**Clothing**

**DO** research in advance about the clothing expected in the local culture, such as covered knees, shoulders, or head.

**DON'T** wear clothing that indicates you are a medical professional if you are not one.

**Respect**

**DO** be humble!

**DO** practice language skills with kids and answer questions they may have about you.

**DO** play games such as soccer with kids after getting permission from any adults present.

**DO** be respectful of the history or religious significance of a site.

**DO** be willing to step outside your comfort zone to try something new.

**DO** engage with residents to ask respectful questions.

**DO** reflect on your experiences to become more conscious of your own biases.

**DON'T** speak too loudly or draw a lot of attention.

**DON'T** insist on doing things the way that you are used to doing them.

**Environment**

**DO** visit animal sanctuaries where animals are free to roam in their enclosures and cannot be touched by tourists.

**DON'T** buy souvenirs made from exotic animals.

**DON'T** take photos with captive wild animals; it encourages people to capture them for money.

**DON'T** bait wild animals or get too close to them.

**DO** carry a reusable water bottle and avoid single use plastics.

**DO** look for hotels and tour companies certified with an eco label.

**DON'T** take items from the environment such as stones or plants.

**DON'T** litter or create graffiti.

**Photos**

**DO** get permission before taking someone’s photo or from a guardian if it is a child.

**DON'T** take photos in places where privacy needs to be respected such as a hospital or during a church service.

**DON'T** take or post photos that stereotype or misrepresent a people.

**DO** get permission before taking someone’s photo or from a guardian if it is a child.

**DO** take photos that portray people fairly and with dignity.

**DON'T** take selfies or goofy photos in sacred places.

**DON'T** take items from the environment such as stones or plants.

**DON'T** stray from marked trails.

**Volunteering**

**DO** pitch in with low-skill, low-sensitivity projects such as beach clean ups.

**DON'T** participate in medical volunteering unless you are an accredited professional who is invited by the community.

**DON'T** do anything you wouldn’t be allowed to do in the US.

**DON'T** perform a task if you don’t possess the skills.

**DO** work with local volunteer leaders on a community-led initiative.

**DON'T** try to stay in locally-owned accommodations.

**DON'T** stay in accommodations that you are not allowed to stay in.

**DON'T** pitch in with low-skill, low-sensitivity projects such as beach clean ups.

**DO** thoroughly research the organization or placement company.

**DON'T** choose a volunteer organization that you are not allowed to stay in.

**DON'T** pitch in with low-skill, low-sensitivity projects such as beach clean ups.

**DON'T** perform a task if you don’t possess the skills.

**DON'T** insist on doing things the way that you are used to doing them.

**Economy**

**DO** get off the beaten tourist path.

**DON'T** buy mass market plastic souvenirs.

**DON'T** stick to the touristy stores and restaurants.

**DO** eat local foods.

**DON'T** just stay on the grounds of a resort or on a cruise ship; get out to explore and support the local economy.

**DON'T** speak too loudly or draw a lot of attention.

**DON'T** insist on doing things the way that you are used to doing them.

**Volunteering**

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**Animals**

**DO** visit animal sanctuaries where animals are free to roam in their enclosures and cannot be touched by tourists.

**DON'T** buy souvenirs made from exotic animals.

**DON'T** take photos with captive wild animals; it encourages people to capture them for money.

**DON'T** ride elephants or swim with dolphins; these activities harm the animals and their species.

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**DON'T** visit or volunteer at orphanages; this encourages the exploitation and trafficking of children.

**DON'T** pick up a child without permission from their guardian.

**DON'T** interrupt a classroom during their school day.

**DON'T** speak too loudly or draw a lot of attention.

**DON'T** insist on doing things the way that you are used to doing them.

**Clothing**

**DO** research in advance about the clothing expected in the local culture, such as covered knees, shoulders, or head.

**DON'T** wear clothing that is ripped, stained, or dirty.

**DON'T** wear clothing that indicates you are a medical professional if you are not one.

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**DON'T** insist on doing things the way that you are used to doing them.

**Kids**

**DO** practice language skills with kids and answer questions they may have about you.

**DO** play games such as soccer with kids after getting permission from any adults present.

**DO** be willing to step outside your comfort zone to try something new.

**DO** engage with residents to ask respectful questions.

**DO** reflect on your experiences to become more conscious of your own biases.

**DON'T** speak too loudly or draw a lot of attention.

**DON'T** insist on doing things the way that you are used to doing them.

**DON'T** give children presents including money, stickers, or candy; this encourages them to skip school to beg.

**Donations**

**DON'T** bring items to donate from the US unless the item is hard to find in that country and was specifically requested.

**DO** make donations online when possible rather than with cash to discourage theft.

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**DON'T** take photos in places where privacy needs to be respected such as a hospital or during a church service.

**DON'T** take or post photos that stereotype or misrepresent a people.

**Environment**

**DO** offset your carbon footprint and pack light.

**DON'T** litter or create graffiti.

**DON'T** take items from the environment such as stones or plants.

**DON'T** stray from marked trails.

**DO** visit natural areas to support their conservation.

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