



# Responsible Travel Tips



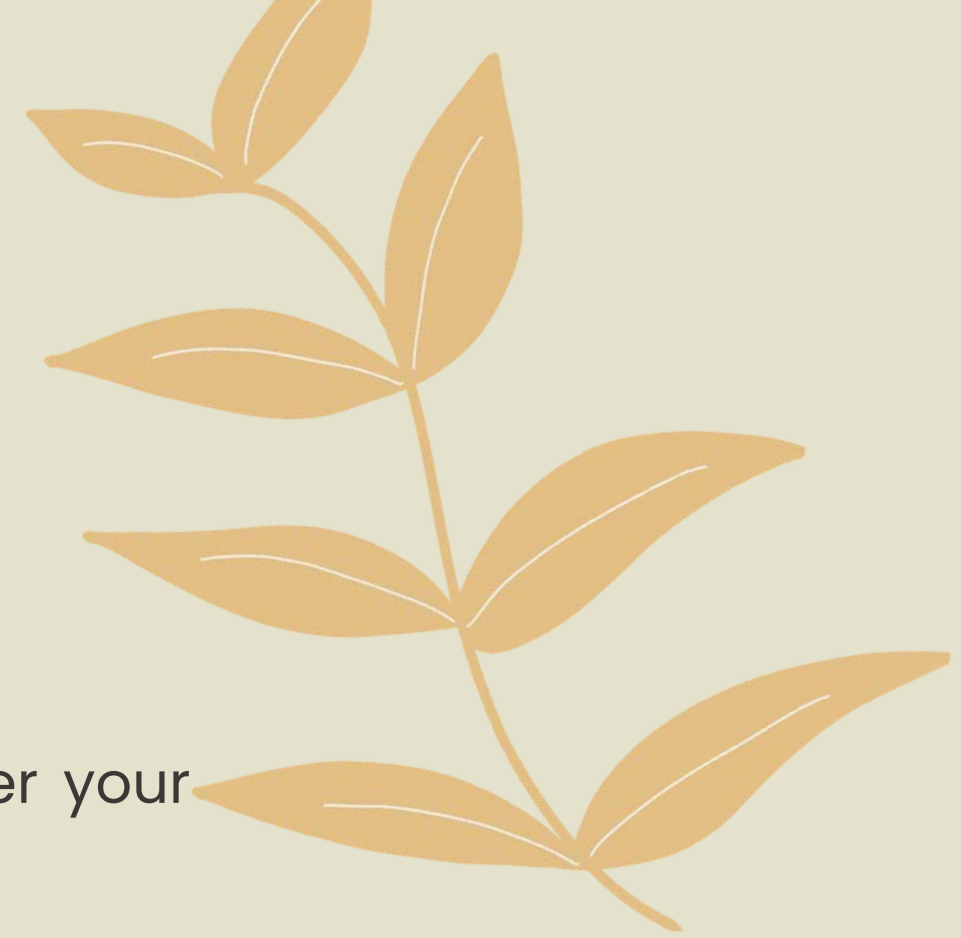
*Walkers Tours*

[www.walkerstours.com](http://www.walkerstours.com)

# I. Respect Cultural Differences

## Greeting

- You can, like many Sri Lankans, greet by putting your hands under your chin and lowering your head, say 'Ayubowan !'.
- Sri Lankans will often respond to you by nodding their heads and smiling broadly (European version is "no" for that gesture). Don't be misled; in Sri Lanka, this sign means "yes".
- Sri Lanka has two official languages: Sinhala and Tamil - with English being used as an intermediate language widely spoken throughout the country except in rural villages.
- In Sinhala: "aa-yu-BO-wan" means "May you live long" and equals to hi or hello and "isthu-thee" is 'Thank you'.
- In Tamil: "Vanakkam" is hello or hi and "Nanri" is 'Thank you'







# Be sensitive to local culture

- As a couple, it's best not to be too exuberant. Try to avoid lip-kissing in public.
- Smoking and drinking in public are strictly forbidden.
- On Full moon Poya days and excise holidays, alcoholic drinks, neither in hotels nor in bars or places of celebration are available.
- Be prepared to answer, on numerous times, personal questions like: "Where are you from? Where are you going? Are you married? How old are you? etc..." Most people are simply trying to be friendly, to practice their English skills or start a conversation
- "Locals will never criticise you, but will be embarrassed and politely keep their opinions to themselves



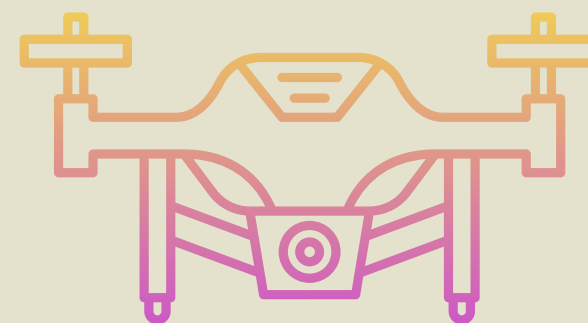


# Do ask permission before taking pictures

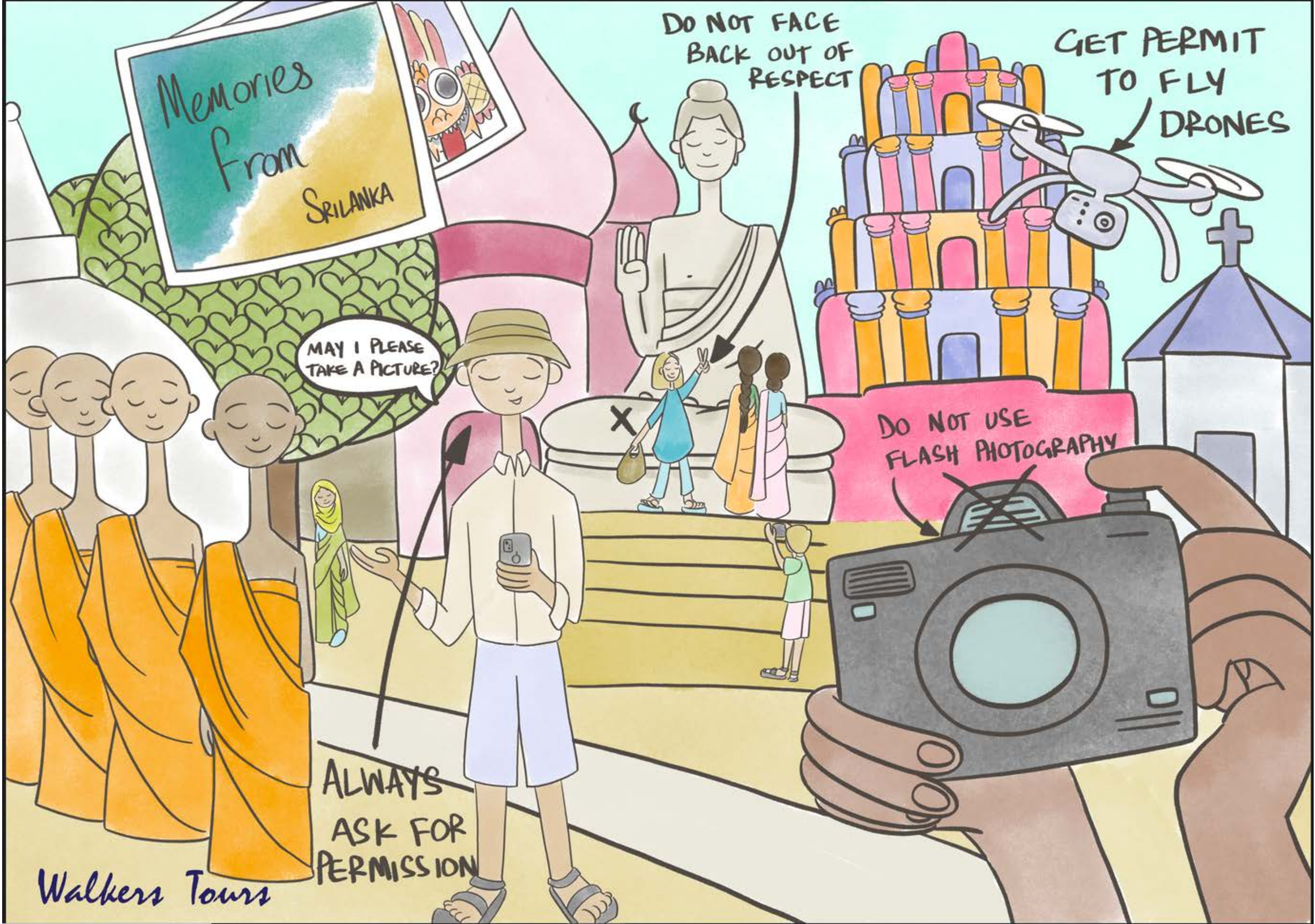
- Who does not want to bring back wonderful memories of the places visited? The photos/ videos will of course be there to remind you of the excursions in which you have participated but it is important to remember the below.
- It is best to ask the Buddhist monks for permission to photograph them or such part of the temple, as it is necessary to have their consent to photograph them.
- It is forbidden to take pictures of any individual posing with his/her back in front of or sitting or standing on religious statues.



- Photography of military sites is strictly prohibited.
- Using the flash is not recommended when it comes to paintings in caves and temples.
- It is wise to ask consent from local individuals if you want to take a picture of them.
- Videography through drone cameras are only allowed upon receiving prior consent from the Civil and Aviation Authority.







Memories from SRILANKA

DO NOT FACE BACK OUT OF RESPECT

GET PERMIT TO FLY DRONES

MAY I PLEASE TAKE A PICTURE?

DO NOT USE FLASH PHOTOGRAPHY

ALWAYS ASK FOR PERMISSION

Walkers Tours



# Respect cultural sites

- Do not point your feet towards a person, a temple or the statue of a God. Take off your shoes, hats and sunglasses before entering holy places like Buddhist and Hindu temples and mosques.
- Never put your back on the Buddha and when you walk around the pagodas, turn in a clockwise direction.
- You don't shake a monk's hand. Sit lower than him. Gifts are offered with both hands. A monk is not offered food after 12 noon. For a woman, it is not appropriate to stand or sit close to a monk.
- As in all countries of the world, modest clothing is required for visiting religious places. The dresses or skirts that will cover the knees, the shoes, preferably "flip-flops" are recommended. Shoes and hats will be removed before entering religious sites.







Walkers Tours

REMOVE  
FOOTWEARE  
AND  
HATS

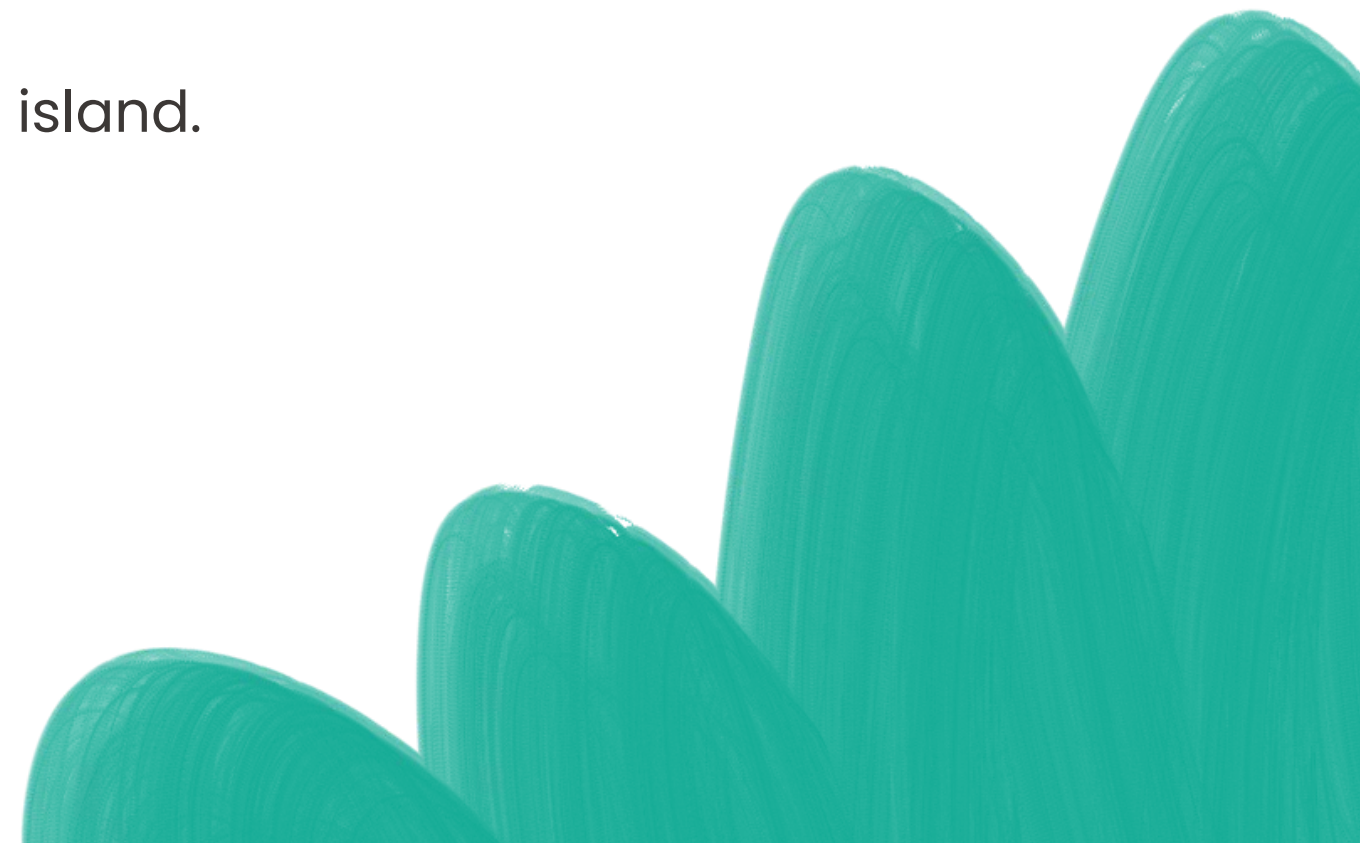
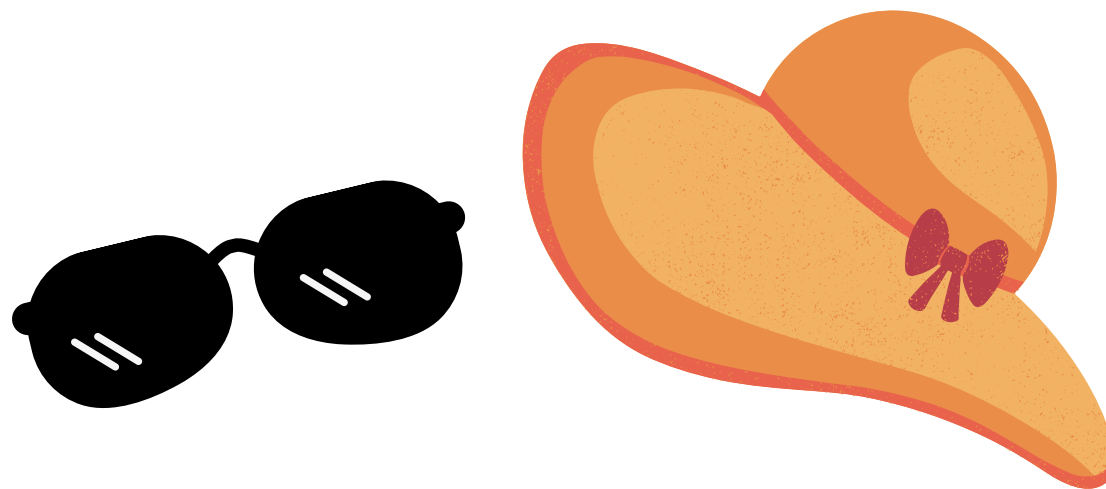
ALWAYS  
WALK  
CLOCKWISE

SIT LOWER  
AS A SIGN  
OF RESPECT



# Dress modestly and neatly

- In public places, swimsuits are not recommended. Topless sunbathing is not permitted as there are no nude beaches.
- It is strongly recommended to bring sunglasses and beach hats. Light cotton material is good for the city visits and a sweater for countryside/hills.
- In some hotels, shirts and pants are required in the restaurant in the evening.
- The clothes are inexpensive and are sold all over the island.





2000/

BLEND IN WITH CULTURE





# 2. Child Protection

**Do not give gifts or buy anything from children.**

- Do not give gifts, money or sweets to children (Including children with an adult) who are begging, as it keeps them out of school and encourages begging at the destination. Our guides and chauffeur guides have been trained to react appropriately when confronted by such situations, should you witness a child being at risk, please tell your guide / chauffeur guide or you can report to the following numbers.

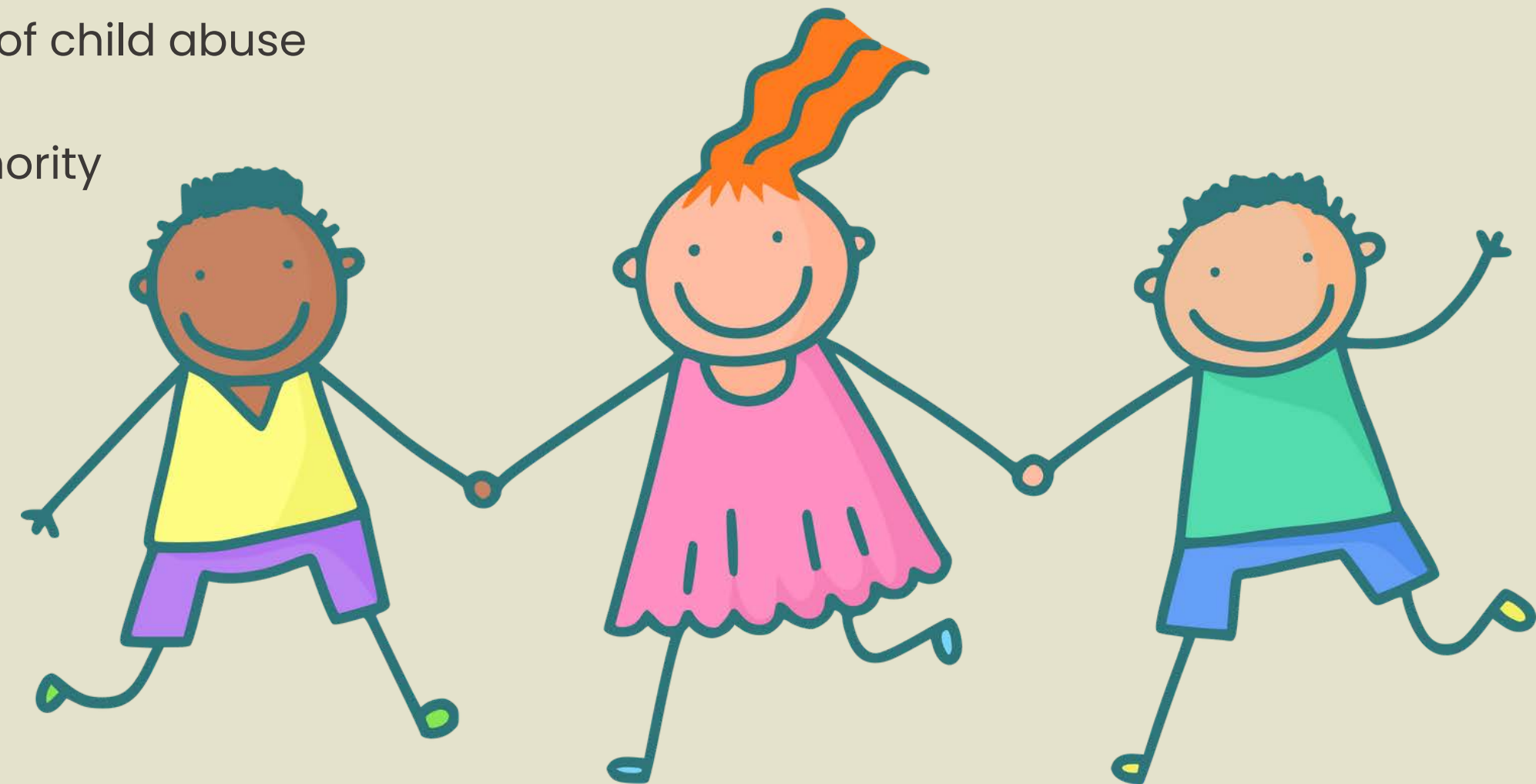
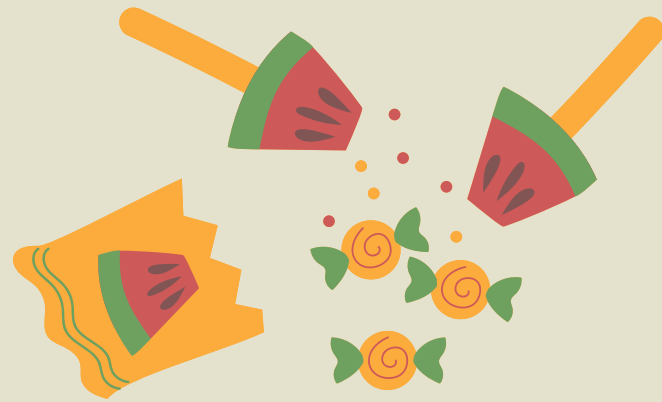
- Authorities you can report cases of child abuse

- National Child Protection Authority

**Dial: 1929**

- Police

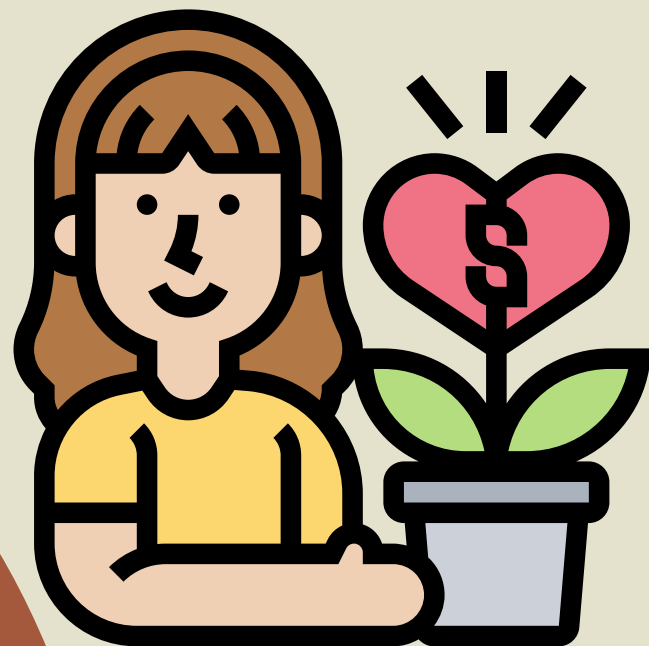
**Dial: 119**





# Philanthropy

- Please do not encourage begging. If you want to donate to the poor, donate to reputable child-friendly organisations instead of donating directly to children. Gifts such as candy or other wasteful items brought from home are not encouraged.
- If providing a gift, it is appropriate to be given to parents/caregivers in a public setting through a reputable organisation with prior agreement with what is needed.
- To arrange an excursion, speak to your travel organiser and do not accept any services offered by unauthorised guides or people you do not know.





IF YOU NOTICE SOMETHING  
SUSPICIOUS... CALL  
**1929**  
NATIONAL CHILD PROTECTION  
OR  
**119**  
POLICE HOTLINE

PLEASE SIR,  
GIVE ME  
SOME MONEY?



DON'T  
ENCOURAGE  
BEGGING



FOLLOW  
YOUR  
GUIDE

Walking  
Tours  
Guide



# 3. Purchasing Behaviour

## Support the local economy.

- Sri Lanka offers visitors a wide variety of food and drink, both local and international. The delicious local dishes, however, are very spicy and it is recommended to share your taste preferences and to add the spices at the last moment. Hygiene standards are not respected everywhere and therefore, it is strongly recommended to ask your chauffeur / guide for the right addresses if you wish to eat outside your hotel/ planned restaurants. Never forget to wash and peel the fruits before consuming them.
- Must try local delicacies: Hoppers, string hoppers, milk rice, roti, pittu, curd & treacle, jaggery, tropical fruits like duriyan, different types of mangoes and bananas, traditional sweets like Kewum, Kokis, and Mun Kewum, tea, toddy (sap of the palm tree), local arrack (fermented toddy which comes in varying degrees of strength).
- Special local artisanal products such as handicrafts of silver, brass, ceramics, wood, terracotta, masks, cane baskets, straw hats, lace and lacquer ware are also popular. Sri Lanka is also rich in gems. Local fabrics include handloom, batik, cotton, rayon, silk and fine lace.

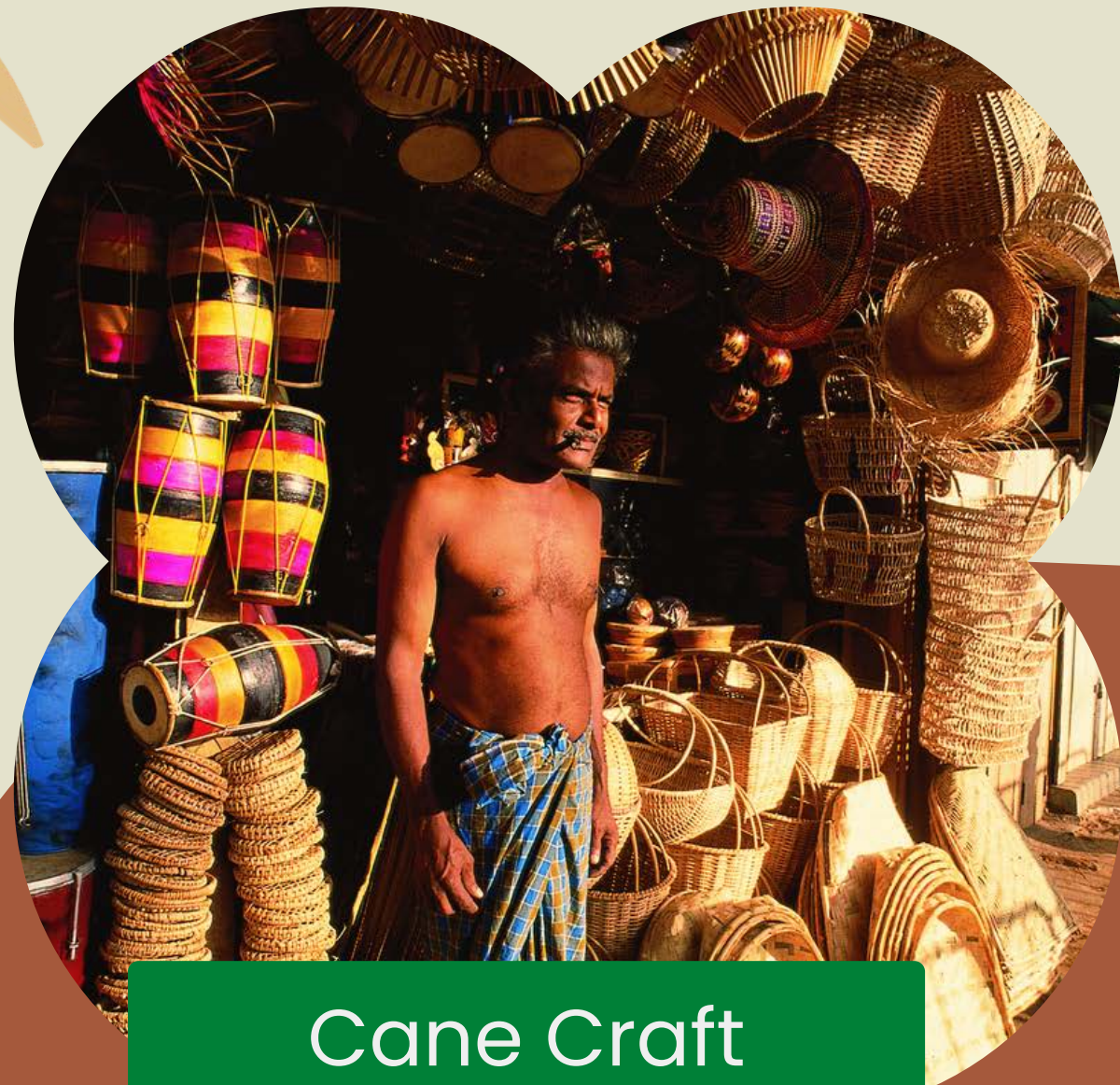




## Support the local economy.

**“Buy less, choose well, make it last.” – Vivienne Westwood**

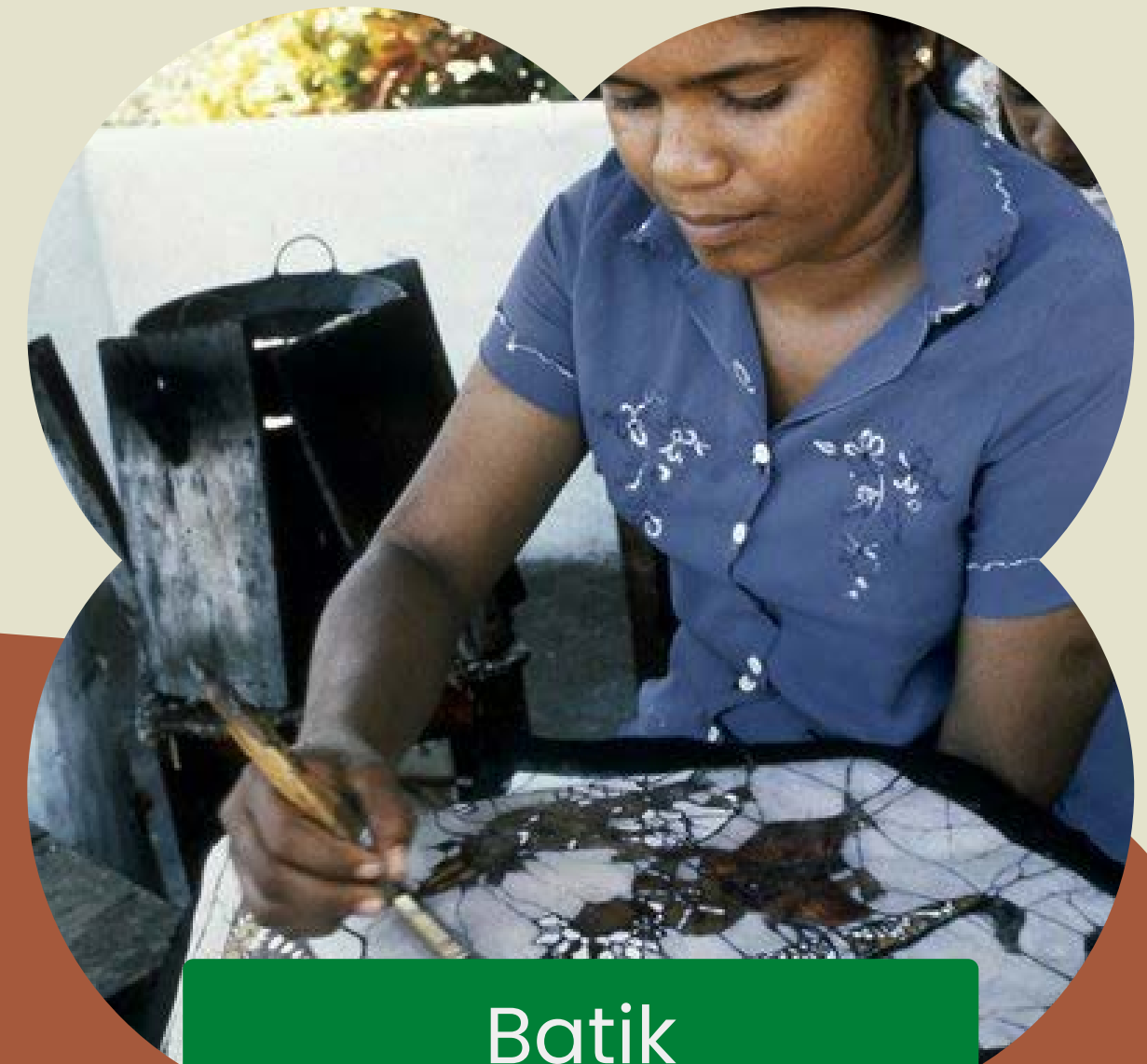
- Special local artisanal products such as handicrafts of silver, brass, ceramics, wood, terracotta, masks, cane baskets, straw hats, lace and lacquer ware are popular in Sri Lanka.
- The island is also rich in gems. Local fabrics include handloom, batik, cotton, rayon, silk and fine lace.



Cane Craft



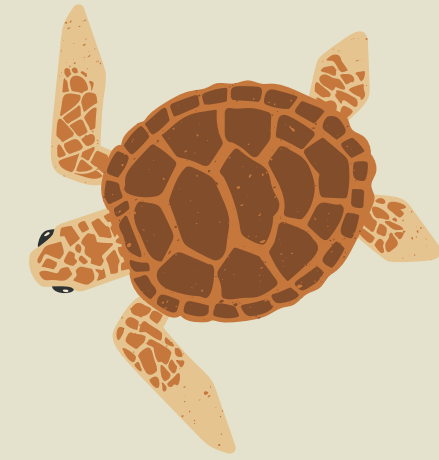
Mask



Batik



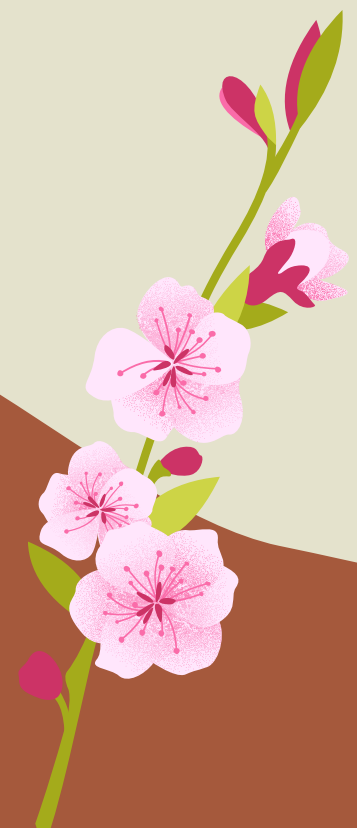
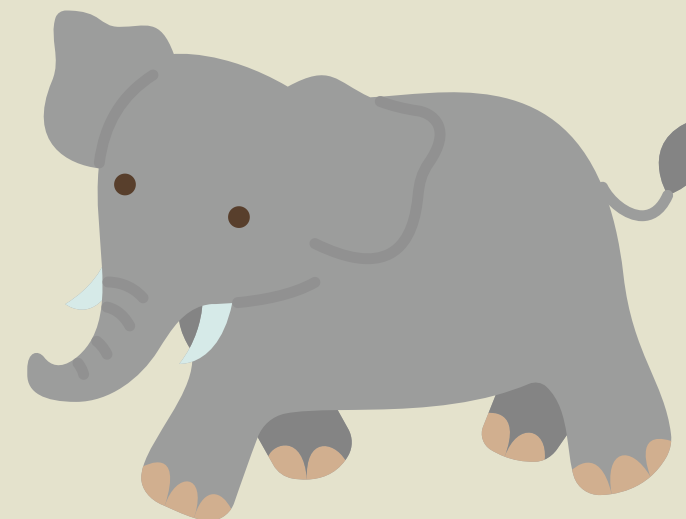
# Protect the Fauna and Flora



- Do not buy any wild animals either dead or alive, including specimens of parrots, birds of prey, scorpions, and reptiles.
- Trading of elephants, big cats such as tigers and leopards, primates, marine animals alive or dead and animal parts such as meat, ivory, bones, shells is illegal.
- Other wild animal parts such as turtle, pangolin, monkey, red tuna, seahorses, shells, coral and more should not be purchased.
- Taking live plants, out of its natural habitat is illegal.

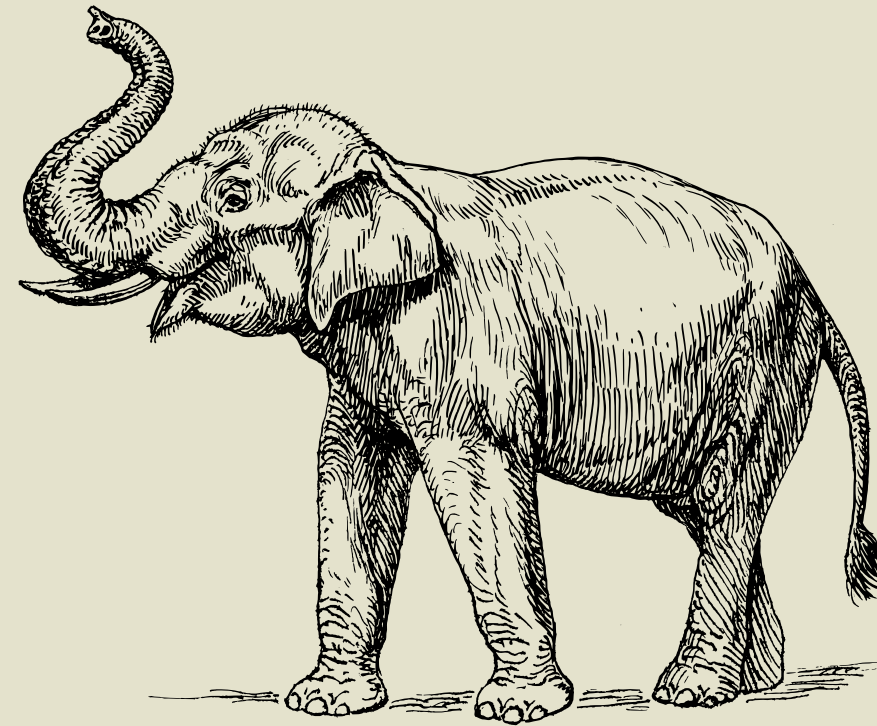
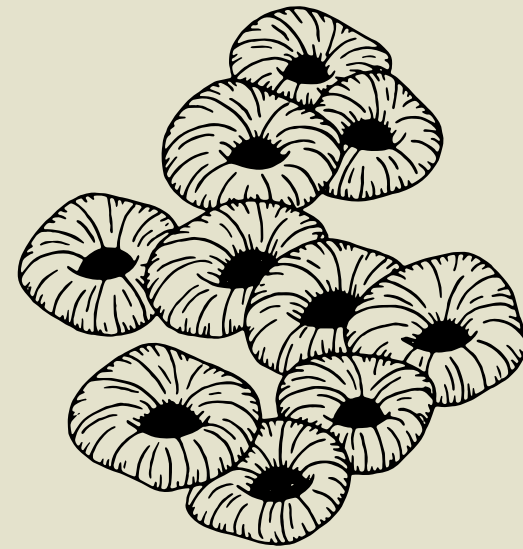


- Do not buy any furniture made of timber or other natural materials taken from the forest and the natural ecosystem.
- Do not purchase historical artefacts, souvenirs made of shells, corals, precious wood or any endangered species.
- Do not purchase traditional Asian medicines containing leopard bone, bear bile and pangolin.





Please visit IUCN red list and CITES treaty (CITES is the Convention on International Trade in Endangered Species of Wild Fauna and Flora which aims to ensure that international trade in specimens of wild animals and plants does not threaten their survival). For more information regarding threatened/endangered species of wild fauna and flora.





# Do not support the sex industry

- Prostitution is entirely prohibited and sexual exploitation is punishable by law in Sri Lanka.

## **Prohibited items**

- Narcotics
- psychotropic substances
- Precursor drugs
- Pornographic and pro-religious literature
- Cigarettes





# 4. Natural areas

**“Look with your eyes, bring back memories, and leave things just the way they are”.**

- When snorkeling, be aware that touching coral formations hinder their growth – and note that coral cuts are prone to infection. Do not collect nor buy any coral.
- Stay on the beaten tracks during treks.
- Support conservation, reach out to your Travel Consultant to find more information about our collaboration with Cinnamon Rainforest Restoration project and how you can be a part of this initiative to extend your support during your stay in Sri Lanka.





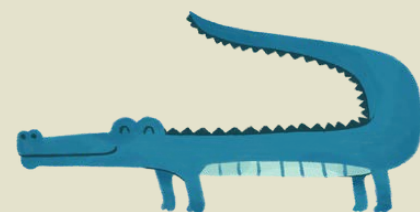
# Animals in tourism



We want to protect wildlife and promote conservation, we therefore recommend a sensitive approach to all animal attractions, such as national parks, elephant camps, primate centers or marine wildlife attractions.



- Always respect all park rules and refrain from stepping out of the jeep.
- You are encouraged to wear earthy colours to attract minimum attention from animals.
- Maintain a maximum duration of 2.5 – 3 hours on safari return to hotel before dusk.
- Never feed or touch wild animals on land or underwater.
- Do not stare or smile at primates.
- Please do respect animal's natural behavioural patterns.
- Animals should always have access to food and water, and live free from pain, discomfort, fear or stress.
- If you visit an elephant camp and you see an elephant forbidden to eat grass, walking on concrete, under the sun, carrying over 150kgs, or performing unnatural activities such as painting, playing football etc. refuse it!
- Do not encourage your guide or jeep driver to chase the animals and overcrowd any location during jeep safari and marine mammal safari.







DO NOT FEED  
THE WILDLIFE!



“We can sit back, do nothing, and watch our planet be destroyed. Or we can take action, become advocates, and start making lifestyle choices which are kinder to people and the planet.” - Kira Simpson



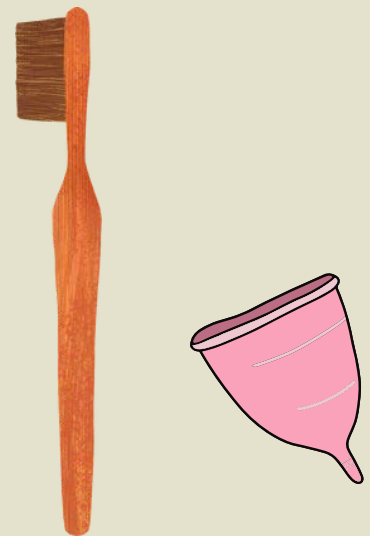
# 5. Respect the environment

**“Leave only footprints”**

## Anti-plastic attitude

Please consider adding the amenities below if possible and convenient (At Walkers Tours, we try to encourage our mutual customers to be environmentally friendly and conscious during their travels). This is not a must but a kind request.

- A filtered/ reusable water bottle/ a glass bottle to re-fill
- A set of bamboo/ wooden cutlery
- For women, cups or biodegradable napkins
- Reusable tote bags to avoid plastic supermarket bags
- A reusable bamboo or stainless-steel straw





# Water Bottles



Please reach out to our travel consultant to find out more details about our branded reusable water bottles.

# plasticcycle

A John Keells Group Initiative

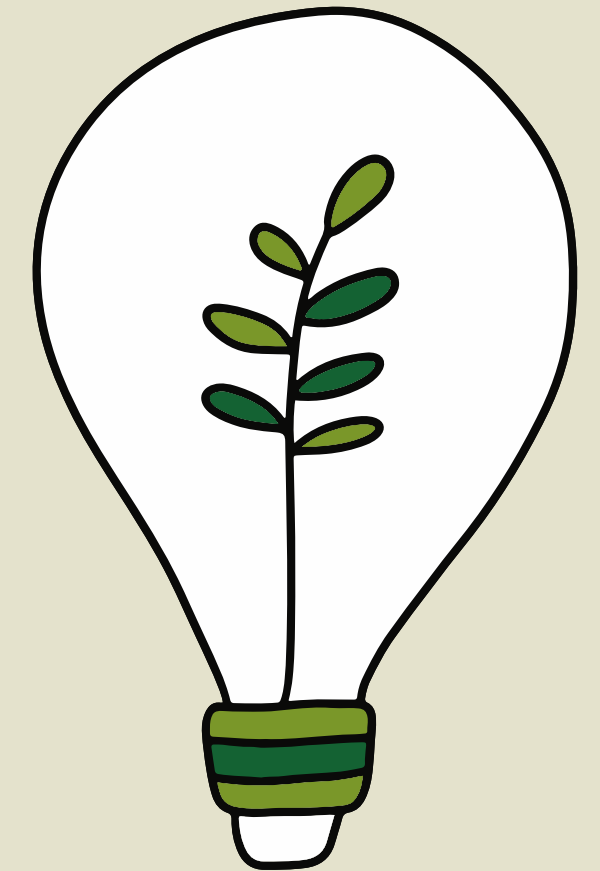
- We take the pride in making 42 recycling bin facilities available in the Southern Expressway of Sri Lanka.
- The availability of the recycling bins could be located through the below QR code.



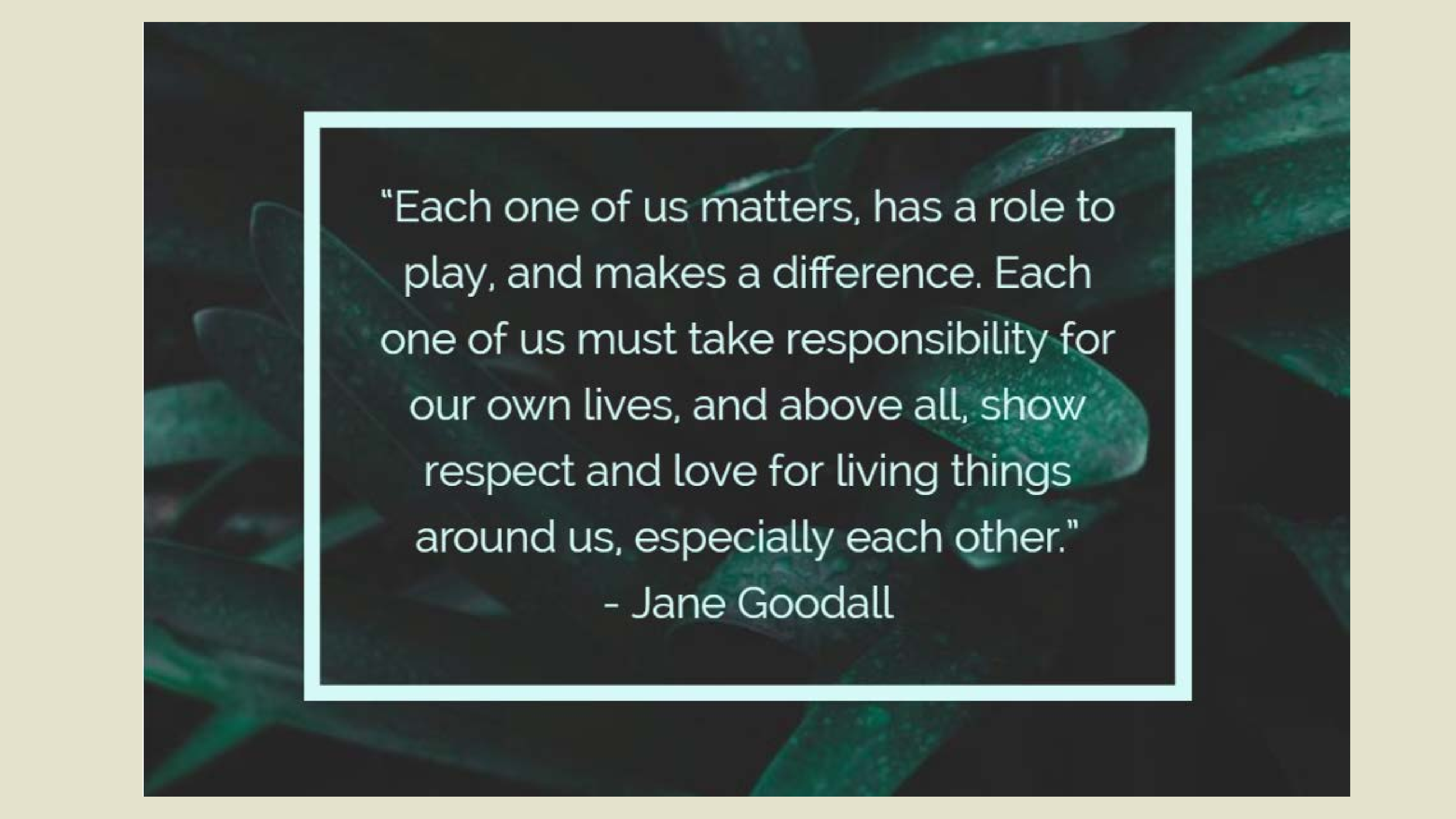


# Save energy and water

- Use air conditioner sensibly at your hotel and when you travel in your vehicle.
- We have trained our chauffeur guides to switch on the air conditioner only when you are inside the vehicle.
- Remember to close taps and switch off lights when not in use.
- You can choose not to have your towels and bed lined changed daily.





The image features a quote by Jane Goodall centered within a white rectangular border. The background is a dark, teal-green color with a pattern of overlapping, slightly out-of-focus leaves, creating a natural and serene atmosphere. The text is white and clearly legible against the darker background.

“Each one of us matters, has a role to play, and makes a difference. Each one of us must take responsibility for our own lives, and above all, show respect and love for living things around us, especially each other.”

- Jane Goodall



# Walkers Tours

[www.walkerstours.com](http://www.walkerstours.com)

