



Your Guide on

How to  
**BECOME**  
an  
ECO-TRAVELLER





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**START  
YOUR**

**ECO-JOURNEY**

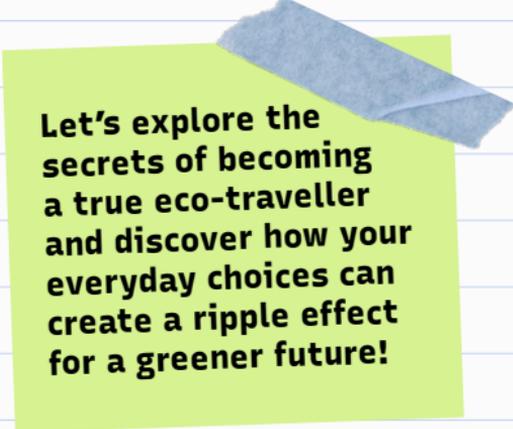
**WITH US!**

**Let's turn your passion for a greener  
future into concrete action.**

## Do you wish to travel but worry about the impact on the planet?

Being an eco-traveller goes beyond just the trip itself. It's about making smart choices that minimise your environmental impact, from planning your travel route to picking your accommodation. But that's not all! We'll also explore how to adopt sustainable habits while you're on the road and seamlessly integrate those practices into your daily life back home.

Don't worry; it's not about achieving zero carbon footprint. Green travel is about making conscious choices to minimise your environmental impact throughout your journey.



**Let's explore the secrets of becoming a true eco-traveller and discover how your everyday choices can create a ripple effect for a greener future!**



# 1/

# TRANSPORTATION

Did you know that transportation significantly contributes to greenhouse gases in the EU, accounting for roughly 25% of emissions? This may seem daunting, but there's good news: **conscious travellers like you can make a difference!**

The financial barrier often makes adopting greener practices challenging for many of us. The good news is that **Erasmus+ and the European Solidarity Corps programmes** are here to help you make green choices.

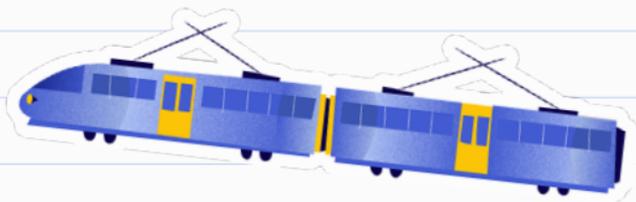
When you opt for sustainable travel options such as buses, trains or carpooling for the majority of your trip, you can qualify for **extra financial support** to cover your travel.

Looking for a budget-friendly way to **explore Europe by train?** Check out the Interrail Pass for Erasmus+, a special train pass offering unlimited travel on participating European train networks for 4 or 6 travel days within a 6-month period. The cost of the pass is designed to fit the Erasmus+ travel grants.

Of course, if you live on an island or in a remote area, sustainable travel options may be more limited. However, it's always good to check what's available. Even small choices, like opting for a direct flight by changing your departure day to reduce the carbon footprint, or combining train travel with a direct flight for certain journeys, can have a big impact.



**By making informed choices about transportation, you can significantly reduce your carbon footprint and contribute to a greener future for all travellers.**



# HIGHEST

## FOOTPRINT

**Airplanes:** While convenient for long distances, planes contribute significantly to greenhouse gas emissions.

**Cars:** While convenient for individual travel, cars contribute significantly to greenhouse gas emissions and traffic congestion.

# MEDIUM

## FOOTPRINT

**Carpooling:** Sharing a ride with others reduces the emissions per person compared to driving alone.

# LOW

## FOOTPRINT

**Public transportation (trains, buses, trams):** These modes generally emit less CO<sub>2</sub> per passenger than cars, especially for longer distances.

**Walking and cycling:** These options have the least impact on the environment while promoting healthy exploration.

European  
Environment  
Agency:



**Did you know** that the shorter the flight is, the higher the individual carbon footprint is? Longer flights, over 3,700km, optimise their emissions and have a lower carbon footprint per person.



**Tip:** Consider researching airlines with fuel-efficient practices or carbon offset programmes to minimise the impact of your flight.

Are you looking for ideas for hiking routes?

EuroVelo is a network of 17 long-distance cycle routes that cross and connect Europe. Only routes approved by the European Cyclists' Federation can be called EuroVelo. The website contains a route planner that can help you build your trip across Europe by bike!



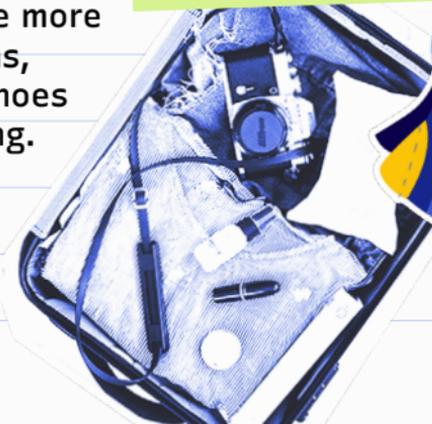
## Even your luggage counts!

Every choice can make a difference, from the means of transport to how you pack! The heavier your luggage, the more fuel is needed for transportation. So **pack light and just bring what you need.**

One way to do so is to choose **versatile clothing** that can be easily mixed and matched for different weather conditions. Think of quick-drying shirts that can be worn on top of each other for warmth, neutral colours that create more outfit combinations, and comfortable shoes suitable for walking.

### Packing list:

- Map
- First aid kit
- Camera
- Reusable toiletries
- Menstrual items
- Razor
- Sunscreen
- Chargers
- Snacks
- Reusable water bottle
- Sandals
- Wallet, ID, Passport
- Clothes
- Kitchen utensils
- Laptop
- Towel
- Blanket
- Pyjamas
- Shoes







## 2/

# ACCOMMODATION

The hospitality industry generates **significant waste and carbon dioxide**, contributing to climate change, and consumes substantial amounts of energy and water. Choosing more **sustainable options** is a great way to reduce your carbon footprint.

**Hostel:** Besides being social spaces often connected to the city's culture, hostels are also significantly greener. Shared amenities allow for reduced water and energy consumption per person, resulting in a smaller environmental impact. Offering both affordability and sustainability, hostels are among the most realistic eco-friendly accommodation options for budget travellers.

**House sitting:** Immerse yourself in the local way of life by house sitting! Look after someone's home or pets while they're away in exchange for free accommodation. It is a unique opportunity for cultural exchange and potentially saving on travel costs.

**Lodges:** Escape the hustle and bustle of the city by staying in a lodge. These family-owned businesses, often located in remote or rural areas, offer a chance to connect with nature and support local communities.

**Camping:** Adventure seekers, rejoice! Camping is a budget-friendly option that allows you to experience the outdoors in unique locations. If you don't have your own material, you can borrow them from someone you know or rent them for lower prices from stores like Decathlon or opt for glamping, which provides pre-set tents and amenities.

**Sustainable Certified Accommodations:** Look for green-certification accommodations. Green certifications ensure the property adheres to environmentally friendly practices like energy and water conservation, waste reduction, and responsible sourcing.





## Accreditation labels



**EU Ecolabel:** This voluntary certification programme recognises tourism accommodations and services within the European Union that demonstrate environmental excellence. It covers a wide range of criteria, including energy and water efficiency, waste management, and the use of environmentally friendly products. You can find a list of EU Ecolabel-certified accommodations on the European Commission website.



**Global Sustainable Tourism Council (GSTC):** The GSTC is an international organisation that sets standards for sustainable travel and tourism. Many European certification bodies use the GSTC criteria as a foundation for their own programmes. You can find a list of GSTC-recognised certification bodies on their website.



**National Certification Programmes:** Many European countries have their own national certification programmes for sustainable tourism. These often align with the EU Ecolabel or GSTC criteria but may also have additional regional considerations.

**Independent Certifications:** There are also independent certification programmes for sustainable accommodations, such as LEED (Leadership in Energy and Environmental Design) or Green Key.





# 3/ DAILY HABITS & ROUTINE

Being mindful while travelling is a great start, but changing your daily habits can have a more significant long-term impact on the environment. Here are some suggestions to help you start your eco-friendly journey!

By incorporating these simple practices into your daily routine, you'll be well on your way to a more sustainable lifestyle. Remember, **every small action adds up!**

**Extra Tip!** Calculate your footprint with this tool to see the environmental impacts of your consumption pattern!





**Shop local:** Support local businesses and farmers' markets for your groceries and souvenirs. This reduces transportation emissions and promotes sustainable food systems.

**Bring a reusable water**

**bottle:** This saves money and reduces plastic waste compared to buying bottled water. Tap water is safe to drink throughout the EU, and millions of plastic bottles end up in landfills and oceans every year.



**Use apps to reduce food waste,** such as 'Too Good to Go', preventing perfectly good food from going to waste.

**Pack your essentials:**

Bring your own reusable products and other essentials to minimise overconsumption of disposable products. Dry soaps and shampoos can last much longer while taking up less space.

**Embrace second-hand:** Consider buying second-hand clothes and furniture instead of new items. This reduces the demand for new resources and promotes a circular economy.



**Use tote bags when shopping:** Say no to single-use plastic bags! Tote bags are durable and reusable, helping to minimise plastic pollution.

**Move around sustainably:** Explore your city or town on foot, bike, or public transportation. This is a healthy way to get around while minimising your carbon footprint.



# READY TO MAKE A DIFFERENCE

Being responsible for your actions when travelling is a really good step to be greener, but if you want to make a bigger impact, there's much more you can do.

Many young people, just like you, care deeply about these issues, and joining forces can make a huge difference. There are different ways of acting - from volunteering in your community or abroad, attracting media attention or voicing your concerns and ideas to decision-makers.



All these actions will contribute to the 2030 Agenda for Sustainable Development, which includes 17 Sustainable Development Goals (SDGs) to end poverty, fight inequality and injustice, and tackle climate change by 2030.



The task is not easy. The good news is that the EU can support you in these endeavours, including financially! If you still have doubts, check our other brochures on “Youth-led projects for change-makers” and “How to volunteer for the climate”.



**CONNECT WITH EURODESK  
AND DISCOVER MANY  
OTHER OPPORTUNITIES!**



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