



# What are the harmful consequences of traditional travel?

## Mass Tourism

Mass tourism can lead to over-tourism in popular destinations, causing strain on local ecosystems, pollution, and the destruction of natural habitats, which leads to over-resource exploitation. Increased travel by air, rail, road, and water contributes to carbon emissions and climate change due to greenhouse gas emissions: the tourism industry **currently accounts for 5-8 %** of worldwide CO2 emissions. It will consume **66 % of the remaining CO2 budget** in 2050. Assuming the temperature rise between 2023-2100 is limited to 1.5 °C. Additionally, the operation of hotels can contribute to water scarcity. As an example, A hotel in Bali needs 528 gallons of water per guest/day. This is more than a local consumes in 2 months.

## Habitat Destruction

The **decline in biodiversity**, attributed to habitat destruction and the expansion of tourism, poses significant risks to natural ecosystems. Tourist development often leads to the destruction of habitats and disturbance of local wildlife, altering their natural behaviors. Presently, a shocking **42,100 animal species** face the threat of **extinction**.

## Cultural exploitation

Another harmful consequence of traveling is the potential for cultural commodification and exploitation due to the **commercialization of local traditions** and customs, turning them into mere spectacles for the entertainment of tourists. This can strip communities of their authenticity and **erode their cultural heritage**. Additionally, the influx of tourists can create a **demand for low-wage, low-skilled jobs**, leading to the exploitation of local populations in the tourism industry.

## Economic inequality

While tourism can bring economic benefits to destinations, it can also lead to economic inequality. Tourism dollars may not always reach the local communities, as **multinational corporations often dominate the industry**, leaving local businesses struggling to compete. The **rising cost of living** driven by tourism can displace residents and create a reliance on tourism as the primary source of income, making communities **vulnerable to fluctuations** in tourist numbers. Inequal distribution of benefits from the travel industry is only one of the harmful consequences.



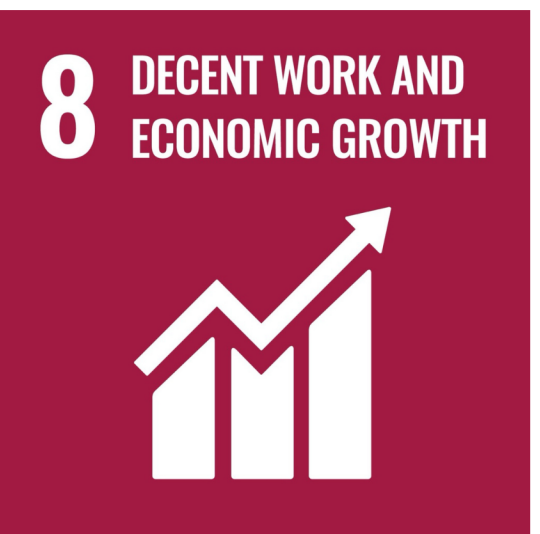
# Explore Sustainably

## THE POSITIVE POTENTIAL OF TRAVELING (IF IT'S DONE RESPONSIBLY)



### Cultural Exchange

According to SDG 8.9, policies that “promote sustainable tourism that creates jobs and promotes local culture and products” shall be implemented. By immersing ourselves in unfamiliar environments, exotic foods, and cultural festivals, we gain a deeper understanding and appreciation for the diversity in our world, which fosters mutual respect, tolerance, and a deeper understanding of different perspectives. For sustainable trips, travelers need to respect the cultures they encounter. Engaging in responsible tourism practices that support local communities rather than exploit them is crucial.



### Economic Growth through Tourism

Tourism can be a significant driver of economic growth, providing employment opportunities and income for local communities. Small businesses, including hotels, restaurants, and tour operators, often benefit from tourism revenue. This can lead to the preservation of Cultural Heritage such as historical sites and landmarks, ensuring they are maintained for future generations.



### Sustainable Tourism

The promotion and measurement of sustainable tourism (SDG 12.b) contributes to the conservation of wildlife habitats. Revenue generated from ecotourism can fund conservation initiatives. Responsible travelers set an example by supporting eco-friendly accommodations and reducing waste. Travelers who experience natural beauty and ecosystems first-hand are often inspired to become **advocates for environmental protection**. It also provides opportunities for experiential learning and personal growth, gaining insights into history, geography, science, and local customs.



### Support for Local Communities

SDG 14.7 aims to support Small Island Developing States and the least developed countries. Tourism is an important economic driver especially for these regions. Travelling socially and environmentally consciously and participating in community-based initiatives contributes to the well-being of the local population.





# Dreamcatcher -

## Cluster the complex world of sustainability



### Mobility

Does the accommodation provide you with a free ticket to ride the regional means of transportation during your stay? How well developed is the charging infrastructure for electric vehicles? Does the hotel offer information on CO2 emissions regarding different ways of travel? Can I rent a bike for sustainable positive excursions?

### Social Sustainability

Does the accommodation use measurements which guarantee the safety and wellbeing on the workplace? Is the accommodation regularly checking the satisfaction of their employees? Is the team diverse and anti-discriminatory? Are the sleeping as well as dining halls and the outdoor area suitable for people with seeing – or listening impairments and accessible for people with wheelchairs or strollers?

### Architecture & Materials

What material are the floors and roofs made of? Does it come from regional providers? Is it recyclable? Have property rights of the locals been respected in building and renovating processes?

### Transparency & Education

Is the topic sustainability presented to you as the traveler? Does the accommodation organize sustainable events and education programs about sustainability? Does the hotel discuss openly its deficits with its employees as well as customers?

### Consumption & Waste

Does the hotel provide consequent possibilities of waste sorting? How much waste do they produce? Is the amount of paper usage optimized to a minimum and is recycling paper with natural colors used?

### Food & Sanitation

Is the amount of food waste kept to a minimum? Is the CO2-footprint during production and transportation of food calculated and minimized by using local products and eating seasonally? Does soap and shampoo contain micro plastics? Are the dishes vegan or only rely on biological ingredients?

### Water & Energy

Is the accommodation taking track of the efficient usage of cooling and air conditioning? Is it green electricity which is running through the hotel cables? Can customers see how much water they use during their stay, for instance when taking a shower or using the sauna?



# Become a Sustainable Travel Changemaker - I



## Choose Eco-Friendly Accommodations

**150 + sustainability labels** in the hospitality sector are a lot. Instead of knowing every certificate by heart, make sure to learn about **measures an accommodation can take** so that you can select the accommodation you book based on these criteria. Look on their webpage or call to find out what is not transparently displayed.

## Reduce Water Usage

Take **shorter showers** and **avoid leaving taps running** unnecessarily. **Reuse towels** and linens if possible. Engage in discussions with the staff and find out whether they use **rainwater** and whether they make sure not to increase the risk of water shortage or water pollution in the local community.



## Conserve Energy

**Turn off** lights, air conditioning, and heating when leaving the room. Use natural light during the day. Find out whether the accommodation takes other measures to constantly reduce their energy consumption. You can also ask whether they cooperate with a **renewable energy provider** or have solar cells.

## Use Public Transportation or Eco-Friendly Transport

Use public transportation, walk, or rent bicycles instead of relying on private cars or taxis. Ask if the hotel provides shuttles from the closest train station or offers discount tickets for local busses.





# Become a Sustainable Travel Changemaker - II



## Support Local, Sustainable Businesses

Choose locally-owned shops, restaurants, and tour operators that prioritize sustainability. Opt for restaurants that serve locally sourced, seasonal ingredients to reduce the carbon footprint associated with food transportation.

## Respect Wildlife and Natural Habitats

Keep a safe distance from animals, do not disturb nesting sites, and avoid feeding wildlife. If you take food for yourself: find alternatives to single-use plastic snacks and never leave traces.



## Reduce Food Waste

Order only what you can finish, and consider taking leftovers with you. A nice leftover box comes in very handy in many situations. To raise awareness it is also great if you ask restaurant or hotel staff if they measure their food waste and if they have cooperations with food pantries and similar organizations to consume untouched-leftovers.

## More information?

Do you want to find out how you can support people with disabilities by providing information during your trip? Do you have fun playing some online games and learning about sustainable travel? Scan this QR code to find out more.





## Why focus on educating children

Focusing on educating children is key. Early child development shapes young brains and fosters lifelong learning abilities. Teaching moral values at a young age establishes a strong foundation for ethical decision-making and character development. Additionally, empowering children with a voice in educational settings allows them to be heard and engaged in their learning journey. As future generations, they will have to meet the challenges of tomorrow and navigate the consequences of humanity's actions. Within the Sustainable Travel Detective Club, we swap perspectives and give children agency: They discover sustainable methods, inspire their parents and friends, and engage in discussions with hotel employees and locals.



## The importance of traveling for children

**Traveling is essential for children to broaden their horizons, connect with nature, and get to know different cultures.**

### Overall, travel for children has the potential to...

- connect children to nature and nurture their desire
- to be in the outdoors (biophilia)
- foster curiosity and willingness to learn
- enhance socialization skills
- improve adaptability and self-reliance
- instill a sense of responsibility
- strengthen family relationships and create lasting memories
- promote openness and empathy
- cultivate resilience in various situations
- increase rapid brain development in the early years
- encourage interest in geography and world knowledge
- enhance linguistic development
- nurture empathy and remove biases

### Why starting early to bridge the knowledge-to-action gap?

- Educating and inspiring from young age on
- Spreading the concept that everybody is a changemaker
- Giving younger people in this society a voice that they deserve
- Reshaping education in a fun and interactive way
- Reducing carbon emissions
- Preservation of natural resources
- Protecting cultural heritage
- Promoting eco-friendly practices
- Creating a better future for all

## ChargeHolidays - Education

ChargeHolidays is a stewardly owned purpose start-up shaping the global travel of tomorrow in a sustainable, friendly way. You can download our trip booking app for free, get transparent insights into sustainable behavior of accommodations, calculate your carbon footprint and inspire the community by sharing your sustainable travel experience. Additionally, our initiative Native Narratives enables people to tell authentically about their home, informing others how they can treat each other with respect.

Our education department goes to schools and universities to tell about sustainable travel, and continuously develops booklets, games and posters for children and teenagers.

