



INSIDER'S GUIDE TO JAMAICA

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.

JAMAICA

Jamaica is the pearl of the Caribbean and is approximately 4,243 square miles in area. Whether you fancy the breathtaking Blue Mountains, fresh river waterfalls and streams, sounds of sweet reggae music or the tantalizing cuisine, there's something for everyone.

The local people are very friendly and love nothing more than visitors experiencing the local culture. Jamaica is the largest English-speaking Island in the Caribbean and the third largest in the region. Although the official language in Jamaica is English, the local dialect is 'Patwa'- if you're lucky you might get a lesson from one of the locals!

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

Although recycling is still relatively new in Jamaica, you will find some hotels that are equipped with areas where you can separate your waste. It's a good idea to check with guest services or reception to find out about the hotels recycling initiatives. While you are out and about, please make sure you put your litter in a bin.

- **PLEASE USE WATER WISELY**

Take short showers rather than baths, turn taps off while cleaning your teeth, and make sure all taps are fully turned off when you have finished using them. If you take a shower at the beach, please make sure you turn the shower off afterwards.

- **BUY LOCAL**

Jamaicans pride themselves in the area of arts and craft, and by buying locally made souvenirs you will be helping the local economy. Many of the larger all inclusive hotels will host a vendors market on property so you can browse and buy at your leisure. US dollars are widely accepted throughout Jamaica but if you decide to explore and go shopping, take a little Jamaican money with you so that you can give the exact currency for your purchase.

- **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. It's also worth noting that whilst most hotels

use a 110 volt system, some use a 220 volt system, so it's worth checking your appliances before you go.

- **PLEASE TRY TO RE-USE YOUR TOWELS**

Ask at your hotel reception if a towel re-use scheme is available. Many hotels offer this, and by not changing your towels everyday you'll be helping to save water, electricity and chemicals used for laundry.

- **DON'T USE DRUGS**

Drugs are prohibited in Jamaica. If convicted of a drug related offence, the crime is punishable by a hefty fine or imprisonment.

- **ENJOY MEETING THE LOCALS**

The Jamaicans 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.

- **BOOK A LOCAL EXCURSION TO EXPLORE JAMAICA**

Jamaica is a beautiful island, and if you'd like to explore it more, why not book a local excursion, or travel with a licensed taxi. If you do decide to hire a car, ask at your hotel reception for help and advice on planning a route- it is easy to get lost! Please make sure you stick to the speed limit, speeding is an offence and the police often carry out speed checks. Remember not to leave your hire car unlocked or leave valuables on show, take a little care...just as you would in the UK.

- **CELEBRATE FESTIVITIES WITH THE LOCALS FOR A UNIQUE HOLIDAY EXPERIENCE**

Jonkanoo, called Junkanoo on other Caribbean islands, is Jamaica's Christmas celebration. Party-goers dressed in masquerade parade through streets in celebration of their West African and slave heritage.

- **HELP PRESERVE THE CORAL AND MARINE LIFE**

The coral reefs in Jamaica are beautiful but fragile. When snorkelling or diving, please refrain from walking on, touching or removing coral. Please do not buy shell products, or lobster out of season, help to preserve



marine life and leave it as you found so that others can enjoy it too. Ask in restaurants for locally sourced and seasonal food- it will be fresher and tastier, and help to support the local economy!

- **GET INTO THE JAMAICAN SPIRIT!**

Get a little closer to the country you are visiting by checking out some of the local attractions and festivals- The Bob Marley Museum is a favourite, and The National Festival of Arts runs throughout the summer. Jamaica is also a reggae lover's heaven, with festivals all year round...a few of which are mentioned below...

- The Air Jamaica Jazz and Blues Festival (usually held early in the year)
- The International Reggae Day (usually celebrated in July)
- Reggae Sunfest (takes place first week in August each year in Montego Bay)

For further information on how to make holidays greener please visit

www.makeholidaysgreener.org.uk