

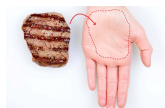
FACTS ABOUT SUSTAINABLE TOURISM

How to behave responsibly?

Food is key element of tourism experience, but waste is a massive problem in tourism

In a world where **1 out of 9** suffer from hunger, the fact that more than 1 billion tons of food go to waste each year is unacceptable.

1/3 of all produced food is lost or wasted.



The palm of your hand is a great measure for a portion of meat or protein.

Food handling



- **14%** of all emissions come from meat and dairy production
- **83%** of tourists believe that solution for food waste is to Eat and shop in places owned by locals.
- The Roadmap proposes a consistent framework for tourism stakeholders and tourists to reduce food waste based on:



Prevention



Redistribution



Diversion (Circulation)

It is generally acknowledged that tourists consume more water than residents and in very different quantities depending on the destinations.

Water consumption



UNWTO states that in European hotels, every guest consumes on average around **394 liters** per night; in Hong Kong, Singapore, Indonesia or Thailand, the average rises sharply to **677 liters**, while in Barbados the figure rockets to **839 liters**.

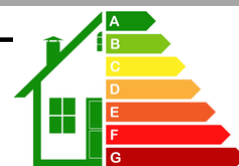
If we compare this data to the consumption of guests in their homes, the contrast is striking: an average European consumes between 120 and 150 liters per day at home.

- **43% tourists** made sure to buy reusable water bottles before their trip so they didn't have to buy plastic bottles en-route or at the destination.
- A hotel with 100 rooms **can save** at least 227 liters per room and night by implementing the right measures.



Using renewable energy sources, on the other hand, can significantly decrease the environmental footprint of tourism.

Responsible consumption of energy sources and equipment

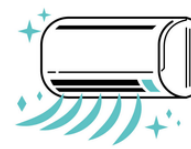


According to the Institut Français de l'Environnement (IFEN) the Olympic swimming pool in Castres, France, is heated by a **400 m2 system of solar panels**, saving the energy and carbon emissions equivalent of **100** private cars.

Renewable energy can be converted to many other energy forms. Electricity can be generated from **solar**, **wind**, **biomass**, **geothermal**, **hydropower**, and **ocean resources**.

Heat can be generated from solar thermal, biomass and geothermal sources, while biofuels such as ethanol and hydrogen can be obtained from combinations of renewable sources.

- Consumption levels in lodging are geometrically linked to the level of luxury of hotels. One-star Accor hotels consume **157 kWh** per m2 per year, two star hotels show an increase of **46%**, and four star hotels get up to **380 kWh per m2/year**, an increase of **142%** over one-star facilities.



...but in the end, the decision to use these resources rests mainly with **those who make and use tourism products and services!**

Recycling as a tourist can help you reduce your environmental impact, save money, and enjoy a more authentic and rewarding travel experience.

Recycling



Our plastic production has increased 200 fold times over the past five decades. And all the plastics produced in a year take less than half a year to reach their maximum utility.

Enough plastic bottles are discarded over a year to go **around the planet 4 times**.

More than **90%** of our ocean plastics come from just 10 rivers.



- More than a third of tourists (**36%**) are willing to cut back on single-use plastics.
- Just **10** rivers contribute to 90% of our ocean plastic pollution.
- Studies suggest that by 2050, there will be **more plastics than fish** in our oceans.
- The largest dumping site of plastics is not a landfill, it is the Pacific Ocean!

To make travel faster, more comfortable and sustainable, Europe will need to connect its capitals with High Speed Rail.

Transportation



Tourists often forget to treat mother nature with the respect she deserves. One of the main things in which we show our bad manners is **transportation**. The strategy outlines the EU's goals for the transport sector for the coming decades: **making mobility green, smart and resilient**. For the rail sector, the strategy calls for a doubling of high-speed rail by 2030 in the EU.

Under 27? Here's how to get a free train ticket to explore France and Germany this summer

- **5.1%** of passenger mobility in the EU is provided by railways.
- Only **0.4%** of EU transport greenhouse gas emissions result from rail transport, making it an environmentally-friendly means of transport
- **1.9%** of the EU's transport energy consumption can be attributed to rail transport.



Make sure you reuse your towels in hotels.

Avoid contributing to overtourism.

Travel out of the season.

Turn off AC when you are not in your accommodation.

Choose sustainable accommodation, services and transportation.

Leave No Trace.

Avoid Single Use Plastic Bottles.



If the distance is short, take bus or train, avoid using plane.

Make sure to have your own bottle or cup while you travel.

Travel with friends and split the consumption.

**THINK GLOBALLY,
ACT LOCALLY**

Recycle.

Choose Carbon-Free Transport.

Make a plan for your meals.

Make a more eco-conscious choice.

Walk, cycle, and use public transit.

Support and buy local food and products.

You can also save money by reusing items such as water bottles, bags, and containers, instead of buying new ones.