



BRITISH INTERNATIONAL SCHOOL
HO CHI MINH CITY
A NORD ANGLIA EDUCATION SCHOOL

Welcome to HO CHI MINH CITY

New Families





WELCOME TO HO CHI MINH CITY

NEW FAMILY GUIDE

After you have spent a short time adjusting to your new surroundings we are sure you will find Ho Chi Minh City an interesting and exciting city to live in and we very much hope that your family enjoy your experience at the British International School, Ho Chi Minh City.

This information booklet has been put together by teachers and parents who have all lived and worked in Vietnam. We hope it will provide answers to some of the many questions you will have about living in HCMC and make you feel better prepared for your move.

The British International School is a friendly and welcoming environment and you will find everyone very supportive. When you arrive please do not hesitate to ask for any help, information or advice. We will do everything we can to make sure you settle in and feel comfortable as soon as possible.

We are all very much looking forward to working with you and your children.

Anthony Rowlands

Principal of the British International School

BEFORE YOU ARRIVE IN HO CHI MINH CITY



Passport

If your passport is nearly full or will have less than 6 months validity on it when you arrive in Vietnam you will need to get a new one as a **matter of urgency**.

IMPORTANT: If you renew your passport while you are in Vietnam please ensure you keep the expired passport in a safe place. You will need to show your first Vietnamese visa when you depart from the country and request a Police Clearance certificate for your time in the country.

Please note that the UK is in the process of changing passport renewal procedures which makes obtaining a new passport when you are living overseas more time consuming and difficult. Specific requirements can be checked on this link: <https://www.gov.uk/overseas-passports>.

Vaccinations

It is sensible advice to get your vaccinations up to date before you arrive in Vietnam. If that isn't possible then you can get them done here in HCMC and probably at a significantly lower cost. However, this will mean that you may not have sufficient protection during your first few weeks in Vietnam. We recommend you seek advice from your own GP if you have any questions about vaccinations.



What To Bring

To a large extent this has to be your own choice – you could travel light and buy what you need when you get here, or you could freight all your worldly goods by sea or air.

It is possible to buy most things you are likely to need in Ho Chi Minh City. However, you may wish to consider bringing the following personal items with you, to at least see you through the early weeks while you source your preferred supplier:

- Prescription medications – at least 3 months supply to tide you over until you find out what is available here. Most medications are available at the international clinics or the Franco/Vietnamese Hospital.
- Contact lens equipment
- Kindle – for anybody who enjoys reading.
- Preferred cosmetics, shampoo, conditioner, women’s personal hygiene products (Tampons)
- Cosmetics – Whilst a lot of the larger department stores now both stock high end and mid-price you may wish to bring your own personal favourites as there is no guarantee they will be available. There is a Body Shop and brands such as L’oreal, Bourjois, Make Up Forever etc. are available.
- Bed linen is available and range from export quality to standard. However, as with many things, the range is not as extensive as you would find at home.
- Large shoe sizes - whilst there are a wide range of shoe shops in HCMC, sizes can pose a problem for a lot of expats. Sizes in Vietnam tend to run small, so it is advisable to bring a selection of shoes both for everyday wear and sports, particularly if you are larger than a size 10 UK for a male and size 5 UK for a female.
- Female under garments can be hard to find (size 12+) and bikinis/swimwear larger than a size 10.
- Photographs – It is recommended to bring two soft copy passport photographs. It is also very easy to get photos printed in HCMC should you need to do this on arrival. Below are the specifications:
 - ✓ Neutral facial expression, without smiling or frowning.
 - ✓ **White** background for work permit or residence card + **Light Blue** background for driving license (8 photos needed)
 - ✓ Don’t wear any kind of glasses when taking these photos.
 - ✓ Veils, hats and scarfs are strictly prohibited, and any other accessories that cover your ears or foreheads
- Strong insect repellent and sunblock.
- A face mask with air filters is suggested, particularly if you or your family members have respiratory problems.
- Chocolate - whilst there is a wide range of international chocolate, the taste varies compared to home.



International Movers

If you do decide to ship some household belongings to HCMC be prepared for bureaucratic delays and don't ship anything you will need immediately! There are several reputable international movers to choose from. Their website addresses are listed below:

AGS Four Winds

www.agsfourwinds.com

Allied Pickfords

www.alliedpickfords.com

Asian Tigers

www.asiantigers-mobility.com/

Crown Worldwide Movers

www.crownrelo.com

Santa Fe Relocations Services

www.santaferelo.com

Note: It is advisable to get the customs declaration on arrival. Without this document it is harder to receive your shipment.





USEFUL INFORMATION

Currency	Vietnamese Dong – approx. 30,000 VND = £1 GBP.
Local Time	Vietnam is GMT + 7 hours.
Language	Vietnamese is the official language. English is spoken in the business districts of the city and in key expatriate/tourist locations. Senior citizens are usually able to speak French. It is very useful to learn the basics to get around i.e. directions, numbers, phrases etc.
Saigon	Ho Chi Minh City is the official name of the city but Saigon is often used. Either name can be used without causing offence.
Climate	HCMC is in the South East Asian monsoon zone. This means 6 months of heat and rain (May to October) and 6 months of just heat (November to April). Day time temperatures range from 25°C - 35°C. Humidity is often high at 75 – 80%. Schools, home, taxis, shops, bars, restaurants etc. are all fully air-conditioned.
Sun Protection	Good polarised sunglasses and hats are essentials.
Electricity	The electricity supply in HCMC is 220/240V AC with standard European 2 pin sockets. Adapters for conversion to UK three pin plugs are easily and cheaply available, although you may want to bring some with you.
Clothing	Light-weight summer clothing (and a water-proof anorak) is suitable for casual wear. There is a formal dress code for school, which is in the staff handbook and has already been emailed to you.
TV and Radio	A variety of cable and satellite packages are available, including Netflix. TV Mucho also provides the opportunity for seven day catch up TV at a good price with a good range of British stations to choose from.
Internet	Broadband is now widely available, but slower than the UK.
Newspapers	The Vietnam News and the Saigon Times are local English language newspapers.
Magazines	The Word and Asia Life are two local free magazines specifically aimed at the expat market. They contain interesting articles about life in Saigon as well as listings of restaurants, bars and shops. They are available at various locations around the city including school reception desks.
Water	The tap water is not drinkable. Bottle water is very inexpensive. It is recommended to buy a water dispenser on arrival and use large 5 litre bottles of water available from La Vie. Apartment reception can arrange delivery for you. Some shops offer delivery also.
Post	Mail between the UK and Vietnam is not always reliable and slow (2 – 3 weeks). Mail can be delivered to your house/apartment or school. Please note that all mail is routinely opened and inspected.
Good Websites	www.asialifemagazine.com/vietnam/ www.expatriate-advisory.com - www.wordhcmc.com www.facebook.com/groups/anphuneighbours www.saigoneer.com

One of the many Saigon language schools, ILA Vietnam, has a good section on living in Vietnam that is worth browsing.

YOUR FIRST FEW DAYS IN HO CHI MINH CITY

The International Terminal at Tan Son Nhat Airport in HCMC is very modern and usually relatively hassle free. Make your way through immigration to Baggage Claim and then be prepared to place your bags back on the x-ray machine before exiting the airport.

It is not uncommon or unusual that many expatriates employ domestic staff during their time here. If this is your first expatriate location, this will be something that may take some time to get used to if you choose to avail of such services. It is worth having a chat to some other parents to discuss their arrangements and experiences.

LIVING IN HO CHI MINH CITY

Formerly known as Saigon, Ho Chi Minh City is Vietnam's largest city. Its vibrancy and timeless charm combined with a young, educated and enthusiastic workforce have moved it back into position as a business leader in Asia. It is a fast-paced, friendly and relatively safe city. It is expanding and developing rapidly which brings its own share of growing pains, however, this also makes life interesting and varied.



Personal Safety

Vietnam is probably one of the safest countries you could possibly live in. However, HCMC is like any big city in that it is not crime free. Please don't tempt fate, especially in tourist areas, and use common sense wherever possible. The last couple of years have seen an increase in petty crime i.e. bag and phone snatches from motor bikes as they drive close to pedestrians. You are not advised to visibly carry handbags on your shoulder and be conscious of your surroundings when speaking on your phone in a busy street.



Getting Around HCMC

Many expatriates get around the city either by a small motorbike, or by taxi. Another popular mode of transport is a Xe-om (motorbike taxi) to get around the taxi.

Taxi rates are very reasonable in Ho Chi Minh City as long as you choose a reputable company and the meter is used, It is always useful to have your destination written down before you embark on a taxi trip. You can flag a taxi down in the street fairly simply, but sometimes it is easier to call them. As a rough idea of costs; a taxi from District 1 to the airport should cost about 150,000 VND. District 1 to District 2 should cost around 120,000 VND. All taxi's should have a meter. If the meter "isn't working" get out of the taxi, and wait for another one.

***Mai Linh Taxi** Phone 3838 3838

***Vinasun** Phone 3827 2727

Grab (similar to Uber) is well established in the city and approximately 40% cheaper than normal taxis. All of the above have mobile apps to ease of use.

If you choose to ride your own motorbike, it is recommended that you bring your full driving licence with you. It is easier to convert your licence to a Vietnamese licence than it is to undergo a Vietnamese driving test for motorbikes. A provisional licence will not be recognised. Small 125cc motorbikes are inexpensive to buy or hire. Saigon Scooter Centre (80 Xuan Thuy, District 2) sell a good range of EU standard motorbike helmets. DC Motorcycles (5K2 Đường số 1, Phường 26, Bình Thạnh) have honest and friendly advice for anyone interested in riding a bike.

Please note that if you have any alcohol in your blood or you are driving without a valid licence, your medical insurance will be invalidated.



Food Shopping

Weekly Shopping

Phuong Ha & Thai Hoa

58 Ham Nghi, District 1. They sell export goods at local prices.

Nam Am Market

available in District 1 and 2. They sell organic goods.

Annam Gourmet

available in District 1 and 2. A popular choice for expats, it is a very well-known gourmet grocery store.

An Phu Supermarket

Thao Dien street, District 2. A supermarket where you can find all food and products for the house.

Black Market

18 Tran Ngoc Dien, District 2. A gourmet grocery store sells very rare products

Meatwork

No.1 Street 2 in Thao Dien, This shop is a premium butchery dedicated to serving the finest imported meat.

Dinh Phong

The Butchery, 108 Xuan Thuy street in Thao Dien. The store is a premium butchery offering the largest choice of imported beef and lamb.

La Maison

235 Nguyen Van Huong street, District 2. They sell a large choice of imported meat.

VP Seafoods

39 Thao Dien Street, District 2. Seafood specialists who will also deliver at a small cost.

Shopping Delivery Services (available online and as an app)

Marketo

CHOPP

Where to buy pastry & bread

Voelker

37 Thao Dien street, District 2

Saint-Honoré

17 tran Ngoc Dien, District 2

Le Square Épicer Fin

186 Nguyen Van Huong, District 2

3 Refill stations in Saigon

Tap Hoa La Xanh

A Zero Waste Shop, 29/81 Doan Thi Diem Street, District 1. The shop is located in a small hem, super quiet and hard to find, you only see the sign above your head when you enter into the hem.

Lai Day Refill Station

83 Xuan Thuy Street, District 2, take your bottle and refill with shampoo, conditioner, shower gel, laundry detergent, dishwashing liquid and so on.

Green Around The Corner

32 Tran Ngoc Dien Street, District 2, inside The Snap Cafe. Beside bamboo and metal straws, cup holders, netbags, they offer refilling of liquid shampoo, babywash, dishwashing liquid and laundry detergent.



Household Goods

Household goods including sheets, towels, duvets and kitchenware can be found at:

- **Uma at Saigon Pearl:** 92 Nguyen Huu Canh, Binh Thanh District.
- **Crescent Mall:** Ton Dat Tien, Tan Phu Ward, District 7.
- **JYSK:** 23-24 Song Hành, Thảo Điền, District 2
- **Lock&Lock:** Vincom Thảo Điền, District 2



Clothing

Newer department stores include H&M, Top Shop, New Look, Oasis, Warehouse to name a few. It is difficult to find larger sizes, particularly anything over a size 12. However, Singapore, Kuala Lumpur and Bangkok are all accessible shopping destinations.

Ask around to find a tailor who can work bespoke. You will need to buy the material yourself, and supply items to be copied or pictures of what you want made. The markets have a wide range of materials and there is a strip of fabric shops opposite the Cho Tan Dinh markets at 333 Ha Ba Trung Street, District 3.



Banks and ATMS

There are many ATMs located all around the city. These include Standard Chartered, HSBC and Citibank.



Dining Out in HCMC

There are a fantastic number of restaurants to choose from in HCMC. The range is from street vendors to expensive 5 star hotels and top notch restaurants with menus in US dollars. It can be very inexpensive to dine out each evening if you wish. Here are just a few suggestions to start you off, but there are many more:

DISTRICT 2

Mekong Merchant

Lovely courtyard setting, international cuisine - 23 Thao Dien, District 2 Tel: 37446478

The Deck

Eclectic Asian fusion menu, on the banks of the Saigon River - 38 Nguyen U Di, District 2 Tel: 37446632

Boat House

Menus built around surf and turf - APSC Compound, 40 Lily Road, District 2

Al Fresco's

The Al Fresco's Group have 29 restaurants in Vietnam. Offering teacher discount, they provide a comprehensive menu with affordable prices. - 89 Xuan Thuy, District 2 Tel: 3519 4260

DTwo Sports Bar

Including an excellent Sunday Roast - 55 Thao Dien, District 2

Snap Café

International café fare with safe play area for young children - 32 Tran Ngoc Dien, District 2

Lubu

Healthy menu inspired by Europe & The Mediterranean. Open Tuesday to Sunday for breakfast, lunch and dinner - 97 Thao Dien, District 2.

Pendolasco

Offering traditional Italian cuisine and wood fired pizzas - 36 Tong Huu Dinh, District 2. Tel 62532828.

Jaspas

15 Tống Hữu Định, Thảo Điền, District 2 (and other venues around the city)

An Cafe

10 Trần Ngọc Diệm, Thảo Điền, District 2

Quan Bui

55A Ngô Quang Huy, Thảo Điền, District 2 (and other venues around the city)

L'uisine

24 Đường Thảo Điền, District 2 (and other venues around the city)

DISTRICT 1**Hum Vegetarian**

Authentic, popular, fully vegetarian menu - 32 Vo Van Tan Street, District 3. Tel: 3930 3819

4P's

Excellent Japanese/Italian gourmet pizza. - 8/15 Le Thanh Ton, District 1. Tel: 0120-789-4444

Fanny's Ice-cream

29-31 Ton That Thiep District 1. Tel: 38211630

Tandoor

Excellent Indian curries - 39A - 39B Ngo Duc Ke street, Ben Nghe Ward, District 1.

Sarpinos

Italian - Good pizzas - 125 Ho Tung Mau, District 1. Tel: 3821 7788

The Sushi Bar

2 Le Thanh Ton District 1. Tel: 3823 8042

Lemon Grass

Vietnamese - 4 Nguyen Thiep District 1. Tel: 3822 0496

Quan An Ngon

Vietnamese. Very cheap and popular - 160 Pasteur, District 1. Tel: 3827 7131

Tib

Hue style Vietnamese.

Separate vegetarian menu available - 187 Hai Ba Trung. District 3. Tel: 38297242

Paris Deli

Good sandwiches.

Lunchtime specials. Home delivery - 65 Le Loi Street, District 1. Tel: 38216127

Skewers

International/Mediterranean - 9A Thai Van Lung, District 1 Tel: 38224798

Warda

Middle-Eastern - 71/7 Mac Thi Buoï, District 1 Tel: 38233822

El Gaucho 7

4/1 Hai Ba Trung, District 1 - Excellent Argentinian Steak house

Blanchys Street

74 Hai Ba Trung, District 1 - Fusion of gourmet Japanese-inspired dishes utilising South American ingredients

The Society Bar & Grill

99 Nguyen Hue, District 1 - Great cocktails with indoor/outdoor dining, and high-end decor



Takeaway and Home Delivery

Many restaurants have a 'take-away' and delivery service. Ask for their menus when you dine there.

www.vietnammm.com and www.eat.vn are websites in English that have the menus of lots of restaurants around the city and will deliver to your home for a small fee.



Bars and Nightclubs

Saigon has a lot of nightlife options. There's a great range of local and expat places to try, depending on your mood and your company. Below is a small selection:

Phatty's - 46-48 Ton That Thiep, District 1
Sports bar with pub grub

Blanchy's Tash - 95 Hai Ba Trung, District 1
Cocktail Bar

Xu - 71-75 Hai Ba Trung, District 1
Restaurant Lounge with good cocktails, DJ and Vietnamese inspired menu

Ciao Lounge - 2nd floor, 74-76 Nguyen Hue, District 1
Elegant and romantic with reasonably priced drinks

La Habana - 6 Cao Ba Quat, District 1
Cuban themed bar with live music most nights

Bia Hoi Places - All around the city you will see signs for "Bia Hoi". This basically means home brewed beer. They are usually outdoor beer gardens, crowded with Vietnamese men. Beer is very cheap. They often have snacks and barbecued food.

BiaCraft - 90 Xuan Thuy, Thao Dien, District 2
Craft and microbrewed beers

Pasteur Street Brewery - 144 Pasteur, Ben Nghi, District 1
American craft brewery located in Saigon, Vietnam producing exotic styles of craft beers for the global market!

Chill Bar - 76 Le Lai, Ben Thanh, District 1
Excellent views over Saigon

Social Club/Pool Bar, Hotel des Arts - 76-78 Nguyen Thi Minh Khai, District 1
Recently awarded 'Best hotel Development', excellent venues with rooftop views.

Escape Lounge - 11 Đường Thảo Điền, District 2
Tropical cocktails, spirits, delicious food, and some of Saigon's best craft beers. It also offers a comfy rooftop space to enjoy the breeze.

Flying Pig - 97 Xuân Thủy, Thảo Điền, District 2.
Indoor and rooftop dining available, alongside live sport and a daily Happy Hour from 5-7 on all draft beer, spirits, cocktails and wine by the glass.



Recreation and Leisure

Cinemas

There are several cinemas in HCMC. In District 2 there is a Lotte cinema in the Cantavil Parkson, a Megastar Cinema in Thao Dien Pearl, District 2 and a BHD Cineplex in the Vincom Thao Dien.

Cricket

The English Cricket Club of Saigon meets each week throughout the year at RMIT - 702 Nguyen Van Linh Boulevard, Tan Phong Ward, District 7. It is essentially a village cricket team playing in the Saigon Cricket League.

Dam Sen Park

A popular park with local families. Monorail, butterfly gardens, children's rides and boats. Off Hoa Binh or Lac Long Quan, District 11

DanCentre

For Jazz, Tap, Hip Hop, Salsa and Belly Dancing lessons – 53 Nguyen Dang Giai, D2. Tel: 3519 4490

Golf

There are a number of good standard golf courses in and around HCMC, but green fees are expensive. An Phu Village, Thu Duc is a 36-hole golf course with driving range and clubhouse facilities. This can be played on a casual basis for USD100 per round of 18 holes on weekends and holidays and USD80 on weekdays. Another option is the Song Be Club which is 20km north of the city. This is a Par 72, 18 hole course billed as a resort, and is open to non members at approx. US\$88 per round on weekdays and US\$113 on weekends. There is an inexpensive 9 hole par 3 course in Saigon South.

Rugby

Saigon Geckos Rugby Club has Mens, Ladies, Junior sections. All welcome to play both touch and contact rugby. Training on Thursdays (7pm-8:30 at AIS, Thu Thiem Campus, District 2) and 3pm-4:30pm at Sala Stadium, District 2. Note: Advisable to bring boots from home if you are larger than a size 10 UK.

Netball

A group of women of all nationalities play in a local league and train on Mondays in An Phu.

Saigon Sports Academy

Multi sports training school that teaches soccer and basketball

Vietopia

A great place where children get to be grown-ups for the day and try out various jobs and activities.

Saigon Pony Club

Riding lessons, pony rides birthdays etc.

www.saigonponyclub.com

Phu Tho Club

2 Le Dai Hanh, District 11 - Principal venue for horse racing and distance cycling events. It is possible to bet here. A VIP club overlooking the track is open to visitors.

Jump Arena Trampoline Park

63 Hanoi Highway, Thao Dien - A fun, active and popular environment for families

Saigon Hash House Harriers

This is a walk/run that is held on Sunday afternoons. It's a good way to see the countryside and meet people socially. Hashers meet at the Caravelle Hotel. The bus leaves at 2.30pm sharp. The cost is 120.000 dong per session. You can email saigonhash@yahoo.com.

Ten Pin Bowling

Diamond Plaza - There is a large bowling rink on Level 4 at Diamond Plaza at 34 Le Duan Street, District 1
Saigon Superbowl – 32 lanes. 1st Floor, 43A Truong son, Tan Binh District. A new facility is now open on the 5th Floor, Cantavil Parkson, District 2



Bringing Children to Vietnam

We believe that giving your children the experience of living in another culture is enriching and advantageous. Of course we can all experience culture shock, but remember that children adapt far easier than adults and happy parents will make for happy children!

You will find that the International Medical Clinics are helpful and thoughtful if you need to attend them with your child.

There are activities in HCMC for the children which are similar to what they could be doing at home eg football, dance, horse riding and the School offers a wide variety of after school activities which your child can be involved in if they are of school age.

The school has a Fundinotots - Baby and Toddler Group that is open to all parents and children aged 0-36 months.

Your children will enjoy the wide variety of cuisine offered out here and they will be able to find things that they enjoy and also sample new delights! Eating out with children is fun and restaurants make them feel welcome.

Framing is inexpensive in HCMC and bringing in your suitcase a few photos of friends and family to put in your child's room can make them feel at home. Also a new pillow case and quilt cover or an old favorite can quickly bring a child's room to life and make them feel good about their new bedroom. It's natural to feel concern bringing your child/children to a new culture but in our overall experience, children thrive in this setting and embrace both the national elements of their new country along with the international experience gained from living in a diverse expatriate community.

Finally, at risk of stating the obvious, they will get the opportunity to attend a first class school at BIS and be taught by great teachers in the company of other motivated children who all want to do well.



Family Friendly Venues

Joymax - 218 Nguyễn Văn Hưởng, Thảo Điền, District 2.

Nice indoor play area for children.

Bama Café - 41 Đường Số 41, Thảo Điền, District 2.

Enough open space for children to zoom around in ride-on taxis.

Tini World - Level 4, Vincom Mega Mall Thao Dien, 161 Xa Loi Ha Noi, Thao Dien Ward, District 2.

A complete playcentre with a good combination of different play areas and fun activities.

Snapp Café - 32 Tran Ngoc Dien Street, Thao Dien Ward, District 2.

Outdoor adventure playground with swings, slides, thatched hut and a wooden climbing frame, all set in a giant sand box.

Jaspas - 15 Tổng Hữu Định, Thảo Điền, District 2.

Good restaurant complete with children's outdoor playground.

Let's Move - 199M Nguyen Van Huong street, Thao Dien Ward, District 2.

Let's Move is an indoor and outdoor playground for kids and karting track for kids and adults, all under one roof.

Landmark 81 Park - Vinhomes Tân Cảng, Bình Thạnh, Hồ Chí Minh.

Inspired by the Central Park in New York City.



Churches, Temples and Mosques

The majority of Christian churches in HCMC are Catholic, with the main one being the Notre Dame Cathedral in District 1. The Cathedral conducts services Monday - Saturday at 0530 and 1700hrs and on Sundays at 0530, 0630, 0730, 0930, 1600, 1715 and 1830hrs. The 0930 service is in a mix of Vietnamese and English.

An International Choir sings at the Cathedral and they are always keen to recruit new members.

A Protestant group provides an English service for expatriates in a room at the Saigon Prince Hotel on Nguyen Hue Street (in District 1) every Sunday morning at 10am.

An inter-denominational group called "Crossroads" meet at different members houses every week.

There is an all English Catholic service at 6pm Saturdays at 413 Le Van Sy Street, Tan Binh District HCMC.

There are two Mosques – The Indian Islam Chancel – 66 Dong Du, District 1 and the Islam Community Board – 52 Nguyen Van Troi Street, Phu Nhuan District.

There is a Hindu Temple at 44D Trung Dinh Street, District 1.





Medical Services

There are several international clinics for expatriates, but below are a few of the most commonly visited. These clinics provide a range of medical services and they can arrange evacuation to Singapore or Bangkok for treatment in the event of a medical emergency or serious illness.

Family Medical Practice

- 95 Thao Dien Street, District 2, (a few minutes' walk from the An Phu campuses). Tel: 3744 2000
- Diamond Plaza, 34 Le Duan Street, District 1. Tel: 3822 7848

Columbia Asia Clinic

8 Alexandre de Rhodes
Tel: 3823 8888

HOSPITALS

There are two hospitals of international standard:

- **Franco Vietnamese Hospital**
6 Nguyen Luong Bang Street, South Saigon, District 7, Tel: 5411 3333
This is a very modern and well equipped hospital with a wide range of services.
- **Columbia Asia Hospital**
01 No Trang Long, Binh Thanh District, Tel: 3803 0678

FOR 24 HOUR AMBULANCE AND EMERGENCY SERVICES IN HCMC: Dial *9999

A private service provided by Family Medical Practice



Dental Services

Westcoast Int'l Dental Clinic

- 79 Dong Khoi St, District 1, Tel: 38256777
- 27 Nguyen Trung Truc, District 1, Tel: 38256999
- 27 Nguyen Ba Lan, Thao Dien, District 2

Starlight Dental Clinic

3 Han Thuyen Street, District 1 Tel: 83226222 / 0903834901
2 Bis, Cong Truong Quoc Te Street, District 3
24 Thao Dien, District 2, HCM Vietnam

The Franco Vietnamese Hospital has excellent dental services.

Family Medical and **European Dental Clinic, An Phu**, also have good dental care.



Pharmacies

“Nha Thuoc” means pharmacy.

You will find plenty of pharmacies throughout the city selling over the counter medication at very low prices. Check expiry dates on these before you buy.

The expat medical clinics (see above) also have their own pharmacies although these are much more expensive.



Technology in HCMC

Mobile Phones

You are able to purchase a mobile phone from any of the many mobile phone shops that seem to be on every street. Prices are similar to UK or USA and the latest models are available. Data is also very cheap.

We strongly recommend that you unlock your current mobile phone before arrival and bring it with you so that it can use the 3 available networks here. You should speak with your provider before you leave the UK. You can get your phone unlocked in HCMC but it is more expensive, time consuming and difficult.

Vietnamese SIM cards are easily available. Calls are paid for on a pay as you go basis by buying inexpensive top up cards. There is in fact a shop opposite the An Phu Secondary campus selling both SIM cards and top up cards.

Internet Phone

You are able to use Skype, Viber and WhatsApp in Vietnam which will drastically reduce the cost of your telephone bills to home. Buying credit can sometimes be tricky but the savings are well worth the effort. Using My Private Network or similar VPN services back to your home country can make Skype even cheaper and is also useful as it makes you 'appear' to be in the UK.

Computers

HCMC has a thriving computer shop area and prices are cheap. Numerous shops sell complete PCs and accessories and many will build you a computer to your personal specifications at a good price. A decent laptop can be bought here at a reasonable price, which is always open to negotiation.

Internet Connection

Both broadband and dial up connections are available, inexpensive and reliable. If your laptop has a wireless card, more cafes and bars have wireless internet connection that is free to use. Internet in apartments can normally be arranged through the reception.



Useful Phone Numbers

International Direct Dialling Access Code	00 or +
Country Code for calls to Vietnam	84
Area code for calls to HCMC	28
International Telephone Service	110
Phone number enquiries	116
Police	113
Fire Brigade	114
Ambulance	115

BIS HCMC Contact Details

Early Years & Infant Campus	101 Thao Dien St, District 2, HCMC. Phone Number: (28) 3636 0055
Junior Campus	225 Nguyen Van Hung St., District 2, HCMC. Phone Number: (28) 3744 4551
Secondary Campus	246 Nguyen Van Hung St., District 2, HCMC Phone Number: (28) 3744 2335





Useful Vietnamese Phrases

Numbers

1	một
2	hai
3	ba
4	bốn
5	năm
6	sáu
7	bảy
8	tám
9	chín
10	mười
11	mười một

Important Phrases

Hello!	Xin chào!
Goodbye	Tạm biệt
How are you?	Bạn có khỏe không?
I'm fine, thank you!	Cảm ơn bạn tôi khỏe
And you?	Bạn thì sao?
What's your name	Bạn tên gì
My name is...	Tôi là...
Thank you	Xin cảm ơn
You're welcome	Không có gì
Yes	Vâng
No	Không

Fruits

Lime	Chanh
Orange	Trái cam
Strawberry	Dâu
Apple	Táo
Coconut	Dừa
Jackfruit	Mít
Tamarind	Quả me
Mango	Trái xoài
Banana	Trái chuối
Papaya	Đu đủ
Grapes	Nho

Veg

Basil	Húng quế
Cherry Tomato	Cà chua bi
Tomato	Cà chua
Garlic	Tỏi
Chilly	Ớt
Spring Onion	Hành lá
Leek	Tỏi tây
Corn	Ngô
Coriander	Rau mùi
Cucumber	Dưa chuột
Tumeric	Nghệ



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HO CHI MINH CITY**

A NORD ANGLIA EDUCATION SCHOOL

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