

## Some local vocabulary...

**Good morning:** Salam alaikoum

**Please:** Aafak

**How are you ? :** Labass ?

**Yes:** iyveh

**No:** Lla

**Welcome:** M'rah'ba

**How much is it ? :** B'sshal ?

**Ok:** Wakha

**Goodbye:** B'sslama

**Thank you:** Choukrane

**Where is ? :** Fiine ?

**Enough:** Safi, Baraka

**Now:** Daba

**Today:** L'youm

**My name is... :** Ana smeyti...

**What is your name ? :** Asmeytek?



## Contact us

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## Useful links

- Club Méditerranée Foundation:  
[www.clubmed.fr/lafondation](http://www.clubmed.fr/lafondation)
- CITES : Convention on International Trade in Endangered Species of Wild Fauna and Flora:  
[www.cites.org](http://www.cites.org)
- The french network against sexual abuse and exploitation of children (ECPAT):  
[www.ecpat-france.org](http://www.ecpat-france.org)
- The french anti-counterfeiting association « Union des Fabricants » (UNIFAB):  
[www.unifab.com](http://www.unifab.com)
- Green Passport – Holidays for a living planet (UNEP):  
[www.unep.fr/greenpassport/](http://www.unep.fr/greenpassport/)

Club Med 



For all the happiness in the world...  
... and for the happiness of preserving it



## \*Preserving the environment



*Enjoying the pleasures of nature should not prevent you from protecting it. A few simple steps that everyone can take, allow us to limit our impact:*

- 👉 **Observing the animals** in silence, without attempting to get close to them or to feed them, so as to **respect their habitat** and their dietary balance, thus guarantees your safety and theirs.
- 👉 Even a piece of wood on the ground may be a source of biodiversity: so as to preserve the flora and fauna, it is preferable **not to pick the plants or flowers**.
- 👉 When trekking or mountain biking, **keeping to the marked trails** allows you to limit damage to the soil (trampling, erosion) and the disturbance of habitats. Moreover, the scarcity of resources makes the desert an environment **highly sensitive** to the impact of human activity.
- 👉 Find out information before buying stones, skins, wood, shells, ivory, scales, etc. The CITES convention forbids **trade in endangered species** (see website address on the back).
- 👉 **Water is an extremely rare resource in the desert:** adapt your consumption habits and use it in moderation, avoiding bathing near waterholes.
- 👉 Equally, when you are on an excursion, remember to take the small simple steps that help to **save energy** (light, air-conditioning, etc.).
- 👉 A cigarette butt takes years to decompose and a cereal bar wrapper hundreds of years. The **dryness of the desert** is such that natural degradation may be 1000 times longer than in other environments: carrying a little rubbish bag with you means that you **do not litter the natural environment** (even if it is biodegradable waste).
- 👉 It is sometimes possible to **reuse instead of throwing away**, for example by filling plastic bottles with drinking water. **Leaving superfluous packaging** for equipment at the hotel before the excursion is also a good idea.
- 👉 On the beach, **plastic bags** fly away easily and **pollute the sea**, thus killing marine animals, especially turtles.
- 👉 Batteries, aerosols, cosmetics and photo films: this **toxic waste** must only be disposed of in areas where you are sure it will be **recycled**; if there is any doubt, **bringing it back** with you is the safest option.

## \*Respecting our hosts



*If there is one value that should not be left behind, it's respect...*

- 👉 Dressing in accordance with the local dress code is a way of **honouring** those who welcome us; sometimes clothing that is too close-fitting or revealing can cause offence. In particular, **visiting places of worship** may require you to cover your legs and shoulders.
- 👉 **Certain gestures** that are a sign of courtesy at home may be perceived as **offensive** elsewhere: for example, shaking a woman's hand (for a man); you should also avoid kissing in public, pointing with your finger, noisy behaviour in places of worship, etc.
- 👉 **Ask permission** before filming or taking photographs and do not insist if your request is denied. A **photo** is always more successful with the subject's cooperation...

- 👉 Displaying jewellery, technological gadgets and other valuable objects may underline differences in wealth. **Respect is also a matter of discretion** ; a jewel may sometimes represent several months' wages.
- 👉 **By not buying objects that are sacred or that are part of the region's cultural heritage**, by not "collecting" fragments and not touching religious or artistic works, you are not contributing to the degradation and pillage of cultural sites.
- 👉 **Sex tourism involving children is a crime.** Anyone guilty of sexual assault on a child will be prosecuted in the country where the offence was committed or in their country of origin (see ECPAT website on the back).

## \*Contributing to the development of the host region



*As a tourist, you can contribute to the development of the local economy through responsible behaviour and purchasing:*

- 👉 While bargaining is often a tradition, it should be done with **humour** and **patience**, along with respect for others: bear in mind that bargaining must not be to the detriment of a fair price and that **tips** should be **in line with the cost of living**.
- 👉 **Buying products manufactured in the region** boosts the local economy and reduces transport-related pollution.
- 👉 **A child who earns more by begging than his father who works will probably never go to school.** As small presents (pens, baseball caps, etc.) may be resold, it is preferable to give them to schools or organisations who will help to distribute them fairly. Contact the Foundation Corner of your host village (see website on the back).
- 👉 **Buying a fake is not a trivial matter. Counterfeiting** encourages moonlighting; it stifles the country's economic growth, hampers local creation and is not subject to any social or environmental standards. By refusing counterfeit goods you avoid funding criminal networks and being liable for sanctions (see UNIFAB website on the back).

## \*Savouring the everyday with an open mind



*Making travel a time of discovery and encounter...*

- 👉 A few words of **vocabulary** are always useful for breaking down barriers. By saying hello or thank you in the local language, you will gain the goodwill of the people with whom you are speaking. (see back)
- 👉 Appreciating a country also involves the taste buds... You will discover **new dishes and flavours**, which will delight you and your hosts, who take pride in their cuisine.
- 👉 The **local pace of life** may be disconcerting to those in a real hurry. Instead of getting impatient and perhaps causing offence, let yourself go with the flow...
- 👉 Discovery knows no bounds; by taking an interest in the **local culture, history and beliefs**, and by reaching out to **meet others**, you will be in a better position to understand the country and enjoy your trip to the full...