



## Sustainable Travel Tips

- **Pack Light**

Traveling with a lighter load reduces fuel consumption and emissions. Avoid bringing disposable items that may contribute to waste.

- **Live Local**

Embrace Sri Lanka's customs and traditions and learn a few local phrases to connect with the community. Support local businesses by purchasing locally made products, dining at small eateries, and joining local excursions. (For recommendations, please contact the Front Office.)

- **Choose Sustainable Transportation**

Help reduce congestion and pollution by using public transport, low-emission taxi services, or exploring on foot and by bicycle where safe.

- **Conserve Electricity**

Turn off lights, fans, and air conditioning when leaving your room. Keep doors and windows closed when the A/C is on and set it to 24°C to save energy.

- **Conserve Water**

Opt for short showers instead of baths, reuse towels, and minimize extra towel use at the pool. Reduced water flow is due to water restrictors that help conserve this vital resource.

- **Personal Care Products**

Avoid items containing microbeads and choose marine-safe sunscreen free of harmful chemicals such as Oxybenzone, Octinoxate, and nanoparticles.

- **Reduce Waste & Plastics**

Separate recyclables properly, avoid single-use plastics, and carry reusable cloth bags and refillable water bottles.

- **Minimize Paper Use**

Use digital travel documents, itineraries, and hotel bills to reduce unnecessary paper waste.

- **Wildlife Preservation**

Avoid activities that harm or exploit wild animals. Do not touch, feed, or pet wildlife, and never engage in the illegal wildlife trade. For reporting abuse, see organizations like *World Animal Protection* or *Born Free*. Please do not touch the local turtles in the lagoon.

- **Cultural Respect**

Respect local traditions when visiting religious sites: remove shoes, dress modestly (shoulders and legs covered), avoid physical contact with monks, and ask permission before photographing locals. Never buy or trade ancient artifacts.

- **Care for Others**

Be aware of potential signs of exploitation or abuse. Report concerns to the Tourist Police or call the Sri Lanka National Child Protection Authority in **1929**. Avoid activities that exploit children, such as orphanage visits.