



Indonesia Country Guide

elevate destinations

Welcome to Indonesia!

In this document you will find information that will be useful during your journey to Indonesia. The information listed in this guide includes cultural guidelines, communication tips, health and safety recommendations, and so much more. Please note that all information specific to your trip, such as inclusions and exclusions, staff contact numbers, flight information, etc. is listed in your Online Trip Portal. For any questions unanswered by either the country guide or the online portal, please don't hesitate to reach out to an Elevate staff member.

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Know Before You Go

Passport

Travelers to Indonesia should ensure that the validity of their passports extends at least 6 months beyond the end of their intended stay, and should have at least 2 blank (unstamped) visa pages in their passport to enter the country. The last 2 amendment pages are unacceptable for visas and immigration stamps. Note that you will need to renew your passport if you are out of visa pages, as the State Department no longer provides additional pages. If you need to renew your passport, please do so as soon as possible.

Visa

US nationals need a valid visa to enter Indonesia. If you are entering Indonesia in Jakarta or Denpasar (Bali), you can either apply for your visa ahead of time or obtain it upon arrival. If you are entering Indonesia through other ports, including Yogyakarta, you may only obtain your visa upon arrival. In 2024, the visa costs 500,000 Indonesian Rupiah (IDR), about \$35 US

You should apply for a B1 Tourist Visa. If you are able to, we highly recommend applying ahead of time online to avoid queuing at the airport upon your arrival, but no more than 90 days before departure. Please note that your visa can take up to 5 days to process and, once issued, is valid for use for up to 90 days.

To apply for an electronic Visa on Arrival (e-VOA) in advance, [click here](#).

To apply, you will need:

- A clear photo of your passport photo page in landscape orientation
- A color headshot photo no larger than 2MB and in a file format of one of the following: .JPEG/ .JPG/ .PNG
- Return or onward flight ticket

Application Instructions:

1. Click “Apply”
 - a. Select the country of your passport
 - b. Select “General, Family or Social” for the main purpose of your visit to Indonesia
 - c. Select “Tourism, Family Visit, and Transit” for the sub purpose of your visit to Indonesia
 - d. Select “B1 - Tourism (Visa on Arrival)” for your visa selection
 - e. Click “apply”
2. Upload your passport and headshot photo.
3. Enter your credit card and demographic information. For the “Address in Indonesia,” please use the following information:

- a. Residence Type: Hotel
 - b. Address: Use the address of your first hotel, listed on your online trip portal
4. Submit

If you would like to acquire your visa for Indonesia with a visa-processing center, Elevate Destinations recommends [A1 Passport & Visa Services](#) in Washington, DC. For questions regarding the visa application, you can reach A1 Passport directly at (202) 639-1500.

Mandatory Electronic Customs Declaration

Travelers must complete an Electronic Customs Declaration, available three days prior to departure for Indonesia, and present the completed form with the QR code to the Customs Officer.

To complete, please follow [this link](#) and save your completed form and QR code. We recommend printing both to have with you on your travels..

Mandatory Tourism Tax - Bali

Foreign nationals visiting the province of Bali must pay an international tourist tax of IDR 150,000.00 (\$10 US).

The payment can be made online before you arrive in Bali, up to two months in advance. You will receive proof of payment with a QR Code sent via email.

To pay, please follow [this link](#) and save your proof of payment and QR code. We recommend printing both to travel with.

Medical and Travel Insurance

Elevate Destinations will purchase emergency evacuation coverage for you. This policy covers emergency evacuations due to medical, political, or natural disasters for your trip dates. This policy also provides \$5,000 of emergency medical coverage. More details about this coverage can be found in your online trip portal.

This coverage does not include trip cancellation or interruption benefits and also does not cover pre- or post-trip days of travel booked outside of Elevate Destinations. We strongly suggest you purchase additional coverage to cover your non-refundable expenses in the event you need to cancel your trip or have additional expenses incurred on the trip.

Elevate strongly recommends purchasing additional travel and medical insurance and Cancel for Any Reason Coverage (CFAR) to cover trip related expenses. Please note that some CFAR insurance options are time-sensitive. Please be ready to purchase an insurance policy within 14 days of making your first trip payment.

Below are two insurance brokers that Elevate Destinations recommends.

- [USI Travel Insurance Services](#)
Email: info@travelinsure.com
Phone Number: (800) 937-1387
- Travel Insurance Center (Dan Drennen)
Email: dan@travelinsurancecenter.com
Phone Number: (402) 343-3621

Guests may acquire medical insurance through USI, The Travel Insurance Center, or any other insurance company of their choosing. Elevate Destinations is not equipped to answer specific questions on insurance. Please contact the insurance broker or company for specific information.

Smart Traveler Tip!

Have electronic and paper copies of your passport in case something happens to it while you are traveling.

- Scan a copy of your passport and email it to yourself.
- Take a photo of your passport and save it to your phone in an “Important Documents” photo album. Leave a scanned copy of your passport with friends and family at home.

Immunizations

Prior to travel, Elevate Destinations strongly recommends that you look into recommended immunizations for your time in Indonesia. Given that we are not a licensed Health Care provider, we cannot advise travelers on which immunizations they may or may not need. We recommend that all travelers do the following:

- a) Consult with a travel clinic or your personal physician regarding immunizations and other precautions you may need to take in order to participate in this journey. You will need to do this well in advance of your trip as some vaccinations require time to take effect, and you may need to allow time between a series of shots.
- b) Visit the [CDC website for Indonesia](#) to view recommended vaccines and medicines, travel health notices for the region and other tips for staying healthy and safe.
- c) Check that your medical insurance will cover you in Indonesia or purchase a supplementary medical insurance policy that will.

Other Health Considerations

In general, we recommend a moderate level of physical agility. For the most satisfying experience, and in fairness to your fellow travelers, please note that this trip requires participants to:

- Walk at least one mile without difficulty on uneven surfaces
- Spend extended periods of time on their feet
- Climb sets of stairs without assistance
- Keep pace with an active group of travelers
- Spend time outside in hot, humid weather
- Ride comfortably in a vehicle on bumpy roads for extended periods of time
- Flexible and positive attitude in the case of sudden changes to the itinerary or weather—expect the unexpected!

Indonesia has typical tropical weather (see weather conditions section), and can reach temperatures of 90-100°F at any time during the year. Please consider taking some preventative measures against heat and sun exposure such as wearing long, breathable protective clothing and hats and actively hydrating throughout your time in Indonesia.

Medications

Always travel with medications in their original, clearly labeled containers and in your carry-on luggage. If carrying syringes or needles, be sure to have a physician's letter documenting their medical necessity and keep these handy when entering or exiting any of Indonesia's borders.

Elevate Destinations also recommends that all travelers make and print a list of medications and any existing health conditions to bring on your trip. You may choose to carry this on your person or give it to your guide. Having this list could be life saving in the unlikely case of an emergency.

Safety Recommendations

Your guide will give you current briefings on safety while in-country, but here are some basic ground rules for safety while traveling:

- If you have time sensitive medication including epi-pens and inhalers, keep them on you at all times.
- Keep all valuables in the hotel safe.
- Avoid flashing money. Be mindful of your belongings at all times. Keep bags in front of you in crowds and on your lap when at restaurants. If using an ATM, be vigilant.
- Pay attention and avoid walking around with your smartphone in hand.
- Be vigilant when crossing roads.
- Stick with the group.
- Always make sure that others know of your whereabouts and movements.

- Avoid street protests or large gatherings.
- Do not wear expensive or sentimentally valuable jewelry while traveling.
- Let your guide know if you have any safety concerns.
- We encourage you to [register with STEP](#) (see below).

Smart Traveler Tip!

We recommend that all travelers from the USA sign-up for the State Department's Smart Traveler Enrollment Program (STEP)! This is a free service provided by the U.S. Government to U.S. citizens who are traveling to, or living in, a foreign country. STEP allows you to enter information about your upcoming trip abroad so that the Department of State can better assist you in case of an emergency. Enrolling in this program has enormous benefits in case of an emergency while abroad:

- You will receive information from the Embassy about safety conditions in your destination
- Enrolling lets the U.S. Embassy in that country know that you are there and helps them contact you in an emergency, whether natural disaster, civil unrest, or family-related.

Communications

Wi-Fi: In most hotels in Indonesia, Wi-Fi will be available. Speed, bandwidth, and availability will likely be less reliable than you are used to. Often, connection is stronger in the lobby of hotels than in the rooms.

International Calls: If you are in Indonesia and trying to reach a number in the US, dial 00 before dialing the country code and local number.

The country code for Indonesia is +62. If you are in the US and trying to call Indonesia, dial 011 + 62 + local number.

Staying connected: Here are the most common methods for making local/international calls:

1. **Smartphone apps:** WhatsApp is the most widely used app for communicating (works on both Wi-Fi and cellular). Remember to download the app *before* you travel!
2. **Getting an international calling package:** Setting up international coverage from your cell phone provider for the duration of your trip is often the simplest option and the best to avoid roaming charges, or check if your phone plan automatically covers you in the region.

3. **Use a local phone / SIM card:** This is a good option for making calls within Indonesia as international calls can get expensive. Local SIM cards are inexpensive, can be found at a variety of stores, and often have pay-as-you-go plans where you can “top up” your credit for use in the country. Please be aware of any requirements your phone has in order to accept the local SIM cards (i.e. size of SIM card, locked or unlocked, etc). This will change your phone number for the duration of time you have a foreign SIM card in your phone.

Essential Travel Documents

In case of emergency, it is advisable to record all of your important information on one sheet of paper, photocopy it, and distribute a few copies in your luggage and among relatives or friends at home. Also email a scanned copy to yourself. Take a photo of these documents and save them in an “important travel document” photo folder on your phone so that you can access these documents electronically.

These are the documents you should have printed and with you during your travel:

- Passport - original and photocopy
- International flight itinerary or e-tickets
- Address and phone numbers of the hotels where you are staying
- Medical/travel insurance policy details and 24-hour emergency number
- Evacuation insurance ID card (provided to you by Elevate Destinations)
- Emergency contact list (provided to you by Elevate Destinations)
- Contact information of relatives/friends and your primary care physician to be contacted in an emergency
- List of current medical needs and medications in case of an emergency

Money

The local currency in Indonesia is the Indonesian Rupiah (IDR). Click [here](#) to see the current exchange rate. Please note the following denominations below:

- **Bank Notes:** Rp1000, Rp2000, Rp5000, Rp10000, Rp20000, Rp50000, Rp100000
- **Coins:** Rp100, Rp200, Rp500

The small amount of local currency you may need during your stay in Indonesia can be obtained at authorized facilities (such as ATMS, hotels, banks and foreign exchange bureaus). In general, we suggest that you limit the amount of money you convert into local currencies and exchange only what you think you will spend before leaving any foreign country. Save all receipts from your currency exchange transactions. If you plan to exchange USD cash, the bills must be:

- New (printed in the last 5 years)
- In pristine condition (no rips, tears, smudges, markings, creases, etc)
- Larger denominations (\$50 and \$100 bills attract the best exchange rate)

For your extra personal costs and shopping, \$30-\$50 USD per day is a good rule of thumb.

ATM/Debit Cards: You can use your debit card to withdraw money from ATMs.

Note: We recommend traveling with 1-3 crisp \$100 bills in your carry-on luggage to exchange in the case that ATMs are not working for you.

Change: Ask for smaller bills when you change money, or use your large bills at large shops to receive more change. In many cases, people (local vendors especially) don't have change.

Credit Cards: Credit cards (Visa or MasterCard preferred) are acceptable in larger establishments, while at some smaller, local restaurants, shops or markets, merchants may only accept cash. Most merchants will charge an additional 2-5% of the bill for a credit card transaction. Please note American Express and Discover cards are not commonly accepted.

Gratuities: Please check your online trip portal to find which gratuities are and are not covered in your trip cost. We recommend tipping your porters at the hotels and leaving behind cash in your room for the cleaning staff. For porters, \$1 USD per bag is appropriate. For cleaning staff, we recommend leaving behind \$3-5 per day.

Smart Traveler Tip!

Be sure you remember your ATM PIN numbers to withdraw cash at your destination.

Most banks and credit card companies do not flag international use as unusual, but if you use a more local bank it would be wise to notify them of your travel plans.

In-country Info

Time

Indonesia is spread over three time zones:

1. **Western Indonesia Standard Time** (WIB / GMT+7), which covers the islands of Sumatra, Java, Madura, and West and Central Kalimantan. Western Indonesia Time is 12 hours ahead of Eastern Time (ET) during Standard Time and 11 hours ahead during Daylight Saving Time.
2. **Central Indonesia Standard Time** (WITA / GMT+8) covers East and South Kalimantan, Sulawesi, Bali, and Nusa Tenggara. Central Indonesia Time is 13 hours ahead of Eastern Time (ET) during Standard Time and 12 hours ahead during Daylight Saving Time.

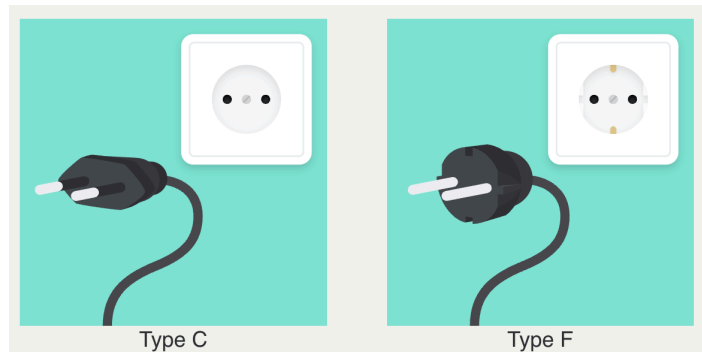
3. **Eastern Indonesia Standard Time** (WIT / GMT+9), which covers Maluku and Irian Jaya. Eastern Indonesia Time is 14 hours ahead of Eastern Time (ET) during Standard Time and 13 hours ahead during Daylight Saving Time.

In 2024, Daylight Saving Time in the United States starts on March 10 and ends November 3.

Electricity

Indonesia uses a standard of 220V, 50Hz, and plug types C and F. To keep your electronics up and running, we suggest purchasing a universal plug or adapter.

Because the voltage in Indonesia is 220V and the US is 100-120V, you may need a voltage converter for any small appliances you plan on bringing, such as a CPAP machine. This would not include phone chargers, as they usually have an internal converter.



Smart Traveler Tip!

Download a conversion app, such as [Units Plus](#), for things like currency, temperature, time, and distance while traveling.

Water & Food Safety

Tap water is *not* safe to drink in Indonesia. Do not drink tap water or use it to brush your teeth; only use purified water. Only use ice at your hotels and/or restaurants where you know it was made from purified water.

Elevate Destinations encourages travelers to pack a reusable water bottle to fill up with clean drinking water. Clean drinking water and soft drinks will be supplied at all meals and water will be available in the van.

Similarly, we recommend travelers eat foods that have been cooked well. Fresh vegetables and fruits bear the risk of having been washed in contaminated water. Fruits you can peel are usually safe (i.e. bananas). Indonesia has wonderfully fresh foods and the markets are a great place to try many of the delicious dishes that the country has to offer. Just follow your guide's lead about where and what is safe to eat. Use caution, and when in doubt, ask your guide or skip it.

Bathrooms

We recommend carrying toilet paper or tissues with you as some bathrooms, especially in more remote areas or restaurants, may not have any. Please also remember that in Indonesia you should throw the toilet paper and any feminine hygiene products into the bin provided and not into the toilet itself, as this can cause problems with the delicate sewage system.

While most toilets in Indonesia's major tourist areas—including Jakarta and Bali—are seated, squat toilets are common in public spaces and rural areas. You can always ask your guide what toilets will be available for the day and let them know if you are unable to or uncomfortable using squat toilets.

Waste Disposal

Keep in mind that much of the world's waste disposal systems are not as advanced as you might be used to. Oftentimes, landfills are adjacent to conservation land or trash is burned. Recycling is often unavailable. To minimize your impact, please consider the following guidelines:

- Leave no trace. Everything that you bring with you should go home with you.
- If you plan on shopping, make sure that you have extra room in your luggage or an extra bag to check on your way home (don't dump items to make room).
- Avoid packing with plastic bags and instead purchase reusable packing cubes, cloth bags, and reusable toiletry bags.
- Bring a reusable water bottle that you can refill.
- Remove packaging or tags of any newly purchased items before you go

Local Cuisine

Rice is the staple food in most parts of Indonesia, though this varies in some of the islands in Eastern Indonesia where the staple ranges from corn to sago, cassava, or sweet potatoes. Indonesian cuisine is less spicy than other Southeast Asian cuisines, but spice levels vary across the country. As Indonesia is an archipelago, fish and seafood are staples and various types of fish feature prominently in the diet.

Coconut is also widely available and apart from being used as cooking oil, the nut's milk and pulp is used as an ingredient in many dishes. Indonesian sweets are famously delicious and often dairy-free thanks to the use of coconut milk and the indigenous plant, pandan, which is used as a sweetener along with palm sugar.

Here are some common Indonesian dishes that you may try during your trip:

- **Dadar gulung:** Translated as "rolled omelet," *dadar gulung* is more accurately described as an Indonesian coconut pancake. The pancake usually has a green color from pandan leaves, with a filling made from grated coconut, palm sugar, salt, and cinnamon.

- **Gado gado:** A naturally vegetarian dish of salad (typically cooked green beans mixed with raw cucumber, bean sprouts, and fried tofu) topped with peanut sauce and a sliced boiled egg.
- **Klepon:** Sweet, glutinous rice balls stuffed with chunks of palm sugar and boiled, served freshly made with grated coconut.
- **Lapis:** Vibrantly colored layered cakes, also known as *spekkoek* in Dutch. Some versions are made with wheat flour, while others are made with rice flour and steamed.
- **Martabak manis:** A thick, folded pancake with the consistency of a crumpet. This dessert is baked in a pan and is most commonly stuffed with crushed peanuts, bananas, chocolate sprinkles, condensed milk, and cheese.
- **Mie goreng:** Fried noodles with assorted accompaniments.
- **Nasi campur:** Translated as “mixed rice,” served as a mound of rice with all sorts of additions on the side, which can range from corn fritters to vegetable salad, tofu, beef *rendang*, chicken curry, and grilled *sate*.
- **Nasi goreng:** Fried rice with assorted accompaniments, often served with chicken (*ayam*).
- **Pempek:** Traditional fish cake made with ground fish meat and tapioca.
- **Pisang goreng:** Fried banana, often served with powdered sugar, cinnamon, or ice cream.
- **Rendang:** Meat-based dry curry dish, often made with beef that is slow-cooked and marinated for several hours.
- **Sate:** Known outside of Indonesia as “satay,” *sate* is a commonly found kebab made from seasoned, skewered, and barbecued meat or tofu, typically served with a peanut sauce.

Weather Conditions

Indonesia is a tropical country with a fairly even climate all year round. The weather pattern is divided into two distinct seasons: “wet” from December through March and “dry” from June through September.

High	Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec
Jakarta	86°F	86°F	88°F	89°F	89°F	89°F	89°F	89°F	90°F	90°F	90°F	88°F
Surabaya	88°F	88°F	89°F	89°F	90°F	89°F	89°F	89°F	91°F	92°F	91°F	89°F
Medan	87°F	88°F	90°F	90°F	90°F	90°F	90°F	89°F	88°F	87°F	87°F	86°F

Low	Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec
Jakarta	76°F	75°F	76°F	76°F	76°F	75°F	74°F	74°F	75°F	76°F	76°F	76°F
Surabaya	77°F	77°F	77°F	78°F	78°F	76°F	75°F	75°F	76°F	78°F	78°F	78°F
Medan	75°F	75°F	75°F	76°F	76°F	76°F	75°F	75°F	75°F	75°F	75°F	75°F

The transitional period between these two seasons alternates between sunny days and days with occasional thunderstorms. Even in the midst of the wet season, temperatures range from 21°C

(70°F) to 33°C (90°F), except at higher altitudes where it can get much cooler. The heaviest rainfalls are usually recorded in December and January. Average humidity is generally between 70-90%.

Cultural Considerations

Experiencing different cultures and ways of life is one of the joys of traveling. Below are some major elements of daily life, culture, and customs in Indonesia that you may experience.

- **Demographics:** With a population of approximately 250 million spread across over 17,000 islands, Indonesia is the fourth most populated country in the world and is extremely diverse. Due to its long history of colonization, many Indonesians may see themselves first by their ethnic and cultural group, of which there are over 1,300, and secondly as Indonesian.
- **Beliefs:** Over 87% of Indonesians are Muslim and about 10% are Christian. The island of Bali is predominantly Hindu, and is a good example of how unique every Indonesian island can be. Indonesians are renowned for being courteous and welcoming and often give foreigners the benefit of the doubt when norms are transgressed. Many Indonesians are raised to follow *pancasila*, a politicized philosophy which stresses the doctrine of unity and universal justice for all Indonesians.
- **Pace of life:** The pace of Indonesian life is slower than most Westerners are accustomed to. This requires some adjustment, and a willingness to adapt to a different lifestyle. Especially for scheduled tours, it's common for transportation to leave later than expected, or even for entire plans to change. Use this as a chance to challenge yourself to go with the flow and let go of judgments.
- **Greetings:** When greeting someone, the customary greeting is to bring your hands to your chest in a prayer position. It is respectful to bend slightly (not a complete bow) when greeting someone older or someone in a position of authority. Polite forms of address for people you don't know are *Bapak* (father) for men and *Ibu* (mother) for women. If you know the name of the person you're talking to, you can address them respectfully as *Pak* followed by their name (for men) or *Bu* followed by their name (for women).
 - If you are invited to someone's home, it is customary to take a gift. This is not opened until after the visitor has left.
- **Social Norms:** It is considered rude or shameful (known as "losing face") to show any extreme emotion in public, especially anger. Avoid pointing, try not to use your left hand to give or take anything, and do not stand with your arms crossed or hands on your hips.

Public displays of affection beyond hand-holding are also frowned upon in most parts of the country, though areas like Bali have grown more accustomed to these behaviors.

- **Dress:** Dress conservatively. Never wear shorts, dresses, skirts, or tops with low necklines and bare shoulders in temples or mosques. Always take your shoes off at the entrance to an Indonesian home.
- **Scams:** It is good practice to look out for scams while traveling, especially around tourist areas and big cities. It's pretty easy to avoid if you know what to look out for. Be vigilant. Here are some tips to avoid theft and scams:
 - When riding in a pedicab or *becak*, keep all personal belongings very close to you, preferably attached to your body in some way.
 - When walking, always wear your backpack in front. Wear your purse slung across your body and place your hand over the zipper area in front as you walk.
 - If at the beach, always have a friend watch your belongings if you go for a swim.
 - Carry a photocopy of your passport with you at all times. If a police officer (or anyone, for that matter) asks to see it, say that your passport is at the consulate and offer to give them the photocopy instead. Police sometimes try to bribe tourists by taking their passport and demanding money to give it back.

Language

Indonesia is made up of a rich array of hundreds of distinct cultures, each with their own individual language or dialect. However, virtually all Indonesians are united by the common national language, *Bahasa* (meaning "language") Indonesian, which is written in Roman script. English is also widely spoken in the major tourist destinations. We recommend practicing the below phrases. People will appreciate you attempting to speak in their language!

English Phrase	Bahasa Indonesian
Hello (formal) / Hello, how are you?	<i>Selamat / Hai, apa kabar?</i>
Good morning	<i>Selamat pagi</i>
Goodnight	<i>Selamat malam</i>
Goodbye	<i>Selamat tinggal</i>
Excuse me	<i>Persmisi</i>

How much?	Berapa
Thank you	Terima kasih
Yes	Ya
No	Tidak
Where is the bathroom?	Dimanakah toilet?
Eat (said when food is served, as in “time to eat!” or “bon appétit!”)	Makan
Delicious! (very commonly said to express that you enjoy your food)	Enak!
What is this?	Ini apa?

Photography

Indonesia is a beautiful country, and you will want to take lots of pictures. When photographing people, always ask permission first. This is a sign of respect, as the subjects of your photos have the autonomy to consent. You can do this with gestures or ask your guide to translate.

Always be considerate of anyone's desire not to be photographed. There are some places where photography is prohibited; these areas are usually marked. If you are uncertain about whether or not photography is permitted, your guide will be there to advise you.

If you would like some tips on ethical photography practices, check out our blog post, [“Nine questions to help decolonize your photography.”](#)

Human Trafficking in Travel

Elevate Destinations has signed [The Code of Conduct for the Protection of Children from Sexual Exploitation in Travel and Tourism](#) (The Code) and expects all of its partners to refuse involvement, both direct and indirect, in the commercial sexual exploitation of children. A “child” is defined as a person younger than 18 years of age, according to the UN Convention on the Rights of the Child.

We encourage our travelers and suppliers to report the sexual exploitation of children. Information, even the smallest amount, can represent the missing piece of an ongoing investigation by law enforcement. If you are uncomfortable with leaving your name and contact information, you can report anonymously to law enforcement or NGOs. Report a concern [using this form](#); alternatively, you can email protect@ecpat.net to report sexual exploitation of children.

Read about Elevate's values & vision, our [sustainability commitment](#), our programs that give back and more on our website at www.elevatedestinations.com. Our team members are always excited to share more on this topic. We acknowledge that to maintain truly sustainable travel products takes ongoing commitment. We continue to monitor our programs on the ground in order to improve them, and welcome your thoughts, feedback and encouragement!

Responsible Travel Tips

Elevate Destinations takes pride in its leadership in the field of responsible travel. We take care in selecting our local partners that share our environmental and social values and are avid supporters of locals working in the tourism industry as they are both the most impacted and impactful players at the local level. All of your ground costs on this trip are carbon offset using [Native Energy's Carbon Calculator](#).

Here are a few tips that can help enrich your experience as a responsible traveler:

- **Keep an open mind:** Observe local customs and respect traditional cultures and people.
- **Language:** Learn a few basic greetings and “thank you” in the local language.
- **Local economy:** Support locally owned businesses, restaurants and other services. Shop from local artisans to promote traditional crafts and encourage contemporary arts.
- **Pay a fair price:** Bargaining is acceptable on this trip and a great way to engage with locals. Try to have fun and not be overly aggressive in bargaining for souvenirs.
- **Respect:** It is important to acknowledge the privacy and dignity of others and ask before photographing or filming people. Ask permission before entering sacred places, homes or private land, and take heed of local customs (i.e. remove shoes, hats, cover hair with shawl, etc). Please ask your guide if you are unsure; they are there to support your introduction to the culture!
- **Community and environment:** Contribute to organizations that support traditional cultures and protect the natural environment. Keep to designated trails and do not disturb plants and animals or their natural habitats.

- **Animal products:** Avoid purchasing crafts, clothing, furniture or other products that are derived from members of protected or endangered animal species.
- **Properly dispose of trash:** Avoid using plastic bags and try to minimize the use of other disposables. When traveling in areas away from cities, make sure to take out what you take in. Try using a reusable water bottle and treating your own drinking water when possible. Check out what our friends at [Travelers Against Plastic](#) are doing!
- **Don't feel pressured to give away money or material items:** You will likely encounter instances of poverty and people asking for donations. We try to discourage giving away money or items as it can actually accentuate an unequal relationship between visitors and locals. Additionally, children that receive money, gifts and sweets from you are encouraged to stick around for more rather than to be in school. As difficult as it can be to turn down direct requests, sometimes giving your friendship and respect to locals can be the best gift of all. If you want to help, consider giving to a trustworthy charity, non-profit, or local school.
- **Tip your housekeeping staff:** Many of the staff cleaning hotel rooms are on the bottom of the economic pyramid. Please consider leaving a tip before you check out. The equivalent of \$3-5 a day is appropriate. This is an easy way to ensure some of your money reaches the hands that need it the most.

Smart Traveler Tip!

In travel, especially in the developing world, things happen. Expect the unexpected! Keep an open mind, be flexible and enjoy the moment. Sometimes the best memories come out of the unplanned.