



Sustainability Manifesto for Tourists

What to do

- **Respect the place you are visiting: culture, animals, monuments, arts.**

Remember: sustainability also means respect.

- **Carry backpacks to keep all your personal belongings and any waste until find somewhere to correctly discard it.**

Plastic bags take thousands of years to degrade, leaving behind thousands of microplastics in the environment. Plastic bags are also a threat to marine wildlife, their tricky resemblance to jellyfish is often mistaken for food to many species, especially to turtles.

Opting for a reusable bag lowers the discard of plastic bags. Throwing your trash into the wild will not only impact the environment but also disturb human daily life: floodings are commonly caused by the clogging of drainage channels and sewerage.

- **Shop locally and choose local restaurants, this way you can support local activities and the local economy.**

For example, preferring local groceries & products is not just an eco-choice, reducing the carbon footprint linked to transport, but it's also a unique opportunity to immerse yourself in the culture and tradition of the place you're visiting.

- **Move by foot or by bicycle. If this is not possible, opt for public transportation.** *These are cheaper options and great ways to reduce the quantity of CO₂ emitted.*

- **Use reusable bottles.** *Bring a reusable bottle from home. In this way, you will avoid using single-use plastic, which is harmful to the oceans and the environment.*



What not to do

- **Indiscriminately interact with wildlife.**
Wildlife can be dangerous in many ways, diseases and aggressive behaviour are examples of it, but we are just as hazardous to them. Monkeys, for example, have most of our diseases, but haven't got the same immune system to fight them. In addition, don't feed animals: in this way, you can alter their normal behaviour and the food you give them could harm their health. Indiscriminately interacting with wild animals can cause death of species, epidemics, and injuries for both parties. If you wish to explore the local wildlife opt for a serious guide recommended by your tourist facility or tour operator.
- **Mistreat locals and their culture.** *When travelling to different places people will have different traditions and beliefs, try your best to adapt. Often locals will dislike tourists because of previous bad experiences. Locals are a vital part of conservation of nature and ancient traditions, be respectful.*
- **AC on at all times.** *When leaving your room always remember to switch your AC off. Not only does AC consume a lot of energy but it also releases greenhouse gases that damage the environment.*
- **Throw cigarette butts on the ground.** *If you smoke, don't throw cigarette stubs on the ground, instead carry a portable ashtray. Your cigarettes pollute the planet: once decomposed they release microplastics, heavy metals and chemicals into the environment.*
- **Waste water.** *Try your best not to let the water flow into the tap any more than necessary. Although our planet is mostly covered by water, only 3% is fresh water, and most of it is found in glaciers. Water is not a renewable resource or an accessible resource for all, use it respectfully.*
- **Avoid shows where animals are treated as tourist attractions.**

For further info and questions write to the WSF's staff at:

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