

Tredwell Travel's 10 Top Tips For Travelling More Sustainably



1. Pick an eco-friendly destination.

This is sometimes quite hard and may not be possible if you are visiting a country that you have always wanted to go to, but you know is not very eco-friendly. In this case, I would suggest at least staying in a property that has good sustainable credentials.

2. Don't go in high season.

You may think that you don't want to go when the weather is bad, but you could pick the shoulder seasons when the weather may not be perfect, but the benefits include the destination being much quieter, giving you the chance to really explore.

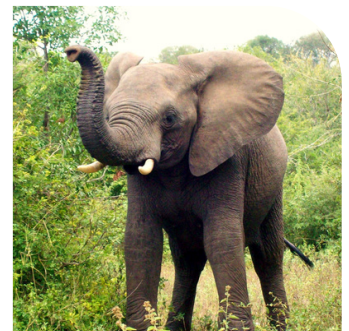


3. Pack for a purpose.

See the initiatives that you can help with [here](#)

4. Do not take part in any animal encounters that are unethical.

This can be a minefield, but if in doubt, just avoid. Take a look at my animal welfare policy on my [website](#)





5. Where possible, use public transport or if you need to drive, go electric.

You can use a bike, a Segway or walk. It can be more fun this way and you get to see a lot more.

6. Dress for comfort and respect.

I know you may want to get a tan, but it is really important to consider the culture of the destination you are visiting. It maybe ok to wear a bikini on the beach or in resort, but if you are going out and about think about what the locals are wearing and dress appropriately



7. Please do not leave litter.

This should not just be a travel tip. You shouldn't leave litter anywhere. If there are no bins provided, take your litter home or to the hotel you are staying in.

8. Ask before you take a photo of people.

I know it is wonderful to capture different cultures and landscapes, but if you are taking pictures of people, just ask their permission. Would you like it if a tourist took your photo without asking?



9. .Buy Local.

Check that what you are buying isn't made in China or elsewhere. Buy from local craftsmen and women to ensure the money stays in their community.



10. Protect Children

Think twice about how you interact with children on holiday; if something wouldn't be comfortable at home, it probably isn't right abroad either. Giving money or gifts to begging children can be harmful to the child and their family. It can provide children with an incentive to stay out of school, and it is also possible that this is part of organised crime. They may also be trafficked and forced to beg.

Orphanages can receive funding from the tourism industry, whether that is from tourists visiting or making donations, or from volunteers. However, growing evidence highlights that these institutions harm children – especially when a parent or close family members are still living nearby. Funding from the tourism industry can encourage the expansion of orphanages. Tourists visiting and volunteering in orphanages can make children vulnerable to abuse and creates attachment problems in children who become attached to short-term visitors.

Donating money to a respectable local NGO is the most beneficial way to give back to children in need.