Vietnamese Culture - At a Glance
Common cultural norms, values, and traits of the Vietnamese population.

### Traditional Beliefs on Health and Medicine
- Practice a mixture of Eastern and Western medicine, sometimes combining the two.
- Some believe that Western medications are too potent for their body and prefer to use herbal remedies.

### Familial Structure
- Family reigns supreme in all circumstances.
- Children usually live at home until they are married, and sometimes a spouse will move in with their partner’s family.
- Children’s education is emphasized.
- Everyone is expected to be a positive representative of their family, and uphold the family name with their actions.

### Communication Styles
- Being polite is key.
- Children commonly act as interpreters for their adults with limited English.
- The father or male of the household should be addressed first.

### Gender
- Gender roles are defined and emphasized from birth.
- Society is patriarchal.
- Both men and women work.
- The head male of the household usually makes decisions.

### Personal Space & Social Gestures
- Respect for hierarchy and elders are emphasized. A slight bow is a way to show respect to elders.
- Politeness is important, even during disagreement.
- Men are more comfortable shaking hands than women.
- Personal space is important.

### Religion
- Ancestors are revered and worshipped.
- Buddhism is the most common religion.
- Confucianism has influenced Vietnamese thinking and culture, including family structure.
- The influence of Taoism can be seen in the emphasis on harmony, simplicity, patience, and self-contentment.

### About ECHO
The mission of ECHO is to leverage partnerships to deliver vital health, safety, emergency and civic engagement information to help the ever-changing, diverse population integrate and become successful in our communities.

The above information was provided by [http://www.vietnamembassy-usa.org/learn_about_vietnam/culture/customs/stratishealth](http://www.vietnamembassy-usa.org/learn_about_vietnam/culture/customs/stratishealth)

This information sheet is not intended to be an exhaustive approach or complete representation of the Vietnamese culture, but rather a basic introduction and foundation.