

## **Rebecca Adventure Travel Local Guidelines for Guests**

Ecuador is a very cozy, multicultural and exciting country to visit but sometimes you might experience that in Ecuador, things might work a bit different than in your home country. These are some guidelines to help you understand the culture a bit more and how to be part of sustainable and responsible tourism.

There are a lot of different indigenous cultures, it is lovely to take pictures to take home with you but please make sure you have approval of the person. It might be a bit rude to take pictures of their faces without asking them. Sometimes they might ask for a tip in return.

Usually, the people are very friendly to tourists but it's always better to establish a personal connection with everyone you encounter rather than treating them as touristic objects that you can visit and then go. You might encounter that every time you meet an Ecuadorian person they always try to ask you how are you doing. This is not only just a way to greet someone but they actually are checking how you are doing so it is okay to tell them something quick about you or about the weather and then is always nice to ask them back how they are doing.

Sometimes you will visit a poor region in Ecuador so don't just away give pocket money or candy to the local people. When we visit those places we hire local services and buy local food, so we are trying to take part in the development of their economy. Try to see if you can contribute by using their services such as eating at a local restaurant, or buying their products. Our vision is that it is better to stimulate people and their businesses rather than just giving away something.

In Ecuador it is normal to do some bargaining when going to local markets or places where you can buy souvenirs. This is a very common practice but only in such places and not in supermarkets or local shops. When attempting to bargain, you just need to be nice to them and ask kindly if they could lower the price a bit more so that you can be convinced of buying the product. In general, it's always better to establish a little talk so that you bond with the seller and then you will most likely get a good price. Keep in mind that these people also make a living out of this so there is always a limit to how much they can lower the price.

It is always better to try to avoid creating more trash and waste. Ecuador has just recently started to implement ways of dealing with trash but this is not well established yet. You can take initiative by always keeping your trash with you and disposing it at the right places. Your guide will know more about this and probably has suggestions of how to do this in the best way possible.

If you wish to donate clothes or other products you are more than welcome but please first discuss with your guide where is best to do this and to whom to donate it to. Sometimes helping can be more effective if done in the right way, and your guides know very well the environment of the places that you visit.