

Quick guide for the **COMMITTED** traveler



What is sustainability about?

WE WILL KNOW SUSTAINABILITY THROUGH ITS 3 DIMENSIONS:

ENVIRONMENTAL

It ensures the preservation of nature, fauna and natural resources, recognizing that their use must be careful and rational, not interfering with the regular development of ecosystems and their levels of resilience.

SOCIAL

It promotes respect for the socio-cultural authenticity of local communities by preserving their cultural and architectural assets, as well as their traditional values, helps the integration of local communities in tourist activities.

ECONOMIC

Through the support of local businesses that generate direct and indirect jobs stimulating the economy, the creation and development of businesses of all kinds, both tourist and other. A new circular economy system.

What is the 2030 Agenda?



The 2030 Agenda can be defined as an UN Global Action Plan to improve the future of the people and of the planet.



The 2030 Agenda is divided into 17 goals (SDGs) that include problems affecting humanity as a whole, which is intended to be improved through a series of actions and synergy of everyone.



The actors involved are the whole society. With a growing world population we need to adapt the "rules" of coexistence so that it does not diminish our quality of life and that of the planet. It is essential that citizens, visitors, businesses, governments and other entities be educated in a collaborative, respectful and sustainable lifestyle.

TIPS FOR COMMITTED TRAVELERS

- We will learn about the 17 SDGs
- Through examples we will see how to contribute to each of the SDGs in our travels



SDG 1

Fighting poverty, supporting local trade

Choose the local trade. You can start with the purchase of food products or souvenirs

SDG 2

Zero hunger, food for all, sustainable agriculture and healthy nutrition

Buy seasonal food products and km0

SDG 3

Healthy living, physical, mental and social well-being

Before you travel find out about the health protocols of the destination

SDG 4

Inclusive quality education

Dare to take a volunteer trip. You can contribute to improving the lives of societies that need it

SDG 5

Gender equality

Be aware of sexist language and actions, act accordingly to promote more egalitarian environments

SDG 6

Clean water for everyone

Making a pair of jeans costs 10,000 liters of water. Think about what you really need before you go shopping

SDG 7

Clean renewable energy

**Turn off the lights when you leave the room
or when enough natural light is enough**

SDG 8

Decent work and economic growth

**When you detect vulnerable or precarious
working conditions in places where you go,
share them with the rest of the
community**

SDG 9

Industry, infrastructure and innovation

**Support modern technologies and processes
that help improve social and environmental
well-being**

SDG 10

Reduction of inequalities

Be respectful of all people. Interact with local residents and learn about the cultural aspects of the destination

SDG 11

More resilient and sustainable cities and communities

Choose products and services that integrate innovative methods to save resources

SDG 12

Responsible production and consumption

Avoid single-use goods and opt for those that are reusable. Opt for experiences with responsible management of natural resources

SDG 13

Climate action

Use a bag of fabric for your shopping, use public transport, always collect your garbage and participate in cleaning projects of the destination.

SDG 14

Protecting the oceans and seas

Enjoy only experiences that are respectful of the natural environment, flora and fauna. Avoid animal abuse and destruction of the environment

SDG 15

Protecting the biodiversity of terrestrial ecosystems

Do not introduce foreign vegetation or fauna in the places you visit

SDG 16

Peace and justice

**Find out how the destination is managed so
that your visit does not alter local life.
Respect local rules**

SDG 17

Partnerships to achieve sustainable goals

**Share sustainable experiences in your
travels with your environment so that they
can live them too**

**"A responsible trip is not only better for our world,
but it is also more interesting and memorable"**

Simon Reeve

References

Responsible Tourism Institute, Biosphere Sustainable Lifestyle. "The definitive guide for sustainable tourism 2022/2023".

More information: www.biospheresustainable.com