



When packing discard waste packaging – preferably for recycling – before you set off. This also means you can bring back more gifts and souvenirs!

### Before you go

With a better understanding of local cultures and traditions, your holiday will be all the more rewarding:

- Read a good guidebook or browse the Internet to find out more about your destination.
- Try to learn a few words of the local language, especially greetings. Local people will appreciate and respect your efforts.
- If you are thinking of taking tours, ask your tour operator for local information.

### Accommodation

Conserve local resources in your hotel, lodge or camp by:

- Turning down/off heating or air conditioning when not required.
- Switching off lights when leaving a room and turning the television off rather than leaving it on standby.
- Informing staff you are happy to re-use towels and bed linen rather than replacing them daily.
- Using water sparingly - a shower typically uses a third of the amount of a bath (although power showers use almost the same).
- Complying with any environmental initiatives your hotel operates.

We use 70% more water on average than 30 years ago. Leaving televisions on standby consumes up to 60% of the electricity used when watching it!



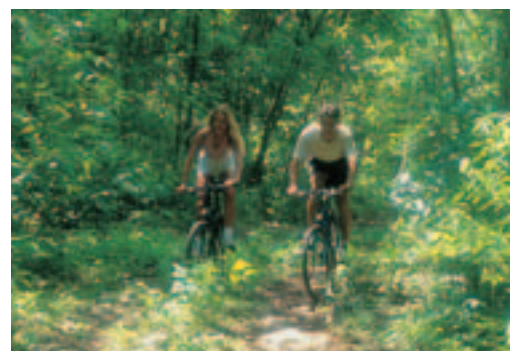
Buying local clothing, shopping in locally owned outlets and treating yourself to local food is a great way to get into the holiday spirit; also benefits the local community.

Consider hiring a bicycle - this can be an excellent way of exploring an area and is an environmentally benign form of travel.

### People and Culture

Remember that you are on holiday on someone else’s doorstep. Respect the people and culture of the countries you visit, particularly less affluent countries:

- Avoid displays of conspicuous wealth, such as expensive jewellery. Aside from possible incitement to robbery, it accentuates the gap between rich and poor and may distance you from the cultures you have come to experience.
- Respect local people’s right to decline to be photographed and remember that you may be expected to pay for the privilege to take their photograph.
- Wander though the local area and take an afternoon to meander away from the traditional tourist route. Consider hiring a local guide to take you round the sites as local people can often give insights into their area that you can’t find in books.
- Ask your local agent about appropriate forms of behaviour, dress codes and how much to tip. Observe dress codes if you visit religious sites. Skimpy summer-wear and public displays of affection may be inappropriate in some areas.
- Bargain if it is customary - but remember that the cheap price you pay may only be possible due to someone’s low income. If you do not wish to buy be polite but firm in declining.
- Take locally owned public transport - (or if hiring a car, hire a small economical car).



If you do move rocks or seaweed carefully lift and replace them – there may be creatures underneath which need them for shelter.



Coral is extremely fragile and takes centuries to grow. Please don’t remove any coral or cause any damage to this or any other living organism.



### By the Sea

- Beach rubbish is unsightly and can be dangerous to sea creatures. Some rubbish, such as plastic containers, takes many years to biodegrade. Please help prevent these fragile environments from being polluted further by taking your rubbish home with you.
- Leave pebbles, rocks and seaweed on the beach for others to enjoy. If you collect seashells please check it is not prohibited, ensure they are empty and take just a very few.

### In the Water

- When diving or swimming, avoid kicking up sand or stepping on coral, as it suffocates and kills coral polyps.
- Spearfishing is best left to those who need fish to eat, rather than as an exotic form of trophy hunting.
- Remember to watch out for wildlife and avoid wildfowl and fish breeding areas during breeding seasons. Respect wildlife or marine reserves.
- Limit your speed if using jet skis and speedboats as riverbanks can be damaged from excessive wash.
- Avoid polluting waterways with waste food, litter, oil or any other material.



Join us now

### Friends of Conservation

Founded in 1982, Friends of Conservation is an international organisation working to protect endangered wildlife and habitat throughout the world.

Friends of Conservation is committed to working with local peoples to develop and promote a balance between their needs and those of the wildlife with which they share the natural habitat and eco-systems.

Help preserve the world’s endangered species and habitats by joining Friends of Conservation today. Members receive a bi-annual newsletter providing updates on our projects and our programme of events.

Yes, I would like to join Friends of Conservation.

TITLE \_\_\_\_\_

NAME \_\_\_\_\_

ADDRESS \_\_\_\_\_

POSTCODE \_\_\_\_\_

COUNTRY \_\_\_\_\_

ANNUAL MEMBERSHIP

I ENCLOSE  £25  £50  £100  Other

I WOULD LIKE TO MAKE A DONATION OF:

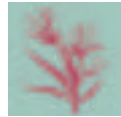
£100  £75  £50  £25  Other

I enclose total £\_\_\_\_\_ made payable to “Friends of Conservation”.

Please send me more information on subscribing by credit card, standing order and information on Gift Aid.

Please return this form to Friends of Conservation, 16-18 Denbigh Street, London, SW1V 2ER

# Facts for thought



A 1997 survey of more than 240,000 plants indicated that 1 in 8 is potentially at risk of extinction. About 7000 species are at immediate risk.



A species of animal or plant life disappears at the rate of one every 3 minutes.



Every day an area of rain forest the size of Wales is destroyed.



More than 50% of the world's coral reefs is at high or medium risk.



Since 1970 a third of the natural world has been destroyed by human activity.

## Acknowledgements

The Travel and Tourism Conservation Group is gratefully acknowledged for its part in designing and distributing the FOC Traveller's Code.

This Group was established in 1991 by members of the travel industry and media to address the increasing concern that the travel industry and conservation were not working together to protect the resource base on which tourism relies.

The members are active in raising funds to preserve wildlife and ecosystems.

To access the members of the Travel and Tourism Conservation Group please check our website for an up to date list: [www.foc-uk.com/PartnersNS.htm](http://www.foc-uk.com/PartnersNS.htm)

Endorsed by ABTA & AITO



The animals you come to see are easily scared – so avoid bright colours and making noise. Encourage your driver to stop the vehicle engine when stationary.

## Safaris and Nature Trails

- Ask permission before entering indigenous people's territories, and pay properly for their services or handicrafts.
- Follow expert advice and heed safety warnings.
- Please keep to designated tracks, or ask your driver to, especially in National Parks and Reserves. Off-road driving can injure animals concealed in bushes or grass and interferes with their hunting. It also causes extensive damage to grass and woodland habitats.



Protect wildlife and flora. Please don't pick flowers or pull up plants.

## Wherever you go

Please remember the following:

- Stay on approved footpaths when walking, marked routes when skiing, climbing or trekking and roads when driving.
- Don't contaminate local rivers, streams or springs by using pollutants such as detergents.
- Fire is a serious hazard. Be extremely careful with cigarettes and matches and take your cigarette stubs with you.
- Leave no litter. As well as being unattractive, it can take many years to biodegrade and have serious consequences on wildlife. Take your litter and dispose of it properly elsewhere.



When buying holiday souvenirs, remember that local crafts make unusual gifts and help to support the local economy.

## Ethical Shopping List

Trade in many animals, plants and products made from them is controlled internationally to safeguard wild and endangered species.

- International trade prohibits the purchase of over 800 species and materials including: ivory, spotted cat furs, rhino horn, whales, sea turtles, many corals, reptiles, orchids and cacti. Check what your souvenirs are made from!
- Exotic souvenirs can threaten the most endangered species. Be careful if buying traditional Chinese medicines as these can contain products from tigers, rhinos and other protected species and are illegal to import.
- The purchase of exotic cat fur is ill advised as few are traded legally.
- Resist buying or collecting souvenirs from reefs such as coral, shells and starfish. In many areas this is prohibited, in some cases it is illegal or can only be bought with a licence. It contributes to the degradation of the reefs and marine life.

## Your Holiday

- While on holiday and after your return home, please pass on any concerns you have about environmental or social issues to your tour operator, local environment group or other organisation, as appropriate.

*Please pass these guidelines on to someone else to read.*



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UK Registered Charity 328176

Travel guidelines brought to you by



Friends of Conservation  
20th Anniversary 1982 - 2002



# Traveller's Code

To enjoy your visit abroad whilst reducing the environmental and social pressures that tourism can bring, please observe the guidelines in this leaflet

