

MEANINGFUL TRAVEL CHECKLIST

Travel isn't just about where you go — it's *how* you go. Meaningful travel is about positively impacting the communities you visit and the environments you explore, while enriching your experience. Use these practical tips to guide your journey and learn more about what it means to travel meaningfully at tourismcares.org/meaningful-travel. Plus, remember to consult your travel advisor for additional ways to further your trip's impact.

1. Supporting Local Communities

- ☐ Choose locally-owned hotels, restaurants, shops, and experiences, especially those mindful of their own positive impact.
- ☐ Buy handmade products directly from local artisans and co-ops, and share their work with friends and family back home.
- ☐ Dine at neighborhood restaurants, attend local festivals, and take tours led by community-based organizations.
- ☐ Support non-profits or social enterprises through donations, purchases, or visiting their spaces to learn more.

2. Protecting the Planet

- ☐ Bring your own reusable water bottle, shopping bag, and containers to reduce plastic waste.
- ☐ Use public transportation, walk, or bike when possible to lower your carbon footprint and live like a local.
- ☐ Choose accommodations with visible environmental commitments, and conserve water and electricity.
- ☐ Visit nature conservation efforts, marine sanctuaries, or reforestation projects that welcome visitors to support their mission.

3. Respecting Cultures and People

- ☐ Learn the basics of local etiquette and greetings. Even a small effort to understand the culture goes a long way.
- ☐ Participate in cultural activities such as cooking classes, craft workshops, or storytelling sessions led by locals.
- ☐ Ask before taking photos, especially of people or religious events, and be open to conversation rather than just observation.
- ☐ Choose experiences that empower communities and avoid those that treat people as attractions.



Looking for sustainable places to stay, eat, or explore?

Use the Tourism Cares [Meaningful Travel Map](#) to find impactful experiences around the world.