

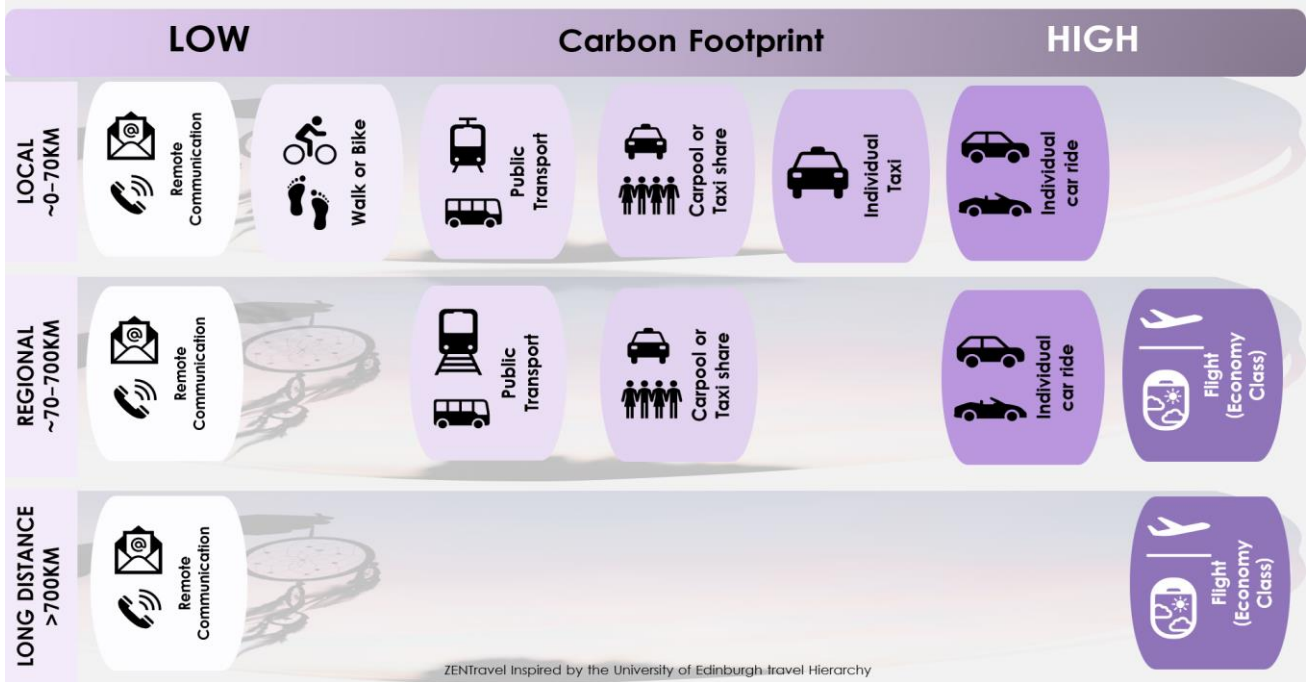
## Sustainable Traveller Code

<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

For carbon footprint offset: <https://climatetrade.com/pt/inicial/>