



Important Information on Morning Alms Giving

The morning monks' round (in Lao: Tak Bat) is a living Buddhist tradition for the people of Laos which, because of its beauty, has become a major tourist attraction, especially in Luang Prabang. However, when tourists are unaware of the customs associated with Tak Bat, inappropriate behaviour can be disruptive. We would like to propose how you can respect this meaningful religious practice.

Take part in the almsgiving ceremony by protecting its dignity and its beauty.

ChildSafe®



How to Respect the Tak Bat

- Observe the ritual in silence, and contribute an offering only if it is meaningful for you and you can do so respectfully.
- Buy a rice offering at a local market, rather than from street vendors along the monks' route.
- If you do not wish to make an offering, please keep an appropriate distance and behave respectfully. Do not get in the way of the monks' procession or the believers' offerings.
- Do not photograph the monks too closely; camera flashes are very disturbing for both monks and lay people.
- Dress appropriately: shoulders, chest and legs should be covered.
- Do not make any physical contact with monks.
- Large buses are forbidden within the Luang Prabang World Heritage Site and are extremely disturbing. Do not follow the procession on a bus – you will stand above the monks, which in Laos is disrespectful.

ChildSafe is building a network to protect vulnerable children from all forms of abuse. Tourists have an essential role to play in protecting children. Please do not give money to children on the streets; it encourages them to stay on the streets and reinforces the idea in their family that children are more useful on the streets than in school. To constructively support the children to get an education, please support the Peuan Mit projects and buy ChildSafe products. **Web** www.childsafe-international.org