

Protect Laos' Natural Beauty



ລາວຍືນຍາວ
Lasting Laos

✓ DO



Be mindful of where you walk to avoid disturbing the natural ecosystem – stay on trekking paths or in designated areas.



In protected areas, access only the places open to visitors.



Take photos of protected cultural artefacts or plant as mementos of your trip.



Collect and return with the garbage generated during the visit to protected areas, including organics.



Smokers, please keep your cigarette butts with you until you find the next dust bin.



Follow the signs and indications of the existing communities in the area.



Contribute to the maintenance of the infrastructure and equipment in the protected area by paying the solicited price of entrance and properly using the facilities and infrastructure.

✗ DON'T



Do not buy any wild animals either dead or alive.



Do not purchase products made of endangered plants, animals, or non-sustainable hardwood.



Do not offer money to locals to discover "no-go areas".



Do not feed wildlife.



Do not remove natural resources, such as stones, fossils, shells, plants, flowers or others from their original environment.

Practice Environmentally Friendly Habits



ລາວຍືນຍາວ
Lasting Laos

✓ DO



Reduce, re-use and recycle solid waste during your trip.



Bring your own re-usable water bottle to fill.



Take your own bags with you when shopping – say no to any kind of plastic or Styrofoam containers.



When ordering a drink, try to order without a plastic straw.



Plan your transport by looking for the most efficient and cleaner option of transportation.



Choose tour operators and accommodations that have community projects, environmental policies and/or a sustainability certification.



Reduce your consumption of water and electricity in accommodation (for example you can use towels and sheets for more than one day, turn off the lights, heating and air conditioning when leaving the room, try not to leave water taps running and take showers rather than baths)



Ask your driver to open windows to cool down with fresh air in rural areas.



Support organic product from the farmers.



✗ DON'T



Do not buy products that have unnecessary packaging and containers.



Do not wrap your luggage in kilometers of plastic wrap; protect them with locks instead.

Support Local Businesses



ລາວຍືນຍາວ
Lasting Laos

✓ DO



Treat with respect and kindness the vendors and local artisans and promote fair trade relationships between producer and consumers.



Prefer crafts and products made locally which contributes to the economic development of family owned businesses, small retail businesses and small producers of goods and services.



Use the services of local businesses which have achieved a sustainability certification.



Engage in community-based tourism activities to support local communities.



Hire local guides, spend locally, and find out about local tipping practices.



Use different kinds of transportation (bicycle, walking tuk tuk) – the diversity of local modes of transport adds to the charm of travel!



Slow down and spend more time in less visited areas.



✗ DON'T



Do not buy products that are obviously counterfeit or prohibited by national and international regulations.

Be Informed and Respectful



ລາວຍືນຍາວ
Lasting Laos

✓ DO



Observe national laws and regulations, follow the rules at religious sites.



Observe human rights and protect children from exploitation or abuse – if you see or suspect any abuse, report it immediately to local authorities.

ລາວ

Learn a few words in the local language, with it you can establish a meaningful contact with the local community.



Be kind with sales people. If you're not in the mood for shopping, decline politely, or with a sense of humor.



Always ask before taking photographs of other people, especially children.

Sabaidee



✗ DON'T



Do not engage in prostitution.



Do not engage in child sexual exploitation, or exploitation of any kind.



Do not give gifts or buy anything from children.



Do not visit schools, they are not tourist attractions.



Do not give money and gifts to begging children, support community projects instead.

Value Local Customs and Traditions



ລາວຍືນຍາວ
Lasting Laos

✓ DO



Dress conservatively – tank tops and bikinis are not appropriate attire to wear in villages or in town.



Before entering a Lao person's home, take your shoes off and leave them outside the house or on stairs.



It is polite to gently crouch down when walking past someone who is seated, especially older people.



Women in shorts or short skirts are required to put on a Lao skirt as a top layer before entering religious or culturally important places.



Handle Buddha images or sacred objects with respect; avoid placing them in inappropriate places (on the floor for example).



✗ DON'T



Do not climb or touch Laos' centuries-old architecture and archeological treasures.



Do not touch Lao people's heads – in Laos the head is considered sacred part of the body.



Do not point at things or people with your feet.



Do not offer shake hands to monk and novice.



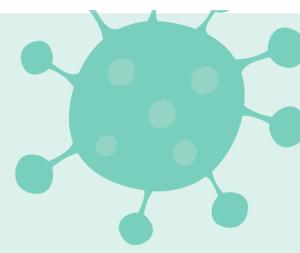
Women should not sit next to or hand anything directly to Buddhist monks – it's a behavior of respect to the monks.



Don't sit with your back or feet towards Buddha's image.



Stay Safe from COVID-19



ລາວຍືນຍາວ
Lasting Laos

✓ DO



Get vaccinated!



Practice social distancing and try to stay at least 1 meter apart.



Wash your hands with soap and water frequently.



Use hand alcohol-based hand rub (if soap and water are not available).



Cover your mouth and nose with your bent elbow, not your hand, when you cough or sneeze.



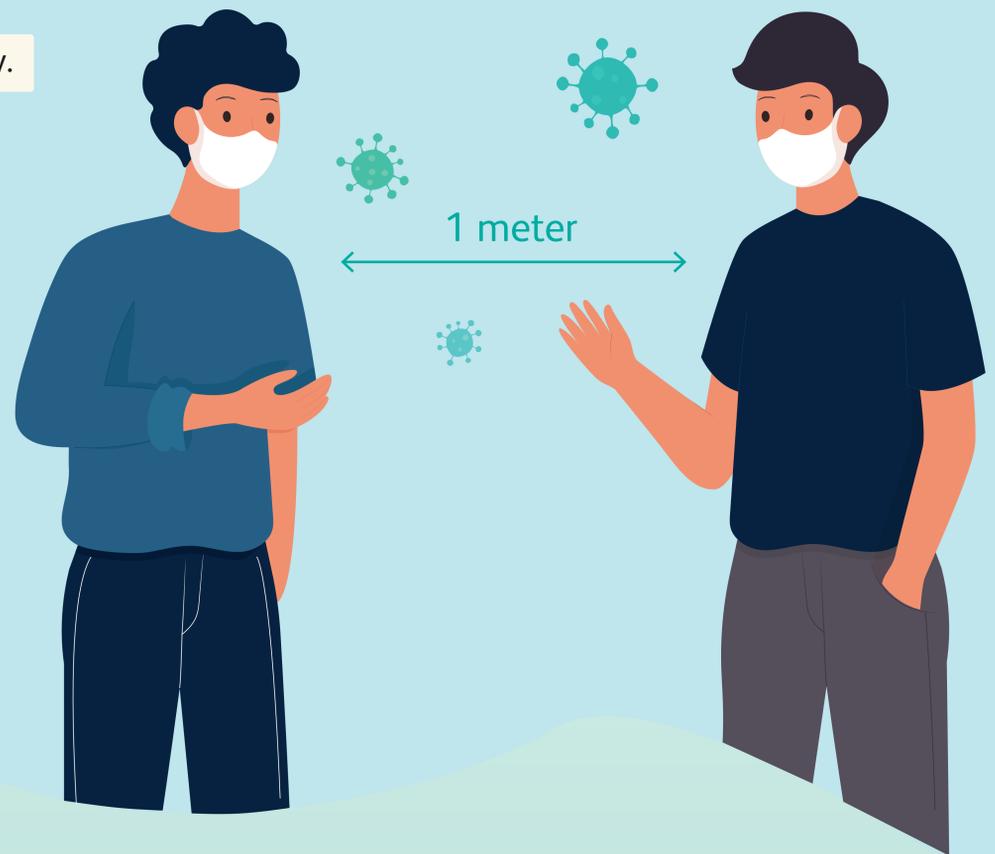
Isolate in your hotel room if you start to feel unwell.



Wear face mask in public spaces.



If you have fever, cough or difficulty breathing, seek medical care.



✗ DON'T



Avoid direct contact with others (cheek and nose greetings, shaking hands, kissing and hugging).



Avoid direct contact with surfaces whenever possible.



Do not touch your eyes, nose and mouth with unwashed hands.