

# FIND OUT BEFORE TRAVELLING

Although we like adventure and surprises, it is always advisable to have information and basic notions about the place you are going to visit since there are details that it is better to know in advance:

- What language/languages are spoken?
- What currency is used?
- What is the type of culture or religion?
- What climate will we find?
- Is there any dress code?
- Learn some words in the local language: hello, bye, thank you, please, Etc





# **OPEN MIND**

It is likely that during your trip you will discover foods, languages or cultures different from yours. Try to be understanding, empathetic, and learn from your differences. Forget prejudices and grow as a person. There is an enriching cultural exchange for everyone, allowing local traditions to survive.

### **ADAPT**

It is essential not only that you understand local customs, but you try to assimilate them as your own when you are outside of your comfort zone. Runaway from the mental "Starbucks" that tie you up and travel with all your senses awake.



## TAKE CARE OF THE ENVIRONMENT

Enjoy products, services and experiences that guarantee the sustainable exploitation of the destination resources, respecting the natural habitat of native fauna and flora.

We encourage you to promote the following:

- Electric energy saving.
- Responsible consumption of water.
- Do not participate in environmental pollution.
- Maximum caution with fire, as could cause irreparable damage.

Also, whenever possible, travel using the following transport:

- Public transport.
- Electric transportation.
- Bicycle or on foot.





## SUPPORT LOCAL COMMERCE

It contributes to the economic development of the places you explore, maintaining their idiosyncrasy and minimizing the generation of waste.

We recommend you to:

- Eat fresh and local products.
- Buy local hand-crafts.
- Enjoy local restaurants and cafes.
- Do not spend your money on just one business, collaborate with more.
- If the place you visit has the tradition of haggling, do so, but sensibly.

#### RESPONSIBILITY

The golden rule that responsible tourism applies is to leave the site cleaner than you found it. This rule is not an easy task if you think that just during summertime, in the tourist areas, the population increases up to 8 times. Therefore, everyone must do their bit during their vacations to keep clean and take care of the environment.

We recommend you:

- Sustainable accommodation, responsible for the environment and the local community.
- Paperless (use of electronic devices for e-ticketing).
- Minimize the use of plastic.
- Do not waste food.
- Turn off the air conditioning and lights when you leave your room.



## **RESPECT HUMAN RIGHTS**

Do not consume products or services that come from humiliating work, child, labour, animal, or sexual exploitation.

On the other hand:

- Try to carry out activities that promote the struggle against social or gender inequality.
- Be a responsible photographer and respect the right to privacy (always ask for permission before taking pictures).
- Be respectful to the people who serve you while working.
- Share your experiences and inspire other travellers.



### REPORT IRREGULARITIES

No community is prone to prostitution or child abuse, but unfortunately, in some places, this practice could be quite common, even if it is a crime. On suspicion of illegality, contact with the local authorities.

## RESPECT THE CULTURAL HERITAGE

Archaeological heritage is unique and unrepeatable. We must take the most outstanding care with its conservation. It helps to preserve it in the best conditions, as we have found it, without damaging it at all.

- Follow the marked visiting paths.
- Respect the instructions of the tour guides.
- Do not take objects belonging to the environment you are visiting.



#### **ENJOY THE TRIP**

Smile! Being a pleasant person usually helps; here and in almost any situation.

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