

Being a *conscious* traveller



Before your trip

2

Pick your transports carefully

- Consider exploring closer to home.
- Prefer train, coach or car pooling
- Choose a direct flight without lay over
- For boat, opt for smaller, more efficient vessels

3

Travel off-season

Reduces overtourism, supports local economies more evenly, and creates more authentic experiences.

4

Travel longer

Slow down, stay longer (especially when you fly)

5

Opt for respectful experiences

- Prefer non-motorized activities like hiking or cycling no carbon & great for health!
- Protect nature. Leave nothing, only footprints. Take nothing only pictures.
- Support locals by buying handmade crafts and eating at local spots.

6

Eat local, eat smart

- Eat local and seasonal
- Reduce animal proteins
- Avoid and sort waste

7

Choose your stay wisely

- Avoid big resorts = big footprint
- Choose local like guesthouses, eco-lodges, or camping
- Look for committed stays or with a recognised green label

8

Keep doing it & spread the word!

1

Know your carbon footprint with our calculator



Did you know?
Up to 90% of a trip's CO₂e emissions come from transportation.

Did you know?
A vegetarian diet emits up to 4x less than a varied one.



After your trip