

## BEFORE YOU GO

When travelling as a group plan to share toiletries. Leave your rubbish at home by removing excess packaging. Think about what you already have and avoid buying anything you don't need.

## YOUR JOURNEY

The journey to your destination makes the single biggest contribution to the carbon footprint. If you're travelling to Europe or in the UK, think about using rail and Eurostar, which is fast and relatively green. Coaches are also low-impact too.

## PACK LIGHT

Lay out everything you plan to take, then halve it. Pack a reusable water bottle. If flying, drink the contents before airport security then refill once 'airside'. You can then refill throughout your trip. The tap water in the majority of Europe and the USA is completely safe to drink. You can always double-check before you go!

## OFFSET YOUR CARBON FOOTPRINT

Offsetting the CO2 you emitted during your travels doesn't reduce your carbon footprint. However, offsetting it does give back to the environment. The most common way is by planting a tree through offsetting programs. For your next trip choose a tour operator who are involved in one of these programs.

# WAYS TO REDUCE YOUR TRAVEL FOOTPRINT

## STAYING THERE

Practise eco-friendly habits by limiting how many towels you use and try taking just a 3-minute shower per day. Where possible, reuse items rather than buying new ones, and always recycle using the facilities available.

**RE**DUCE  
**USE**  
**CYCLE**

## BUY LOCAL

Locally made souvenirs have the twin virtues of reducing the cost of transport and boosting the local economy.

## OUR COMMITMENT TO SUSTAINABILITY

With some simple choices, you can limit the harm you do to the planet.

For every school trip booked with NST, a Maya nut tree will be planted in Peru supporting reforestation, providing benefits to local communities and supporting biodiversity. To guarantee carbon emission reductions, we've pledged to offset an additional tonne of CO2.

Learn more about it at

[www.nst.ie/corporate-social-responsibility](http://www.nst.ie/corporate-social-responsibility)