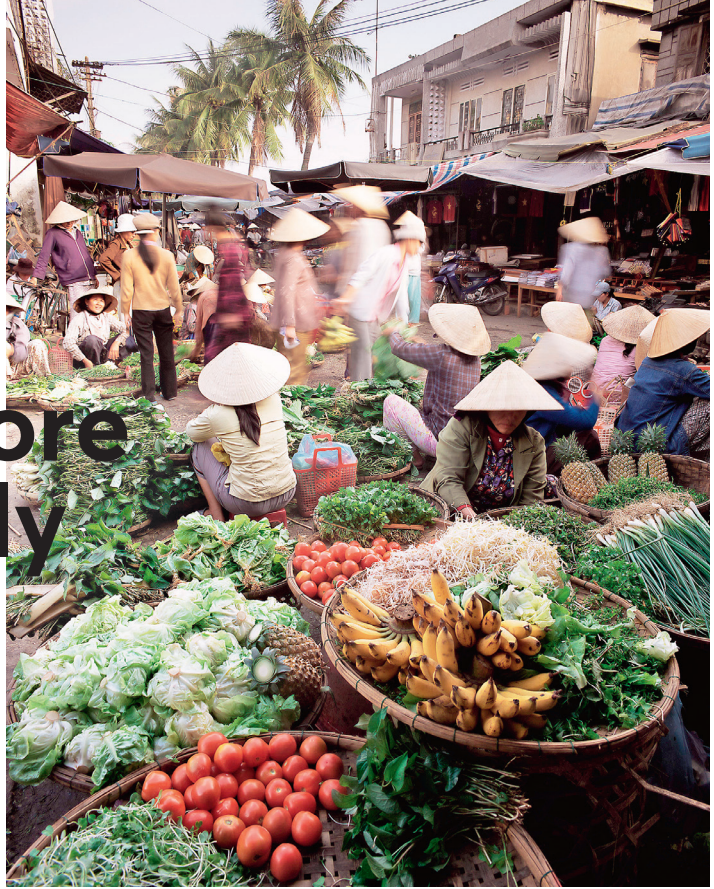


TRAVEL HACK

How to travel more responsibly

— Environmentalist and adventurer Huw Kingston shares his tips for travelling with a lighter eco-footprint so you can have a fun *and* feel-good holiday —



CENTRAL MARKET IN HOI AN, VIETNAM

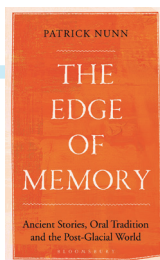
> **Opt for a homestay.** It's a good idea to take advantage of the increasing options for homestays when travelling. These can range from urban Airbnb rooms to being welcomed into family homes in off-the-radar destinations. Sharing a home with a local family will not only be educational, it can be inspirational, too. As a traveller, your environmental footprint will be lower and you will ensure your tourism dollars go towards supporting the local community and maintaining traditional cultures. In the interest of engaging with locals, try leaving your phone and camera in your room every now and then and focus on enjoying the moment.

> **Clean it up.** Soap bars are a great invention – swap out shower gels in single-use plastic bottles for a bar and use it until the end of your trip. Don't leave behind that part-used hotel soap bar, either. Carry along a reusable container to pop it in and bring it to your next destination to stop it ending up in landfill.

> **Ethical experiences.** Experiential travel is a big buzzword and all about immersing yourself in a destination. However, not all experiential activities and tours are created alike and many – particularly animal encounters – can be exploitative and invasive. Do your research to choose ethical, sustainable, community-focused tourism operators and you will return from your trip with great memories as well as a clear conscience.

> **Plastic not fantastic.** With at least eight million tonnes of plastic entering our oceans every year, it's imperative to reduce our plastic waste. Make a travel pack with reusable items such as a bottle, cup and straw and take it wherever you go. If you're always prepared, you can say "no" to all the everyday plastics that you often end up using mindlessly. You can even use your own cup on your flight.

> **Head to the market.** Apart from being a lot of fun, markets are a brilliant way to connect with the locals, taste locally grown foods and buy handmade crafts. You can make a big difference by contributing to small communities and you could come away with a great souvenir, too.



COMPLEMENTARY READING

> *The Edge of Memory* (Bloomsbury) by Patrick Nunn captures the wisdom of ancient folk tales passed down through spoken word before the written word existed. Described as "a must-read book, if you care about the future of the planet", it helps unravel the scientific lessons we can learn from these oral traditions. A book like this can inform your next trip in unimaginable ways.