

WHAT IS CONSCIOUS TRAVEL?

Conscious travel is about minimizing your impact and maximizing your connection with people, the environment and your soul. It's about making a positive contribution and having the most rewarding and inspiring travel experiences of your life. :

People: travel that respects culture and traditions and fosters authentic interaction and greater understanding between travelers and hosts and travel that has financial benefits for the host community and operates on the principles of fair trade.

Nature: travel that minimizes negative environmental impacts and, where possible, makes positive contributions to the conservation of biodiversity, wilderness, natural and human heritage.

Life: travel mindfully at all times, living every moment in the present and sharing your consciousness with others

Travelling by the conscious travel ethos is one of the most direct and personal ways you can make a difference to some of the biggest issues affecting our world: poverty and peace. Be a part of the solution, not a part of the problem - and have the time of your life doing it.

TIES (The International Ecotourism Society) defines ECOTOURISM as "responsive travel to natural areas that conserves the environment and improves the well-being of local people" This means that those who implement and participate in ecotourism activities should follow the following principles;

- *Minimize Impact*
- *Build environmental and cultural awareness and respect*
- *Provide positive experiences for both visitors and hosts*
- *Provide direct financial benefits for conservation*
- *Raise sensitivity to host country's political, environmental and social climate*
- *Support international human rights and labor agreements*

CONSCIOUS TRAVEL = SOULFUL ECOTOURISM

SUGGESTIONS

Litter: When packing, bear in mind that relatively little commercial recycling is done worldwide. Where possible remove packaging before you go and use biodegradable products. Whilst on the road, retain your litter until you reach a town or city where it can be disposed of safely.



Experience People, Nature and Life

Finite resources: With climate change, water is becoming a finite resource. With this in mind, we promote conservative water usage and support the use of environmentally friendly cleaning products. Also, reduce energy consumption, be it electricity, fuel, paper, plastic, food... follow the "more is less" principle.

Local Spending: Wherever possible we support the economies of the areas through which we travel. We encourage our clients to purchase food and souvenirs locally to dynamise small business dynamic and provide income directly to small scale traders. Nonwithstanding, look out for child labour and products produced from endangered and/or protected fauna and flora.

Natural Environment: Stay on trails, do not take away plants, stones or shells from their natural habitat. Minimise noise and observe.

Mindfulness: If time is too short, slow down. Breathe in beauty and breathe out gratitude. Be present and travel within.

Cultural awareness: Consideration should be taken of the customs and beliefs of the people you meet on your travels. Some cultures have beliefs regarding having their photograph taken, so it is polite to ask permission first. Attitudes with regards to clothing are often quite conservative, so your dress code should take this into consideration. Religious beliefs and events should always be respected. Observe and Listen, to understand the customs and beliefs of the people you meet. This will enhance your travel experience, broaden your perspective and spread worldwide consciousness.