

KEMBALI  
BECIK

# Sustainable Travel Guide



# Introduction

TRAVELING BALI IS AN  
EXCITING ADVENTURE.

**But between the transport you use, the hotels you stay in, and the waste you produce — your trip can have a massive impact on the local environment.**

This sustainable travel guide will give you simple, practical tips to make your trip to Bali as green as possible. It is broken down into six different aspects of your trip; transport, energy, waste, water, biodiversity, and community. Work your way through these categories when planning your trip, and leave a positive impact on the local environment.

Sustainability is commonly represented by three interconnected pillars - environment, social, and economic. A focus on these three things when we travel allows us to best support the prosperity of planet, people and community in Bali.

The steps in this guide are designed to help travelers minimize their negative impacts on the local community through small acts that cut across these three pillars.





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# Transport

## HOW TO GET TO AND AROUND BALI WITH FEWER CO2 EMISSIONS.



### 1 Rethink flying.

Wherever possible use trains, buses, or ships to get around. Especially for shorter journeys! **Why?** Airplanes are the largest transport-related source of **CO2 emissions**. By switching to a lower-carbon option you'll reduce your carbon footprint. Not to mention the fact that traveling by train, bus, or ship can be far more interesting.

### 2 If you have to fly, fly direct.

Direct flights aren't just the quickest way to get from A to B, they're the greenest. Planes use up massive amounts of fuel during take-off which means you'll use much less fuel on your trip if you cut down on the number of stops.

### 3 Stick to economy seats.

First and business class sections of a plane take up much more space and carry far less people. This means that the **emission per passenger can be up to nine times higher** than economy class.

### 4 Choose airlines that use sustainable fuel.

Sustainable biofuel can **reduce emissions by up to 75%**. Using materials such as cooking oil, household waste, and food scraps that would otherwise end up in a landfill.

### 5 Offset your flight's carbon emission.

Many airlines now have carbon offsetting programs where passengers can opt to pay a small fee to offset the carbon emission of their flights. This should be your last resort. Most airlines partner with credible organizations that fund local initiatives like tree and mangrove planting, renewable energy projects, and land restoration.

### 6 Drive electric.

Electric and hybrid vehicles have lower emissions compared to traditional combustion engines. When looking to rent a car or motorbike, seek out local rental companies that offer electric and hybrid vehicles.

### 7 Walk or cycle around.

Walking and cycling is better for you and better for the planet. It lets you really explore your destination, not to mention it can be basically free!

### 8 Use public transit, not taxis where possible.

Public transport is a great way of minimizing emissions and also a fun way to immerse yourself in the local way of life. Public transport is limited to only certain areas in Bali, so if you're heading somewhere that is not covered by buses consider carpooling.

### 9 Carpool.

Whether it's using a private car or a ride-hailing service, having more people in a vehicle means less of a carbon footprint for your trip.





# Energy

REDUCING YOUR ELECTRICITY CONSUMPTION AND SUPPORTING LOW ENERGY BUSINESSES.



## 1 Opt for businesses that use renewable energy.

Businesses based in Bali are starting to adopt clean energy technologies such as solar panels. By supporting businesses that use green energy, you can send a signal to the industry to do the same.

## 2 Choose businesses that use LED lighting.

LED lighting is one of the easiest and most efficient ways for businesses to save on energy. A global switch to LED technology could save over **1,400 million tons of CO2.**

## 3 Switch everything off when you leave your room.

Remembering to turn off lights, appliances, and airconditioning when you leave your hotel room is one of the easiest ways for travelers to save energy and reduce emissions. And it doesn't cost a thing!

## 4 Only get your room cleaned when you need it.

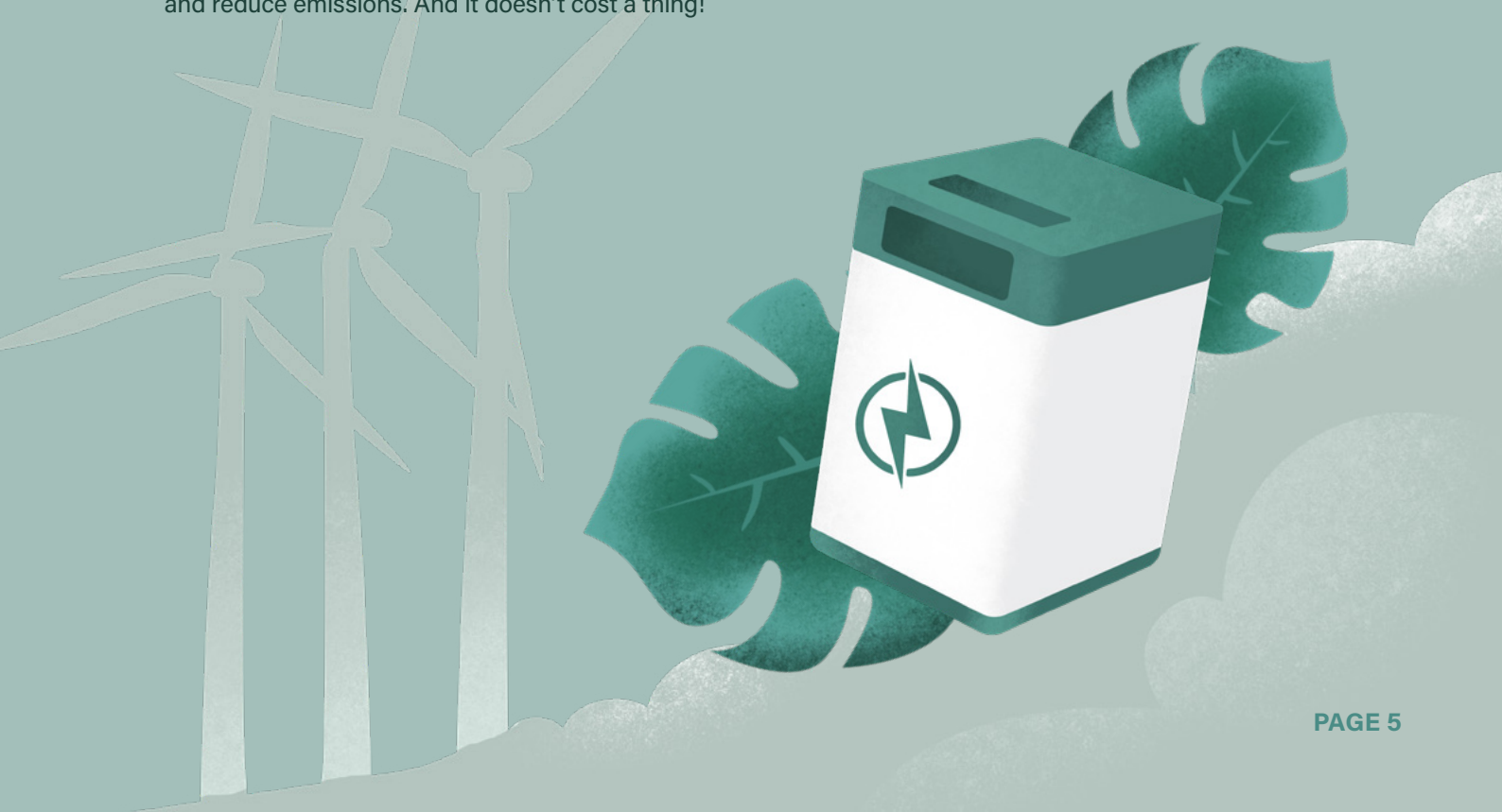
Most hotels will clean your entire room each day, even though it isn't necessary! By leaving the 'do not disturb' sign on your door you'll save energy consumption from vacuuming and changing your sheets or towels every day.

## 5 Leave sustainable suggestions.

When you check out of your hotel, let them know that you want them to take more steps to be sustainable. By making your preference known you can help shift the industry to become greener.

## 6 Find hotels or venues that incorporate green architecture.

Having a building that optimizes natural light and air flow can help save energy that would have been used for air conditioning and lighting.



# Waste

HOW TO REDUCE THE AMOUNT OF WASTE YOU ARE PRODUCING FROM SINGLE USE PLASTICS, PAPER AND CLOTHES.



## 1 Go digital.

From your plane ticket to your hotel reservation, almost everything can be stored on your phones. If you are worried about not having an internet connection to access these documents, download them into your offline folder before you travel. This can help reduce paper wastage.

## 2 Return maps, brochures, and menus.

Instead of throwing any promotional flyers away, once you've finished with them give them back so that the next person can still use it.

## 3 Use a reusable bag for shopping.

Every minute, one truck of plastic waste is dumped into our ocean. By carrying around a reusable bag instead of a plastic one, you are helping to prevent more plastic from polluting the ocean. Go the extra mile by avoiding buying food in plastic packaging, a lot of local foods are packed in leaves or other more environmentally friendly packaging.

## 4 Get a refillable water bottle.

You've probably already got one, so remember to bring it with you. And avoid buying water that is packaged in plastic bottles.

## 5 Don't buy new clothes just for travel.

The fashion industry is responsible for **10% of the global carbon emissions** each year. Reducing your clothing consumption is good for the environment and good for your pocket. If you need to, try shopping sustainably or second hand!

## 6 Take toxic waste home with you.

Products like batteries and aerosols contain toxic waste that can be really harmful to the environment when not disposed of correctly. The best way to minimise your impact is to take them home with you and dispose of them there.

## 7 Pick up any trash you spot along your journey.

If you see a piece of trash on a hike or at the beach, take it with you! You're probably already bringing a trash bag anyway so if you see something that looks safe to pick up - clean it up.

## 8 Take leftover toiletries home.

Unused soap, shampoo, or toothpaste from a hotel are usually thrown away. By taking them home, you reduce the amount of waste that would have ended up in landfill. Plus, you get free toiletries!

## 9 Support businesses with good waste management programs.

Some businesses participate in waste sorting, recycling, or composting initiatives. Look out for those that do, and support their efforts to reduce waste.

# Water

HOW TO MINIMIZE YOUR WATER USAGE AND REDUCE YOUR IMPACT ON BALI'S WATER CRISIS.



## 1 Short showers instead of baths.

An average bath uses up to **7 times more water** than a shower. Bali is already facing **a water crisis**, partly due to the growing tourism industry. Help minimize the problem by being mindful about how you shower.

## 2 Turn the water off when you don't need it.

When you are brushing your teeth, washing your hair, cleaning your hands - turn off the tap when you don't need it.

## 3 Reuse your towels.

You don't change your towels every day at home, and chances are that you don't need a fresh set of towels from the hotel each day either!

## 4 Keep your sheets.

Don't let your bed sheets get changed everyday. Hotel cleaners will often change them every day unless you tell them not to.

## 5 Support hotels that use low-flow showers and toilets.

By staying in hotels that have low-water consumption fixtures like showers and toilets, you can support their efforts to reduce their water consumption.

## 6 Support businesses that use rainwater.

Rainwater collection is an easy and inexpensive way to reduce the need to take water out of the ground, which is key in keeping soil fertile, reducing erosion, and preventing flooding.





# Biodiversity

HOW TO MAKE SURE THAT YOU  
ARE RESPECTING THE PLANTS AND  
ANIMALS THAT CALL BALI HOME.



## 1 Support conservation efforts.

Visit a mangrove nursery, turtle nursery, or join a beach clean-up. It's a great way to contribute to the community, meet new people, and explore Bali.

## 2 Wear reef-safe sunscreen.

Many sunscreens contain chemicals that are toxic to coral reefs. Avoid using sunscreen that contains Oxybenzone to minimize the impact you'll have on coral bleaching.

## 3 Don't touch the coral.

Coral reefs are key players in keeping carbon underwater and out of our atmosphere. When snorkeling or scuba diving, don't disturb fragile coral ecosystems.

## 4 Choose wildlife tour operators carefully.

Make sure that your tour is respecting the wildlife. Tours that guarantee a photo or a feeding moment can affect the behavior of species, causing them to lose their ability to forage for food, or disturb the natural balance of the population.

## 5 Stick to marked hiking trails.

The trails are made for your safety and also to protect the environment in the area. By going off track, you can disturb delicate ecosystems and cause damage to important biodiversity.

## 6 Don't buy or eat anything made from endangered species.

Endangered plants and animals are at risk of becoming extinct unless their populations are supported. Restaurants or businesses that use endangered species make the situation worse - don't support them.





# Community

HOW TO SUPPORT THE PEOPLE  
AND THE COMMUNITIES THAT  
CALL BALI HOME.



## 1 Buy locally made.

To support the local economy and buy local goods that you can't find anywhere else.

## 2 Support small and family owned businesses.

Compared to big chains, these small shops bring direct economic benefits to the community.

## 3 Find locally sourced food.

Many restaurants in Bali are now doing farm-to-fork initiatives to support the local food industry. When food is sourced locally it means it has gone a shorter distance to arrive at your table, which means it produces lower emissions.

## 4 Look for fair-trade certified products.

Bali's cheap labor costs are often severely exploited in the production of goods and services. Fair trade producers pay their labor fairly and provide good working conditions for the people who make the products you buy.

## 5 Respect local customs.

Be mindful of sacred places, be aware some gestures are considered rude, some topics are considered taboo. Do some research before your trip, to make sure you are properly honoring the customs of the place you are visiting.

## 6 Support local charities.

There are many social impact organizations in Bali who are working to address social-environmental issues on the island. You can directly help them through volunteering or by making a financial donation. Ask around to make sure you are connected to credible nonprofit organizations!





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