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TIPS for Responsible Travels

EXOFOUNDATION
www.exofoundation.org

Making destinations better places for people
to live in and, for travellers to visit

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WELCOME

As guests in the region we appreciate its magnificent natural surroundings and fascinating culture and are committed to respecting our hosts and their unique heritage. We acknowledge the potentially damaging aspects of travel and cultural confrontation and are dedicated to operating in a responsible way.

We aim to maximize benefits to local communities, minimize negative impacts and contribute to the sustainable development of the countries we visit. We strive to make these destinations better places for their inhabitants to live as well as for future generations of travellers to visit.

To enhance our positive role beyond the boundaries of responsible tourism, the EXO Foundation also supports a range of projects in the region, which contribute to the improvement of livelihoods and the conservation of biodiversity and cultural heritage.

We have set out some simple ways that you, as a traveller, can assist our objectives. These tips will help to give you a better understanding and appreciation of local customs and practices, improve your experience and guarantee you a meaningful holiday.

If you find them useful, take this booklet back home and share it, it's yours. If you don't wish to keep it please hand it back to your guide.

Your feedback to info@exofoundation.org will help us improve it.

The EXO Foundation hopes you will truly enjoy your experience in our wonderful part of the world.



RESPECT CULTURAL DIFFERENCES

We strongly encourage you to learn what you can about the culture and customs of the country you plan to visit before you travel; the more you know about your destination the better you will appreciate and understand it. The important principle to remember when travelling, just as in everyday life, is **RESPECT**. When faced with strong cultural differences, the first thing to consider is whether you would act this way or tolerate such behaviour in your home country. How would you feel, for example, if foreigners were stepping into your life, entering your house, taking photographs, behaving as if you were not there and acting in a way that conflicts with your culture? What would you think if they were visiting your children's school, taking photographs of them and handing out candies?

Please consider carefully what you are doing, avoid intruding into people's lives, into their villages, their houses, their fields.

'It is your holiday, it is their everyday lives'
(Jost Krippendorff, *The Holiday Makers*, 1984)

Greetings



Take the time to learn how to say “hello”, “goodbye” and “thank you” in the local language. People here are very friendly people and they highly appreciate it when foreigners take the effort to learn their language. In Thailand, Laos, Cambodia and Myanmar, a respectful way of greeting

another individual is to bow the head slightly with hands pressed together at the chest, as if in prayer. Be aware, these societies are still firmly rooted in a system of class and social hierarchy.

Keep calm, be patient

Travelling through developing countries can be unpredictable and frustrating at times, but losing your temper will not help. Whatever the situation, try to stay calm, firm and courteous and speak without raising your voice. Personal dignity is extremely important here. Becoming angry is considered a major weakness and local people will be embarrassed for you. If you do get into a stressful situation it is always better to ask for help than to finger blame. “Saving face” is a subtle but important aspect of personal dignity and smiles open doors. Criticism is not as easily accepted as it is in western countries and should only be made when also giving praise.

Be sensitive to local cultures

Each country has many different ethnic groups, each of which may have its own etiquette and taboos, listen to the advice of your guide; you may not understand the significance of everything you see and learn, but this mystery is part of the beauty of travel. **Cultural diversity and exoticism is what you came looking for;** accept it, enjoy it - don't try to change it!

Do tell locals about your own culture - many may have a wrong idea about your country and its customs and most are just as curious as you are to learn about other cultures.

Connect with people before taking pictures

Asia is a photographer's paradise and you will find endless wonderful images to capture on camera. However monks, farmers, children, hill tribe people, etc. are not exotic ‘photo opportunities’, but real people. Ethnic groups in particular are often unhappy about having their photo taken. Some may think they do not look their best (e.g. by not wearing their festival clothes), while others believe that part of their spirit or soul is being taken away.

In any case it is polite to always ask permission **before** taking photographs of people or filming them and, in the rare case they refuse, please respect their wishes. Refuse to pay for photographs as this encourages begging. Take some time to chat; your photo will become a shared memory, which you can send back to them.

Try to understand their aspirations

We admire the rural beauty of traditional bamboo houses or the sight of a farmer harvesting his rice field with his buffalo companion, and the manual work it involves. We marvel at the beauty of this harmony between man and nature that we have somehow lost. We tend to forget, however, that these houses offer little comfort, are vulnerable to extreme weather conditions and that too much strenuous work reduces life expectancy.

Most locals would prefer to live in an air-conditioned, concrete house with a solid roof and to use modern machinery to ease their workload. Like most people, they aspire to develop economically and have access to the same material possessions that we take for granted. You may provide a balanced view of development by explaining how important it is to retain their best traditions and the harmony of their landscape and, that modernity is best when enhancing traditional ways instead of denying it.

Answer questions

Be prepared to answer, numerous times, questions like: *'Where are you from? Where you are going? Are you married? How old are you?'* While you may find these questions disconcerting and too intimate, most people are just trying to be friendly, to practice their English skills or start up a conversation. Note that privacy can mean something very different in Asia.

Asian people usually think that everyone must have a religion and that all women should be married and have children. It's up to you to decide how to answer, or to subtly change the subject!





Dress modestly and neatly

In urban settings you may see women dressed in skimpy clothing; do not consider this to be the norm. Wearing mini-skirts, mini-shorts, going bra-less in tight clothing or swimming in bikinis is considered offensive by most Asian people, especially in rural areas. Men should avoid walking around bare-chested.

Locals will never criticise you, but will be embarrassed and politely keep their opinion to themselves. **Asians will seldom reproach you directly for anything** as it is not in their culture to do so, so it can sometimes be difficult to know what is appropriate. **Be sensitive, observe** the way people around you dress (they often swim in clothes), and adjust your behaviour and clothing according to where you are.

- In forests and jungles, long pants/skirts and sleeved shirts are strongly recommended to limit insect bites and sunburn.
- On the beach or at sea, be aware that nude sunbathing or swimming is not accepted, whatever other tourists may do.
- In rural spots such as waterfalls or rivers, avoid bikinis and swimming suits, keep your tee-shirt on and, maybe a sarong as well. Don't worry, it will dry very quickly.
- In temples and religious sites both men and women should cover their shoulders and legs, and shoes and hats should be removed. The latter also applies when entering houses and some shops.

Etiquette

Asian societies remain fairly traditional and are attached to old customs. Whereas life in cities has seen significant change and modernisation over the last ten years, rural areas have not.

- Avoid showing affection in public as it is considered quite offensive - sorry, no kissing!
- The feet are considered the lowest part of the body and the head to be the highest. Don't point or gesture with your feet, step over any part of a person or put your feet upon furniture. Avoid touching someone on the head.
- When using a toothpick, use one hand to cover your mouth.
- Present business cards, money and gifts with both hands. Accept the same way.
- Do let the oldest be served first; and bend slightly in front of elders.
- Small gifts such as cigarettes, lighters, pens, liquor and perfume are generally appreciated by adults you may befriend or who have assisted you.
- Don't crook your finger to beckon somebody or point it at another person's face. Asian people generally use a subtle downward waving motion to summon someone.
- Don't touch people of the opposite sex.



Contact with monks

- Show respect to monks, novices and nuns, don't offer to shake hands, avoid stepping on a monk's shadow.
- Ladies, do not sit next to, or hand anything directly to Buddhist monks.
- Show respect by not taking photos or disturbing monks during prayer times.
- Don't sit with your back or feet towards Buddha's image.
- Handle Buddha images or sacred objects with respect; avoid placing them in inappropriate places (on the floor for example).

Cultural sites

Many cultural sites you visit such as temples, even those in ruins, are actually sacred grounds and inappropriate behaviour or dress can be interpreted as offensive.

It is forbidden to walk or climb anywhere out off the regular footpaths, to scrawl or scribble on monuments, and to collect stones or any parts of the monument or site.

CHILDREN ARE NOT TOURIST ATTRACTIONS



Visit www.thinkchildsafe.org



ETHICAL TRAVEL

When travelling through a developing country it is easy to become overwhelmed by the plight of some children. Misery and social issues can be affecting and travellers may be moved to take action, or wish to contribute in a meaningful way. However, direct contributions often only add to the problem and reinforce practices that put children in vulnerable and dangerous situations.

Children are NOT tourist attractions

Visiting children centres, orphanages or, schools is forbidden in western countries. Research has shown that short-term visits (including volunteer tourism) can be harmful to a child's development and emotional balance. UNICEF, Friends International and an increasing number of children organisations are now campaigning to stop what has become an exploitative practice that turns children and misery into tourist commodities and commercial assets. Ask yourself: would you allow complete strangers to approach your children, take pictures of them, or give them candies?

DO NOT give gifts, money or sweets to children or buy anything from them - although you might think it helps, it only encourages them to stay on the streets where they have little hope of a better life and are vulnerable to all sorts of abuse. These children are often exploited by local mafias or, their own family. If you wish to learn more about this please visit: www.thinkchildsafe.org. Our guides have been trained to react appropriately when confronted to such situations, should you witness any situation in which a child seems to be at risk, please tell your guide or contact hotline numbers.

During your travels, you will probably meet children at risk – perhaps begging at crossroads, selling postcards or fruit at tourist sites, or shining shoes in train stations. You want to help them, but you don't know how. You can really protect these children if you take the right actions. Follow these 7 tips and travel ChildSafe!

Tip 01



THINK! CHILDREN ARE NOT TOURIST ATTRACTIONS - DON'T TREAT THEM LIKE THEY ARE

Children living or studying in schools, orphanages or slums shouldn't be exposed to tourist visits. These places are not zoos. Imagine a bus full of foreigners visiting schools in your home country. Would you find this acceptable?

Travel ChildSafe

Put child protection first and do not visit these places.

Find alternatives that really help children at
www.thinkchildsafe.org

Tip 02



THINK!

Volunteering with children feels good but could be harmful – look for better ways to help them. Working with children in institutions such as orphanages is a job for local experts, not for travelers who are just passing through. Children deserve more than good intentions: they deserve experienced and skilled caretakers and teachers who know the local culture and language.

Travel ChildSafe

Make sure your volunteering is a great experience and has the best impact possible. Do not work directly with children; instead, share your professional skills with local staff. You can also explore other ways to put your talents to use

Find more information and alternatives at
www.thinkchildsafe.org

Tip 03



THINK! CHILDREN PAY A PRICE FOR YOUR GENEROSITY - DON'T GIVE TO BEGGING CHILDREN

When you give money, food or gifts to begging children, you encourage them to continue begging, which prevents them from going to school and locks them into a cycle of poverty.

Travel ChildSafe

There are better ways to support children and youth: use businesses with a social impact, such as training restaurants and shops, or donate to organizations supporting children and their families

Find such organizations and businesses at
www.thinkchildsafe.org

Tip 04



THINK! PROFESSIONALS KNOW BETTER THAN YOU – CALL THEM IF A CHILD NEEDS HELP

Helping children directly can cause problems because you don't know the local culture and laws. For instance, never take a child back to your hotel room – it's dangerous for both you and the child.

Travel ChildSafe

When you see a child in need, the best thing to do is to contact local professionals. Call a child protection hotline, contact a local organization or call the police. You won't bother anyone – it is their job to check and help. Just call. You could save their life and give them a first chance to build their future.

Find a list of hotlines at www.thinkchildsafe.org

Tip 05



THINK!

Sex with children is a crime – report child sex tourism. Sex tourism involving children is a devastating reality. It happens in hotels, in bars, etc. You may also be offered to have sex with children.

Travel ChildSafe

When you see such a situation, don't put yourself at risk. Call a child protection hotline, contact a local organization or call the police so immediate action can be taken to protect the child and investigate the situation.

Find a list of hotlines at www.thinkchildsafe.org

Tip 06



THINK! CHILDREN SHOULD NOT BE AT WORK INSTEAD OF SCHOOL – REPORT CHILD LABOR

Some tourism businesses like hotels, restaurants or bars hire children, and it's a problem when it hurts their education and development.

Travel ChildSafe

If you think that a business employs underage children and prevents them from going to school, call a child protection hotline, contact a local organization or call the police. They will check the child's situation – many children are just helping out their parents after school, but some may be exploited.

Find a list of hotlines at www.thinkchildsafe.org

Tip 07



THINK! PROTECT CHILDREN – BE A CHILDSAFE TRAVELER

ChildSafe raises awareness about how you can help children during your trip. It also trains and certifies many businesses in the tourism industry (such as hotels, travel agencies, restaurants, and taxi services) to actively protect children.

Travel ChildSafe

Use ChildSafe-certified businesses when planning and throughout your trip to avoid being involved in harmful situations for children. Every action described in these tips can make a big difference. Join the movement and together, let's protect children!

ChildSafe is a global movement protecting children and youth around the world.

Be a ChildSafe traveler. Join the movement.

Learn more about ChildSafe and the actions you can take at www.thinkchildsafe.org

Hotlines for Children in danger

If you witness a situation where a child seems to be in danger: domestic violence, physical or psychological abuse, exploitation, drugs, accidents, tell your guide and/or contact the hotline numbers.

CAMBODIA	
ChildSafe Phnom Penh	012 311 112
ChildSafe Siem Reap	017 358 758
ChildSafe Sihanoukville	012 478 100
ChildSafe Poipet	095 960 303
National Police	023 997 919
APPLE (sexual abuse)	092 311 511
INDONESIA	
Bali Tourist Police	0361-754 599 / 224 111
LAOS Tourist Police	192
MYANMAR	
Nay Pyi Taw	067 412 555 / 067 412 666
Yangon	0949 555 888
Mandalay	0949 555 777
Muse	0949 555 666
THAILAND	
ChildSafe Bangkok	086 971 8861 / 1800 777 211
National Police	1300
VIETNAM Hotline	18001567





Wise altruism

If you wish to help alleviate poverty and provide better life opportunities for children and their families, we recommend you do it through registered organisations, as some unscrupulous individuals have become professionals in exploiting travellers' compassion.

Of course, it is not easy to assess the reliability of an organisation in a foreign country. In response to travellers' requests, the EXO Foundation has developed a website, www.exofoundation.org, that offers guidance on carefully selected projects you can trust, based on their effectiveness, their accountability and transparency.

The projects we recommend, support and, in some cases have initiated are working to address the following issues:

- Humanitarian aid and disaster relief
- Education & vocational training
- Fight against human trafficking and child abuse
- Health care & sanitation, community development
- Development of livelihood activities
- Environmental conservation
- Culture and artistic development

Most projects are located and operated in Cambodia, Laos, Myanmar, and Vietnam, some in Thailand, Indonesia, and soon in Malaysia and China.

When you give through the EXO Foundation we guarantee that 100% of your donation accrues to the project of your choice, as we cover all overhead costs.

CONSUMER BEHAVIOUR

Support the local economy

- Support the local economy: buy locally made food and handicrafts directly from local craftspeople and markets. Beware some shops are overpricing as they give commissions to intermediaries.
- At the end of this booklet you'll find a list of quality shops supporting livelihood projects for the most disadvantaged people and ensuring your purchase is authentically made in the country you visit.
- Avoid purchasing products that exploit or destroy wildlife such as souvenirs made of shells, corals, precious wood or any endangered species: turtles, elephants, tigers, pangolins, sharks, whales, etc. Check the IUCN Red List .
- Don't purchase historical artefacts.

Bargain within reason and with a smile!

With patience and a broad smile you will not only get a better price when you shop but also enjoy the art of negotiation. Some tourists take pride in paying the cheapest price they can, unaware that the seller might be accepting a sum below cost price because they desperately need the cash. Whatever you buy, be mindful that it is their livelihood.





Local transport

The diversity of local modes of transport adds to the charm of travel. You might be annoyed sometimes by endless calls to use tuk tuks or cyclos but be patient; a polite “No, thank you” will suffice. Be sure to always agree on the price before taking any form of local transport.

Drugs & Alcohol

In Asia the use of illegal drugs (opium, marijuana, etc.) is strictly forbidden. You face harsh punishment if convicted, including the death penalty, and foreigners are not exempt.

The use of alcohol should also be carefully considered in some places, especially in smaller villages and tribal areas. In Thailand and Indonesia Muslim communities forbid alcohol consumption and, it is now banned inside Thailand's National Parks.

Do not support the sex industry

This includes the various shows in hostess bars, street prostitution, etc. Aside from the fact that men and women are best not viewed as commodities you risk putting money into the hands of the mafia and catching diseases. What you may see as entertainment has a gloomy backstage; no-one is willing to be a prostitute; those who do are trapped by human traffickers and/or do it to support their relatives.

Paedophilia is strictly forbidden. Violators will be pursued and prosecuted to the fullest extent of the law, even after they return to their home countries.



RESPECT THE ENVIRONMENT

Asia's tremendous economic growth has taken place at the expense of its environment and precious biodiversity. Although the extent of this damage and its impact on the welfare of local people is now beginning to be recognised by authorities, the management and treatment of waste is still very poor. Debris-choked waterways, open sewers, excessive air pollution and the plastic waste littering streets, fields, water streams and oceans is suffocating fish, mammals and birds and is becoming a human-health issue.

We have prepared a list of easy ways you can avoid adding to the burden. Most principles apply worldwide; please share them with your Asian hosts and with your friends and relatives at home. Let's do our best to help keep our planet healthy and beautiful.

Extend the length of your stay

Flying to a destination for an ecotourism weekend is a bit of a paradox; air travel is said to account for 4% of the greenhouse gas emissions causing global warming.

Take it easy, take your time! Travel less but for longer periods, it will be more fulfilling and restful as well.

The EXO Foundation gives you the opportunity to offset your carbon footprint by giving back to projects that contribute to the protection of the environment and to biodiversity conservation.

REDUCE, REUSE, RECYCLE

Anti-plastic attitude

Avoid using plastic bags or styrofoam food boxes as **their disposal is a major problem in Asia**. Take your own bags with you when shopping - say 'no to plastic'. Go to local markets instead, where packaging is reduced, food is fresh and your purchase directly benefits the local producers. And they are wonderful places to meet with local life and people.

Say 'no to straws' when ordering a drink. The excessive use of straws is becoming an issue. Count how many drinks a day you have with a straw used for only a few minutes, then thrown away. Calculate the amount over a year, multiply by the number of tourists and you can visualise a mountain range of waste growing. If a glass is not clean, using a straw does not make it any safer.

Avoid wrapping your luggage in kilometers of the plastic sheeting that is now commonly offered in airports; buy locks and carry precious items with you.

Waste is a waste

Avoid leaving any rubbish (including sanitary napkins) behind when trekking or visiting rural villages. Ideally, pick up any rubbish you see littering the forest, the sea or beach. Action speaks louder than words; you'll notice that you encourage others to act by spreading good practice instead of moralising. And you'll feel so good!

Smokers, please don't throw your cigarette butts in the sea, the rivers or even on the ground (apply the straw calculation above), just think, they end up in the stomachs of the fish you eat! Keep them with you until the next dustbin.

Water bottles

Bottled water is easy to find, but unfortunately recycling facilities are not. You can reduce this waste by:

- Using a **refillable bottle** or, simply refilling a plastic one; you'll find water fountains in many places.
 - Bringing your own water filter, water purification tablets or iodine.
-

Save energy and water

- Choose solar flashlights and rechargeable batteries. **Bring back used batteries** to your home country; they contain toxic heavy metals and there is no reliable recycling processing here.
- Please ask your driver to turn off the engine when the vehicle is stationary. Your guide can alert the driver to cool down the vehicle five minutes before you get back with a simple SMS.
- For the best sightseeing experience, walk, cycle, take a cyclo or a rickshaw. Choose a fuel-free or shared transport option like a public bus when possible instead of a 4 wheel drive vehicle.
- In your room, use **air-conditioning** sensibly; turn it down overnight when a fan is often sufficient.
- **Turn off taps and switches**. You may choose not to have your towels and bed linen changed daily; it is often suggested by hotels but not enforced, in this case, report it to the management.
- Wherever water is heated with cut timber, avoid hot showers. Cold showers are one of the best-kept health and beauty secrets; they invigorate your blood circulation and lymphatic system.

Water is precious, help save it.

SPECIAL TIPS FOR NATURAL AREAS

Look with your eyes, bring back memories, and leave things just as they are.

- Respect National Park rules
 - Avoid making noise or scaring wildlife
 - Do not touch, never collect plants, trees & corals (on land as well as underwater)
 - Never feed wild animals
 - Never veer off recommended trekking routes
-

Protect the wildlife and the flora

CITES (Convention on International Trade in Endangered Species of Wild Fauna and Flora) is legally binding and protects wild animals from over exploitation through international trade.

- Trade of elephants (live or dead) and elephant parts (i.e. meat & ivory) is illegal
- Trade of Tigers (live or dead) and tiger parts (i.e. meat & bones) is illegal
- Trade of Primates (live or dead) and primate parts (i.e. meat & bones) is illegal
- Trade of Marine animals (live or dead) and marine animal parts (i.e. meat & shells) is illegal
- Unless there is a conservation breeding program in place, CITES requirements also state that Elephants, Tigers, Primates & Marine mammals, should not be acquired from the wild for a role in an attraction or any other reason.





Elephant Camps

The success of elephant camps has led to increased poaching of wild elephants, where the mother is killed so as to capture her baby. Elephants are fragile and sensitive animals; when they carry tourists for many hours a day, they suffer or may even die from exhaustion. In any case they are better off in the wild than in a camp for tourists. There is a growing movement against elephant rides, we recommend a more sensitive approach and have carefully selected camps where elephant welfare is a priority. If you see an elephant forbidden to eat grass, walking on concrete, under the sun, carrying over 150kgs, or performing unnatural behaviors painting, playing football, etc. **refuse it!** In cities, avoid encouraging mahouts to bring elephants by not paying for food or having your picture taken with them.

Think before buying

Don't buy any wild animals either dead or alive. Sometimes local people will try to sell you protected species or caged birds; while you may wish to set the animal free (supposed to bring good luck!), by paying

for it you only encourage them to capture more. When demand recedes, this practice will eventually stop.

Do not buy any product that includes wild animal parts (snake, turtle, pangolin, monkey, elephant, shark fin soups, red tuna etc.), taken from the sea (aquarium fish, sea horses, shells, corals etc.) or, any furniture made of timber taken from the forest. Look for goods with reputable Eco-Labels such as the FSC (Forest Stewardship Council) or the MAC (Marine Aquarium Council). Many endangered species are ending up in our plates; before travelling check online the IUCN 'A guide to sustainable use of Biological resources' (www.iucn.org). Conceived initially for hotels, it is a very comprehensive and informative read. Buy only food that is farmed, not taken directly from forests by poachers.

Limit your ecological footprint

When **snorkelling**, be aware that touching coral formations hinder their growth - and note that coral cuts easily get infected. **Do not collect nor buy any coral or shell**, dead or alive as it encourages locals to extract them on a wide scale sometimes with dynamite! Have you noticed it's now hard to find any on beaches? Soon there may be nothing left to admire underwater or, on the beach but plastic waste!

In limestone **caves**, do not touch formations as natural body oils hinder their growth and discolour the limestone. Note that these have taken thousands of years to shape into the stunning colourful forms you can see today.

Reduce **deforestation** by avoiding unnecessary use of scarce firewood, use fuel stoves for cooking on camping trips. Limit beach bonfires and clean up afterwards. Charcoal residues spoil those beautiful white sands!

On treks, when you need to bathe in streams or lakes, limit soap usage and/or use organic soap and shampoo.

Check our local shop listing for organic products.

Detergent powder is even more polluting than soap. You will see locals doing their washing on riverbanks, they have no option but visitors do, so please, do not put an additional 'load' on the eco-system.

Stay on beaten tracks

This is particularly important during the wet season when it is all too easy to create new tracks in order to get a better footing. When this happens the trail soon becomes a series of footpaths that turns into erosion gullies. Be aware that some tropical plants are stinging or poisonous, avoid touching what you don't know.

Waste

Organic waste such as food scraps should not be scattered or buried in National Parks and any natural areas. This practice may introduce non endemic seeds disturbing the local ecosystems. Carry back all your waste with you.

Toilet Facilities

Please always use the toilet facilities provided. If there are none, go at least 50m away from water sources and people's homes. Cover everything and carry back with you in a plastic bag for appropriate disposal later sanitary napkins and baby diapers, or burn it if there is no risk of fire. But avoid throwing waste on a fire as it might cause offence - many locals consider fire to be sacred.



LIST OF FAIR TRADE & ORGANIC SHOPS

CAMBODIA

SHOPS WITH A LARGE CHOICE OF CRAFTS

Friends n' Stuff - Tootit Tootit

Phnom Penh

- 215, Street 13,
- Stall 434, Russian Market

Siem Reap

- Art Center Market Stall 21-22E, (Wat Damnak Village)
- Marum restaurant (near Wat Polenka)

www.friends-international.org

Mekong Quilts

Home decor, bamboo furniture

- 49, Street 240, Phnom Penh
- 5 Sivutha Boulevard, Siem Reap

www.mekong-quilts.org

Daughters of Cambodia

Crafts, coffee shop & spa
65, Street 178,
Phnom Penh

www.daughtersofcambodia.org

National Centre for Disabled Persons

3 Norodom Blvd,
Phnom Penh

Association des Artisans du Cambodge

House 11B, Street 240,
Phnom Penh

www.aac.org.kh

Les Artisans d'Angkor

- Chantiers-Ecoles Stung Thmey Street, Siem Reap
- 12AEo, Street 1, Phnom Penh

- Airports

www.artisansdangkor.com

Saray

Water hyacinth handicrafts

Furniture, bags, carpets
Check Siem Reap Map on the website: www.osmosetonlesap.net

Beau Fou boutique

520, Angkor Villa St, Siem Reap

www.theglobalchild.org

Epic Arts Cafe & shop

Near old market, Kampot
www.epicarts.org.uk

SMatéria Bags

Accessories from recycled materials
www.smateria.com

Phnom Penh

- 8 E0, St 57, Boeung Keng Kang
- International Airport
- 7, St 178, Sisowath Riverside

Siem Reap

- The Alley West, Old Market Area

Senteurs d'Angkor

Spices, perfumes, body products

- 33BE0 Street 178, Phnom Penh
- Pi Tnou St (Opposite Old Market) Siem Reap
- Airports

www.senteursdangkor.com

SILK, TEXTILES & CLOTHES

Golden Silk

10 km from Banteay Srey,
Prey Village Thmey,
Siem Reap
www.goldensilk.org

Mekong Blue

Silk products
Street 2, Sre Po Village,
Stung Treng
www.mekongblue.com

Institute for Khmer Traditional Textiles

472, Viheachen Village,
Svaydongkum Commune,
Siem Reap. (Road to the lake, near the crocodile farm)
www.ikt.esprit-libre.org

Tonle

Phnom Penh: #59C St. 155
Toul Tom Poung 1 - corner
St.110 & Riverside - Airport
Siem Reap: Three Seasons,
behind Pub Street
www.tonle.design.com

A.N.D

Street 240, Phnom Penh
<http://artisandesigners.org>

Dorsu

Kampot Old market

YUNNAN, CHINA

Tang Dong Handicraft Development Center

Dugushou 18th, Chang Fang Road, Old Town, Shangri-la County

www.tibetcraft.com

Nixi Black Pottery Coffee

5, Cang Fang Street, Chi Lang Gang Shangri-la City Old Town
www.blackpotterycoffee.webs.com

The Yunnan Mountain Handicraft Centre (YMHC)

1, Jinlong Jie, Shangri-la
www.ymhfsangrila.com

LAOS

Organic market

Vientiane That Luang Esplanade
www.laosorganic.com

Carol Cassidy's

Textiles and weaving shop
108, Nokeoumanne Ban Mixay, Chanthabouly district, Vientiane
www.laotextiles.com

Ock Pop Tok

Weaving & textiles
Ban Saylom, Luang Prabang
www.ockpoptok.com

T'Shop Lai Gallery

Crafts and body products
Vat Inpeng Street, Vientiane
www.artisanslao.com

Friend's shop & restaurants

Vientiane: Behind Wat Ongteu, parallel to Sethathirath Road

Luang Prabang: 100 Sisavang Vatana Road, Ban Wat Nong

www.friends-international.org

CAMACrafts

Ban Phonton,
Luang Prabang

Ma Té Sai

Hilltribes' crafts

2/58, Sisavong Road,
Ban Xieng Mouane,
Luang Prabang

www.matesai.com

Traditional Arts and Ethnology Centre

Ban Khamyong,
Luang Prabang

www.taec Laos.org

Ban Chan

Pottery village

Across Mekong River,
Luang Prabang

MYANMAR / BURMA

French Association Xavier Bagnoud, AFXB

Textile, metal and wood handicrafts, and candles

- 8-1, Kha Paung Lane (Martin Avenue), Hlaing, **Yangon**

- Hnin Si Gone Home Of The Age, Shwe Goner Daing Street, **Yangon**

Tel: (+951) 97 30 16 552

9 to 5pm (closed on Sundays)

fbshowroom.mm@gmail.com

Pomelo

Decoration, jewelry

89 2nd floor, Thein Phyu Road, Botataung Township, **Yangon**

Tel: (+951) 295 358

www.pomelomyanmar.org

MBoutik - SEDEN

Handicraft

U Paing (560), Thiripiyasay, Toechae n°4 Ward, **Nyaung OO, Mandalay Region**

Tel: (+950) 616 0358

www.seden-mboutik.com

THAILAND

Friends'n' Stuff

Creative crafts

3/8 Soi Sukhumvit 49, Sukhumvit Road, Khlongton Nua, Watthana District, **Bangkok 10110**

www.friends-international.org

ThaiCraft Fair Trade

242, Soi Akharn Songkroh, Akhan Songkroh Sai 15 Road, Thung Wat Don Sathorn, **Bangkok, 10120**

www.thaicraft.org

www.thaicraftfairtrade.com

The Family Tree

A unique selection of Thai handicrafts

7 Naresdamri Road, **Hua Hin**

www.familytree-huahin.com

Thai Wisdom Centre

Organic products for house, body and kitchen

158 Moo 5, Tambon Singh, Amphoe Saiyok, **Kanchanaburi 71150**

www.thaiwisdomcenter.com

Thai Tribal Crafts Fair Trade

208 Bamrungrat Rd., **Chiang Mai**

www.ttcrafts.co.th

Weave

656, Intarakeeree Road Mae Sod, Tak, 7 Soi 5 Sirimangkalajarn Road T.Suthep, **Chiang Mai**

www.weave-women.org

Hilltribe Museum and Education Centre

3rd. Floor, PDA Building, 620/25 Thanalai Rd. **Chiang Rai**

www.pdacr.org

VIET NAM

Mekong Quilts and Mekong Creations

Textiles, accessories, home decor

Hanoi-Tel:

+84(0) 43 824 4607

• 58 Hang Trong, Hoan Kiem

• 13 Hang Bac, Hoan Kiem

Ho Chi Minh-Tel:

+84(0) 8 2210 3110

• 1st Floor 68 Le Loi, D.1

www.mekong-quilts.org

www.mekong-creations.org

Craft Link

Wide range of crafts

43-51, Van Mieu, **Hanoi**

www.craftlink.com.vn

Healing the Wounded Heart

Diverse useful objects from recycled materials

• 23 Vo Thi Sau Street, **Hue**

• Workshop 69 Ba Trieu Street, **Hue**

Reaching Out (Hòa Nhập)

Wide range of crafts

103, Nguyen Thai Hoc St, **Hoi An**

www.ReachingOutVietnam.com

Silent Tea House

131 Tran Phu, **Hoi An**

Lifestart Foundation

Diverse crafts

77 Phan Chau Trinh Street, **Hoi An**

Metiseko

Fashion and home decor

71 Hang Gai, **Hanoi**

3 Chau Thuong Van, Minh An, **Hoi An**

www.metiseko.com

Ginkgo shirts

Fashion and crafts

44, Hang Be, **Hanoi**

www.ginkgo-vietnam.com



EXO Foundation
operates in the
following countries:

CAMBODIA
CHINA
INDONESIA
JAPAN
LAOS
MALAYSIA
MYANMAR
THAILAND
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