KANDOLHU
MALDIVES

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RESPONSIBLE GUEST GUIDE

Simple actions you can take to support the people and places you visit

We all travel for different reasons, and one of the best things about travel is having new and unique experiences. Because people, culture, history, wildlife, and scenery play such important roles in our travel experiences, protecting and supporting these things should be at the heart of every tourism and travel organisation—and every traveller.

The greatest positive impact happens when many individuals take simple actions. No matter how hard an accommodation provider works to improve, success is only possible if guests are also willing to take a few practical steps. This guide shares easy ways you can help reduce the impact of your trip and support the destination.

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RESEARCHING YOUR TRIP

Booking Travel

If you have a choice, opt for companies that take action to improve their environmental and social impacts. Look for credible information, transparent reporting, and independent sustainability certification where available.

Ground Transport

You can help ease congestion, pollution and emissions by choosing low-emission transfer options where possible, using shared transport, and exploring on foot or by bike when it is safe and practical to do so.

Caring for Others

Spend some time learning how to identify signs that someone is being trafficked, abused or exploited, and how to report concerns safely. Reputable guidance is often provided by law enforcement or NGOs. If you are unsure, please speak with our team.

Culture

Travel is more enjoyable when you know how to respect local customs and culture. Simple things like how to dress appropriately, how to tip, and how to say thank you are useful to learn before you arrive.

PACKING

Pack Light
Whether you are travelling by plane, train, ship or car, a lighter load means less fuel is required, leading to lower emissions.

Pack to Bring It Back
Unwanted items left behind add to pollution—especially in destinations that lack strong waste and recycling solutions. Please take home what you bring whenever possible.

Personal Care Products
Avoid shampoos, lotions and gels that contain microbeads. These can cause serious long-term harm to biodiversity.

Sunscreens
Certain ingredients in some sun protection products can be very damaging to marine

life and reefs, even in tiny amounts (including when rinsed off in the shower). Please consider a marine-safe alternative if a sunscreen contains any of the following ingredients:

- Oxybenzone
- Benzophenone-1
- Benzophenone-8
- OD-PABA
- 4-Methylbenzylidene Camphor
- 3-Benzylidene Camphor
- nano-Titanium Dioxide
- nano-Zinc Oxide
- Octinoxate
- Octocrylene

Single-Use Plastics

If you bring single-use plastics with you, they must be disposed of, and many destinations lack facilities to do this safely. Please travel with reusable alternatives or choose items made from recycled paper products instead of plastic.

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AT YOUR ACCOMMODATION

Temperature
Keeping your room comfortable is important, but heating and cooling are major contributors to greenhouse gas emissions. Please avoid adjusting the thermostat more than necessary and switch off cooling/heating when doors or windows are open.

Water
There are emissions associated with sourcing and disposing of water, and in some destinations, water is a precious resource. You can help by taking shorter showers, turning off the tap while brushing your teeth, and using low-flush toilets.

Eating & Drinking
Around a third of all food produced is never eaten, and food production accounts for a large share of global greenhouse gas emissions. Please only order what you will eat, choose local items where possible, and consider more meat-free meals during your stay.

Find Out About Recycling
Recycling rules vary by location and can be confusing when you travel. Please ask our team what can be recycled and how.

SUPPORTING THE LOCAL COMMUNITY

Support Local Businesses
Try to dine and shop at locally owned and operated businesses. When buying gifts or mementos, look for items handcrafted by local artists or produced by small businesses.

Explore the Culture and Area
Even on a short or relaxing trip, you will often get more out of your visit if you make time for local sites, culture and activities.

Respecting People
Observe local laws, customs and traditions. Do not take photos or videos of people without their permission—especially if you intend to post online. Only parents or legal guardians can give permission for children.

Safeguard Children
Avoid activities that could harm children, such as orphanage or school visits that disrupt education or can lead to exploitation. If you wish to help, donate to a reputable charity. If you suspect a child is being exploited or abused, immediately report it to law enforcement. If you are unsure how to do that safely, please speak with our team.

Protect Biodiversity
Dispose of waste properly and follow guidance designed to protect sensitive areas such as reefs, beaches, dunes, and natural habitats. Do not take anything away from these areas (such as shells or stones) and do not leave anything behind.

Support Local Improvement Initiatives
If you would like to give something back, consider supporting a local improvement initiative or charity. You can ask our team for suggestions—examples include fundraising for community health, improving public spaces, or protecting important natural areas.

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QUICK CHECKLIST

1. Choose responsible travel providers where possible.
2. Pack light and avoid leaving unwanted items behind.
3. Avoid microbeads; choose reef-safe sunscreen options.
4. Reduce single-use plastics by bringing reusables.
5. Use water and air-conditioning thoughtfully.
6. Order only what you will eat; try more local and meat-free options.
7. Ask about recycling and follow local guidance.
8. Respect people's privacy and request permission before taking photos.
9. Help protect reefs and wildlife—take only memories, leave only footprints.
10. Support local businesses and community initiatives.

Thank you for travelling responsibly
and for supporting the Maldives.

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