



## TIPS for Responsible Travels

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



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# RESPONSIBLE TOURISM



- I pledge to be a responsible tourist.
- I take this pledge as a guest to your home, to preserve and protect your beautiful and unique Asia.
- I vow to tread lightly, act kindly and explore mindfully.
- I shall not take what is not given.
- I shall not harm what does not harm me.
- The only footprints I shall leave are those that wash away.





## RESPECT CULTURAL DIFFERENCES

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- Learn about the local culture and customs. The more you know about a destination the better you can appreciate and understand it.
- When faced with strong cultural differences, the first thing to consider is whether you would act this way in your home country.
- Think about how you would feel if:
  - Strangers were entering your house
  - Taking photographs of you and your family
  - Visiting your children's schools
  - Handing candies to them
- Carefully consider every action. This is your holiday but it is their everyday lives.

## Greetings

- Learn how to say ‘hello’, ‘goodbye’ and ‘thank you’ in the local language. People greatly appreciate it.
- In Thailand, Laos, Cambodia and Myanmar a respectful way of greeting another individual is to bow the head slightly with both hands pressed together at the chest, as if in prayer.



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## Keep calm, be patient

- Whatever the situation, try to stay calm, firm and courteous and speak without raising your voice.
- Becoming angry is considered a major weakness and local people will be embarrassed for you.
- ‘Saving face’ is a subtle but important aspect of personal dignity and smiling often can help to open cultural 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 multiple ethnic groups, each of whom may have their own modes of etiquette and social taboos. Always listen to the advice of your guide.
  - Cultural diversity is what you came looking for so accept the differences and enjoy it!
  - Do tell locals about your own culture, 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! However, monks, farmers, children and hill tribe members are real people and not exotic photo opportunities.
- 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 the picture captured.
- It is polite to always ask for permission before taking photographs of people or filming them. In the rare case they refuse, please respect their wishes.
- Take some time to chat with the locals first. The photo will become a shared memory which you can send back to them.
- Refuse to pay for photographs as this encourages begging.



## 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 braless in tight clothing is often considered offensive, especially in rural areas. Men should avoid walking around bare-chested.
- Locals will never criticise you, but will be embarrassed and politely keep their opinions to themselves.
- Be sensitive and observe the way people around you dress (eg: they often swim in clothes) and adjust your behaviour and clothing according to where you are.
  - In temples and religious sites, both men and women should cover their shoulders and legs, and shoes and hats should be removed. This also applies when entering houses and some shops.
  - On the beach or at sea, nude sunbathing is not acceptable in public.
  - In forests and jungles: long pants/skirts and sleeved shirts are strongly recommended to limit insect bites and sunburn.
  - In rural spots such as waterfalls and rivers, avoid bikinis and swimming suits, keep your tee-shirt on and maybe wear a sarong as well to cover your legs.

## Etiquette

- Asian societies remain fairly traditional and are attached to old customs.
  - Avoid showing affection in public as it is considered quite offensive - sorry, no kissing!
  - Don't point or gesture with your feet or put your feet up on furniture. Avoid touching someone on the head.
  - When using a toothpick, use one hand to cover your mouth.
  - Present money and gifts with both hands and accept them the same way.
  - Always let the oldest be served first and bend slightly in front of elders.
  - Don't curl your fingers to beckon somebody over 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.
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## Respect cultural sites

- Many cultural sites, even those in ruins are sacred grounds.
- It is forbidden to walk or climb anywhere off regular footpaths, to scrawl or scribble on monuments, and to collect stones or any parts of the monument or site.





## Contact with monks

- Show respect to monks, novices and nuns. Don't offer to shake hands and 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).

## Try to understand their aspirations

- We admire the rural beauty of traditional bamboo houses or the sight of a farmer harvesting his rice field. However, we tend to forget that these houses offer little comfort, are vulnerable to extreme weather conditions and that too much strenuous work reduces life expectancy.
  - Like most people, locals 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 expressing that modernity is best when enhancing traditional ways instead of denying it.
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## Answer questions

- Be prepared to answer, on numerous times, personal questions like: “Where are you from? Where are you going? Are you married? How old are you? etc...” Most people are simply trying to be friendly, to practise their English skills or start a conversation.
- Do note that privacy has a very different meaning in Asia.



# CHILDREN ARE NOT TOURIST ATTRACTIONS



Visit [www.thinkchildsafesafe.org](http://www.thinkchildsafesafe.org)



Supported by  
unicef 





# ETHICAL TRAVEL

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## 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.
- 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, in the long-run it does not.
- 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.
- Our guides have been trained to react appropriately when confronted by such situations, should you witness a child being at risk, please tell your guide.
- If you wish to learn more, please visit:  
[www.thinkchildsafe.org](http://www.thinkchildsafe.org)

## 7 BETTER WAYS TO PROTECT CHILDREN DURING YOUR TRAVELS

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 help to protect these children by taking 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.thinkchildsafemovement.org](http://www.thinkchildsafemovement.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](http://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](http://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](http://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](http://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](http://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](http://www.thinkchildsafe.org)*





## Philanthropy

- If you wish to alleviate poverty and provide better life opportunities for children and their families, we recommend you to do it through registered organisations.
- Of course, it's not easy to assess the reliability of an organisation in a foreign country. In response to traveller's requests, EXO Foundation offers a list of carefully selected projects you can trust [www.exofoundation.org](http://www.exofoundation.org)
- When you give through EXO Foundation, we guarantee that 100% of your donation accrues to the project of your choice, as we cover all overhead costs.



## CONSUMER BEHAVIOUR

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### Support the local economy

- Buy locally made food & handicrafts directly from local craftsman and markets.
- At the end of the booklet you'll find a list of shops supporting community projects that help to directly improve the livelihoods of the most disadvantaged people.
- Avoid purchasing souvenirs made of shells, corals, precious wood or any endangered species listed on the IUCN Red List (eg: turtles, elephants, tigers, pangolins, sharks, whales etc.).
- Do not purchase historical artefacts.

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### Bargain within reason and with a smile!

- With patience and a broad smile you will not only get a better price but also enjoy the art of negotiation that is very much part of markets in Asia.
- Whatever you buy, be mindful that it is part of 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.
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## Drugs & Alcohol

- In Asia, the use of illegal drugs is strictly forbidden and you can face harsh punishment if convicted, including the death penalty (e.g. opium, marijuana etc...)
  - In some areas of Thailand and Indonesia, alcohol consumption is forbidden. It is also banned in Thailand’s National Park. Always mind your own consumption, especially in rural areas.
- 

## Do not support the sex industry

- This includes the various shows in hostess bars, street prostitution etc... You risk putting money into the hands of the mafia and catching diseases.
- What you may see as a glitzy entertainment has a gloomy backstage. Most men and women involved are part of a larger network of human traffickers.
- Pedophilia 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

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Asia's tremendous economic growth has taken place at the expense of its environment and precious biodiversity. Let's do our best to help keep our planet healthy & beautiful.

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### Save energy and water

- Bring back used batteries to your home country, there is no reliable recycling processing here.
- Ask your driver to open windows to cool down with fresh air in rural areas.
- For the best sightseeing experience, walk, cycle, take a cyclo or a rickshaw.
- In your room, use air-conditioning sensibly. Turn it down when you leave your room or even at night when a fan is sufficient.
- Turn off taps and switches when not in use. You can choose not to have your towels and bed linen changed daily, just follow the signs!
- Wherever water is heated with cut timber, avoid hot showers, it will invigorate your blood circulation.

Water is precious. Help save it.

## Extend the length of your stay

- Take it easy, take your time! Travel less but for longer periods as this will be a lot more fulfilling and restful.
  - There are opportunities to offset your carbon footprint by giving back to projects that contribute to environmental protection and conservation. Learn more on our website: [www.exofoundation.org](http://www.exofoundation.org)
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## Anti-plastic attitude

- Take your own bags with you when shopping - Say no to plastic or styrofoam food boxes. Their disposal is a major problem in Asia.
- When ordering a drink, ask your guide to help you order without a plastic straw. If a glass is not clean using a straw does not make it any safer.
- Avoid wrapping your luggage in kilometres of plastic wrap; protect them with locks and carry precious items with you.

## Waste is waste

- Avoid leaving any rubbish behind, especially when trekking or visiting rural villages. To protect Mother Nature, pick up any rubbish you see littering the forest, the sea or the beach.
  - Smokers, please keep your cigarette butts with you until you find the next dustbin.
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## Water bottles

- Bottled water is easy to find, but unfortunately recycling facilities are not.
- Use a refillable bottle or simply refill a plastic one. You'll find water fountains in many places and located on the mobile application "RefillMyBottle" available for download here:





## SPECIAL TIPS FOR NATURAL AREAS

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- 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 plants, trees or corals (on land and 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.
- Trading of elephants, tigers, primates, marine animals alive or dead and animal parts such as meat, ivory, bones, shells is illegal.
- Do not buy any wild animals either dead or alive. For example, sometimes local people will try to sell you caged birds to be set free that helps to bring good luck. However, by paying for it you only encourage them to capture more.
- Other wild animal parts such as turtle, pangolin, monkey, red tuna, seahorses, shells, coral and more should not be purchased.
- Do not buy any furniture made of timber or other natural materials taken from the forest and the natural ecosystem.



## Elephant Camps

- 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, being kept under the sun, carrying over 150kgs or performing unnatural activities such as painting, playing football etc... Refuse it!

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## Limit your ecological footprint

- When snorkelling, be aware that touching coral formations hinder their growth - and note that coral cuts are prone to infection.
- Do not collect or buy any coral or shell.
- In limestones caves, do not touch formations as natural body oils hinder their growth and discolour the limestone. These have taken thousands of years to shape into what you can see today!
- Reduce deforestation by avoiding unnecessary use of scarce firewood by limiting beach bonfires.
- On nature treks, when you need to bathe in streams or lakes, limit soap usage and/or use organic soap and shampoo.
- Detergent powder is even more harmful to the natural ecosystem, so avoid using it when possible.

## 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 turn into erosion gullies.
  - Be aware that some tropical plants are stinging or poisonous, avoid touching what you don't know.
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## Waste

- Organic waste such as food scraps should not be scattered or buried in National Parks and any natural areas. This may introduce non-endemic seeds into the local ecosystem.
  - Carry back all your waste with you.
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## Toilet Facilities

- Please always use the toilet facilities provided. If there are none, go at least 50 meters away from water sources and people's homes.
- Cover everything and carry any sanitary napkins or baby diapers back with you in a bag for appropriate disposal later.
- Avoid throwing waste on a fire as it might offend the local community - many locals consider fire to be sacred.





# LIST OF FAIR TRADE & ORGANIC SHOPS

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## CAMBODIA

### Friends n' Stuff - Tooit Tooit

#### 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](http://www.friends-international.org)

### Mekong Quilts

*Home decor, bamboo furniture*

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

[www.mekong-quilts.org](http://www.mekong-quilts.org)

### Daughters of Cambodia

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

[www.daughtersofcambodia.org](http://www.daughtersofcambodia.org)

### Association des Artisans du Cambodge

House11B, Street 240,  
Phnom Penh

[www.aac.org.kh](http://www.aac.org.kh)

### Les Artisans d'Angkor

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

- Airports

[www.artisansdangkor.com](http://www.artisansdangkor.com)

### Saray

*Water hyacinth handicrafts*

Furniture, bags, carpets

[www.osmosetonlesap.net](http://www.osmosetonlesap.net)

### Beau Fou boutique

520, Angkor Villa St,

Siem Reap

[www.theglobalchild.org](http://www.theglobalchild.org)

### Epic Arts Cafe & shop

Near old market, Kampot

[www.epicarts.org.uk](http://www.epicarts.org.uk)

### SMatéria Bags

*Acessories from recycled materials*

[www.smateria.com](http://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](http://www.senteursdangkor.com)

### Golden Silk

10 km from Banteay Srey, Prey Village Themey,  
**Siem Reap**  
[www.goldsilksilk.org](http://www.goldsilksilk.org)

### Mekong Blue

*Silk products*  
Street 2, Sre Po Village,  
**Stung Treng**  
[www.mekongblue.com](http://www.mekongblue.com)

### Institute for Khmer Traditional Textiles

10a The-Lane,  
**Krong Siem Reap**  
[www.iktt.esprit-libre.org](http://www.iktt.esprit-libre.org)

### A.N.D

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

### Dorsu

**Kampong** Old market

## YUNNAN, CHINA

### Tang Dong Handicraft Development Center

Dugushou 18th, Chang Fang Road, Old Town, **Shangri-la** County  
[www.tibetcraft.com](http://www.tibetcraft.com)

### Nixi Black Pottery Coffee

5, Cang Fang Street, Chi Lang Gang **Shangri-la** City Old Town  
[www.blackpotterycoffee.webs.com](http://www.blackpotterycoffee.webs.com)

### The Yunnan Mountain Handicraft Centre (YMHC)

1, Jinlong Jie, **Shangri-la**  
[www.ymhfshangrila.com](http://www.ymhfshangrila.com)

## INDONESIA

### Threads of life

Jalan Kajeng 24 **Ubud**, Bali  
[www.threadsoflife.com](http://www.threadsoflife.com)

### Yin Jewelry

Jalan Dewi Sita, **Ubud**  
**Gianyar**, Bali  
[www.yinjewelryforthesoul.com](http://www.yinjewelryforthesoul.com)

### UTAMA Spice shop

- Monkey Forest Road (130 Meters north of Monkey Forest), **Ubud**, Bali
- Gopa Town Center, Jalan Danau Poso no. 57, **Sanur**, Bali  
[www.utamaspacebali.com](http://www.utamaspacebali.com)

### ViaVia Jogja

Jl. Prawirodarmas 30, **Yogyakarta**  
[www.viavijogja.com](http://www.viavijogja.com)

### Lawe

Jl. Prof Dr Ki Amri Yahya, Gampingan, 6, **Yogyakarta**  
[www.laweindonesia.com/lawe-locator](http://www.laweindonesia.com/lawe-locator)

### Sukunan village

Banyuwangi, Gamping, Sleman, Kabupaten Sleman, **Yogyakarta**

## LAOS

### **Organic market**

That Luang Esplanade,  
**Vientiane**

[www.laosorganic.com](http://www.laosorganic.com)

### **Carol Cassidy's**

*Textiles and weaving shop*

108, Nokekoumanne Ban  
Mixay, Chanthabouly district,  
**Vientiane**

[www.laotextiles.com](http://www.laotextiles.com)

### **Ock Pop Tok**

*Weaving & textiles*

Ban Saylom, **Luang Prabang**

[www.ockpoptok.com](http://www.ockpoptok.com)

### **T'Shop Lai Gallery**

*Crafts and body products*

Vat Inpeng Street, **Vientiane**

[www.artisanslao.com](http://www.artisanslao.com)

### **Friend's shop & restaurants**

100 Sisavang Vatana Road,  
Ban Wat Nong, **Luang Prabang**

[www.friends-international.org](http://www.friends-international.org)

### **CAMACrafts**

Ban Phonton,  
**Luang Prabang**

### **Ma Té Sai**

*Hilltribes' crafts*

2/58, Sisangvone Road,  
ban Xieng Mouane,  
**Luang Prabang**

[www.matesai.com](http://www.matesai.com)

### **Traditional Arts and Ethnology Centre**

Ban Khamyong,  
**Luang Prabang**

[www.taec Laos.org](http://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*

Shwe Goner Daing Street,  
**Yangon**

9 to 5pm (closed on Sundays)

[fxbshowroom.mm@gmail.com](mailto:fxbshowroom.mm@gmail.com)

### **Pomelo**

*Decoration, jewelery*

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

[www.pomelomyanmar.org](http://www.pomelomyanmar.org)

### **MBoutik - SEDN**

*Handicraft*

U Paing (560), Thiriripiyisayar,  
Toechar n°4 Ward, **Nyaung  
OO, Mandalay Region**

[www.sedn-mboutik.com](http://www.sedn-mboutik.com)

### **Hla Day**

*Handicraft*

1st Floor, 81 Pansodan Street,  
Lower Middle Block, **Yangon**

[www.hladaymyanmar.org](http://www.hladaymyanmar.org)

[info@hladaymyanmar.org](mailto:info@hladaymyanmar.org)

### **ChuChu**

*Handicraft*

Dala Township, on the  
southern bank of the Yangon  
River, **Yangon**

[chuchurecycle@gmail.com](mailto:chuchurecycle@gmail.com)

## THAILAND

### ThaiCraft Fair Trade

35 Bamrung Muang Rd.,  
San Chao Por Sua,  
Phra Nakorn, Bangkok  
[www.thaicraft.org](http://www.thaicraft.org)

### The Family Tree

*A unique selection of Thai  
handicrafts*

7 Naresdamri Road, Hua Hin  
[www.familytree-huahin.com](http://www.familytree-huahin.com)

### Thai Tribal Crafts Fair Trade

208 Bamrungrat Rd.,  
Chiang Mai  
[www.ttcrafts.co.th](http://www.ttcrafts.co.th)

### Hilltribe Museum and Education Centre

3rd. Floor, PDA Building,  
620/25 Thanalai Rd.  
Chiang Rai  
[www.pdacr.org](http://www.pdacr.org)

## VIET NAM

### Mekong Quilts and Mekong Creations

*Textiles, accessories,  
home decor*

#### Hanoi

- 58 Hang Trong, Hoan Kiem
- 13 Hang Bac, Hoan Kiem

#### Ho Chi Minh

- 1st Floor 68 Le Loi, D.1
- [www.mekong-quilts.org](http://www.mekong-quilts.org)  
[www.mekong-creations.org](http://www.mekong-creations.org)

### Craft Link

*Wide range of crafts*

43-51, Van Mieu, Hanoi  
[www.craftlink.com.vn](http://www.craftlink.com.vn)

### Healing the Wounded Heart

*Diverse useful objects from  
recycled materials*

23 Vo Thi Sau Street, Hue  
[www.spiralfoundation.org](http://www.spiralfoundation.org)

### Reaching Out (Hòa Nhập)

*Wide range of crafts*  
103, Nguyen Thai Hoc,  
Hoi An  
[www.ReachingOutVietnam.com](http://www.ReachingOutVietnam.com)

### Silent Tea House

131 Tran Phu, Hoi An

### Lifestart Foundation

*Diverse crafts*  
77 Phan Chau Trinh, Hoi An

### Metiseko

*Fashion and home décor*

- 71 Hang Gai, Hanoi
- 3 Chau Thuong Van, Minh An,  
Hoi An

[www.metiseko.com](http://www.metiseko.com)

## LIST OF ORGANIC & TRAINING RESTAURANTS

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### LAOS

#### Let's Eat

Phai Nam street, Vientiane

#### Laarith Café

Khounboulom road, Bat Watchanh, Vientiane

#### Khaiphaen

100 Sisavang Vatana, Ban Wat nong, Luang Prabang

#### Saffron Cafe

Khem Khong Road, Ban Wat Nong, Luang Prabang

### VIETNAM

#### Koto

19 Nguyen Dinh Chieu, D.1, Ho Chi Minh City

#### Bloom

3/5 Hoang Sa, D.1, Ho Chi Minh City

#### MaiSen Bistro

56 Nguyen Van Lac, W. 19, Binh Thanh District, Ho Chi Minh City

#### Noir

180D Hai Ba Trung, Đa Kao Ward, D. 1, Ho Chi Minh City

#### Blanc

178/180D Hai Ba Trung, Đa Kao Ward, D. 1, Ho Chi Minh City

#### Organik House

7F Nguyen Thi Minh Khai, Ben Nghe, D. 1, Ho Chi Minh City

#### The Royal Saigon

201 Bui Vien, Pham Ngu Lao Ward, D. 1, Ho Chi Minh City

#### Koto

59 Van Mieu, Dong Da, Hanoi

#### Bloom

14 Nguyen Cong Tru, Hue

#### La Boulangerie Française Hué

46 Nguyen Tri Phuong Street, Hue

#### Streets International

17 Le Loi, Minh An Ward, Hoian

#### Reaching Out Tea House

131 Tran Phu, Minh An Ward, Hoian

#### White Lotus

11 Phan Boi Châu, Cam Chau, Hoian

#### Karma Waters

213 Nguyen Duy Hieu, Cam Chau, Hoian

#### Karma Waters

110 Tran Huy Lieu, Khue Trung, Cam Le, Danang

## THAILAND

### **Cabbages & condoms**

10 Sukhumvit 12 Alley,  
Khwaeng Khlong Toei, Khet  
Khlong Toei, **Bangkok**

### **Bo Lan**

24 Sukhumvit 53 Alley,  
Khwaeng Khlong Tan Nuea,  
Khet Watthana, **Bangkok**

### **The passport**

507 Moo 10, Maepa, Mae sot

### **Cabbages & Condoms Express**

302/3-4 Ratchadapisek Road,  
Samsen Nok, Houy Kwang,  
**Bangkok**

### **Krua Chuan Chom,**

33/3 In front of Khlong Prem  
Prison, Ngam Wong Wan Road,  
Lat Yao Subdistrict, Chatuchak  
District, **Bangkok**

### **Cabbages & Condoms Restaurant Chiang Rai**

620/1 Thanalai Road, Wiang,  
Muang, **Chiang Rai**

### **Krua Chuan Chom, Chiangmai**

Corrections Center for Women,  
Rajativithee Road, **Chiang Mai**

## CAMBODIA

### **Friends The restaurant**

215 Street 13, **Phnom Penh**

### **Eleven One Kitchen**

St. 334, **Phnom Penh**

### **Lotus Blanc Restaurant SMC**

Main Entrance of PSE, Pour un  
Sourire d'Enfant, 38, **Phnom  
Penh**

### **Bloom Café**

40 Samdach Sangkreach Tieng  
(St. 222), **Phnom Penh**

### **Marum**

8A, B Phum Slokram (Between  
Wat Polanka and Catholic  
Church), **Krong Siem Reap**

### **Spoons**

0142, Group 5, Pave Road,  
Bamboo Street Wat Damnak  
Village Salakomreouk Commune,  
**Siem Reap**

### **Sala Bai Restaurant**

Wat Svay, Tonle Sap Road, **Siem  
Reap**

### **Haven**

Chocolate Rd, **Krong Siem Reap**

### **Bayon Pastry School Coffee shop**

Taphul Village, **Krong Siem Reap**

### **Le Jardin des Délices**

National Route 6 (Airport Road),  
**Siem Reap**

### **Bayon Pastry School Coffee Shop**

Taphul Village, **Siem Reap**

### **Don Bosco Hotel School Restaurant**

Street Ou-Pram, Sangkat 4,  
**Sihanoukville**

## MYANMAR

### **Linkage restaurant and Art Gallery**

No. 141, 1st floor,  
Seikkantha Street Between  
Mahabandoola and MM MM,  
Merchant Rd, **Yangon**

### **Shwe Sa Bwe**

20 Malikha Street  
Township, **Yangon**

### **Sanon**

Pyu Saw Hti Street next  
to Nyaung U Thante Hotel  
Nyaung-U, **Old Bagan**

### **Inle Heritage Restaurant**

Inle Heritage, Innpawkhon  
Village, **Inle Lake**, Shan  
State

### **Yangon Bakehouse**

Pearl Condo, Block C,  
Ground Floor, Kab Aye  
Pagoda Road, Bahan Tsp,  
**Yangon**

## INDONESIA

### **Zula Vegetarian Paradise**

Jalan Dhyana Pura No.5,  
Seminyak, Kuta, Seminyak,  
Kuta, Kabupaten Badung, **Bali**

### **Earth cafe and market**

Jl. Kayu Aya No.99,  
Seminyak, Kuta Utara,  
Kabupaten Badung, **Bali**

### **Moksa Plant-based Restaurant & Permaculture Garden**

Puskesmas Ubud II, Gg.  
Damai, Sayan, Ubud,  
Kabupaten Gianyar, **Bali**

### **The Fair warung Bale**

Taman Kaja, Jl. Sri  
Wedari No.6, Ubud (bold),  
Kabupaten Gianyar, **Bali**

### **Hospitality foundation & restaurant**

Jl Mananga Aba, Karuni,  
Loura, Kabupaten **Sumba**  
Barat Daya, Nusa Tenggara  
**Tim**









EXO Foundation  
operates in the  
following countries:

CAMBODIA  
CHINA  
INDONESIA  
JAPAN  
LAOS  
MALAYSIA  
MYANMAR  
SINGAPORE  
THAILAND  
VIETNAM





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