



the
thoughtful
traveller





As travellers, we have a responsibility to bring positive change to the world and help deliver economic benefits to host communities. As a community, our power comes from our numbers. As individuals, we can each control our own footprint and become thoughtful travellers so that we join the collective of global citizens and change the world for good.

the power of partnerships
Change comes with your help and the help of our partners
We collaborate and seek guidance from a range of expert organisations to ensure that our travel philosophy and in-field operations reflect current and up-to-date sustainable best practice. To the right are some of the leading agencies that we work with. For more information visit: worldexpeditions.com



IMAGES: COVER: Quechua woman backstrap weaving in Chinchero | Mark Tipple
THIS SPREAD: Monk at Angkor Wat, Cambodia | Louise Huxtable



IMAGE: Quechua family, Huilloc, Peru | Donna Lawrence

arm yourself with knowledge

To travel thoughtfully means to act with consideration for the impact we have on the environments and cultures we come into contact with. The first step is to become informed. Knowledge equips us to minimise our negative impacts and maximise our positive effects.

- ✿ Research the challenges faced by the destinations you are visiting. For example, in some regions of Nepal deforestation exists so choose to trek with an operation that doesn't burn wood wherever it is in short supply. We use dung for heating in this instance as an alternate resource.
- ✿ Learn something new each time you travel and stretch your boundaries. For example, if your understanding of how your travel impacts on global warming is limited, you can seek guidance from a travel company that supports renewable energy projects around the world.
- ✿ By establishing the 17 Sustainable Development Goals, the United Nations set the world a challenge to end poverty, protect the planet and ensure prosperity for all as part of a new sustainable development agenda. Visit sustainabledevelopment.un.org and read Goals 8, 12 and 14, to learn more about the impact of tourism.



IMAGE: Interacting with the locals in Kashmir, Indian Himalaya | Richard l'Anson

travel is a catalyst for growth

When we travel we learn; we broaden our horizons – literally and figuratively. Travel builds knowledge from direct experience and, from this tolerance, an understanding of diverse cultures grows. It is a powerful mechanism for individual growth and global unity.

- ✿ Travel with an open mind and consider that through your travels you have something to give, and not just receive. The exchange of a smile can foster friendship, the transference of knowledge can create opportunity for growth, the giving of time and effort can result in positive change, and the acknowledgement that we are all custodians of the one planet earth can protect our most precious asset.
- ✿ In choosing to visit a new country, it goes hand in hand that you should be open to new experiences and learning about different ways of living. That said, you will often realise that, although we have different climates, eat different foods and wear different clothes, our concerns and focus are the same: we all want the opportunity to live in peace and in good health and to access good education.
- ✿ Read and enact the *Credo of the Peaceful Traveller* produced by the International Institute for Peace Through Tourism found at www.iipt.org



protect the vulnerable

Travel exposes us to the extremes of the world; we come face-to-face with marginalised people and threatened animals, in the form of poverty, child abuse, animal cruelty and worker exploitation. By making the right choices we take a stand against these wrongs and help to protect the vulnerable.

- ⚙ Millions of children live in orphanages across the globe, despite the fact that the vast majority of these children have parents or family. The negative impacts on children who grow up in orphanages have been well researched and the effect can last a lifetime. The growth of orphanages in many cases directly corresponds to the increase in tourism numbers and has been found to be driven by well meaning but uninformed tourists who volunteer and donate to the orphanages. Avoid being part of this modern slavery.
- ⚙ When it comes to animal encounters, seeing them in the wild is best! Don't hold a wild animal for a photograph, visit live animal shows or ride wild animals. Demand from travellers for these types of negative animal encounters perpetuates the suffering of animals.
- ⚙ When selecting travel arrangements ensure that the company you choose employs local staff and provides safe and fair working conditions.



IMAGE: Dal Lake, Kashmir, Indian Himalaya | Richard I Anson

support the local economy

Tourism is one of the world's most powerful economic drivers. How we choose to allocate our travel spend can have far reaching ramifications well beyond our own experiences, with the potential to make an important difference to the lives of many.

- ✿ Travel with companies that employ local people. Not only will you have a richer experience with someone who knows the land and the culture intimately, you will also be helping to support the prosperity of the very place you have sought out as an interesting destination.
- ✿ Support local economies by buying locally made handicrafts and products and pay a fair price to the vendor. Too much haggling is inappropriate.
- ✿ Eat local food. Avoid multinational chains, or even national chains. Go to the local cafes and experience the local restaurants, grocers and markets.
- ✿ Carefully select volunteering and opportunities to serve local communities. Ensure that the process is mutually beneficial to all parties, that it is consultative, collaborative, employs local skills and empowers the local community to carry the project forward.



just one planet

What inspires us to travel? It can be wildlife, pristine wilderness, and vast landscapes such as deserts, mountains, oceans and jungles. Whatever it is, it is fragile and needs protection so that we can continue to enjoy it for generations to come.

- ⚙ Plastic is a global issue and travellers can unwittingly play a role in exacerbating the problem by purchasing plastic water bottles in countries where tap water is unsafe to drink. Often these same countries do not have recycling programs and countless plastic bottles end up in waterways or land fill. Be part of the solution and use a water filtration system.
- ⚙ Litter on wilderness trails is aesthetically displeasing and causes harm to wildlife and habitats. Don't walk past it, pick it up. If every traveller collected just '10 pieces' a day, collectively travellers across the globe would make a difference.
- ⚙ Safeguard fauna and flora by washing your walking boots before departing from your destination. Seeds or bacteria caught in your boots that are carried into a foreign destination can cause irreversible damage to wildlife.



respect culture & tradition

Despite the conveniences of our modern world we draw meaning and comfort from tradition, customs and culture. Respect and appreciation for our differences keep these important aspects of our world alive – dance, music, food, religion, arts and handicrafts all provide moments of joy when we travel.

- ⚙ Celebrate and respect the differences offered by a new culture. Researching the local cultures before leaving home, and respecting them when you arrive, will go a long way towards a rich and unforgettable experience for you and your hosts.
- ⚙ Cultural sensitivity is a particularly hot topic in destinations that are feeling the weight of increased tourism numbers and is important for places yet to experience regular tourist visitors.
- ⚙ Making yourself aware of appropriate clothing (what to wear, what not to wear, and when to take those shoes off), when photography is allowed and when to be quiet, for religious or sacred sights or for just wandering the streets and lanes in towns and villages, will help you to be accepted and welcomed as a visitor.
- ⚙ Learn a few phrases of the language so you can engage with the local people. This also indicates your interest in their culture and has the happy by-product of making your trip a little easier, through better communication.



Visit our website to find out more about who we are working with and how to be a thoughtful traveller...

worldexpeditions.com



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IMAGE: Majestic Himalayas: Annapurna range, Nepal | Mark Tipple