



## FEEL GOOD...

### ***Seven things you can do to help save the planet and support SYHA Hostelling Scotland's green policy:***

As part of our commitment to sustainability and environmental issues, our youth hostels are assessed by Green Tourism, the largest and most established sustainable certification in the world. The assessment covers areas such as energy saving, waste minimisation, social responsibility and travel.

We are striving to reduce our environmental impact on our activities and hope our guests will support us. Here are some tips on how you can help:

#### **Conserve Energy**

Help us reduce energy by switching off lights, turning down heaters, closing windows if the heating is on, and not leaving appliances on standby. [The Energy Saving Trust](#) provides more information on what you can do to help.

#### **Give the Car a Rest**

Leave the car behind, if only for a day. Why not walk, cycle or use public transport; we'll happily give you advice. To get you started, learn about [reducing your carbon footprint](#) through car share and bike hire, and plan your route with the help of [Traveline](#), [D&E Coaches](#), [Stagecoach Bus](#), [City Link](#) or [CalMac](#).

#### **Shop Local**

Use local products, they give you a taste of the local area and help support local communities. We are fortunate to have some fantastic producers of food, drink and arts and crafts in Scotland.

#### **Reduce, Reuse, Recycle**

Try to avoid overly packaged goods and say no to that extra carrier bag. Help us in our efforts to recycle by putting aluminium cans, glass, plastic bottles, paper, card and batteries in the correct bins. Particularly in our rural youth hostels, take home items which are not recyclable locally but can be commonly recycled in urban areas.

#### **Be Water Wise**

The UK has faced rising costs for water treatment and flood defence so please use water wisely. [Water Guide](#) and [Waterwise](#) offer plenty of tips on how you can contribute; even turning off the tap while brushing your teeth will help. *Every drop counts!*

#### **Respect Nature**

Help us to look after the landscape and wildlife; play your part in helping Scotland be [litter-free](#) and follow the [Countryside Code](#) when you are out exploring. The staff in our youth hostels have an abundance of local knowledge on the area so find out about ranger guided events, eco/wildlife tours and public transport to get you there.

#### **Support Green Businesses**

We welcome guests' comments about additional improvements we can make and how well we are doing via our [website](#) or in person at our youth hostels. Visit the [Green Tourism Website](#) to find out more about how some businesses in the British Isles are working to reduce their carbon footprint and be more sustainable.

***We want a greener, healthier planet for all to enjoy***