



10 Tips for traveling more responsibly

1. Do your homework

Before you book, research destinations that prioritize sustainability and that are investing in preserving their natural and cultural heritage. *By choosing Kefalonia you made the right choice!* It is an unspoiled destination, a place of rich environmental and cultural resources, which we are committed to protect and conserve.

2. Getting there

Be thoughtful about your modes of travel. Are there environmentally-friendly ways to reach your destination? If you must fly, you can reduce your carbon footprint by selecting direct flights and by choosing a more energy-efficient aircraft, both of which lead to less jet fuel being burned. *Travelers can also offset their travel emissions* by purchasing accredited carbon credits from an offset platform.

3. Find eco-friendly lodging

Seek out eco-conscious hotels and accommodations that support sustainable development and try to minimise their impact on the environment. Specifically, look for places to stay that use renewable energy, have effective water management systems and recycle. *REGINA DELL'ACQUA RESORT & SPA Resort is implementing all of the above* (e.g. using solar energy for the production of hot water). Look also for tourism eco-labels such as Travelife that certify sustainable lodging. Again, our hotel is already awarded with the latter and will achieve the former soon.

4. Be respectful to the destination and its people

Avoid behaviours that might offend locals and be harmful to the natural and humanmade environment. When visiting archaeological sites, museums, churches, monasteries or other places of historical, cultural or religious significance please follow any applicable rules. For example, in museums you should not touch the exhibits or use the flash of your camera. You might as well not be allowed to take pictures, but you can certainly buy the Museum's guide book. Similarly, when entering a church or monastery, you might be asked to take off your hat if you are a man or wear a head scarf and a long skirt if you are a woman. You should also keep your voice down and avoid to wear any provocative clothing (swimsuits or very short skirts and shorts).

5. Support local economies

Try to visit regions where local people are empowered to manage their land and natural resources—such as wildlife, parks, and marine protected areas—meaning that expenditure from tourists directly benefit the local economy and can influence positive change. Prefer to buy local products (such as wine, olive oil, soap, etc), as a souvenir for friends and family and make sure that any decorative items are made in the island of Kefalonia or at least in Greece. Look also for an authenticity seal when buying duplicates of ancient artefacts; apart from getting an exact copy of the original piece, you contribute directly to the preservation of all antiquities in Greece.

6. Shop carefully

Tempted by an “antique” carved ivory tusk? Or a black coral bracelet? Just because an item is for sale doesn’t mean it’s legal or ethical to purchase. Some products, such as tortoiseshell accessories, shells and coral jewellery, ivory, or furs are made from protected plants or endangered species and can be illegal to export or import. Before you spend, be sure to ask questions. What is the item made

of? Where did it come from? By making informed choices—or just saying no—you could dodge a serious fine at customs or help reduce the market demand for trafficked, at-risk species.

7. Be thoughtful about plastics and waste in general

Each year, more than 8 million tons of plastics end up in our ocean, where they disrupt delicate ecosystems and endanger marine wildlife. Much of this harmful waste comes from single-use plastics like throw-away water bottles, straws, take-out packaging, and plastic shopping bags. Minimize the amount of plastic waste you produce when you travel by carrying a re-usable water bottle, opting for locally filtered water where possible, and bringing your own tote bags for shopping. *While in the premises of REGINA DELL’ ACQUA RESORT & SPA, look for the respective recycling bins and help us minimise the amount of solid waste that ends up in landfill.*

8. Look, but don’t touch

No matter where you go, you should avoid touching, feeding, taunting, or playing with the wild animals you encounter. This could spell trouble for both you and the animal. Try not to spoil or destroy their habitat as well. Also keep away from tourist attractions where you’re allowed to have hands-on experiences with animals or where wild animals are exploited. These are often harmful to the animals and fuel the illicit trade in exotic pets or endangered animal parts. *You should not expect to find any large or dangerous wild animals in Kefalonia*, but you might encounter wild boars, foxes, jackals, hares, hedgehogs, turtles, etc. Also, many bird species have been observed in Kefalonia, especially during the migratory season. Think of them as travellers that share the same destination with you!

9. Pick your products

Some common sunscreens and soaps contain harmful chemicals that can be absorbed by the ocean’s fragile coral reefs systems and contribute to coral bleaching. Before you dive in, make sure to use reef-friendly products, such as biodegradable or mineral-based sunscreens, shampoo, and soaps.

10. Enjoy sustainable activities

As you explore new places, opt for recreational activities that don’t pollute or use energy, such as kayaking, biking, or hiking. Not only will you create zero carbon emissions, you’ll likely discover unique sights and experiences away from the beaten path.



"Leave nothing but footprints. Take nothing but pictures.
Kill nothing but time."



Adapted from: <https://www.worldwildlife.org/stories/10-tips-for-traveling-more-responsibly>