

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.

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.

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.

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.

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.

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.vietnambassy-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.