

# 10 QUICK SUSTAINABLE WINS FLIGHTS & HOTELS

## 1 AVOID FLYING

Avoid flying if time allows. Trains far less hassle, stress, security & safer. Flying shorter distances are also less efficient than further distances, so try to consider alternate modes of transport when travelling short distances.

## 3 RESEARCH THE COMPANIES YOU FLY WITH

When flying to Europe (or further afield via the dreaded connections see above!), Air France and KLM have some of the highest environmental credentials going. They are ranked as the top transportation company globally in the Dow Jones Sustainability Index. Outside of the travel industry, they are ranked in the top 24 sustainable companies of all industries worldwide. KLM powers many of its flights with biofuel and is constructing its own plant in the Netherlands to produce the resource. They are retiring all of their inefficient Boeing 747s also. <https://www.airfranceklm.com/en/commitment/environmental-protection?language=en>

## 5 CONSIDER CHOOSING CATHAY PACIFIC

If you're heading to APAC, Cathay Pacific is very progressive in terms of their air traffic management (avoiding lots of unnecessary and fuel burning circling before landing). They also have a pledge to reduce single-use plastics and have recently gone paperless in their cockpits.

## 7 EAT LESS MEAT & EAT LOCAL

Eat less meat on tour and eat local! Encourage caterers to have veggie-only days or to commit to locally sourced food so you aren't contributing to food being flown across the world, and you're supporting local businesses too. Avoid buffets which generate lots of waste and eat as locally and seasonally as possible. Don't order a burger in Spain; get yourself some delicious tapas!

## 9 USE AIRLINES WITH YOUNGER FLEETS

Use airlines with younger fleets which are more fuel efficient. Most of the middle eastern carriers e.g. Qatar, Emirates, FlyDubai have very young fleets, along with some European carriers e.g. Norwegian Air and Aeroflot!

## 2 AVOID FLIGHTS WITH STOP OVER

Fly non-stop over connections where you can. It uses less emissions than landing and taking off again.

## 4 CONSIDER USING HYATT OR ACCOR

Hyatt are a big chain with a big focus on environmental sustainability, focused on water wastage education. Accor are probably the biggest hotel group out there, and they also have a focus on offering sustainably sourced food in their restaurants and eco-certified building design and products. <https://about.hyatt.com/en/hyatt-thrive/our-planet.html>

## 6 CONSIDER HOW YOU USE YOUR PHONE

Think about the way you use your PHONE whilst travelling. Did you know that the "cloud" i.e. data storage produces the same amount of greenhouse emissions globally as global travel including planes?! Try to use wifi where possible as this uses less bandwidth than 4G. Switch off apps that use background energy. Try to cut down on the amount of photos and files you are saving and sharing!

## 8 CONSIDER CHOOSING MELIA HOTELS

Melia Hotels were named the most sustainable hotel brand in the world in 2019. They are located in most European cities so they are great for green touring. <https://www.meliahotelsinternational.com/en/our-company/reputation-sustainability/environmental-commitment>

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