



INSIDER'S GUIDE TO BARBADOS

By thinking a little about your holiday destination before you travel, and taking some simple steps when you are there, you can gain so much more from your holiday. You will also be making a positive contribution to the people and the places you visit.

BARBADOS

Barbados is a diverse Caribbean island with a beautiful, calm west coast known for fantastic beaches and coral reefs and a rugged east coast known for its natural beauty. Inland you'll find some intriguing wildlife, like the green monkey. Barbados, although small in size at just 166 Square miles, is rich in beauty, culture and heritage. Barbados is affectionately known as little England so you'll find similar names to places in the UK. The local people are extremely friendly and pride themselves in making you feel like you are home away from home.

- **TRAVEL TO BARBADOS WITH AS LITTLE PACKAGING AS POSSIBLE**

Recycling facilities have become familiar in the UK but they are, as yet, rare in the Caribbean. Although the island has now started to recycle some bottles, plastics and glass, a lot of rubbish ends up in landfill sites. You can help avoid a rubbish mountain in your holiday resort by removing unnecessary packaging from anything you plan to take before you leave home, and by packing travel size cosmetics and taking them home with you. You can also ask your hotel resort if they have any recycling facilities for empties!

- **PLEASE PUT YOUR LITTER IN THE BIN**

Bins are available on each beach and by disposing of your rubbish this way, you'll be helping to keep the beaches and sea free from litter.

- **TAKE RECHARGEABLE BATTERIES ON HOLIDAY**

By taking rechargeable batteries on holiday with you, instead of leaving old batteries on the island, you are helping to reduce pressure on the sanitation service in Barbados.

- **BE AS SPARING AS POSSIBLE WITH WATER**

By using water wisely, you will help to conserve water supplies in Barbados. Water is scarce on the island and Barbados is actually one of the top 15 water scarce countries in the world.

- **IF YOU DRINK BOTTLED WATER, PLEASE TRY TO RECYCLE THE BOTTLES**

Alternatively, tap water is safe to drink in Barbados so you could reduce the number of bottles used on the island by drinking from the tap instead.

- **HELP TO CONSERVE WATER IN YOUR HOTEL**

Every day while you are on holiday you can help to reduce water usage by taking short showers rather than baths and making sure that taps are fully turned off and not dripping once you are finished in the bathroom. You could also use towels for more than one day to reduce the amount of laundry that is done.

- **BE SPARING WITH ELECTRICITY**

Remember to switch off lights and air conditioning units when you leave your room, and don't leave the TV on standby.

- **DON'T USE DRUGS**

It is a common perception among tourists that small amounts of marijuana are permissible. This is not the case in Barbados. There is a zero tolerance policy on the possession or trafficking of drugs.

- **AVOID CAMOUFLAGE CLOTHING AND ACCESSORIES**

It is illegal to wear camouflage clothing or accessories because it is the uniform of the Barbados Defence Force.

- **BE SENSITIVE TO THE CULTURE OF THE ISLAND**

Please be respectful of the culture and beliefs of Barbadians. For example, please save your beach wear for the beach and dress appropriately when shopping and eating in restaurants. Barbadians are very religious people so please avoid swearing as obscene language is seen as unacceptable.

- **ENJOY MEETING THE LOCALS**

The Barbadians are very friendly people and the island is a great place to relax. However, do keep personal belongings in a safe place and be aware of your surroundings...just remember to take a little care, as you would in the UK.

- **TAKE CARE OF THE LOCAL WILDLIFE**

The Green Monkey can be seen in many places on the island. Visitors are reminded not to feed them and maintain a safe distance if you are taking a picture. These animals are wild!



- **HELP TO PROTECT TURTLES IN BARBADOS**

There are several species of turtle in Barbados, and July is nesting season. During July, please avoid shining bright lights on beaches late at night, keep noise to a minimum and please do not touch nesting turtles. If you see nesting sea turtles you can alert the Barbados Sea Turtle Project by calling (246) 230-0142. They will come to the scene to make sure the turtles are cared for and not disturbed. They will also be happy to give you lots of information and let you watch the eggs hatch, at a safe distance, making it a great experience for you and the sea turtles!

- **SUPPORT LOCAL CRAFT WORKERS**

If you would like to buy a souvenir, you can buy local crafts from licensed beach vendors. This helps to support the local economy. Licensed beach vendors can be found in huts or cubicles that are provided by the National Culture Council. While on the beach, you may come across locals selling various items, take time to have a look and see what is on offer, they will move on if you politely refuse their goods.

- **HELP PRESERVE THE CORAL**

The coral reefs in Barbados are beautiful but fragile. When snorkelling or diving, please refrain from walking on, touching or removing coral.

For further information on how to make holidays greener please visit

www.makeholidaysgreener.org.uk