



A STUDENT GUIDE TO

RESPONSIBLE TRAVEL



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Discover the World Education

01737 218 807 | travel@discover-education.co.uk



BECOMING A

RESPONSIBLE TOURIST

As an environmentally conscious young person, you are most likely interested to find out how you can minimise the negative impact you make when visiting new places.

You may also want to discover how you can support the local communities of the places you go. You're in luck! We have teamed up with teenage activists Amy and Ella of Kids Against Plastic to come up with a simple guide to travelling responsibly.



We've designed this guide for your next school trip, however much of the advice can be used for your family holidays too!

Bon Voyage!



KIDS against PLASTIC



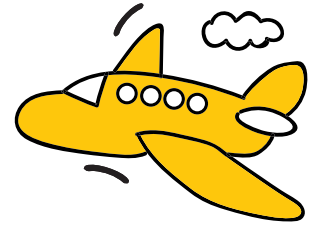
Hello! We're Amy and Ella Meek, aged 16 and 14, and the founders of Kids Against Plastic!

Not long ago we came across the UN's Global Goals and got inspired to do our bit for the planet, and after finding out about the negative effect single-use plastic is having on the environment, we launched the Kids Against Plastic campaign.

Our charity has three main aims that we hope to achieve through: **EDUCATION** (learning) and **ACTION** (doing).

- ✓ Raise awareness and understanding of the problems caused by plastic misuse
- ✓ Encourage and support others to become 'Plastic Clever' and reduce single-use plastics
- ✓ Empower children and young people to believe they can make a difference





WHAT IS

RESPONSIBLE TRAVEL?



Travel and tourism is one of the world's largest industries. In 2016 it was recorded to have a global economic contribution of over 7.6 trillion US Dollars.

Whilst tourism does have a host of positive impacts (such as increased employment rates), tourism can also have negative impacts on a destination (namely environmental damage and loss of traditional culture). Therefore, it is our job to ensure that we're travelling responsibly in order to minimise our negative footprint on the world around us. Responsible Travel is travel that:

- ✓ Supports local economies
- ✓ Promotes knowledge of different ways of life and is culturally sensitive
- ✓ Minimises environmental damage
- ✓ Conserves natural resources

We have come up with a few easy ways that you can achieve the above, but there are plenty more ways, so please share your ideas with your friends and let us know your plan for becoming a responsible traveller.





SHOW

RESPECT TO THE PLACES

YOU ARE VISITING

If we treat every country how we would want others to treat ours, we will always be safe in the knowledge that we are doing everything we can to respect the place we are visiting.

Sounds simple enough, right? You won't be able to help conserve natural resources and minimise the impact of the environment without respect for the place itself.



Here are some easy ways to show some places respect

Use the paths provided

Leave what you find

Keep noise to a minimum

Recycle waste and never litter



Conserve local resources like water and electricity



One of the most effective ways that you can respect the world around you is by minimising the amount of plastic that you use and throw away...

WHY IS PLASTIC SO PROBLEMATIC?

The sheer convenience of plastic means that annually the world produces an estimated 400 million tonnes of it. There are two main reasons that plastic is a big problem for the environment.


- ✓ It takes too long to disintegrate
- ✓ Plastic has toxic pollutants that damage the environment

It is estimated that 90.5% of plastic has never been recycled, since the 1950's when plastic began to be widely produced.

WHAT DOES THIS MEAN FOR THE WORLD AROUND US?

Plastic kills approximately 100,000 marine creatures and 1 million sea birds a year and if we carry on without change, there will be more plastic in the sea than fish by 2050.

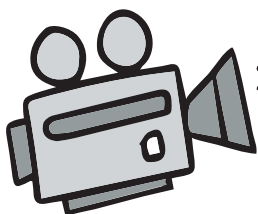
It is not just our oceans that are affected, some of the most remote islands in the world and the once untouched Arctic are also now subject to plastic pollution. The plastic problem is reaching every corner of our globe.



Plastic in the ocean breaks down into smaller pieces, called microplastics

Being plastic clever whilst travelling will go a long way in helping to minimise the amount of plastic pollution in the world!

You can help!



Click here to
view the video



KIDS AGAINST PLASTIC'S

PLASTIC CLEVER TRAVEL KIT

RUCKSACK

Reusable Water Bottle

It isn't always safe to drink the tap water – ask your teacher if there is a water fountain that is safe to fill up from.

Reusable Coffee Cup

Perfect for a warming cup of hot chocolate on a cold day in Iceland.

Reusable Straws

Or simply say "no straw please!"

Reusable bag

Brilliant for any local purchases and a great money saver!

Reusable cutlery

So you can avoid using plastic knives and forks when eating on the go.



Visit
kidsagainstplastic.co.uk
for more
information



KIDS
against
PLASTIC

TOILETRIES

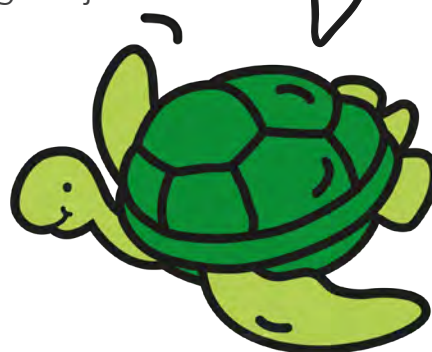
Bamboo toothbrush

Search for plastic free alternatives to essential items such as toothpaste and floss.

Some fantastic plastic-free alternatives include:

- ✓ Shampoo and conditioner bars
- ✓ Deodorant in a tin
- ✓ Moisturiser in a glass jar

Remember to also check if your sun cream is reef safe





LEARNING FROM THE LOCALS

At the heart of any responsible traveller is a passion for the local people. Travelling responsibly means embracing local culture. Respecting locals will do more than help their community grow and thrive, you can learn a lot from them too.

- ✓ Learn key phrases in their local language – a brilliant sign of respect and a perfect way of getting the most out of your experience.
- ✓ Support the local economy by buying your souvenirs from local suppliers. Bring these memorabilia home and share the culture with your friends and family.
- ✓ Support the local economy by eating locally sourced food. The perfect excuse to try a new food – you never know what food you may love! Discover new food, that has been authentically cooked!
- ✓ Observe local customs and respect dress codes. Widen your knowledge of other people's history and culture
- ✓ Culture exchange – learn about and share differing cultures and traditions.
- ✓ Ask before you take and share photos of locals.





THE QUICK GUIDE TO

ETIQUETTE

Some local etiquettes might seem unusual to us, but obeying them can go a long way in showing your respect to the locals and their traditions.

Dining traditions

Every country has its own quirks when it comes to dining traditions – research where you are headed and find out what you should expect. For example, in China you should not cross your chopsticks as it is considered rude!

Dressing Appropriately

Some religious places such as in Italy, Montenegro and Morocco, it will be expected that you dress conservatively. In some religious places such as cathedrals or shrines it will be expected you cover your shoulders.

Consider your public image

In many places, such as Costa Rica, confrontation in public is very uncommon. Make sure you never raise your voice to anyone (whether they are from your group or not) whilst out and about in public.

Listen to your guide

Places like Iceland do not want to disturb the untouched wilderness of the country with signs and man-made post. Instead they simply trust their guests to use common sense, so make sure you have your wits about you and always listen to your guide or you could end up in hot water – literally!

Be patient

Some cultures do not consider not queuing impolite and in others time is a fluid concept, meaning you can expect certain activities to overrun etc. They are not being rude so don't get frustrated as it is seen as bad form – so be patient!

Adopting the attitude

Norwegian people view themselves as 'egalitarian' and loosely follow the Jante Law, which includes rules like "you shall not think you are better than others". Therefore, whilst it is always good to recognise your achievements, humbleness is encouraged.

