

TRAVEL

MEANINGFULLY

Nepal Edition - by TUMI

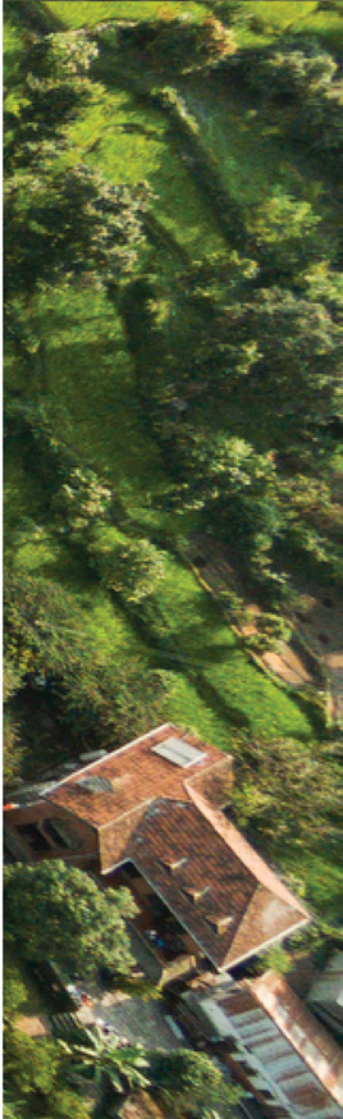


CHOOSE AN ECOFRIENDLY ACCOMMODATION

Touristic accommodations can have a negative impact on the environment. By choosing a more ecofriendly accommodation, you can easily limit these impacts.

For our Crew mission in Nepal, TUMI kept this in mind whilst selecting the influencers accommodation. The Pavilions Himalayas is a unique eco organic farm boutique resort running on solar panels, filtering and recycling water through wetland plantation & flushing systems, employing people from the community and giving 70% of all its net profits back to local village schools & health post.

The Dwarika's is a sustainable, low-waste hotel, from the hand-woven Nepalese fabrics that decorate the rooms to the food produce grown in the company's two organic farms outside the city. The founder Dwarika Das Shrestha, made it his mission in the 1960s to collect and preserve traditional arts and crafts. Since then, the hotel supports local artisans and plays an important role in the preservation of traditional Nepalese heritage.



PACK MINDFULLY & LIGHT

Plan the itinerary and check the weather. Be clever in the selection of your clothes. Pack smart, pack light; take only the essentials and save the space to bring back some locally produced souvenirs. One kilogram less onboard saves 69 tons of CO₂ emissions per year. The lighter you travel, the lower your carbon footprint !

And it will even be better if you use an ecofriendly travel bag or suitcase. One that lasts forever, can be fixed if it gets broken or is made from a sustainable or recyclable material.



LIMIT PLASTIC WASTE

Plastic is everywhere, even in the oceans and on the beaches and littering the mountains. Plastic bottles are in the top 10 most common waste found on beaches around the world.

Plastics, which do not biodegrade, end up as ocean debris, killing thousands of marine wildlife.

Travelling with a reusable bottle is an easy way to limit plastic waste.

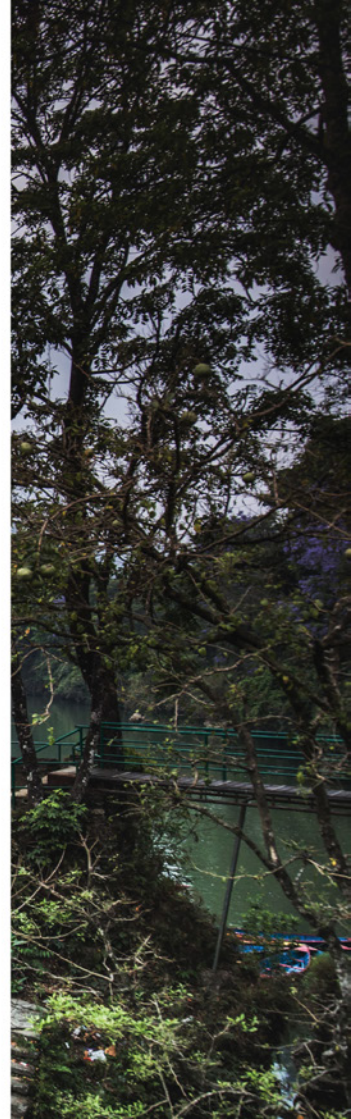


DON'T WASTE NATURAL RESOURCES

Natural resources are precious.

This is even truer in countries where access to basic resources such as water or electricity is difficult, which is the case in Nepal. Here is what you can do to prevent the waste of these resources-

Turn off electricity resources when not needed. The same rule works for air conditioning. During your journey at a hotel, try to keep the same towel as long as you can, otherwise it will be replaced and washed everyday.



VOLUNTEER TO SUPPORT LOCAL COMMUNITIES

Being a citizen traveler also means being committed to help social causes in the countries you visit. You can make a positive impact on the communities by volunteering with local organizations.

During the journey in Nepal, the Crew will be helped our long-term partner Waves for Water to provide clean water to people in need.

The influencers did a trek in the Pokhara mountain region to distribute portable water filters to the communities living in the small villages close to the mountain roads and on the top of the hills.





HONOR YOUR HOSTS

Being a citizen traveler means showing respect to the people who welcome you in their country. For instance, always ask for permission before taking a picture or video. Be curious and gather all the information you need about your destination: the customs and cultural codes, the history of the country, the laws and local religion, etc.

In Nepal, you will visit temples: always be respectful while visiting these places, wear the appropriate outfit and always take off your shoes. By the way, did you know a temple might be bypassed to the left and clockwise?

To show gratitude and respect, use both of your hands rather than one when giving or receiving something. Also learn a few words in the local language to build a more authentic relationship with the locals.

Hello – “Namaste”

I am Sorry – “Maaf garnu hos”

It is nice – “Ramro cha”

Tasty – “Mitho chha”

Thank You – “Dhanyawaad”



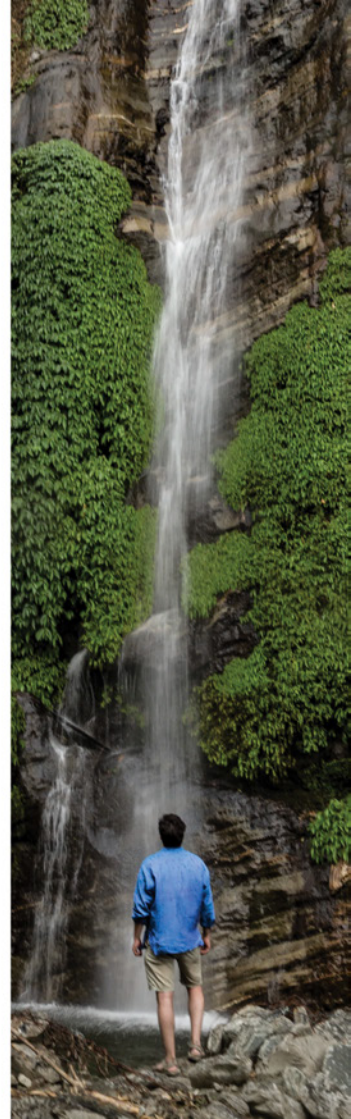
RESPECT THE NATURE

Nature is beautiful yet fragile.

One simple bad habit, like throwing away your trash , can harness the environment for many years. It is both our personal and collective responsibility to take care of the nature:

- Keep it clean and do not litter
- Do not touch the wild animals or collect flowers
- Respect trail signage and instructions

Sad Fact : In Nepal, nearly 56000 beer bottles were recently found at the base of the Mount Everest !





CONSUME LOCAL

Support the local economy by:

- Eating and drinking local products.
- Buy local handmade artifacts, at a fair price.
- Travel with a local certified guide: you will not find better ambassadors to discover the area!

For this trip we work with Insight Himalaya, the leading adventure travel company in the country.

For close to three decades, they have been organizing tailor-made, off the beaten track adventure trips to some of the many undisturbed and stunningly beautiful areas of the Himalayas, combining luxury comfort and intimate travel experiences for the most discerning traveler.



REDUCE YOUR CARBON FOOTPRINT

Flying has the highest carbon emissions in the travel industry.

If you cannot avoid taking the plane, an alternative is to offset these carbon emissions by investing in environmental and social projects that can balance out your carbon footprint.

Before or after your journey, use this online carbon calculator to estimate and offset your transportation's carbon emissions: **www.good-planet.org/en/carbon-calculator**. It will benefit social and environmental projects around the world.

For this expedition, TUMI offsetted the carbon emissions of the Crew's flights. The funds will benefit social and environmental projects.

BRING YOUR SMILE



PERFECTING THE JOURNEY

