



Descubrí
MONTEVIDEO

Be a responsible traveler

*Tips for good
practices*

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Montevideo is a landmark destination in Latin America.

Throughout the year, the city offers visitors a wide cultural and recreational agenda, quality services, landscapes that captivate with values as precious as the safety and hospitality of its people.

We are convinced that all tourist activity could and must be sustainable and for this visitor's involvement is essential.

That is why we launched this guide, with the goal of raising tourist awareness, promoting responsible behavior and good environmental practices during their holidays.

Its implementation and application will benefit the community in an environmental, sociocultural and economic way.



Some important information

What is sustainable tourism?

"Tourism that takes full account of its current and future economic, social and environmental impacts, addressing the needs of visitors, the industry, the environment and host communities" (UN Tourism).

Which are the three main characteristics of sustainable tourism?

According to the UN Tourism:

- Make optimal use of environmental resources that constitute a key element in tourism development, maintaining essential ecological processes and helping to conserve natural heritage and biodiversity.
- Respect the socio-cultural authenticity of host communities, conserve their built and living cultural heritage and traditional values, and contribute to intercultural understanding and tolerance.
- Ensure viable, long-term economic operations, providing socio-economic benefits to all stakeholders that are fairly distributed, including stable employment and income-earning opportunities and social services to host communities, and contributing to poverty alleviation.

What is the ecological footprint?

Ecological footprint indicates the environmental impact generated by the human being using resources from the planet's ecosystems, relating that consumption with the ecological capacity of the earth to produce its resources. The environmental impacts for the demand of resources caused by a tourist and which contributes to increase the ecological footprint starts from emitter place and extends from transit areas to the destination.

Good Traveler

The good traveler is the one who tours and enjoys the destination taking care of it without leaving a trace; respects the inhabitants and their traditions; values the authenticity of each place and enjoys it; choose services committed to sustainability and tourism quality.

Tips to be a good traveler

- When you are planning your trip, choose those tour operators that offer guarantees of quality and respect for human rights and the environment.
- Find out previously about the places you are going to visit (gastronomy, culture, safety, etc.) and go to tourist information offices of the city to know more.
- Respect the culture, traditions of the inhabitants and their religious, sexual and ethnic diversity.
- Separate and deposit waste in the corresponding containers which are on public places, in this way the environment will remain clean and you will collaborate with recycling.
- Help reduce street pollution. For example, do not throw cigarette butts or papers on the floor.
- Tour some places of the city such as La Rambla or Old Town by bike or walking, to help to reduce vehicular pollution. In Montevideo you can rent bikes.
- Pay attention to recommendations of places where you stay, minimizing the use of energy and water. Remember that they are scarce goods.
- Buy local products and eat typical dishes in local restaurants, benefiting the local economy and cultural diversity.
- Do not vandalize historical, cultural and natural heritage and if you see acts of vandalism or damage to the environment report them.
- Ask previously if photos can be taken in enclosed spaces such as churches and museums.
- Keep in mind that everyone —visitors and inhabitants— want to enjoy the city as much as you do, so do not make annoying noises.

- Express your like or dislike, in order to improve the conditions of the place you visit.
- Preserve the biodiversity of beaches and nature areas, thus upholding their environmental quality for the enjoyment of all.
- Become aware of the importance of conserving protected areas, such as Santa Lucia Wetlands.
- Walk every corner of the city, do not stay only downtown. Montevideo hides treasures throughout the city which are waiting to be discovered.
- Regenerative tourism goes beyond the “leave-no-trace” philosophy; it seeks to leave places better than we found them. This includes actions such as asking park rangers how to contribute to the care of the environment or joining voluntary cleanup initiatives to create a positive impact on the community and the environment.

If you take these tips into account during your trip, you will leave a virtually invisible and non-damaging mark on the destination. That will allow future tourists to learn from you and repeat those actions, in this way we will maintain the city so everyone —inhabitants and visitors— can enjoy it as much as you, without compromising the environment and its characteristics.

Everything belongs to everyone: Let's take care of the city so future generations can meet it in its splendor!





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