

## Your destination:

Your activities:

- |                                    |                                  |                                    |   |                                |
|------------------------------------|----------------------------------|------------------------------------|---|--------------------------------|
| <input type="checkbox"/> sagu      | <input type="checkbox"/> fishing | <input type="checkbox"/> poison    | <input type="checkbox"/> dance ceremony | <input type="checkbox"/> _____ |
| <input type="checkbox"/> hunting   | <input type="checkbox"/> hiking  | <input type="checkbox"/> carving   | other:                                  | <input type="checkbox"/> _____ |
| <input type="checkbox"/> loincloth | <input type="checkbox"/> weaving | <input type="checkbox"/> tattooing | <input type="checkbox"/> _____          | <input type="checkbox"/> _____ |

- Permission to take photos / video during your stay for \_\_\_\_\_ persons

## Checklist

- Payment made to Mentawai Ecotourism office, including police report (payment of IDR50,000 per person), transportation, local accommodation, guide, food/drink supplies, 10% education program, 3% admin / training, deposit rubbish bag.
- Collect a rubbish bag
- Prepare the payment to give to the head of the family you stay with. This is to be given on the final day of your stay.
- Learn a few words in Mentawai language (see back of the sheet)
- Arrive and share small gifts of tobacco, machette blades, jewellery, or other (optional).
- Relax and enjoy your experience
- Before leaving give your final payment to the head of the uma/family
  - \* in cases of a ceremony, you may need to pay the Sikerei and drummers before they leave as they may want to return to their village.
- Collect your rubbish bag/s and luggage and return to the Mentawai Ecotourism office
- Give rubbish bag to the office staff and retrieve your and the guide's deposit
- Leave a review about your experience (optional)
- Remember us and our culture!

## Requirements

All rubbish must be returned to the Mentawai Ecotourism office in Muntei. Failure to do so will result in the forfeit of your deposit and the guide will not receive his full payment

We ask that you respect Mentawai culture and embrace their differences. You are here to learn about their way of life, not impose your own.

Do not go to the toilet in the river. Please use the forest and discuss with your guide if you require any assistance regarding location, access to water for washing, dangers, visibility, etc.

## Recommendations

Mentawai children are beginning to ask guests for money / belongings because guests have been giving this to them. The community do not want their children to act like beggars and so please refrain from giving them money or unnecessary items.



## Mentawai words and phrases

English	Mentawai	Pronunciation
Hello	Anai leu ita	Ah-nai lehu-ee-ta
How are you?	Kipa, masehat leu a?	Ki-pah, ma-seh-hat lehu ah?
My name	Onin ku	Oh-nin ku
What is your name?	Kaise onim?	K(eye)-seh oh-nim?
Me / I	Aku	Ah-ku
Us	Kai	K(eye)
You	Ekeu	Eh-kehu
You (more than 1)	Kap	Kahp
Yes	O'o	Oh'ho
No	Tauk	Taah
Can	Moi	Moi
Don't	Bah / Bui	Bah / Boo-ee
Good / Great / Beautiful	Maeruk!	My-eh-ruh!
Thank you / thanks	Masurak bagatta / Surak	Ma-sue-rah bah-gah-ta / Sue-rah
You're welcome	Simakerek	See-mah-keh-reh
I go	Mei aku	May ah-ku
We go	Mei ita	May ee-ta
I want	Ku oba	K(oo) oh-bah
I like	Maoba aku	Mah-oh-bah ah-kuh
More	Metca	Met-chah
Little bit / Small	Boirok	Boy-rock
Where	Kaipa	K(eye)-pah
When	Pina moi	Pih-nah moi
What is this?	Apa niek?	Ah-pah nee-eh?
Food	Kat	Kaht
Drink	Lou	Loh
Hungry	Malaje	Mah-lah-jeh
Thirsty	Maogou	Mah oh-goh
Eat	Mukop	Moo-kop
We eat together	Mukop simakerek	Moo-kop si-mah-keh-reh
Spoon	Sendok	Sen-dok
Bowl	Piggat	Pig-gut
Cup	Gelas	Geh-laas
Sleep	Merep	Meh-rep
Cigarette	Ubbek	Ooh-beh
River	Batoinan	But-toy-nan
Shower	Murau	Moo-rahu
Loincloth	Kabit	Kah-bit
House	Uma	Ooh-mah
Money	Bulagat	Bul-lah-gut
Can you teach me this?	Moi nu gelai ake ku niek?	Moi noo geh-l(eye) ah-ke-ku neh?
I want to learn	Kuoba pasi gelai	Koo-oh-bah pah-see geh-l(eye)