



- Study Up - You should learn about the local culture and the traditions which are followed at the place where we are planning to visit. This single step will provide you with insight and can even help you in avoiding unwanted offense or embarrassment. If you are open and willing to learn then it can broaden your perspective,
- For International travel - Try to learn some of the commonly used words and phrases in the local language so that you can communicate easily with the localities, thereby availing a better experience,
- Support the businesses, restaurants and hotels that are local to the region. Eat traditional food, consume local brands, use the public transport or just walk along the roads,
- Safety – Never travel alone and always, think carefully,
- Shopping - Do all your shopping from local artisans, and try to buy local products. Prefer local items over imported ones in order to keep the traditions alive. You can bargain if it is common in the place where you are visiting, but just keep in mind that an amount that may be small for you might be important for the seller,
- It is Easy being Green - Follow the local environmental guidelines so that you can play your part in preserving resources. Don't abuse luxuries and manage any accommodations as if it was your own home. Water is considered precious in most parts of the world so try not to waste it,
- Preservation - If you are in a national park or reserve as with most of the diving and hiking adventures then make sure to stay on the predefined areas so that "ALL" natural habitats can be preserved and the animals can remain undisturbed. Also try to make yourself "a fly on the wall" if you truly want to admire the sights and the natural peace and calmness that is part of the natural core,

- Dress for Respect – Always consider your attire and whether it is appropriate for where you are going. If you visit religious places, dress modestly and if a diver, make sure your swim wear is acceptable at that place,
- Gratuities – There are different attitudes regarding bartering, tipping and begging in other parts of the world so make yourself aware of those in order to not offend anyone,
- Photography - Ask permission from anyone that you plan to photograph before you photograph them or make a video,
- Be Respectful – Your adventure is not just a privilege – it is a responsibility. Respect and care for the surroundings as much as you can. Avoid picking flowers, littering the place or cluttering it unnecessarily. Try to recycle anything that can be re-used so that the environment remains clean, unpolluted and healthy
- Make sure to only leave your footprints or your bubbles behind

#### As a Diver:

You are part of a growing force that can and does make a difference in the effort to preserve the underwater world. Training courses encompass environmental awareness and protection philosophies that emphasize the importance of protecting fragile aquatic ecosystems.

As members of PADI and Supporters of [Project AWARE®](#) - we are committed to preserving the aquatic environment for future generations. Diving won't survive without beautiful places to visit, and you are encouraged to be part of the solution not part of the problem. Make every dive count for a clean, healthy ocean planet.

#### Always remember:

- A good Diver is always learning
- Mastering your buoyancy is essential
- Be a Role Model to others that may be observing
- Leave Only Bubbles
- Protect Underwater Life
- Become a Debris Activist
- Make Responsible Seafood Choices
- Take Action - Get involved
- Be an Eco-tourist
- Shrink Your Carbon Footprint wherever you go
- Give Back - support those groups that are protecting the oceans