

## Some local vocabulary...

**Good morning** : Bonjour

**Please** : S'il vous plaît

**How are you ?** : Ça va ?

**Yes** : Oui

**No** : Non

**Welcome**: Bienvenue

**How much is it ?** : Combien ça coûte ?

**What your name ?** : Comment tu t'appelles ?

**Good bye** : Au revoir

**Thank you** : Merci

**Enough** : Ça suffit

**Now** : Maintenant

**Today** : Aujourd'hui

**Where is ?** : Où est-ce ?

**My name is...** : Je m'appelle ...

**See you soon** : A bientôt



## 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)
- International guidelines for responsible diver (Longitude 181 Nature):  
<http://www.longitude181.com/charte/charte-en.html>
- 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, or shells, corals** and other marine species, which do not survive outside their ecosystem.
- ✿ 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. In order not to put animals in danger, **avoid cutting the corners**. Moreover, bear in mind that puncture repair sprays are highly pollutant and energy-consuming to manufacture.
- ✿ The rules to be adopted underwater are the same as on land. A **responsible diver** observes with their eyes and does not feed the fish (see Longitude 181 website on the back).
- ✿ A few seconds' inattention is all it takes to break a coral, but it takes decades to regenerate. Take care not to lean on the reefs and to **use your flippers "gently"**.
- ✿ **Keeping to the marked paths** and limiting the use of chalk allows you to climb up the rocks without damaging them. During the nesting period for birds and birds of prey (between February and July), take care not to disturb reproduction and first flights.
- ✿ Find out information before buying **coral, starfishes**, shells, seahorses, sponges, etc. The CITES convention forbids **trade in endangered species** (see website address on the back).
- ✿ **Water resources** are very unequally distributed across the globe: you should **adapt your consumption habits** depending on where you are.
- ✿ 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: carrying a little rubbish bag with you means that you **do not litter the natural environment** (even if it is biodegradable waste).
- ✿ On the beach, **plastic bags** fly away easily and **pollute the sea**, thus killing marine animals, especially turtles.
- ✿ 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.

- ✿ 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...*

- ✿ **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...
- ✿ **By not buying objects that are sacred or that are part of the region's cultural heritage** and by not touching religious or artistic works, you are not contributing to the degradation of cultural sites.

## ✿ 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:*

- ✿ **Buying products manufactured in the region** boosts the local economy and reduces transport-related pollution.
- ✿ **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 learning a few words of the local dialect, 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.
- ✿ 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...