

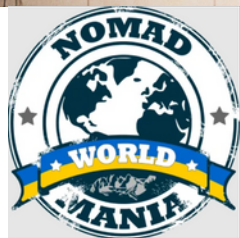
PLEDGE TO
TRAVEL
WITH CARE
TRAVEL CARE CODE

50 TIPS FOR TRAVELING RESPONSIBLY



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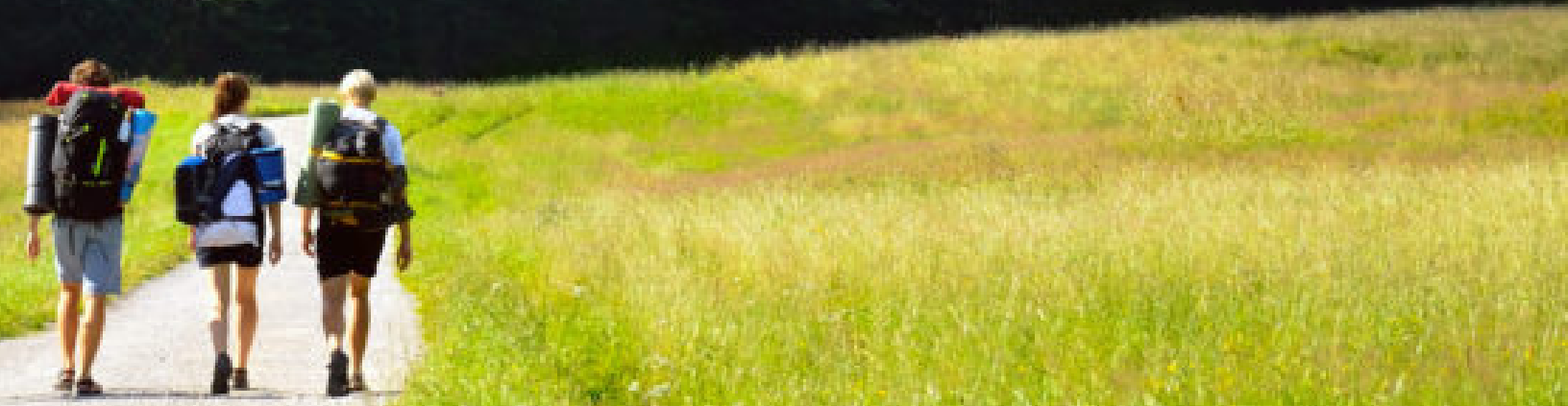
50 TIPS FOR TRAVELING RESPONSIBLY

Travel is one of the great things in life. Nothing beats the thrill of seeing new things, exploring new cultures or experiencing things you just can't do at home.

Despite the benefits of travel, more people are becoming concerned that our travel is having negative impacts on the people and places we visit. We worry that we will love our special places to death. In fact, recent research conducted by Booking.com [[2021 Sustainable Travel Report](#)] shows that “83% of global travelers think sustainable travel is vital” and of the more than 29,000 travelers surveyed across 30 countries, 72% believe that we need to act now to save the planet for future generations.

We want to do better – to travel in ways that respect culture and protects the environment. It was found that 61% of global travelers stated the coronavirus pandemic influenced them to want to travel more sustainably.

So where to start? One of the big challenges is knowing what you can do to make your travel more responsible. In the coming pages, we share 50 practical tips for traveling more responsibly.



THE TRAVEL CARE CODE

1

Learn about your destination

2

Don't leave your good habits at home

3

Be a fuel efficient traveler

4

Make informed decisions

5

Be a good guest

6

Support locals

7

Dispose of waste properly

8

Protect your natural surroundings

9

Make your travel zero emissions

10

Bring your experiences home

1) LEARN ABOUT YOUR DESTINATION



Enjoy a rewarding experience by learning more about the natural environment, culture and history that make every destination unique.



1. Every destination is unique. Look into the destination's history, culture, natural environment, and more. Dress appropriately for local customs.



2. Be culturally sensitive. Ask for permission before entering sacred places, homes, and private land.



3. Avoid the most popular destinations or landmarks if you are visiting during peak times because of overtourism (a word that was shortlisted by the Oxford English dictionary as Word of the Year in 2018).



4. Learn a few key words or terms if the destination you are visiting has a primary language that is not a language you are familiar with. Key words to prepare for your trip include "Hello," "Please," and "Thank you."



5. Choose sustainable accommodations and sustainable travel providers by doing your own research and identifying if a travel company has been certified by a credible sustainable certification or accreditation.

2) DON'T LEAVE YOUR GOOD HABITS AT HOME

While traveling, continue to recycle; use water wisely, and turn off lights as you would at home.



6. Do you recycle when you are at home? Continue to practice these good habits. And if you currently don't recycle, it is never too late to develop a new habit.



7. Do you use water wisely? Bring a reusable water bottle or mug with you to work? Don't put your good habits on pause just because you are traveling.



8. Do you turn off the lights when you leave your house? Continue to turn off the lights when you leave your accommodation.



9. Use limited resources, such as fuel, wisely. More on fuel efficient traveling in the next section.



10. Avoid using single-use plastic. Bring your own reusable water bottles, bags, straws, utensils, and takeaway containers.

3) BE A FUEL-EFFICIENT TRAVELER

Book direct flights, rent smaller cars, and
keep your own vehicle operating at
maximum efficiency.

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- A silhouette of a person riding a bicycle, positioned on the right side of the page. The person is wearing a helmet and a backpack, and is looking forward. The background is a gradient of orange and red.
- 11. Minimize your pollution and impact on the environment. When traveling short distances, try not to fly.
 - 12. If you have to fly, book in economy class and choose direct, non-stop flights.
 - 13. Did you know that bigger cars emit more carbon dioxide into the atmosphere? Rent smaller cars, or even better, walk or bike.
 - 14. Reduce your carbon footprint by choosing more environmentally friendly modes of transportation. Once in your destination, walk or bike as much as possible.
 - 15. If walking or biking is not a possibility, look into low-carbon or public transportation options, such as trains or buses.

4) MAKE INFORMED DECISIONS

Seek out destinations or companies that engage in energy efficiency or recycling programs and that take actions to preserve their communities and natural environment.



16. Seek out destinations or companies that take actions to preserve their communities and natural environment. If you do decide to go on tours, choose to go on tours run by local communities and/or small business owners.



17. Do your research and avoid cruel wildlife attractions that profit from animal entertainment such as riding elephants, watching performing dolphins or dancing monkeys, circuses that use animals, and more.



18. Before purchasing goods, ask about their origin. Avoid buying products made from threatened natural resources and report poaching and other illegal activities to the local authorities.



19. Time your travel to save money and avoid crowds. Consider traveling in the off-season. It's often cheaper and less crowded.



20. Time your visit to miss the crowds. Check out the busiest times of the day to visit attractions and plan to visit at off-peak times.

5) BE A GOOD GUEST



Remember that you are a guest in your destination. Engage with locals, but respect their privacy, traditions and local community.



21. Remember that you are a guest in your destination and your actions impact the local community you are visiting.



22. Make your impacts as positive as possible by engaging with locals, if you feel comfortable to do so while respecting their privacy, traditions, and customs.



23. Enhance the quality of life of locals through financial or cultural means.



24. Leave places how you found them or better than you found them. Just as you might clean up after yourself at home or at the park in your community, do so even when you are traveling.



25. Ask for permission before taking photos of individuals. Don't take pictures of or with children unless you have permission from a parent or guardian.

6) SUPPORT LOCALS

As a visitor, the money you spend on your trip can help support the local artisans, farmers and business owners whose livelihoods depend on tourism.



26. Spend your money intentionally to support the local artisans, farmers, and business owners whose livelihoods may depend on tourism.



27. Support the local community and make sure your money is going towards supporting the lifestyle and heritage of a community such as attending or supporting local art installations, festivals, historical sites, street food stalls, or other efforts.



28. Seek out places to visit where most tourists don't go to spend your money at places that normally wouldn't benefit from tourists.



29. Refrain from aggressive bargaining. Remember that the purchases you make directly affect vendors' livelihoods, so decide if you really need to hang onto that extra dollar or if it could benefit the local vendor more.



30. Support the community members but refrain from giving money to beggars or children without doing proper research ahead of time. Affiliation with criminal organizations, violence, and child exploiters are areas of concern.

7) REDUCE WASTE

Leave a beautiful place for others to enjoy. Recycle where possible, and always dispose of your waste with care.



31. Respect the natural environment. Leave the beautiful place you visit in good condition for others to enjoy in the future. Do not litter.



32. Use a reusable water bottle to reduce plastic waste.



33. Avoid single-use plastics – do you really need that straw?



34. Be thoughtful when you order meals – do your part in reducing food waste.



35. Learn the local rules for recycling and recycle when you can.



BONUS Regenerative Travel Tip:
Bring a bag and pick up trash when you see it.

8) PROTECT YOUR NATURAL SURROUNDINGS

Be mindful of the plants, animals and ecosystems that you impact. Avoid feeding wildlife; stay on designated trails, and strictly follow all fire restrictions.



36. Be mindful of the plants, animals, and ecosystems that your actions may impact when you are traveling. Picking flowers and removing wildlife from their natural habitat disrupts the ecosystem at-large.



37. Contrary to popular belief, avoid feeding wildlife during your travel.



38. Stay on designated trails and strictly follow all fire restrictions.



39. Do not cause damage to the natural environment. This includes stepping on plants and flowers.



40. Never buy crafts or products made from protected or endangered animals. Items to avoid include anything made from ivory, bone or teeth, quills, feathers, beaks, reptile skin, furs, tortoise shells, coral, seashells, and others.

9) MAKE YOUR TRAVEL ZERO EMISSIONS

As an additional step, consider the option of purchasing carbon credits to fully offset your travel's impact on climate change.



41. Offset your travel's impact on climate change by purchasing carbon offsets. Carbon offsetting allows you to compensate for the carbon dioxide and other greenhouse gas emissions you produce by reducing emissions somewhere else.



42. Do your research when purchasing carbon offsets to ensure that your money is going towards verified carbon offset projects that combat climate change. Some projects may include conservation projects, maintaining forests and biodiversity, efforts to increase clean and efficient energy, and more.



43. Take the train if possible.



44. Rent an electric vehicle.



45. Take a bike or an e-bike.

BONUS Regenerative Travel Tip:
Plant a tree.

10) BRING YOUR EXPERIENCES HOME

Continue practicing your sustainable habits at home and encourage friends and family to travel with the same care.



46. Once you return home from your trips, keep practicing your sustainable habits at home and within your community.



47. Encourage friends and family to travel with the same care and share the little things you did to become a more responsible traveler.



48. Share your photos with others and discuss the things you learned about the destination, what decisions you made, and promote the places you visited that supports the local community.



49. Look for good ideas when you are traveling and bring them home.



50. Tell people about why you care about responsible travel. This is THE MOST important thing YOU can do to change the system.

ABOUT THE TRAVEL CARE CODE

A woman with long brown hair, wearing a striped shirt and a yellow backpack, stands on a rocky outcrop looking out over a vast, hazy landscape. In the sky, two hot air balloons are visible: one with a colorful checkered pattern and another with vertical stripes. The background shows rolling hills and mountains under a soft, golden light.

The Travel Care Code is an initiative of a network of academics and professionals committed to encouraging responsible travel. We are committed to supporting travelers act in ways that minimize negative impacts of tourism and enhance the benefits of tourism in destination communities.

Our vision is a world where every traveler is a force for good on each trip they take.

We are on a mission to ensure every traveler contributes to the sustainability of the planet – supporting local economies, protecting the environment, celebrating local culture, and promoting social justice.

We hope you'll join the movement for responsible travel!

Website: <http://travelcarecode.org/>

Facebook & Instagram: @TravelCareCode