



**INTERACTIVE MAP FOR GREEN  
TOURISM FOR PEOPLE WITH  
DISABILITIES**

**GREEN TRAVEL MANUAL  
FOR PEOPLE WITH DISABILITIES**

Developed by AVA Creations

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Final Version

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## About GreenTour

Sustainable environment friendly tourism is very important nowadays.

GreenTour project aims to:

- Develop an Interactive map to enable people with disabilities to be able to plan, realise and enjoy green touristic travels, in more sustainable & environment friendly way and to explore all green tourism offers that the country can provide.
- Motivate the people with disabilities to lead an active life, do tourism and become true agents of the environmental change through development and implementation of new and targeted teaching approaches.
- Raise the awareness among people on the need to consider the environmental impact of touristic travels and to make green choices while organizing while being on the trip.

The current Green Travel Manual provides guidance for the people with disabilities on how to plan, organize and realise their green touristic travels. The Manual teach them on how to opt for sustainable choices during the entire process.

The Manual informs on what is considered green tourism and what are the green tourism destinations; what distinguishes them from the conventional ones; why they are the better choice and how they are environment-friendly.

All materials of the project are available here: <https://greentour.usal.es>

## **Preconditions and personal requirements of participants**

1. Laptop with Internet access/accounts to different sites and social media channels;
2. ICT skills required such as usage of PowerPoint, Internet browsing machines, Video Recording, audiovisual media, etc.
3. Open mindset and willingness to learn
4. Respect for inclusion and diversity
5. Time management

## 1. What is green tourism

### 1.1. Introduction

In this module we will define what green tourism is and the benefits from choosing to travel to green tourism destinations. We will describe the relation of green tourism with responsible traveling and provide some real life examples.

#### Duration

Global duration (for the entire module) – 2 (two) academic hours

- lessons / learning – 1 (one) academic hour

- useful resources – 1 (one) academic hour

#### Learning Outcomes

On successful completion of the module participants should be able to...

##### Knowledge

- Definition of Green tourism
- Responsible Travelling
- A way to open our minds to the world
- Realization that we are all different but we are also the same and should have the same choices

##### Technical skills

- To learn more Green Tourism destinations via digital material
- Better use of digital information materials
- Search & Design tourist packages choosing green tourism destinations
- Digital Sharing

##### Soft skills

- Communication & Interpersonal skills
- Openness to new experiences
- Growth mind-set
- Responsible traveling

## **1.2. Training content**

### *Definition of 'Green Tourism'*

Green tourism is defined as a small-scaled tourism which involves visiting natural areas while minimizing the environmental impacts.

In a broad term, green tourism is about being an environmentally friendly tourist or providing friendly tourist services with natural and cultural interest of an area.

The number of tourists traveling the world has been increasing, which makes green tourism not only preferable but a necessity in some areas.

Mass tourism is directly linked with overcrowding, the destruction of heritage and the environment, globalization, detrimental social change and many others.



Green tourism helps travellers become conscious of their choices.



*Discover the benefits from choosing to travel to green tourism destinations.*

There are some great benefits while you choose to travel to a green and sustainable tourism destination. Some of these are described below.



- Support the local Communities
- Create Authentic Experiences
- Lower Ecological Impact
- Connect with the locals
- Understanding of the local culture
- Greater Economic Benefits for local people



When you choose to travel in a green tourism destination all your actions will be contributing positively to the local communities and the environment. Thankfully, many destinations and enterprises implement sustainability standards and encourage green, accessible and responsible tourism.

Green tourism supports local communities to generate extra incomes, enhances the well-being of the locals and keeps young people in small and remote areas by improving the working conditions and accessibility in the tourism industry.

Additionally supports the local producers, since an important part of the tourism experience, is the consumption of the local products of an area, promoting at the same time the gastronomy which is an important element of destination's culture.

Finally, provides more enjoyable experiences for tourists through more meaningful connections with local people, and a greater understanding of local cultural, social and environmental issues.

*Green tourism and responsible travelling.*



Green tourism and responsible travelling are related as there can be no responsible tourism without the development of green tourism or other related forms of special interest tourism in a destination or a business.

**Responsible travellers** is the new market trend of holidaymaking.

Thankfully this market is increasing as well as the available green tourism destinations.

**Responsible travellers** choose green tourism destinations and find ways to make their trips more sustainable when they choose the destination and organize their holidays.

**Responsible traveller** is when a person travels in a way that takes into account social, cultural and environmental impacts, and make a conscious effort to leave a positive influence.



**Responsible travellers:**

- Make choices on their trip according to sustainability standards.
- Search places that provide sustainable hospitality
- Respect the local culture
- Minimize the waste
- Connect with the locals and communities

“Responsible tourism should be accessible to all travellers”.

### **1.3. Useful resources**

#### **Further Readings**

What is green tourism

<https://www.wisetour.com/what-is-green-tourism.htm>

Travel Bloggers & Influencers with disabilities to follow

<https://www.homeexchange.com/blog/travel-bloggers-disabilities-to-follow-homeexchange/>

#### **Video Resources**

Video containing people with disabilities enjoying travel adventures in the world like anyone else

[https://www.youtube.com/watch?v=7E\\_n\\_zNBG\\_I](https://www.youtube.com/watch?v=7E_n_zNBG_I)

## 2. Why to decide in favour of green tourism?

### 2.1. Introduction

In this module we will explain why green and sustainable tourism is important. The module will explain why it is important to travel with the purpose of creating a positive impact on the environment, society and economy. It will present the benefits of the sustainable tourism from the viewpoint of the traveller, for the economy and for the environment.

**Duration** - Global duration (for the entire module) – 2 (two) academic hours

- lessons / learning – 1 (one) academic hour

- useful resources – 1 (one) academic hour

### Learning Outcomes

On successful completion of the module participants should be able to...

#### Knowledge

- Importance of travelling sustainably
- Benefits of the green tourism for tourists, local communities and environment
- Importance of making smart choice during travel

#### Technical skills

- How the green travel concepts contribute to more sustainable environment
- How the green travel concept support local communities
- How their travel choices affect the environment

#### Soft skills

- Making smart choice when travelling
- Respect for nature, local communities, culture & environment
- Courage to travel more sustainably

## 2.2. Training content

### *Why is green tourism important?*

While travel is enjoyable, funny and eye-opening, it can bring harm to both the environment and the local population of the places you're visiting. Many travellers have good intentions when they travel. BUT not all make well-informed decisions about how and where to travel.

Green tourism involves visiting cultural sites and natural areas while minimising environmental impacts.

Green tourism tries to both minimise and reverse the negative effects of travel.

Green tourism also involves education and respect for the places you are visiting, preserving the natural, cultural, and historical landmarks that are unique to the destination.

**Going green** on vacation can help reduce your ecological footprint and impact. In the same time you will be able to enjoy the beauty of nature and the rich culture of places you visit. All without worry about causing any bad effects or impact on the environment.

On a personal level, traveling more responsibly leaves you feeling more powerful in the wake of the climate crisis.

Humans are travellers by nature. We have always moved, traded, and connected with others. It is in our blood. The solution is always travel better & greener.

So, we can enjoy the new places & cultures, get new experiences and stay respectful and mindful of the environment and the impact of our actions.

### *Benefits of green tourism for you as a traveller*



#### **1. You become a more conscious traveller**

One of the biggest benefits of sustainable tourism is becoming more responsible with your choices. That can mean:

- choosing greener transportation to get to your destination
- staying in eco-conscious accommodations
- opting to dine in a local restaurant rather than bringing McDonalds back to your hotel
- go off the beaten path and explore more unpopular places





- travel slower. Instead of rushing to all the top tourist attractions, travel through a country for a longer time to enjoy and get to know the places better
- etc.

## **2. You will help preserve the environment**

When you chose a green tourism destination, you are indirectly helping to protect the destination you are visiting.

When you travel sustainably and when you take into consideration the natural surroundings when exploring new places, you help preserve the environment, plants, animals and other natural resources for both locals and tourists alike.

All small choices you make when you travel can have a huge effect on the environment - buy organic and fresh-grown food, pack lightly when leaving home, be mindful of the waste you are creating, etc.

## **3. You'll have a more meaningful experience**

Engaging in green tourism broadens your horizons.

It allows you to walk away with not only an impression on the beauty of the places you visit but also a deeper and more meaningful connection with the communities you meet.



The Green tourism invites visitors and residents to share their experiences, exchange knowledge and have fun together.

**Example:** you want to go across the desert and explore.

*Regular touristic option:* You hire a 4x4 to drive across the dunes, and end the day with a nice picnic overlooking the endless sea of sand.

You leave the desert with wonder at what you've seen.

*The Green touristic option:* You choose to stay with the nomadic Bedouins on your trip. Then, you'll get a glimpse of the traditional desert-dweller lifestyle.

You'll have a chance to see how they live in such harsh landscapes, listen to their music and poetry, and experience their amazing hospitality.

So you will have much better and fulfilling experience in the end of the day.

#### **4. Personal growth**

Responsible travel puts real faces and names to communities you are visiting. It is an opportunity to slow down, really ground yourself and find something we have lost.

Sustainable, responsible travel is also an opportunity for personal growth and to bring more meaning to your life.

## *Benefits of green tourism for the local community*



### **1. Improves quality of life of local communities**

Green travel connects local industries such as agriculture, handicrafts, and art, in a full offer for tourists. It connects individual businesses which ensures growth across the industries.

It can make local people appreciate their environment and their way of life more when tourists show interest. When people come to see it, it makes it more important to preserve.

### **2. Supports local communities and businesses**

By deciding to stay at guesthouses, homestays, or even locally-owned hotels, you contribute to the local economy.



Green travel also gives you the opportunity to experience the culture and mingle with the locals.

Getting souvenirs and gifts will also help boost sales of local shopkeepers and provide income for them and their families.

### **3. Preserves cultural heritage**

Green tourism can provide interesting and “inside” experiences to visitors and encourage locals to share their cultural heritage.

Locals will embrace their heritage and view it as something to be proud of and worth preserving, enabling them to develop their homes into sustainable travel destinations.

### **4. You will be investing in communities that really need it**

Economically speaking, local communities can benefit largely from ecotourism since it implies using natural resources sustainably and productively.

If you opt for community operations promoting ecotourism, you are significantly increasing the amount of profit that community can then use to invest in education, health, infrastructure and other important sectors.

## *Benefits of sustainable tourism for the environment*



### **1. Green tourism keeps the environment clean**

Green tourism helps to reduce pollution.

With extra incentives to keep local areas clean to earn an income from visitors, it is easier to get group cooperation to reduce pollution on an individual level, and a corporate and government level.

At the end of the day, your conscious choices help support the best benefits of green tourism - keeping communities cleaner and preserving the beauty of the places you visit.



## **2. Green tourism directly helps save endangered animals**

What's the most powerful way of protecting endangered animals? Making them more valuable alive than dead.

When communities earn their living by drawing visitors to see and appreciate wildlife in their natural habitats, the pressure to poach diminishes.

So through green tourism entire regions begin to see preserving local species as economically and morally beneficial.

## **3. Green tourism protects landscapes and environments**

Just as with endangered animals, green tourism creates a massive incentive for communities to protect landscapes and creatures that live within them.

## **4. Green tourism prevents cash crops and protects livelihoods**

Green tourism encourages a diverse approach to accommodation, food, farming and the preservation of tradition in local communities.

With smaller boutique hotels, cooking classes, agrotourism and the tours woven into the tourism industry, communities are left less at the mercy of external events and the disadvantages of cash crop economies.

### **2.3. Useful resources for the lesson**

#### **Further Readings**

22 benefits of sustainable tourism:

<https://www.biospheretourism.com/en/blog/22-benefits-of-sustainable-tourism/94>

Benefits of Sustainable tourism development

<https://www.revfine.com/sustainable-tourism-development/>

How ecotourism benefits the environment and local communities

<https://www.worldpackers.com/articles/ecotourism-benefits>

#### **Video Resources**

What are the benefits of ECOTOURISM?

[https://www.youtube.com/watch?v=D0l2lduJU6c&ab\\_channel=DianaJones-SUSTAINABLETOURISM](https://www.youtube.com/watch?v=D0l2lduJU6c&ab_channel=DianaJones-SUSTAINABLETOURISM)

What Is Ecotourism & Why Should We Be Ecotourists?

[https://www.youtube.com/watch?v=K48lsUdUKUs&ab\\_channel=DrHayleyStainton](https://www.youtube.com/watch?v=K48lsUdUKUs&ab_channel=DrHayleyStainton)

Green Travel and Sustainable Travel Practices

[https://www.youtube.com/watch?v=DGOZ4fdFZoQ&ab\\_channel=AltexSoft](https://www.youtube.com/watch?v=DGOZ4fdFZoQ&ab_channel=AltexSoft)

### 3. How to select destinations for green tourism?

#### 3.1. Introduction

Sustainable tourism is a way to explore the world without damaging its environment, local communities and cultural heritage. It's about making sure you take into account your impacts, choose ethical and eco-friendly tourism options and promote responsible tourism practices. But how do you select a sustainable travel destination if you:

- Have hearing loss or complete hearing loss.
- Have vision impairment
- Have a mental health disorder

#### Duration

1. Global duration (for the entire module) – 2 (two) academic hours
- lessons / learning – 1 (one) academic hour
  - useful resources – 1 (one) academic hour

#### Learning Outcomes

On successful completion of the module participants should be able to...

##### Knowledge

- Accessible and Green accommodations
- Assistive technologies and mobility aids
- Accessible attractions and activities

##### Technical skills

- To learn more about green tourism destinations via digital means.
- To learn how technology can make your trip destination accessible, safe and fun

##### Soft skills

- Understand how people around you can better help you
- Learn how to adapt in a new environment



### 3.2. Training content

#### *Accessible and Green Accommodation*



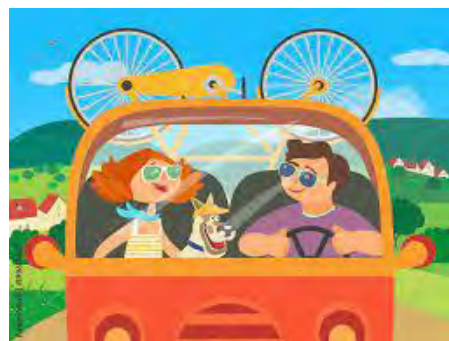
When searching for an inclusive green accommodation keep in mind these steps.

#### **If you have hearing loss or complete hearing loss**

Deaf or Hard of Hearing Travel Communities:



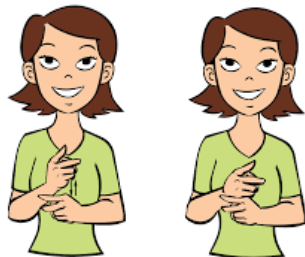
Engage with online communities, forums, or social media groups specifically focused on deaf or hard of hearing travel.



Members of these communities may have personal experiences and recommendations to share regarding accessible and green accommodations.

## If you have vision impairment

Visual Communication Support:



Consider accommodations that have staff members who are proficient in sign language or are trained in visual communication support.



This can facilitate communication during your stay and ensure a smoother experience.

## If you have a mental health disorder

### Supportive Services



Identify local mental health support services at your destination. Research if there are mental health professionals, crisis helplines, or support groups available for visitors. Having access to these services can provide reassurance and support during your trip.



## Travel Companionship

Having a supportive companion can enhance the travel experience and alleviate potential stressors.

### *Assistive tools technologies*

#### **If you have hearing loss or complete hearing loss**



Visual alerts and notifications: Understand the significance of visual alerts and notifications in touristic accommodation spaces. Learn about systems that provide visual cues for emergency situations, doorbells, phone calls, or fire.

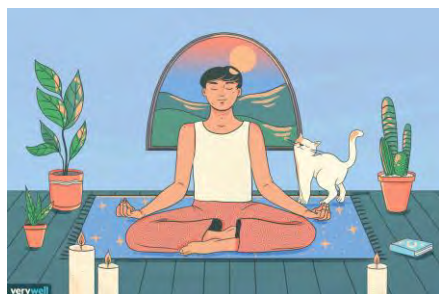
#### **If you have vision impairment**



Look for travelling accommodations that have emergency notifications or alerts in Braille.

## If you have a mental health disorder

### Relaxation and Stress-Reduction Devices/Spaces:



Stress balls, fidget spinners, sensory toys, weighted blankets, and aromatherapy diffusers. All these devices can provide sensory input and promote relaxation, which may help manage anxiety or stress and make your stay safe and fun.

### **3.3. Useful resources for the lesson**

#### **Further Readings**

A number of facilities are available to visitors with special access needs who wish to visit Cyprus.

[Accessible Cyprus \(visitcyprus.com\)](https://www.visitcyprus.com)

Facilities & services for persons with disabilities and reduced mobility (PRM) definitions & special assistance codes for persons with disabilities & reduced mobility (PRM) when traveling by air.

[EN Facilities Services for PRM LC F41A02AA4AA56.pdf \(hermesairports.com\)](#)

Beach Directory- Explore our accessible beaches

[Beach Directory | Seatrac.gr](#)

## 4. How to organize the green touristic trip?

### 4.1. Introduction

During this module, we will explore different key aspects of organizing an inclusive eco-tourism trip. We will learn about the importance of respecting and protecting the environment during our adventures and how to adapt destinations, transportation, accommodations, and activities to meet the needs of people with disabilities. In addition, we will address the importance of the safety and well-being of all participants, as well as the promotion of sustainable practices to preserve the natural environment.

#### Duration

1. Global duration (for the entire module) – 5 (two) academic hours
  - lessons / learning – 3 (three) academic hour
  - successful stories – 1 (one) academic hours
  - useful resources – 1 (one) academic hour

#### Learning Outcomes

On successful completion of the module participants should be able to...

<b>Knowledge</b>	<b>Technical skills</b>	<b>Soft skills</b>
<ul style="list-style-type: none"> <li>• Understand what an ecological tourism trip is and why it is important to take care of the</li> </ul>	<ul style="list-style-type: none"> <li>• Develop skills to research and select tourist destinations that</li> </ul>	<ul style="list-style-type: none"> <li>• Develop effective and empathetic communication skills when</li> </ul>

<p>environment during these experiences.</p> <ul style="list-style-type: none"> <li>• Become familiar with the different adaptations needed in transportation and accommodation to ensure comfort and accessibility for people with disabilities.</li> <li>• Acquire knowledge about inclusive activities and how to design tourism experiences that are enjoyable for people with different types of disabilities.</li> <li>• Understand the importance of environmental education and preservation of the environment during eco-tourism trips</li> </ul>	<p>are accessible and suitable for people with disabilities.</p> <ul style="list-style-type: none"> <li>• Learn to identify and assess adaptation needs in transportation and accommodation to ensure accessibility for people with disabilities.</li> <li>• Acquire skills to design inclusive activities adapted to the abilities of people with disabilities, considering their needs and preferences.</li> </ul>	<p>interacting with people with disabilities during tourist trips.</p> <ul style="list-style-type: none"> <li>• Improve the ability to work as a team and collaborate with others to ensure an inclusive experience for all participants.</li> <li>• To foster social awareness and sensitivity to the needs and rights of people with disabilities, promoting inclusion and respect in green tourism travel.</li> </ul>
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## **4.2. Training content**

When you go on an eco-tourism trip, you enjoy nature and beautiful places while respecting the environment.

It is important to conserve natural resources.

We must work hard to take care of the planet.



### **Why is it important to adapt the trip to people with disabilities?**



So that they can enjoy the experience safely and comfortably.

Before traveling, you must have real and accurate information about the accessibility of your destination.

### **Here are some tips to help you:**

#### ***Planning your eco-tourism trip.***



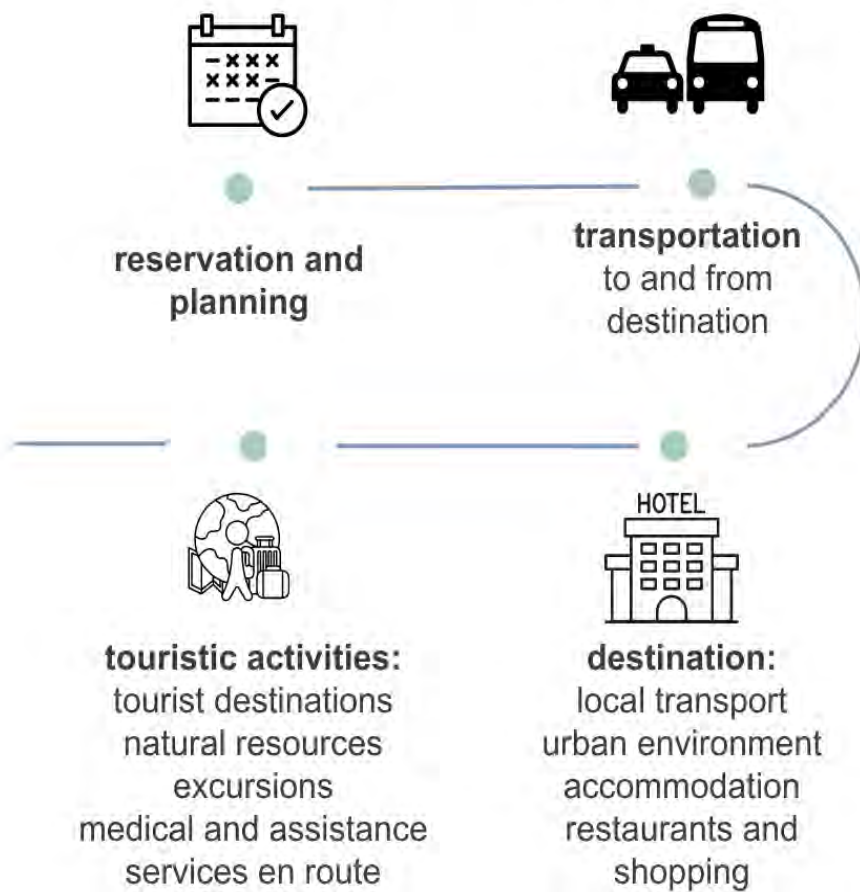
Seek information before the trip.

Find out about the place and ask if the infrastructure and services are adapted.

Ask if the accommodation or cultural resources are accessible.

Use the Internet, travel agencies or tour operators specialized in adapted trips to look for information.

## Previous research





## Transportation

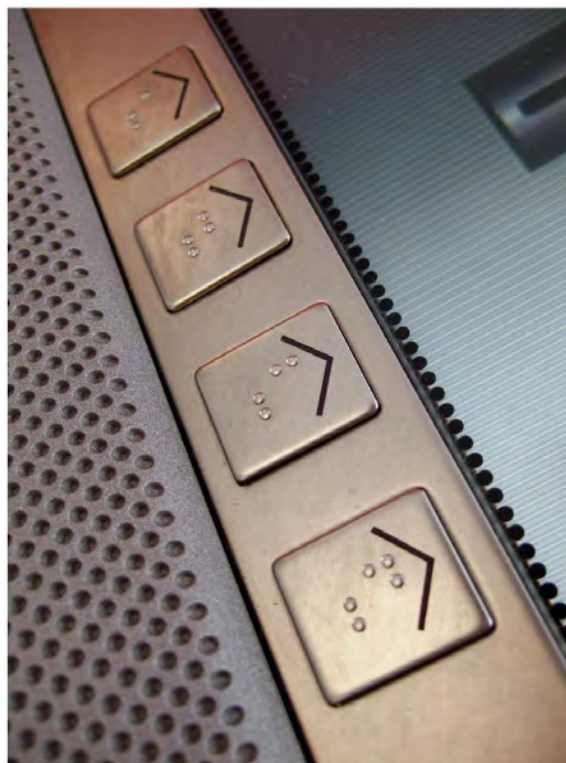
Many travelers have problems with transportation.

To avoid problems, here are some tips:



- Access and exit gates need to be well signposted.
- Look for an accessible alternative for checkpoints and waiting rooms.
- Avoid slippery floors.
- Look for a seat with a backrest and armrests.
- Locate adapted public toilets
- Ask if they have magnetic induction loops in train or subway stations.
- Be well informed about the departure and arrival times of your transport.
- Look for accessible information points and ticket machines.
- Look for adapted cab services
- Book travel assistance services at stations or airports before traveling.

## Where to stay



Look for hotels or lodgings with accessible rooms, large rooms, adapted bathrooms, and other necessary services.

Find out about the accessibility of the building, its routes and alternatives if there is an incline.

Ask about the room's accessibility measures, such as wideness, height of furniture, and adapted bed or bathroom.



## Activities and tours

- Before booking, ask the companies if you can enjoy their activities or if they have the adaptations you need.
- Hire tour guides with experience in assisting people with disabilities or sign language interpreters if you need it.
- Look for updated information about the natural areas, its level of conservation, if the entrance is accessible, if they have an adapted bathroom...
- On routes in natural environments, look for information on signage, lighting, walkways and other accessibility elements.
- If you go on excursions, look for information on the degree of difficulty, duration, alternative routes and accessibility conditions of the means of transport used.
- Book adapted buses for excursions.
- If you visit a cultural space or interpretation center, search the Internet to see if they have models, information in Braille or high relief, or interactive exhibits.



- Find out if these centers have hand-bikes, third wheels, joelëtte chairs, tandems, or adapted brochures.

### *Safety and welfare*

Don't forget about medical and tourist services, as they are very important.

Make sure you have access to medical services in case of emergencies.



Find out where nearby hospitals are located.

Obtain adequate travel insurance.

Ask companies to explain safety and risk prevention regulations clearly and simply, or to give them to you in alternative formats.

Remember that you can call the police for assistance if you have any problems on your trip.

## *Environmental protection*

Sustainable tourism takes advantage of environmental resources to conserve the richness of our planet.

You can help to achieve this:

- Don't leave garbage
- Don't damage the flora and fauna
- Respect the rules of conservation
- Make responsible use of tourism resources and services such as water, electricity, hotel towels and heating.
- Recycle whenever possible
- Order only the food you are going to eat
- Avoid the use of single-use plastics



### **4.3. Useful resources for the lesson**

#### **Further Readings**

##### Top 10 Tips for Sustainable Travel

- Discover 10 tips to make your travel choices more sustainable at <https://sustainabletravel.org/top-10-tips-for-sustainable-travel/>

##### How to greenify all aspects of your vacation

- Additional tips for you best possible green touristic experience can be found at: <https://www.washingtonpost.com/travel/2022/07/15/green-trip-travel-planning/>

##### Accessible tourism in Spain

- Travelling in Spain can be easy for people with motor, visual, mental or hearing disabilities. This website provide important information for organising your trip and some tools and tips that will be useful to you for enjoying 100% accessible holidays.  
<https://www.spain.info/en/discover-spain/accessible-tourism-spain/>

##### Tur4all project

- Find, recommend and comment about tourist accessible resources ·  
Promote the accessible tourism and increase you number of clients ·  
Become a Destination for All at <https://www.tur4all.com/es/home>

## **Video Resources**

1. Choosing an Accessible Vacation Destination | Accessible Travel Series Episode Two <https://www.youtube.com/watch?v=Q7lcs668bH4>
2. Accessible travel. Wheel the world:  
[https://www.youtube.com/watch?v=7E\\_n\\_zNBG\\_I](https://www.youtube.com/watch?v=7E_n_zNBG_I)
3. Sustainable Tourism, Authenticity and Identity | Nélida Marques | TEDxPraia <https://www.youtube.com/watch?v=Vj5fll92vdg>
4. Accessible Tourism | Why 'Tourism For All' Is The Only Way Forward  
<https://www.youtube.com/watch?v=uu4V749fuBs>

## 5. While on the trip - do's & don'ts

### 5.1. Introduction

In this chapter, you will find some tips on what to do to make more environmentally friendly, sustainable and "green" choices when you arrive at your final trip destination.

#### Duration

Global duration (for the entire module) – 4 (four) academic hours

- lessons / learning – 2 (two) academic hour

- useful resources – 2 (two) academic hour

#### Learning Outcomes

On successful completion of the module participants should be able to...

##### Knowledge

- Finding green choices
- Learn what to do when travelling
- Learning how to find hotels that respect the environment
- How to not pollute the environment

##### Technical skills

- Respect the environment
- Make eco-sustainable choices
- Identify essential actions when travelling
- Become autonomous in making better choices for the environment

##### Soft skills

- Ability to plan and organize
- Autonomy
- Self-confidence
- Flexibility/Adaptability



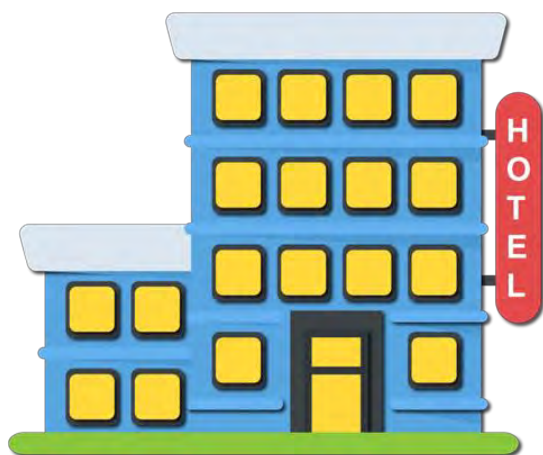
## 5.2. Training content

After organizing your trip down to the smallest details, as explained in the previous chapter number 2, here you are at your holiday destination.

There are several behaviours that you can put into practice to make choices that are more sustainable for the environment in the following areas of your trip, such as:

- The accommodation
- Transports
- Food
- Sightseeing

### *The accommodation*









When you travel the accommodation is one of the most important elements to keep in mind, because it contributes to add or diminish the comfort of your trip

Here below you can find some tips to make some more conscious choices for your accommodation.

- Try to choose establishments committed to **respect** the **environment**, choosing to use clean energy, organic and local food, systems to reduce water consumption and energy waste, natural soaps, etc.

Some of these facilities also have environmental **brands** and **certifications** used to certify the reduced environmental impact of the services they offer.

The most important eco-labels are in

	<p>Europe EU Ecolabel and Greenkey</p>		<p>LEED for the United States</p>
 <p>EARTHCHECK</p>	<p>EarthCheck in Australia</p>		<p>Caribbean and the Green Tourism Business Scheme in Great Britain</p>
	<p>Rainforest Alliance for Latin America</p>		<p>Green Globe present all over the world</p>

- Reuse **towels**. Hanging towels on the towel rack is a universal gesture to ask the cleaning staff not to change them every day. In this way, you will significantly contribute to reducing the waste of water, detergents and to reduce the pollution of aquifers.
- Try to choose accommodations that do not use disposable **toiletries**, soaps and single-serving detergents. If that's really not possible, at the end of the trip, pack the used toiletries offered by the hotel with you so you can finish using them at home. If you leave them in the hotel they are thrown away at the end of your stay, generating waste.
- When you leave the room, remember to turn off all the **lights**, especially the television which continues to consume electricity if left on stand-by.

### *Transports*



Perfect! You have arrived at your holiday destination and you have checked into your accommodation.

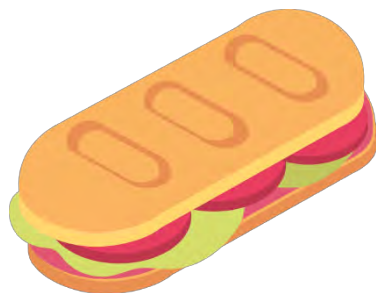
Ask the reception about the options to travel to the places of your interest.

Here's what you can do to implement "greener" behaviours when you have to move from one place to another.

- If the place you want to visit can only be reached by car and you need to rent one or call a taxi, always ask if you can rent or they can send you an **electric car** that has less impact on the environment.
- Where possible always prefer the **train**. Traveling by train helps to significantly reduce CO2 emissions harmful to the environment
- Decide what **aids** you need for your travels, and check if they will be accepted on local means of transport and in the places you want to visit. If you use a mobility and autonomy aid you need to know all aspects of it: how wide it is, its weight, how tall it is, how long it is, whether it is foldable, how the battery operates, which battery it uses (dry or lithium) and how much power it has
- Don't print tickets if you can. Use **digital tickets** and think about how many trees will not be cut down thanks to your green choice

## Food

Well, it's time to think about food!



Food constitutes a large part of the travel experience as it can allow you to discover new flavours and new dishes proper of the customs and traditions of the place you are visiting.

Also, in terms of food you could choose more sustainable choices for the environment.

Below you can find some tips:

- Look for **local** restaurants that offer traditional farm-to-table cuisine. This way you will be sure to eat fresh and traditional food and you will support the local economy and small businesses
- Try to limit your **plastic** consumption, always look for plastic-free options (do not buy plastic bottles, disposable containers or disposable packaging if you can)
- If you decide to opt for a quick packed lunch, choose foods packed in glass, **paper** and cardboard rather than plastic. The cellulose of which the paper is made can be subjected to various processing cycles and the recycled paper can be used to produce other paper

- If you can't finish everything you ordered at the restaurant, ask the waiter to prepare a container for you to take away the **leftover** food. You can take it away with you and finish consuming it the next day to avoid food waste.

### *Sightseeing*



While visiting the places of your interest, there are many small actions you can take to enjoy your holiday, but also respect the environment.

Here you have some tips that could come in handy on several occasions.

- As with transportation, try to buy **online tickets** to places you want to visit online, so you're paper-free.

Also remember that in the main art venues (museums, archaeological sites, galleries, etc.) you may have discounts on the ticket price, always ask the ticket office what services they can offer you.

- If you plan to go to the beach, remember to take a bag with you and collect your **trash**.

Your gesture of civilization will surely help save many sea creatures

- Bring a **reusable bag** with you, there are so many in fabric with a thousand colours and patterns.

Choose the one you like best and always carry it with you to hold all your souvenirs and holiday shopping. Remember that a plastic bag can take up to 500 years to degrade.

- For souvenirs of your holiday entrusted to local artisans.

Not only will you have a more authentic and original memory, but you will also have helped the economy of the place that hosted you for your holiday.

To recap...

<b>DO THIS</b>		<b>DON'T DO IT</b>	
Think about the planet			Don't panic
Plan your trip in details			Don't venture without a guide
Always ask if you need			Don't forget your disability certificate
Bring your medicines			Don't pollute the environment

Does and don'ts when travelling



### **5.3. Useful resources for the lesson**

#### **Further Readings**

- Online article on European rights and regulations for travellers with disabilities or reduced mobility (click on the link below)  
[https://europa.eu/youreurope/citizens/travel/transport-disability/reduced-mobility/index\\_en.htm](https://europa.eu/youreurope/citizens/travel/transport-disability/reduced-mobility/index_en.htm)
- Online article containing tips and useful steps to take when travelling with a disability (click on the link below)  
<https://wwwnc.cdc.gov/travel/page/disability>

#### **Video Resources**

- Video containing useful tips for people with disability to travel by air (click on the link below)  
<https://www.youtube.com/watch?v=NpVQ89XEEVI>

## 6. After the trip

### 6.1. Introduction

Sharing your knowledge and experiences about sustainable travel can inspire others to make conscious choices.

Sharing your green tourism experiences helps create a more sustainable future.

#### Duration

1. Global duration (for the entire module) – 4 (four) academic hours

2. Different sub-sections & useful resources:

- lessons / learning – 2 (two) academic hours

- useful resources – 2 (two) academic hours

#### Learning Outcomes

On successful completion of the module participants should be able to...

<b>Knowledge</b>	<b>Technical skills</b>	<b>Soft skills</b>
<ul style="list-style-type: none"> <li>• Share on social media</li> <li>• Create travel reviews</li> <li>• Encourages others to adopt eco-friendly practices</li> </ul>	<ul style="list-style-type: none"> <li>• Digital sharing</li> <li>• Create reviews</li> <li>• Promoting green tourism</li> <li>• Marketing</li> </ul>	<ul style="list-style-type: none"> <li>• Writing</li> <li>• Public speaking</li> <li>• Initiative</li> <li>• Communication</li> </ul>

## 6.2. Training content

After your green tourism trip, you can make the most of the memories in a sustainable way.

Share your experience with others by following some of these suggestions:

### Photo Albums and Scrapbooks



Make scrapbooks or **photo albums** to keep your memories in a physical form.

Include captions or descriptions that show what was green about your trip.

### Digital Sharing



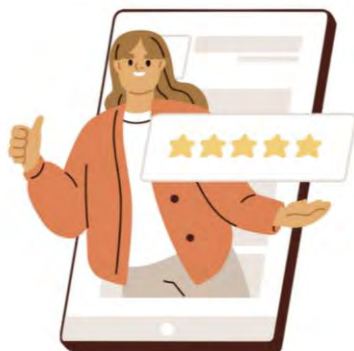
Use digital tools like **Facebook**, **Instagram**, blogs, and personal websites to talk about what you've learned.

**Post photos and videos** that show the beauty of your destination and the ways you saw it being taken care of in a sustainable way.

Use the right **hashtags** to reach more people and get them interested in green travel.



## **Travel Reviews**



Write **reviews** of the eco-friendly places you stayed and things you did.

Share your good experiences on sites like **TripAdvisor, Google Reviews**, or websites that focus on sustainable travel.

Your reviews can help others make choices that are good for the environment.

## **Personal Storytelling**



Tell a personal story about your **experience** with green tourism.

Talk to your **friends, family, and co-workers** about the sustainable parts of your trip and the memorable moments.

By telling people about your own experience, you can get them to think about greener ways to travel.



## **Public Speaking**

Think about opportunities to speak in public, like at **community events, schools, or conferences** about the environment.

Talk about your experiences, **what you've learned**, and why sustainable tourism is important.

Use **pictures and stories** to get your audience interested and encourage them to make green travel choices.



## **Volunteer and Community Involvement**

**Join local projects** to protect the environment or make tourism more environmentally friendly.

Take part in things like **beach clean-ups, and planting trees**.



By getting involved in sustainability efforts, you can **inspire others** and show that you want to make a difference for the better.



### **Encourage Responsible Travel**

Encourage people to travel in a way that is responsible and **good for the environment**, both in person and online.



**Share tips, resources, and suggestions** with other travellers about how they can make their trips more environmentally friendly.

Encourage them to **think about eco-friendly places to stay**, to support local businesses, and to leave as little of an impact on the environment as possible.

By making the most of your **memories in a sustainable way** and **actively sharing your experiences**, you can **encourage others** to try out green tourism and help **make the future more sustainable**.

### 6.3. Useful resources for the lesson

#### Further Readings

1. **"The Responsible Tourist: Maximising the Social and Environmental Impacts of Your Vacation"** by Anna Spenceley & Andrew Rylance
  - This practical guide offers tips on how travelers can responsibly communicate and promote their sustainable travel experiences to inspire others.
2. **"Ecotourism: Transitioning to the 22nd Century"** by Stephen Wearing, Stephen Schweinsberg
  - This book explores the concepts of ecotourism and sustainable travel, providing insights into communication and dissemination approaches to promote responsible tourism experiences.

#### Video materials

1. ["Turn tourism into a force for the global good | Mikkel Aarø-Hansen | TEDx Copenhagen"](#)
  - This inspiring TED Talk discusses responsible tourism and its positive impacts.

It can provide insights into effective communication and dissemination of green tourism experiences.

## 7. Real-life Examples



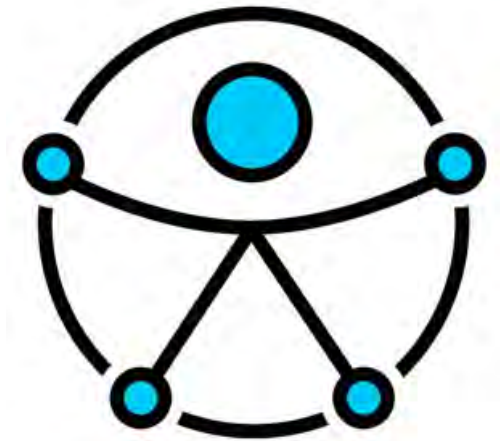


# Romania

## "NATURE NEAR US" RETEZAT NATIONAL PARK



Accessible route (for people with reduced mobility and visual impairments)



NATURAL  
RESOURCE

- ✓ whole trail adapted for wheelchair access
- ✓ slopes lower than 7%
- ✓ braille description of fauna
- ✓ explanatory panels
- ✓ reserved parking spaces
- ✓ recommended in summer and autumn



45° 48' 42" - 22° 93' 39"



Nucșoara no. 284, 337423,  
Hunedoara, Romania



<https://retezat.ro/>

map link



Co-funded by the  
European Union

# Cyprus

## "LIVADI" NATURE TRAIL

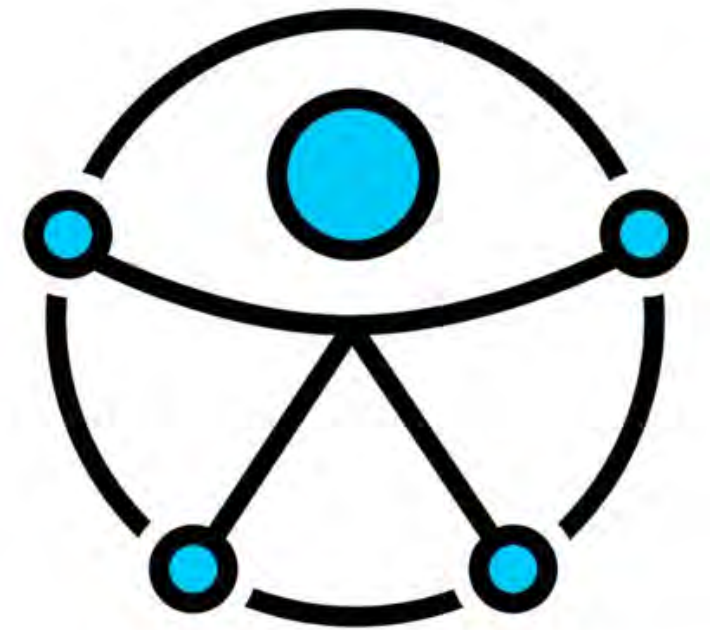


Accessible route (wheelchair access)

1,5 km, circular

Level of difficulty: 1

NATURAL  
RESOURCE



- ✓ whole trail adapted for wheelchair access
- ✓ Natura 2000 area, Pine Forest
- ✓ benches to rest are available
- ✓ explanatory panels
- ✓ parking spaces
- ✓ recommended in spring and autumn



34°56'34.9"N 32°53'16.7"E



Troodos - Karvounas, 1,5 km before  
Troodos and 9 km from Karvounas  
picnic area Kampos Livadi



[www.visitcyprus.com](http://www.visitcyprus.com)  
[www.chooseyourcyprus.com](http://www.chooseyourcyprus.com)  
[www.mytroodos.com](http://www.mytroodos.com)

Map Link

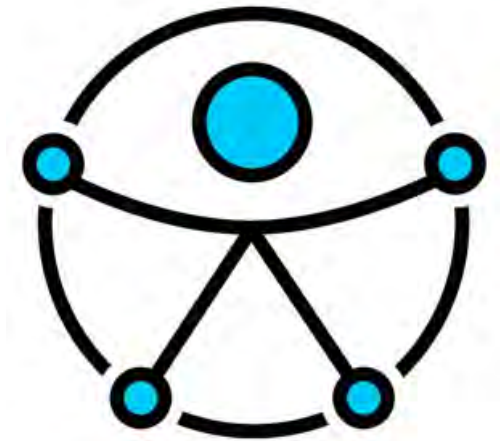
[https://goo.gl/maps/ZAS  
HESDMpPpyPWPU6](https://goo.gl/maps/ZASHESDMpPpyPWPU6)



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# Bulgaria

## SAMUIL'S FORTRESS - NATIONAL PARK & MUSEUM COMPLEX



Accessible site  
(for people with reduced mobility)

CULTURAL  
RESOURCE

The archaeological site "Samuel's Fortress"  
includes:

- ✓ the remains of the medieval fortification and settlements
- ✓ 40 preserved small dugouts and the so-called "Big dugout"
- ✓ the ruins of an observation tower
- ✓ beautiful natural park
- ✓ available parking lot for the visitors
- ✓ suitable for visit in all seasons



41.3950778 - 23.0342028



16 km. west of the town of  
Petrich (on the way to the  
Zlatarevo border crossing), the  
village of Strumeshnica



[https://petrichhistorymuseum.  
bg/отдели/нпм-самуилова-  
крепост/](https://petrichhistorymuseum.bg/отдели/нпм-самуилова-крепост/)



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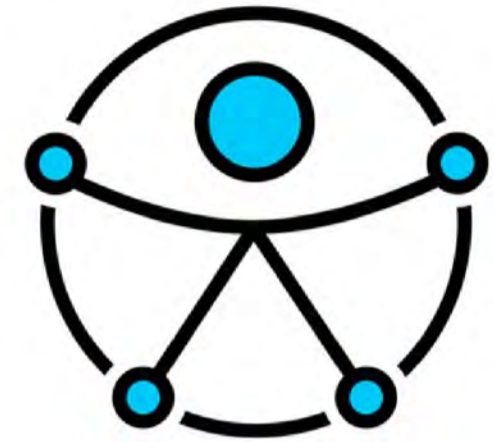
# Spain

## CENTENNIAL CHESTNUT TREE TRAIL



Accessible route (for people with reduced mobility)

1,6 km, circular, 20m slope



NATURAL  
RESOURCE

- ✓ whole trail adapted for wheelchair access
- ✓ slopes lower than 7%
- ✓ benches every 200m to rest
- ✓ explanatory panels
- ✓ reserved parking spaces
- ✓ recommended in spring and autumn



40° 31' 25" - 6° 8' 12"



Nava de Francia. 37659  
Salamanca. Spain



<https://www.turismocastillayleon.com/es/rural-naturaleza/rutas-naturaleza/senda-castanos-centenarios-ruta-accesible>

map link (QR  
CODE)



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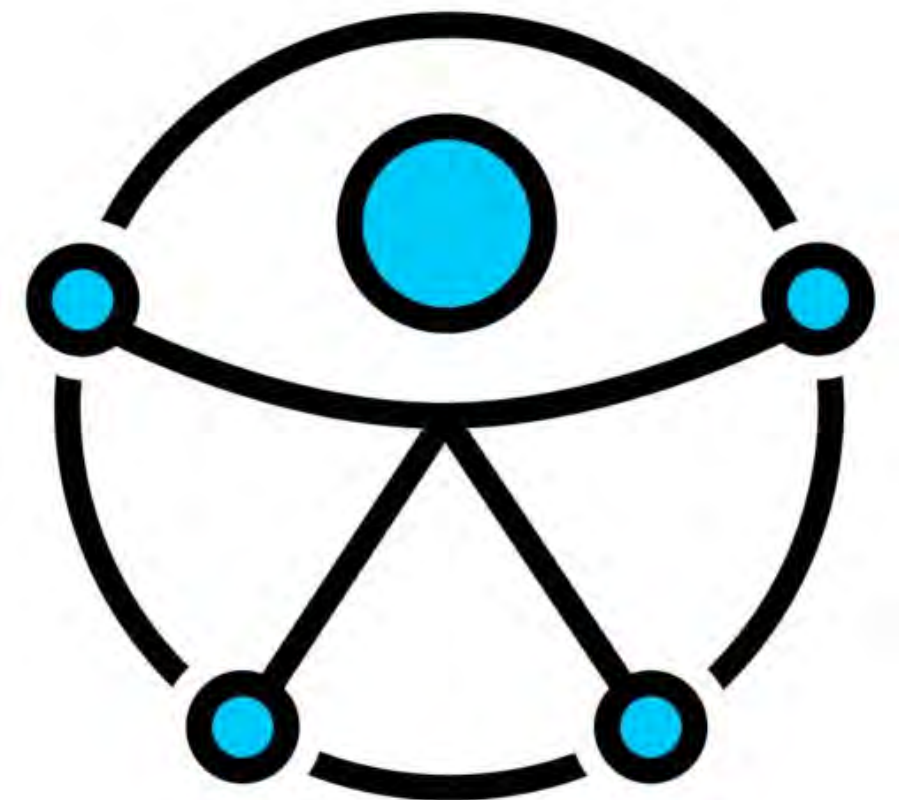
# Italy

## ACCESSIBLE AGRITURISM IN CILENTO



Accessible farmhouse in Cilento,  
local produced products,  
educational farm

NATURAL  
RESOURCE



- ✓ rooms equipped with aids for different type of disabilities
- ✓ possibility of renting additional aids
- ✓ floor-level shower with seat and grab bars
- ✓ own production of vegetables, legumes, oil, wheat, preserves and jams
- ✓ educational farm
- ✓ wellness, relaxation and good food



40.19179, 15.15316



Via Coppola, 10, 84040  
Velina SA Italy



<https://www.agriturismoparmenide.it/en/>

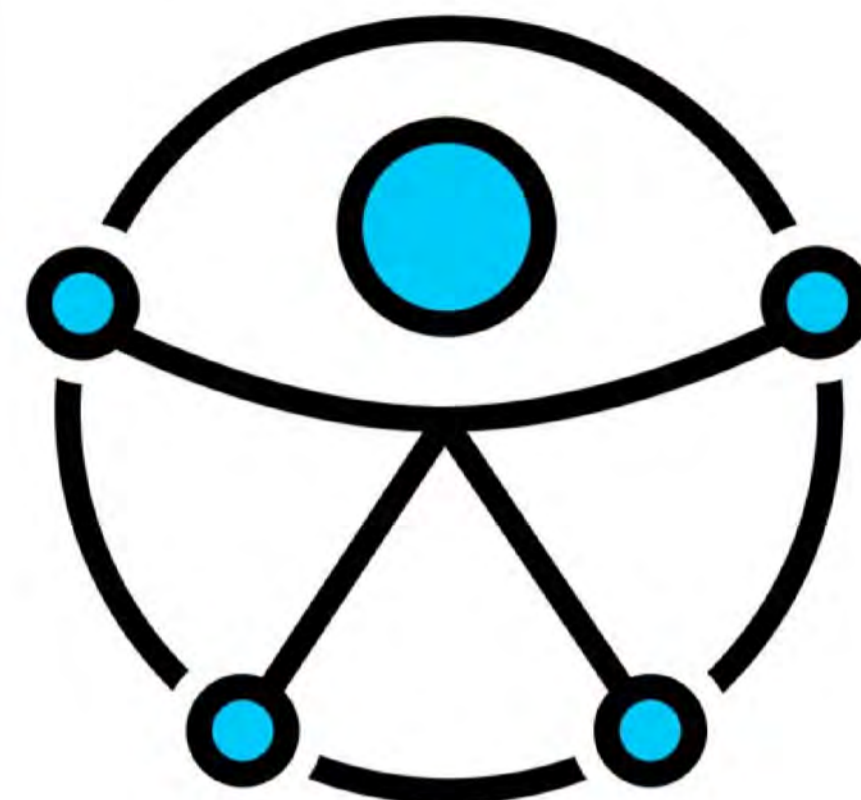
[map link](#)



Co-funded by the  
European Union

Accessible route for people with reduced mobility

NATURAL  
RESOURCE



- ✓ SEATRAC Independent sea access for people with mobility issues
- ✓ Available Parking space for people with disabilities
- ✓ Available WC for people with disabilities
- ✓ Available changing room for people with disabilities
- ✓ Recommended in summer
- ✓ The interactive map offers live updates on the Seatrac services



34.98712 ,33.97959



Cyprus Protaras Kalamies



<https://seatrac.gr/en/map/?long=33.97959&lat=34.98712>

[map link](#)



Co-funded by the  
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More information about the project can be found here: <https://greentour.usal.es>