

- ✔ Treat your **HOTEL ROOM** like it is your own **HOME**
- ✔ Know the **LOCAL CUSTOMS** and follow them
- ✔ Find out the real **MONETARY VALUE** of things and adhere to those prices
- ✔ Ask for permission before taking somebody's **PHOTO**
- ✔ Respect local **TRADITIONS** and **RELIGION**
- ✔ Learn some basic words and phrases in the local **LANGUAGE**
- ✔ Support the local shops and **ARTISANS**
- ✔ Report **CHILD** sex tourism

- ❌ Don't throw away or leave behind any **EXPENDABLES** that you brought
- ❌ Don't buy illegal **WILDLIFE** products and **HERITAGE** antiques
- ❌ Don't encourage **BEGGING** by giving money to paupers and **STREET KIDS**, rather donate to a local **NGO**
- ❌ Don't overly display your "first-world" **GADGETS**
- ❌ Don't be condescending or arrogant when **TALKING** to locals
- ❌ Don't **JUDGE** an entire culture based on a single individual
- ❌ Don't agree to **BRIBE** officials
- ❌ Don't **LITTER**, even if locals do



Offset your **CARBON FOOTPRINT**



Minimize air travel in favor of land or sea **TRANSPORT**



Join a local **NGO** or do some **VOLUNTARY** work
 ↳ learn how you can make a difference



Set a **GOOD EXAMPLE** for locals and fellow travelers
 ↳ how you behave will influence how locals see future travelers



Curb your **FREEDOM** of **SPEECH** about government and religion
 ↳ not doing so could get you and your local friends in serious trouble



Stay in family-run hotels/hostels or do a **HOMESTAY**



Carry **REUSABLE CONTAINERS**
 ↳ use them at street food and drink stalls instead of the disposable ones provided



Tutorial Sustainable Travel

Jamey Bergman, Rough Guides (Firm)

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