



HOLI WELLNESS TRAVEL

Explore Beautiful Vietnam

The Ultimate Guide to Safe Travel in Vietnam

Vietnam Safe Travel Handbook

A pocket handbook for international guests

HOLI WELLNESS TRAVEL

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Hotline +84 85 682 5886 · First edition 2026

For general planning only. Not medical advice. Costs vary by individual case.

How to Use This Handbook

Keep this handbook with you from the day you plan your trip to the day you fly home. It follows your journey in five simple stages — fill in the blanks as you go.

1

Prepare

2

Arrive

3

Check-up

4

Recover

5

Follow-up

My trip at a glance

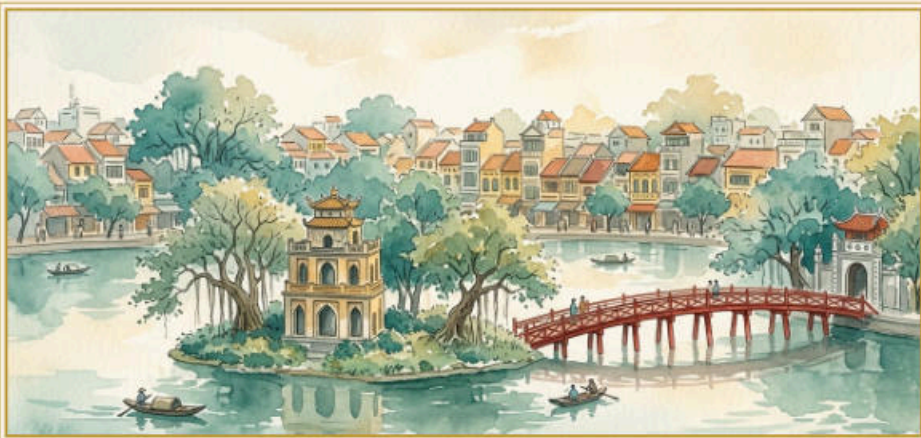
Flight date

Hospital / clinic

Hotel

Main contact person

Hotline (Holi 24/7)

+84 85 682 5886

Hoan Kiem Lake, Hanoi — where most journeys to Vietnam begin

Vietnam Travel at a Glance

Why Vietnam?

- Skilled doctors and internationally accredited hospitals.
- Treatment cost often a fraction of Western prices.
- Short waiting times for appointments.
- Combine care with rest, recovery and family time.
- English-speaking support and full trip assistance.

What to check first?

- The hospital's accreditation and licences.
- The treating doctor's specialty and experience.
- A written cost estimate before you commit.
- What is / isn't covered by your insurance.
- Follow-up and aftercare once you return home.

! Read this first

This handbook is for general planning only. It is not medical advice and does not replace consultation with a licensed doctor. Costs shown anywhere are indicative and vary by individual case, hospital and treatment — always confirm in writing.



Ha Long Bay — a wonder worth the trip alone

Trip Planning Notes

Fill this in first — it becomes your quick reference for the whole journey.

Item	My Notes
Main medical purpose	
Travel dates	
Hospital / clinic	
Doctor / department	
Hotel	
Companion	
Emergency contact	



Trang An, Ninh Binh — plan a gentle day on the river

Before You Travel Checklist

Tick each item once it's ready. Don't leave home until every box is checked.

- | | |
|--|--|
| ☐ Passport valid (6+ months) | ☐ Hotel reserved |
| ☐ Visa / e-visa approved | ☐ Local transport arranged |
| ☐ Flights booked | ☐ Payment cards / cash ready |
| ☐ Travel & medical insurance | ☐ Emergency contacts saved |
| ☐ Medical appointment confirmed | ☐ Phone roaming / eSIM active |

Tip

Keep digital + printed copies of every booking and document in one folder — and share it with your companion or Holi coordinator.



Hue — take it slow, like the Perfume River

Medical Documents Checklist

Bring these so your Vietnamese doctor has your full history from day one.

- | | |
|--|--|
| ☐ Medical summary / history | ☐ Previous surgery reports |
| ☐ Current medication list | ☐ Doctor's referral letter |
| ☐ Allergy information | ☐ Insurance documents |
| ☐ Recent blood test results | ☐ Digital copy + printed copy |
| ☐ X-ray / CT / MRI images | ☐ English translation (if needed) |



Note

A short medical summary and a clear medication list are the two documents doctors ask for most. Prepare them early.



Da Nang — modern hospitals right by the beach

Hospital Visit Flow

What a typical hospital day looks like — step by step.

- 1 Arrival
- 2 Registration
- 3 Consultation
- 4 Tests
- 5 Treatment plan
- 6 **Cost confirmation** ← read carefully
- 7 **Consent** ← read carefully
- 8 Treatment
- 9 Medication
- 10 Discharge report

“Understand before you sign.”

Ask for anything unclear in writing.



Ho Chi Minh City — Vietnam's largest medical hub

Hotel & Stay Planner

Note a 5-star option in each city and how far it is from your hospital.

City	5-star hotel option	Distance	Notes
Hanoi			
Ho Chi Minh City			
Da Nang			
Nha Trang			
Phu Quoc			

Ask Holi Wellness Travel for vetted hotels close to your treating hospital.



Nha Trang — recover with sea air and sunshine

Transport & Support

How door-to-door support flows through your trip.

- 1 Airport pickup
- 2 Hotel check-in
- 3 Hospital transfer
- 4 Daily support
- 5 Follow-up visit
- 6 Airport drop-off

Support checklist

- ☐ Driver contact
- ☐ Interpreter contact
- ☐ Hospital appointment time
- ☐ Return transfer booked
- ☐ Emergency backup plan



Hoi An — an evening stroll between appointments

Expense Planner

Estimate before you go, then record the actual cost. Figures are yours to plan with — always confirm prices with the hospital in writing.

Item	Estimated	Actual
Medical service		
Tests / scans		
Hotel		
Transport		
Food		
Medicine		
Emergency reserve		
Total		

Use one currency throughout and keep a small reserve for the unexpected.



Da Lat — cool air, pine hills and gentle prices

Aftercare & Follow-up

Recovery continues after you fly home. Track these checkpoints.

Timeline	What to check	Contact
7 days	Recovery status — wound, pain, medication	
30 days	Report review — results, next steps	
90 days	Long-term follow-up — stability, lifestyle	

! Warning signs

If you notice fever, spreading pain, heavy bleeding, swelling or any unusual symptom, go to the nearest medical facility immediately — then inform your treating doctor and your Holi coordinator.



Phu Quoc — the perfect island to heal and rest

Learn Vietnamese for Your Trip

A few phrases go a long way. Point to the line you need.

English	Vietnamese	Pronunciation
Hello	Xin chào	Sin chao
Thank you	Cảm ơn	Kam un
I have an appointment	Tôi có lịch hẹn	Toy kor lick hen
I feel pain here	Tôi đau ở đây	Toy dow uh day
I am allergic to...	Tôi dị ứng với...	Toy zee ung voi...
Please call my interpreter	Làm ơn gọi phiên dịch giúp tôi	Lam un goi fien zik zoop toy
Where is the pharmacy?	Nhà thuốc ở đâu?	Nha thuoc uh dow
I need help	Tôi cần giúp đỡ	Toy kun zoop doh
Where is the supermarket?	Siêu thị ở đâu?	See-oo tee uh dow
Where is a good place to eat?	Quán ăn ngon ở đâu?	Kwan an ngon uh dow
How much is this?	Cái này bao nhiêu tiền?	Kai nay bow nyew tyen
Where is the toilet?	Nhà vệ sinh ở đâu?	Nya vay sin uh dow
Take me to this address	Cho tôi tới địa chỉ này	Cho toy tuh dia chee nay

Planning your journey to Vietnam?

Explore Beautiful Vietnam

Book a FREE 30-minute medical travel consultation. We'll help you understand the process and plan a safe, comfortable trip.

[Book my free consultation →](#)

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Who's Behind This Handbook



Nguyen Thi Viet Ha

Founder, Holi Wellness Travel

Part of HOLIGROUP — our family travel company operating since 2013.

My background isn't medicine — it's numbers and law. I hold a Bachelor of Finance & Accounting, a Bachelor of Laws and a Master of Economic Management. For years I watched people make big, frightening health decisions abroad with far too little clarity — and I couldn't unsee it. So I built Holi Wellness Travel around one belief.

◆ **On a medical trip abroad, nothing should be left to chance.**

That's why the medicine always stays with licensed, accredited partner hospitals and clinics — while everything around it stays with us: your flights, your stay, every appointment, an English-speaking coordinator, and your aftercare once you're home.

What we help you with

General health
check-up

Dental & implants

IVF & fertility

Healing retreat

Warm regards,

Nguyen Thi Viet Ha

Explore Beautiful Vietnam

Turn to the last page when you're ready to plan your journey →

Let's Plan Your Journey Together

You now have a handbook for every stage of your trip. When you're ready to turn these notes into a real plan, we're one message away — with no pressure and no obligation.

Book a FREE 30-minute consultation

Tell us what you're considering — a health check-up, dental care, IVF or a wellness escape — and we'll map your options, suitable dates and an honest estimate.

[Book my free consultation →](#)

Planning only — not medical advice.

Reach us any time

- ◆ **Website** holiwellnesstravel.com
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- ◆ **Facebook** [Holi Wellness Travel](#)

Safe travels — and see you in Vietnam.



"Hẹn gặp lại ở Việt Nam" · see you again

— Nguyễn Thị Viet Ha



Thank you for letting Holi Wellness Travel be part of your journey.