



Handout: Sustainable Tourism Practices

---

## Best Practices in Sustainable Tourism

### Hotel / Accommodation Owners

#### **Energy Saving**

Assess energy use to determine where the highest energy consumption takes place within your premises and the most likely places for efficiency improvements. Continue to monitor regularly. Daily or weekly monitoring of energy use helps to identify abnormal consumption and to quantify energy savings when efficient equipment is installed or a good practice is implemented.

- Encourage guests to follow energy-saving practices, such as switching off lights and air conditioning, closing window shades before leaving their rooms and using towels or linens for more than one day.
- Work with employees to identify energy-saving practices, such as lowering heating or air conditioning to a fixed temperature when cleaning the room, or operating dryers and dishwashers only with full loads. If you have a swimming pool, turn off the pump in the evening.
- Regularly monitor and service all equipment, to ensure that it is running as efficiently as possible. Upgrade older, inefficient equipment or replace with newer technology.
- Use products that require less energy to maintain, such as coloured sheets and towels or eco-labelled cotton products that can be laundered at lower temperatures.
- When feasible, use renewable energy sources, such as biogas, wind or solar power.

#### **Water Use**

Identify the main areas of water consumption in your accommodation where significant water savings may be achieved and monitor regularly your water consumption for each area of the property (kitchen, laundry, rooms, etc.). Encourage guests to use their towels or linens for more than one day. Provide guests with tips about water saving measures such as turning off the taps in the sink when shaving or brushing their teeth.

- Work with employees to identify water-saving practices, such as avoiding leaving water running, or operating washing machines and dishwashers only when full.
- Repair leaking toilets, taps and showerheads.
- Install water-saving devices such as low-flush toilets and low-flow shower heads and faucets. Low-flow fixtures in showers can reduce the flow of water by 50 percent without affecting the comfort level of the user.
- Use technologies that reduce water use through recycling.



- Avoid wasteful landscaping practices, such as hosing outdoor surfaces and watering gardens during the day.

### **Waste water**

- Minimize wastewater discharge by reducing water use.
- Collect waste oil and grease for separate processing.
- Use biodegradable detergents and cleaning agents that are compatible with the wastewater treatment technologies.
- Minimize the use of chlorine, bleaches, detergents and other chemicals that end up in wastewater.
- Ensure all wastewater is properly treated before it is released into the environment.
- If no municipal system is available, work with other businesses and organizations and the local municipality to support the development of modern municipal wastewater treatment systems. Identify the best options for treatment on site. If feasible, use natural
- Waste water treatment options that use plants and natural bacteria to purify water, rather than chemicals.
- Reuse treated grey water for washing floors, flushing toilets and irrigating gardens.

### **Solid Waste**

**REDUCE:** Buy products in bulk and with less packaging, to reduce waste generation.

**REUSE:**

Replace disposable items with reusable ones, such as rechargeable batteries, refillable soap and shampoo containers and cloth laundry bags.

**RECYCLE:**

Separate waste at the source, rather than having to go through all the trash after it is collected. For example, provide containers for recyclables in guest rooms and compost bins in kitchen work areas.

Where there is a market for recyclables, recycle items such as paper, glass, metal and plastic. This is possible in Herceg Novi Municipality !!

- Compost organic wastes such as food scraps, leaves and tree cuttings.
- Provide waste bins for your guests in key areas, particularly by the river and along nature trails.
- Keep solid waste in a safe, sanitary holding place until it is picked up by the municipality or other disposal entities.
- Work with other businesses and organizations and the local municipality to support the development of efficient waste separation, collection, recycling and treatment systems.



## Everyone

Partner with local or national groups to promote conservation. We recommend-

Eco-Montenegro: <http://www.ecologicalstate.com/>

Adventure Race Montenegro : <http://www.montenegroexpeditionchallenge.com>

- Make financial contributions to local conservation efforts.
- Sponsor environmental education in surrounding communities.
- When possible, set aside land as a private reserve.
- Encourage staff to become involved in volunteer projects such as clean-ups.
- Educate guests as to how they can make a positive contribution to local biodiversity conservation efforts.

## Tour Operators / Agencies / Guides

- Partner with other businesses in your supply chain (accommodation, bus companies, guides) which follow sustainable tourism practices, good working conditions for staff, equal rights etc.
  - Respect local customs and cultures, dress codes, personal privacy of local inhabitants.
  - Avoid exploitation of local suppliers.
  - Inform your guests about sustainable tourism practices (above)
  - Follow a code of outdoor ethics when working in the natural environment. For example, Black Mountain can provide Leave No Trace courses which would help your company attain a certification.
  - Respect environmental laws and prepare an environmental impact assessment for your activities (see below for sources of information which can guide you).
-



## Sustainable Tourism Links

How to find information about best practices sustainable tourism policy

[http://www.sustainabletourism.net/cs\\_destination.html](http://www.sustainabletourism.net/cs_destination.html)

<http://www.unep.fr/scp/tourism/>

<http://www.bigvolcano.com.au/ercentre/assoc.htm>

CBD Biodiversity and Tourism  
[www.cbd.int/tourism/guidelines.shtml](http://www.cbd.int/tourism/guidelines.shtml)

Sustainable Travel International  
[www.sustainabletravelinternational.org](http://www.sustainabletravelinternational.org)

The Responsible Tourism Partnership  
[www.responsibletourismpartnership.org](http://www.responsibletourismpartnership.org)

The International Ecotourism Society  
[www.ecotourism.org](http://www.ecotourism.org)

Tour Operators Initiative (TOI)  
[www.toinitiative.org](http://www.toinitiative.org)

UNEP-DTIE Sustainable Consumption & Production Branch - Tourism  
[www.unep.fr/scp/tourism/](http://www.unep.fr/scp/tourism/)

World Tourism Organization (UWTO)  
[www.unwto.org](http://www.unwto.org)

## Sustainable Tourism Suggested Reading

[Ecological Tourism in Europe/UNESCO-BRESCE \(2009\): Criteria for Sustainable Tourism.](#)

[UNEP \(Ed.\)\(2005\): Forging links between protected areas and the tourism sector: How tourism can benefit conservation.](#)

[Christ, Costas/Hillel, Oliver/Matus, Seleni/Sweeting, Jamie \(2003\): Tourism and Biodiversity. Mapping Tourism's Global Footprint. - Conservation International. - Washington D.C.](#)



[Commission on Sustainable Development \(CSD\)\(1999\): Tourism and Sustainable Development. The Global Importance of Tourism. - Prepared by the World Travel and Tourism Organization and International Hotel and Restaurant Association. - Department of Economic and Social Affairs: Commission on Sustainable Development, Seventh Session, 19-30 April 1999, New York.](#)

[Ecological Tourism in Europe/UNESCO-BRESCE \(2009\): The trail planning guide. An insight into the process of planning interpretative trail.](#)

[GSTC Partnership \(2008\): Global Sustainable Tourism Criteria.](#)

[UNEP/TOI \(Eds.\) \(2005\): Integrating Sustainability into Business. A management guide for responsible tour operators.](#)

[Center for Ecotourism and Sustainable Development \(CESD\)\(Ed.\): A Simple User's Guide to Certification for Sustainable Tourism and Ecotourism.](#)

#### **Guidelines for Hotels**

[Tour Operators Initiative: A Practical Guide to Good Practice: Managing Environmental and Social Issues in the Accommodations Sector. - In cooperation with the Center for Environmental Leadership in Business, Conservation International and the Ford Motor Company.](#)

#### **Guidelines for Tour Operators**

[Tour Operators Initiative: Supply Chain Engagement for Tour Operators. Three Steps towards Sustainability. - In cooperation with the Center for Environmental Leadership in Business, Conservation International and the Ford Company.](#)

[UNEP \(2001\): Sowing the Seeds of Change: An Environmental Teaching Pack for the Hospitality Industry.](#)

[WWF \(1999\): Code of Conduct for Mediterranean Tourism. - Rome. WWF \(Ed.\) \(2000\): Tourism Certification. An analysis of Green Globe 21 and other tourism certification programs.](#)

#### **Sustainable Tourism in Durmitor National Park and Montenegro**

[Poletto, Davide: Territorial Diagnostic of the Tara River Basin Biosphere Reserve and the Durmitor World Heritage Site in Montenegro. - UNESCO-BRESCE, 2008.](#)

[Hawkins, Donald E.: A Sustainable Tourism Destination Management Approach for Durmitor National Park and Surrounding Local Communities. - George Washington University.](#)

[Bennet, Oliver: Programme for the Development of Mountain Tourism in Montenegro. - A review written in response report by the International Institute of Tourism of Ljubljana.](#)



[United Nations Development Programme: Opportunities and barriers for the private sector in the development of sustainable tourism in Montenegro.](#)

[Reaching balanced regional development in Montenegro: Problems and Solutions. - South-East Europe Review.](#)

[Implementing Sustainable Winter and Summer Tourism in Northern and Central Montenegro: An assessment of Current Strategies and Next Steps. - A report to the Rockefeller Brother's Fund and the UNDP. - November, 2005.](#)

[An External Evaluation of Montenegro Sustainable Development Program of UNDP LO in Montenegro. - Podgorica December 2005.](#)

[Montenegro Country Report: General Status of Environmental Networks.](#)

[UNDP \(2004\): Strategic Framework for Development of Sustainable Tourism in Northern & Central Montenegro. Roadmap for Development of "wild beauty".](#)