

HOW TO BECOME AN ECO-FRIENDLY **TRAVELLER**



Renting a furnished holiday apartment? You can do your bit to save the planet!



I don't waste heating or hot water! III

⁸ The ideal room temperature is 19°C. If it is too hot, I turn down the heating before opening the windows.

5 minutes is plenty if you just want to air the room, without making it too cold . 図 I close the curtains at night.

> I follow the user manual for the thermostat.

I save electricity! 🌣

I always switch off audiovisual devices as they use as much energy on standby as they do when switched on.

[®]When I leave a room, I turn off the light and remember to turn off the multi-sockets

I choose the most economical setting on household appliances.





I save water! 🕾

Running the tap for 3 minutes is 18L of drinking water down the drain.

There is no need to rinse things before putting them in the dishwasher.

☐ I have a shower. rather than a bath. I turn off the tap when I wash my hands or teeth.

I sort my rubbish! 4

I buy products with minimal packaging.

ย่า In the town and countryside, I put my rubbish in the appropriate bin.

I follow the recycling regulations.



I adapt my culture ! 3

ÅI respect local customs.

☐ I buy local and contribute to the local economy (markets, regional products...).

I share my experience with those around me.

But above all, I HAVE FUN !!! 😉

