

# RESPONSIBLE TRAVEL TIPS





# RESPECT CULTURAL DIFFERENCES

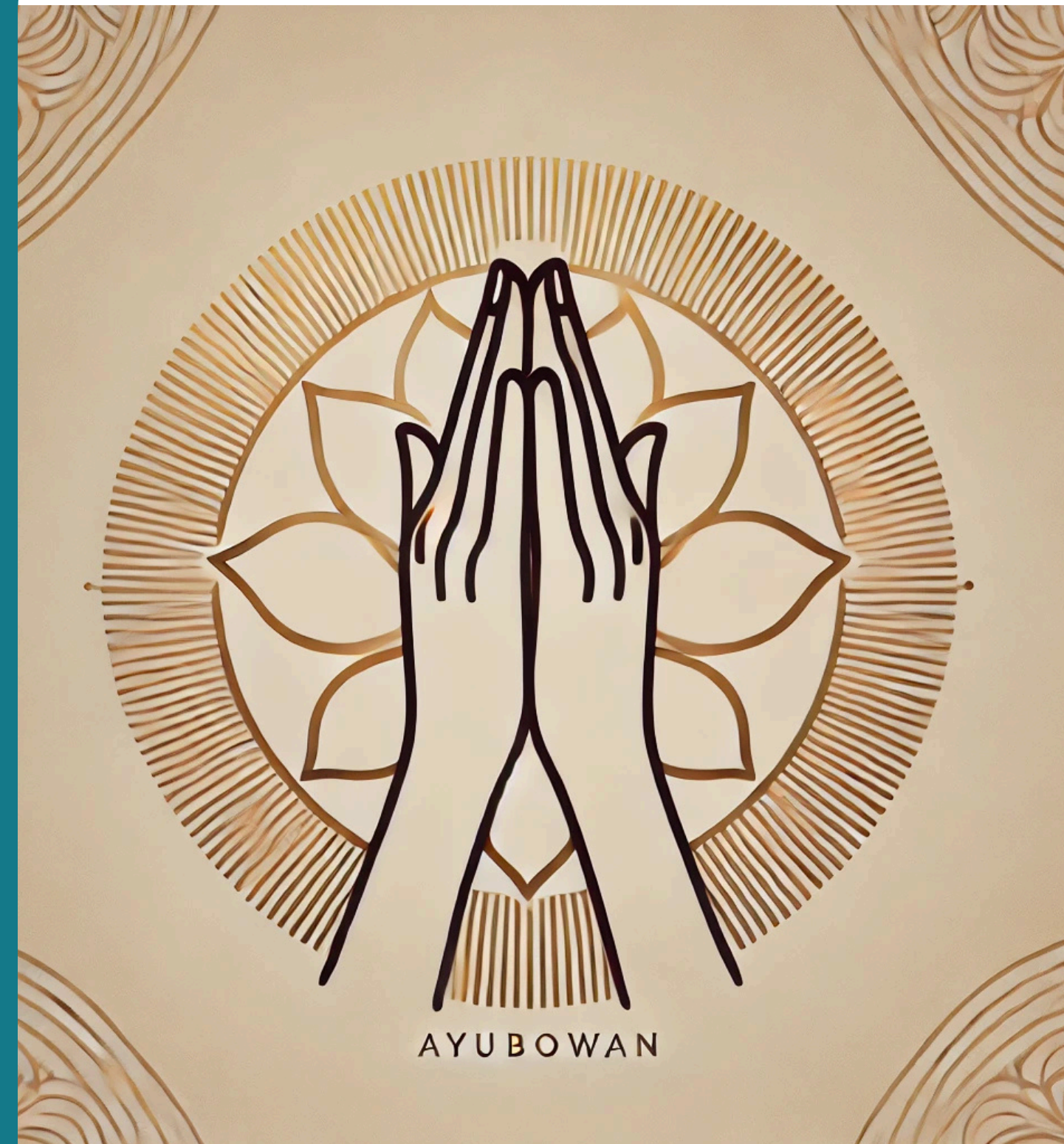
In the warm embrace of Sri Lankan tradition, you can, offer a heartfelt greeting by placing your hands beneath your chin and bowing your head, exclaiming, "Ayubowan!"

In the captivating land of Sri Lanka, when you engage with its warm-hearted people, you may notice them nodding their heads and offering radiant smiles—a gesture that might perplex those familiar with European customs, where it signifies "no." However, do not be deceived; in this enchanting isle, such a sign conveys a resounding "yes."

Sri Lanka boasts two official tongues: Sinhala and Tamil, while English weaves its way as a widely spoken bridge, enriching communication across the land, though it may be less prevalent in the serene rural villages.

In the melodic tongue of Sinhala, "aa-yu-BO-wan" translates to "May you live long," serving as a warm greeting akin to hi or hello, while "isthu-thee" expresses heartfelt gratitude, meaning 'Thank you.'

In Tamil, the enchanting greeting "Vanakkam" signifies hello or hi, while "Nanri" conveys the heartfelt sentiment of 'Thank you.'







# BE SENSITIVE TO LOCAL CULTURE

As a pair entwined in affection, it's wise to temper your exuberance. Consider refraining from lip-kissing in public spaces

The act of smoking and drinking in public is resolutely prohibited.

On Full Moon Poya days and festive holidays, the alcoholic drinks are absent from hotels, bars, and venues of celebration alike.

Ready yourself to respond, time and again, to intimate inquiries such as: "Where are you from? Where are you going? Are you married? How old are you?" Many souls, in their earnestness, are merely seeking camaraderie, honing their English skills, or igniting a dialogue.

The locals may never voice their critiques, choosing instead to feel a touch of embarrassment and gracefully harbor their thoughts in silence.





# 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 wise to seek the permission of the Buddhist monks before capturing their image or any sacred aspect of the temple, as their consent is essential for such photographs.

It is strictly prohibited to capture images of any individual positioned with their back facing or seated or standing upon sacred statues.

Videography through drone cameras are only allowed upon receiving prior consent from the Civil and Aviation Authority.

The capture of military sites through photography is strictly forbidden.

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.











# RESPECT CULTURAL SITES



Refrain from directing your feet towards another, a sacred temple, or the likeness of a deity. Before stepping into hallowed spaces such as Buddhist and Hindu temples or mosques, kindly remove your shoes, hats, and sunglasses.

Always face the Buddha with reverence, and as you traverse the sacred pagodas, let your steps follow a clockwise path.

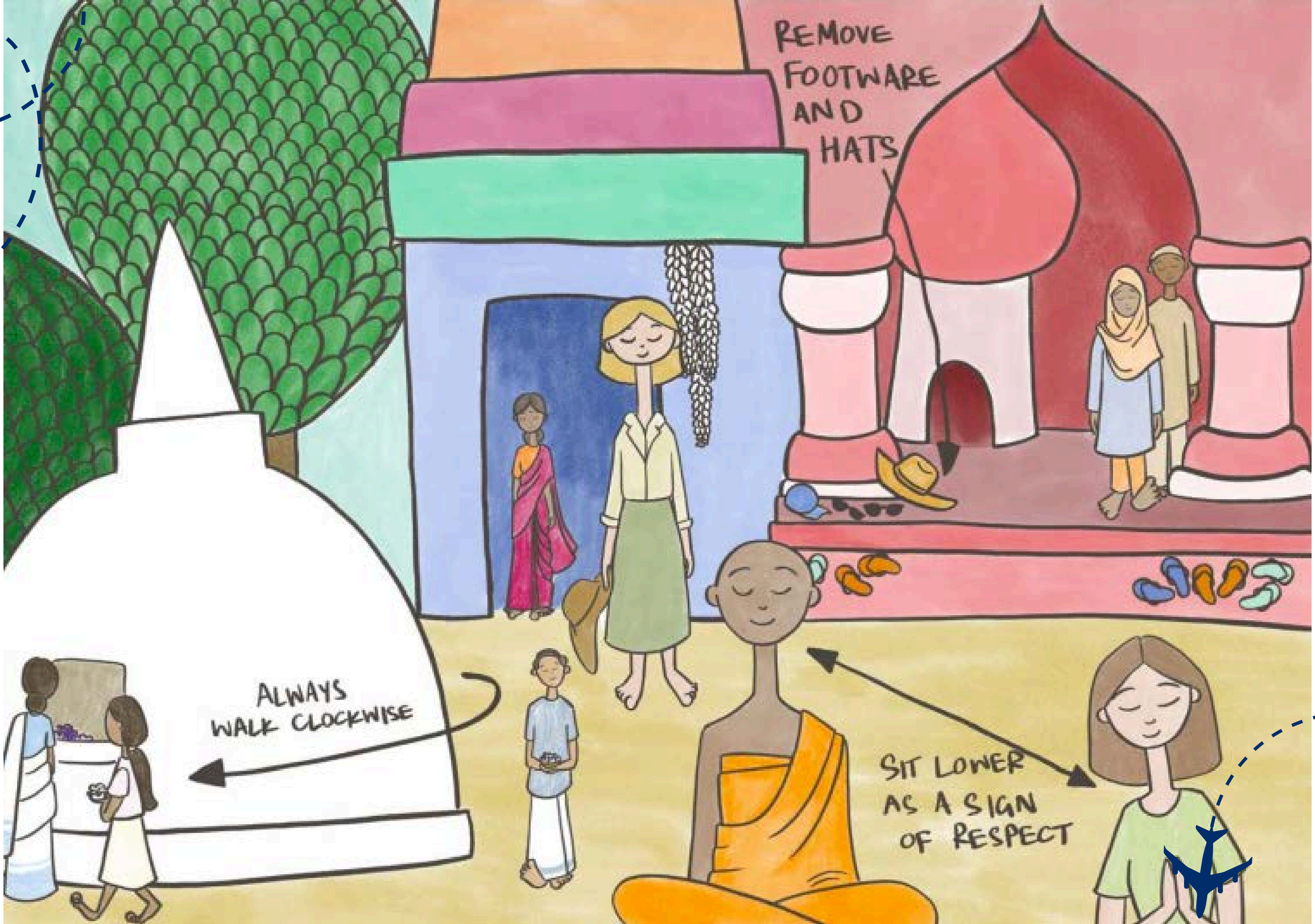
In the sacred dance of respect, one does not grasp a monk's hand. Instead, lower oneself in reverence. Gifts are bestowed with both hands, a gesture of honor. After the sun reaches its zenith, a monk is not to partake in food. Furthermore, it is deemed inappropriate for a woman to stand or sit in close proximity to a monk.



In every corner of the globe, modest attire is essential when embarking on a pilgrimage to sacred spaces. Garments or skirts that gracefully cloak the knees are favored, while "flip-flops" are often the footwear of choice. Before stepping into these hallowed sites, one must remove shoes and hats, honoring the sanctity of the surroundings.







REMOVE  
FOOTWEAR  
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 highly advised to bring sunglasses and beach hats. Light cotton fabrics are splendid for city explorations, while a cozy sweater is perfect for the countryside and hills.

In certain hotels, a refined attire of shirts and pants is expected in the restaurant during the evening hours.

The garments are delightfully affordable and can be found throughout the island's embrace.







200/

BLEND IN  
WITH CULTURE

# CHILD PROTECTION



**DO NOT GIVE GIFTS OR BUY ANYTHING FROM CHILDREN.**

Refrain from bestowing gifts, coins, or treats to children—whether accompanied by an adult or not—who are seeking alms, as this hinders their education and perpetuates the cycle of begging at your destination. Our knowledgeable guides and chauffeur guides are well-trained to respond appropriately when faced with such scenarios. If you encounter a child in peril, kindly inform your guide or chauffeur guide, or you may report the matter to the following numbers.

National Child Protection Authority  
**Dial: 1929**

Police  
**Dial: 119**





# PHILANTHROPY

Kindly refrain from fostering the act of begging. Should your heart wish to extend a hand to those in need, consider bestowing your generosity upon reputable, child-friendly organizations rather than offering directly to children. Additionally, gifts such as candy or other frivolous items from home are discouraged.

When bestowing a gift, it is fitting to present it to parents or caregivers in a public setting, facilitated by a reputable organization, and with prior consensus on their needs.

To orchestrate a delightful excursion, consult your travel organizer and refrain from accepting any offerings from unauthorized guides or unfamiliar faces.

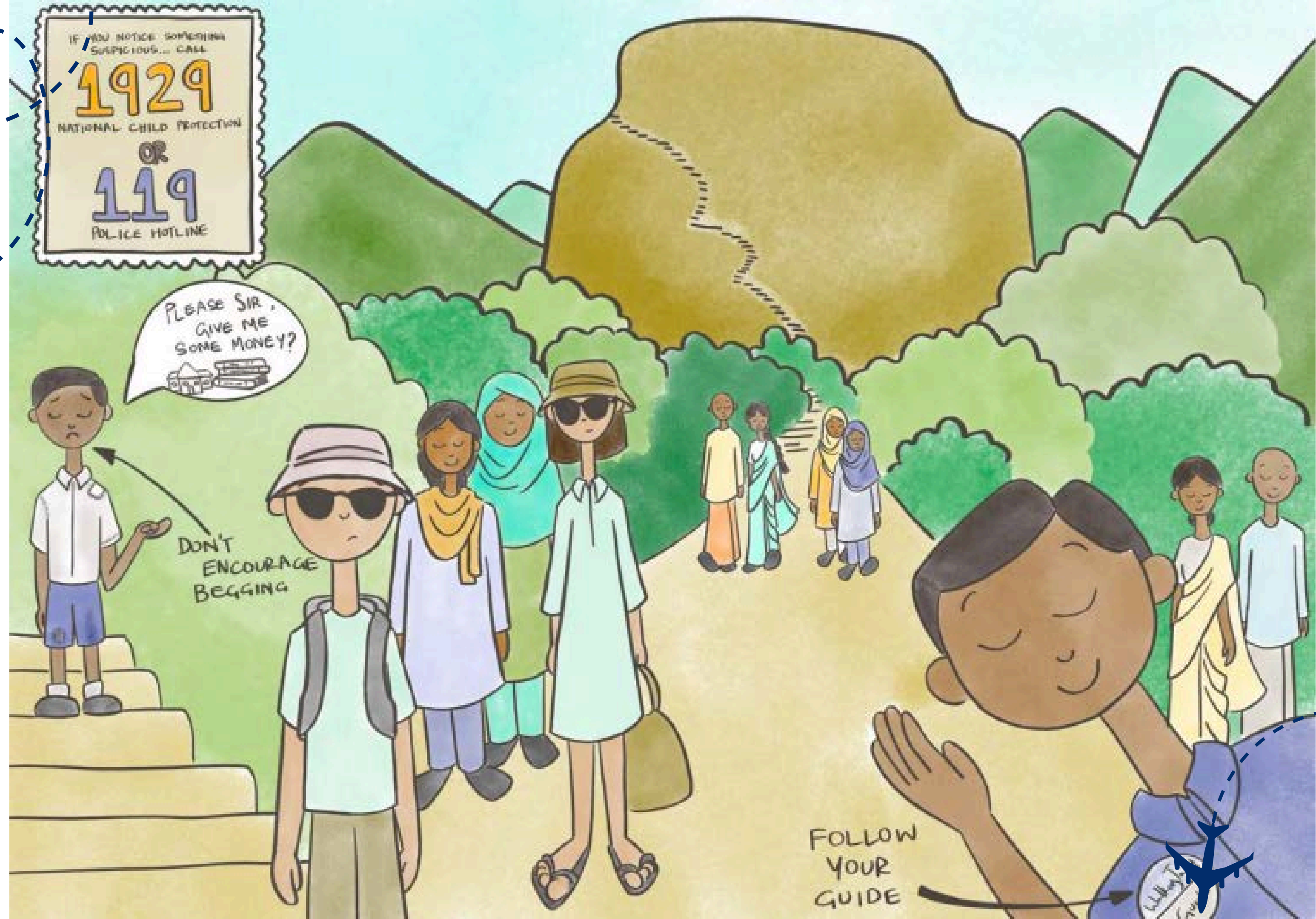


IF YOU NOTICE SOMETHING  
SUSPICIOUS... CALL  
**1929**  
NATIONAL CHILD PROTECTION  
OR  
**119**  
POLICE HOTLINE

PLEASE SIR,  
GIVE ME  
SOME MONEY?

DON'T  
ENCOURAGE  
BEGGING

FOLLOW  
YOUR  
GUIDE





# PURCHASING BEHAVIOUR

Sri Lanka beckons travelers with a delightful tapestry of culinary treasures, both local and global. The sumptuous local fare, renowned for its fiery zest, invites you to share your flavor inclinations, adding spices just before savoring. However, be mindful, for hygiene practices may waver in some realms; thus, it is wise to consult your trusted chauffeur or guide for the finest dining havens beyond your hotel's embrace. Always remember to wash and peel the fruits, ensuring a safe and delectable experience.

Indulge in the must-try local delicacies: Hoppers, string hoppers, milk rice, roti, pittu, and the sweet allure of curd & treacle. Savor the rich jaggery and delight in tropical treasures like durian, an array of mangoes, and luscious bananas. Relish traditional confections such as Kewum, Kokis, and Mun Kewum. Don't forget to sip on fragrant tea, explore the nectar of the palm tree with toddy, and experience the local arrack, a spirited brew that varies in strength.

Exquisite local artisanal treasures abound, including the intricate handiwork of silver, brass, ceramics, wood, terracotta, masks, cane baskets, straw hats, delicate lace, and lacquer ware. The enchanting isle of Sri Lanka is also adorned with a wealth of precious gems. Its vibrant textiles showcase the artistry of handloom, batik, cotton, rayon, silk, and the finest lace.



**Support the local economy. “Buy less, choose well, make it last.”**  
– Vivienne Westwoo

In the vibrant tapestry of Sri Lanka, exquisite local artisanal treasures beckon, including delicate handicrafts of silver, brass, ceramics, wood, terracotta, masks, cane baskets, straw hats, lace, and lacquer ware. This enchanting island also sparkles with a bounty of precious gems. The rich tradition of local textiles flourishes, featuring handloom creations, batik masterpieces, and luxurious cotton, rayon, silk, and fine lace.



**CANE CRAFT**



**MASK**



**BATHIK**



# PROTECT FAUNA AND FLORA



Do not buy any wild animals either dead or alive, including specimens of parrots, birds of prey, scorpions, and reptiles.

The trading of majestic elephants, formidable big cats like tigers and leopards, primates, and marine creatures—whether alive or departed—along with animal parts such as meat, ivory, bones, and shells, is strictly forbidden

Refrain from acquiring any furnishings crafted from timber or other organic materials harvested from the forest and its delicate ecosystems.

Other parts of the wild, including turtle, pangolin, monkey, red tuna, seahorses, shells, coral, and beyond, should remain untouched by your hands.

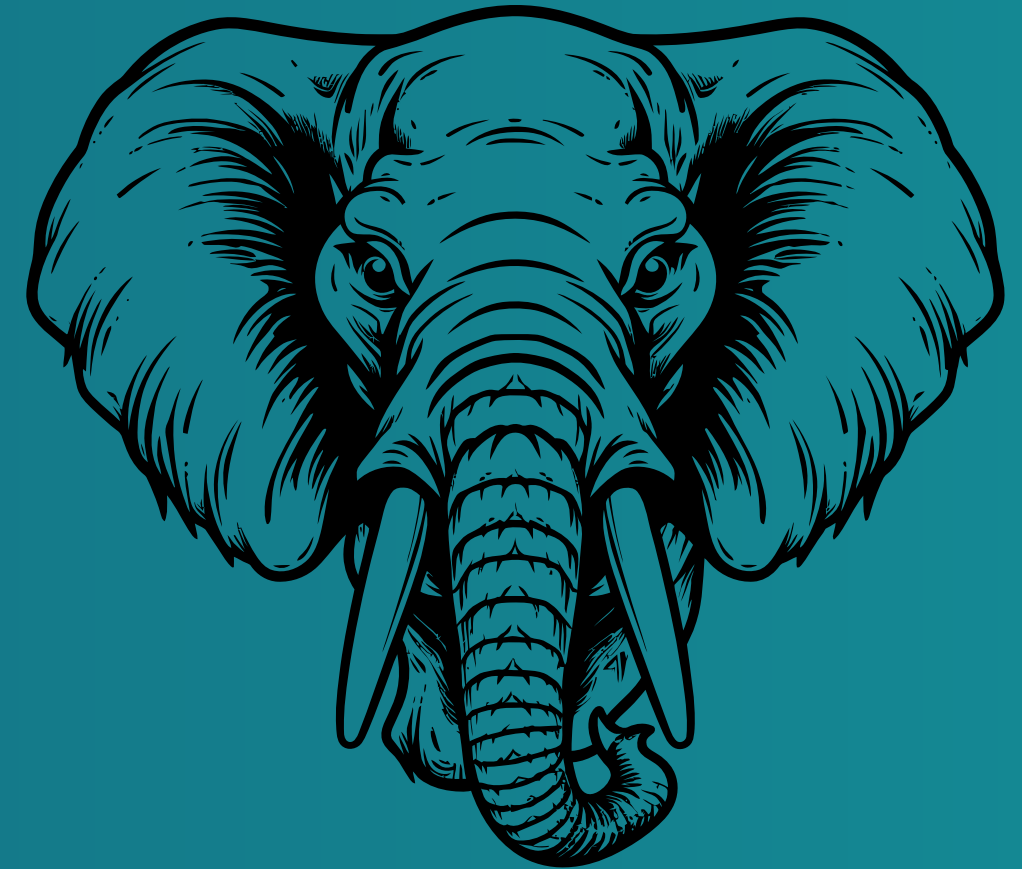
Refrain from acquiring historical artifacts, trinkets crafted from shells, corals, precious woods, or any creatures of endangered lineage.

Removing live plants from their natural sanctuary is against the law.

Refrain from acquiring traditional Asian remedies that include leopard bone, bear bile, and pangolin.



Kindly explore the IUCN Red List and the CITES Treaty (the Convention on International Trade in Endangered Species of Wild Fauna and Flora), which seeks to safeguard the survival of wild animals and plants by regulating international trade in their specimens. For further insights into the realm of threatened and endangered species, delve deeper into their captivating stories.





# DO NOT SUPPORT THE SEX INDUSTRY

In Sri Lanka, the practice of prostitution is wholly forbidden, and the shadows of sexual exploitation face the weight of legal consequences.

## PROHIBITED ITEMS

- Narcotics
- Psychotropic Substances
- Precursor Drugs
- Pornographic and Pro-religious Literature
- Cigarette





# NATURAL AREAS

**“LOOK WITH YOUR EYES, BRING BACK MEMORIES, AND LEAVE THINGS JUST THE WAY THEY ARE”.**

When snorkeling, remain mindful that caressing coral formations stifles their growth —also, be wary that coral cuts may invite infection. Refrain from gathering or purchasing any coral treasures.

Stay upon the well-trodden paths during your journeys.

Embrace the spirit of conservation by connecting with your Travel Consultant to uncover more about our partnership with the Cinnamon Rainforest Restoration project. Discover how you can lend your support to this noble initiative during your enchanting stay in Sri Lanka.





# ANIMALS IN TOURISM



To safeguard the treasures of wildlife and champion the cause of conservation, we humbly advocate for a mindful approach to all animal attractions—be it the majestic national parks, the enchanting elephant camps, the captivating primate centers, or the wondrous marine wildlife sanctuaries.

Always respect all park rules and refrain from stepping out of the jeep.

Please do respect animal's natural behavioural patterns.

You are encouraged to wear earthly colours to attract minimum attention from animals.

Animals should always have access to food and water, and live free from pain, discomfort, fear or stress.

Maintain a maximum duration of 2.5 – 3 hours on safari return to hotel before dusk.

Avoid visiting elephant camps where elephants are denied grass, walk on concrete, carry heavy loads, or perform unnatural tasks like painting or playing football.

Never feed or touch wild animals on land or underwater.

Do not stare or smile at primates.


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



# RESPECT ENVIRONMENT

## “LEAVE ONLY FOOTPRINTS”

Kindly contemplate the inclusion of the amenities listed below, should it be feasible and convenient. At Whittals Travel, we strive to inspire our cherished customers to embrace an eco-friendly and mindful approach during their journeys. This is not a requirement but rather a heartfelt request.

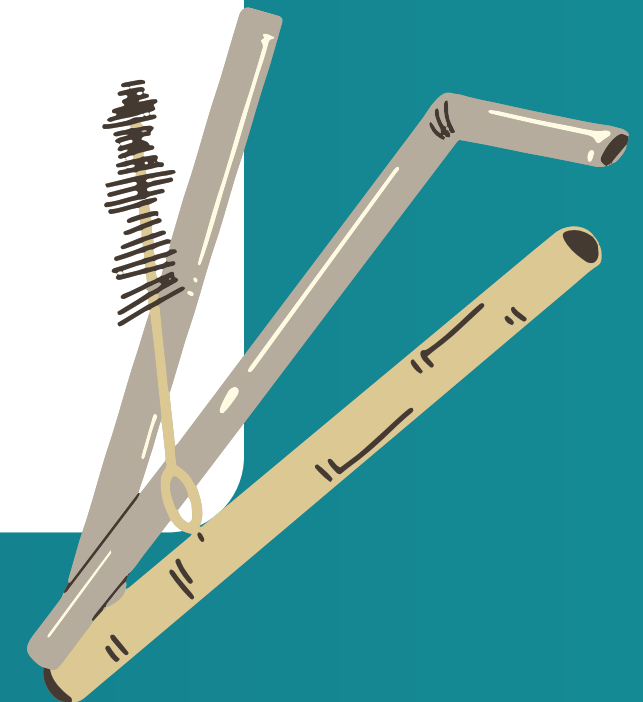
A filtered/ reusable water bottle/ a glass bottle to re-fill

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



Harness the cool embrace of air conditioning wisely, both in your hotel sanctuary and as you traverse the open road.


We have instructed our chauffeur guides to activate the air conditioner solely when you step into the vehicle.

Do not forget to turn off taps and extinguish lights when they are not in use.

You have the option to forgo the daily change of your towels and bed linens.







“Each one of us matters, has a role to play, and make 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, specially each other”

~ Jane Goodall







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*Whittalls Travels*

