

ON YOUR HOLIDAY

- Respect the local culture and traditions. Ensure that your dress and behaviour is appropriate for the places you visit. If you're unsure, talk to local people or ask your travel representative.
- Please don't have your photograph taken with any 'wild' animals (such as lion and tiger cubs, chimpanzees, bears, snakes and exotic birds). These animals are taken from the wild when they are very young, often mistreated and are killed when they get too large or difficult to handle.
- Coral is extremely fragile and takes decades to grow. Don't step on or remove any coral when swimming or diving and avoid kicking up sand as it can suffocate and kill coral polyps.
- Be open to different ways of thinking, living and working. It's all part of the holiday experience.
- Displaying expensive jewellery or cameras, particularly in very poor communities, may distance you from the culture you've come to experience.
- Child sex tourism is a criminal offence in all destinations. If you would like to report an incident, contact Crimestoppers – if overseas +44 800 555 111 or 0800 555 111 in the UK (freephone). Or contact ECPAT UK (End Child Prostitution, Pornography and Trafficking) – www.ecpat.org, +44 207 501 8927.
- Minimise waste by reusing plastic bags, bringing your own water filter bottle or purifier and taking your used batteries home with you.



MAKE A WORLD OF DIFFERENCE

The Travel Foundation is a UK charity that cares for the people and places we love to visit.

By following the simple advice in this leaflet, you can get more out of your holiday – and help make a positive difference to the lives of the people and places you visit. You can also help to ensure there are special places for us all to visit – for generations to come!

To find out much more about The Travel Foundation and to access 'Insider Guides' for specific destinations, please visit our website at www.thetravelfoundation.org.uk

These guidelines have been developed from the following resources:

Sustainable Tourism Initiative: Know Before You Go
www.fco.gov.uk

Tourism Concern: Exploring the World
www.tourismconcern.org.uk

Friends of Conservation: Travellers' Code
www.foc-uk.com

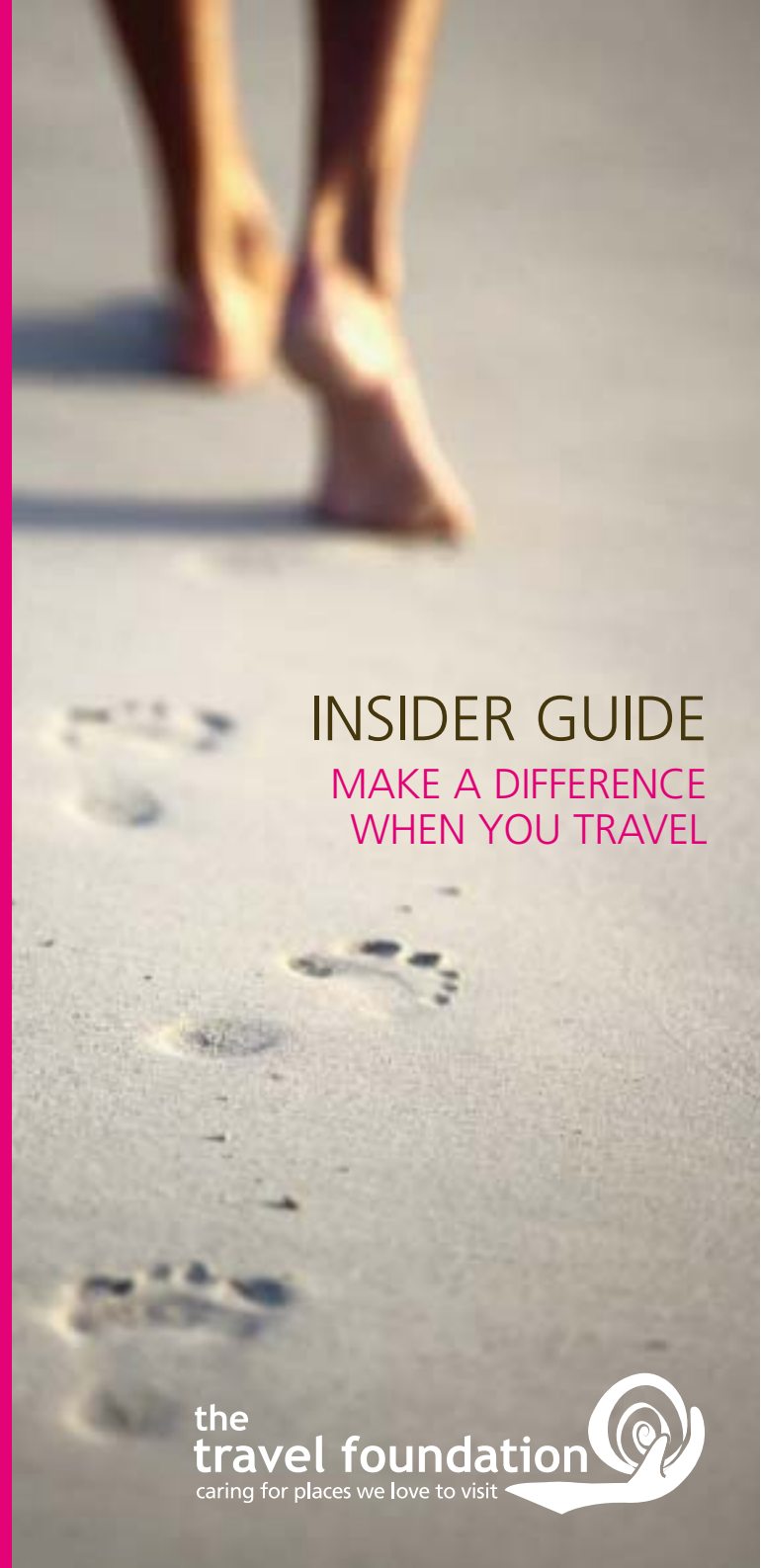
Responsibletravel.com: Travellers' Tips
www.responsibletravel.com

The Born Free Foundation
www.bornfree.org.uk



CREATE Centre Smeaton Road BRISTOL BS1 6XN UK
T + 44 (0) 117 927 3049 F + 44 (0) 117 930 0076
E admin@thetravelfoundation.org.uk

Printed on Revive uncoated: Made from a guaranteed minimum 80% de-inked post consumer waste and 20% mill broke.



INSIDER GUIDE
MAKE A DIFFERENCE
WHEN YOU TRAVEL

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the
travel foundation 
caring for places we love to visit

BEFORE YOU GO

- Start enjoying your holiday before you go by doing some background reading on the people and places you'll be visiting. Your welcome will be warmer if you take an interest and speak even a few simple phrases in the local language.
- Recycle your holiday brochures when you've finished with them or pass them on to a friend.
- Please don't bring your litter on holiday with you. Remove the packaging from clothing, toiletries etc. and recycle if possible.
- Consider compensating for the environmental impact of your flight. Ask your tour operator if they are part of any 'carbon-offset' scheme or see www.climatecare.org.uk, www.futureforests.com or www.foc-uk.com for details.

YOU CAN MAKE A
HUGE DIFFERENCE,
JUST BY FOLLOWING
THIS SIMPLE ADVICE...

EXPLORING THE AREA

- Guidebooks are a useful source of information, but get 'insider' knowledge by talking to local people, explore places away from the main tourist sites and create your own adventure.
- Booking excursions that using local suppliers or local guides and taxis will enrich your holiday experience and help support the local economy.
- Hire a car only if you need to. Using public transport, bicycles and walking are 'environmentally friendlier' alternatives and a great way of meeting local people. Check out local alternatives with your travel / accommodation provider.
- Ask permission before taking photographs of people or their homes and don't be offended if they decline or expect to be paid for the privilege.
- Fire is a serious hazard. Be extremely careful with cigarettes and matches and take your cigarette stubs with you.
- Please don't pick flowers and plants or collect pebbles and seashells. Leave them for others to enjoy.
- Do ask attractions for advice before you take part in a 'Swim with Dolphin' experience – there can be risks to both dolphins and people (for example, dolphins being injured by jewellery worn during the swim).
- Please don't support dancing bear performances if you are travelling in Eastern Europe, northern Greece or India. Such bears are taken from the wild and are treated very cruelly.

SHOPPING

- Buying locally made products, shopping in locally owned outlets and treating yourself to local food and drink are great ways to get into the holiday spirit and also benefit the local community.
- Always bargain with humour and bear in mind that a small cash saving to you could be a significant amount of money to the seller.
- Please don't buy products made from endangered plants or wild animals, including hardwoods, corals, shells, starfish, ivory, fur, feathers, skins, horn, teeth, eggs, reptiles and turtles. If in doubt – please don't buy. For more information on endangered species and the WWF-UK Souvenir Alert Campaign for tourists and to find out how to report a concern – visit www.wwf-uk.org.

AT YOUR ACCOMMODATION

- Turn down/off heating or air conditioning when not required. Switch off lights when leaving a room and turn the TV off rather than leaving it on standby.
- Try to use water sparingly. Take showers instead of baths and inform staff if you are happy to re-use towels and bed linen rather than having them replaced daily.

