



In Sri Lanka, deep respect for culture, tradition, religion, and history permeates daily life. Embracing and understanding these aspects enriches your experience in this vibrant country. As you immerse yourself in local customs and connect with the community, you also have the opportunity to make a positive impact on both the environment and the lives of those you encounter. By respecting and learning about Sri Lanka's cultural tapestry, you not only enhance your journey but also contribute meaningfully to the places you visit.

## **Tips to be a responsible traveller**

### **People and Language**

Embrace the warm hospitality of Sri Lanka by engaging with its friendly locals. Whether you're at your hotel or exploring the streets, don't hesitate to share a smile and exchange greetings. Learning a few words in Sinhalese or Tamil, such as "Ayubowan" with clasped hands for Sinhala speakers meaning "may you be blessed with long life," adds a delightful touch to your cultural experience. In Tamil-speaking areas, a simple "Vanakkam," meaning greetings, will also be warmly received. These small gestures not only foster connections but also enrich your journey through the heartwarming spirit of Sri Lanka.

### **Respect Local Customs and Traditions:**

When visiting religious sites in Sri Lanka, it's important to dress modestly by covering your shoulders and knees. Before entering temples or other religious places, remember to remove headgear and shoes as a sign of respect. When taking photos, be mindful not to turn your back on statues or religious images. Additionally, please note that alcohol sales and consumption are prohibited on full moon Poya days, which are significant religious observances in the country. Respecting these customs ensures a culturally sensitive and respectful experience during your travels in Sri Lanka.

### **Reduce Plastic Waste**

To minimize your environmental impact, carry a reusable water bottle and refill it from safe water sources where possible. Opt for reusable bags for shopping and avoid single-use plastics like straws and utensils. When purchasing items, choose products with minimal packaging or packaging that can be recycled. Dispose of any waste properly, ensuring it ends up in designated recycling or waste bins. By making these small changes, you contribute to preserving the beauty of the destinations you visit and support sustainable tourism practices.

### **Conserve Water and Energy**

Please use water and electricity responsibly. Remember to turn off lights, fans, air conditioners, TVs, and taps when not in use or when you're away.

### **Support Local Economy**

Please enjoy local cuisine and consider supporting small local businesses and artisans when purchasing souvenirs and services. Your contribution helps sustain and uplift the community.

### **Minimize Your Carbon Footprint**

Use public transportation, walk, or bike whenever possible to reduce emissions. Our staff at the reception will be able to assist you if you need any guidance.

### **Preserve Wildlife and Nature**

Observe animals in their natural habitats without disturbing them, and avoid purchasing products made from endangered species. Please do not feed the wild animals.

### **Learn About the Local Culture**

Take the time to understand the traditions, history, and customs of the place you are visiting, and interact respectfully with locals.

### **Child protection**

If you notice a child being abused in any way, please inform someone who can take action, be it a policeman if you're out and about, or a staff member if you are at the resort. Also, do not encourage a begging economy that might keep children away from schools by refraining from giving children sweets or money or anything else, especially if they come begging for something.

### **Leave No Trace**

Dispose of waste properly and leave natural areas as you find them, ensuring they remain pristine for future visitors.