

# RESPONSIBLE TOURIST

## Manifesto

1

Be aware of the risks associated with traveling and take the necessary precautions

Investigate, when you are planning your trip, the characteristics of the destination which you want to visit and take the necessary measures to keep up to date all the documentation, travel insurance or medical checks that you may need. Also, follow at all times the recommendations of local authorities, especially in case of emergencies. Check the origin of the products you consume to avoid any risk, particularly infectious or derived from allergic reactions or intolerances.

2

Support the local development of the destination by consuming local products and services

Support local entrepreneurship through the consumption of products or services produced in the destination and whose direct and indirect benefits are distributed transversally and favor the most vulnerable groups. Likewise, when you purchase a good or service, buy only what you truly need and do it at a fair price; keep in mind that what for you may be small quantities, can destabilize local economies or make a difference in having a more dignified life.



3

Share and learn about your host community, respecting their values and traditions

Learn, whenever possible, about the cultural aspects of the destination you visit (customs, gastronomy, languages or dialects, traditions, heritage...). Be sure to know their social norms to avoid behaviors that may be offensive or humiliating for your host community. Also, be an example of tolerance by creating opportunities for mutual learning with locals and other travelers, avoiding conflicts or unwanted situations.

4

Contribute to the conservation, protection and regeneration of the aquatic and terrestrial ecosystems of the destination

Enjoy only products, services and experiences that guarantee the sustainable exploitation of the aquatic and terrestrial resources of the destination and that respect the natural habitat of native or foreign fauna and flora, avoiding animal abuse or the destruction of the environment. Moreover, adopt a responsible behavior, reducing the creation of waste, collaborating with the cleaning programs developed in the destination to prevent the damage of natural spaces and to maintain biodiversity.



5

Respect diversity and do not encourage or participate in discriminatory activities

Favor the elimination of barriers that limit the integration of people on the basis of gender, origin, religion, sexual orientation, economic situations or other conditions. Avoid the use of sexist languages, offensive comments or labels that can negatively stereotype these groups. Likewise, facilitate the access and equal opportunities for those who have different needs of mobility or communication, respecting spaces or services intended for their use.

6

Consume responsibly and participate in the sustainable management of resources

Choose products, services or experiences that guarantee the management and the intelligent and efficient use of water and energy resources, consuming those that generate less impact in the environment and can be recyclable or reusable. Avoid excessive consumption or waste of water and opt, whenever you can, for transports with reduced or zero emissions. Also, calculate your carbon footprint and compensate it as much as possible.

7

Promote the sustainability of the heritage and infrastructures of the destination

Pay special attention to recognize how the destination and its infrastructure (buildings, transport, housing, public spaces...) are managed so that your visit does not alter local life. Also, contribute to the conservation of the tourist attractions, respecting the measures and the accesses designed for their preservation and protection.



8

Choose products, services or experiences that enhance the sustainability of the destination through R&D

Prioritize those products, services or experiences that, whenever possible, incorporate new technologies and innovative methods that contribute to the sustainability of the destination through savings or better use of resources, information or communication capacity.

9

Promote decent and fair labor conditions that respect the rights of workers

Verify that the products or services you consume have been produced in decent and fair working conditions that integrate the local population or those who are at risk of social exclusion, avoiding sexual and child exploitation or unhealthy conditions, among others. Moreover, treat respectfully all the workers, both those of the companies of the destination to which you travel, as those of your community, o s da tua própria comunidade.



10

Join the Responsible Traveler Manifesto and share it

Support initiatives and programs that promote the exchange of experiences and good practices that encourage peace; actively participate in networks, partnerships, activities, or associations that promote sustainable development. Begin by adhering to the Manifesto of the Responsible Traveler, carrying out sustainable actions and sharing your commitment with others.



VIVIR



RESERVA

RESPEJAR



COMPARILHAR



Travel is to KNOW other ways of living and being in the world. IS UNDERSTANDING that our plane is as finite as immense, that the human being is so identical and so differente at the same time. It is to RESPECT that difference and live it, make it ours and PRESERVE its existence as it is. It is SHARING with those who meet with us, with those who will soon leave and with those we know within our path. Because travelling is just that: LIVING.

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