

# ECO-FRIENDLY TRAVEL

## Project „Specialist in Agricultural and Food Engineering in the context of Green and Digital Transformation (Twin Transition)”

### 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.
- ✓ **Carpooling** (shared rides).

#### 2. WATER CONSERVATION



- ✓ Take **short showers instead of baths**.
- ✓ **Turn off the tap** while brushing teeth, washing hands, or doing dishes.

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- ✓ 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.

### 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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