



MAKE THE RIGHT CHOICE

We share the conviction that tourists should be responsible participants and not simply consumers of landscape and culture. As tourists, we often neglect our ability to positively influence the country in which we are travelling. Here, in your hands, is a guide with information about Sapa's issues and ways to act so that tourism remains an opportunity for ethnic minorities to thrive as they should.

OUR IMPACT ON SAPA

Sapa District is one of the most underprivileged in the country, despite the efforts of the Vietnamese government and mass tourism. Instability and marginalisation remain for some of the ethnic groups in Sapa. In some ways, we can unconsciously harm them. By behaving responsibly and respectfully, we can contribute to the improvement of their living conditions by limiting the negative impact that tourism may have on them.



Created by

ACTION SOLIDARITÉ NORD VIETNAM



MAKE YOUR STAY MATTER

TRAVEL ETHICALLY. STAY SUSTAINABLY.



Please, leave this information for the benefit of future travellers.

Vui lòng để lại tài liệu này cho những du khách khác.

TRAVEL MINDFULL

CHILD LABOUR



Although interaction may be tempting, **avoid buying products or services from a child or teenager!** You put them at risk, encourage school dropout, exploitation, begging and reduce their chances of finding a good job.

HEALTH

Do not offer sweets to children. As they are given a lot and consume often, they are highly exposed to tooth decay which can cause serious diseases. Furthermore, few people routinely clean their teeth or have access to dentist care.



WASTE MANAGEMENT



We advise you **not to accept plastic bags while shopping** and **to bring all non-organic waste back to Sapa**. There is no existing waste collection systems in most villages, so trash will be thrown on the ground or in rivers. Others burn waste in their homes with very serious health consequences.

IF YOU WANT TO ACT



Here are some charity organizations or social enterprises that participate in education, health prevention and professional integration of ethnic minorities.

✿ Ethos - Spirit of the community ✿

Travel agency that supports local development projects.

www.ethosspirit.com

✿ Blue Dragon Children's Foundation ✿

www.bluedragon.org

✿ Pacific Links Foundation ✿

www.pacificlinks.org

✿ Sapa Hope Center ✿

On facebook

TO GO FURTHER...

KIDNAPPING



China's one child policy has created a gender imbalance which has in turn created a lucrative opportunity for human traffickers. In Vietnam many cases of abductions of young girls are reported every year, especially near the Chinese border. Trafficked girls will be sold as brides, that could lead to domestic violence, or prostitutes in brothels.

The NGOs **Blue Dragon Children's Foundation** and **Pacific Links Foundation** provide shelter and support to victims whilst attempting to dismantle trafficking networks.



- **Do not enter into schools** unplanned or without permission as your presence may disturb learning.
- **Ask permission before taking pictures** of locals. They also have the right to privacy.
- **Avoid negotiating unnecessarily** - handmade items take a great deal of time to produce. Buying these items helps to preserve culture. Fair prices are essential to encourage traditional practices to continue.
- **Avoid making too much noise and walking bare chested** during your hikes in the villages. This can be seen as disrespectful.
- **Do not damage historical or cultural relics.**

