

## A LITTLE GOES A LONG WAY - TRYING TO BE ECO ON YOUR JOURNEY

### WATER

**Save water!** Water is a scarcity in Indonesia – especially clean fresh water!

- 🐜 Don't shower for hours on end.
- 🐜 Don't keep the water running unnecessarily.

### POTABLE WATER AND BUYING WATER

You should not drink water from the tap. Buying bottled water is unavoidable in Indonesia and there is one simple rule to follow:

- 🐜 Don't buy a new plastic water bottle every day. If you already have bought one or even better brought a reusable metal bottle from home, you can buy refills at our office and most places around Bukit Lawang, and everywhere in Indonesia.

### ELECTRICITY

**Save electricity!**

- 🐜 Turn off the lights during the day and when you are not in your room.
- 🐜 Unplug your electronic devices once they are charged and turn them off completely when you don't need them.
- 🐜 Do you need a hot shower in the tropics? Continuous flow heaters consume a huge amount of electricity, choose a hotel with cold water shower.

### RUBBISH

Everybody who has spent some time in Indonesia has seen the rubbish washed to the beaches, the roadside dumps, cities and natural sights overflowed with plastic rubbish.

Proper waste management does not exist in Indonesia. Good "waste behaviour" is thus a major challenge.

- 🐜 Avoid producing waste whenever you can:
  - ✓ Don't take a plastic bag every time you go to the shop. Bring your own bag – or get one of our canvas bags.
  - ✓ Don't buy the small shampoo and soap bottles or even worse the small plastic sachets so popular in Indonesia. A big bottle of shampoo produces much less waste than two small ones.
  - ✓ When buying soft drinks, a glass bottle is much better than plastic or aluminium cans.
  - ✓ Buy cakes, pastries and sandwiches at the warung or restaurant instead of the supermarket where they are individually packed in plastic. Ask for a paper or banana leaf wrap or bring your lunchbox.

- 🦍 Don't leave any rubbish lying around in the forest, on the beach or at the side of the road – collect it and bring it back to your hotel.
- 🦍 Ask your hotel about its waste and recycling policies. Even if they don't have any, the more people ask the sooner they will understand the importance.
- 🦍 If you have empty batteries or other “hazardous” waste, take it back home for correct recycling; there is no way it can be properly recycled in Indonesia.

## ENVIRONMENTAL POLLUTION

Another thing to consider is that Indonesia does not have sewage treatment systems. Wastewater is mostly just spilled into nature – the river, the ocean, the backyard, the rice field. And it all comes back to the people in contaminated rice and fish and polluted drinking water for those who can't afford to buy clean water.

Think about your own behaviour:

- 🦍 Don't use excessive amounts of soap and shampoo – it saves you money as well.
- 🦍 Don't shower in rivers and lakes. If you can't avoid it, for example on our treks, use biodegradable soap (every good camping store has those for sale).

## CARBON FOOTPRINT

Don't fly too much!

We are happy you are coming to Indonesia and take the long trip on an airplane. Flying is the most convenient way to get around Indonesia's 1700 islands. But to reduce your carbon footprint, maybe you don't need to visit as many as possible in three weeks. Choose where you want to go and find out if you can go there by bus, shared taxi, boat or ferry.

**And of course, all these tips are worth following anywhere around the world - at your home and on your travels!**

## WHAT ELSE CAN YOU DO?

It's easy to get annoyed by the locals' “dirty” behaviour but Indonesians for a long time didn't have any, and nowadays, for the most part, just have very rudimentary environmental or health education in school and are not aware of the dangers environmental destruction causes for everybody's health and wellbeing.

So why not support a project that promotes environmental education in Indonesia? For example:

<https://www.green-books.org/> An eco literacy project for Indonesian children

<https://www.orangutan.org.au/> The Orangutan Project conducts educational programmes for local villagers regarding orangutan, wildlife, environment and conservation.