



Ours to Protect on Sunshine 106.8 – April 29th 2024

On this week's episode we spoke with Travel Journalist Ed Finn about sustainable travel:

1. Around two billion people travel each year for tourism purposes. Travel and tourism connect people and bring the world closer through shared experiences, cultural awareness and community building. However there is a downside..
2. Many popular destinations are threatened by increasing pollution, environmental hazards, damage to heritage sites and overuse of resources. And that's without factoring the pollution caused by travel to and from these destinations
3. However there are many things you can do to ensure an enjoyable trip while leaving with the confidence that your favoured tourist destination will not be damaged by your presence, once you return home.
4. Often used for less than 15 minutes, single-use plastic items can take more than 1,000 years to degrade. Many of us are switching to sustainable options in our daily lives, and we can take the same attitude when we're on the road. By choosing reusable bottles and bags wherever you go, you can help ensure there is less plastic waste in the ocean and other habitats.
5. On the whole, tourists use far more water than local residents. With a growing number of places experiencing water scarcity, the choices you make can help ensure people have adequate access to water in the future. By foregoing a daily change of sheets and towels during hotel stays, we can save millions of litres of water each year.
6. When you buy local, you help boost the local economy, benefit local communities, and help to reduce the destination's carbon footprint from transporting the goods. This is also true at mealtimes, so enjoy fresh, locally grown produce every chance you get
7. Transportation is a major contributor to the carbon footprint from tourism. Instead of private taxis, explore using public transportation like trains, buses and shared cabs. You can also ride a bicycle, which offers a convenient and cheaper way to explore and learn about a place.
8. Before you travel, educate yourself about your destination. Doing so will allow you to better immerse yourself in local traditions and practices and appreciate things that might have gone unnoticed otherwise. With the right information, you can explore a destination in a more sensitive manner and surprise yourself with new adventures and discoveries.
9. You can make a mark by not leaving a mark on your vacation destination. Put garbage in its place to avoid litter, and don't remove or alter anything without permission. Let's make sure we leave only soft footprints, and not the environmental kind.
10. Ed Finn hosts Travel Talk on Saturday Live with Robbie Fogarty every Saturday on Sunshine 106.8 from 10am.

Remember, **Ours to Protect** is broadcast every Monday evening at 7pm on **Sunshine 106.8**.

For more see sunshineradio.ie/ourstoprotect

To access the weekly podcast, including previous editions see
sunshineradio.ie/podcasts/ourstoprotect

