

Travel with care! Learn more about the SDGs and how being conscious of decisions and actions taken during a trip can contribute immensely to advancing them.



## Travellers

Use the resources on this platform! Learn from the content shared by the members of our online community, and share your own experiences and knowledge to help do your part.

Be inspired by what you've seen on your travels, in your local communities or even government news on a national level. And finally, remember to always Travel Enjoy and Respect!



## No Poverty

Buy locally-made handicrafts and products.

Respect livelihoods of local vendors and artisans by paying a fair price.



## Zero Hunger

Do not waste food. Try to order or fill your plate with the amount of food you can actually eat, and avoid having leftovers.

If you have a fruit or snack that you don't want, don't throw it out.



## Good Health and Well-Being

Use already existing resources on health for guidance (e.g. from the ILO, WHO, etc.).

Vaccinate yourself, you would be protecting yourself from diseases but also aiding public health.



## Quality Education

If you see an interesting initiative or social project during your travels, related to women's rights or climate change, share it so your network can see it too and learn from it.

Learn to speak a few words in the local language. This can help you connect with the local community and its people in a more meaningful way.



## Gender Equality

Report any inappropriate or discriminatory behavior you witness during your travels or online. If you notice harassment on a message board or in a chat room for example, flag that person.



## Clean Water and Sanitation

Educate yourself about appropriate water behaviors, global water quality and scarcity issues, and adjust your consumption accordingly.

Work with other such as community groups, companies and fellow travellers on water projects to address identified challenges.



## Affordable and Clean Energy

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Do a bit of online research and give preference to staying at places or buying only from companies that you know have sustainable practices and don't harm the environment.



## Decent Work and Economic Growth

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Do not buy counterfeit products or items that are prohibited by national/international regulations.

Hire local guides with in-depth knowledge of the area.



## Industry, Innovation and Infrastructure

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Collaborate with NGOs and the public sector to help promote sustainable growth within developing countries.

Voice your thoughts and propose innovative ideas that can disrupt and benefit the tourism sector and make it more sustainable.



## Reduced Inequalities

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Support NGOs and IOs with their fight against inequality and share their works and projects to raise awareness among your networks.

When choosing a guide, place to stay or eat, do not discriminate against any person and be open to consider different options.



## Sustainable Cities and Communities

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Bike, walk or take public transport. Save the car trips for when absolutely necessary.

Bring your own bag when you shop. Replace the plastic bag with reusable totes.

Reduce your water and energy consumption whenever possible, take shorter showers and air-dry your hair whenever possible.



## Responsible Consumption and Production

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Leave only a minimum footprint and a good impression behind.

Buy locally-made handcrafts and products.

Buy minimally packaged goods.



## Climate Action

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Reduce your environmental impact by being a guardian of natural resources, especially water and forests.

Stop printing booking confirmations and boarding passes, instead have digital copies of these documents.



## Life Below Water

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Do not litter, this could pollute the marine environment.

When ordering at a restaurant, make sure they have sustainable seafood.



## Life on Land

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Respect wildlife and their natural habitats.



## Peace, Justice and Strong Institutions

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Purchase products that aren't made using endangered plants or animals.

Research your destination to learn about local customs traditions and social conditions. It's a great way to build understanding of the local community and excitement for your adventure ahead.

Respect human rights and protect children from exploitation.



## Partnerships for the Goals

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Promote the Global Code of Ethics for Tourism.

Observe national laws and regulations.

Ask your local and national authorities to engage in initiatives that don't harm people or the planet.

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[www.travelenjoyrespect.org](http://www.travelenjoyrespect.org)

[www.tourism4sdgs.org](http://www.tourism4sdgs.org)

