

DO'S AND DON'TS OF THE RESPONSIBLE TOURIST

SUSTAINABLE TOURIST DESTINATION

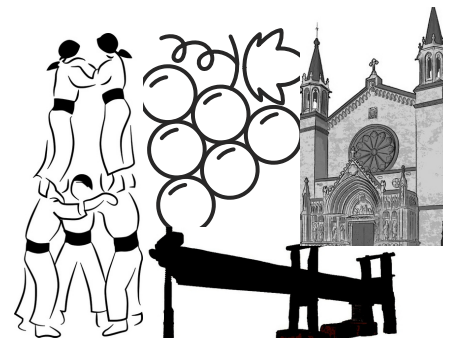


1. MAKING RESPONSIBLE CHOICES

Whenever possible, choose environment-friendly tour operators, airlines and hotels.

2. GETTING INFORMED ABOUT THE PLACE YOU'RE VISITING.

All towns have their own history, their own culture and their own natural features. It's best to be acquainted with them so as not to harm them.



3. CONSUMING RESOURCES RESPONSIBLY

Use natural resources like water, electricity or natural gas in a responsible way, consuming only as much as you need.

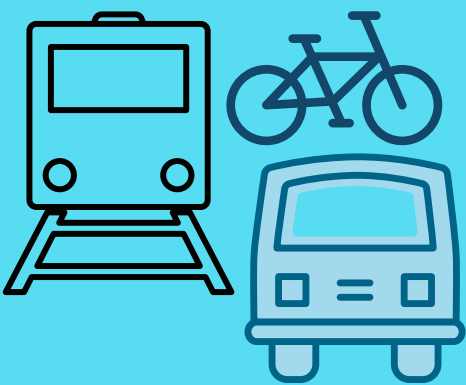
4. REDUCING WASTES

Don't be a litterbug. Hold on to your rubbish until you come to a suitable place to dispose of it (litter bins, waste containers, etc.). It's a good idea to carry reusable containers, like bags or bottles - this helps to generate less waste.



5. TRAVELLING BY COLLECTIVE AND/OR NON-MOTORISED TRANSPORT.

Whenever you can, use local public or collective transport to help to care for the environment. If possible, use non-motorised transport means, such as bicycles.

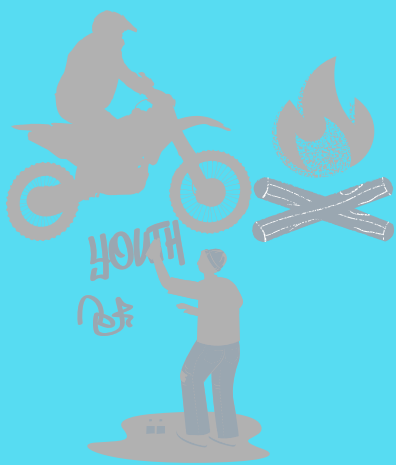


6. AVOIDING DISTURBANCE OF THE ENVIRONMENT

Observe wildlife from a distance without disturbing it, and please don't pick flowers or pull up plants. In natural spaces and above all in protected areas, always try to stay on the paths.



7. BEING RESPECTFUL OF THE PLACES YOU VISIT

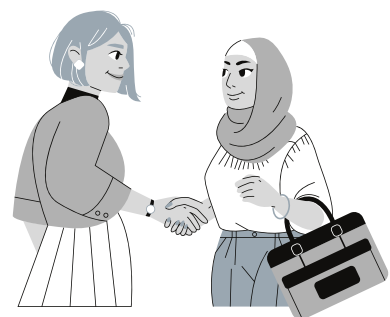


Don't carry off "souvenirs" of natural or archaeological spaces. And don't spoil places by writing or painting graffiti or by doing other things that are not sustainable.

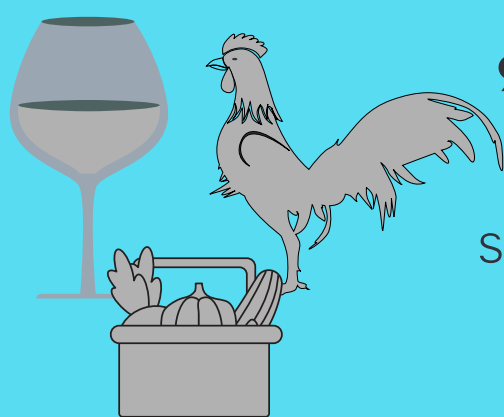
8. RESPECTING THE LOCAL CULTURE

Maintain correct cordial relations with the local people, without prejudices. Always try to adapt yourself to the local customs and practices, without imposing your own habits and lifestyle.

People aren't part of the landscape: it's a good idea to ask permission before taking their picture.



9. CONSUMING LOCAL PRODUCTS



Support local cultural manifestations and handicrafts

10. REFLECTING ON YOUR TRIP

When you get back home, think about what you've seen and learned. If you've made any promises to local people (like sending a postcard, photos or other little favours), try to keep them.



Thanks very much for visiting us and for helping to make Vilafranca del Penedès a **sustainable tourist destination**.

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