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## ECO-FRIENDLY TRAVEL WITH PROM

### RECOMMENDATIONS FOR SUSTAINABLE MOBILITY

Participation in international mobility programs is not only an opportunity for personal and professional development, but also a responsibility towards the natural environment. Each of us can actively reduce the negative impact of travel on the planet. Below are practical recommendations for environmentally **friendly and responsible travel**.



#### 1. TRANSPORT – LOW-EMISSION SOLUTIONS



- ✓ Travel by train or coach instead of flying (for shorter distances).
- ✓ Use public transport, which reduces the number of cars on the roads and lowers air pollution. Cycling and walking allow for better exploration of the city.

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**Carpooling** (shared rides).



## 2. WATER CONSERVATION



Take **short showers instead of baths**.



Turn off the tap while brushing teeth, washing hands, or doing dishes.



Reuse towels and bed linen when permitted by the accommodation's policy.



Report water leaks and plumbing faults at your place of stay.



## 3. WASTE AND RECYCLING



Sort **waste** in accordance with local regulations.



Avoid **single-use products** (plastic bottles, cups, cutlery).



Use reusable items (e.g. a **reusable water bottle**).



Do not leave **litter** in public spaces or in natural areas.



## 4. RESPONSIBLE CONSUMPTION



Choose **local and seasonal products**.



Reduce **food waste** by purchasing only what is needed.



Support **local businesses**, contributing to the sustainable development of the region.



## 5. RESPECT FOR NATURE AND THE LOCAL COMMUNITY



Use only designated paths to minimize environmental degradation.



Comply with local nature protection rules and applicable regulations.



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## 6. RATIONAL ENERGY USE

- ✓ Turn off lights, heating, and air conditioning when not in use.
- ✓ Unplug chargers and electronic devices after use.
- ✓ Make use of natural daylight to reduce energy consumption.

Every conscious choice – even the smallest one – contributes to environmental protection. The attitude of each participant during international mobility has a real impact on the future of the planet. It is important to reduce the amount of waste generated and ensure proper waste segregation, make responsible consumer choices, and show respect for nature and the local community by complying with local rules and good practices.



*Travel consciously. Care for the planet. Inspire others!*

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