




## TIPS TO BE A RESPONSIBLE TRAVELLER

A stylized, minimalist landscape illustration. The background is a light beige color. In the top left, there are white clouds and a sun with rays. In the top right, there is a white star and a grey cloud. On the right side, there is a green hill and a brown plant with several leaves. In the bottom right, there is a brown mound and a dark brown cloud.

Travelling is a great way to explore new cultures but it can also be used as a constructive tool to build a sustainable future. We have only one planet and it is our responsibility to make sure that despite all that we do, we leave a world the future generations can enjoy as we are doing now. Travelling responsibly is one of the ways to ensure that we do our bit to make the world a better place. Our guidelines reassert the mindful traveller in you.



## Stage 1: Planning your travels

### *Research, Research and Research*

- There are many travel agents/tour operators who can help you plan your travel. Choose a travel agent/tour operator who endorses and follows responsible travel practices that support local communities, protect cultural resources and limit environmental footprint in the destinations you visit.
- While you may want to tick off from that bucket list you compiled, research and choose destinations which are leaning towards sustainability. It can act as a motivator for other countries to follow suit.



## Stage 2: Planning an itinerary

*Conscious choices are the key to sustainable travel*

- Try to plan your travel during off-season as it reduces the burden on resources at the destination and is also lighter on your pockets.
- Think about quality over quantity, set up base at one destination for a longer duration wherever possible to reduce your carbon footprints.
- Accommodation can make or break your journey. Opt for sustainable establishments which have their policies and follow sustainable practices.
- Be ethical and avoid choosing touristic activities/experiences which exploit, abuse or harm wildlife.
- Evaluate your carbon footprints when choosing flights. Your carbon footprints can be minimal when flying non-stop to the destination.



### Stage 3: Pack with a purpose

*Adopt a minimalist and practical approach when deciding what you need when travelling.*

- Pack only what is needed. Packing lighter can reduce carbon emissions from aero plane.
- Make sure you carry health essentials and travel essentials like shopping bags, metallic straws, water bottles etc. to minimise your footprint at the destination.
- If you are an avid reader, try to digitize your books to travel light and save paper.



## Stage 4: Before you leave home

*You can save energy and contribute to the well-being of the planet even while you are away.*

- You are going to be gone for a while. Ensure you have turned off/unplugged all the electrical gadgets which need not stay on.
- Always manage your regular subscriptions of perishable and non-perishable goods to avoid wastage.
- Make arrangements for pets and plants you are leaving behind so you can travel worry free.
- Don't take print outs of your travel itineraries and tickets instead save them on your gadget for use as and when required.
- Keep handy the details to contact your Embassy or Medical Contact in case of an emergency.
- Take necessary health precautions as prescribed for the destination country and carry the e-document required for verification.



## Stage 5: At the destination

*You will be spoilt for choices at the destination, but you can contribute the most to a sustainable cause when on ground.*

### **BE ENVIRONMENTALLY CONSCIOUS**

- Resources are limited. To avoid the burden on the destination use natural resources, such as water and energy wisely.
- When you are out and about try to minimize the generation of waste as far as possible.
- In case of waste generated, be mindful to dispose it in the cleanest and best possible way.
- When exploring a destination opt for non-polluting modes of transport wherever possible. Walking is a great way to explore a city.
- Over-tourism is a problem that plagues many destinations, look for ways to reduce the impact on these destinations by finding alternatives.



## **RESPECT LOCAL CULTURE, HERITAGE AND COMMUNITIES**

- Monuments are remnants of the past and they need all the care we can give. Do not deface or damage heritage monuments.
- While experiencing local culture and traditions can be exciting, be sure to read up a little before-hand to ensure mutual and beneficial cultural exchange in your interactions with local communities.
- Seek out permission from local communities before taking photographs.
- “Social Distancing” is the new normal. Make sure you respect that on your interactions with the locals and while getting around.

## **GIVE BACK TO THE COMMUNITY**

- Eat, drink, travel and shop local. It is a great way to encourage local communities and help in preservation of local crafts and cuisines.
- Avoid Voyeuristic activities when at a destination. Choose your experiences wisely.
- Souvenirs are reminders of your journeys. Purchase local handicrafts or local produce that do not use protected resources or substances.
- Avoid purchasing souvenirs that violate human rights, especially child rights.





## **ADHERE TO THE LAWS OF THE LAND WHEN OUTDOORS**

- When seeking out adventurous activities like hiking, trekking, rafting etc. make sure you follow rules laid down in eco-sensitive areas for your own safety.
- Ensure that you do your due-diligence and follow the rules and regulations when visiting national parks, wildlife sanctuaries or protected natural sites.



## **WHAT CAN SET YOUR TRAVEL APART?**

Contributing to local communities can be an enriching experience whether in terms of funding or in terms of giving them your time. You can always ask your travel agents for projects or NGOs/enterprises where you can contribute.



Be the change you want to see in the world – Mahatma Gandhi

Go Green, Stay Green.