

We must reflect on the impact of our holidays.

Now we are going to leave you a series of keys to be a responsible tourist:

- Choose responsibly, Whenever possible, choose eco-friendly tour operators, airlines and hotels.
with the environment.
- Find out about the destination. Every place has its very own history, culture and natural values, we must find out about it.
to know how to behave without harming them. In addition to researching about current legislation
so that you don't have any mishap.
- Consume resources responsibly, Use natural resources such as water, electricity or gas with
responsibility, only consume what you need. Our advice at this point are:
 - Water:
 - Turn off the tap while you lather your hands or brush your teeth.
 - Sparely fill the sink when shaving instead of letting the water run.
 - Use the bathroom trash can to avoid using the toilet as garbage.
 - During the shower turn off the tap while you lather up.
 - Use the cisterns correctly, using the small button for half flush or the large one for full flush.
 - Electric power:
 - Use the necessary light.
 - Turn off the air conditioning if you are going to open the windows.

- Certain ingredients found in some sunscreen products are very harmful to marine life and reefs, even in trace amounts and even when showering with them in the hotel room. If a sunscreen contains any of these ingredients, look for a marine-safe alternative: Oxybenzone, benzophenone-1, benzophenone-8, OD-PABA, 4-methylbenzylidene camphor, 3-benzylidene camphor, nano titanium dioxide, nano zinc oxide, octinoxate, octocrylene.
- Personal care products Washing or swimming with shampoos, lotions and gels containing "microbeads" can cause serious long-term damage to biodiversity. Many countries have already banned them, so don't travel with them.

SLEEP'N Atocha is fully committed to supporting the welfare of children, we are members of the NGO The Code. We do not tolerate any form of child exploitation or abuse. If you are concerned about the welfare of a child during your visit or if you have witnessed serious and intolerable situations, please contact the local police on 091.

You can also report your concerns to any member of our staff who will assist you in informing the authorities.

We hope these tips will help you to be a more responsible tourist.