

Five principles to be taken as travellers' hand luggage

A fair exchange with my hosts matters a lot to me. I appreciate it as a great privilege to be welcome. It is natural for me to respect the self-determination and dignity of my hosts and to support the local population's rights to participate in and benefit from tourism.

My holiday should benefit the local population to the best extent possible. Therefore, I prefer accommodation and services offered by local people. I buy local handicraft items as souvenirs to take home and enjoy the culinary specialities of the region.

I make sure that I pay fair prices. Only fair prices ensure the long-term survival of the service providers and enable them to offer quality services and invest in the protection of the environment, in education and community development. In order to enjoy my holiday, I want to be sure that all those who contribute to my holiday experience work under good conditions. Preserving cultural traditions and protecting natural landscapes also requires a lot of work, for which I want to offer fair remuneration.

I appreciate the beauty of nature and respect the attractive landscape as the place where my hosts live and earn their livelihoods. My demand for certain standards must not lead to the over-consumption of scarce resources such as land or water. I try not to pollute the environment in the destination any more than necessary and to choose the most environmentally friendly mode of transport available. I take long haul flights on rare occasions and want to enjoy such holiday highlights by staying in the country visited for as long as possible.

I take time for my holidays. I prepare by reading guidebooks and literature from the country to be visited and obtain information on the political, economic and cultural relations between Switzerland and the destination country. After returning from my holidays, I stay in touch – with my hosts, with people from the country visited who live in Switzerland, by supporting solidarity projects. By buying fairly traded products I make a contribution in my every day life to more social justice at a global level.