

Responsible Tourist Decalogue: Travel and Take Care of the World

Travelling responsibly not only enriches your experiences, but also helps preserve destinations and support local communities. Follow these principles to be a conscious and respectful traveller:

1. **Learn before you go**
Discover the history, traditions, and customs of the place you are visiting to interact respectfully and enrich your experience.
2. **Respect nature**
Enjoy the environment responsibly by respecting wildlife and contributing to its conservation. Minimise your environmental impact and avoid activities that may cause harm or cruelty to animals.
3. **Choose sustainable transport**
Walk, cycle, or use public transport to reduce your carbon footprint and enjoy more authentic experiences.
4. **Save water and energy**
Be mindful of your use of limited resources, especially in areas where these are scarce. Use only what you need.
5. **Dispose of waste properly**
Don't litter and aim to leave the smallest footprint possible. Separate and recycle whenever you can.
6. **Reduce plastic and protect marine life**
Use biodegradable sunscreens and avoid single-use plastics to help protect oceans and marine ecosystems. Check sunscreen ingredients and avoid those harmful to marine life, such as oxybenzone, benzophenone, octinoxate, octocrylene, camphor derivatives, nano titanium dioxide, nano zinc oxide, and similar chemicals. Always choose safe, eco-friendly alternatives.
7. **Support local products**
Help the local economy by buying local crafts and food. Discover unique traditions and authentic flavours.
8. **Respect local peace and quiet**
Be considerate with noise levels, especially in accommodation and residential areas.
9. **Uphold human rights**
Promote fair treatment for everyone and support practices that respect human dignity during your travels.
10. **Be sustainable at your hotel**
Ask about eco-friendly transport options. Request towel and sheet changes only when necessary. Separate your waste into the appropriate containers and hand over hazardous waste at reception. Help reduce food waste by only taking what you will truly eat.

CSO Chief Sustainability Officer

A handwritten signature in blue ink, appearing to read 'Gabriel Leal', is written over a horizontal line. The signature is stylized with loops and a long horizontal stroke extending to the right.