

# Sustainable traveling



## How can I help?

### At the destination:

- Avoid buying endangered species products such as turtle shells, ivory, animal skins or feathers. These animals may have been put to death for the sake of a gift shop sale.
- Don't photograph yourself with animals on the streets, they are often drugged. Animals belong in the jungle - not on tourist beaches.
- Take only photographs. Do not take "souvenirs" from natural areas, historical areas or hotels.
- Leave only footprints. Take everything out that you brought with you.



[www.turtlewatch.net](http://www.turtlewatch.net)



### Before the trip:

- Choose a hotel with a closed sewage and garbage disposal.
- Cancel your newspaper for the time of your vacation.
- Turn off the heat in your apartment
- Unplug your TVs, computer and other digital appliances to avoid leaking of electricity.
- Turn off all the lights.



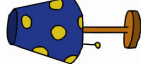
### While traveling:

- Walk all short distances.
- Favour public transfer like busses and trains instead of renting a car/motor cycle or taking a cab.
- If you still decide to rent a car, turn your motor off when idling.
- Encourage tour/bus drivers to turn the motor off when idling.
- While traveling by boat, favour tour operators with a closed sewage system and a proper garbage disposal - if you are unsure, ask!



### At the hotel:

- Let the staff at your hotel know that the towels and linen don't need to be washed every day.
- Reduce the amount of water used for bathing or showering.
- When you leave your hotel room, turn off the AC/heat, lights and TV.
- Leave the complimentary mini shampoos and gels unopened for the next customer.
- Let hotel management know that you want them to conserve and that you want to participate.
- Favour tour operators with an environmental program.



### At the restaurant:

- Avoid food containing parts of endangered species such as sharks, turtles and whales.
- Avoid threatened fish species. All tuna species (except skipjack), swordfish, tiger prawns and red snappers are threatened due to commercial overfishing.

