



# Responsible Travel

When we travel, whether it is for relaxing or for volunteering, it is important to respect and care for the local communities and culture, as well as for the wildlife and the environment. Avoid causing a negative impact to the communities and the environment.

How to be a responsible traveller?

- Research about the local culture to avoid offending the locals (We want them to be happy to have us back)
- Respect sacred areas such as shrines and temple and the local's culture
- Understand and respect local thinking and their way of life (what is good to you might not be good for someone else and that is completely okay)
- Try to pack only what you need and avoid bringing products with too much waste (some remote areas may have difficulty with waste treatment)
- Book flight companies that make an effort to reduce their carbon emissions and uses biofuel
- When traveling on long trips through a country, take public transports rather than flights
- Ride bicycles if possible
- Stay at green hotel or hostel
- Support local farmers by shopping locally (A lot of energy is use for food transport and refrigeration)
- Hired local guides (You will get an insider tour and will support the local economy)
- Do not buy products or food of endangered animals
- Use water wisely and avoid over-using or wasting water (Some places have poor access to clean water or water at all)

## Travel Tips

- Workcamps provide you with a great environment to make friends. Make local friends and stay at their homes. This is a great way to try local food and reduce travel cost. Couchsurfing is a way for you to stay with the locals as well. However, please choose the couchsurfing host carefully and wisely. For more information, please visit [couchsurfing.com](http://couchsurfing.com).
- In addition to taking public transportation, hitchhiking can help you save money and also give you the opportunity to meet the local people. Like couchsurfing, when in doubt, do not board the vehicle. Please visit the following link for tips on hitchhiking: [http://wikitravel.org/en/Tips for hitchhiking](http://wikitravel.org/en/Tips_for_hitchhiking).
- Try to learn the local language. Knowing the local language will allow you to communicate more with the locals and discover more on what the locals can tell you.
- Don't be afraid to try new things or else you might be missing out on a lot of fun and exciting experiences!