



RENN

Regional Hubs for
Sustainability Strategies

Sustainable travel

The sustainable shopping basket:
Guide to environmentally conscious
and social consumption





Sustainable travel planning

When you go on vacation, you want to relax and have a good time. The downsides of travelling include greenhouse gas emissions, overrun destinations, garbage and noise. With people traveling more and more, mass tourism is a growing factor in environmental pollution and resource consumption – and it's changing the face of entire cities. But it doesn't have to be this way. Your means of travel, for instance, can play a decisive role. Do something for the environment and the people living at your destination: Plan your trip the sustainable way!



TRAVEL BY AIR ONLY WHEN NECESSARY

When it comes to tourism, the largest share of carbon emissions arises from getting there and back. Which is why you should only travel by air when it's absolutely necessary – for instance when you're heading overseas. An airplane emits about six times as much carbon per kilometer and per person as a train or coach (status 2017). Here's a tip: If you want to save time on a short-distance flight, do an honest calculation of how long it will take you to get from your home to your destination. The time you save is often cancelled out by the trip to the airport and waiting times at check-in, security and boarding.

AVOID CRUISE SHIPS

It's best not to take cruises as they're particularly heavy polluters of the environment. A cruise ship emits about as much carbon per day as 84,000 cars (status 2017).

TRAVEL BY TRAIN AND COACH

For trips within Germany and Europe, opt for travel by train and coach. For instance, you can travel throughout Europe on an Interrail pass, which is valid on almost all trains. Night trains can also be a good option for travelling between Germany and other European cities. Car trains allow you to cover long distances in an environmentally friendly fashion while travelling stress-free and having unlimited mobility at your destination. As with air travel, you can save money on coach and train tickets if you book well in advance.



BIKE TRAVEL AND HIKING

Going on vacation “on your doorstep” is sustainable and more exciting than you may think: Have you ever explored wintry landscapes on cross-country skis? Are you familiar with all the hiking areas in your region? Have you discovered Germany’s lakes and rivers by canoe? Give it a try! A special experience can be had by going to nearby holiday destinations by bike, potentially combined with a train trip. Information on bike and hiking trails in Germany, for example, are available from the German Cycling Federation (ADFC) as well as from Wanderbares Deutschland (Hikable Germany).

SUSTAINABLE ACCOMMODATIONS

Seals are helpful when choosing the right tour operator and accommodations. Travel companies promoting sustainable tourism are listed, for example, on the website of forum anders reisen e. V. When it comes to accommodations, you can look for the Viabono and Bio-Hotels seals as well as the EU Ecolabel. They indicate that your accommodation meets sustainability standards. ECO-CAMPING marks camping sites that are operated in a particularly resource-friendly way. For family trips or school trips, eco hostels are a good place to stay.

FAIR PAYMENT

Can tourism be sustainable? You can definitely make your trip more sustainable by behaving considerately at your destination! Make sure to pay fairly for any services you use and to respect the customs and moral codes of the local population. Be kind to the environment: If you visit dry areas in the south of Spain, for instance, make sure to limit your water use and steer clear of water-intensive golf courses. For more information about sustainable travel to various countries, check out www.fairunterwegs.org, or similar sites.



REDUCE BUSINESS TRAVEL

Before taking a business trip, consider if it's truly necessary. If it can't be avoided, then opt for the most environmentally friendly means of travel. In particular, try to avoid air travel within Germany, as this is particularly harmful to the climate. Should you have to travel longer distances on a regular basis, the train offers multiple benefits. Commuters tend to be less stressed when they arrive at their destination and are able to use the travel time productively.

SEALS FOR SUSTAINABLE TRAVEL

TourCert certifies tour operators, travel agencies and accommodations that possess sustainability management.



The travel portal **Viabono** stands for environmentally friendly and high-quality tourism.



The **Gold Standard** shows if compensation projects lead to a reduction of greenhouse gases.



The **EU Ecolabel** certifies environmentally friendly accommodations and camping sites.



Certified **Bio Hotels** are sustainably managed and make their purchases regionally.



The sustainable shopping basket

Check out www.nachhaltiger-warenkorb.de for important information about sustainable consumption as well as independent information about the various seals and product labels. You'll find information about food, travel and mobility, living and building, housekeeping and electronics, as well as fashion and cosmetics.

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