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YOUR SUSTAINABLE TRAVEL CHEAT SHEET

Before you close the door and start the adventure...

BEFORE YOU GO

- [ ] **PACK FOR THE TRIP YOU ARE ACTUALLY TAKING.**
  CHECK THE WEATHER, WIND, DAYLIGHT, AND PLANNED ACTIVITIES. LAYERS BEAT FIVE ‘JUST IN CASE’ OUTFITS.

- [ ] **KEEP THE IMPORTANT STUFF REACHABLE.**
  DOCUMENTS, MEDICATION, ELECTRONICS, LIQUIDS, CHARGER, AND SNACKS SHOULD NOT LIVE AT THE BOTTOM OF YOUR BACKPACK.

- [ ] **DOWNLOAD THE THINGS YOU WILL DESPERATELY NEED EXACTLY WHEN THE INTERNET DISAPPEARS.**
  TICKETS, ACCOMMODATION ADDRESS, IMPORTANT CONTACTS, AND OFFLINE MAPS.



BAG TEST: CAN YOU CARRY EVERYTHING YOURSELF FOR 15 MINUTES WITHOUT RECONSIDERING YOUR LIFE CHOICES?

GETTING THERE

- [ ] **LOOK AT THE WHOLE JOURNEY.**

  TICKET + AIRPORT/STATION TRANSFER + LUGGAGE + WAITING + CONNECTIONS + ARRIVAL TRANSPORT.

- [ ] **LEAVE ENOUGH TIME BETWEEN CONNECTIONS.**

  IF A 10-MINUTE DELAY WOULD MAKE YOU MISS THE NEXT TRAIN, BUS, OR FLIGHT, YOUR CONNECTION IS PROBABLY TOO TIGHT.

- [ ] **BRING WATER AND ONE EMERGENCY SNACK.**

  DO NOT EAT THE EMERGENCY SNACK IMMEDIATELY. THAT DEFEATS THE CONCEPT.



ASK YOURSELF: COULD I MAKE ONE PART OF THIS JOURNEY BY TRAIN, BUS, WALKING, OR SHARED TRANSPORT INSTEAD?



WHERE YOU STAY

- [ ] **STAY WHERE YOUR TRIP HAPPENS.**

  BEING ABLE TO WALK OR USE PUBLIC TRANSPORT EVERY DAY MAY MATTER MORE THAN SAVING A FEW EUROS ON A ROOM FAR AWAY.

- [ ] **BEFORE SHOPPING, OPEN THE CUPBOARDS.**

  SHARED KITCHENS SOMETIMES CONTAIN PERFECTLY USABLE FOOD, TEA, OIL OR SPICES LEFT BY PREVIOUS TRAVELLERS.

- [ ] **CHECK THE BASICS.**

  KITCHEN? RECYCLING? TOWELS? LAUNDRY? LOCKER? PADLOCK NEEDED?

TINY RULE: TREAT THE ACCOMMODATION LIKE SOMEONE HAS TO LIVE THERE AFTER YOU. BECAUSE SOMEONE DOES.





EAT, DRINK & DISCOVER

- [ ] **HAVE A FOOD PLAN BEFORE EVERYONE BECOMES HUNGRY AND IRRATIONAL.**

  ESPECIALLY FOR TRAVEL DAYS, SUNDAYS, PUBLIC HOLIDAYS AND REMOTE AREAS

- [ ] **TRY SOMETHING LOCAL. SUPPORT SOMEWHERE LOCAL.**

  MARKET, BAKERY, CAFÉ, FAMILY RESTAURANT, PRODUCER OR SMALL SHOP

- [ ] **BOTTLE FILLED? CONTAINER PACKED? LEFTOVERS RESCUED?**

SMALL CHOICES LIKE THESE MAKE TRAVEL EASIER, CHEAPER, AND LESS WASTEFUL.

TRAVELLING WITH DIETARY NEEDS? CHECK OPTIONS BEFORE HEADING SOMEWHERE REMOTE. ‘THERE WILL PROBABLY BE SOMETHING’ IS NOT A MEAL PLAN.







EXPLORE & CONNECT

- [ ] **DO NOT TRY TO COLLECT DESTINATIONS.**
ONE PLACE EXPERIENCED PROPERLY CAN BE BETTER THAN FIVE PLACES SEEN THROUGH A BUS WINDOW.

- [ ] **LOOK BEYOND THE ATTRACTIONS.**
MARKETS, PARKS, NEIGHBOURHOODS, PUBLIC TRANSPORT, LOCAL EVENTS AND ORDINARY STREETS OFTEN TELL YOU MORE ABOUT A PLACE.

- [ ] **ASK SOMEONE WHO LIVES THERE.**
‘WHAT WOULD YOU DO HERE IF YOU HAD A FREE AFTERNOON?’ CAN PRODUCE A MUCH BETTER ITINERARY THAN ‘TOP 10 THINGS TO DO’.

ECO RANGER MISSION: FIND ONE PLACE THAT WAS NOT ON YOUR ORIGINAL PLAN.





TAKE CARE OF YOURSELF

- [ ] **LEAVE EMPTY SPACE IN THE PROGRAMME**

  REST IS AN ACTIVITY.

- [ ] **KNOW WHEN TO SAY ‘NO, THANK YOU.’**

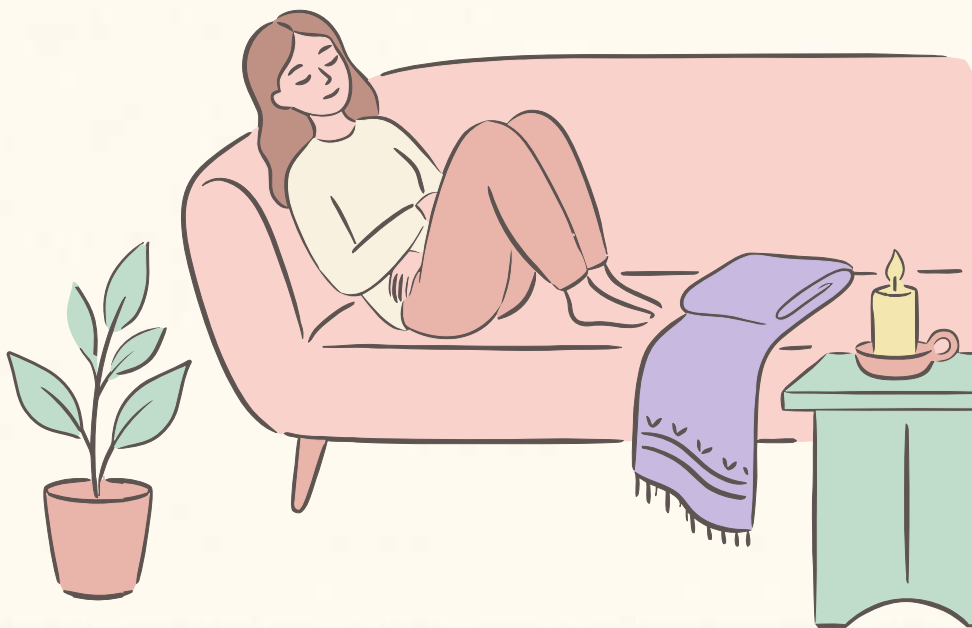
  YOU DO NOT NEED TO JOIN EVERY ACTIVITY, BUY EVERYTHING, OR VISIT EVERY ATTRACTION.

- [ ] **TRAVELLING IN A GROUP? SHARE THE INVISIBLE WORK.**

  NAVIGATION, DRIVING, FOOD, BOOKINGS, AND DECISIONS SHOULD NOT AUTOMATICALLY BECOME ONE PERSON’S JOB.

QUICK BODY CHECK: HUNGRY? THIRSTY? COLD? TIRED? OVERSTIMULATED?
MAYBE SOLVE THAT BEFORE DECIDING THE ENTIRE TRIP IS TERRIBLE.



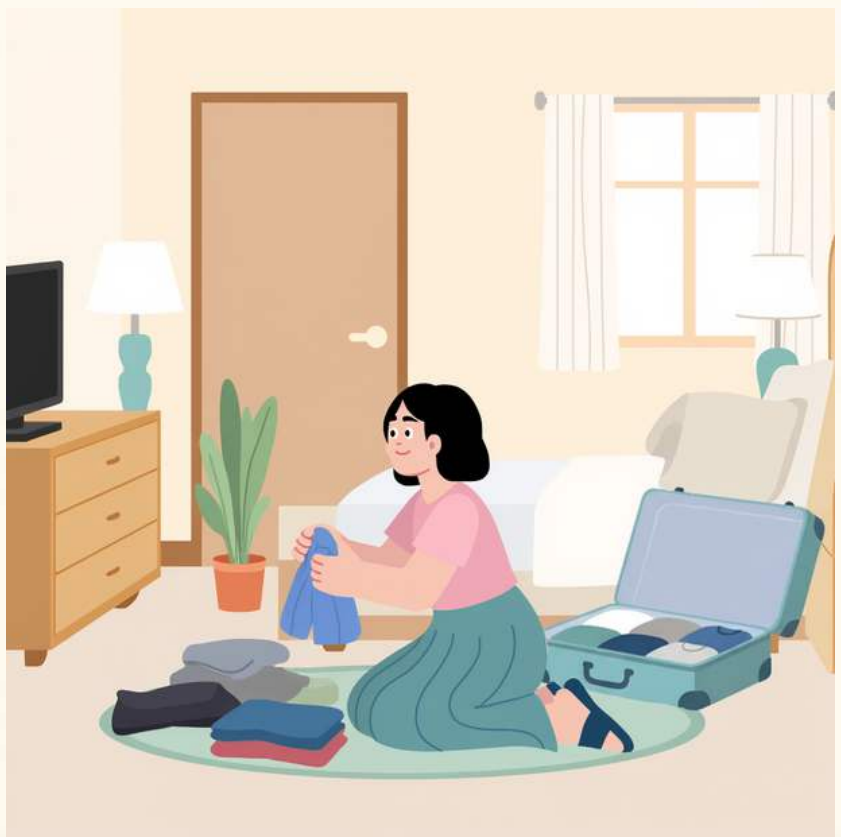


COMING HOME

- [ ] **CHOOSE ONE THING WORTH BRINGING HOME THAT IS NOT A SOUVENIR.**
  A HABIT, RECIPE, IDEA, SLOWER ROUTINE OR DIFFERENT WAY OF TRAVELLING.
- [ ] **LEAVE ROOM FOR THE RETURN.**
  YOUR FUTURE SELF MAY APPRECIATE NOT ARRIVING HOME AT Ø2:00 BEFORE WORK AT Ø8:00.
- [ ] **ASK YOURSELF AFTERWARDS:**
  WHAT WORKED? WHAT DID I WASTE? WHAT WOULD I DO DIFFERENTLY?

BEST SOUVENIR CHALLENGE: BRING HOME ONE HABIT THAT SURVIVES LONGER THAN THE FRIDGE MAGNET.





THE PROJECT

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