

SUSTAINABLE TRAVEL TIPS

We invite you to practice the following sustainable travel tips that will help reduce footprints. We do hope, you would feel more inspired and rejuvenated henceforth.:

1. Planning your Trip

- Buy electronic airlines tickets. Use Passbook or Tripit Apps on your smart phone/tablet to organise travel documents
- Fly with Airlines that have green policy. Check their website about their sustainable practices like paperless administrative process, carbon offset policy cutting down on plastic waste, use of fuel efficient fleet, etc.
- Prefer direct flights that will save CO2 emission on frequent take-off and landing of craft
- Very few airlines offer carbon-offsets, you may offer offsetting your flight instead
- Do thorough research the destination to learn about culture, history, geography , common belief etc. for a meaningful cultural exchange
- Research of destination will also help locate green shops, restaurants, travel organisers etc.
- Prefer visiting countries that have dedicated environmental conservation programs.
- Download maps and guidebooks
- In case you use paper maps and info, pass them along to fellow traveller
- Prefer to stay in Hotels that are committed to environmental responsibility

2. Prior to leaving your home

- Switch-off Air-conditioners, lights etc. If in cold climates, adjust heating to moderate so as to protect pipes from freezing.
- unplug all electrical and electronic devices including cable connection
- Close the water supply
- Plan your food purchase well in advance and Consume or donate all perishable food items before leaving
- Switch-off and unplug the refrigerator or set the freezer temperature high to save on electricity
- Stop newspaper, milk and other home deliveries
- Use LED light and switch it on indoor or outdoor for security. For better energy conservation, invest in Automated timer for lights.
- Follow guidelines of security enumerated by local authorities/police
- Travel light with minimal luggage. It helps reduce load in road and air transport and save on fuel.

- Carry cloths that are acceptable to culture and customs of your holiday destination. Use attire covering arms and legs while visiting religious places
- Carry refillable toiletries containers required in the trip to cut down on wasteful mini packs of Hotels.

3. While Staying at the Hotel

- In absence of automated card-key system in the hotel, ensure to turn-off AC and lights before leaving. While in room, set a reasonable temperature of AC and keep windows, balcony doors shut while using AC
- Open curtains to let the natural light flow in the room. While in hot weather, draw the curtains to keep room cool
- Unplug all appliances in room while not in use – dryers, tea-coffee maker, mini bar, Iron etc.
- Minimize/curtain frequent flushing
- Re-towel, linen during your stay than seeking changing them everyday. It helps cut down in laundry saving on water and chemical consumption
- Don't keep tap water running while brushing, shaving or washing. Take short duration shower bath coz every minute of shower consumes average 7.5 Litres of water
- Seek separate bins for re-cycle able waste in guest and meeting rooms to dump newspaper, plastic waste, cans etc.
- Bring and use your own toiletries. It will save on use of extra packaging of Hotel toiletries. If you still need Hotel Toiletries, take the unused portion in your refillable containers for future use. Likewise, take used soap bars wrapped dry.
- If not really required; leave pens, pencils and other freebies behind
- Use your own laundry/cleaning bag to carry dirty attires instead of taking from Hotel

4. During Sightseeing and local traveling

- Prefer walk tours, cycling tour or rent a cycle to move around and to interact and experience with locals and their lifestyle at the destinations. Also, Its logical to take local transport
- Prefer using Hotel Shuttle service whensoever available. If you really need hire a car, why not a hybrid or electric car.
- If not loaded on your smart phone, take printed maps you are likely to use and return them later.
- Engage travel services provider who focus on eco-tourism, employee locals and committed to social responsibility
- Don't seek to hunt, capture animals in your camera instead
- Don't take souvenirs from natural areas/historical sites
- Support eco-friendly activities and conservation programs while in national parks, sanctuaries etc. do not litter

- Respect privacy and dignity of others and observe local customs. Seek permission to photograph people, homes, religious sites etc. Don't make unnecessary display of wealth
- Giving to beggars send a wrong message, avoid giving money especially to children. Seek out and donate to trustworthy social organisations engaged in upliftment of disadvantaged people
- Avoid giving in kind to children – candies, chocolates, toys etc. that may foster a begging mindset. Instead, support education and local economy by giving donation of pens, pencils, notebooks etc. to a school or educational NGOs.

5. While Shopping

- Don't buy animal products of endangered species. It is also banned in most of the countries and punishable under law. Likewise, products from sea like corals; star fish, turtle shell must be avoided for they are exploited for tourism business
- Buying from outlets of social NGOs will benefit the disadvantaged and disabled communities. Prefer choosing products
- Choosing product from renewable local material, recycled gifts etc. will benefit the environment
- Try to buy items you will appreciate and use in future as well.

6. Dining out

- Patronise local restaurants which will help local economy, varied people and businesses
- Prefer consuming local cuisine as foreign/imported products result in pollution in transportation and will be dearer to your pocket. Seeking fresh and organic local produce food is a learning process about local businesses of interest.

7. The right Attitude

- Stretch your comfort zone – sense of humour, willingness to understand, open mindedness, good listener and observer. Jotting down your experiences will reflect positively
- Interact with locals for a cordial and meaningful cultural understanding
- Understand and embrace Travel hiccups – delays, changes

8. When back in comfort of home

- Feedback on your stay at Hotels will make them understand good practices, shortcomings, good practices and scope of improvements for sustainable practices. If not done at the time of check-out, you may share your thoughts through online form on their website.
- Certain travel blog sites and forums give a platform to share your travel experiences including destinations, hotels, etc. to your friends and travellers. This helps others to plan their next vacation.