

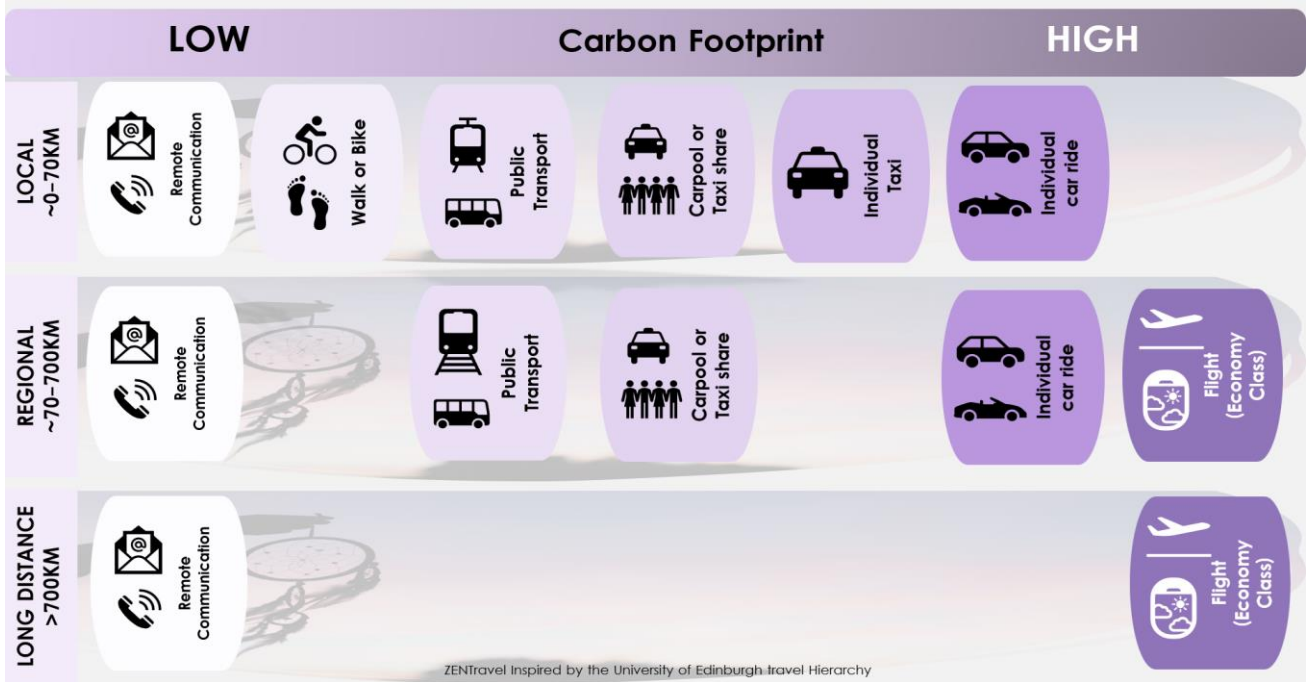
## Sustainable Traveller Code

<p><b>TRAVEL LESS BUNDLE TRIPS</b></p> <p>Reduce environmental impact Plan to combine trips</p>	<p><b>REDUCE FLIGHT EMISSIONS BOOK DIRECT FLIGHTS</b></p> <p>Check for companies with lower CO2 emission</p>	<p><b>DON'T PRINT BOARDING PASSES OR VOUCHERS</b></p> <p>Save paper &amp; download the mobile ticket option</p>
<p><b>AVOID FIRST CLASS</b></p> <p>It takes up more space in the cabin &amp; consumes more on board</p>	<p><b>USE ALTERNATIVE &amp; PUBLIC TRANSPORT</b></p> <p>Alternative transport to reduce carbon footprint</p>	<p><b>PACK LIGHT</b></p> <p>The more the transport weights, the more emissions</p>
<p><b>INVEST IN ECO-FRIENDLY PRODUCTS</b></p> <p>Reduce the impact on the planet</p>	<p><b>SLOW TRAVEL &amp; MINDFUL CHOOSE GREEN DESTINATIONS</b></p> <p>Stay longer, benefits the local economy, have less impact &amp; do good for the world</p>	<p><b>AVOID OVERTOURISM</b></p> <p>It makes local life harder &amp; less enjoyable for tourists</p>
<p><b>TO VOLUNTEER ABROAD CHOOSE METICULOUSLY</b></p> <p>Only work with organizations really making positive changes</p>	<p><b>SUPPORT LOCAL BUSINESS EAT LOCAL FOOD</b></p> <p>Consume local, vegetarian &amp; fresh products</p>	<p><b>HONOUR LOCAL CUSTOMS</b></p> <p>Do research before travelling to learn about local culture &amp; laws Behave appropriately</p>
<p><b>STAY AT MORE SUSTAINABLE OR ECO-HOTELS</b></p> <p>Prefer accommodation that makes improvements to reduce environmental impacts</p>	<p><b>GO GLAMPING &amp; SLEEP WELL UNDER THE STARS</b></p> <p>It is a more authentic experience, with less environmental impact</p>	<p><b>TAKE PART IN SUSTAINABLE TOURS</b></p> <p>Book tours focusing on eco &amp; sustainable travel &amp; activities</p>
<p><b>NEVER LEAVE THE TRAILS</b></p> <p>They are designed to preserve nature &amp; animal habitats, with more security</p>	<p><b>DON'T ENGAGE IN ANIMAL TOURISM</b></p> <p>Many animals are being used illegally by tourism or treated badly</p>	<p><b>RETURN MAPS &amp; BROCHURES</b></p> <p>Fewer copies are printed &amp; may be reused by other travellers</p>
<p><b>NEVER FORGET A REUSABLE WATER BOTTLE</b></p> <p>It reduces plastic waste</p>	<p><b>TAKE SHOWERS NOT BATHS</b></p> <p>It saves hugely water consumption</p>	<p><b>WHEN IN A HOTEL HANG YOUR TOWELS</b></p> <p>This will avoid waste of water &amp; energy to wash them</p>
<p><b>PREVENT HEATING OR AIR CONDITIONING TO ESCAPE</b></p> <p>When using make sure hotel doors and windows are closed</p>	<p><b>TAKE ANY HOTEL LEFTOVER SOAP, SHAMPOO, TOOTHPASTE OR MATERIALS</b></p> <p>Reduce waste &amp; save products</p>	<p><b>BE AWARE OF CHILDREN'S PROTECTION</b></p> <p>Do not give gifts or money to local children, as it fosters a begging economy &amp; abuse. Donate fairly &amp; properly</p>

**COMPLY WITH SDGs & 5P**

● People ● Planet ● Profit

● Partnership ● Peace



### Virtual Use of Water Litres

Product	Water in Litres
1 sheet of A4 paper	10
1 cup of Tea	35
1 cup of Coffee	140
1kg Strawberries	300
1 litre of Milk	800
1 cotton T-shirt	2000
1kg of Chicken	4000
1kg of Cheese	5000
1kg of Beef	15000

To know more, see these organizations' links:



Global Sustainable Tourism Council



ZENTravel Sustainability Policy



UNWTO Destination Tracker



Water Management



ABTA ANIMAL WELFARE GUIDELINES

Animal Welfare



We protect children in travel and tourism

Children Protection