

# RESPONSIBLE TOURISM: HOW TO BECOME A BETTER TRAVELER?



The pandemic stopped us for a couple of years, but tourism has regained strength for a few months now. Many have returned to travel just as they did before the arrival of Covid and taken by enthusiasm, not all have reflected on the impact that their passage to more “fragile” tourist destinations may have. This is the right time to think about how to become a better traveler. Very few

gestures are required: here is how to do it.

## How to Travel Responsibly

There are now overcrowded tourist destinations, places so full of charm that they continue to attract visitors from all corners of the world. **The problem of over-tourism should not be underestimated, and it is precisely in times of pandemic that we have seen how these places have resumed life at their own pace.** What can we do?

Choosing to travel out of season allows us not only to respect the environment but also to make the most of the places we visit and save a little by finding much cheaper rates. If we do not have the opportunity to take advantage of this alternative, we can at least opt for places that are a little more secluded than the usual ones (always too crowded), discovering small corners of the world that can still give us so much experience.

Even the means of transport we choose have a great influence: the plane is comfortable and very fast, while the car allows you to divide the journey into several stages and have greater autonomy. However, they are both options with a high negative ecological impact. Trains on the other hand offer a nice adventure and you can admire wonderful landscapes even during the journey. In order to get around on vacation, we can take advantage of public transport, rent a bike or simply take a long walk.

## Tricks to Become a Better Traveler

The way we behave on holiday can really make a difference, especially if we go to poorer places where tourism is an important source of income. In order to support the local inhabitants, we should always choose small realities: we stay overnight in Bed & Breakfasts, eat in family-run restaurants and buy from small artisans. This is also a great way to really immerse yourself in the traditions and culture of the places we visit, savoring the warm welcome of the residents.

Another small gesture that is often underestimated is leaving a tip. In an increasingly technological and digital world, where payments are made by card or even using our smartphone, having a little cash with us to use for tips is really useful. It is the way we have to show appreciation for a service received, and at the same time give support to the workers.

Finally, let's pay attention to the photos: **now we are always with the phone in hand, ready to take the perfect snapshot to share on social networks, but we must not forget to live in the moment.** And to always ask permission if we intend to immortalize someone met along our journey: that photo will certainly have much more human value and will give us unforgettable memories.

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