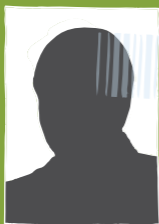




GREEN PASSPORT

HOLIDAYS FOR A LIVING PLANET



NAME



SURNAME



NATIONALITY

WORLD

TRAVELLER

RESPONSIBLE

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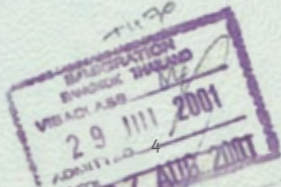
www.unep.org/greenpassport

WELCOME

Welcome to your passport to greener travel. This Green Passport introduces you, the potential traveller, to simple ways you can help make tourism a more sustainable activity. It's about tourism that respects the environment and culture and is good for the economic and social development of the communities that will be your hosts.

As you take a tour through the pages of the Passport you will pick up background information and useful tips for every stage of your journey. There is also a complementary website,

www.unep.org/greenpassport, where you can find additional information.



When your tour is completed you will have a better understanding of how your holiday decisions can make a difference. What's more, as a greener traveller, you might just come away with a new point of view that will make your travel infinitely more rewarding. As Henry Miller put it:

“One’s destination is never a place, but rather a new way of seeing things”

DO YOUR RESEARCH

Whether it's the Egyptian Pyramids, a break in the sun or walking in a wild national park, find out more about your holiday destination and its local environment, traditions, and cultures before you set off. Then you can make smarter choices to benefit yourself and the environment, people and destinations you visit.

There are many ways to plan a trip, from a travel agency to visiting dedicated travel websites. Many independent travellers, travel agencies and tour operators use words and expressions such as 'sustainable', 'responsible', 'green', 'eco', 'smart', 'slow', 'pro-poor', 'fair trade' and 'ethical tourism'. This may seem confusing, but the broad objective is the same: to provide fulfilling holidays for travellers while protecting the environment and contributing to the economic and social development of the people, cultures and destinations they visit.

For more information about the different types of tourism, download the Responsible Travel Guide: [**www.tinyurl.com/zh5b5**](http://www.tinyurl.com/zh5b5)

CHOOSING A DESTINATION

WHAT TO LOOK OUT FOR AND WHY

- Give preference to places that have demonstrated responsible practices. This includes their human rights and environmental conservation records, commitment to peace, etc. You can check with Ethical Traveller about this at **www.ethicaltraveller.org**
- Consider paying a little more for your holiday if that means fair wages for the people working in your hotel and conservation initiatives for communities
- Make sure your money is well spent by choosing a tour operator/hotel/provider committed to sustainable tourism. Always ask questions about transport, accommodation, staff working conditions, gender equality, waste treatment and environmental protection policy
- Prefer accommodation and transport providers that demonstrate efficient and sustainable management of energy, waste and water

- Look for websites specialising in responsible travel, ecotourism, or sustainable tourism. The Rainforest Alliance's Eco-Index of Sustainable Tourism www.eco-indextourism.org/en/home is a good example

There's no better way to really discover a country than by staying amongst its people and experiencing their lives and culture first hand.



Before booking your authentic homestay experience, you should ensure that a substantial percentage of the money you pay will go back to the community in which you will be staying. Many traditional tours also include homestays. For example, most tours of Peru will include at least a one night stay with a local family on one of the islands of Lake Titicaca.





“Travel is more than
the seeing of sights;
it is a change that goes on,
deep and permanent,
in the ideas of living”

*Quote by Miriam Beard

LEARNING ABOUT WHERE YOU'RE GOING

On your travels, you may encounter service providers or find yourself in destinations where local cultures or practices put women and children in a disadvantaged position with regard to accessing the benefits of the tourism industry. Your sensitivity to gender balance can contribute to improving such situations and provide greater opportunities to the disadvantaged when you make it a factor in your travel decisions.



- Learn a few words of the local language so you know what's considered polite (and what isn't!) in terms of eating, greeting, and local values
- General behaviour codes give advice on how to plan a trip and how to behave at the destination. Sensitive areas such as polar regions have strict conduct guidelines (e.g. WWF's Code of Conduct for Arctic Tourists)
- Appropriate behaviour by travellers helps ensure local communities continue to be hospitable and friendly. This maintains the economic viability of local tourism businesses and the quality of visitor experiences and interaction with local people
- Bear in mind that some destinations have local restrictions on the use of natural resources such as water and energy. Your hot bath could mean no water for the local community

TRAVEL LIGHT

TRAVEL LIGHT



When packing, think carefully about what you really need to take with you. Waste disposal systems in many countries are ill-equipped to deal with the increased pressures that tourism brings. A few simple measures can make an enormous difference to the effect you have on your destination. Where possible, remove the wrapping of packaged goods before you leave.

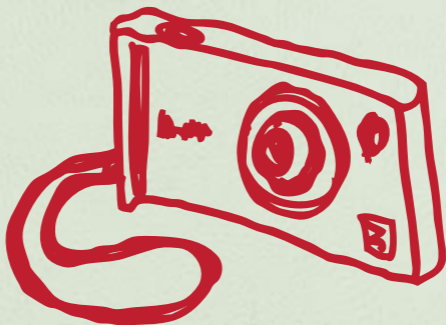




- Travelling light will reduce your carbon footprint by a surprisingly large amount. Reducing your luggage by 15kg could save between 100-200kg of CO₂ emissions on a return flight from London to Tenerife!!!
- Environmentally-friendly detergents and shampoos for hand and hair washing are widely available. Please take these and use as little as possible. This will help to keep valuable fresh water supplies,

rivers, streams and the sea free from pollution. Make sure you prevent your soap polluting someone else's drinking water

- Opt for digital cameras and use solar-powered devices or rechargeable batteries
- As well as accentuating the gap between rich and poor, extravagant displays of wealth such as ostentatious jewellery and technological gadgetry can be an incitement to robbery. Please bear this in mind when deciding what to take with you, and avoid taking unnecessary valuables
- In many places, dressing inappropriately can be considered offensive



TRAVEL SLOW

TRAVEL SLOW



HOW TO GET THERE

Flying now enables millions to travel far more cheaply than by rail or road. But it is also the fastest-growing source of greenhouse gases, contributing to global warming. A new trend is emerging: ‘slow travel’. For some, this is about spending more time at a destination, mingling with people, getting to know the local flora and fauna, taking long walks and exploring, instead of rushing from one glitzy tourist trap to another. It can also include choosing not to fly, taking the time to savour experiences and landscapes along the way. Jet-setters miss it all—and get jet lag!



MOTORISED TRAVEL AND HOLIDAY IMPACTS

Motorised travel is now the major source of pollution in the tourism sector: airplanes, 4X4 vehicles, coaches, and motorbikes are the most common means of transport. Some trips are particularly polluting. For instance, aircraft or helicopter flights over Kings Canyon in Australia sometimes last only a few minutes, but the noise generated and excessive fuel consumption have a devastating effect on the ecosystem. Conversely, a balloon flight over the MacDonnell Ranges, also in Australia, is an almost magical experience and is far more respectful of the environment.



Alternatively, simply walking to the top of a hill offers the same view, without having to worry about how many minutes are left. A river trip in a felucca (traditional sailing boat) or in a canoe on the Nile offers an ancestral form of travel combining manoeuvrability, discovery and interaction with the local population.



KICK THE CO₂ HABIT FROM YOUR HOLIDAYS

Climate change is the result of the so-called 'greenhouse gases', mainly carbon dioxide (CO₂), that are accumulating in the atmosphere as a result of human activities, including tourism. The climate is already changing and recent events have demonstrated dramatically that we are increasingly vulnerable to its effects: rising sea-levels and accelerated erosion of coastal zones, increasing intensity of natural disasters, species extinction and the spread of insect-borne diseases are only some examples of impacts of climate change on our daily lives. This is one of the most critical global challenges of our time.



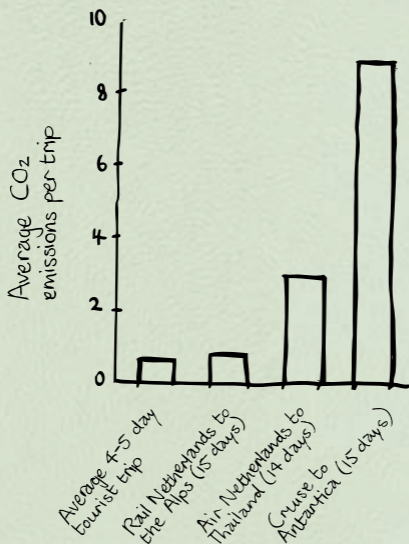
No matter how or when you go on holiday, some CO₂ will be emitted as a result: emissions will arise from the transport you use to and from your destination, as well as from your accommodation and holiday activities, including transport in or around the places you stay. The amounts of greenhouse gases from different trips depend principally on the choice of transport and type of accommodation, with air transport generally increasing emission levels substantially.



For instance, a standard fly-cruise to Antarctica may entail emissions 1 000 times greater than those of a domestic cycling holiday. For each individual traveller, a 14-day holiday from Europe to Thailand may cause emission of 2.4 tonnes of CO₂, and a typical fly-cruise from the Netherlands to Antarctica produces some 9 tonnes CO₂. Even so-called eco-friendly holidays, such as diving holidays, can cause high emissions. In fact, the emissions resulting from a single holiday can greatly exceed the yearly emissions of an average world citizen (4.3 t CO₂/year), or even of the average EU citizen (9 t CO₂/year).



CO₂ EMISSIONS PER PERSON PER TRIP

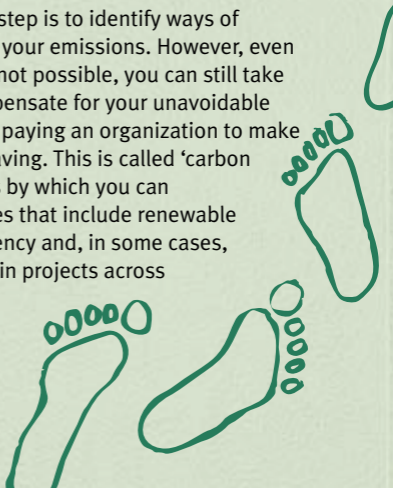


Other factors of importance for emissions are the distances travelled, length of stay, the accommodation chosen, and activities carried out, meaning that your decisions will have a considerable impact on the ecological impact of your journey.

CARBON FOOTPRINTS AND OFFSETTING

The most important point about climate change and travel is that individual choices are the major factor in contributing to global emissions from tourism. Each one of us, therefore, has a responsibility to reduce his or her carbon footprint by making informed choices and changing our habits (e.g. using public transport more often or turning off unnecessary lights).

In all cases, the first step is to identify ways of avoiding or reducing your emissions. However, even if direct reduction is not possible, you can still take action: you can compensate for your unavoidable carbon emissions by paying an organization to make an equivalent CO₂ saving. This is called 'carbon offsetting', a process by which you can contribute to schemes that include renewable energy, energy efficiency and, in some cases, replanting of forests in projects across the world.



SUMMARY OF TRAVEL LIGHT TIPS

- Travel slowly. Take the train or bus, ask for a ride, cycle or walk. And remember, when appropriate, balloons, horses, donkeys, sailboats, and dog sleds are also transport solutions!!!
- Ride a bike! If just 1 million people replaced an 8 km car trip with a bike ride once a week, global CO₂ emissions would be reduced by nearly 100 000 tonnes a year
- Use your car only if you really need to. Public transport, bicycles, and walking are 'greener' alternatives and great ways to meet locals
- If you do take your car to get around, share your ride and don't drive solo!
- If you fly, choose an airline that is committed to sustainable aviation. There are many ways that aircraft can reduce CO₂ emissions, e.g. avoiding routes with stopovers (it is during take off and landing that the highest emissions occur). You can also help by staying longer once you've reached your destination.



TRAVEL RIGHT

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LOCAL CULTURE

- Local standards of living will often be very different from your own. Be aware that your economic power is comparatively great and don't abuse it
- Be sensitive to the feelings of others. Learning a little of the local language and customs as well as taking note of dress codes can help reduce barriers
- Respect others people's cultures and avoid imposing your beliefs. Always ask permission before taking pictures of people, especially women and children, ritual events or special places like shrines. If people seem reluctant or look away, please don't take a picture. Be careful not to cause offence

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- Ask locals for advice on how to respond to begging and about appropriate gifts. For example it is usually better to give school materials or local food treats as a group, through the leader, to a school or village head. Just handing out sweets encourages children to be a nuisance by begging, and may well cause them health and nutrition problems.
- Child sex tourism is a crime in all destinations. If you wish to report an incident, contact the local authority, your embassy or ECPAT in your destination country. ECPAT, standing for End Child Prostitution, Child Pornography and Trafficking of Children for Sexual Purposes, is an international network of organisations and individuals working to eliminate the commercial sexual exploitation of children **www.ecpat.net**.

SLEEPING

A GOOD NIGHT'S SLEEP NEEDN'T COST THE EARTH

Whether it's for a weekend getaway or a week-long stay, make sure your accommodation has green habits. Hotels are very large consumers of resources. The hospitality industry spends US\$3.7 billion a year on energy and a typical hotel uses 826 litres of water per day per occupied room, so it is especially important that you support environmentally conscious businesses whenever possible.



VERIFYING ECO CLAIMS

Don't be fooled by businesses that 'talk the talk' but don't 'walk the walk'. Here are a few questions you might like to ask before you check in:

- How do you handle rubbish and recyclables?
- What is your policy on washing sheets and towels?
- What are your water/energy conservation policies?
- Does your restaurant offer organic and local food?

While you are using the accommodation, bear in mind that water is an increasingly scarce resource and that the production of electricity from non-renewable energy sources contributes to global warming.



MONITORING YOUR PERSONAL CONSUMPTION IN YOUR ACCOMMODATION AND FOLLOWING SMART TIPS CAN HELP YOU TO HAVE GREENER HOLIDAYS

1. Using public transport more often, buses, train, bicycles, and walking are 'greener' alternatives and great ways to meet locals
2. Turning the thermostat down by **1°C** in your home and holidays, would in winter reduce the CO₂ emissions by **5%**
3. Turning off lights and electronic equipments completely when you leave a room
4. Preventing heat – and air-conditioned cooling – escaping from your hotel room by keeping doors and windows shut, closing curtains, and stopping draughts
5. Trying local food and specialties. By eating locally produced goods you will reduce the CO₂ emissions from transport as well as helping local farmers and the local economy



TRAVEL RIGHT

EATING



DON'T PUT THE ECOSYSTEM ON YOUR PLATE

- Try the local food and specialties. By eating locally produced goods you will reduce the CO₂ emissions from the transportation of imported goods as well as help local farmers and the local economy
- Care about what is on your plate: eat organic whenever possible and learn more about the impacts of your food choices. A visit to the website **www.sustainabletable.org** will help you here
- Check menus for products that can impact the local biodiversity and environment. For example, cultivation of heart of palm is causing deforestation in large areas of tropical forest in several countries
- Bear in mind that the fishing of certain species is subject to restrictions in many countries, and that some seafood is imported just because tourists continue asking for it. It is the choices we make as consumers that drive the seafood market.

Your purchasing power can make a difference by supporting fisheries and fish farms that are better for the environment, while at the same time relieving pressure on others that are not doing as well

NO MATTER WHERE YOU TRAVEL

- Never order turtle soup or steak. Fortunately, these are becoming increasingly rare on menus
- Never order locally caught conch or lobster during the closed season. If they are on the menu during the off-season, they must be frozen or imported
- Be aware of what's on your plate. The Seafood Watch cards or the WWF's Interactive Menu can point you towards the right choices
- If you can't resist seafood, look for a certified product e.g. one bearing the Marine Stewardship Council (MSC) label



SHOPPING

LOOK AT THE COST TO THE DESTINATION,
NOT JUST TO YOUR WALLET



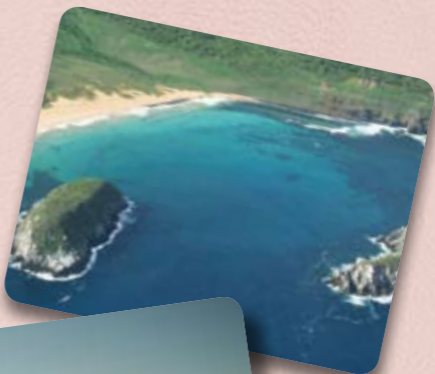
- Don't buy Antiquities and samples of the natural heritage (living species). This encourages the looting of sites and the destruction of biodiversity

- Do not buy souvenirs made from endangered species, like ivory, unless you can be certain it is legal both within the country of your destination and in your own. Always ensure that you ask for and receive a CITES permit for species that are listed and if in doubt, don't buy.
- Refuse also any offers of coral souvenirs or coral jewellery, particularly black coral, starfishes, shells, seahorses, sponges or any objects made from sea turtles. Think before you buy! The survival of the reef ecosystem depends on your decision
- Buy locally made crafts and support local skills. Buy them preferably from the craftsman to ensure your money goes to the artist and not to the middle man. Don't buy just on price but on value to you: bargaining for a lower price for souvenirs and services is often the accepted and expected custom, but don't drive a hard bargain just for the sake of it

For more information on buying wild animals and plants and their products, visit **www.cites.org**



TREADING LIGHTLY IN DIFFERENT ENVIRONMENTS



IN THE WATER

- Never walk on coral
- Do not collect shells, corals, or other natural items
- Banana boats, jet skis, and other water recreational activities can affect the coastal and marine environment
- If bathing or swimming, consider the sensibilities of local people – both regarding what you wear and the fact that you're using “their” water. Bathe downstream or away from water collection points (wells, natural pools or dams) or villages and avoid using soaps (particularly ones using phosphates) in watercourses



IN ARIQ LANDS AND DESERTS

- Using some forms of local transport (camels, horses, dugouts etc) can often help preserve traditions, while at the same time providing local communities with an additional source of livelihood
- Do not drive off-road! When too many vehicle tracks are left on dunes or in the sand as a result of excessive off-road driving, landscape quality and the tourist image of a pristine desert environment are spoiled
- When camping, use semi-permanent camps that are integrated into the desert without disrupting the environment



WASTEFUL HOLIDAYS

The term “biodegradable” is almost meaningless in desert settings, since organic matter takes an extremely long time to decompose. By way of illustration, here are the average times needed for certain “standard” types of waste to disappear in most geographical areas:

Sheet of paper	2 to 4 weeks
Banana skin	3 to 5 weeks
Photographic film container	20 to 30 years
Shoe sole	50 to 100 years
Tin can	80 to 100 years
Aluminium can	200 to 400 years
Plastic stopper	450 years

In the desert, however, these time periods have to be multiplied by anything from 10 to 1,000 times.



IN THE MOUNTAINS

- Learn more about sensitive sites and species in the area by talking to local area managers, conservation groups, researchers or other professionals. Based on this information:
 - Make small changes to your tour routes to avoid damage to natural areas; highly sensitive places such as breeding grounds (which may be seasonal) and areas where vulnerable or sensitive species are found
 - Use established tracks and camping sites wherever possible
 - Minimise erosion, habitat clearing and trampling of vegetation by avoiding clearing of new areas or tracks
- Keep boots and equipment clear of dirt, lint, chemicals, seeds, and plant materials when entering mountain areas or particularly sensitive sites such as cave environments
- Don't handle or remove animals, vegetation or geological structures, particularly in cave environments and rocky and heavily-inclined areas



“When you travel, remember that a foreign country is not designed to make you comfortable. It is designed to make its own people comfortable.”

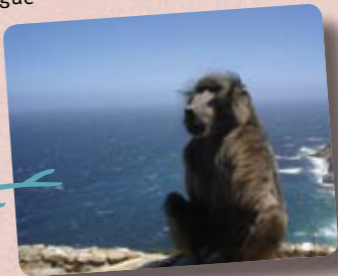
*Quote by Clifton Fadiman

WILDLIFE WATCHING

Observing the natural world is known to be highly therapeutic, and watching wildlife must be one of the easiest and most pleasurable pastimes imaginable. You can do it anywhere. Wherever you are in the world, there will be plants and animals not too far away.

If we're going to keep the wildlife wild, however, we need to adopt a few basic principles, explained below:

- Never feed or bait animals to lure them closer. Many species can be dangerous if surprised, fed, or cornered, not to mention the fact that some carry deadly diseases such as hanta virus, rabies, or bubonic plague



- Never try to get too close to an animal. Each species has its own tolerance levels for interaction with humans. Maintain suitable distances from wildlife, allowing the animal a suitable escape distance. Don't push your guide or driver to get closer to animals than is acceptable. In areas where hunting is allowed, animals tend to be much shyer than in areas that are free of hunting
- Binoculars, spotting scopes, or telephoto lenses give the best up-close view of animals. They also help to minimise disturbance, allowing you to observe the animal's natural behaviour
- When watching animals, look for signs of agitation, aggressive behaviour, warning calls or distraction techniques. If you see such signs, you're too close. Back away slowly and quietly. Always keep a low profile
- If you find a young animal or eggs, whatever you do DON'T TOUCH! Parents may reject their young if they detect human odour on them or in the nest. If possible, seek expert help (park rangers/guides, animal protection societies, etc.)

For further advice on wildlife watching see
www.unep.org/greenpassport

GENERAL GUIDANCE

- Discovering, meeting, and sharing through the eyes of a specialised local guide, especially with traditional or indigenous knowledge, is also to experience a different way of travelling and benefit from local ancestral experience
- Take a strong water bottle and boil or purify your drinking water, rather than buying bottled water.
- Avoid the use of cleaning products, soaps, detergents, and toothpaste near or in freshwater
- Collect all the waste generated during your trip, and take toxic waste back to your home country: this includes used batteries, ointment tubes, aerosols and photographic film packaging
- Favour types of accommodation that have the least possible impact on the environment, preferably selecting accommodation that involves local communities and underpins improvements to their living conditions such as access to water, health care or education. Share the word and show that you care about your provider. Provide feedback on guest books, websites, and blogs recognizing



good performance and reporting on unsustainable behaviours

- Avoid all lightweight plastic or Styrofoam objects (such as bags, boxes, and cups). The wind often blows them into the sea, creating a litter problem
- Where toilet facilities exist, however unsavoury, use them. Where they do not, always bury your waste and make sure it is never near a water source (at least 15cm deep and 100 m away)
- Make sure you are as well informed as possible. A lack of information on or understanding of the types of risks presented by a particular tour, and of how to avoid and respond to them, can increase the chance of exposure to danger as well as the severity of potential injuries, for both guides and visitors

As well as the general environmental guidance given above there are some specific things you should try and avoid in certain contexts.

For further information and links to recreational codes of conduct for different locations and environments see

www.unep.org/greenpassport



RETURNING HOME

“No one realises how beautiful it is to travel until he comes home and rests his head on his old, familiar pillow.”

Making smart choices is not the full or only solution to making sure that tourism is and remains sustainable, but your decisions do make a difference. We all need to change our attitudes to travel and holidays. If we don't, the irreplaceable landscapes and cultures of many destinations will be lost. We must act, and we must act now.

We may not be in power, but we are not powerless. With just a little thought, you can have the holiday of your dreams and buy products and tours that are produced with proper care for the environment and society.

When you return, we strongly recommend that you tell people about what you have seen, write to local embassies to report any incident and share your experiences with others. The multiplier effect is essential for holidays on a living planet.



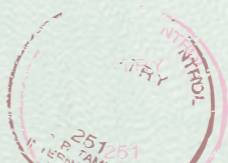
HERE ARE SOME THINGS YOU CAN DO AFTER YOUR TRIP

- Support community-based initiatives
- Work with non-profit groups on community development projects



- Remember, child sex tourism is a serious crime in all destinations. If you wish to report an incident, contact the relevant authorities in your country, your travel agent and tour operator, letting them know that you wish to report an incident
- Tell your friends about your holidays and pass on smart tips and green addresses so others can also help to preserve the destination

We hope that your trip through this Green Passport will have inspired you to try a new way of holidaying, and will have provided you with some resources to do so. If this passport and our online information has introduced a new way of travelling that challenges your perceptions and even shakes you out of your comfort zone, but that also enthrals you and promises to enrich your soul, then we have achieved our aim. As a more aware and greener traveller, you will not only make a contribution to other people's lives, you might just change your own.



ABOUT THE GREEN PASSPORT

BACKGROUND

The Green Passport Campaign is an initiative of the International Task Force on Sustainable Tourism Development, firmly rooted in the move to accelerate a global shift towards sustainable consumption and production (SCP) that emerged from the World Summit on Sustainable Development (WSSD), held in Johannesburg in 2002.

Building on the need to improve the tourism sector's efforts to communicate with tourists on sustainable tourism through campaigns on sustainability issues, UNEP, The Brazilian Ministry of Tourism, The Brazilian Ministry of Environment, and France's Ministry of Energy, Ecology, Sustainable Development and Spatial Planning and other partners are developing effective communication tools. The intention is to unlock the positive power of demand by raising tourists' awareness of their potential to contribute to sustainable development by making responsible holiday choices. The Green Passport Campaign is one outcome of this process. The Passport, produced in several languages together with its communication tools (website and leaflet/brochure), is now available for dissemination by new partners to raise awareness in the tourism community.

For more information, go to:

www.unep.org/greenpassport

www.veilleinfotourisme.fr/taskforce

PARTNERS



**Ministry of the
Tourism**

**Ministry of the
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