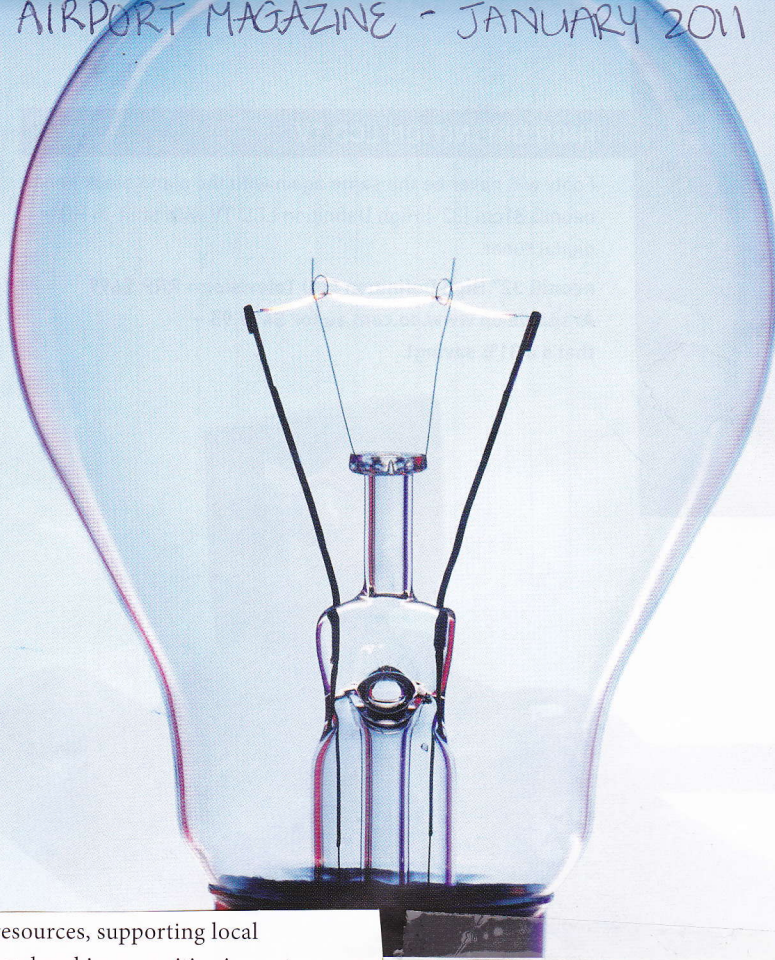


# Are You an Eco-Conscious Traveller?

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BEAUTIFUL



**M**ost people these days are well aware of the need to reduce their environmental footprint at home, but what happens when you go away? Are you one of the many people who ignore their good eco habits when travelling?

According to a survey of over 1000 travellers conducted by STUDYLOGIC, 60 per cent of people reported that they are more likely to leave the light on when they leave a hotel room compared to at home, and less than 20 per cent conserved water.

Travelling responsibly means conserving

natural resources, supporting local cultures and making a positive impact on the places we visit. So whilst many of us are happy to reuse our hotel towels, it's important that we reduce our impact on the environment in as many ways as possible when travelling.

Before you even head out, turn off all electrical appliances at the main. Even on standby, appliances use up to 10 per cent electricity.

Whilst it isn't always easy to recycle when travelling, especially in the less developed countries, it's important to follow the first two rules of the three "R's" and Reduce and Reuse instead.

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If you're staying in a self-contained apartment, why not plan meals in advance and buy your food in bulk to save money and packaging waste. When exploring the local sights, you can take your own snacks in reusable bags and use a refillable water bottle.

Avoid plastic shopping bags by packing a reusable shopping bag. The ones that fold up to virtually nothing are light and easily



fit into a carry bag or jacket pocket.

Dispose of cigarette butts in a bin. As Australia's top litter item, they might be small but they have a massive negative impact on the local environment.

If on a driving holiday, slow down on country roads at dawn and dusk when most native animals are on the move and discourage these animals from coming to the roadside by not throwing food scraps out of car windows.

Always respect aquatic flora and fauna when exploring coastal waters and never take them home as souvenirs. When buying gifts for loved ones, think about your



choice. Will the recipient actually make use of it, or is there an alternative gift that provides a more sustainable and practical option that supports the local community and culture at the same time?

It's easy to reduce our environmental impact as we travel - all it takes is a little bit of thought.