



Become a Sustainable Traveler

Traveling sustainably is about exploring the world while minimizing your environmental and social impact. There are multiple eco-friendly ways to contribute to a better future while enjoying your journey to the fullest. Small actions go a long way! We encourage you to use the checklist below, as an easy yet impactful means to evolve into a more conscious and responsible traveler.

What is a sustainable traveler?

A sustainable traveler seeks to minimize their environmental and social impact while traveling. This involves making conscious choices to support local communities, reduce carbon footprint, and preserve natural resources. As a sustainable traveler, you want to prioritize eco-friendly accommodations, support local businesses, minimize waste, and respect local cultures and traditions.

Why is it important?

The importance of sustainable travel lies in its potential to mitigate the negative impacts of tourism. Travel and tourism can significantly contribute to environmental degradation, cultural erosion, and exploitation of local resources and communities. By becoming a sustainable traveler, you can help protect fragile ecosystems, support local economies, and contribute positively to the places you visit.

1. Before You Travel



Plan Thoughtfully

- ✓ Choose a destination that aligns with sustainable principles (avoid over-tourism destinations).
- ✓ Consider traveling during the off-season.
- ✓ Research accommodations with green certifications (Green Key Global certified).
- ✓ Opt for direct flights or lower-emission transportation options. Consider carbon offset programs for your flights.
- ✓ Go paperless for all your travel documents.



Pack Smart

- ✓ Pack light to reduce fuel consumption during travel.
- ✓ Bring reusable items (utensils, cloth bags, and eco-friendly toiletries).
- ✓ Bring a refillable water bottle (avoid buying bottled water).
- ✓ Opt for a reef-friendly sunscreen if you are enjoying a beach destination.

2. During Your Trip



Use Sustainable Transportation

- ✓ Utilize public transport, walk, or bike whenever feasible to reduce carbon emissions.
- ✓ Travel slower, and stay longer in one place: consider overnight train instead of flight.



Respect Local Cultures and Wildlife

- ✓ Learn about local customs, traditions, dos and don'ts before visiting.
- ✓ Acknowledge the history of the destination you are visiting and learn about its indigenous communities.
- ✓ Avoid activities that exploit or harm wildlife and opt for responsible nature excursions.



Conserve Resources

- ✓ Reuse towels and take shorter showers (avoid baths).
- ✓ Turn off lights, heat/AC and TV/electronics when not using them.





Support Local Communities and Businesses

- ✓ Purchase locally-made souvenirs and support local artisans, markets, and restaurants.
- ✓ Choose tour operators and guides committed to ethical tourism practices.
- ✓ Participate in eco-friendly activities supporting local conservation efforts.



Leave No Trace

- ✓ Choose experiences over souvenirs.
- ✓ Dispose of waste properly and recycle whenever possible.
- ✓ Refuse single-use plastic items.
- ✓ Leave natural and cultural sites as you found them.
- ✓ Opt for activities with minimal environmental impact.

3. Upon Your Return

- ✓ Help the accommodation you stayed in improve on their sustainability practices by sharing your feedback.
- ✓ Mindfully share your experiences on social media, emphasizing respect for cultures and environments.
- ✓ Encourage and educate your friends and family about sustainable travel practices.
- ✓ Offset the carbon emissions generated by your travels.
- ✓ Engage in more sustainable practices at home, volunteer your time and donate to non-profit organizations.

