



 Recycled paper

# EXO CARES

MAKING DESTINATIONS BETTER PLACES FOR  
PEOPLE TO LIVE IN, AND FOR TRAVELERS TO VISIT

**EXO** Foundation  
[www.exofoundation.org](http://www.exofoundation.org)

**EXO** Foundation

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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 an enjoyable stay.

If you find them useful, please feel free to share this booklet when you get back home. Please send us your feedback to [info@exofoundation.org](mailto:info@exofoundation.org) or on our facebook page.

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



## RESPECT CULTURAL DIFFERENCES

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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 conflict 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 Krippendorf, *The Holiday Makers*, 1984)



## Greetings



Take the time to learn how to say “hello”, “goodbye” and “thank you” in the local language. Your hosts 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. Criticism is not as easily accepted as it is in western countries and should only be made when also giving praise.

## Try to understand the local culture

Keep in mind that every country has many different ethnic groups, each of which may have its own etiquette and taboos and 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 few home comforts, are vulnerable to extreme weather conditions and that too much strenuous work can reduce life expectancy.

Most locals would prefer to live in an air conditioned, concrete house with a tin roof and touse modern machinery to ease their workload. We should recognise that, like most people in the world, they aspire to develop economically and have access to the same material possessions that we take for granted.

You may be able to provide a balanced view of development by explaining how important it is to retain their best traditions and the harmony of their landscape.

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### 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.



## Contacts with monks

- Show respect to monks, novices and nuns, don't offer to shake hands and do not step 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 towards Buddha's image.
- Handle Buddha images or sacred objects with respect; avoid placing them in inappropriate places (on the floor for example).

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## 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 apart from on 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](http://www.thinkchildsafe.org)



Supported by  
unicef

## 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 irresponsible and 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 and travel companies 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 usually exploited by local mafias or their own family. If you wish to learn more about this please visit: [www.thinkchildsafe.org](http://www.thinkchildsafe.org). Should you observe a situation in which a child seems to be at risk, please tell your guide immediately, and he/she will contact the authorities to take proper action.





## 7 BETTER WAYS TO PROTECT CHILDREN AROUND THE WORLD

**Millions of children around the world are pushed onto the margins of their societies. These children have little access to education and are forced to work, are separated from their families and as such are at risk of physical, sexual and emotional abuse.**

During your travels, you might be confronted with situations of children in distress or at risk of being abused or harmed. The following 7 Tips provide you with information, suggested actions and practical advice on what to do so that you too can be a ChildSafe Traveler and protect children wherever you travel.

### Tip 01

#### **SUPPORT CHILDSAFE NETWORK MEMBERS.**

**When you travel you will see various businesses and individuals displaying the ChildSafe logo.**

ChildSafe trains strategically selected community members such as tuk-tuk and moto-dup drivers, hotels and tour group leaders on how to identify and protect children from abusive situations. They are equipped to respond immediately to a child in danger. By supporting the services of these ChildSafe members you support a network that protects children from all forms of abuse. Please always look for the ChildSafe logo during your travels around Asia, and use their services.

**Find out about ChildSafe Members where you travel:**  
[www.childsafe-international.org](http://www.childsafe-international.org)

### Tip 02

#### **THINK! BEFORE BUYING OR GIVING TO BEGGING CHILDREN.**

**When you travel, you might encounter children begging for food, money or selling goods on the streets, or popular tourist areas.**

By buying from these children or giving them money, you help maintain this unsafe daily working life, preventing them from attending school or training, trapping them in a cycle of poverty. You can effectively help by supporting organizations that work directly with these children and that also support their family members to find employment.

*Use social training businesses' services and buy products made by parents so they can earn an income to provide better care for their children. For a list by country, please visit [www.thinkchildsafe.org](http://www.thinkchildsafe.org)*

### Tip 03

#### **THINK! HOW TO PROTECT CHILDREN FROM EXPLOITATIVE LABOR.**

**When you travel, you might witness children who are forced to work.**

Children may be exploited and forced to work, which keeps them from attending school and is damaging to their development. You might witness children working in restaurants, guesthouses / hotels, as security staff, on building construction sites, markets etc.

*If you suspect that a child is being forced to work, contact local authorities, report online to Interpol or call local hotlines. For a list by country, please visit [www.thinkchildsafe.org](http://www.thinkchildsafe.org)*



## Tip 04

**THINK! CHILDREN ARE NOT TOURIST ATTRACTIONS.**

**When you travel, you might be offered to visit children shelters (such as orphanages), centers (such as schools) or places where they live and work (such as slums or dumpsites).**

By participating in such "visits" you are putting children at more risk: you support systems that separate children from families, many institutions force children to perform to solicit money, you create dependency on your hand-outs, you disrupt education, you increase their sense of inferiority and you might be breaking the law.

*Instead, you can help by supporting organizations that provide education and training to reduce poverty and keep families together. Use services and buy products from training social businesses that allow parents to earn an income to provide better care for their children. For a list by country, and other ways to help, please visit [www.thinkchildsafe.org](http://www.thinkchildsafe.org)*

## Tip 05

**THINK! BEFORE TAKING A CHILD BACK TO YOUR HOTEL ROOM FOR ANY REASON.**

**When you travel, you might encounter children who you want to help directly.**

Taking a child to your hotel room for food, to bathe themselves, or to rest is dangerous for you and the child. It puts you at risk of being accused of abusing a child and getting in serious trouble with the law. Also, the child may then feel it is okay to go into rooms with adults, and could be at risk of being abused or raped the next time.

*If you see a child on the street you feel needs help, contact local organizations in the area, or report to local authorities or call local hotlines. For a list by country, please visit [www.thinkchildsafe.org](http://www.thinkchildsafe.org)*

## Tip 06

**THINK! WHEN FACED WITH A SITUATION OF POTENTIAL SEXUAL EXPLOITATION OF CHILDREN.**

**When you travel, you might be offered to have sex with children, or you might witness a situation where an adult is propositioning a child or any other situation where a child is at risk of sexual exploitation. This can happen in your hotel / guesthouse, in places of entertainment or directly on the streets.**

*If you witness such a situation, avoid getting involved and report it immediately to local authorities, online to Interpol or call local hotlines. For a list by country, please visit [www.thinkchildsafe.org](http://www.thinkchildsafe.org)*

## Tip 07

**THINK! KEEP YOUR EYES WIDE OPEN.**

**When you travel, you might encounter various situations where children are at risk of harm. In addition to the risks already mentioned, other forms of abuse include physical or emotional abuse, sickness, drug use, accidents or being lost.**

*Reports can be made to International Police [www.interpol.org](http://www.interpol.org) or contact [ChildSafe: childsafe@friends-international.org](mailto:childsafe@friends-international.org)*

## Contribute to poverty alleviation

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](http://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

All projects are located and operated in Cambodia, Laos, Myanmar, Thailand, or Vietnam, and soon within Indonesia, Japan 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. Check the donation you've made on [www.exofoundation.org](http://www.exofoundation.org) and on our facebook page.





## CONSUMER BEHAVIOUR

### Support the local economy

- Support the local economy: buy locally made food and handicrafts directly from local crafts people and markets. Items in shopping areas where tourists are taken are often overpriced as the guides may get a commission on purchases.
- Opt for Fair Trade goods where available. At the end of this booklet you'll find a list of fair trade and organic shops that support livelihood projects for the most disadvantaged people.
- Avoid purchasing products that exploit or destroy wildlife.
- 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 tuktuks 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 Southeast 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.

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### 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. What you may see as entertainment is not the full picture. No one is willing to work as a prostitute; those who do are trapped by human traffickers 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 may become a human-health time bomb if it is not tackled.

We have prepared a list of key, 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 everything we can to help reduce the damage that's done to our planet.

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### 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

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### 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'**. Try buying in local markets instead, where packaging is reduced, the food is fresh and your purchase directly benefits the local producers.

**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 figure 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.

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### 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 follow suit 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.

## Drinking Water

Bottled water is easy to find, but unfortunately recycling facilities are not. You can reduce the number of plastic bottles you use by:

- simply refilling, you'll find water fountains in many places or in your hotel.
  - bringing your own water filter, water purification tablets or iodine to purify the water you use.
- 

## Save energy and water

- Choose solar flashlights and rechargeable batteries. **Take used batteries back** to your home country; they contain highly toxic components and processing of spent batteries does not exist here.
- Please ask your drivers to turn off the engine when their vehicle is stationary if they keep it running. 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**. Many hotels suggest you choose not to have your towels and bed linen changed daily; if you choose to do so but it is not enforced, report 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 strengthen your body and invigorate your circulation and lymphatic system.

**Water is precious, help save it.**



## 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
  - Never collect any animals or plants
  - Never feed wild animals
  - Never veer off recommended trekking routes
- 

### Protect the wildlife and the flora

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.





### Elephant Camps

The success of elephant camps has led to a practice of poaching of wild elephants, where the mother is killed so as to capture her baby. Despite appearances, elephants are fragile animals; when they carry tourists for many hours a day, they may suffer or even die from exhaustion. In any case they are better off in the wild than in a camp for tourists. If you see an elephant being beaten or mistreated (forbidden from stopping to eat grass), refuse the elephant ride. Avoid encouraging mahouts to bring elephants into cities by not paying for food or having your picture taken with them.

### Think before buying

Unless you're sure it comes from a well-managed source, avoid buying any product that includes wild animal parts (snake skin, tortoise shell, elephant horns, shark fin soups, red tuna etc.); taken from the sea (aquarium fish, shells, corals etc.) or, any furniture made of timber taken from the rainforest. 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 on our plates; before travelling check online the IUCN 'A guide to sustainable use of Biological resources'. 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 can hinder their growth - and note that coral cuts easily get infected. **Do not take any coral or shells**, dead or alive as it encourages locals to extract them on a wide scale for souvenirs. 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.

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. Wear warmer clothes instead of lighting a wood fire and 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, try to limit soap usage and bring **organic soap** and shampoo with you. Check our local shop listings for organic products.

**Detergent powder** is even more detrimental than soap. You will see locals doing their washing on riverbanks, but they have no option; visitors do, 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. This affects vegetation when people reach for branches to hold onto and break them off. Also be aware that some tropical plants are stinging or poisonous.

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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 practice may introduce exotic seeds that are not the natural diet of native animals. Carry it back with you.

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### 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. Bury everything at least 30m away from waterways, carry it away with you (especially sanitary napkins and baby diapers) in a plastic bag for appropriate disposal later, 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.





## SELECTION OF SHOPS

### CAMBODIA

#### SHOPS WITH A LARGE CHOICE OF CRAFTS

**Friends 'n' Stuff - Tootit Tootit**

- In Phnom Penh
- 215, Street 13,
- Stall 434, Russian Market

**In Siem Reap**

- Art Center Market Stall 21-22E, (Wat Damnak Village), Siem Reap
- 8 AB, Phum Slokram, inside Marum restaurant

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

**Daughters of Cambodia**  
*Crafts, coffee shop & spa*

65, Street 178,  
Phnom Penh

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

**National Centre for Disabled Persons**

3 Norodom Blvd,  
Phnom Penh

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

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

**Saray**  
*Water hyacinth handicrafts*

Furniture, bags, carpets  
Street 27, Siem Reap

[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**

1st of May Road, Kampot

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

**SMatéria**  
*Bags, accessories from recycled materials*

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

**In Phnom Penh**

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

**In 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
- Phnom Penh and Siem  
Reap airports

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

## SILK & TEXTILES

**Mekong Blue Silk products**  
Street 2, Sre Po Village,  
Stung Treng

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

**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)

**Institute for Khmer  
Traditional Textiles**

472, Viheachen Village,  
Svaydongkum Commune,  
Siem Reap (Road to the  
lake, near the crocodile  
farm)

[www.iktt.esprit-libre.org](http://www.iktt.esprit-libre.org)

**Golden Silk**

*Exquisite silk products,  
mulberry farm, weaving  
ateliers*

Prey Themey village, 10  
km from Banteay Srey  
temple, Siem Reap

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

## 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, Shangrila,  
[www.ymhfsangrila.com](http://www.ymhfsangrila.com)

## LAOS

**Organic market**

Vientiane That Luang  
Esplanade

[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 organic  
products*

Vat Impeng Street,  
Vientiane

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

**Makphet Restaurant &  
Friend's shop**

Behind Wat Ongteu,  
parallel to Sethathirat  
Road, Vientiane

*Monday to Saturday: 11 am  
to 2 pm and 6 pm to 9 pm*

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

**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.taeclaos.org](http://www.taeclaos.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**

*9 to 5 pm  
(closed on Sundays)*

Tel: (+951) 97 30 16 552  
[fbxshowroom.mm@gmail.com](mailto:fbxshowroom.mm@gmail.com)

**Loft shop at Monsoon  
Restaurant**

*Workshop and living arts*

85-87, Theinbyu Road,  
Botataung, Yangon

Tel: (+951) 29 52 24 & 70 50 63  
[naya@frangipani-asia.com](mailto:naya@frangipani-asia.com)

## THAILAND

**ThaiCraft Fair Trade**

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

[www.thaicraft.org](http://www.thaicraft.org)  
[www.thaicraftfairtrade.com](http://www.thaicraftfairtrade.com)

**The Family Tree**

*A unique selection of  
Thai handicrafts*

7 Naresdamri Road,  
Hua Hin

[www.familytree-huahin.com](http://www.familytree-huahin.com)

**Thai Wisdom Centre  
Kanchanaburi**

*Organic products for  
house, body and kitchen*

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

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



### Thai Tribal Crafts Fair Trade

208 Bamrungrat Rd.,  
Chiang Mai

[www.ttcrafts.co.th](http://www.ttcrafts.co.th)

### Weave

656, Intarakeeree Road  
Mae Sod, Tak,

7 Soi 5 Sirimangkalajarn  
Road T.Suthep,  
Chiang Mai, 50200

[www.weave-women.org](http://www.weave-women.org)

### Hilltribe Museum and Education Centre

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

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

### Friends 'n' Stuff

#### *Creative crafts*

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

*Monday to Friday:*  
*9 am to 6 pm*

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

## VIETNAM

### Mekong Quilts and Mekong Creations

*Textiles Accessories,  
home decor*

#### In Hanoi

Tel: +84(0)43 824 4607

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

*Every day: 9 am to 9 pm*

#### In Ho Chi Minh

Tel: +84(0)8 627177589

- 1st Floor 68 Lê Loi, D.1
- S17-1 Sky Garden  
Nguyen Van Linh, D.7

*Every day: 9 am to 7 pm*

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

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

#### Craft Link

*Wide range of crafts*

51, Van Mieu, National  
Museum of Ethnology,  
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
- Workshop 69 Ba Trieu  
Street, Hue

#### Reaching Out (Hòa Nhập)

*Wide range of crafts*

- 103, Nguyen Thai Hoc St,  
Hoi An (next to the Tan  
Ky House)
- Workshop entrance on  
Bach Dang St.

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

#### Lifestart Foundation

*Diverse crafts*

77 Phan Chau Trinh Street,  
Hoi An

#### Metiseko

*Fashion and home decor*

3 Chau Thuong Van,  
Minh An, Hoi An

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



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