

## Select



When you travel, look for the tourist destination, accommodation or activity with a quality, environmental and sustainability certificate.

## Reduce



Save energy: Disconnect electrical appliance when you don t use them, and use energy-saving light bulbs.



Use the air-conditioning and heating with reponsabilty, avoiding too low or too high temperatures.



Ration the water: it is preferable to shower 5 minutes, rather tan taking a bath.



Avoid the car: share your car ride, walk or take the bicycle and public transport.



Decrease the consumption of fats and industrial products. Sign up for the Mediterranean diet and consume preferably fruits, vegetables and fish, much better if they are local produce.

#### Re-use



Use sheets of paper on both sides.



Go shopping with your reusable bags. Avoid plastics, our seas are dying because of them.



Instead of buying plastic containers, reuse glass jars.

# Recycle



Remember: blue container, paper and cardboard; green container, glass; yellow container, plastic, cans and bricks.



Place used batteries, bulbs and appliances in the designated places.



Use the waste recycling site to get rid of household goods that you don't need anymore.

### Take care



Respect nature and animals; do not buy, nor take home with you, any protected species.

Never leave your waste on the beach or on the mountain; take care of our planet.



Avoid the use or plastics or foil on your trips. Use reusable containers and cutlery.