


# **02 – Training content for environmental management of tourist accommodation**

## **Content for tourists**



## Water management

<p><b>Problem</b></p>	<p>Problems related to water shortage have been identified all around the globe. The tourism sector consumes large amounts of water in its different facilities including accommodation, restaurants, and personal use by tourists. Which is resulting in water shortage or water quality degradation or even both.</p> <p>Water consumption by hotels and other tourists' accommodations is far higher than household consumption because of the different activities like garden watering, cleaning of rooms, doing laundry, but also because tourists tend to use more water when they stay at hotels than they would normally (WWF, 2004).</p>  <p>As a tourist, by doing sustainable steps into water-saving during your stays at hotels, you can make a big difference regarding water conservation.</p>
<p><b>Key words/ Thematic</b></p>	<p>Green tourism, water conservation, water consumption, water pollution, water saving, water scarcity, awareness, sustainability.</p>
<p><b>Good practices</b></p>	<ol style="list-style-type: none"> <li><b>1. Learn about water resources in the areas you visit:</b> you can do your research before you visit a place to learn about the availability of water and the ways local people obtain it, because when you have more information on the local ecosystem and local people you can easily respect the resources of the area.</li> <li><b>2. Try dry camping:</b> it's a great idea to pause the hustle and bustle of everyday life and return to nature! When you go dry camping, which means the campsite has no access to fresh water and electricity, you use less water, but you also understand the importance of its availability which makes you think twice before wasting it.</li> </ol> 

**Commenté [1]:** After this sentence, a pop-up window will appear in the platform with the following text:

Did you know that a tourist staying in a hotel uses on average one third more water per day than a local resident?

**When camping or caravanning:**

- Carry wet wipes and hand sanitiser:

Hand sanitiser is a great alternative to using water to wash your hands. You can also use wet wipes in place of water to clean a surface. While they don't replace a shower, they do a good job at getting rid of any dirt on your body!

- Create a one-pot meal and scrape your plates:

Scale back on the amount of water you use for cooking by preparing easy single pot or pan meals.

To avoid wasting water when doing the dishes, scrape off any food scraps to make them easier to wash. If pre-washing is necessary, consider using a spray bottle filled with dishwashing liquid and water to avoid running the tap.

- Re-wear your clothes

Try and wear your clothes more than once and pack for the conditions – clothes that can withstand the elements and are easy to clean.

If you have packed enough clothes for the trip, wait until you get back home and do a full load of washing then. If you do have to wash your clothes, use the economy or water saving mode where available.

- Use dry shampoo:

It can be difficult to find a place to shower and wash your hair while camping. If your hair can't handle it anymore, opt for dry shampoo to keep your locks fresh without the need to use running water.

3. **Less laundry, less use of water:** you can ask the accommodation manager not to change your towels or bedsheets unless you ask for it. Try to use the same towels and limit washing your clothes unless dirty.

4. **It's important to report faucet leaks:** as a tourist, you can play a great role in water saving by reporting any faucet leak to the guesthouse owner.



5. **Catch rainwater when camping:** if you experience an out-of-blue rainstorm while camping, you can put whatever container you have (bottles, buckets) outside of your

**Commenté [2]:** After this sentence, a pop-up window will appear in the platform with the following text:

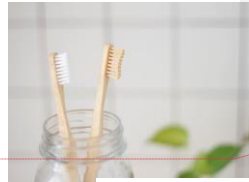
Did you know that a small drip from faucet can waste 200L or more of water a day?

tent to collect rainwater and use it later to wash your dishes or rinse your hands and feet.

6. **Don't use toilets at the guesthouse as an ashtray or dustbin:** every cigarette butt or any small bits of trash you flush away in the toilet also flushes away **19 to 26L** of water. Therefore, by flushing less, you can save a big amount of water.



7. **Save water while brushing your teeth:** why not maintain a healthy smile and conserve water at the same time!? A good tooth brushing lasts between 2 to 3 minutes so remember to turn off the tap while you brush your teeth and use a glass.



8. **You can save water while washing your hands:** if you scrub your hands with soap for 20 seconds before rinsing, you can save **1 to 2L** of water with every wash by turning off the tap while you scrub.



9. **A shower is better than a bath:** a typical shower uses around **18 to 36L** of water a minute. Therefore, the best step you can do towards water saving during your trip is to take shorter showers, the best is to keep it under 5 minutes.




10. **You can stop the drop:** one of the most important steps to save water during your stay at any accommodation facility is to make sure you close taps properly to avoid dropping, because little drops can really add up.





11. **Medications flushing pollute water:** pills, liquids, or powder medications, never flush them down the toilet in your room in the guesthouse. Because medicines flushed down the drain can contaminate our lakes and streams.

**Commenté [3]:** After this sentence, a pop-up window will appear in the platform with the following text:

Did you know that if you turn off the tap while brushing your teeth you save up to 900L of water per month?

	<p>12. <b>The less the better:</b> a great step in doing your part to reduce water pollution when you are on a trip is to use the minimum amount of soap while washing your hands or taking showers.</p> 
<p>Call for actions</p>	<p>1. <b>Get involved and volunteer with local organisations:</b> As all species everywhere in the world depend on water, there is pretty much no place where you can't volunteer for water conservation while you travel. Demand for volunteers is high in all types of water programs across the globe including awareness/education, restoration, and research, so you can look for and choose the volunteering program that will be a great fit for yourself. Beach clean-up is a great example if you are interested!</p>  <p>2. <b>Read about new eco-tourism initiatives regarding water conservation:</b> Everyone is concerned about water conservation, so it's great for you as a tourist to always learn more about water supply and water pollution because in every place where you could visit, all species there rely in one way or another on water! So, it's incredible how the information that you read will lead you to always look at your own habits when using water in your travel destinations. Look at this interesting project on Greek islands fighting against water scarce with the Project HYDROUSA <a href="https://youtu.be/yDXS7X7Z-Po">https://youtu.be/yDXS7X7Z-Po</a></p>  <p>3. <b>Be a green influencer and share awareness:</b> You can share your green tourism experience about water conservation with others because maybe some people around you will be concerned about this issue, and they want to do their own</p>

	<p>part too. “Changing the world one post at a time”, so it’s a great idea to share posts on social media about your water conservation activities that you participate in during your travels or discuss about it with your friends. You can play a fantastic role as a green influencer!</p> <p>Example of platforms to share your sustainable tourism experience: <a href="https://herost.org/add-listing/">https://herost.org/add-listing/</a></p> 
<p><b>Additional material</b></p>	<p><b>1- Volunteering abroad:</b> Joining a water conservation volunteer program abroad is an experience of a lifetime because instead of just traveling as a tourist, you can also travel to help the environment, local communities and to get yourself a great traveling experience.</p>  <p>Hannah Brady volunteered with Global Water Brigades (Global Brigades NGO), which organizes small groups of volunteers to implement large impact water projects sustainably. Hannah volunteered in a water program to construct a community water system in Ojochal Costa Rica, which was a mixed water project - gravity water system and a pump - where the project used gravity and a pump to reach houses in the communities. Hannah supported the construction of a water system together with the local community. In addition, the project trained local people on the maintenance of the water system installed and on the sustainable use of water.</p> <p>You can watch the video: <a href="https://water.globalbrigades.org/">https://water.globalbrigades.org/</a></p> <p><b>2- Traveling to raise awareness and understand the water crisis:</b></p> <p>Emma, Elena and Nina took an 11-month trip across southeast Asia without an airplane, to raise awareness on water scarcity that is one of the world’s biggest environmental issues.</p> <p>The 3 eco-friendly German travelers developed their own project called Libertàqua to raise awareness about water issues. During their trip, the 3 travelers interviewed people from different backgrounds like experts</p>

from the water sector but also tourists they just met in lodging facilities. In addition, they also produced monthly podcasts in which they focused on water management issues like the impact of the tourism sector on water resources, for a local German radio to raise awareness on these issues. During their trip, the 3 travelers encountered the water crisis in all forms and sizes in all the countries that they've visited.

Link to the article:



<https://www.holiabile.com/news/testimonials/traveling-for-the-water-crisis/>

Links to other resources:

- <https://www.volunteerworld.com/en/volunteer-abroad/marine-conservation>
- <https://www.holiabile.com/about-us/our-ambassadors/>
- <https://www.nationalgeographic.com/environment/article/water-conservation-tips>
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## Waste Management

<p><b>Problem</b></p>	<p>The escalating economic growth, industrialisation and globalization that the world had been moving towards during the last few decades brings, as a result, increasing volumes and varieties of waste. All of this waste poses a threat, not only to the environment, but also to public health (United Nations, 2015). In 2018, the total waste generated in the European Union by both economic activities and households amounted to a value of 5 234 million tonnes (Eurostat, 2022).</p> <p>By raising awareness about the seriousness of this problem, small daily changes can be made towards contributing to fixing this issue.</p> <p><b>Remember: The best waste is the one that is not produced!</b></p>
<p><b>Keywords/ Thematic</b></p>	<p>Green tourism, food waste, hotel sector waste, food waste reduction, sustainability.</p>
<p><b>Good practices</b></p>	<ol style="list-style-type: none"> <li><b>1. Only get enough food:</b> The first action we could all do is just to only put the food we'll eat on our plate especially during our stay in an accommodation with open buffet. If we want more, we can always ask or go get some more. With this simple action, one can prevent a lot of food waste.</li> <li><b>2. Don't forget your water flask/bottle:</b> its good to remember that one of the most important things to pack for your trip is your water flask. By doing that you will avoid buying plastic bottled water and therefore you will be reducing wastes during your trips.</li> <li><b>3. Travel light by buying only what you need:</b> Regarding what you buy, purchase only the right and necessary goods and products for your needs. This will allow you not only to avoid producing waste but also to stop you from having to throw away things you purchased and will, in turn, also allow you to save money. One thing that can help regarding this, is to make a shopping list in advance, namely regarding to food. You can also create different meals with the same ingredients, see for instance <a href="#">this link with a shopping list of 20 ingredients and 15 recipes that can be made from them</a>. Also, avoid going to a shop or supermarket when you are hungry as it makes one more likely to purchase things we don't need.</li> <li><b>4. Expiration date:</b> Pay attention to the expiration dates of the food you buy, and make sure you use the ones closer to the expiration date first.</li> </ol>

**Commenté [1]:** After this sentence, a pop-up window will appear in the platform with the following text:

Did you know that almost half of all fruit and vegetables produced are wasted? That's 3.7 trillion apples.



- 5. Less packaging:** Choose products with less packaging, for example when buying souvenirs during your trip, refuse over packaged products by avoiding luxurious or voluminous packaging. Furthermore, avoid disposable and single-use products.



Remember that, from the moment of purchase, you can often choose a product that will generate less waste. You will save raw materials and help to cut down on the pollution generated through the entirety of the production process. Remember that you have that power. With this, you can also save money!

- 6. Limit food waste on the accommodation or at the restaurant!**

Here are some tips to reduce food waste during your vacations

1. Reduce food waste in a buffet environment by using smaller plates or by putting a smaller portion to your dish and refill it if needed
2. If you have kids you can order half or smaller portions
3. If the above is not feasible, you can always ask the waiter to package the leftover (if you have a refrigerator in your room)
4. Stay in places with your own kitchen which ensures that you have control over how much food you get and it's also easier for you to store leftovers for the next day
5. When you go to the beach or on the mountain during summer always have with you a cool bag/box to ensure better preservation of the food




(tips from the Greek NGO "Boroume"

<https://www.boroume.gr/en/boroume/> )

- 7. Use reusable bags:** Did you know that disposable bags from shopping centres are usually used for an average of 20 minutes before being thrown away? Thus, they become waste very quickly. Also, disposable



bags can be dangerous to marine life if they end up in the ocean. Plastic bags can be responsible for killing sea turtles, dolphins and sharks who confuse them with jellyfish and swallow them. With that said, reusable bags come really handy, especially when traveling.

	<p><b>8. Eco-refills:</b> Buy rechargeable and refillable products. Eco-refills are often available for household products, cosmetics, as well as certain foodstuffs.</p> <p><b>9. Go digital:</b> Try to limit the use of printers, by only printing out what you really need when traveling. Nowadays, you will most likely not need to have your boarding passes, train tickets, etc. on a physical format. Having them in digital format is enough.</p>
<p><b>Call for actions</b></p>	<p><b>1. Get involved and volunteer with local organizations:</b>          There is waste and garbage all around us, thereby, there are plenty of organizations and associations dedicated to combating it and eliminating it. For that mission to be accomplished, volunteers are always needed. If you're interested in volunteering, you should definitely search for organizations and associations near to you that are looking for your help. Cleaning the beaches, for instance, is a great way to <b>help!</b></p>  <p><b>2. Be Self-Conscious:</b>          In order to reduce food waste, you should, first of all, become self-conscious about food waste. Try to read about waste and food waste to discover how important it is to reduce it. Explore websites such as <a href="#">Food Print</a>, <a href="#">Love Food Hate Waste</a>, <a href="#">FAQ</a> or <a href="#">europa.eu</a> for you to understand its real importance.</p>  <p><b>3. Be a green influencer and share awareness:</b>          If waste is something you care about and is something you believe is important, challenge others to follow in your footsteps! You can, for instance, share your experiences, tips and tricks to your friends on social media. By doing this you can inspire others to change. Be a green role model and change the world, one person at a time.</p> 

**Commenté [2]:** After this sentence, a pop-up window will appear in the platform with the following text:

Did you know that recycling a single plastic bottle will save enough energy to power a lightbulb for three hours or more?

**Commenté [3R2]:** Source: <https://www.recyclingbins.co.uk/recycling-facts/>

<b>Additional material</b>	<b>Links to other resources:</b> <ul style="list-style-type: none"><li>● A set of ideas and stories for you to get inspired on reducing waste, by the European Week for Waste Reduction: <a href="#">Get Inspired - EWWR</a></li><li>● A set of ideas and tips for reducing your food waste at home, by Love Food, Hate Waste: <a href="#">What To Do   Love Food Hate Waste</a></li><li>● The hospitality industry's relationship with waste, by <a href="#">Open Access Government</a></li><li>● Food waste in Europe: statistics and facts about the problem, by Eufic, <a href="#">Food fact for Health choices</a>.</li></ul>

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Prevenção de Resíduos. Braval.

<https://www.braval.pt/index.php/recolha-selectiva-2/prevencao-de-residuos>

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Boroume SAVING FOOD-SAVING LIVES - <https://www.boroume.gr/en/boroume/>

## Energy Management

<p><b>Problem</b></p>	<p>Excess energy consumption is a growing issue that has a lot of negative environmental consequences. The tourism sector is responsible for a significant part of energy waste and, by conducting a detailed analysis of tourism accommodations, we can clearly identify that much of this waste comes from the rooms partly due to air-conditioning (AC) room units. Thereby, tourists directly impact tourism and are central to implementing better practices for avoiding energy waste.</p>
<p><b>Keywords/ Thematic</b></p>	<p>Energy management, energy waste, energy consumption, green tourism, sustainability.</p>
<p><b>Good practices</b></p>	<ol style="list-style-type: none"> <li data-bbox="395 1014 1042 1328"> <p>1. <b>Open a window:</b> Nearly every tourism accommodation has an openable window. Thus, instead of turning on the air-conditioning when it is hot, opening the said window will do the same job and save energy. This simple action can also be done at home and is sure to result in savings on the electric bill whilst helping the environment.</p>  </li> <li data-bbox="395 1361 1042 1518"> <p>2. <b>Put your favorite clothes on and save some energy:</b> You can dress warmly inside the room to reduce the heating system during winter. You can also adjust your clothes during summer to reduce using the air conditioners and save some energy.</p> </li> <li data-bbox="395 1552 1042 1798"> <p>3. <b>Open the curtains:</b> Instead of turning on the lights, opening the curtains can often suffice to illuminate the room during the day, and by doing that you will be saving energy from unnecessary opened lights. In winter, you can keep the drapes and shades on south-facing windows open during the day to allow warming sunlight to filter in, and close them at night to keep out the cold. During summer, you can keep the window coverings closed during the day to block the sun's</p> </li> </ol>

heat.

- 4. Shorter showers and baths:** The water warming process has one of the largest impacts on energy consumption, both in the household and in the tourism sector. Taking shorter baths and showers is, therefore, a good practice when it comes to saving both water and energy.

- 5. Thermostats:** Keep the AC at a difference from the outside temperature of no more than 6 °C. As an example, if the outside temperature is 30 °C, do not have your AC at less than 24 °C.



- 6. Keeping space in front and above heaters is important:** When you place objects in front or above hot water radiators, then the proper distribution of the heat in the room is hindered, and you might want to use a different heating system and by that, you will be wasting more energy! You can instead remove your clothes or hanging curtains in front of the radiator and enjoy the warmth.
- 7. Oven:** If you have a kitchen/kitchenette in your room or access to a shared/common kitchen, you can, for instance, turn off the oven a few minutes before the food is done, and just leave it inside for that little extra time. The existing heat will finish cooking it without wasting energy.



- 8. Laundry:** Often room service will replace towels daily. However, this creates both water and energy waste. Some accommodations request people keep their towels on wall hooks and towel hangers to state they will reuse them. Remember

that 90% of the energy used in a washing machine is to warm the water and to use the same towels two days in a row, following this recommendation will have an impact on both water and energy waste and help the environment.



**9. Turn everything off:**

Oftentimes, hotels have a keycard that not only serves as the room key, it also serves to turn on the lights. Be mindful of this card and don't leave it inside the room when you are not there. AC units in a room with 3m<sup>2</sup> take about 20 minutes to cool down a room, so leaving the keycard inside to keep the AC on is a waste of energy. Additionally, in places where this keycard system is not implemented, remember to check that all lights and electronics (including the AC) are off when not being used (e.g., going to another area of the room/accommodation) and before going out. It's good to do the same thing at home to save energy and on your electricity bill.



Call for actions

1. **Be Self-Conscious:** In order to reduce your energy consumption during your stay at an accommodation facility or even at home, it's important to, first of all, become more self-conscious about energy management. Try to read about energy and energy efficiency to discover how important it is to reduce energy waste. Explore websites such as [Energy Saving Trust](#) for you to understand its real importance.
2. **Be a green influencer and share awareness:** If energy efficiency is something you care about and is something you believe is important, challenge others to follow in your footsteps! You can, for instance, share your experiences, tips and tricks with your friends on social media. By doing this you can inspire others to change. Be a green role model and change the world, one person at a time.

**Commenté [1]:** After this sentence, a pop-up window will appear in the platform with the following text:

Did you know that only 5% of the power drawn by a phone charger is used to charge the phone?  
So remember to turn it off when you are done!

**Commenté [2R1]:** Source:  
<https://www.thegreenage.co.uk/15-surprising-energy-facts/>

	<p>3. <b>Participate in an Energy Savings Day:</b> Participate in initiatives such as Earth Hour or others like it. Before leaving for a vacation, find out about energy savings days or similar initiatives that will be organized in your destination. Earth Hour, for instance, aims to spread awareness of environmental issues in our global and local communities. It is an annual global event organized by the World Wild Fund for Nature (WWF) that encourages individuals, communities, businesses and families to turn out the lights to show their support for the fight against climate change and commitment to a better planet. Each year, on the last Saturday of March, from 8:30 to 9:30 p.m., millions of people around the world choose to turn off their lights for one hour to celebrate their commitment to the planet.</p>
<p><b>Additional material</b></p>	<p><a href="#">Energy - Integration - Environment - European Commission (europa.eu)</a></p> <p><a href="#">Energy advice for your home - Energy Saving Trust</a></p> <p><a href="#">21 tips: no-cost ways to save electricity (bchydro.com)</a></p> <p><a href="#">Energy Conservation: 15 Ways to Save Energy   EnergySage</a></p>

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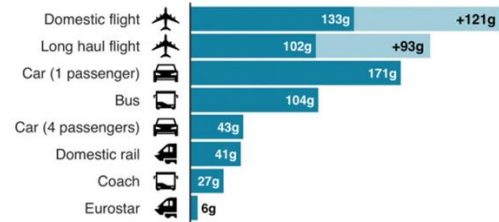
## Eco Mobility And Accessibility

<p><b>Problem</b></p>	<p>Eco Mobility and Accessibility problems have risen in their visibility in the last years and are currently acknowledged as key elements in the world in view of promoting sustainability and social inclusion.</p> <p>The tourism sector is based on mobility and accessibility concepts, considering that there is no destination without travel. Greenhouse gas emissions from the EU's transport sector increased steadily between 2013 and 2019, a trend that diverges significantly from those in other sectors during that period (<a href="#">European Environment Agency</a>).</p> <p>At the same time, thinking about eco-mobility solutions can allow all people, including those with special access requirements, to improve their accessibility standards and consequently obtain better and more inclusive services and at the same time reduce their CO2 footprint. Therefore, when you plan to go for a trip, keep in mind that your choice about how to travel and how to move can really have less environmental impact if you follow sustainable mobility solutions. So pack your bags and get sustainable!!</p>
<p><b>Key words/ Thematic</b></p>	<p>Eco Mobility - Sustainable transport – Accessibility – Sustainable mobility</p>
<p><b>Good practices</b></p>	<p><b>1. Try to avoid flying</b></p> <p>The best way to reduce CO2-emissions is to simply not fly. But if you need to do so, it's best to avoid flying too many short distances in a row. Of course, one short flight is better than one long flight, but it's even better to take other kinds of transportation instead.</p> <p>So, avoid stopovers, because they will only make the journey longer, which means more kilometres, more fuel, and more CO2-emissions.</p> <p>Instead of choosing that cheap flight, pay some more money for a direct flight and save some time for yourself! But also, in this way you will be reducing the carbon footprint of your trip, so it's a win-win situation!</p>

### Emissions from different modes of transport

Emissions per passenger per km travelled

■ CO2 emissions ■ Secondary effects from high altitude, non-CO2 emissions



Note: Car refers to average diesel car

Source: BEIS/Defra Greenhouse Gas Conversion Factors 2019



#### 2. Get economy class and pack light

Did you know that flying economy is actually better than taking business class due to energy efficiency?! Business class travellers create far larger carbon footprints than economy travellers, so you don't want to be one of them, don't you! First of all, business class takes up loads of physical space, while economy class carries more people and is thus way more efficient.

Secondly, think about what is required to run all the business-class airport lounges, spas, and fancy facilities. The amount of water being used and the amount of waste that they produce is significantly higher than that of economy class. Also, try to pack light, a heavy suitcase will make the airplane use more fuel than a light backpack and you will be doing your back a favour, too.

#### 3. Public Transport towards sustainability

It's important to keep the key concept of *slow mobility in your mind while you travel!*

Driving in a medium-sized gasoline car one-way for 270 km emits about 50 kg of CO2 emissions. Discover the



beautiful nature by taking the bus when possible, and you cut your footprint in half to 25 kg of CO2 emission. That 25 kg difference is the same as turning off a LED light bulb for 5 months. By using public transport, you save 55% of CO2 emission vs using your car; so, be a hero and save some CO2 emissions by using public transport to arrive at your accommodation facility or the natural reserve that you are visiting!

#### 4. Get trendy, get electric!

If you have to rent a car to your travel destination, think of renting a hybrid or an electric car. «In over a year, just one electric car on the roads can save an average of 1.5 million grams of CO2.» Going electric is eco-friendly because electric cars produce much less CO2 compared with conventional gasoline vehicles and for sure you don't want to pollute the air in the beautiful natural areas that you are visiting, plus electric cars are the future. You don't want to be old-fashioned, don't you!

#### 5. Burn calories not fuel

«Switching a ten-kilometre journey per week from your car to your bike will burn around 300 calories each way and can save over 300 kilograms of greenhouse gas emissions each year». So, grab the chance during your trips and take a bike to discover the natural and cultural places you visit while avoiding CO2 pollution but also noise pollution and helps to keep the quality of clean fresh air in the area.



#### 6. Go by walk for short trips

Walking is a great activity especially during a trip. It's not only good for environmental protection, but it allows you also to discover beautiful places and meet new people from different cultures, keeps you healthy, and allows you to save-up some money from fuel. Go out on foot during your trip exploring a hill or archaeological site and leave your car or your motorbike parked to give a favour to the fresh air of the places you are visiting, your health and your pocket!

#### 7. Ridesharing and carpooling are the best trends

To organise ridesharing and carpooling during your trip is a good practice, especially in rural areas where normally it is not so possible to use public transportation. Ridesharing and carpooling help to reduce air pollution, so here comes your super role to try avoiding single-car users as much as possible to reduce CO2 emission. European projects such as [CIVITAS](#) have implemented in the past few years many actions to reduce the usage of single-car users.

#### 8. Have local adventure

Surely wherever you live just a few kms away there is a place to discover. And so, instead of taking a plane or a car every weekend, eventually book an accommodation that's not so far from your home to relax and travel by

	<p>foot, bike to discover the beaches, the mountains, the unspoiled nature around.</p> <p><b>9. Green Driving</b> Here are some tricks you can use to reduce pollution while driving especially long distances during your trips:</p> <ul style="list-style-type: none"> <li>● Regularly check your tyre pressure. Under-inflated tyres can increase fuel consumption by 3% and take 10,000 kilometers off the tyre's life.</li> <li>● Perform car maintenance regularly. A well-tuned car can use 15% less fuel.</li> <li>● Slow down. Driving at 90 kilometers per hour uses 25 per cent less fuel than travelling at 110 kilometers per hour.</li> <li>● Don't idle. If you are stopping for more than ten seconds, turn your car off.</li> <li>● Drive smoothly. Stopping and starting uses more fuel.</li> <li>● Open your window rather than using your air conditioner when travelling at under 70 kilometers per hour. Air conditioning can increase fuel consumption by ten per cent. At speeds above this, the drag caused by having your window down will use more fuel than the air conditioning.</li> <li>● Screw on your fuel cap firmly to avoid evaporation and leaks when turning corners.</li> <li>● Travel light. Don't use your car to store heavy equipment for long periods of time, an extra 50 kilograms of weight increases fuel consumption by two per cent.</li> <li>● Remove roof racks and anything fixed to the outside of your car when they are not in use to minimize wind resistance.</li> </ul>
<p>Call for actions</p>	<p><b>1. Make travel simulation experience and lead the way</b> Instead of organizing a weekend trip by aeroplane with your relatives or your friends, organize a trip by walking in a place near you on a country excursion involving your travel companions. Take the opportunity to make them aware of the need to reduce their impact on the environment through travel and the benefits associated with slow travel.</p> <p><b>2. Offset your carbon footprint</b> There are several alternatives to reduce your carbon footprint due to your travel. When it's difficult to reduce them, you have two great options:</p>



	<p>- Planting <b>trees</b> or carrying out other concrete actions to compensate for your emissions.</p> <p>- Purchasing carbon <b>offsets</b>.</p> <p>A carbon offset is an amount of money you can pay for a project that reduces greenhouse gases somewhere else. If you offset one ton of carbon, the offset will help capture or destroy one ton of greenhouse gases that would otherwise have been released into the atmosphere. Offsets also promote sustainable development and increase the use of renewable energy.</p> <p>Before booking a flight, to make informed and conscious decisions you can use online tools, such as <a href="#">EcoPassenger</a>, a user-friendly internet tool that allows you to compare the energy consumption, CO<sub>2</sub>- and exhaust atmospheric emissions of planes, cars and trains for passenger transport in Europe. In order to calculate and compensate for CO<sub>2</sub> emissions, further tools offering viable methodologies are available, such as <a href="#">Compensate.com</a> or <a href="#">COMPENSAID</a>.</p> <p>The money you pay goes towards climate protection projects. Various organizations sponsor these projects. For example, <a href="#">Myclimate</a> funds the purchase of energy-efficient cookstoves in Rwanda, installing solar power in the Dominican Republic, and replacing old heating systems with energy-efficient heat pumps in Switzerland.</p> <p><b>3. Share relevant content on social media</b></p> <p>You can encourage your family and friends to go green through the sharing of relevant content on your blog and social media accounts. Encouraging others to share what they've learned helps exponentially. Think of how many friends of a friend's post you've seen throughout your time on social media. Then, decide how to leverage the platform to your advantage. Which types of posts get the most attention from your circle of family members and friends? Share new content that has to do with eco-friendly transportation and green style to travel. Inspire others to get involved with saving the planet. It's easy to ignite change when you have powerful, instantaneous tools available that allow you to do so.</p>
<p><b>Additional material</b></p>	<p>Links to other resources:</p> <p><a href="#">European Union - How to reduce my carbon footprint?</a></p> <p><a href="#">Global Citizen - Why tree planting is so important in the fight against climate change</a></p> <p><a href="#">Skiathos Island to Launch Electric Bike Sharing Network   GTP Headlines</a></p>

**Commenté [1]:** Did you that panting tree is so important in the fight against climate change?  
Have a look here for more info: <https://www.globalcitizen.org/en/content/why-planting-trees-helps-fight-climate-change/>

**Commenté [2]:** Did you know that is possible to reduce you carbon footprint through your daily choice?  
Have a look here: [https://youth.europa.eu/get-involved/sustainable-development/how-reduce-my-carbon-footprint\\_en](https://youth.europa.eu/get-involved/sustainable-development/how-reduce-my-carbon-footprint_en)

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## Sustainable consumption

<p><b>Problem</b></p>	<p>Travelling is a wonderful experience to reconnect with nature and to discover new cultures. However, the tourism sector consumes a big amount of resources for holding its different activities and therefore it also affects the natural resources for local people. Therefore, here comes your big role to play as a tourist, in reducing the consumption of resources during your trips to protect the travel destinations that you would like to visit again and to continue to enjoy them for years to come.</p> <p>A good thing to remember, nature is generous, but it has limited resources so it's necessary to reduce our consumption! Keep it in mind as a tourist and as a citizen.</p>
<p><b>Keywords/ Thematic</b></p>	<p>Sustainable consumption, circular economy, eco-labels</p>
<p><b>Good practices</b></p>	<p><a href="#">Having circular economy in mind while traveling</a></p> <p>Circular economy in tourism means reducing the use of energy factors and natural resources, reusing the waste generated in the activities as direct raw material to support the economic development of tourist destinations without putting the sustainability of the planet at risk. In other words, it's a circle of production and consumption where nothing is wasted! So, here comes the great role that you can play as a tourist to support a circular economy and sustainable consumption through different actions that you can take during your travel while still having the biggest fun!</p> <p><a href="#">1. Choosing sustainable leisure activities during your trip</a></p> <p>You can have fun during your trip and be sustainable at the same time! Choosing sustainable leisure activities when you travel is one of the most important steps to reducing the consumption of resources. In the countryside, you can, for instance, participate in sustainable cooking workshops with local organizations that work with small farmers and by doing that you are supporting the local economy. On the seaside, try paddle-boarding or kayaking to reduce CO2 emissions rather than jet skiing!</p> <p><a href="#">2. How about traveling with green tour operators!?</a></p> <p>It would be wonderful if your travel buddies are green! It's important to travel with groups like tour operators that support sustainable consumption or choose local alternative tour operators, guides, and</p>

organizations that have a good knowledge of local environmental and cultural issues. For example, travel with a tour operator who supports the local community and local economy by providing you with local food, hiring local staff, and contributing to forest preservation by organizing trips to protected areas.

### 3. Feel the taste of local and biological food

When you eat in a restaurant during your trip, it's a great idea to ask for locally produced food and it would be even better if you choose organic food. This kind of cultivation avoids the use of chemical substances and respects the ecosystem. Therefore, the quality and nutritional value of its products are very high and at the same time, it consumes fewer resources. It also produces less CO2 emissions.

### 4. Best souvenirs are found in local markets

Who doesn't like getting locally made souvenirs to remember their joyful trip and the traditions of the place they've visited! You can choose items crafted using traditional skills like hand-made pottery or ceramic items, natural and organic honey, but also upcycled items that use materials that would otherwise have been thrown away, while doing that you are supporting the local economy and you are saving on some resources. Moreover, the greatest idea for your souvenir to be sustainable is to avoid plastic packaging.

### 5. Choose reusable alternatives or travel with your favourite cup

Don't choose single-use products during your trip, especially plastic ones, and if necessary, you can choose instead of one-use plastic items, those made from compostable material or you can even travel together with your favourite cup and ask to have your takeaway coffee there to reduce some waste and to limit the number of produced one-use cups.




### 6. Green means of transport for your trip

Using means of transport is necessary for traveling, so it's a good chance to be green during your trips and use eco-friendly transport. You can choose travelling by boat or bus when possible, and if you must take a plane it's better to get economy and direct flights because they are more energy efficient than flying business and with stops. Moreover, explore

**Commenté [1]:** Did you know that it is possible to buy local sustainable souvenirs?  
Have a look here: <https://www.globalheritagetavel.com/sustainable-souvenirs-what-to-buy-what-not-to-buy/>



	<p>the place you are visiting on foot and go around the place with a bicycle or electric scooter to reduce your CO2 footprint during your trip.</p> <p>7. You can look for sustainable green accommodation</p> <p>You can choose an accommodation facility with eco-labels and certifications to make sure that you are supporting sustainability as a tourist! Whether the facility is offering only locally grown food, replacing reusable containers instead of single-use plastic, or using green energy to produce electricity, this means that it supports sustainable consumption.</p> <p>8. Donate unused items</p> <p>It's not only giving a second life to an object that we don't need anymore, it is reducing garbage and doing a social action such as providing someone a desperately needed good, while we were going to dump it. Sustainable economy is also a more open and socially inclusive awareness.</p> <p>9. Save water</p> <p>Water is the most important commodity on the planet. You will make a great step toward sustainable consumption if you are careful of its usage. Don't let the water open while brushing your teeth, don't leave the shower open while you shower up, try to utilize saving water technique to clean, use dishwasher. Reuse greywater.</p> <p>10. Go paperless</p> <p>It's true, it is not something that has a one face argument, but going digital helps us save a lot of paper and protect trees too. We can choose digital solutions for our communication and work organization.</p>
<p>Call for actions</p>	<p>1. Plant a tree during your trip</p> <p>You can check the calendar of activities before you visit your destination to join local initiatives and participate in sustainable activities that support local people, environment, and economy. You can join reforestation activities for example and participate in making the place that you visit more green, because sustainable activities are a good way to reduce the consumption of resources while you travel.</p> 

**Commenté [2]:** Did you know that is there a website helping you to find sustainable accommodation in Europe? Have a look here: <https://ecobnb.com/>

## 2. Participate in ecological day



You can help conserve nature in your travel destination and have a lot of fun at the same time! Hurry up and check the agenda of local activities while you plan your trip. You can take a great action participating in ecological day, by cleaning a forest or a beach from garbage. It would also be a great idea if you separate garbage after collecting them and send them for recycling. Small actions can boost the quality of our environment and our life.

## 3. Go for WWOOFing!

A good way to be sustainable is to choose a special type of travelling to combine discovering new places and new cultures together with agricultural works! travel for WWOOFing, the World Wide Opportunities on Organic Farms, which is a worldwide movement linking visitors with organic farmers to promote cultural experiences, where visitors can get the opportunity to spend time in an organic farm and learn about sustainable agriculture.

Check more details on WWOOF: [World Wide Opportunities on Organic Farms | WWOOF](#)

## Additional material

### 1 Treedom Website.



On the Treedom website you can buy a tree and plant it remotely and follow it online. You can choose the kind of the tree and its future usage, for example, it's a great gift that you can offer to someone passionate about conservation, and they will get a card or certificate with information about the tree, since each planted tree is geolocated



and photographed, where regular updates are sent to customers about it. Treedom works closely with small farmers and local communities to plant fruit trees which provide additional income and food security.

[Treedom: Plant or Gift a Tree and Follow the Story Online](#)

**Links to other resources:**

	<p>Interactive map on Pollutions of the World Resource Institute, to understand pollution visualizing data: <a href="#">Explore Changing Global Emissions through Interactive Maps   World Resources Institute (wri.org)</a></p>
<b>Bibliography</b>	<p>Treedom: <a href="#">Treedom: Plant or Gift a Tree and Follow the Story Online</a></p> <p><i>Green Hotel: 20 actions for a more sustainable accommodation (2018)</i>, ecobnb.com: <a href="#">Green Hotel: 20 actions for a more sustainable accommodation (ecobnb.com)</a></p> <p><i>Goal 12: Ensure sustainable consumption and production patterns, un.org/sustainabledevelopment/</i>: <a href="#">Sustainable consumption and production (un.org)</a></p> <p><i>12 Ways to live more sustainably</i>, CENTER for BIOLOGICAL DIVERSITY, biologicaldiversity.org: <a href="#">12 Ways to Live More Sustainably (biologicaldiversity.org)</a></p> <p><i>40 Ways to Be More Eco Friendly in 2022</i>, greenmatch.co.uk: <a href="#">40 Ways to Be More Eco Friendly in 2022   GreenMatch</a></p>

## Biodiversity

<p><b>Problem</b></p>	<p>Biodiversity is a key element in tourism development and in the progress of the tourism industry, especially eco-tourism. Natural areas and reserves are main tourist attractions, however, at the same time many factors linked to biodiversity loss, such as climate change and land clearance, are related to tourism development and tourists' activities (UNEP, 2003).</p>  <p>On the other hand, tourism can represent a great way to protect biodiversity through ecotourism activities that posit that our travel to natural areas can influence in preserving not only the environment but also sustaining the wellbeing of locals.</p>  <p>Do you desire to be an ecotourist and to leave a positive influence on your travel destination and on those who call it home!? If so, we provide you in this guide some ways on how you can do it!</p>
<p><b>Keywords/ Thematic</b></p>	<p>Ecotourism, biodiversity, biodiversity protection, biodiversity loss, threatened species, climate change, natural habitat, awareness.</p>
<p><b>Good practices</b></p>	<p><b>1- Learn more about the biodiversity of the natural areas you are visiting:</b> each protected area has a unique and singular biodiversity. In addition to the spectacular elements that will justify your visit, consider learning more about the eco-systems, the</p>

populations of insects, birds, mosses, lichens, that characterize the territory you are visiting.

**2- Taking a local guide is a great idea:**

local people love and appreciate their lands the most! So, to help protect biodiversity it's important to choose professional local guides because they will share with you the best stories

and information about endangered local animal and plant species.



**3. Respecting each element of local biodiversity:** a protected natural area is the result of a subtle balance between the numerous plant and animal species, the geology, and the climate. Therefore, when you are visiting these areas consider acting responsibly and try to be as discreet as possible. Don't make fires unless where it is allowed, don't pick anything natural, don't throw garbage, if you have pets, keep them near you to avoid destroying flora and fauna.

**4- It's good to avoid disturbing animals!** When you go hiking in natural areas, it's good to avoid disturbing animals, especially during wintertime in order not to wake them up when they are hibernating! Also, never feed animals, avoid visiting during mating and nesting period, stay on the designated trail, observe wildlife from a distance and make as little noise as possible,



since the forest is their living space!

You can see the list of the world threatened species:

<https://www.iucnredlist.org/>

**Commenté [1]:** After this sentence, a pop-up window will appear in the platform with the following text:

Did you know that more than 40,000 species of animals and plants are threatened with extinction? This represents 28% of all assessed species in the world.

**Learning about the hotspots of biodiversity:** there are places on earth that are both biologically rich and deeply threatened. So, a great way for you to help protect biodiversity is to plan your next trip in favour of supporting nature protection associations operating in these areas, address them and attend their awareness conferences and participate in the protection activities of endangered species that they implement.



You can check in Natura 2000 Network Viewer, the European protected areas that offers habitat to Europe's endangered and valuable species and habitat.

<https://natura2000.eea.europa.eu/>

**Booking a local eco-friendly accommodation:** what is better than booking your stay at an incredible local eco-friendly guesthouse



that is involved in efforts to reduce carbon emissions, which helps protect biodiversity, and will direct your fund back into the local community. Before you book, check the website of the

accommodation to know if they contribute to local natural conservation efforts.

As an example, you can check the EU Ecolabel Tourist Accommodation Catalogue:

<http://ec.europa.eu/ecat/hotels-campsites/en>

The GREEN KEY eco-label:

<https://www.greenkey.global/>

Online platforms promoting sustainable accommodation facilities

<https://yugeneearthside.com/2021/08/31/top-10-sites-for-eco-friendly-sustainable-accommodation/>



**Buy local souvenirs but know the source:** who doesn't like the




feeling of traveling and carrying a special souvenir on the return! It's good to buy locally produced souvenirs but it's also important to avoid those made from protected plants or animal species.

**Commenté [2]:** After this sentence, a pop-up window will appear in the platform with the following text:

Did you know that biodiversity hotspots are regions that lost at least 70% of their original vegetation and they are home to around 75% of the most endangered animal species.

	<p>You can check CITES, the international convention that regulates the trade in threatened plant and animal species. <a href="https://cites.org/eng">https://cites.org/eng</a></p> <p><b>Using ocean-friendly sun products:</b> most sun products cause serious damage to the coral reefs, therefore, a great way to protect your sensitive beautiful skin and the precious ocean species, is to use eco-friendly mineral sunscreen products. These creams are a little bit more difficult to apply but they are less toxic to you and nature, but they are also effective!</p>  <p>You can check the Sustainable Development Goal SDG number 14 "Life Below Water" on protecting sea life. <a href="https://www.globalgoals.org/14-life-below-water">https://www.globalgoals.org/14-life-below-water</a></p>
<p>Call for actions</p>	<p><b>1- Support nature protection associations via donations :</b></p>  <p>You can support associations with the main goal of stopping the degradation of biodiversity through their managing and setting up natural reserves, monitoring species, organizing conferences and awareness-raising days in addition to host nature-discovery walks, you can become a member with them, donate, travel to participate as a volunteer in their biodiversity protection programs.</p> <p>Examples of such organizations:</p> <ul style="list-style-type: none"> <li>- World Wide Fund for Nature WWF <a href="https://www.worldwildlife.org/">https://www.worldwildlife.org/</a></li> <li>- International Union for Conservation of Nature IUCN <a href="https://www.iucn.org/regions/washington-dc-office/get-involved/iucn-members">https://www.iucn.org/regions/washington-dc-office/get-involved/iucn-members</a></li> <li>- United National Environment Programme UNEP</li> </ul>

	<p><a href="https://www.unep.org/about-un-environment/funding-and-partnerships/check-your-contributions">https://www.unep.org/about-un-environment/funding-and-partnerships/check-your-contributions</a></p> <p>2- <b>Participation in reforestation programs:</b>          There are an unlimited number of amazing and beautiful places around the world just waiting for you to discover them and to add some more trees to their natural beauty! You can plan your future trips based on the agenda of events in the host country, you can check dates to participate in local events such as reforestation especially of threatened trees and plant species because also trees provide shelter for many animals, and they contribute significantly to maintaining climatic balance, but unfortunately day by day big forestry spaces disappear on our planet. Many local organizations organize reforestation projects in the most affected areas.</p>  <p>To find good examples about online platforms/pages that support reforestation, where you can plant your tree from a distance and still follow-up on its growth, check the module on “Sustainable Consumption” for tourists.</p>
<p><b>Additional material</b></p>	<p>1- <b>Bear tracking holidays in Greece:</b>          Greece is home for hundreds of brown bears, you can travel for example to northern Greece, Northern Pindos National Park to experience watching rescued bears in their natural environment. You can join an organized hiking trip for a few days led by a local “bear expert” to learn about the protection of the bear population in the area. You can</p>



also have a great and moving experience of following bear tracks attempting to spot wild bears! But also witnessing research methods used there for bear conservation work. The region is also bird central, embracing many rare species including the golden eagle but not only.



You can check the following links for such a trip:  
<https://www.responsibletravel.com/holidays/bear-watching/travel-guide/greece>  
<https://www.natural-greece.gr/tours/brown-bear-conservation-tour-greece/>

### 2- Wolf conservation volunteering in Portugal:

How about combining travel with biodiversity protection!? It's an exciting opportunity for volunteers that travel to help at a sanctuary for wolves rescued from illegal trapping, human captivity, or zoos. In a forested valley in Mafra, wolves live in a large enclosure safe outdoors to provide them with naturalistic suitable environments for their living. You can travel to Portugal and assist with



forest maintenance on the wolf sanctuary ground near Lisbon, monitor and feed these majestic creatures as you help maintain their natural habitat.

You can check the link:

<https://www.natucate.com/en/trips/volunteer-abroad-portugal-wolf?variant=dorm>

### 3- Exploring Canada from North to South to raise awareness on climate change:

Thomas Destailleur, a French eco-friendly traveller who lives in Canada, started in summer 2019 a travel project called "*Open Your Wild*" for 2 months and a half month to cross from North to South Canada by bike and Kayak.

Thomas says that the current climatic emergency led him to start his project, which includes filming a documentary while travelling to highlight natural spaces in danger or those that are still preserved. He wants to give voice to people that are acting to find solutions to climate change but also to those who are already impacted by its consequences.



Thomas's goal is to raise awareness, challenge and empower people about the environmental crises including climate change that is one of the main drivers of biodiversity loss.

Link to the article:

<https://www.holiabile.com/news/testimonials/green-travel-canada/>

Links to other resources:

- 1- UN Report on the acceleration of species extinction rates:  
<https://www.un.org/sustainabledevelopment/blog/2019/05/nature-decline-unprecedented-report/>
- 2- Check SDG goal number 13 climate action, goal number 14 life below water and goal number 15 life on land:  
<https://sdgs.un.org/goals>
- 3- Consumer footprint calculator:  
[https://knowsdgs.jrc.ec.europa.eu/cfc?fbclid=IwAR3USDyJambuAviU6J7OXmNkP2SehRWrij\\_QUoeg0CjMjIh6-VqSnb\\_xGwM](https://knowsdgs.jrc.ec.europa.eu/cfc?fbclid=IwAR3USDyJambuAviU6J7OXmNkP2SehRWrij_QUoeg0CjMjIh6-VqSnb_xGwM)

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<https://www.unep.org/resources/report/tourism-and-biodiversity-mapping-tourisms-global-footprint>



## Natural Hazards management

<p><b>Problem</b></p>	<p>Travelling for some people means changing scenery, the surrounding landscape, the culture, and the daily environment.</p> <p>But travelling also means being exposed to another environment with its advantages and its natural constraints like possible occurrences of natural risks. These risks are sometimes obvious, but when visiting Naples at the foot of Vesuvius volcano, most tourists doesn't have in mind the way to protect themselves in case of a volcanic eruption.</p> <p>In the context of climate change, the risks of natural disasters tend to increase and become generalized, as can be seen with the spread of forest fires across Europe.</p> <p>Information and prevention are therefore keys to allowing you to spend nature holidays with complete peace of mind.</p>
<p><b>Key words/ Thematic</b></p>	<p>Natural risks, hazard, vulnerability, prevention, safety.</p>
<p><b>Good practices</b></p>	<p>A major natural risk results from the meeting of a natural and random phenomenon (ALEA or HAZARD) and the vulnerability of the stakes in this territory. The more intense the hazard is and greater the vulnerability, the greater is the risk and the more serious and lasting the consequences of its occurrence.</p> <p>Vulnerability can be direct if people are directly affected by the hazard, or indirect for example if the accesses more or less close to the structure of reception are impacted.</p> <div data-bbox="491 1469 1114 1697" data-label="Diagram"> </div> <p>For you as a tourist, there are some practices that can be applied during your trip to protect yourself in case if natural hazard happens and you are there.</p> <p>The first step is to identify before your travel the natural risks to which the destination territory is exposed. Depending on the country, this information is available and mostly online, so you can make a small</p>

research before you travel and get some information about the natural risks in the country.

You can also check the websites of embassies and consulates, which often give clear instructions on this subject.

In addition, to get detailed information check the websites of local authorities like municipalities or provinces which may also mention the natural risks present on their territories. The websites of private organizations (universities, institutes, associations, etc.) can also give useful references.

Most of the time, tourist establishments do not make any publications on this subject, as it can make tourists feel anxious about their staying in the area. However, your accommodation manager may be able to give you some information orally on this subject so it's a good idea to ask for it.

In addition, in territories particularly exposed to the risk of earthquakes or cyclones, for example, preventive information measures are mandatory and must be displayed on site, such as the behaviour to adopt and evacuation procedures. Then, the second step is to find out the basic safety instructions to follow in case of a crisis. These instructions are normally provided by type of hazard (natural phenomenon), the details of which are given in the following section of this document.

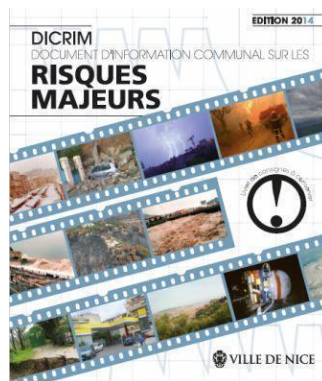
Finally, a common emergency number for the whole EU has been established: 112

Call for actions

**1. Getting informed:**

Preventive information is a major tool to limit the impact of natural risks. The responsibility for providing such information is issued at different levels in different European countries, by the State, the municipalities. In some countries like Italy, Spain or Germany, this information is issued at regional level.

In many cases, you can find posters on raising awareness about natural hazards provided in public buildings.



Information document about natural hazards in Nice

In case of an alert, call servers and smartphone applications are made available locally by the prevention actors. They can deliver general information to people, or communicate about major risks, therefore, it is important to read carefully every message and to be aware of every alert which is sent by the stakeholders in case of a natural hazard and to follow the provided instructions to keep yourself safe.



In addition, social networks now play an important role in providing information in case of a crisis. Some Facebook accounts, for example, are even dedicated to this, so you can use these networks to keep yourself updated when any natural hazard is happening.

Finally, concerning hotels, the UNDRR (United Nations Office for Disaster Risk Reduction), which is part of the UN, has been setting up a certification system for hotels since 2014, you can check their online platform [www.hotelresilient.org](http://www.hotelresilient.org) which aims to develop internationally recognized standards for hotels and resorts to help them reduce the degree of exposure of their businesses, as well as tourists, to climate and disaster risks.

## 2 Basic safety instructions

Across all hazards, safety instructions must be respected.



Carry with you a radio and a supply of batteries. Since networks can be interrupted, it is important to be informed during the crisis.



Only call for help in an emergency case in order not to clog up the networks. In the European Union, there is a common number dedicated to emergency services and is112.

**In all cases, respect the official instructions**

***Additional material***

Compendium of good practices "flood risks and tourism"

<https://www.paca.developpement-durable.gouv.fr/recueil-de-bonnes-pratiques-risques-d-inondation-r2779.html>

Resilient Hotel: [www.hotelresilient.org](http://www.hotelresilient.org)

U.S. Disaster Reduction Agency: information for tourists on natural hazards: <https://www.nc.cdc.gov/travel/page/natural-disasters>

## Landscape management

<p><b>Problem</b></p>	<p>The way we travel today has caused a lot of damage to the landscape through the intensive use of certain resources, the pollution caused by transport and the uncontrolled construction in touristic sites. The ever-increasing flow of travelers has contributed to the enclosure, the deterioration or disappearance of many European natural landscapes.</p> <p>Eco-tourism today aims to offer environmentally friendly travel and discovery. Some good practices can be applied in a very simple way, by anticipating and preparing for the trip in advance.</p>
<p><b>Key words/ Thematic</b></p>	<p>Green tourism, biodiversity, soft modes, respect for fauna and flora, limitation of nuisances, local consumption.</p>
<p><b>Good practices</b></p>	<p><b>1. Choosing your holiday destination</b></p> <p>The choice of holiday destination will prove to be crucial in an Eco-tourism logic. The destinations to be preferred can be either local - in order to avoid polluting and energy-intensive modes of transport - and chosen for their eco-labelling or their charter committed to more sustainable tourism. There are many national and European labels such as the European Ecolabel for accommodation service, the Bio-hotels, the eco-camping label, the Green key label..., that can give you information on the attention paid by the manager of your tourist accommodation to integration into the landscape, the quality of the building, waste or energy management, etc.</p> <p><b>2. Anticipating modes of travel before the trip</b></p> <p>To limit the pollution caused by the use of a personal vehicle on site, it is preferable to find out about the possibility of visiting by alternative or public transport (availability of shuttles from and to the accommodation facility, existence of cycle tracks or paths, buses to different tourist sites, restaurants etc.).</p> <p><b>3. Preserve biodiversity by leaving the flora in place</b></p> <p>To help protect the landscape of the natural area that you are visiting, it is essential to preserve biodiversity and the life cycles of both animals and plants, because biodiversity is the base of a natural landscape. You can contribute by refraining from picking wild flowers and plants. These may</p>



	<p>be protected because of their decline or they may actively participate in the life of an ecosystem. Some plants, for example, are melliferous and allow bees to feed and survive in the hive.</p> <p><b>4. Keep a safe distance from wildlife and respect animal life</b></p> <p>Likewise, it is advisable to keep a certain distance from wildlife so as not to accustom wild animals to the presence of humans. They should also not be fed, because although the intention may be good, some foods can be poisonous to them. Finally, even the smallest insects should be protected, whether they are ants, spiders or insects of any kind, because they are part of the ecosystem.</p> <p><b>5. Do not bring pets, plants or seeds that could alter the original ecosystem</b></p> <p>Pets (especially dogs), even if allowed by your accommodation provider, can interfere with the wilderness environment. In a protected natural area, the introduction of domestic animals or any "outside" plant species may be regulated or even prohibited. Find out about the regulations in force, and as far as possible, make sure you do not introduce "invasive" species.</p> <p><b>6. Limit noise and light pollution</b></p> <p>Pollution is not only physical waste and discharges from motorized travel, air travel, etc., but also noise and light pollution can be harmful to existing plant and animal life by disrupting their cycle. This pollution constitutes a threat to biodiversity and should be limited during visits, walks, etc. to preserve the landscape of the area that you are visiting.</p>
<p><b>Call for actions</b></p>	<p><b>1. Participating in local life through ecological activities</b></p> <p>In order to become fully aware of the ecological stakes of Eco-tourism, taking part in local activities of the place you're visiting can also be a good way to understand the landscapes and to enhance them through concrete action: taking part in waste collection activities, joining supervised wild fruit and vegetable picking or buying them directly from the producer.</p> <p><b>2. Participate in heritage preservation through voluntary action</b></p> <p>More and more work camps to enhance or preserve architectural or landscape heritage are being carried out on a voluntary basis all over the world through missions on different scales. Whether it is the restoration of a dry stone wall, the enhancement of old footpaths by clearing undergrowth, etc., take advantage of your holidays to get involved in local life and preserve the landscapes of the places that you are visiting.</p>

	<p>Information. Information resources are available online to register and you can find out about current and future workcamps.</p>
<b>Additional material</b>	<p><b>Woofing as an alternative way to travel:</b></p> <p>Combining travel with learning is now possible through this practice, which consists of participating in the activities of an ecological farm in exchange for food and lodging. Beyond the economic aspect of this "barter" solution, the learning is concrete, as is the link with the local inhabitants.</p> <p>This practice is carried out on a global scale and allows the dissemination of knowledge and lifestyles that are more respectful of the environment and landscapes.</p> <p>For more information and to participate: <a href="#">World Wide Opportunities on Organic Farms   WWOOF</a></p>

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