

Regenerative Travel Guide

Travel inspired by nature - good for people, economy and the environment

Traveling is natural - in nature, animals and plants travel for long or short distances. When we travel, we recreate ourselves, connect with people and nature and thrive on all levels. However, excessive travel harms our own health, the environment, communities and the economy.

A floating whale or a gliding dragonfly - animals travel joyfully and inherently contribute positively to the places they migrate through. Travel is amongst the largest industries in the world. **Imagine if we travel in a way that is good for communities, economy and environment.** Imagine if each one of us travels regeneratively!

Regenerative travel promotes sustainability and goes beyond that. It recreates people, communities, economy, and environment. Regenerative travel experiences enable to

- Connect to ourselves, people and nature joyfully,
- Develop a collaborative, authentic and mutually beneficial relationship,
- Transform ourselves and the world.

Are you a regenerative traveler?

You are part of this species, if for at least 5 of the following points you say “This is me.”

- I love to be a valuable part of the world.
- I enjoy sharing the travel experience with other people.
- I like to learn about the local culture and experience it by interacting with locals.
- I prefer the quality of a journey to the quantity of visits.
- I care about nature and like environmentally friendly products.
- I passionately explore a variety of aspects such as culture, nature, economy or spirituality when I travel.
- It is essential for me to recreate, reflect my experience and integrate what I have learned in my daily life.



Travel etiquette for the regenerative traveler

Before traveling

- Ask yourself “What is the value of the trip?” first and consciously choose the destination, itinerary and length of the stay. Choose quality rather than quantity and stay longer – especially if the place is far away.
- Decide for the best way of transport considering the distance, the circumstances and amount of people you travel with. Whenever possible choose resource-efficient and sustainable transport like car sharing, train, cycling, e-mobility, hydrogen mobility. Find the best option with 

- Choose accommodation that is local and cares about people and the environment.



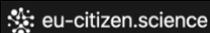
- Check local transport options - preferred public transport or bike, e-mobility or car sharing.
- Inform yourself about the culture, environment, exciting local initiatives, social and economic situation of the place where you go to by locals or travel guides.
- Connect with people who have been traveling there or live there to exchange travel recommendations on places, restaurants, accommodations, tours.
- Get familiar with the language and learn at least some words. Have fun and listen to music, watch a movie or read a magazine in the language of your destination.
- Think about how you can create positive impact for the local community you are traveling to. Your experience, know-how, and resources can be inspiring and helpful for the local community. It's a great way to experience the country authentically and make true connections.

<https://www.packforapurpose.org/>

During traveling

- Recreate and renew yourself during traveling, try new things, open your mind and heart.
- Contribute positively to the place you go to. This can be simply by interactions with people that are enriching for both sides or adding value by sharing your know-how, experience and other resources.



- Contribute and be part of social, environmental and citizen science projects.  
- Behave consciously – respect local customs and connect with locals, communities and nature. Notice, listen, observe and act from this place.
- Choose local products and services that maximize the net-positive impacts for communities and the environment.
- Use resources efficiently and consume consciously – avoid the overconsumption of water, electricity, animal based products and choose regenerative products.
- Demand fair prices and income distribution.
- Appreciate local heritage and prefer small producers, cooperatives and association. 
- Take care about yourself - practice mindful techniques, avoid stressful itineraries and take breaks to reflect and share your travel experiences actively.

After traveling

- Reflect on the experience, what you have learned and how you can integrate it in your daily life.
- Give back. Traveling often opens your mind and heart to something new. Promote trustful local initiatives and communities you got to know with your own network and friends. Support them via raising awareness, financial support or with other resources.
- Stay in contact with people and projects you got to know during your travels.
- Calculate the carbon emissions of your travel which you could not avoid because of missing reasonable alternatives. Offset your carbon emissions made via transport with accredited projects.
- Reflect on the positive impact you had on the place you traveled to. Share it for example via personal conversations, social media, articles, photos to inspire others.
- Write reviews on tours, accommodations, and restaurants. Praise sustainability champions.
- Keep on exploring. Traveling is just the start of learning. Once you return home, continue exploring further on what you experienced. Stay in touch with people and the region and help to resolve the issues that caught your attention.⁴



MY REGENERATIVE TRAVEL EXPERIENCE

- ✂ Regenerate: My positive impact for _____ (place) was _____ (the way I contributed to the place).
- ✂ Cooperate: I feel inspired when I remember _____ (name) who said _____ (quote).
- 📍 Stay local: An outstanding local experience was _____
- 🌱 Optimize: What is the social, economical and environmental value of the trip and how did the principle quality over quantity enrich the experience?

- 🔄 Reloop: How did you move?
The modes of transport I used on this journey were:
Modes of transport: _____
Kms: _____
CO2 emissions: _____
Balance: _____ (Which project to you support to balance CO2 emissions?)
- 🌈 Diversify: What different aspects made you smile and was fun during your journey? Draw or write about it:
- 🦋 Renew: How did you renew and recreate yourself during the trip? What do you want to integrate in daily life?
