



## *Preventing and alleviating human suffering and improving living conditions at the village level*



### **Who are we and what do we do?**

The Lao Red Cross Society was founded in 1955 and began working in Luang Prabang Province in 1993 with the ongoing support of the Swiss and the Austrian Red Cross. Our vision is to prevent and alleviate human suffering and to improve the living conditions at the village level. Working to improve the health of the most vulnerable sections of society, we follow the seven fundamental principles of the Red Cross and Red Crescent Movement – humanity, impartiality, neutrality, independence, voluntary service, unity and universality.

Our programs in Luang Prabang include:

- training village volunteers in community-based first aid
- construction of latrines and gravity-fed water systems for villagers
- training local youths and tuk-tuk drivers in basic first aid and education about sexually transmittable diseases
- providing humanitarian relief assistance to villagers suffering from the effects of fire and disease etc
- recruiting blood donors

We also operate a well-known traditional steam-bath and massage facility. This generates income that helps to finance our relief activities, support our poorer patients and ensure the continuation of our current activities.



# Lao Red Cross

## Luang Prabang Branch



### What can you experience?

- Visit the Lao Red Cross in Luang Prabang for a traditional steam bath, which uses more than 25 different aromatic locally-grown herbs. The combination of the steam and herbs enables their healing and rejuvenating properties to soak into the skin to their full potential.
- Have a massage. Our experienced masseur and masseuse have developed their skills either in conjunction with their medical training or through training from experienced practitioners.
- Donate blood to our blood bank. We are always short of blood and your donations are very much appreciated.
- Support our activities by making a financial donation.
- Contact your hotel or guesthouse for more information.



### Donation Guidelines

- \$1 – Food for a patient for a day
- \$10 – A set of cooking equipment for a family
- \$20 – Latrine in a village
- \$5,000 – Gravity-fed water system for a village