

## Food & Beverage (F&B) Services

As part of our commitment to sustainable tourism, we provide activity participants with the sustainability savvy travel tips below.

- Be **selective** choose tourism businesses that share how they benefit people & planet
- Tread lightly choose activities & transport options with a reduced environmental impact
- Be **informed** learn a bit about local nature, history & culture beforehand to enrich your experience
- Respect your guide / host's instructions regarding safety, local etiquette & dos and don'ts
- Be respectful of **privacy**; obtain permission before taking photos / videos of people or sensitive sites
- Respect others using the facility / service so that their experience & access are not compromised
- Be sensitive to the inequalities of our world and avoid displays of wealth, particularly in less privileged contexts
- Ask questions your local guide / host will happily share their knowledge
- **Take part** if you are invited to participate in a local custom or help prepare a traditional dish, go for it!
- If you want to give, ask us how to do so responsibly; offering sweets or money to individuals, for example, can often do more harm than good
- Buy from local, small &/or community-owned businesses, especially if they feature local nature or culture
- Be cautious about **buying from children** you could unknowingly be supporting their exploitation
- Refuse to buy **souvenirs**, food & beverages that harm the environment, people, or wildlife, especially those that are illegal to buy / sell
- Respect customary tipping & trading practices such as bartering and pay fair prices
- Reduce waste from food to paper, remember to take only what & as much as you need, and bring re-usable items, e.g. water bottle, coffee cup, shopping / carry bag
- Dispose of waste responsibly & use local recycling facilities where available
- Be **waterwise** your participation shouldn't place additional stress on water-scarce environments
- Save energy to reduce your carbon footprint & your impact on local supply challenges
- Support climate change action, e.g., offset or regeneration programmes
- Provide feedback about what you liked or how we can do better





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