

Sustainability newsletter – June 2022

“The earth is the Lord’s and everything in it; the world, and all who live in it.” (Psalm 24:1)

Travel and holidays

Welcome to our June hints and tips. As we approach the summer holiday season, this month we look at some ways we can travel more sustainability.

As a general rule, the shorter from home you travel, the lower your carbon footprint. As many of us have discovered over the past couple of years, there are some amazing places to visit in the UK. However, if you want to travel further afield, consider how you can do this in as eco-friendly a way as possible. Investigate eco-friendly accommodation, consider offsetting carbon emissions on flights and find local activities that give back to residents.

See how many of the tips below you can take whether you are taking a day trip to the coast or a longer overseas break!



10 Green Travel Tips

- **Take a spill-proof container.** A plastic bottle often travels thousands of miles before you buy it and may find its way into a river or the sea. Take a reusable container with you or drink locally sourced water when you're on the go.
- **Pack lighter.** Particularly if you are flying.
- **Unplug your home.** Appliances such as fridges need to stay on of course while you are away, and timed lights are good for security, but your TV and computer do not need to remain on, and it's good for routers to power down occasionally. Save energy and money.

- **Take public transportation.** Let the train, bus, tram or ferry take the strain. If you can, hire a bike or walk from where you are staying. If you rent a car or take a taxi, choose an electric one, if available.
- **Take non-stop flights.** Every time a plane takes off and lands, it adds to global warming so if you need to fly, try to find a non-stop option. But only fly when you have to.
- **Eat local.** Enjoy locally sourced produce to minimise airmiles, help local producers and learn exciting recipes that will wow your friends when you get home!
- **Shop locally.** Buy local produce and support the local infrastructure where you can. Remember to take a reusable shopping bag with you (or buy one locally).
- **Stay at a green hotel.** Try to avoid places that waste food or energy or provide food and bathroom products that are not sustainably sourced. And whether it's a green hotel or not, a great tip is to remember to act in a hotel like you would at home – avoid getting clean towels when not necessary, don't have long showers and remember to turn off TV, lights and aircon when you leave the room.
- **Leave no trace.** The places we visit want our money, not our litter...
- **Drink near beer.** Local breweries and vineyards are often undiscovered gems and you'll be supporting the local economy.

Enjoy the summer, whether you are staying at home or holidaying further afield.

We will be providing tips on a variety of topics over the coming months, so if you have any you'd like to share, please let us know by emailing them to jwilks@jwa-consultancy.co.uk.