

...from overloading  
...at a time.

### transport options

that use renewable  
...op flights. Planes produce  
...on emissions during take off

...carbon footprint by paying a  
...en making a booking. The fee  
...of carbon dioxide in the  
...m, such as planting trees.

Instead of  
...es burn a lot of  
...es which  
...floating cities"  
...ect (e.g. with  
...penditure,



...pool  
...Cargoal where possible.



# THE COMPLETE GUIDE TO SUSTAINABLE TRAVEL

This is an exhaustive list and can seem overwhelming, but it gets easier if you take it a step at a time.

## BEFORE THE TRIP



### Consider your transport options



- Choose airlines that use renewable biofuels.
- Choose non-stop flights. Planes produce the most carbon emissions during take off and landing.
- Offset your carbon footprint by paying a small fee when making a booking. The fee is donated to programs that help reduce the amount of carbon dioxide in the atmosphere, such as planting trees.
- Choose road or rail transportation instead of flights (e.g. trains and buses). Planes burn a lot of fuel, thus producing greenhouse gases which contribute to global warming.
- **X Avoid cruise ships.** Cruises are "floating cities" that have a huge environmental impact (e.g. with waste disposal, fuel and energy expenditure, pollution by exhaust fumes).
- Cargoal where possible.



# THE COM SUSTAI

This is an exhaustive list and can seem overwhelming, but it gets easier if you take it a step at a time.

## BEFORE THE TRIP



### Com



- Choose road or rail t flights (e.g. trains an fuel, thus producing contribute to globe
- **X Avoid cruise shi** that have a huge e waste disposal, fu

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This is an exhaustive list and can seem overwhelming, but it gets easier if you take it a step at a time.

# Sustainable Travel Guide

**Arturo Cuomo**



**Sustainable Travel Guide:**

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