



KANDOOMA



Green  
Book



*Holiday Inn*  
**RESORT**  
— BY IHG —

KANDOOMA MALDIVES



## General Manager's *Remarks*

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It is our privilege to share with you the beauty of our island home and the fragile ecosystem that surrounds it. With this privilege comes responsibility—one we take seriously as part of IHG's Journey to Tomorrow, our global commitment to caring for people, communities, and the planet.

At Kandooma, we recognise that sustainability is not a choice but a necessity. We are committed to playing our part in helping achieve the United Nations Sustainable Development Goals (SDGs), ensuring that the Maldives remains a place of wonder for generations to come. From conserving water and reducing waste to protecting coral reefs and supporting local communities, every action we take brings us one step closer to a greener, fairer future.

This Green Book is both a guide and an invitation. It shares our initiatives, but it also asks you to join us on this journey. Together, our collective efforts—large and small—can make a meaningful difference.

I encourage you to read and embrace our Kandooma Pledge, which reflects the values we hold close: respect for nature, care for communities, and responsibility for tomorrow. By making this pledge with us, you become an active part of preserving the very paradise you have come to experience.

On behalf of the entire Kandooma family, thank you for being here, for caring, and for joining us in protecting this remarkable place we call home.

**Mark Eletr**

**General Manager**

Holiday Inn Resort Kandooma Maldives

# Introduction

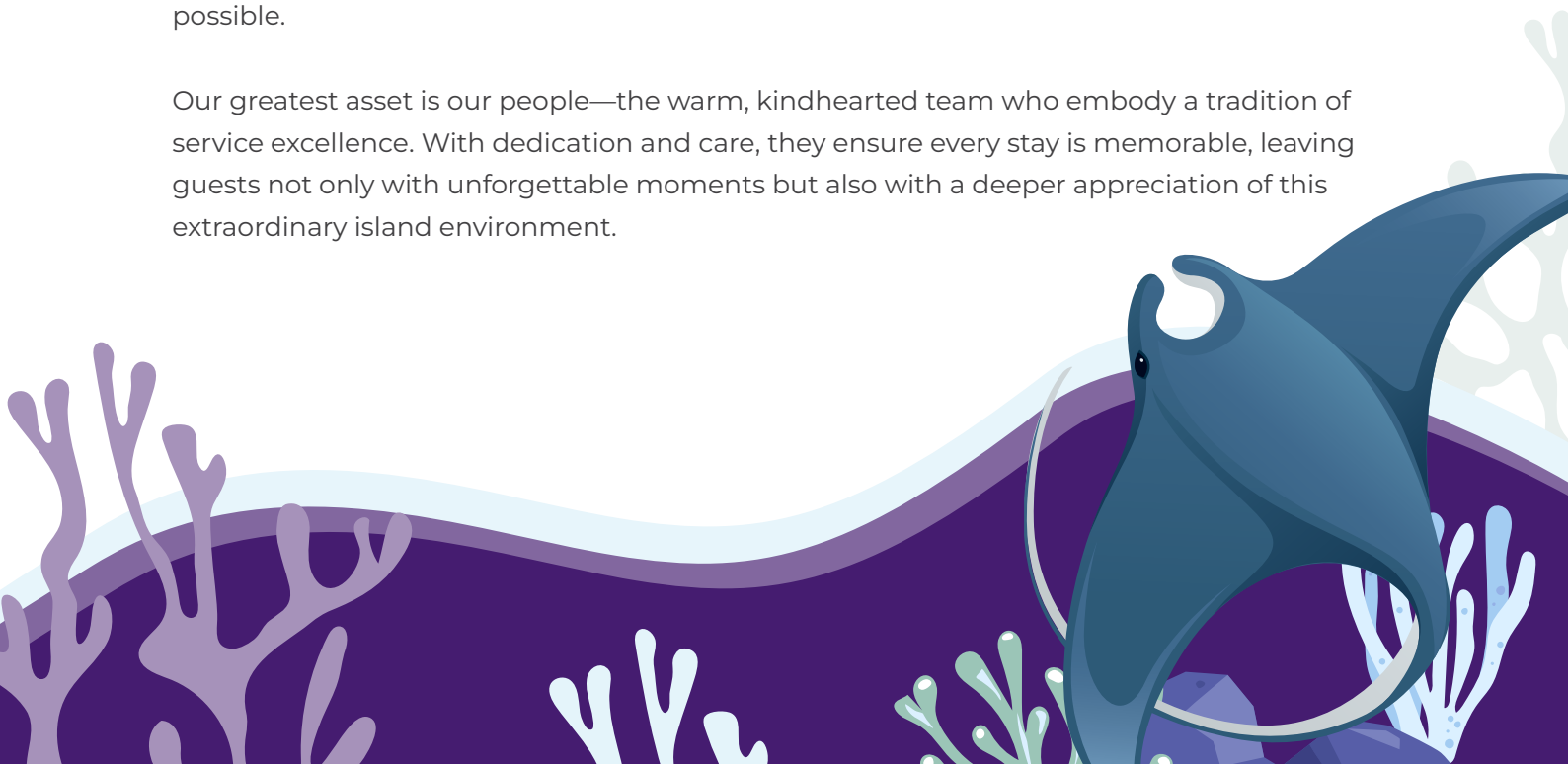


**H**oliday Inn Resort Kandooma Maldives is a sanctuary where nature and hospitality exist in harmony. Set on its own private island, the resort combines contemporary design, lush tropical beauty, and sweeping views of the Indian Ocean to create an experience of both refined elegance and genuine Maldivian charm.

We offer unforgettable, authentic experiences and fun for all ages. Consistent, affordable, and approachable, the resort connects people through travel, discovery, and enriching activities that create lasting memories.

Here, every detail contributes to a sense of balance and well-being. A tranquil resort and spa framed by pristine beaches and vibrant marine life, Kandooma offers guests an invitation to discover authentic island adventure, restorative relaxation, and meaningful connections—all while respecting and protecting the natural environment that makes these experiences possible.

Our greatest asset is our people—the warm, kindhearted team who embody a tradition of service excellence. With dedication and care, they ensure every stay is memorable, leaving guests not only with unforgettable moments but also with a deeper appreciation of this extraordinary island environment.



# Dhivehi *Language*

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The national language of the Maldives is Dhivehi, a unique tongue that reflects the nation's rich history and culture. Its roots trace back to Sanskrit, and some researchers suggest it is an ancient form of Sinhala, spoken in neighbouring Sri Lanka.

When Islam was introduced to the Maldives in 1153, Dhivehi absorbed strong Arabic influences, shaping both vocabulary and everyday expression. In modern times, English has become widely spoken, particularly after its adoption as a medium of education in the early 1960s. Today, most Maldivians are fluent in both Dhivehi and English.

The written form of Dhivehi uses the Thaana script, developed in the 16th century, soon after the country's liberation from Portuguese rule. Unlike earlier scripts, Thaana is written from right to left, reflecting the integration of Arabic into Dhivehi. The script consists of 24 letters, making it truly distinctive among world languages.

For visitors, hearing Dhivehi spoken is part of the island's charm. Guests will often be greeted with words such as "Assalaamu Alaikum" (peace be upon you) or "Maruhabaa" (welcome). At Holiday Inn Resort Kandooma Maldives, our team is proud to share the beauty of Dhivehi with guests—whether through a simple greeting, cultural activities, or during special Dhivehi Language Week, when visitors are encouraged to learn and use a few phrases during their stay.

# Culture & History



For centuries, the Maldives was ruled by kings (Radun) and queens (Ranin). Its location on the main marine routes of the Indian Ocean gave the islands immense strategic importance, drawing the interest of traders, travellers, and later colonial powers.

Influences from neighbouring Sri Lanka and India shaped Maldivian culture, language, and economy. One of the Maldives' most significant contributions to world trade was the cowrie shell, locally known as Boli. These shells served as the earliest form of currency in the Maldives and became a recognised medium of exchange across parts of Asia and Africa. Maldivian trade in cowries flourished for centuries, only beginning to decline in the late 19th century as European colonial powers dominated Indian Ocean trade.

The Dutch, French, and Portuguese each left their mark on the country's politics and economy through varying degrees of interference and influence. Eventually, on 16 December 1887, the Maldives became a British Protectorate when the Sultan signed an agreement with the British Governor of Ceylon. Under this arrangement, Britain promised military protection and non-interference in local governance in exchange for an annual tribute.

In 1957, the British established an RAF base on the southernmost atoll of Addu, employing many Maldivians. Nineteen years later, the base was closed. Finally, on 26 July 1965, the Maldives declared its independence from Britain—a date now celebrated every year as Independence Day.



# A Living *Heritage*

Today, the Maldives' vibrant culture reflects this rich history of trade, influence, and resilience. From traditional music and dance to the artistry of boatbuilding and craftsmanship, Maldivian heritage lives on in everyday life. Guests at Holiday Inn Resort Kandooma Maldives are invited to experience this living culture through local cuisine, island traditions, and warm Maldivian hospitality—an enduring legacy of a proud and independent nation.



# Archipelagos & Atolls



The Maldives is a nation where the sea reigns supreme, covering nearly 99% of its territory. Scattered across this vast expanse of blue are archipelagos of islands formed by coral reefs, each carrying the mysteries of the country's natural origins.

At the heart of the Maldives' geography lies the atoll—a ring-shaped coral reef encircling a tranquil lagoon. These atolls are the very foundation of the islands, offering not only beauty but also protection. Known locally as Faru, the reefs act as natural barriers, shielding the delicate, low-lying islands from wind and waves. The highest point of land in the entire country is just eight feet above sea level, highlighting both the fragility and the resilience of the islands.

In total, there are 26 natural atolls in the Maldives, all part of a much larger geological structure called the Laccadives–Chagos Ridge, which stretches more than 2,000 kilometres across the Indian Ocean.

The origins of these unique formations fascinated naturalists such as Charles Darwin. His theory explains that submerged volcanoes once rose from the ocean floor, their edges becoming home to coral reefs after the eruptions ceased. Over time, as the volcanic peaks sank below the surface, the corals remained, growing upward and forming rings that encircled lagoons. Currents and tides deposited dead coral and sand, gradually building the islands we see today—delicate jewels resting upon living coral foundations.



# Protecting Fragile *Foundations*

These reef systems are not only the birthplace of the Maldives but also its greatest line of defence. Healthy coral reefs support marine biodiversity, protect shorelines, and ensure the very survival of the islands. At Holiday Inn Resort Kandooma Maldives in the South Male Atoll we are committed to safeguarding these ecosystems through reef-friendly practices, marine conservation initiatives, and guest education—so that future generations may continue to enjoy the beauty and wonder of the atolls.

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## Culture

The Maldives has long stood at a crossroads of the Indian Ocean, where traders, travellers, and seafarers from distant shores brought with them not only goods but also ideas, customs, and flavours. Over centuries, these influences have blended with local traditions to shape the nation's distinctive culture and way of life.

Food is a vivid reflection of this cultural journey. With the ocean surrounding every island, fish—especially tuna—has always been the heart of Maldivian cuisine. Staples such as taro, sweet potato, and coconut provided nourishment, while passing traders introduced new spices,

grains, and vegetables. Each addition was carefully adapted to local tastes, enriching an otherwise simple island diet.

Today, Maldivian cuisine is a unique fusion of flavours, drawing inspiration from Arabic, Indian, Sri Lankan, and Oriental influences. The result is a culinary identity all its own—fragrant, colourful, and deeply tied to the sea. From the beloved mas huni (a breakfast of tuna, coconut, and onion) to spicy fish curries and savoury snacks, every dish tells a story of connection between people, place, and tradition.



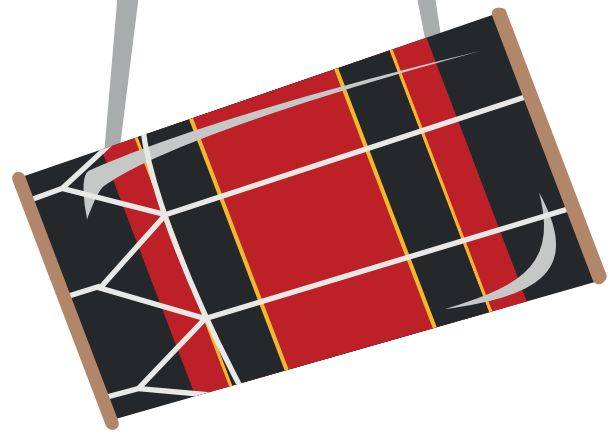
# Experience Maldivian Culture *at Kandooma*

At Holiday Inn Resort Kandooma Maldives, guests are invited to explore this living heritage first-hand. Our Maldivian Cooking Classes offer the chance to learn traditional recipes alongside our chefs, discovering the flavours and techniques passed down through generations. Each week, the resort also hosts the Spirit of the Maldives evening, where culinary specialties are paired with the rhythm and energy of a traditional Bodu Beru dance performance—a vibrant celebration of Maldivian food, music, and culture under the stars.

## Bodu Beru

Bodu Beru, meaning “big drum” in Dhivehi, is one of the most iconic and enduring performance arts of the Maldives. Believed to have been introduced in the 11th century by African sailors, this traditional drumming style has become deeply woven into Maldivian cultural identity and celebrations.

The drums themselves are crafted from hollowed coconut wood, with both ends covered in goat hide. A typical performance features around fifteen people, including three drummers and a lead singer, supported by a chorus. Songs are sung in Dhivehi and often touch on themes of patriotism, romance, daily life, or even satire.



As the rhythm builds, the performance becomes both powerful and hypnotic, with drummers and singers working in unison while dancers respond to the beat.

Men traditionally perform the Thaara dance, while women perform the Bandiyaa dance, and it is not uncommon for the audience to join in—blurring the line between performers and participants in a joyful celebration.

At Holiday Inn Resort Kandooma Maldives, guests can experience the energy and spirit of Bodu Beru during our Spirit of the Maldives evenings and on special festive occasions. Our talented performers proudly share this living tradition, inviting guests to feel the heartbeat of Maldivian culture through rhythm, dance, and song.



# Lacquerware



Among the Maldives' most treasured traditional crafts is lacquerware, known in Dhivehi as liyelaa jehun. This centuries-old art form showcases the remarkable skill and patience of Maldivian craftsmen.

The process begins with a simple block of wood, carefully shaped into objects such as vases, jewellery boxes, or ornamental containers. Once carved, the piece is coated in layers of brightly coloured lacquer—typically black, orange, green, and yellow. Craftsmen then etch intricate geometric and floral patterns into the surface, revealing the colours beneath in delicate designs.



To finish, the item is polished using dried coconut leaves, giving it a smooth, glossy sheen. The result is a striking piece of art—sleek, vibrant, and adorned with fine details that reflect both tradition and creativity.

Lacquerware remains a symbol of Maldivian craftsmanship and makes for a meaningful keepsake, connecting visitors to the islands' artistic heritage.



# Kandooma

## Code of Conduct

### Respect & Responsibility

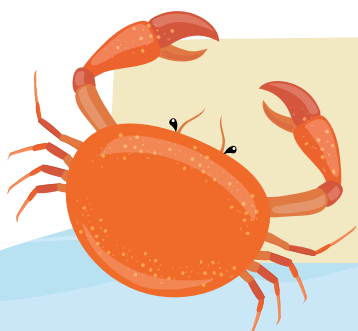
Travel is most meaningful when it is guided by respect—for people, culture, and the environment. The Maldives is a Muslim country, and while resort islands like Kandooma offer relaxed freedoms, local community islands observe traditional customs. Dressing modestly and behaving respectfully helps ensure positive and genuine interactions. This code is part of our Green Book commitment to sustainability at Holiday Inn Resort Kandooma Maldives. By following these simple guidelines, guests help us protect the fragile ecosystem, honour local traditions, and preserve the beauty of the Maldives for future generations.



- Support local communities by purchasing ethical souvenirs. Your choices encourage sustainable growth and make thoughtful gifts for friends and family.
- Join our cultural activities to connect with the Maldivian way of life, learn about traditions, and enjoy authentic experiences.



- Avoid buying sea jewellery made from mother-of-pearl, seashells, coral, turtle shell, or black coral. These practices are harmful to the environment and, in the case of turtle shell and black coral, strictly forbidden in the Maldives.
- Do not collect shells or corals from the beach. Shells provide homes for hermit crabs, and it is illegal to remove coral or shells from the country. Offenders may face significant fines.
- Never dispose of plastic or rubbish in the ocean. Protecting the fragile marine ecosystem is vital to the survival of the Maldives' unique environment.



As part of your stay, we warmly invite you to take part in our Eco Action Team initiatives, from reef clean-ups to sustainability workshops where guests and staff come together to protect the island environment and celebrate our shared commitment to a greener, bluer future.



# Guest Sustainability Pledge

*As a guest of Holiday Inn Resort  
Kandooma Maldives, I pledge to:*

- Respect the culture, traditions, and beliefs of the Maldivian people.
- Care for the fragile island environment by reducing waste, avoiding single-use plastics, and protecting marine life and coral reefs by acting with care in and around the ocean.
- Use energy and water responsibly during my stay.
- Support the local community through ethical choices that encourage sustainable growth.
- Participate, where possible, in activities that promote conservation and cultural understanding.

By making this pledge, I join Kandooma's EcoAction Team spirit—helping ensure the Maldives remains a place of beauty, culture, and life for generations to come.

Signature: \_\_\_\_\_

Date: \_\_\_\_\_

*Sign*



*By making this pledge, I join Kandooma's EcoAction Team spirit—helping ensure the Maldives remains a place of beauty, culture, and life for generations to come.*

# Ethical Souvenirs

One of the most meaningful ways to support Maldivian communities is by purchasing locally made handicrafts. These traditional art forms reflect centuries of skill and creativity, and each piece carries a story of heritage and care. We encourage our guests to consider the following when choosing souvenirs to take home:



## Wooden Lacquerware (Liyelaa Jehun)

Perhaps the most distinctive of Maldivian handicrafts, lacquerware is made from the local funa tree (Alexandrian laurel), which grows abundantly across the islands. Craftsmen transform blocks of wood into pillboxes, vases, and lidded plates, before coating them with layers of resin in striking shades of red, black, and yellow. Intricate floral designs are then delicately carved into the surface, resulting in elegant pieces that gleam with artistry.

## Reed Mats (Thundu Kunaa)

Reed mats are woven throughout the Maldives, dried in the sun and coloured with natural dyes that range from soft fawn to deep black. Each mat is created on a handloom, with intricate geometric and abstract designs depending on the imagination and skill of the weaver. These mats are both practical and decorative, making them highly prized souvenirs.



## Coconut Crafts

The coconut palm has always been central to Maldivian life. Traditionally used for rope, thatch, and utensils, today its shells are polished and crafted into beautiful ornaments and souvenirs. Skilled artisans create miniature dhonis (traditional boats), jewellery, utensils, and decorative pieces, celebrating the versatility of this iconic island tree.



## Wood Carving

Maldivian wood carving is an ancient art, once used to decorate mosques and royal buildings with extraordinary detail. While large architectural works are rare today, craftsmen continue the tradition on a smaller scale, producing handmade vases, jewellery boxes, and carved wooden dhonis. Each piece is a testament to their patience, dedication, and respect for the craft.

# Working Together to Create a Sustainable Future

At Holiday Inn Resort Kandooma Maldives, we recognise our responsibility to safeguard the natural beauty of our island home while contributing to a more sustainable future for the Maldives. Guided by IHG's Journey to Tomorrow and the United Nations Sustainable Development Goals (SDGs), we are committed to protecting the environment, supporting our communities, and ensuring the health and well-being of our guests and team members.

## Our Commitments

### • Water Stewardship (SDG 6: Clean Water & Sanitation)

We carefully monitor and manage water use across the resort to ensure efficiency and minimise waste, protecting one of the Maldives' most precious resources.



### • Reduce, Reuse, Recycle (SDG 12: Responsible Consumption & Production)

We remain dedicated to reducing waste and promoting circular practices through recycling and reuse wherever possible.

### • Air Quality & Pollution Control (SDG 13: Climate Action)

We actively seek to reduce both indoor and outdoor pollution, improve air quality, and limit our carbon footprint.



• *Biodiversity Protection (SDG 14: Life Below Water & SDG 15: Life on Land)*

We are committed to conserving and restoring biodiversity within the resort and in surrounding marine and island ecosystems.



• *Community Partnership (SDG 8: Decent Work & Economic Growth)*

We work closely with local communities, supporting economic opportunities, cultural preservation, and social development.

• *Health & Well-being (SDG 3: Good Health & Well-being)*

We continually enhance the health, safety, and well-being of our team members, guests, and neighbours.



• *Compliance & Standards (SDG 16: Peace, Justice & Strong Institutions)*

We uphold Maldivian and international environmental and social legislation, ensuring the highest standards in public health, occupational safety, hygiene, and fair employment.

This Environmental & Social Policy is freely available to all interested parties upon request. Together with our guests, partners, and community, we are rooted in action and growing change, working to ensure that future generations can continue to experience the beauty and wonder of the Maldives.

# Waste Reduction & Recycling

Waste disposal and marine debris are among the Maldives' greatest environmental challenges. Across the country, many items that could be recycled or composted are still transported to landfill, creating strain on fragile island ecosystems. At Holiday Inn Resort Kandooma Maldives, we are working to change this by reducing waste at the source, reusing resources wherever possible, and fostering a culture of recycling.

## Our Actions

- **Accessible Recycling:** Clearly marked recycling bins are placed in all offices and colleague accommodation areas to encourage responsible disposal of waste.
- **Education & Awareness:** Our colleagues receive regular training on the importance of recycling and how to separate materials effectively, ensuring that recycling is a daily habit.
- **Plastic Reduction:** We have significantly reduced the import of single-use bottled water by utilising our on-island bottling plant and reusable bottles, cutting both plastic and glass waste while lowering carbon emissions.
- **Smarter Purchasing & Reuse:** From energy-efficient light bulbs with a long lifespan to bulk purchasing that limits unnecessary packaging, we make conscious decisions to reduce waste. Office paper, waste wood, and other usable materials are repurposed wherever possible, giving them a second life instead of sending them to landfill.

Through these initiatives, Kandooma is taking practical steps to minimise waste, reduce our environmental footprint, and protect the beauty of the Maldives for future generations.



# Renewable Energy

At Holiday Inn Resort Kandooma Maldives, we are committed to reducing our reliance on fossil fuels by harnessing clean, renewable sources of energy. With the Maldives being one of the world's most climate-vulnerable nations, every step we take toward energy efficiency helps protect the islands for the future.

## Our Initiatives

- **Solar Power for All:** Solar water heaters and solar panels are installed across the resort, supplying sustainable energy for both guest facilities and colleague areas.

- **Energy Efficiency:** We use energy-saving equipment, appliances, and lighting with long lifespans to reduce overall consumption.

- **Smarter Operations:** Systems are designed to maximise efficiency—whether through careful maintenance, bulk purchasing to reduce waste, or the reuse of materials where possible.

- **Future Focus:** We are actively exploring ways to expand our use of renewable energy, including greater solar capacity, battery storage, and innovative technologies that can help us achieve carbon reduction goals.





At Holiday Inn Resort Kandooma Maldives, we are proud to operate our own in-house Eco Pure water bottling plant—a key initiative in our commitment to reducing carbon emissions and single-use plastics. By producing drinking water on the island rather than importing it in plastic bottles, we save approximately 100,000 plastic bottles every year, significantly reducing waste and transport-related emissions.

The process begins with seawater, which is carefully treated on site through multiple stages of advanced filtration. Salt and impurities are removed while beneficial minerals are added back to ensure quality and taste. The purified water is then chilled for still water or infused with CO<sub>2</sub> for sparkling water, before being bottled in recyclable glass bottles for guests and colleagues to enjoy.

This system not only delivers safe, fresh, and great-tasting drinking water but also forms an important part of our ongoing mission to preserve the Maldives' pristine environment for future generations.



## Environmental Awareness

At Holiday Inn Resort Kandooma Maldives, we believe that creating a sustainable future begins with awareness and education. By informing and inspiring our guests, colleagues, and local communities, we aim to build shared responsibility for protecting the delicate island environment we call home.

# Water Bottling Plant

## Our Awareness Initiatives

### • The Green Book

Our comprehensive sustainability guide, The Green Book, is available to guests via Handigo and on our resort website. For colleagues, it is accessible through the HR Matrix, and regular refresher training sessions ensure our team stays updated and engaged.

### • Dive Centre Activity Book

At our Dive Centre, we provide an educational activity book that highlights the importance of marine and environmental conservation. This hands-on resource is designed to raise awareness while encouraging responsible exploration of the underwater world.

### • EcoAction Engagement

Guests and colleagues are invited to join our EcoAction Team events, including island and reef clean-ups, children's environmental workshops, and sustainability-themed guest activities. These experiences offer fun and practical ways to learn while making a positive impact.

### • Fehi Veshi Newsletter

To share our journey more widely, we publish Fehi Veshi—our quarterly sustainability newsletter. Featuring stories, updates, and highlights from the resort, it celebrates progress and inspires action under our guiding theme: Rooted in Action. Growing Change.

By sharing knowledge and creating opportunities to participate, we empower every member of our community—guests, colleagues, and partners—to make conscious choices that protect the Maldives' natural beauty for generations to come.



# Sustainable *Fishing*

Fishing is a way of life in the Maldives and remains central to both culture and cuisine. Unlike many parts of the world, tuna here is still caught using traditional, sustainable methods. At night, fishermen set out in fishing dhonis (wooden boats) to catch small bait fish using nets. These are then used to attract schools of tuna, which are caught one by one using pole-and-line techniques. This method ensures minimal bycatch, protects marine biodiversity, and helps preserve healthy fish stocks for future generations.

## Ethical Purchasing

At Holiday Inn Resort Kandooma Maldives, we work closely with our suppliers to minimise environmental impact and promote ethical, socially responsible practices. We fully comply with Maldivian laws and regulations, and we do not condone or support any activities that harm communities or ecosystems.

## Our Commitments



**Local First:** We prioritise local products, suppliers, and service providers to reduce freight-related carbon emissions and to directly support the Maldivian community.



**Island-Made Uniforms:** All team uniforms are crafted on-site by our own island-based tailors, reducing imports while supporting local craftsmanship.

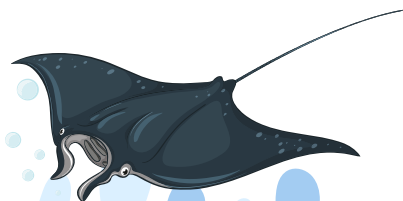


**Eco-Friendly Products:** We select biodegradable, environmentally friendly cleaning products, pesticides, and packaging wherever possible, avoiding harsh chemicals and disposables.



**Supporting Local Souvenirs:** We encourage guests to purchase authentic Maldivian handicrafts and souvenirs, helping to sustain traditional skills and generate income for local artisans.

Through these practices, we ensure that our operations respect both people and planet, while giving back to the community that makes the Maldives so unique.



# Awareness for *Local* Communities

At Holiday Inn Resort Kandooma Maldives, we believe that building a sustainable future begins with understanding and supporting our neighbours. By learning from local communities and creating opportunities to engage with them, guests gain a deeper appreciation of Maldivian culture while contributing directly to its preservation.

**Local Island Visit:** A visit to a nearby community island offers an authentic glimpse into Maldivian daily life. Guests can meet local people, observe traditional crafts, and better understand island culture and customs. It is also a wonderful opportunity to purchase authentic, locally made souvenirs, supporting artisans and their families.

**Malé Island Visit:** Exploring the capital city of Malé reveals another side of the Maldives. Rich in heritage, the city is home to landmarks such as the Sultan Park, the Islamic Centre, Hukuru Miskiy (Friday Mosque), and the bustling fish market—all within walking distance of one another. Visitors can also enjoy browsing the local shopping district, where unique supplies and keepsakes reflect the vibrant heart of Maldivian urban life.

By connecting with local communities—whether on a small island or in the capital—guests not only experience the Maldives beyond the resort but also help sustain its cultural and economic future. These visits are part of our broader EcoAction and community outreach programmes, where we work hand-in-hand with local partners to preserve culture, create opportunity, and build a more sustainable tomorrow.



# Discover *Flora* & Fauna

The Maldives is blessed with a rich variety of plants, trees, flowers, and wildlife that thrive in its tropical climate and pristine waters. During your stay at Holiday Inn Resort Kandooma Maldives, you'll encounter a vibrant tapestry of flora and fauna, from lush greenery and colourful blooms to the fascinating creatures that call our island and surrounding ocean home. This section highlights some of the natural wonders you may discover as you explore our island paradise.

## COCONUT PALM (RUH)

The coconut palm, *Cocos nucifera*, is a member of the family Arecaceae (palm family). The term coconut can refer to the entire coconut palm, the seed, or the fruit, which, botanically, is a drupe, not a nut. You will often also see bunches of large fruits called coconuts. The coconut consists of a thin hard skin, a thicker layer of husk, the hard (coconut) shell, the white kernel and a large cavity filled with coconut milk. Coconut palms can be up to 30 m tall.



## IRONWOOD

**Latin Name:** Pemphis Acidula

**Dhivehi Name:** Kuredhi

A dense shrub with small white flowers that can be found on seashores. A sprawling mangrove species. Kuredhi is a protected tree in the Maldives. It's been used for various uses in the earlier days of Maldives. It's been used to make parts of local boats called (Dhoni) as these types of iron wood last very long against the changing weather.



## SCREWPINE TREE (MAAKASHIKEYO)



The Screw pine family refers to around 600 tropical species of the genus *Pandanus* spread out in Southeast Asia and the Pacific region. It refers to the various plants and shrubs of the screw pine family. The screw pine is mainly characterized by the presence of aerial prop roots and by the long narrow leaves which are spirally arranged in clusters. The fruits look like an orange colored pineapple, and consist of many small parts.

## SMALL-LEAFED ORANGE MANGROVE

**Latin Name:** *Bruguiera Cylindrica*

**Dhivehi Name:** Kandoo

The timber of Kandoo Tree is dense, reddish and strong and is used in construction. It is used for parts of the hull and, especially, for the keel of ca-noes in the Maldives Islands. It burns well as fire-wood and can be converted into charcoal. The crushed bark has an unusual odor which is repul-sive to fish and this wood is not therefore used for fish traps. Nevertheless, extracts are made from the pneumatophores which are used in the manufacture of perfume. Parts of the tree are eaten; the root tips are relished in Thailand; the bark supplies a spice and the young shoots are boiled and served as a vegetable. In Maldives the propagules are boiled and eaten as a vegetable in the islands where it grows. In traditional medicine, the skin of the fruit is used to stop bleeding and the leaves are used to



## BREADFRUIT TREE



**Latin Name:** *Artocarpus Altilis*

**Dhivehi Name:** Ban'bukeyo

Breadfruit trees grow abundantly in the Maldivi-an islands and hence breadfruit, locally referred to as 'banbukeyo', make many an appearance in the traditional Maldivian cuisine. To name a few Breadfruit curry, Breadfruit- poridge ,Breadfruit chips, Candied Breadfruit and Diced Breadfruit cooked in coconut milk with sugar.

## GREY HERON (MAAKANAA)

This is a large bird that stands between 90 to 100 cm tall and can weigh up to 2 kg. It feeds on fish, insects, small reptiles, and mammals in shallow water. You will often see the heron standing still or moving slowly when it's stalking its prey. The loud croaking, referred to as "fraanak" is its signature call. The Grey Heron builds bulky stick nests when breeding.



## WHITE-BREASTED WATERHEN (KANBILI)



The White-Breasted Waterhen, locally known as Kanbili, is the national bird of the Maldives with an interesting yet inexplicable call. The waterhen is a small bird with dark slate-grey coloring, and a whitish face, neck, and breast.

Their lower belly and undertail are a reddish-brown color, which contrasts with their yellow legs and bill. The local Maldivian kanbili live and nest amongst the dense undergrowth and foliage.

## FRUIT BAT / INDIAN FLYING FOX



**Latin Name:** Pteropus Giganteus Ariel and Variable Fly-ing Fox  
**Dhivehi Name:** Vaa

The Indian flying fox is a large fruit bat with a wingspan of over one metre. This is probably a male, which tend to be paler in colour than females Pteropus giganteus feeds on fruit in tropical forests throughout India, Sri Lanka, Pakistan and Myanmar. Like all flying foxes, this species roosts in trees, gathering in "camps" of many hundreds or thousands of individuals. Groups are nomadic, using smell

## ORIENTAL GARDEN LIZARD

Latin Name: Calotes Versicolour

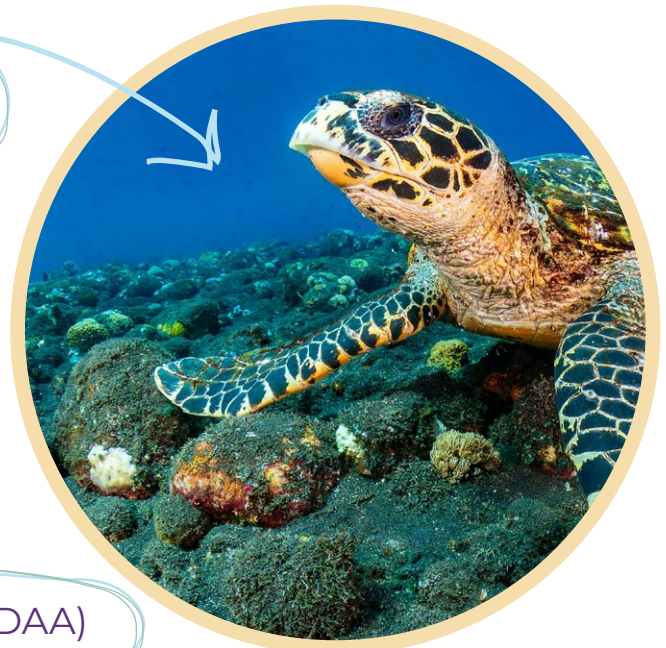
Dhivehi Name: Bondu

Oriental garden lizards spend most of their time in low shrubs and tree trunks trying to stay undetected. They are solitary and diurnal; on a hot sunny day may often be seen on a twig or on a wall, basking in the sun, with mouth wide open. After a shower of rain numbers of these lizards may come down on the ground and pick up the larva and small insects that fall from the trees during the showers. Oriental garden lizards have teeth that are designed for gripping prey and not tearing it up. So they swallow their catch whole after it is stunned by shaking it about. Unlike other lizards, Oriental garden lizards do not drop their tails, and their tails can be very long, stiff, and pointy. Like other reptiles, they shed their skins.



## SEA GREEN TURTLE (VELAA) HAWKSBILL TURTLE (KAHAN'BU)

Sea turtles are commonly found in the Maldives, often seen grazing in lagoons or around coral reefs, and play vital roles in maintaining healthy marine ecosystems. While both species are strictly protected, the hawksbill turtle is classified as critically endangered due to its declining population and requires even greater conservation efforts.



## PARROT FISH (LANDAA)



Parrot fish are known for their numerous teeth that form a parrot-like beak, which they use to get algae from the corals. These beautiful creatures can poop up to 250g of sand in just one day. That's over 90 kg of sand in a year from just one fish!

## GIANT MORAY EEL (KALHU VENN)

They spend the day on the rocks with their head outside and come out at night. They are usually friendly, but if disturbed, they may attack.





# Protect *Marine* Life

At Holiday Inn Resort Kandooma Maldives, we are deeply committed to safeguarding the coral reefs and marine ecosystems that make the Maldives so extraordinary. Our reefs are living, fragile environments that provide shelter for countless species of fish and marine creatures, and they need our protection to thrive.



*We kindly  
ask all our guests  
to help us care for this  
delicate ecosystem by:*

- Avoiding contact with coral — please do not touch, break, or stand on coral, as even the slightest impact can cause lasting damage.
- Keeping our waters clean — refrain from littering or leaving anything behind in the lagoon or ocean.

By following these simple guidelines, you are helping us preserve the Maldives' unique underwater world for future generations of travellers, divers, and ocean lovers. Together, we can ensure that the reef remains vibrant and full of life.

# Marine Safety Guidelines

The waters around Holiday Inn Resort Kandooma Maldives are breathtakingly beautiful, but they are also a natural environment that deserves care and respect. To ensure your swimming, snorkelling, or diving experience is both safe and enjoyable, please follow these important guidelines:



## Life Jackets:

Life jackets are available in every villa and we strongly encourage guests—especially those who are not confident swimmers—to wear them when entering the water.

## Check Conditions First:

Sea conditions can vary. Before swimming, snorkelling, or diving, please consult our Dive Centre team for advice and the latest updates on currents, tides, and weather.



## Stay Close to Shore:

Always keep within a safe distance from the beach. Remember to conserve enough energy for your return swim. If you feel tired, roll onto your back and tread water until you regain strength.

## Respect Marine Life:

While most sea creatures are harmless, some may act defensively if disturbed. Please do not touch or chase marine life. Maintain a safe distance, move calmly, and enjoy observing them in their natural habitat.

By following these simple precautions, you'll not only protect yourself but also help us safeguard the ocean and its inhabitants.



# Swimming Safety Information

The lagoon surrounding Holiday Inn Resort Kandooma Maldives is calm and inviting, offering the perfect place to enjoy the ocean. While it is generally safe for swimming, we kindly ask all guests to review the following guidelines and exercise caution to ensure a safe and enjoyable experience:



## Swim Together:

Always swim with a companion. If you are by yourself, please inform a member of staff before entering the water.

## Stay Within Marked Areas:

Keep well inside the designated safety markers and avoid swimming between the ropes and jetties.

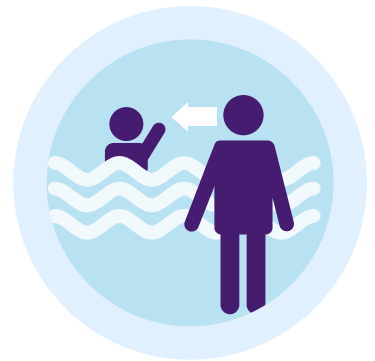


## Use Life Jackets:

Life jackets are provided in each villa and should be worn by non-swimmers or those who are not confident in the water. We strongly encourage their use for added safety.

## Supervise Children:

Children must always be accompanied by an adult while swimming.



## Enter the Water Safely:

Always wade in slowly—never dive headfirst into the lagoon.

**Check Conditions First:** Weather and sea conditions can change quickly. Please consult our Dive Centre team before swimming for the latest updates on tides, currents, and weather.

## Mind Your Health:

Avoid swimming directly after a meal or if you are under the influence of alcohol.



By following these guidelines, you'll help ensure a safe, enjoyable, and memorable time in our beautiful Maldivian waters.

# Basic Safety in the Water

Your safety in the water is our priority. If you ever find yourself in difficulty while swimming, the most important step is to stay calm and follow these guidelines:

- **Stay Calm:** Panic uses up energy and makes it harder to stay afloat. Focus on steady breathing and conserving your strength.
- **Dealing with Rip Currents:** Never swim directly against a rip current toward shore—it will exhaust you. Instead, float on your back or tread water calmly until you regain control. Swim parallel to the beach, moving towards where the waves are breaking, until you are out of the current. From there, swim back to shore at a safe angle.
- **Signal for Help:** If you cannot return to shore, wave one arm above your head and call out loudly to attract attention.
- **Wade When Possible:** If the water is shallow enough, stand up and wade rather than swimming—it conserves energy and provides greater stability.

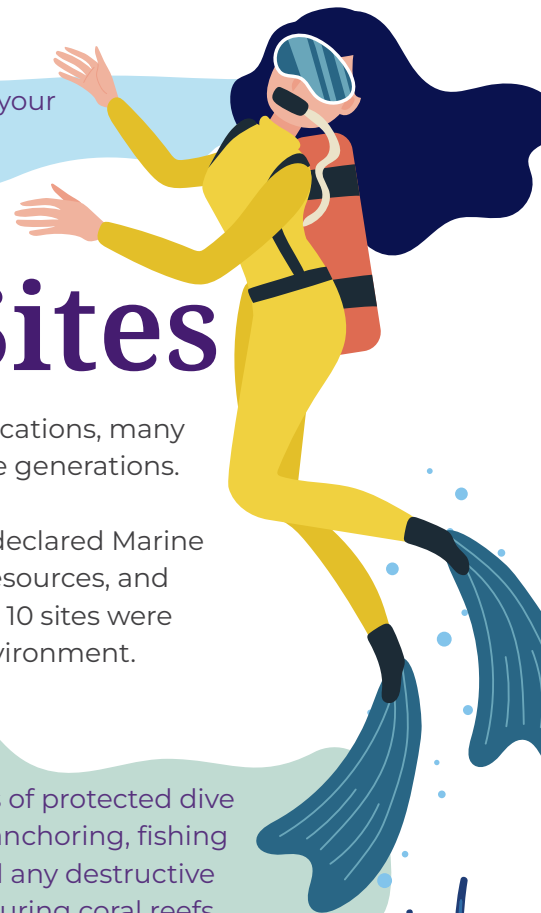
By keeping calm and following these steps, you'll greatly increase your chances of staying safe and returning to shore without harm.

## Protected Dive Sites

The Maldives is home to some of the world's most spectacular dive locations, many of which are formally protected to ensure their preservation for future generations.

In 1996, 15 of the country's most important marine dive sites were declared Marine Protected Areas (MPAs) under the Ministry of Planning, Human Resources, and Environment, and managed by the Ministry of Tourism. A further 10 sites were added in 1999 by the Ministry of Home Affairs, Housing, and Environment.

Ask our Dive Team for specific details of protected dive sites. Within these protected areas, anchoring, fishing (except traditional bait-fishing), and any destructive activities are strictly prohibited, ensuring coral reefs and marine life remain safe from harm.



# Other *Protected* Areas

In addition to designated dive sites, several islands are conserved and protected from exploitation, including:

- Rasdhoo in North Ari Atoll
- Hithaadhoo in Gaafu Alif Atoll
- Rasfari in Kaafu Atoll



*Rasdhoo in North Ari Atoll*



*Hithaadhoo in Gaafu Alif Atoll*



*Rasfari in Kaafu Atoll*

# Protected *Sites* Near Kandooma

Holiday Inn Resort Kandooma Maldives is ideally located in the South Malé Atoll, within easy reach of several of the country's most celebrated protected dive sites. Highlights include:



- **Kandooma Thila** – A world-class site right on our doorstep, known for its strong currents, large schools of fish, grey reef sharks, eagle rays, and vibrant corals.

- **Cocoa Thila** – Famous for its dramatic overhangs and caves, where divers can spot reef sharks, jackfish, and swirling tuna.

- **Guraidhoo Corner** – A designated Marine Protected Area teeming with pelagic species, manta rays, and sometimes hammerhead sharks, depending on the season.

- **Embudhoo Express** – Known for exhilarating drift dives where strong currents bring in eagle rays, grey reef sharks, and barracuda.

- **Kuda Giri Wreck** – A small but enchanting wreck site surrounded by soft corals, perfect for divers who enjoy macro photography alongside wreck exploration.

These protected areas give divers at Kandooma the rare chance to experience the Maldives' underwater world at its most pristine, while knowing their adventures also support the long-term conservation of these fragile ecosystems.



# Protected *Birds*



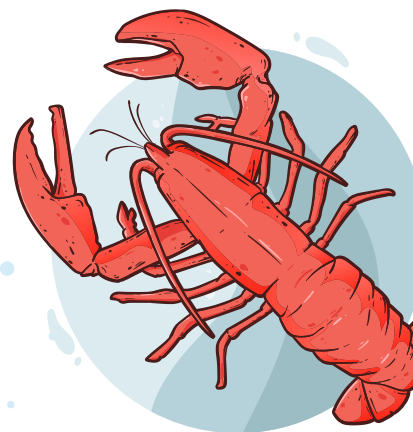
The Maldives is home to a variety of unique and migratory bird species, several of which are formally protected to ensure their survival. The White Tern (*Gygis alba monte*) was the first to be listed as a protected species in June 1996 by the Ministry of Environment. On 15 July 1999, this protection was expanded to include 22 bird species in total.

Since then, the catching, mistreatment, or trade of these birds—as well as any disturbance of their nesting grounds—has been strictly prohibited. These measures are vital in safeguarding fragile bird populations and ensuring the Maldives remains a haven for both resident and migratory species.

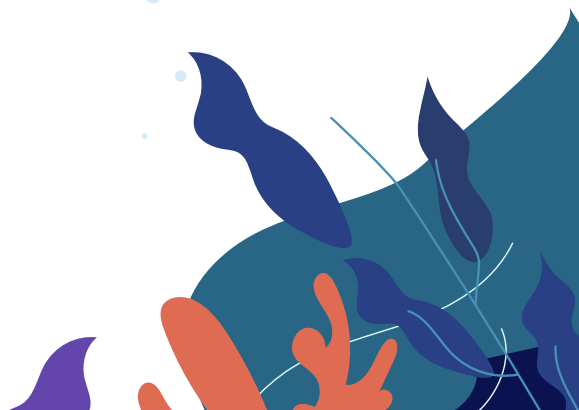
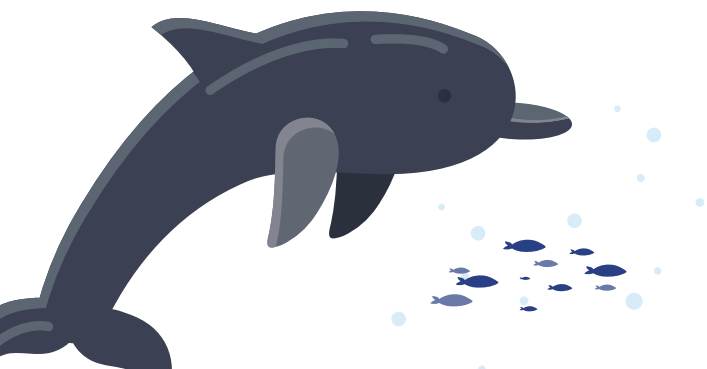
# Protected *Marine Species*

To conserve marine biodiversity, the Maldives has also established protection for several species, particularly those vulnerable to overfishing or exploitation. The export of the following marine species is strictly prohibited:

- Eels
- Trochus shells
- Triton shells
- Pearl oysters
- Lobsters and lobster meat
- Black corals
- Bigeye scad (under 6")
- Skates and rays
- Dolphins



These protections play an essential role in preserving the Maldives' delicate marine ecosystems, helping ensure that its reefs and waters remain vibrant for future generations.



# How You Can Help – *Guest Initiatives*

At Holiday Inn Resort Kandooma Maldives, we believe that sustainability is a journey we take together. Every small action contributes to protecting the fragile beauty of the Maldives for future generations. Here are some simple ways you can join us in making a difference:

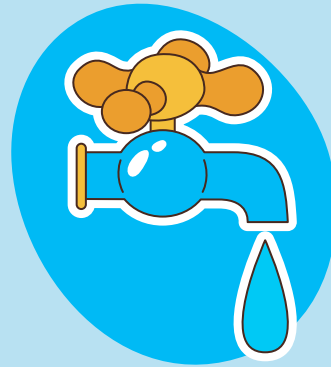
## 1. Save Energy



Producing energy generates carbon emissions, one of the main drivers of climate change. While we are actively working to reduce our footprint, you can also help by:

- Keeping doors and windows closed when the air-conditioning is on and setting the temperature to a comfortable 24°C.
- Turning off unnecessary lights and appliances, especially when leaving your villa.

## 2. Use Water Wisely



Freshwater is precious in the Maldives, as it requires significant energy to produce. You can help conserve water by:

- Turning off taps while brushing your teeth or showering.
- Avoiding unnecessary use of hot water.

### 3. Laundry Choices



Laundry consumes large amounts of water, energy, and detergents. Together, we can reduce this impact:

- **Towels:** Hang your towels if you'd like to reuse them; place them on the floor if you'd like them replaced.
- **Bed Linen:** Use the wooden block placed on your bed if you would like fresh sheets. If no block is placed, linens are changed every second day.

### 4. Reduce Waste



Recycling in the Maldives is still developing, but every effort counts:

- Consider taking used plastic containers (like shampoo bottles) home with you, where recycling facilities are more advanced.
- Please take used batteries back with you, as there are no safe recycling facilities here and they otherwise end up in landfill.

### 5. Respect Nature

The Maldives is home to thriving coral reefs and diverse marine life. Protecting these ecosystems is vital, and you can help by:

- Never touching, standing on, or breaking coral—these living organisms take decades to grow and are easily damaged. Use designated snorkel channels when entering or leaving the reef.
- Avoid feeding fish, turtles, birds, or other wildlife, as it disrupts their natural behaviour.
- Do not collect shells, coral pieces, or other natural objects—they provide essential habitats and help form the sand of our islands.



- Refrain from purchasing marine products such as coral jewellery, shells, or shark teeth. Many come from endangered species and may be illegal to transport in some countries.



*Holiday Inn*  
**RESORT**  
— BY IHG —

KANDOOMA MALDIVES