



## cultural understanding

the culture in ladakh is in rapid transition, yet it is one in which the traditional values are still largely intact. for mutual respect and comprehension, please observe the following points:

### dress code

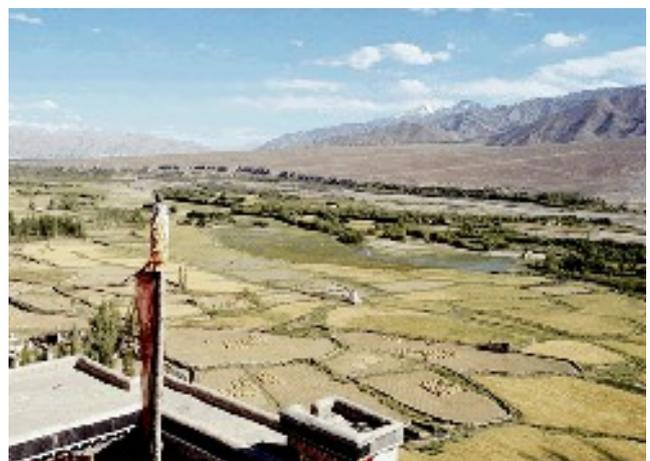
wether you are travelling ladakh in summer or winter, do wear different layers so that you can layer up or down whenever needed.

the temperatures in summer are pleasant, wearing a t-shirt or blouse during the day is very much fine. the sun is strong here, so do bring good sun protection (cream, sunglasses, hat). in winter, mercury drops below zero, so (very) warm and wind-proof clothing as well as good shoes are essential. bring a warm cap, gloves, scarf/muffler, or balaclava with you, too.

if you plan to do a trekking or mountaineering tour, adequate shoes are a must. they have to be comfortable and you should have worn them several times before.

there are many different people living in ladakh, eg. hindus, kashmiris, muslims, etc. please do try to avoid tight, provocative, or very open clothing, as it can be a cause of possible harassment. shorts, sleeveless shirts/blouses should be generally avoided in public places, and especially for visits of religious buidlings.

under no event should swimwear (for women bikinis) be worn in ladakh as these may be taken as sexually provocative and be a cause of possible harassment.



## behaviour code

a friendly smile does great anywhere. and with few ladakhi words, like "julley", "jimpo rak ley", etc. the encounters with the local inhabitants is a joyful one and will remain in your mind for long time.

before visiting religious sites, please do remove your shoes before you enter these buildings. also, do not offend the monks while sitting on the small tables or on places reserved for them. if you want to meditate or you feel tired, kindly ask the monks where you can have a seat.

please keep your affection for your partner as a private matter and confined to your own rooms/tents, and not for public display. kissing and hugging in public is definitely a NOGO.

## photography code

before openly taking photos of local inhabitants please ask them for permission. another way to take a pic is eg. to hide yourself behind a pillar, etc. like this you have enough time to make photos of one or several locals without annoying them.

photography in religious buildings or at religious ceremonies needs the permission of the monk, priest, mullah or pastor in charge. remember that flash photography is damaging ancient wall paintings and tapestries (eg. thangkas).

