

# Responsible Guest Guide

*Your mini guide to making a big impact  
during your stay*



ANURAK  
LODGE

[anuraklodge.com](http://anuraklodge.com)

# Sà-wàt-dee khâ, welcome!

We are thrilled to welcome you to Anurak Lodge, where nature, culture, community, and responsible business come together to create an unforgettable experience. As part of our commitment to sustainability and **regeneration**, we believe that every guest plays a vital role in protecting and supporting a more purposeful way of doing tourism.

This guide will help you make conscious choices during your stay. From conserving energy and water, reducing waste, and supporting our team, to engaging respectfully with the local community and culture. Every action contributes to a lasting positive impact.

At Anurak Lodge, we focus on the 4Cs:



## CONSERVATION

Protecting our environment and biodiversity.



## COMMUNITY

Supporting local livelihoods and well-being.



## CULTURE

Honoring and celebrating local traditions and identity.



## COMMERCE

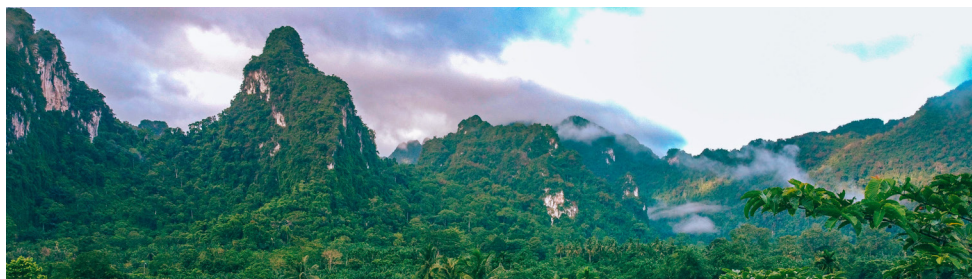
Ensuring our business creates responsible, positive, and viable outcomes



By joining us in these efforts, you become part of a movement toward more mindful and regenerative tourism.

But above all, enjoy your time here in Khao Sok, surrounded by nature and wildlife, welcomed by our warm community, and immersed in Thai culture!

Khòp-khun khâ



TAENGMO

MAPLAO

MALAKO

SAPAROT

SOM

CHOMPU

FARANG

LONGON

MANKUT

LAMYAI



# Thoughtful Packing

Your travels to Khao Sok start before you even get here. What you bring makes a difference:



## **Opt for sunscreens without oxybenzone and octinoxate.**

Protect your skin and our rivers.



## **Bring reusable items.**

water bottle, tote bag, and travel cutlery reduce single-use waste.



## **Opt for products that keep nature clean and wildlife safe.**

Choose to bring biodegradable products that break down naturally.



## **Pack light.**

It saves energy during transport and makes travel easier for you.

# Meet the heart of Anurak Lodge

At Anurak Lodge we hire almost only from the local community. While not all of our staff are fully confident in English yet, they are continually improving and always eager to connect with guests. Learning a few simple Thai phrases can be a fun and meaningful way to bridge the language gap, and it's a wonderful way to show appreciation for our team and local community.

Here are some handy Thai phrases to try out:



Hello – **sà-wàt-dee**

Thank you – **khòp-khun**

Delicious! – **à-ròi**

Very good! – **dii mâak**



Thai is polite with just one magic word! At the end of almost every sentence, Thais add a little word to sound friendly and respectful:

**kh ráp** – men use this

**kh â** – women use this

Example: Thank you → **khòp-khun kh â / khòp-khun kh ráp**









# Welcome to Khao Sok!

During your stay with us you will get the opportunity to explore this magical region of Thailand. A couple of things to keep in mind are:



**Join cultural activities  
with an open heart.**



**Dress respectfully,**  
especially when in temples.  
This means covering your shoulders  
and knees.



**Follow local customs  
and your guide's lead**



**Be curious and respectful.**  
These moments create  
unforgettable experiences





# When visiting our community...

Your visit will support local livelihoods and help create real impact. Here's how you can actively make a difference:



## Choose to buy local products.

Handmade gifts, local snacks, and crafts designed by families and artisans.



## Join community experiences.

Village walks and community-led tours are a great way to learn and connect.



## Respect privacy.

Ask before taking photos of locals.  
It's an easy and simple way to show respect.



## Show kindness.

Every smile and friendly interaction helps build genuine, respectful connections.



Thai's are known to be very respectful with one another. You can play a part by keeping the following customs in mind:



**Greeting:** A wai (hands together in a prayer-like gesture) with a slight bow is a common respectful greeting.

**Public displays of affection:** Keep them minimal, especially in villages or sacred areas.



**Respect monks:** Women should avoid direct physical contact with monks and maintain a polite distance.

**Temple behavior:** Keep voices low, don't run or climb on statues or sacred structures.



**Head and feet etiquette:** Avoid touching someone's head (considered the most sacred part) and don't point your feet at people or religious objects.



# Child Safe Standard

We support activities that ensure children are safe, respected, and able to grow-up freely. Some experiences, even if they seem harmless, can unintentionally reinforce harmful cycles.

For example:

- Buying from very young street vendors
- Participating in school visits
- Engaging with underage workers



By being mindful of these situations, you help create positive impacts in the communities you visit. If something doesn't feel right, please ask us. We're here to help you travel responsibly.





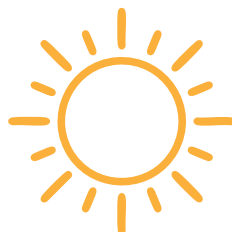
# Join us in saving..

We invite you to treat your stay here as you would at home, and help us conserve energy, water, and waste. Every small action makes a big difference!

## Energy



**Flip the switch.** Turn off lights, fans, A/C, and electronics every time you leave the room.



**Let the sun do the work.** Open curtains and enjoy natural daylight.



**See something flickering or buzzing?**  
Tell us and we'll fix it quickly.



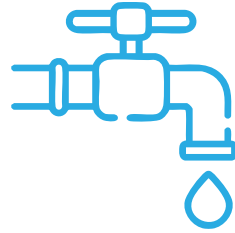


# Water



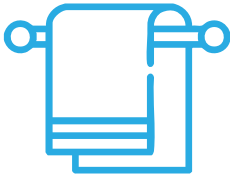
## 5-minute shower mission.

That's just enough time to wash off the day's adventure and sing two of your favorite songs.



## Turn off taps while brushing teeth or shaving.

Every minute saves around 6 liters of water.



## Reuse your towels.

It saves approximately 10 liters of water per towel, per day, and gives our laundry team a little breather.



## Spot a leak?

Let us know and we'll fix it quickly.



# Waste



## **Eat with consciousness.**

Order what you can finish at the restaurant to reduce our collective food waste.

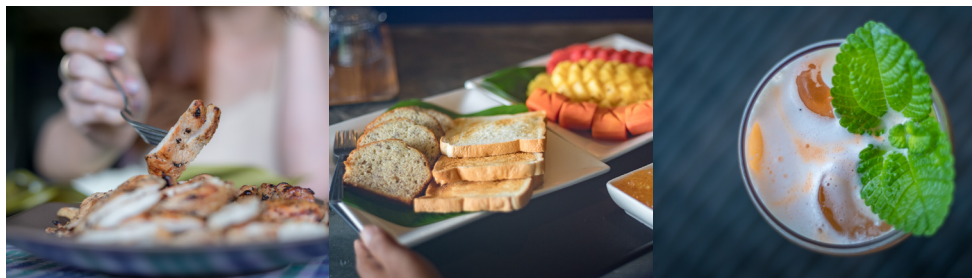


## **Use the right bin for recycling.**

The signs around the property will guide you.



## **Say “no thanks” to single-use plastics.**









# Out in the Wild!



**Stay on marked trails** to avoid disturbing plants and animals.



**Leave plants, flowers, or natural objects** where they are.

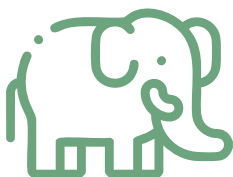


**Move mindfully and notice your surroundings.**

You're sharing this space with our wildlife friends.



**Keeping a respectful distance from wildlife** and observing them from afar.



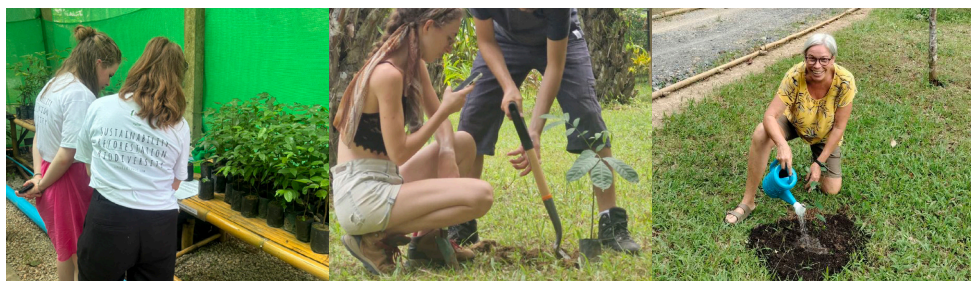
**Joining wildlife-related experiences that follow high animal welfare standards.**

# Join our Rainforest Rising Program..

## Did you know?

Anurak Lodge used to be an palm oil plantation, and now we are bringing the jungle back!

We plant native trees that attract wildlife, restore the soil, and help the forest grow wild again.



## Join the fun:

Plant a tree, give it some love, and help the rainforest rise!



ANURAK

COMMUNITY LODGE



# Thank You for Being Part of Our Journey

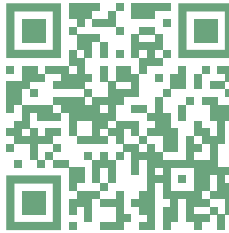
Your stay at Anurak Lodge supports our mission to be truly regenerative and give back more than we take.

As a **Travelife Certified** property, we're committed to responsible and regenerative travel, and your participation helps make that possible.

## Your Voice Matters

We want you to feel welcome. Your **feedback**, what you enjoyed or what we can improve, helps us grow and create an even better experience

Thank you for staying with us and being part of our community.



please leave us a review

**Khòp-khun khâ**





**Gold Certified for  
Accommodation Sustainability**

**2019 Travelife Gold Certification**

*Anurak Lodge was awarded the Travelife Gold Certification for meeting rigorous sustainability standards in environmental, social, and economic responsibility.*

**2025 Travelife Gold Certification**

*Anurak Lodge has once again earned the Travelife Gold Certification, reaffirming our commitment to sustainability, environmental stewardship, community engagement, and responsible tourism practices.*



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