

FICHA 10 EMBRACING SUSTAINABILITY FAR FROM HOME

Sustainable development was defined by the United Nations in 1987 as “development that meets the needs of the present without compromising the ability of future generations to meet their own needs”. Therefore is a paradigm that takes into account economic, social and environmental issues without prioritizing one over the other. As consumers we cannot ensure its implementation by ourselves but we have the capacity to assume sustainable consumption habits and to advocate for a sustainable production of goods and services.

A responsible consumption can be a bit tricky during the holidays, a period where we indulge ourselves and take a break from our everyday duties and routines. Settled in a beautiful destination, we tend to eat outside or order take out, we drink more -especially in summer- and purchase more hygiene and cosmetic products. Nevertheless an enjoyable vacation can be sustainable and here we provide you with some tips to achieve it:




Transportation is the main source of tourism’s CO2 emissions, therefore is important to choose the more environmentally friendly form to get there.



Support locally owned bars and restaurants to contribute to the region’s economy.



If flying is necessary, make it count! Plan a long vacation instead of plenty of short ones, that way you’ll reduce you emissions and enjoy more your destination.



Buy fresh fruit and vegetables, search for local markets and avoid over packed products.



If you go for a walk in natural areas, don’t leave anything behind. Carry a bag with the rubbish you generate during the trip and dispose it in the proper container.



When you arrive at your holiday home, locate the nearest waste separation containers.



Before booking your accommodation, find out if they have a commitment to sustainability.



Whenever possible, reuse the containers and plastic bags.

TO RECYCLE PROPERLY IN SPAIN YOU HAVE TO IDENTIFY THE MAIN 5 TRASH CONTAINERS:



BLUE
Paper and cardboard.



YELLOW
Plastic, cans and tetrabrick containers.



GREEN
Glass bottles and jars, without its caps.



GREY / DARK GREEN
Everything else, like personal hygiene products.



BROWN
Organic waste, such as food leftovers, fruit and vegetable peels, kitchen roll, corks.

*Be careful with used surgical masks and nitrile gloves, they **MUST** be disposed in the grey (or dark green) container.*