



## Responsible Guest Guide for Barberyn Reef Ayurveda Resort Hospital Pvt Ltd

January 2025

### Welcome to Barberyn Reef Ayurveda Resort

At Barberyn Reef Ayurveda Resort, we are committed to providing a holistic and sustainable experience for our guests. Our practices are designed to support the well-being of our guests, the local community, and the environment. We invite you to join us in our efforts to make a positive impact.

### Researching Your Trip

- **Booking Travel:** Choose travel companies that prioritize sustainability. Look for those with certifications and transparent sustainability practices.
- **Understanding Local Culture:** Familiarize yourself with Sri Lankan customs and traditions. Simple gestures like learning basic phrases in Sinhala or Tamil can enhance your experience.
  - **Welcome-** “Ayubowan”
  - **How are You?** – “Kohomada?”
  - **I am Fine ?** – “Hodin Innawa”
  - **Thank You** – “Sthuthie”
  - **How much is it** – “Gana Keeyada?”
- **Eco-friendly Transport:** Opt for eco-friendly transportation options such as bicycles, electric tuk-tuks, or walking tours to explore the local area.

### Packing Tips

- **Pack Light:** Reduce your carbon footprint by packing only what you need.
- **Eco-friendly Products:** Bring biodegradable personal care products and reef-safe sunscreens to protect marine life.

- Avoid products that Certain ingredients found in some sun protection products are very damaging to marine life and reefs, even in tiny amounts and even from showering them off in your hotel room. Look for a marine-safe alternative if a sunscreen contains any of these ingredients: Oxybenzone, Benzophenone-1, Benzophenone-8, OD-PABA, 4-Methylbenzylidene Camphor, 3-Benzylidene Camphor, nano-Titanium Dioxide, nano-Zinc Oxide, Octinoxate, Octocrylene.
- Washing or swimming when using shampoos, lotions and gels that contain ‘microbeads’ can cause serious long-term harm to biodiversity. Many countries have already banned them so please do not travel with these items.
- **Reusable Items:** Avoid single-use plastics by bringing reusable water bottles, bags, and containers.

### **At the Resort**

- **Energy Conservation:** Help us reduce energy consumption by turning off lights, air conditioning, and other electronics when not in use.
- **Water Conservation:** Be mindful of water usage. Whenever possible, take shorter showers and reuse towels.
- **Waste Management:** Separate your waste and use recycling bins provided around the resort.

### **Supporting the Local Community**

- **Local Businesses:** Support local artisans and businesses by purchasing locally made products and try the local delicacies.
- **Cultural Respect:** When visiting Sri Lanka, it's important to respect local customs and traditions. Always seek permission before photographing people, especially children. Additionally, avoid turning your back to Buddha statues when taking pictures. Sri Lanka is a modest country, so when in doubt, opt for modest attire to show respect for local customs.
- **Community Initiatives:** Participate in or donate to local community projects and initiatives supported by the resort. Please check with our reception team for further information.

### **Protecting Biodiversity**

- **Wildlife Protection:** Do not disturb wildlife or remove natural items like shells or plants from their habitats. When swimming or snorkling in front of the barbery reef hotel

please be mindful not to accidentally stand on or damage the coral reef. Feeding wild animals is also not encouraged.

- **Eco-friendly Activities:** Engage in activities that do not harm the environment, such as guided nature walks ,bird watching and cooking demonstration to name a few.

### **Safeguarding Animals**

- **Animal Welfare:** Avoid activities that exploit animals, such as elephant rides or visiting poorly managed animal attractions.
- **Stray Animals:** If you encounter stray animals, inform the resort staff who can contact local animal welfare organizations.

### **Giving Back**

- **Volunteer Opportunities:** Inquire about volunteer opportunities on beach cleaning at the resort.
- **Donations:** Consider donating to support local environmental and social initiatives. Inquire from front office.