

A close-up photograph of a person's hand holding a thin, dark brown branch. The hand is positioned in the lower half of the frame, with several large, vibrant green leaves attached to the branch. The background is a soft, out-of-focus natural setting with various shades of green and brown. The title text is overlaid on the upper left in white, and the publisher information is at the bottom in green and brown.

# HANDBOOK FOR THE RESPONSIBLE TOURIST

THE DEFINITIVE GUIDE TO LEARN HOW TO BE A RESPONSIBLE  
TRAVELLER AND POSITIVELY REVERSE THE IMPACT OF YOUR  
TRAVELS

**GREEN TRAVEL**

*Spain*

# WELCOME

YOU ARE ABOUT TO DISCOVER A  
NEW WAY OF SIGHTSEEING

If you have ever, before or during your travels, asked yourself:  
"Is tourism in this destination really beneficial? Am I treating well the people who serve me when I travel? Am I invading the religion or culture of the destination I am travelling to? Could I be turning the impacts of my travels into something good for the planet?"

Congratulations! You have a responsible traveller in you.

Fortunately, we are more aware of the impact we have on the destinations we travel to.

At Green Travel Spain we firmly believe that responsible tourism is a necessity, but also a reality. Therefore, as a travel agency specialising in ecological, sustainable, healthy and socially responsible experiences, we feel obliged to contribute to the care of our planet through tourism, a practice that, if is not under control, can cause serious damage.

And you, as a tourist, have in your hands the best tool to contribute to sustainability: the power of choice. You choose where to go, where to eat, what to do, what to consume... small decisions that can change the impact of your trips and contribute to the preservation of the planet or even societies.

At Green Travel Spain we guide you through these small decisions so that they help you before, during and after your trip, contributing to the fulfilment of the Sustainable Development Goals of the 2030 Agenda.





# 1

## BEFORE GOING ON A JOURNEY

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Information is power



# Before

GOING ON A JOURNEY

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## 01

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### Follow the rules

Find out about the behavioural habits of the destination you are going to visit, as well as its customs and religion. It is essential to respect the country's regulations in order to respect the local population. This can help you avoid problems with the authorities and interfere with local customs, especially in countries with large cultural differences.

At Green Travel Spain we can help you by providing all the necessary information.

## 02

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### Choose agencies with values

Travel offers are very tempting, but the reality is that behind this "bargain" price hides a very different reality: poor working conditions for workers, unregulated excursions... and here, your power of choice should go for travel agencies that promote sustainable values, that work with accommodation with certificates of social responsibility or that promote environmental care and that collaborate with local companies that show respect for the society, flora and fauna of the destination.



# Before

GOING ON A JOURNEY

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## 03

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### Take into account the means of transport

Why not choosing airlines with environmental commitments? Or take a different kind of trip, such as walking or cycling around South America, for example. If it is impossible for you to travel without taking a plane, measuring your carbon footprint and offsetting it is a good way to help the environment. We'll tell you what it is and how to do it below.

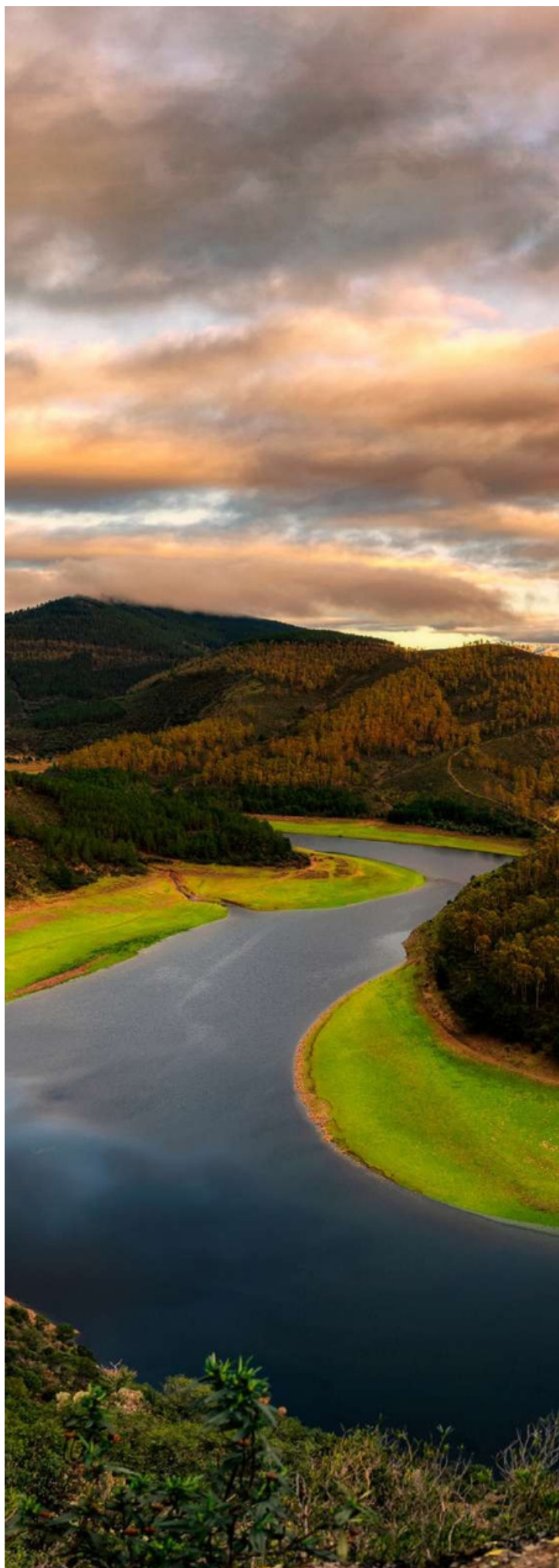
## 04

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### Do you know the sustainable side of your country?

If it is a short break, choosing a domestic destination will help minimize your carbon footprint by reducing transport distances and allow you to see the greener side of your country, as well as contributing to the national economy. Choosing sustainable experiences will help to support sustainable tourism initiatives.

At Green Travel Spain we can help you in your choice, all our experiences have values of social and environmental respect!





# Before

GOING ON A JOURNEY

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## 05

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### Choose sustainable accommodation

These are environmentally responsible depending on their location, the type of construction, the materials used for their construction or the energy generation systems they use. A truly effective way of contributing to responsible tourism.

## 06

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### Reduce paper consumption

It is as easy as carrying reservations, tickets, maps, guides, invoices... on electronic devices, instead of printed ones.

## 07

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### Think of your footprint on the destination

Think carefully about the destination and the impact that it generates. Will it be overcrowded? Is there overtourism? If you avoid the high seasons, you will enjoy your holidays more.

At Green Travel Spain we avoid overcrowded places in your experiences.





A long, straight asphalt road stretches from the foreground into the distance, leading towards a bright sunset. The sun is a glowing orb on the horizon, casting a warm orange and yellow light across the sky. The landscape on either side of the road is dark and rugged, with low-lying vegetation and what appears to be volcanic rock. A large, dark silhouette of a hill or mountain is visible in the background. The overall mood is serene and contemplative.

# 2

## DURING THE JOURNEY

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Act responsibly



# During

## THE JOURNEY

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Responsible tourism can help with the first goal of the 2030 Agenda: End Poverty, as it contributes to economic growth and local development by bringing economic spending to the destination.

### 01

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#### Avoid multinationals

Shop locally, buy your gifts in artisan shops, eat in local restaurants with traditional cuisine... you will be surprised!

### 02

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#### Pay your ticket

Do not skimp on entrance fees to monuments, natural parks, guided tours, etc. A good experience or service requires maintenance and upkeep. Remember the question "Am I paying a fair price for the service I am getting?"

Do not haggle either unless it is an established custom in the country.

### 03

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#### Say yes to tips

Leave a tip appropriate to the cost of living in the place you are visiting. It is not compulsory, but in many countries it is the reward for good service not valued in their salaries.





# During

THE JOURNEY

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It contributes to the improvement of **Zero Hunger**, the health and wellbeing of the society that you are visiting and to the provision of quality education.

## 01

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### Support small businesses

Do your shopping in small shops. Buy local products that favour agriculture, organic livestock... but when buying a souvenir, NEVER buy animal products or local flora and fauna. If there is no demand, there will be no supply and with it, fauna or flora in danger of extinction.

## 02

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### No to handouts

Avoid giving money to socially excluded people or children, even if they are insistent; sometimes this is done with the best of intentions, but the money is usually not for them, but for the organisation that controls them.

You can help them through destination development projects or schools that can guarantee them an education. At Green Travel Spain we work with NGOs that you can collaborate with on your big trips, either directly or indirectly.

## 03

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### Do not waste food

Supporting good nutrition for all and above all, fighting food waste. "Extreme hunger and malnutrition remain a huge obstacle to sustainable development and constitute a trap from which it is not easy to escape". (United Nations. Zero hunger: why it matters).



# During

## THE JOURNEY

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It collaborates in the conservation of the **local population** and **their customs**.

### 01

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#### Respect human rights

Do not contribute and report sex tourism. It is a crime both in the destination you visit and in your own country. Spanish law also prosecutes crimes committed by Spaniards outside the national territory.

### 02

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#### Be careful with the activities you hire

Avoid hiring activities that use local people as tourist attractions.

### 03

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#### Be careful with photos

Be careful what or whom you photograph - in some cultures it may be considered an attack on their culture or religion. Ask permission and interact with them.





# During

## THE JOURNEY

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Positive impact on the environment: **terrestrial ecosystems** and **underwater life**.

### 01

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#### Nature goes first

In nature parks, respect the paths, the signs and the peace of the animals, also for your own safety. Walk without raising your voice.

There are guidelines for behaviour in the wild, perhaps a look at some of them might help you.

### 02

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#### Keep the place clean

Respect the cleanliness of the places you visit. Do not leave litter, plastics, cans, bags, etc. Make use of the litter bins and, if there are none, keep your waste until you find one.

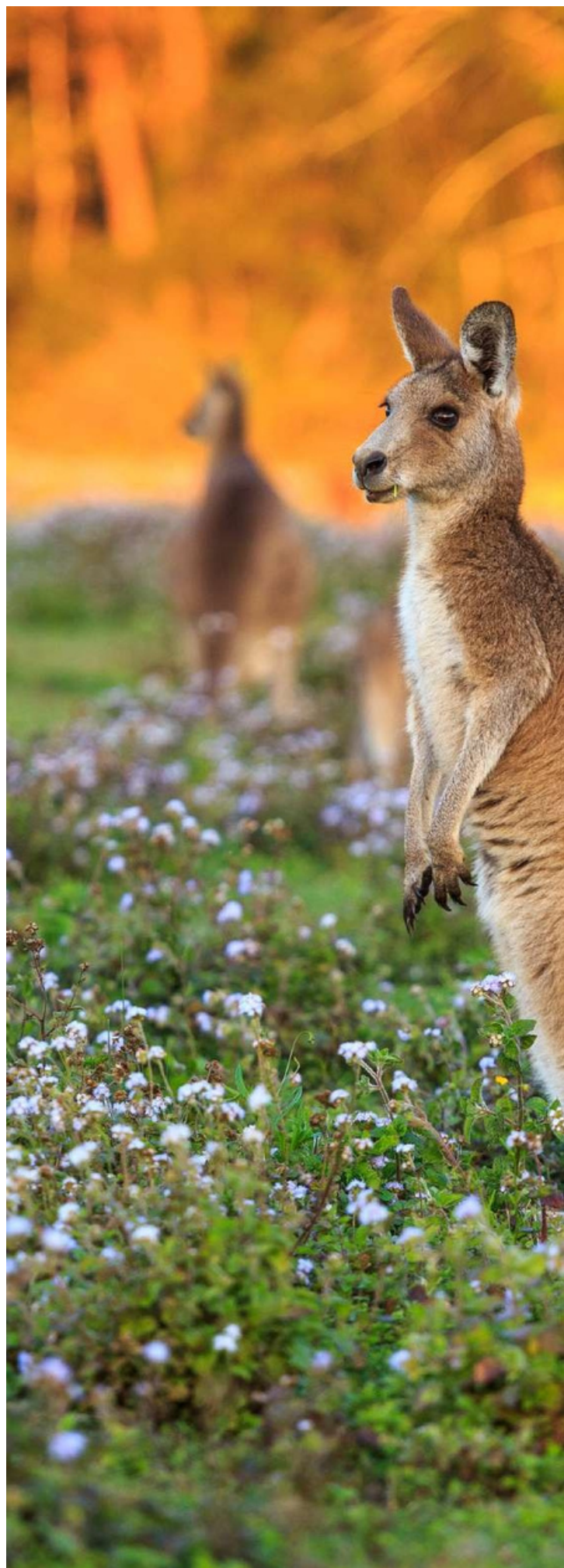
If you see waste along the way, picking it up will have a positive impact on the place, and Pachamama will thank you for it!

### 03

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#### Souvenirs are in shops

Do not subtract elements from the landscape. Leave everything as you found it.



# During

## THE JOURNEY

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Positive impact on the environment:  
**terrestrial ecosystems** and **underwater life**.

### 04

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#### Denounce animal abuse

Avoid hiring activities that use animals, as they are usually wild animals that are abused, neglected, or mistreated. It is not uncommon to find wild animals domesticated for the entertainment of tourists; but as with animal souvenirs, if there is no longer a demand, there will be no supply.

Find out about the company and the activity you are hiring and what kind of activity they do. If you see signs of mistreatment or neglect, report it. Social networks can be a good way to do this.

### 05

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#### Protect yourself and the sea

Buy environmentally friendly sun creams instead of protective oils, which are more harmful to the sea. The oily film that remains around you when you bathe with "non-environmentally friendly" sunscreen is toxic to marine phytoplankton, crustaceans, algae and consequently to fish.





# During

## THE JOURNEY

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Make a positive impact on the environment:  
**Act for the climate.**

### 01

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#### Use public transport

Whenever you can, use public transport, cycle or walk. Take advantage of this and get to know the local people in a very different way, and you will get further without making a big effort and at the same time, you will contribute to reducing pollution.

### 02

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#### Consume resources responsibly

Take showers instead of baths, reuse towels, do not ask for change, turn off the lights when you go out and do not leave the air conditioning or heating on or the windows open. The trick is to think about whether you would do it at home.

### 03

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#### Do not stop recycling

Taking care of the environment can go with you on holiday. You will surely find recycling bins in the destinations you visit where you can deposit the solid waste you produce during your stay.



# During

## THE JOURNEY

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Make a positive impact on the environment:  
**Act for the climate.**

### 04

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#### Refill your bottle

Carrying a stainless steel bottle with you will allow you to refill it as many times as you need during the trip, whenever possible.

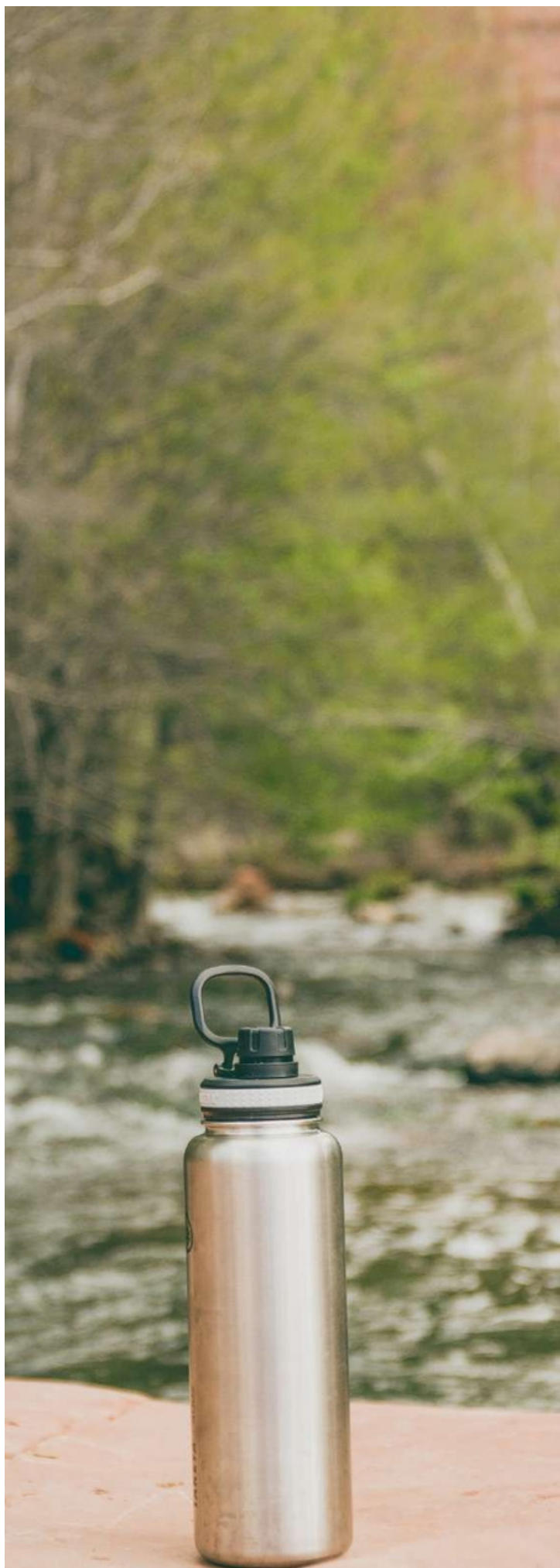
### 05

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#### Avoid plastic

Say no to plastic bags. You can carry a reusable one with you. They don't take up space and you'll avoid the dreaded single-use plastics.

Avoid buying over-packaged products. If you cannot, you can always check the type of packaging to make sure it is reusable or recyclable.







3

## AFTER THE JOURNEY

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Spread the information





# After

## THE JOURNEY

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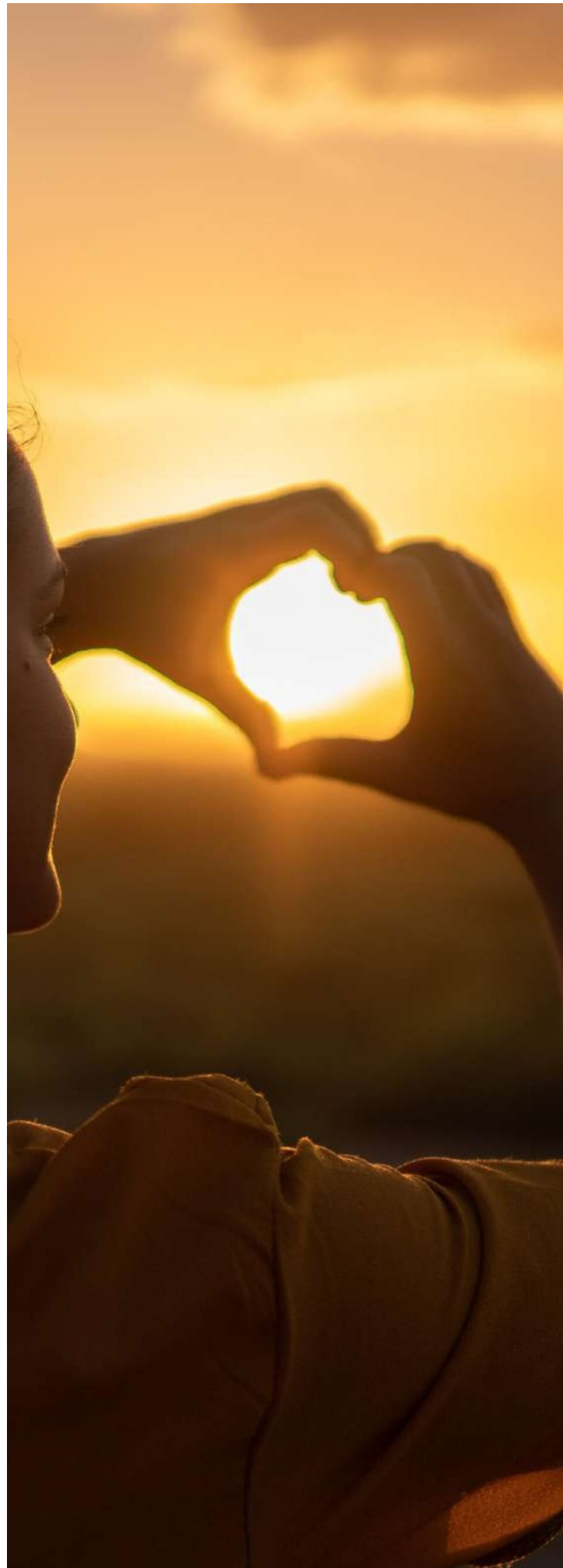
Sharing your experience with others will help them get to know the more sustainable side of the destination. I am sure that after your experience as a responsible tourist, you will be able to provide really valuable information that many will be able to take away and put into practice.

This is the best way to help spread the word about the sustainable values of a trip and its destination and, ultimately, to help responsible tourism get the place it deserves in our lives.

But you can still do more!

When you get home, you can reverse the impact of your trip and turn your carbon footprint into something positive for the planet.

At Green Travel Spain, we will help you.  
Read on!





4



# REVERSE YOUR IMPACT

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Measure your carbon footprint

# WHAT IS THE CARBON FOOTPRINT?

THE FOOTPRINTS OF YOUR JOURNEY THROUGH  
THE WORLD CAN BE GREEN

It turns out that the activities produced by human beings when manufacturing a product or, in this case, carrying out their daily and leisure activities, leave a footprint on the planet made up of greenhouse gases expressed in tonnes of CO<sub>2</sub> emitted. These gases, mostly from the burning of fossil fuels, are the ones that accumulate in the atmosphere and cause the famous global warming or the holes in the ozone layer. This footprint is increased during travel, because of the trips and changes in routines, which is why it is so important to reduce it as much as possible or, in this case, to compensate for it.

This consists of calculating CO<sub>2</sub> emissions and allocating the economic amount proportional to the tons generated to reforest forests or to energy efficiency projects, for example. Projects verified by Voluntary Carbon Market standards that guarantee that the carbon credits generated are real and measurable (Gold Standard, Verified Carbon Standard, Plan Vivo, ISO 14064:2, etc.).

At Green Travel Spain, in collaboration with the ECODES project, which proposes mixed offsets (part in Spain and part in developing countries), we offset the carbon footprint of your trips whenever you wish. We manage the calculation and compensation without obligation. Remember that you have the power of choice.

Together we can make our planet a better place and the practice of tourism a sustainable activity. Remember that if there is demand, there will be supply.



# GREEN TRAVEL

*Spain*



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