



Responsible Travel: Southeast Asia

Are you planning a trip abroad? We've compiled some tips to help you be a responsible traveler in Southeast Asia.

Before you leave home **educate yourself** about the region you'll be visiting.

Many of the cultures in Southeast Asia are conservative so make sure to bring clothes that **cover shoulders and knees**.

There are always risks when traveling abroad so don't forget to **buy a travel insurance policy** before you go.

Bring a refillable water bottle so you don't create plastic waste while traveling.

Pack light! Buying as you go will support the local economy.

Bring an open mind.

As a traveler you are interesting to those you meet so **expect many stares**.

Remember, **children are not tourist attractions**. Visiting or volunteering at an orphanage during your trip may promote child exploitation.

Respect local culture and **refrain from hugging, kissing, and touching in public**.

Although heartbreaking, **don't give handouts to street children**. Instead support programs helping them get off the streets.

Support the local economy by purchasing locally made products and eating at

locally run restaurants.

Ride bikes whenever possible for an eco-friendly adventure.

When visiting temples remember to **cover up your shoulders and ankles**.

It's also respectful to **remove your shoes and sunglasses** when visiting temples and houses.

Don't touch anyone's head, as the head is considered sacred.

It's always polite to **ask for permission before taking anyone's picture**.

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