



Ethical Travel Guidelines

We are delighted that you will be joining us, and we hope your time with CARE will provide you with valuable insights into how communities are addressing some of the world's most pressing challenges, such as gender inequality, poverty or climate change. During your visit, you will interact with the CARE team, learn from our program experts, and engage with participants in their communities.

At CARE, we prioritize respectful and ethical partnerships with the communities we serve. Our storytelling strives to be inclusive, equitable, and dignified, reflecting the true complexity of participants' lives. We are committed to transparency, honesty, and amplifying the voices directly impacted by our work, ensuring stories are told authentically and in context. Our goal is to foster a deeper understanding of global needs and the role each of us can play in creating a just and equitable world.

Before we embark on this journey together, here are some principles that guide us when visiting our project sites.

General Principles



Respect

Treat all individuals with dignity and respect, understanding that you are a guest in their community. Use polite language and gestures, listen actively, and approach interactions without preconceived judgments.

Cultural Sensitivity

Be aware of and respect local customs, traditions, and social norms by dressing appropriately, following local etiquette, and understanding non-verbal communication differences. Learning basic phrases in the local language also demonstrates respect and effort.

Privacy

Respect the privacy of project participants by always asking for consent before taking photographs or recording videos. Clearly explain the purpose, avoid entering private spaces or asking personal questions without invitation, and do not share personal stories or images without explicit permission. CARE Nepal team will assist in clarifying when you have consent to take photos and when it is best to refrain from taking images.

Before the trip



Education

Learn about the culture, history, and current context of the area you will be visiting by reading books, articles, and reports about the region and its people. Please refer to your travel brief for all your reading resources.

Expectations

Understand the goals of the visit and what you hope to achieve, keeping an open mind and being prepared to learn from the community.

During the Visit

Engage actively



Listen to the stories and experiences of project participants, showing genuine interest and empathy. Pay close attention during conversations, respond with empathy to acknowledge their challenges and achievements.

Follow guidelines



Adhere to the rules and instructions provided by the local program experts. Follow all guidelines related to safety, behavior, and project activities; recognize the authority of local coordinators and defer to their expertise.

Don't give gifts



Avoid giving money or gifts directly to project participants to prevent dependency and inequality. Channel donations or gifts through the organization's proper channels to ensure they benefit the entire community sustainably, rather than specific individuals.

Don't ask invasive questions



Avoid asking invasive or insensitive questions about personal or traumatic experiences, respecting individuals' boundaries and emotional sensitivity.



CARE's Storytelling Principles

CARE is truthful and authentic

CARE dignifies people and emphasizes the totality of individuals

CARE acknowledges complex realities

CARE is community centered

CARE is solution oriented

Consent

Always ask for permission before photographing or recording individuals, particularly children, and provide a clear explanation of how the images or videos will be used. Respect individuals who decline to be photographed or recorded and ensure that all participants fully understand and consent to the use of their images or videos. The CARE team will help you with permissions and guidance on when it's permissible to take photos.

Representation

When representing the community and individuals in your posts, focus on positive and empowering depictions while avoiding stereotypes or negative portrayals. Provide context to prevent misinterpretation and ensure representations uphold the dignity and respect of everyone involved.

Privacy

Respect privacy by refraining from sharing personal information or stories without explicit consent, ensuring confidentiality and ethical sharing practices. Obtain permission before sharing any stories or images online to uphold the privacy and dignity of participants.

Safeguarding

From time to time, we meet individuals who are survivors of conflict, gender-based violence, or other threats. When telling their stories, we ensure that names and/or locations are changed to protect their safety. Your program experts will advise on any need to protect those we meet from harm.

Photography and Social Media

CARE team experts will advise you on when it is appropriate to take pictures of program participants and will help you to ask for permission before doing so. At CARE we adhere to journalistic principles and adhere to ethical storytelling. Choosing photographs that illustrate poverty and conflict while maintaining the dignity of the people depicted can be challenging.

We strive to avoid sensationalism and instead focus on values-based storytelling, evaluating each photo on a case-by-case basis to ensure it respects the people and communities we serve.

Do Not Use

This is a powerful, truthful photo. The child's anguish is palpable. The photo is also the type of image CARE is moving away from because it could be seen as intrusive and undignified. This is possibly the worst day in this child's life.



Better Alternative

This photo is from the same situation, but is less emotional, more hopeful. Even though children are receiving help in the photos, this picture feels more focused on the solution.



Alternative Details

This photo gets the point across without making 1 person the face of the crisis.

