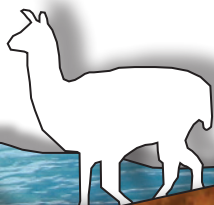




responsible travel guidebook





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introduction

Packing a suitcase and heading off to unknown lands satisfies our urge to take a break from our everyday routine, discover new cultures, reconnect with nature, stretch our boundaries, relax and unwind and then return to our lives feeling refreshed. But there's more to travel these days. Today, travel also affords us with the opportunity to:

- ➔ protect the environment
- ➔ contribute to communities in need
- ➔ advocate against animal cruelty
- ➔ take action to protect vulnerable children
- ➔ support sustainable development and preserve the world's many rich and diverse cultures

By travelling responsibly, we can return to our lives feeling satisfied that our travels have left a positive impact.

World Expeditions has been creating innovative adventure itineraries since 1975. Our commitment to sustainable travel was formed when the company was first established, and today, in the face of a multitude of threats to the environment and societies, our commitment is stronger than ever.

Creating genuine sustainable adventure itineraries often translates to real costs, which means that a raft of responsible tourism practises underpins our prices. By integrating these practices into our itineraries we enable our travellers to be 'responsible travellers'.

Conserving environments and cultures takes a united front, which is why we produce this *Responsible Travel Guidebook*. It's a reference tool for our travel industry partners, employees and travellers, outlining our company wide initiatives, and it gives guidance to travellers about how to be 'responsible travellers'.

peace through tourism

As members of the International Institute for Peace Through Tourism (IIPT), we support the belief that the travel industry can become the world's first global peace industry. Every traveller is potentially an "Ambassador for Peace". We urge you to read and enact the IIPT's Credo of the Peaceful Traveller below...



IIPT's Credo of the Peaceful Traveller

Grateful for the opportunity to travel and experience the world and because peace begins with the individual, I affirm my personal responsibility and commitment to:



JOURNEY with an open mind and gentle heart



ACCEPT with grace and gratitude the diversity I encounter



REVERE and protect the natural environment which sustains all life



APPRECIATE all cultures I discover



RESPECT and thank my hosts for their welcome



OFFER my hand in friendship to everyone I meet



SUPPORT travel services that share these views and act upon them and, by my spirit, words and actions, encourage others to travel the world in peace



we design our adventures to provide opportunities for cultural exchange...

Our itineraries are crafted to give locals and visitors opportunities to share and learn from each other in an environment of mutual respect. We educate travellers about destinations, the threats and vulnerabilities faced by the people and environment, the traditions and local cultures to be respected and preserved, and we provide guidelines on appropriate behaviour to ensure a rich exchange and a positive impact.



supporting charity



huma
charity
challenge

Through our charity division, Huma Charity Challenge, we partner with charities around the globe to offer their supporters an exciting way to raise funds through adventure travel.

The word 'Huma' refers to a Persian mythological 'bird of paradise,' considered a compassionate bird. It's believed that the touch of the Huma brings great fortune. Through our fundraising model we have brought the Huma 'good fortune' to many charities around the globe, ranging from international agencies to national charities and many smaller local charitable causes, enabling the collection of over \$1 million in funds.





engaging communities

Our business model aims for sustainable growth, bringing economic benefit to our employees as well as the many communities and local operators we partner with. Travel should be as rewarding for the host community as it is the traveller. We aim to maximise the benefits of tourism for host communities by training and employing local staff, using local suppliers and purchasing from local business.

world expeditions foundation (WEF) & community project travel (CPT)



community
project
travel

WEF and CPT epitomise the efforts that our company and travellers make to support local communities. WEF raises funds to support a number of underprivileged communities, with an emphasis on improving access to education. The communities that WEF supports receive little to no support from their government. CPT makes it possible for travellers to volunteer on average 5-10 days of their adventure holiday working to build and renovate community infrastructure, such as schools, medical posts, access to clean water, vegetable gardens, etc. The work is physical and satisfying; on average 6 hours of work each day. The work is collaborative; travellers work side-by-side with volunteers from the community to complete the project. No skills are required; just a willingness to get dirty and work hard.



At the core of each project lies our commitment to responsible travel. We take on projects with much care and consideration and with some important criteria in mind, including:

- ➔ **Consultation:** during the project identification stage we consult with the leaders of the host community to ensure that the project fulfils a real need within that community. We listen to what the community needs as opposed to telling them what we think they need.
- ➔ **Collaboration:** when the actual project is being carried out we ensure that members of the host community partake in the project work in either a paid or volunteer basis ensuring ownership, interaction and transference of skills (in both directions).
- ➔ **Education:** our program educates through the practical application of environmental and social solutions to the everyday problems that are experienced in impoverished and often remote communities. Our itineraries, in addition to project work, include travel experiences and experiential learning typical of the host country.





Sustainability: we investigate and ensure that the projects are sustainable and long term and that the local community has the skills and resources to sustain the project once we leave.



Completion: our travellers combined with volunteers and tradespeople from the host community make up the work force to ensure that the project is complete by the time our group leaves.

When a project is complete, the mutual gain is evident on the faces of both the travellers and community members. → communityprojecttravel.com



Many groups of secondary school students from across the globe also partake in Community Project Travel through our youth and school group division called World Youth Adventures. → worldyouthadventures.com



semi-permanent camps in australia

The three semi-permanent campsites that we've developed along the Larapinta Trail in central Australia, in conjunction with the traditional landowners and Northern Territory Parks, result in benefits for the environment, as well as many benefits to the local communities. Financial benefit to local indigenous communities comes by way of a lease arrangement for the use of the land. Many young people from the community have trained as trekking guides, gaining employment 'on country'. Other opportunities have stemmed from the campsites, including micro businesses servicing and supporting the campsites, such as collecting sustainable firewood from community land and delivering it to the campsites, or working in the construction and pack down of the campsites. Our Larapinta trekkers visit the Alice Springs Town Camp before their trek to have an engaging cultural experience with the traditional owners upon whose land they are about to walk. These Town Camps get a bad rap from mainstream media and so this experience allows travellers to dispel common misunderstandings.



private eco camps in nepal

The social aim of the private eco camps that we've developed in Nepal is to contribute to local communities through the lease of private or community owned land, as well as the purchase of fresh foods, yak dung and biomass briquettes. A camping based trek employs 25% more local people than a lodge based trek.



the great himalaya trail (GHT)

The popularity of the Everest and Annapurna trekking regions over recent decades has seen villages along these trekking routes prosper. Many have access to health clinics and medical posts, hydro and solar electricity, schools and telecommunications.

Up to 90% of Nepal's population resides in the mountains, which means there are many impoverished mountain communities outside of the Annapurna and Everest regions that do not access these services and conveniences. Often there are no roads to these villages and they are almost totally reliant on their farming activities for income; alternate incomes options are limited. They have difficult lives often generating meagre amounts by working the land to produce crops that are greatly vulnerable to droughts, blizzards, hail storms and flooding. Some seasons go by without any food production from these crops. Before the introduction of remote trekking, communities received very little to no benefit from the trekking trade. The GHT is the longest and highest alpine walking track in the world winding 4500kms from Tibet to Pakistan. The Nepal section of the GHT [1700kms] traverses the country from east to west. World Expeditions offered the first supported trek along the entire length of the Nepal GHT in February 2011.

The six treks that make up the GHT provides a more reliable income and builds skills for marginalised communities in remote mountain villages dotted throughout Nepal. We employ and train porters and support staff from these various regions, we purchase our food from these villages and our travellers can purchase traditional handicrafts from these communities. Importantly, as the GHT evolves it educates travellers to look beyond the trodden trails, generating employment and income for the people of these isolated pockets of Nepal in the future. This is sustainable tourism in practice, addressing wealth disparity and helping to reduce poverty.

trekthegreathimalayatrail.com



≈ balancing the inequalities

A great difference exists between the economic wealth of western nations and those of the developing world. We have the opportunity to bring some balance to this disparity through some of the initiatives we've mentioned on the previous pages. There are however occasions where sharing our wealth can perpetuate problematic situations in impoverished communities.

Begging is a harsh reality in the developing world. We advise travellers to avoid giving money to street beggars, because it provides a short-term solution to a large social problem. Before leaving home we encourage you to research local or international charities active in your chosen destination and contribute with a donation. It's very difficult for a traveller to know how money given on the street is spent, and in fact, if the person receiving it is actually the person to benefit from it – often street beggars are forced into the situation by others who take the money themselves.

We discourage the handing out of gifts and lollies directly to children because it creates an unrealistic expectation that all travellers come bearing gifts, which can create hostility when it doesn't occur.

Dentistry is not easily accessed in some countries, lollies given in these situations cause problems for children's teeth that may not be easily remedied. If you would like to give gifts, think about giving essential items that parents or teachers may find hard to otherwise access, such as a hairbrush or hair ties, toothbrush or toothpaste, soap, appropriate clothing, or pens, books and education supplies. Hand the gifts to an adult or teacher, so that they are distributed fairly and appropriately.





protecting the environment

In the field, our operations are managed to ensure that the natural values of the host region are undiminished in the long term. We do this by adhering to the 7 principals of Leave No Trace:

- 1 Plan Ahead and Prepare
- 2 Travel and Camp on Durable Surfaces
- 3 Dispose of Waste Properly
- 4 Leave What You Find
- 5 Minimise Campfire Impacts
- 6 Respect Wildlife
- 7 Be Considerate of Your Hosts and Other Visitors



Leave No Trace, is an international organisation that has set the global standard for outdoor ethics to ensure that our recreation in natural places is sustainable.

When an environment is under threat, we'll partner with environmental groups and/or land managers to actively campaign for conservation or to promote environmental protection and/or rehabilitation. In 2007 and 2008, in association with the Wilderness Society and the Greens Party (an Australian political party), we campaigned to end the logging and wood chipping of Tasmania's high conservation value forests.

We work with our local partners to lobby governments to be more active in the preservation of their country's environment. In developing countries, where tourism is a main industry, it's important to preserve the pristine qualities of the natural environment to encourage travellers to continue to visit. It can also be the case in developing countries that infrastructure around waste disposal is not well established and conservation efforts are in the early stages. We view it as our responsibility to use our decades of experience to influence governments in the direction of sustainable travel practices.



Probably the most important role we play is as an educator. Using our experience and drawing on the expertise of industry specific experts, like World Vision, World Animal Protection and Leave No Trace, we can create awareness around all the elements of responsible and sustainable travel, so that our employees, partners and travellers are armed with the knowledge to make the right decisions. This publication, the *Responsible Travel Guidebook* is a vehicle for 'creating awareness'. Each year, we hold Responsible Travel Symposiums, and we aim to include responsible travel messages across all our communications.



'10 pieces' litter collection initiative in the himalaya

Previously we have encouraged travellers to “take only photographs, leave only footprints.” Now, we encourage them to “take only photographs and some litter, leave only footprints.”



Often the places we visit are remote. It's one of the reasons we find them so alluring. In developing countries these places often have limited infrastructure (No council rubbish collection!) Until relatively recently there was little in the way of litter because there was no packaging made from glass, metal or plastic, it was all biodegradable. And so villagers and herders commonly left any 'packaging' lying around.

This wasn't a problem when it was a broken piece of pottery, a wooden pot or bamboo basket. However with the onset of tourism and the increasing uptake of modern packaging in these areas, non-biodegradable litter has become more and more prevalent.

We operate our treks so that the waste generated is disposed of in the best way possible. In remote areas combustible litter is burned as cleanly as possible and non-combustible litter is carried out. In the popular trekking regions of Annapurna and Everest, we have built rubbish incinerators at our private eco camps and we carry portable incinerators with us when we are camping in Nepal and along select trails in Bhutan.

Taking this one step further we now offer our trekkers the opportunity to volunteer to collect litter on our Annapurna and Everest treks, as well as on a selection of treks in Bhutan. As a fairly new initiative, we're hoping to roll this out into other areas of the world. We are the proud founding-partner of the litter collection initiative 10 Pieces (10pieces.com.au).



1. Travellers volunteer to participate before leaving home, packing a pair of gloves and some hand sanitiser.
2. On arrival in Nepal or Bhutan we give them a rubbish collection bag.
3. As they are walking along the trails they collect paper or plastic litter, placing it in their collection bag.
4. On arrival into the camp they give the litter to our camp crew who will incinerate it cleanly and thoroughly.

This simple concept has the added bonus of educating local communities. By leading through example, we demonstrate to locals that litter is unsightly, dangerous for animals and that it detracts from the traveller's experience of their country.





responsible litter disposal in the himalaya

There are three categories of litter produced on trek. Each type needs to be dealt with differently.

1 Biodegradable kitchen food waste:

ACTION: These should be carried away from any camping areas and buried in an area away from any streams and preferably in deep leaf litter or a village compost heap.

2 Non-combustible litter: steel, aluminium cans, aluminium foil, glass:

ACTION: These should be carried back out to the road head and disposed of in a properly managed landfill site or recycling plant.

3 Combustible litter: paper and plastic:

ACTION: These can be burned but only in a well-designed incinerator so that no fire scar is left and also so that the burn is complete and clean. We have custom made incinerators that are used at our wilderness and eco-camps in Nepal and Bhutan.

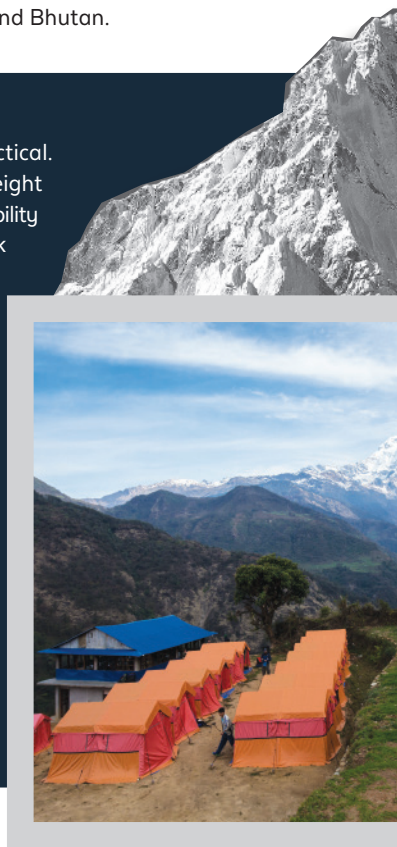
○ why burn litter?

Carrying out all litter on a long trek is expensive and impractical. Burning it in a controlled and managed way using a lightweight portable incinerator is clean and efficient, and removes the possibility of that litter blowing or washing into the environment to be a risk to animals and creating an unsightly state to the landscape.

○ are plastics safe to burn?

Most plastics taken on treks will be made purely from hydrocarbons such as polyethylene and polypropylene. These are safe to burn and will only produce water and carbon dioxide if burned cleanly. PVC and Polystyrene should not be burnt, because burning them can produce poisonous gases. They should be treated as non-combustible.

Our custom made incinerators are raised off the ground so that they do not leave a scar on the earth. Our guides feed the litter into the fire slowly to ensure an intense heat that will guarantee a clean and complete burn. All that will remain are ashes.



private eco camps in nepal

We have developed a range of private eco camps in the Everest region – at Ghat, Monjo, Portse Tenga, Machermo, Dingboche, Deboche, Dole, Gorak Shep and Lobuche. A second network in the Annapurna region consists of camps in Pokhara, Landruk, Gandruk, Bhaisi Kharka, Swatha, Swarga, Ghibrang, and an exclusive eco-lodge at Kopra.

These eco camps play an important role in preventing further deforestation in Nepal. In modern times, Nepal has lost more than 70% of its forests. As stated in the Lonely Planet guidebook Trekking in the Nepal Himalaya 9th edition “a typical trekking lodge can burn as much as 100kg of firewood per day as well as bio mass briquettes” for the purpose of cooking and heating for trekkers, adding to the problem of deforestation.

Our nepal eco camps DONOT burn wood.

The environmental aims of the development of these eco campsites include:

1 To ensure that the environmental footprint of our private campsites is significantly smaller than that of a tea house/lodge based trek through scrutiny of the following components:

- a** In the kitchen meals are cooked and water is boiled using kerosene or gas
- b** To heat the dining rooms we have installed chimney stoves that burn dried yak dung, as a sustainable and renewable fuel source that has been widely used as a traditional practice in the Himalaya for centuries; as well as bio briquettes.
- c** The wood used to build the dining rooms and bathroom facilities was purchased from controlled forestry in Nepal
- d** All non-biodegradable refuse – paper and plastic – is incinerated in a clean and complete burn. Non-combustible waste is carried out to the nearest city for responsible disposal.

2 Minimise deforestation to:

- a** Reduce the threat to the biodiversity of the regions flora and fauna
- b** Reduce the risk of landslips, which can be catastrophic for villages in their path.

3 To set the benchmark, demonstrating how commercial trekking groups should be operating in this delicate environment.





the larapinta semi-permanent camps, central australia & eco-certification for tasmania trips

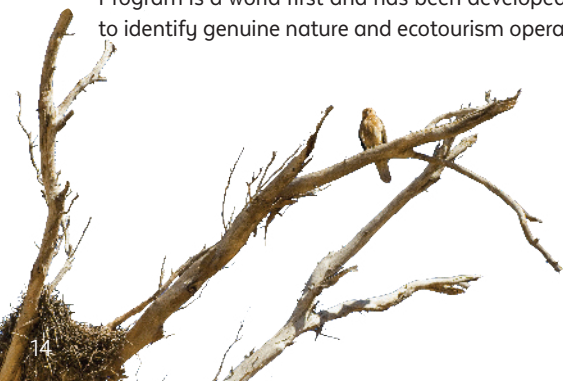
The Larapinta Trail | This trail in central Australia traverses the backbone of the West MacDonnell Ranges – said to be more than 60,000 years old. This mountain range is significant to the local indigenous community's, Dreamtime beliefs. We commercially pioneered the Larapinta in 1995, and it has since become our worldwide best-selling trek. The success of the trek created both challenges and opportunities. The increasing visitor numbers put pressure on the environment and infrastructure. In response, World Expeditions partnered with the Northern Territory Parks and the Traditional Owners and representatives of the Central Land Council to create the new development.

In 2013, we completed two semi-permanent campsites along the Larapinta Trail. In 2015, we built a third csite at the trail's far western end. The campsite features reduce the impact on the land:

- 1 The main campsite facilities (the kitchen, lounge and dining areas) are raised off the ground, reducing the physical footprint of our trekking groups on the earth.
- 2 The composting toilets use a special compost system that breaks down waste without using water or chemicals.
- 3 During the off-season the campsites are packed away, allowing the land to recover.
- 4 Hot showers created with a traditional hot water "donkey".



Tasmanian Expeditions | Some 16 trips offered by our Tasmanian Expeditions and Australian Walking Holidays program have achieved Ecotourism Certification at the ECO IV level. The ECO Certification Program is a world first and has been developed to address the need to identify genuine nature and ecotourism operators.



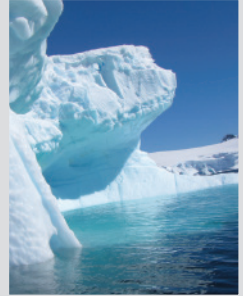


responsible travel in the polar regions

antarctica

The International Association of Antarctic Tour Operators (IAATO) was formed in 1991 to promote environmentally responsible travel to Antarctica. World Expedition's Antarctica operation is a founding member of IAATO, adhering to these parameters of the IAATO guidelines to protect Antarctic wildlife: Taking or harmful interference with Antarctic wildlife is prohibited except in accordance with a permit issued by a national authority.

- Do not use aircraft, vessels, small boats, or other means of transport in ways that disturb wildlife, either at sea or on land.
- Do not feed, touch, or handle birds or seals, or approach or photograph them in ways that cause them to alter their behaviour. Special care is needed when animals are breeding or molting.
- Do not damage plants, for example by walking, driving, or landing on extensive moss beds or lichen-covered scree slopes.
- Do not use guns or explosives. Keep noise to the minimum to avoid frightening wildlife.
- Do not bring non-native plants or animals into the Antarctic such as live poultry, pet dogs and cats or house-plants.



Our small group voyages have a maximum of 198 passengers on board to ensure minimal impact. All travellers are asked to clean their boots before leaving the ship for land, and again when returning, using a biodegradable liquid that we provide. All waste generated on our expeditions is disposed of in a responsible manner; onboard it is treated as prescribed by MARPOL and on land expeditions recycling is encouraged. Non-recyclable waste is brought back for disposal at approved sites.



responsible travel in the polar regions

arctic

The Association of Arctic Expeditions Cruise Operators (AECO) is an international organisation for expedition cruise operators. Our Arctic operation is a member of AECO and complies with environmental guidelines and regulations set by the organisation. As members we agree that expeditions cruises and tourism must be carried out with the utmost consideration for the fragile, natural environment, local cultures and cultural remains. AECO guidelines are taken into consideration during the stages of tour planning, preparation and operation.



mitigate carbon produced by air travel

When travellers book their flights with us, we offer them the opportunity to offset the carbon emissions from their air travel. The carbon offsets that we purchase are sourced by Climate Friendly, a reputable carbon management company that employs rigorous quality assurance processes and support only the best, most effective projects that prevent carbon emissions being generated. Recent research shows that offsetting just one tonne of carbon dioxide brings an additional USD\$467 in benefits to the communities where carbon reduction projects are based. The International Carbon Reduction and Offset Alliance conducted the research.





animal welfare

The welfare of animals in the tourism setting is important to us. Our 'Animal Welfare in Tourism Code of Conduct' developed in conjunction with World Animal Protection, outlines our expectations in relation to protecting animals in the context of tourism. A copy of this document can be found on our website. Our staff and industry partners are held accountable to this code of conduct, and we encourage travellers to learn about these matters before travelling.



Our belief is that all animals should have a good life, and that is defined by these five universally accepted principles of animal welfare that underpin our code of conduct.

- Freedom from hunger or thirst by ready access to fresh water and a diet to maintain full health
- Freedom from discomfort by providing an appropriate environment including shelter and a comfortable resting area
- Freedom from pain, injury or disease by prevention or rapid diagnosis and treatment
- Freedom to express (most) normal behaviours by providing sufficient space, proper facilities and company of the animal's own kind
- Freedom from fear and distress by ensuring conditions and treatment which avoid mental suffering





animal welfare

We don't include the following activities in our itineraries and we encourage travellers to avoid them as well:

1. Riding an elephant

It's difficult for travellers to resist the temptation to take a ride on these beautiful and incredibly intelligent creatures. But if you really care for these wonderful animals you'll avoid riding on their back. An elephant's spine cannot carry heavy loads without eventual damage. In order to have 'unprotected' (no barrier between you and the elephant) contact with an elephant, the elephant will have been subjected to a cruel physical ordeal called 'the crush'. World Expeditions discourages travellers from riding on the backs of elephants and we do not include elephant rides in any of our itineraries. The best elephant experience is a wild one, as part of a wildlife safari, viewing elephants in their habitat displaying their natural behaviours.

2. Petting lion cubs or walking with lions in South Africa

South Africa is the home of predator breeding and "canned" hunting – two inter-related practices that use and abuse lions and other predators in the most horrific forms of commercial exploitation. Today, anywhere between 7,000 and 8,000 predators, most of them lions, are being kept in cages or confined areas on over 150 private farms across the country.

Used for a host of revenue streams – cub petting, raising "orphaned" cubs (actually cubs are removed from their mother a few days after birth which brings her back into oestrus to continue the breeding machine cycle) and "lionwalking" – young adults are ultimately shot in "canned" hunts. Close to 800 lions are killed each year by trophy hunters in enclosed or confined areas with little or no chance of escape, while hundreds more get killed and shipped to the East for the burgeoning lion bone trade.





Despite the claims of the operators, all leading conservationists and lion ecologists agree there is absolutely no conservation merit whatsoever in any of these practices. By supporting these “lion reserve” facilities, day visitors or volunteers are directly contributing to the funding of this industry, and the misinformation that confuses conservation messages and priorities, resulting in a misdirection of valuable conservation funding away from the real threats facing wild animals.

3. Animals subjected to cruelty for the purpose of entertainment, such as animal circuses, dancing bears, dog or cockerel fights, running of the bulls and any festival that causes suffering to animals. Entertainment and culture are not an excuse for animal cruelty. Voice your dislike of these antiquated activities through non-participation.

4. Visiting aquariums or marine parks where large mammals like dolphins or whales are kept in captivity. These environments are unnatural for these large mammals and cause much stress to the animal since they can only swim in endless circles in tanks that are small in relation to their size. They are denied the opportunity to engage in most of their natural behaviours and many die far short of their natural life spans.

5. Purchasing souvenirs made from wild animals, including fur, ivory, shells, seahorses, teeth, rhino horn and turtle shell products, as well as traditional medicine derived from endangered or threatened species, such as tiger bone.





animal welfare (continued)



When deciding on a souvenir to bring home to remind you of your latest adventure, choose an item that doesn't endanger the survival of an animal species – what about glass, jewelry, fabrics, paintings, pottery or woven baskets?

And remember that at least 36 different species of animal are used in traditional eastern medicines, including the endangered species the tiger, the rhinoceros, and the sea horse.

6. Do not visit animal sanctuaries or shelters involving wild animals in captivity, if their objectives of confinement are not in the animals' interests and/or are unlikely to deliver a better future and a good quality of life, for example, by way of re-homing, rehabilitation or release into the wild.

Be wary of substandard facilities that masquerade as sanctuaries. Sanctuaries and shelters with captive wild animals are under obligation to meet the psychological and physiological needs of the individuals under their care as fully as possible and should refrain from obtaining or breeding new wild animals unless they form part of an official internationally recognized reintroduction program.

If you see an animal in distress, here's what you can do.

- Make a note of the date, time and location,
- Make a note of the type and number of animals involved,
- Take photos and/or videos as proof,
- Make a complaint locally, and report what you've seen to:
 - Local tourist offices
 - Local animal protection organizations

When you return home, please contact the nearest World Expeditions office and report the abuse or mistreatment.

World Expeditions would like to acknowledge the guidance provided by World Animal Protection in the development of our Animal Welfare in Tourism Code of Conduct. World Animal Protection, formerly known as WSPA (World Society for the Protection of Animals), works to end the needless suffering of animals, influence decision makers to put animals on the global agenda, help the world see how important animals are to all of us, inspire people to change animals' lives for the better and move the world to protect animals. worldanimalprotection.org





child safe travel

Children working and living in tourist areas are especially vulnerable to physical, emotional and sexual abuse.

Our 'Child Protection in Tourism Code of Conduct', developed in conjunction with World Vision's Child Protection and Trafficking in Persons department, outlines our expectations in relation to protecting children in the tourism setting. A copy of this document can be found on our website. Our staff, local partners and stakeholders are held accountable to this code of conduct.

Travellers have a part to play in creating a safer tourism environment for children. The small actions of travellers can make a big difference to help protect children from abuse and exploitation.



We encourage all travellers to follow these six simple steps:

- ➔ **ACTION 1:** If you are concerned about the welfare of any child, tell your tour guide immediately.
- ➔ **ACTION 2:** Instead of giving money directly to children begging or selling food or souvenirs, support their families and communities or donate to reputable children's charities.
- ➔ **ACTION 3:** Treat children like you would in your home country. Before taking photos of children, always ask for their permission.
- ➔ **ACTION 4:** Never take a child anywhere without the supervision and permission of their parents or guardian.
- ➔ **ACTION 5:** Before visiting or volunteering with vulnerable children, research the organisation to ensure they have standards and procedures that protect children's physical and emotional wellbeing. Please don't support 'orphanage tourism.'
- ➔ **ACTION 6:** Spread the word about Child Safe Tourism. Share this information with your friends and family while you travel and when you return home.

World Vision



Visit childsafetourism.org to learn how you can protect vulnerable children.

Some of our community service projects take travellers into a school environment over a sustained period of time (5-10 days), where unsupervised contact with students is possible. To protect these children we ask that all travellers sign our Child Protection in Tourism Code of Conduct as well as provide a Police Record Check. The check is to ensure that participants do not have a record of child abuse or related offences.



porter welfare

Porters are an integral part of the World Expeditions philosophy and style of travel. We take our travellers off-the-beaten track, avoiding the congested trails, to experience our often remote tent-based adventures ... this style of trekking is enabled by porters. When we trek, the entire group – travellers, guides and porters alike – are a team who share the same needs for safety in the mountain environment.



NEPAL: The Himalaya

- A good working wage that is regulated by the Trekking Agents Association of Nepal and the Labour Union of Nepal. We pay per their guidelines, which are unionised.
- We are one of the only trekking companies in Nepal to provide our porters with three meals a day, prepared by our cooks.
- We are one of the only trekking companies in Nepal to provide our porters with lodging or tents, sleeping mats and blankets.
- Porters also receive life insurance and income protection insurance.
- Access to the same first aid care that our travellers receive including an emergency helicopter evacuation if required.
- Porters are provided with a wind and waterproof jacket and over-trousers, two pairs of woollen socks, two pair of leather shoes on long treks and two pairs of canvas shoes while on short treks, woollen gloves, warm cap, sunglasses, mattress and blanket and tent/lodge.
- Porters are not to carry more than 30kgs.
- The minimum age for a Porter is 16 and the maximum age is 50 years old.



PERU: The Andes

- All porters receive the same access to medical service as clients.
- We provide all food (3 meals per day based on a menu requested specifically by the porters), gas stoves for all cooking.
- We are one of the 5 companies (among almost 200 companies) that pay the highest wages to their porters.
- All our porters can also access interest free long-term loans from us as long as they can clearly indicate how those funds will be used.
- We provide all our porters with basic life and accident insurance. In addition, we provide any porter (or any member of their family) full coverage of any medical costs that they incur whether it be work related or not e.g. if they have an accident in their fields or if they get any kind of illness we fund their treatment until they are well again. We are one of the only companies in Peru to care for their staff to this extent.

- We provide transport (private buses and train) to and from the trek start and finish.
- We provide sleeping tents, sleeping pads, (plus sleeping bags if requested), footwear (shoes or boots), warm jackets and rain gear.
- Porters are not to carry more than 20 kilos camp gear and 5 kilos of personal gear
- The minimum age for a Porter is 20 and the maximum age is 58 years old.
- We have yearly meetings to discuss the needs of Porters.



TANZANIA & KENYA: Kilimanjaro, Mount Meru and Mount Kenya

Since 2012, World Expeditions has sponsored a guide every year to complete a scholarship course through the Kilimanjaro Guide Scholarship Foundation, which will train them in Tour Operations, Tourism Geography, Wildlife Knowledge and Basic Computer Application.

- Porters are paid a rate in excess of the Kilimanjaro Porter Assistant Project (KPAP) recommended minimum wage for porters.
- Porters receive at least two meals a day; the third meal is sometimes a snack/tea as this can work best with the itinerary and water supplies etc. We make sure there are more than adequate amounts of food and have a system to check on the mountain that all porters get well fed.
- Porters are not to carry more than 20kgs.
- The minimum age for a Porter is 18 and there is no maximum age, we assess based on health and willingness to work.
- Porters access the same medical kit and evacuation processes as the travellers.
- Off Mount Kilimanjaro any costs for treatment to injuries that are sustained during work are also covered.
- Porters are expected to come to a climb with the correct personal equipment.
We regularly provide them with equipment such as sleeping bags and mats, waterproof jackets, gloves, warm hats and walking boots.
- We are at the forefront of the process of changing local perceptions of sexual inequality by employing female crew on Mount Kilimanjaro. We have 2 highly successful female guides, a female cook and around 40 female porters.



World Expeditions supports the good work of a number of international organisations that operate to ensure the health and education of porters, they are:

- International Porter Protection Group >> www.ippg.net
- International Mountain Explorers Connection >> www.mountainexplorers.org
- Kilimanjaro Guide Scholarship Foundation Inc. >> www.kiliguides.org



a last few tips

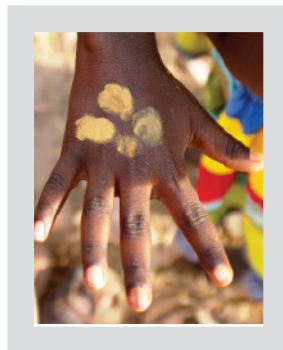
- ✓ Never provide medicine or medical attention to locals from the country you are visiting. Even an experienced doctor or nurse cannot know the endemic diseases or influencing cultural factors of a foreign country, and they won't be around to provide follow-up care. In life threatening situations it's important to limit your assistance to first aid only and call for local professional medical services.
- ✓ Dress appropriately out of respect for the local culture. Steer away from revealing clothing in remote and rural settings. Keep in mind that when you dress in a way that is sympathetic to local culture you are more likely to be accepted by the locals and have a richer more authentic experience.
- ✓ Always ask for permission first before taking someone's photograph. If they decline, always respect their wish. Some people will give you permission but will expect a small payment. When photographing a child, permission should be sought from their parent or an adult guardian. Please be very careful when posting images of children online.
- ✓ Lastly, but most importantly, when you experience a custom, an environment, a village, a dance, a cuisine or a traditional costume that you find beautiful or interesting, tell a local person that you like it and why. This encourages pride in their traditions and culture, and in a small but important way, helps to preserve it.





awards

- 2014 - 'Best Travel Product' for the Larapinta Trail - Australian Society of Travel Writers
- 2012 - 'Greenest Travel Brochures' for our Himalaya 2012/13 brochure - Travel Weekly
- 2011 - Most Outstanding Travel Product Award at the Australian Society of Travel Writer's (ASTW)
- 2008 - Inaugural 2008 Leadership Award - World Expeditions - Responsible Travel and Tourism Forum, Toronto
- 2008 - 50 Tours of a Lifetime - Arnhem Land Marine Rescue Project from our Community Project Travel program - National Geographic
- 2008 - Winner of the inaugural Leadership Award at the Responsible and Travel Tourism Forum (RTTF)
- 2007 - The World's 25 Best New Adventures - Arnhemland Marine Rescue Community Project - National Geographic Adventure
- 2006 - Highly commended for best in a Mountain Environment category in the First Choice Responsible Tourism Awards
- 2001 - Winner of the WWF Environmental Achievement Award for our publication of 'Responsible Travel Guidebook'





endorsements

Important words from our partners and friends.

World Vision Australia

“As an international development agency working within communities around the globe serving the most vulnerable, it is incredibly inspiring to align with an organisation like World Expeditions, who has a strong commitment to responsible travel and child safe tourism. With a high ethical footprint and a genuine desire to encourage their customers to be mindful of the impact they can have while travelling, their dedication is testament to their organisational philosophy”

– *Shona Langridge, Corporate Partnership Manager.*



Climate Friendly

“World Expeditions encourages responsible travel through offsetting the emissions from air travel. Carbon offset projects reduce global carbon dioxide emissions and help local communities at the travel destinations. In Cambodia, World Expeditions support a project that provides more efficient cook stoves to families in rural areas. In addition to the environmental benefits, these cook stoves reduce indoor air pollution from cooking over an open fire and less firewood is needed. This gives families more time to generate income and children can attend school more regularly”

– *Freddy Sharpe, CEO.*



IIPT

“World Expeditions has been a role model and have set new benchmarks in responsible and sustainable tourism. They have demonstrated that the aims and objectives of IIPT can be achieved through practical application. They have worked tirelessly to have community involvement and partnered with local and indigenous groups to help showcase the culture, heritage and environment to the discerning and responsible traveller. These joint initiatives provide an opportunity for communities to have independence and self-determination and also helps protect and sustain the environment for all. We support World Expedition on their continued commitment to lead the industry in world's best practice.”

– *Gail Parsonage, President, IIPT Australia Inc.*





endorsements

10 Pieces

"10 Pieces is proud to have World Expeditions as its founding partner due to their ongoing commitment to minimise their environmental impact and their complete dedication to responsible and sustainable travel. 10 Pieces would like to thank World Expeditions for providing us with strong local and international support so together we can create a cleaner world" – *Lisa Vitaris, Founder and Director*



Our Planet Travel

"Our Planet Travel applauds World Expedition's dedication to protecting our environment through promoting responsible travel. As a world leader in responsible travel, World Expeditions is an inspiration. Our Planet Travel is proud to be a media partner and supporter of the company's Community Project Travel projects, and the initiatives of the World Expeditions Foundation – an excellent role model for all businesses in the tourism industry.

– *Melanie Grevis-James, Director*



Paddy Pallin

"Paddy Pallin has worked closely with World Expeditions for many years. One reason that we have partnered with this business is the consistently high ethics and respect that WE have always paid to the environment and people of every country that they operate in. World Expeditions also works to improve the knowledge and understanding of all the clients that travel with them. Some trips include an element of giving back to the country that you are visiting; in my case a day spent fixing and painting a schoolhouse in Nepal. This was a small effort on our part, however greatly appreciated and a great way of stepping beyond just being a tourist, into becoming friends with the people and being a part of the community"

– *Tim Pallin, Managing Director*





endorsements

The Fred Hollows Foundation

“Right from the early days World Expeditions has been a strong supporter of The Fred Hollows Foundation. World Expeditions’ staff and clients have shown real enthusiasm and a willingness to help us achieve our vision of a world where no one is needlessly blind and a land where Indigenous people share the same health outcomes as all Australians. There is no better example of this than the See the World Challenge, which offered individuals and organisations the chance to raise money for The Foundation and be rewarded with an adventure trip of a lifetime to Nepal, Vietnam and Cambodia and the Northern Territory. As part of the trip participants got to visit one of our programs to see how the money they raised is making a difference. World Expeditions’ commitment to this program was second to none – it was just outstanding!”
– Gabi Hollows



The Himalayan Trust

“2003 was a tremendously exciting year for me with the 50-year anniversary of my 1953 summit of Mount Everest with Tenzing Norgay. The 29th of May heralded celebrations all over the world, including the banquet tent at Thyangboche where 150 enlivened World Expeditions trekkers gathered for one of Nepal’s largest mountain dinner parties. The event helped to raise a substantial donation for the Himalayan Trust – funds that are so vital in continuing the work that the trust invests in schools & medical facilities for the Sherpa people of the Everest region. I am so grateful to World Expeditions and its participants, for the continued efforts, contributions and support of the Trust over the years.” – The late Sir Edmund Hillary edhillary.com



International Porter Protection Group (IPPG)

“IPPG would like to congratulate World Expeditions on its ongoing support and efforts to make the conditions of their porters safer and easier. By following IPPGs five porter care guidelines such as providing tents, cooked food and warm drinks in addition to full outdoor clothing and boots when porters are above the tree line, World Expeditions has set a high standard of porter care for large trek companies. In addition, World Expeditions’ initiative in flying large quantities of clothing to Nepal for the porter clothing bank in Kathmandu and sponsoring fundraising talks is greatly appreciated. Keep up the good work.”
– Dr Jim Duff, Patron IPPG





endorsements

WWF (World Wide Fund for Nature)

‘World Expeditions were the winners of the “Environmental Achievement Award 2001” for their outstanding publication of ‘The Responsible Travel Guidebook’, highlighting ways to minimise the impact of your travel, and encouraging every participant to take only photos’ and leave only Footprints. WWF decided to be involved in the award to encourage tourism strategies and practices that have a positive effect on the environment. This award to World Expeditions not only acknowledges and rewards progress towards better environmental management, but also identifies the practices that can be promoted and adopted by others, internationally as well as in Australia. Congratulations World Expeditions for helping us to make and sustain a better environment for all of us to enjoy!



Variety - The Children's Charity NZ:

“Variety – The Children’s Charity has partnered with World Expeditions since 2011. The partnership has resulted in four adventure trips to Vietnam, China and Cambodia engaging more than 60 travellers with a charitable spirit. As a direct result of these trips more than \$50,000 has been raised to help disadvantaged Kiwi kids. World Expeditions is passionate about the cause and committed to ensuring the adventure charity trips are a success. Their team is always very responsive and work closely with Variety to ensure all opportunities are leveraged. They are professional, great to work with and are a highly valued partner for Variety – The Children’s Charity.”
– Lorraine Taylor, CEO



The Wilderness Society

‘The Wilderness Society is dedicated to the protection, promotion and preservation of wilderness areas. Achieving this has never been easy. It is therefore extremely encouraging when a business takes leadership in developing respect for our fragile environmental and cultural landscapes. World Expeditions has displayed this leadership and committed themselves to act in a socially and environmentally responsible manner. They are striving to minimise the impact of their business, assist local communities in their efforts to care for the environment and educate their travellers. This ethical policy puts into writing a philosophy that they have been operating for many years. We commend them on their ongoing attempts to find a true balance between the enjoyment and the preservation of our physical and social environs.’ – Matt Brennan, Business Operations Manager





endorsements

The Sir Edmund Hillary Foundation

"The Sir Edmund Hillary Foundation (SEHF) has partnered with World Expeditions since 2007. The SEHF Huma Treks to the Solu Kumbu area of Nepal, have been an important vehicle in the foundation's fundraising efforts. We have found our collaboration to be most beneficial in helping attain our goals of funding the operation of the Kunde Hospital, granting medical scholarships to Sherpa candidates, building and operating the Zeke O'Connor High School in Phaplu Nepal, providing Women's Literacy classes for women over the age of 35, and in our reforestation efforts in the Khumbu area of Nepal."

- Zeke O'Connor, Founder and Executive Director



World Animal Protection

"World Animal Protection is thrilled to partner with World Expeditions on their animal welfare in tourism policy and code of conduct. This progressive adventure tourism company was a leader in removing elephant rides from all of their itineraries in 2014 and we were happy to help expand on that commitment to protect all animals everywhere they travel. World Animal Protection works with the organizations and people who have the most direct impact on improving the lives of animals and through our partnership with World Expeditions we can take a big step forward in ending the needless suffering of animals in tourism and ensure that wild animals stay in the wild where they belong."

- Elizabeth Sharpe, Communications Manager, Canada / worldanimalprotection.org



Leave No Trace

Leave No Trace (LNT) Australia is pleased to welcome World Expeditions as a partner which enables World Expeditions to align its internal minimal impact practices and messages with the growing international LNT program. Operating in locations with high biodiversity and cultural values World Expeditions has striven to be a leader in ensuring places and people are beneficiaries of travellers visiting their chosen destinations and in setting industry standards."

- Cameron Crowe, Executive Director



World Nomads

"Since 2005, World Nomads has partnered with World Expeditions to help to fund, film and share their Community Project Travel initiatives and the stories behind them. From repairing a village school in Rajasthan to rescuing marine wildlife in Northern Australia to bringing solar power to remote Andean communities in Peru, World Expeditions truly strives to give back to the places in which they operate. We are proud to partner with a tourism business that really believes in social impact, promotes responsible travel and supports travellers to make a difference in the world."

- Alicia Crosariol, Programs Marketing Manager



World Nomads



feedback & the world expeditions travel group

Feedback

We ask our travellers to hold us accountable for our responsible tourism practices. Following a trip we ask them to complete an evaluation form that specifically asks about the responsible tourism practices they experienced. We welcome feedback because we know that travellers' comments help us improve.

All comments can be directed to our Responsible Travel Manager
donna@worldexpeditions.com

The World Expeditions Travel Group

World Expeditions is one of the world's leading adventure travel companies offering ground breaking small group adventure holidays, which began in Nepal in 1975. Today, with offices around the globe, we offer more than 500 stand-alone itineraries; small group active adventures and expeditions, cycling and walking tours and cultural journeys to every continent on earth.

UTracks offers affordable, self-guided and small group guided active holidays across Europe.

Adventure South an unrivalled collection of unique active New Zealand trekking and cycling holidays.

Australian Walking Holidays is a specialist brand created to highlight World Expeditions' impressive portfolio of Australian adventure holidays.

World Youth Adventures (WYA) is a specialist division of World Expeditions dedicated to organising overseas school group adventures.

Tasmanian Expeditions is the most experienced operator of treks and adventure travel holidays in Tasmania.

Sherpa Expeditions was founded in 1973, and specialises in self-guided and escorted holidays to Europe and across the globe.

Yomads (derived from a hybrid of Young Nomads) offers unique travel experiences specifically for the 20s and 30s, taking travellers off the beaten track and into the hidden corners of six continents.

Huma Charity Challenge is a specialist provider of charity challenges, drawing on World Expeditions' decades of experience partnering with charities to develop adventure travel challenges that enable their supporters to raise funds and travel.

Great Canadian Trails is our specialist active Canadian holiday program, offering a range of self-guided and small group guided adventures from coast-to-coast.

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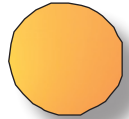
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