

Think about the environment, stay eco even when on holiday

Once at your destination use public transport, walk or cycle. It's a good way to reduce your carbon emissions as well as discovering the countryside in a nice way

Keep your consumption of water and energy down. The average tourist uses 2-4 times more of both during their holiday, Behave as you would at home – Switch off lights; turn off taps and minimise use of air con.

Don't abandon your good habits and carry on recycling. Don't throw away tourist leaflets – only take those you really need

Eat local. Eating local means producing local