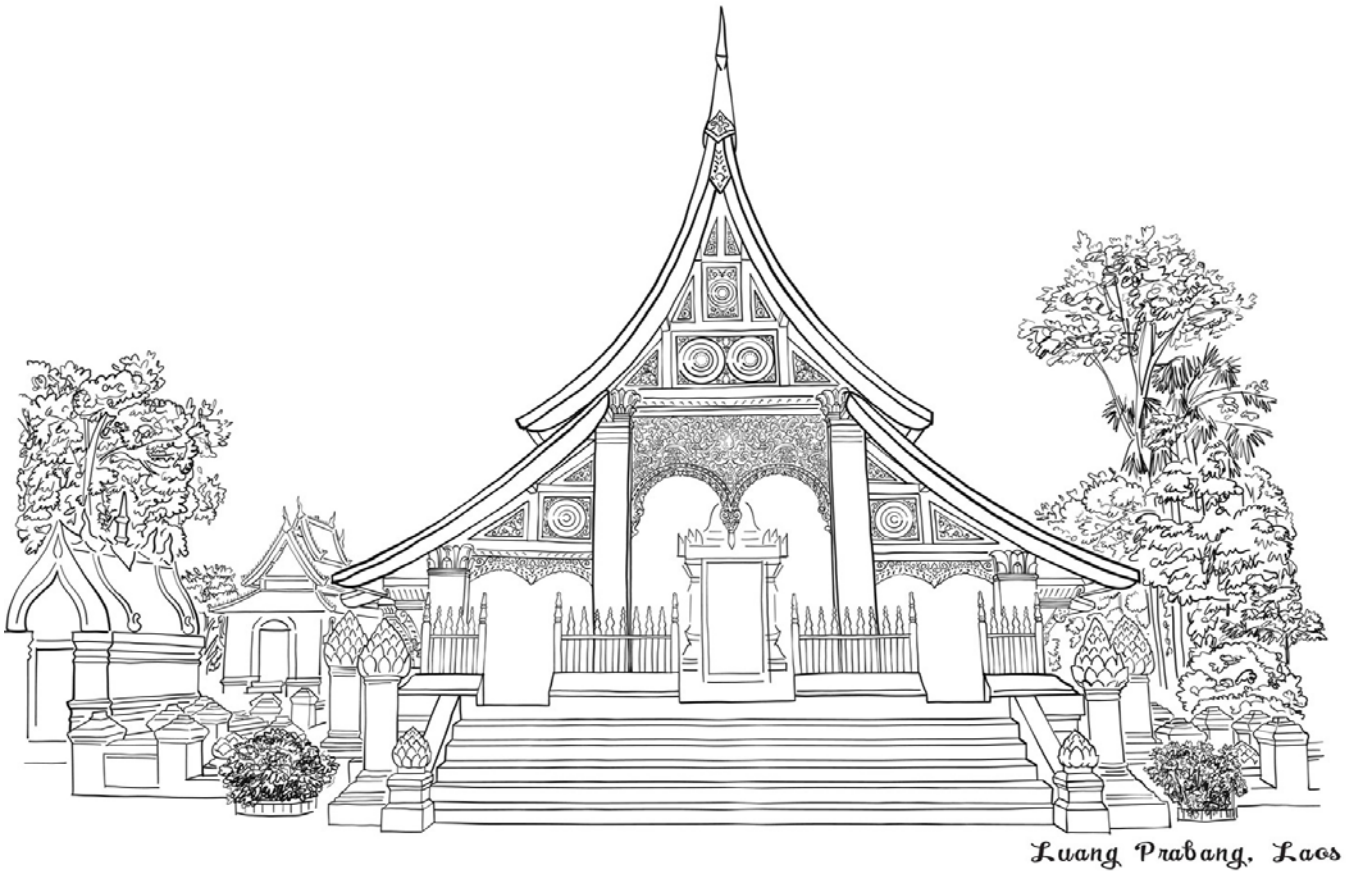
**Xout Lao (Traditional Clothing)**

# LAOS



**Tum Mak Hoong (Green Papaya Salad)**

# LAOS



**Wat Xieng Thong (National Monument)**