

RESPONSIBLE GUEST GUIDE



SUSTAINABILITY
COMMITMENTS

RESEARCHING YOUR TRIP

Booking travel: If you have a choice, always opt for companies that are actively taking steps to improve their environmental and social impacts. The best ones publish annual sustainability reports and are independently certified by sustainability labels.

Culture: Travel becomes more enjoyable when you have some understanding of how to respect local customs and culture. Even simple things like how to tip, dress appropriately, or say thank you are helpful to know before you arrive.

Ground transport: You can help ease congestion, pollution and emissions by opting for taxi and transfer companies with low-emission fleets, using public transport and exploring the destination on foot or by bike when it is safe and practical to do so.

Caring for others: Spend some time learning how to identify the signs that someone is being trafficked, abused or exploited. Then, find out how to report it if you ever witness such a situation. You should be able to find reputable information and training resources online often provided by the police or an NGO. Otherwise, ask for advice from a relevant local charity or check with your travel agent.

SUPPORTING THE LOCAL COMMUNITY

Support local businesses: Try to dine and shop at locally owned and operated businesses in the area. If you are buying gifts or mementos, see if you can find something that is handcrafted by a local artist or produced by a small business.

Explore the culture and area: Even if you are on a lazy beach holiday or a short business trip, you are likely to get more out of your visit if you find time to take in some of the local sites, culture and activities.

Respecting people: Make sure you know about, and observe, any local laws, customs or traditions. Do not take photos or videos of people without their permission, especially if you intend to post these online. Remember that only parents or legal guardians can give permission for children.

Safeguard children: Avoid activities that could harm children such as orphanage and school visits that can disrupt education or lead to exploitation. The best way to support children is to donate to a reputable charity. If you encounter any suspicion of exploitation, illegal child labor, abuse, or physical harm **please contact 1300**

For more information <https://ecpat-th.org/en/>

Protect biodiversity: Be sure to properly dispose of your waste and follow any guidance about how to protect sensitive areas such as sand dunes, reefs or forests. Support local improvement initiatives: If you have had a great time at your destination and would like to give something back to the people who live there, then we suggest looking for a local improvement initiative or charity to support.

PACKING

Pack light: Whether you're travelling by plane, train, ship or car, carrying a lighter load means less fuel is required to complete the journey, resulting in lower emissions.

Pack to bring it back: Unwanted items you leave behind add to pollution in destinations that lack good waste and recycling solutions, and in all destinations they add stress to local waste management systems.

Personal care products: Using shampoos, lotions and gels that contain microbeads while washing or swimming can cause serious long-term harm to biodiversity. Many countries have already banned them, so please avoid travelling with these items.

Sunscreens: Certain ingredients found in some sun protection products can be highly damaging to marine life and coral reefs even in tiny amounts, and even when washed off in your hotel shower.

Single-use plastics: If you bring them with you they will need to be disposed of and many destinations lack the facilities to do so safely. Try to travel with reusable alternatives or products made from recycled paper instead of plastic.

SAFEGUARDING ANIMALS

Stray or abused animals: If you are concerned about stray or abused animals, ask staff at your accommodation about the best course of action. They may already be working with a local animal welfare organization or have some advice for you.

Animal activities & attractions: We suggest that you avoid any activities that could possibly be harmful to the mental or physical wellbeing of animals. This could include activities involving feeding or touching wild animals and any attractions where animals are forced to behave in a way that would not be normal for them in the wild.

DOS IN THAILAND

- Do respect Thai Culture
- Take Off Your Shoes
- Dress Modestly, Especially in Temples
- Speak Calmly and respectfully

DONT'S IN THAILAND

- Don't point your feet at people or objects.
- Don't touch people's heads
- Don't put your feet up
- Don't touch or sit on Buddha Statues



RAYA HERITAGE
A RIVER SANCTUARY