

# GOOD HABITS TO ADOPT WHILE YOU'RE STAYING IN GRIMAUD

BE PROUD TO BE A RESPONSIBLE TOURIST!



*Preservation*



*Local*

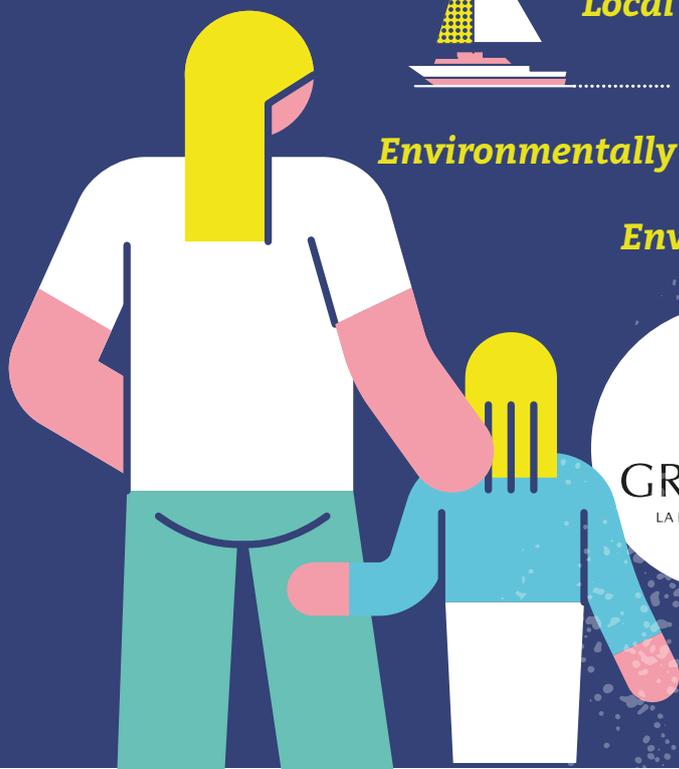


*Short cycle*

*Biodiversity*

*Environmentally friendly*

*Environment*



## Preserving water supplies

'Every litre counts!'

- > For a number one, use the smaller flush!



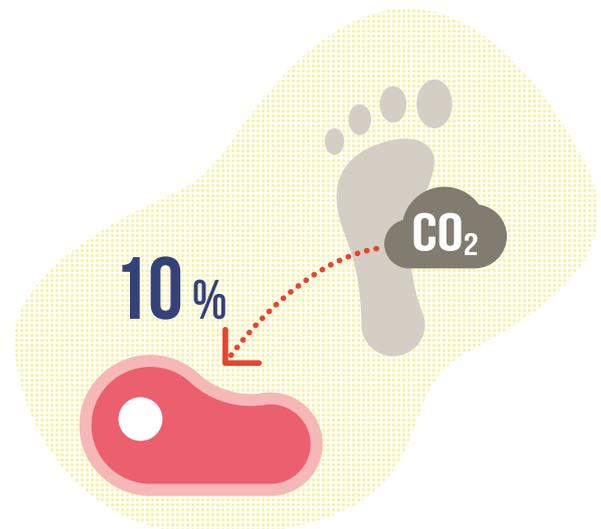
- > Have you notice a leak? Make sure you inform your host!



- > Limit the time you spend in the shower to your favourite song (Queen's Bohemian Rhapsody is not the best choice!).



- > Do you want to have a real impact on the climate? Don't eat meat during your holiday. Meat alone represents 10% of a French person's carbon footprint!

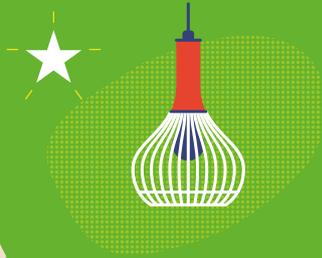


## Energy consumption

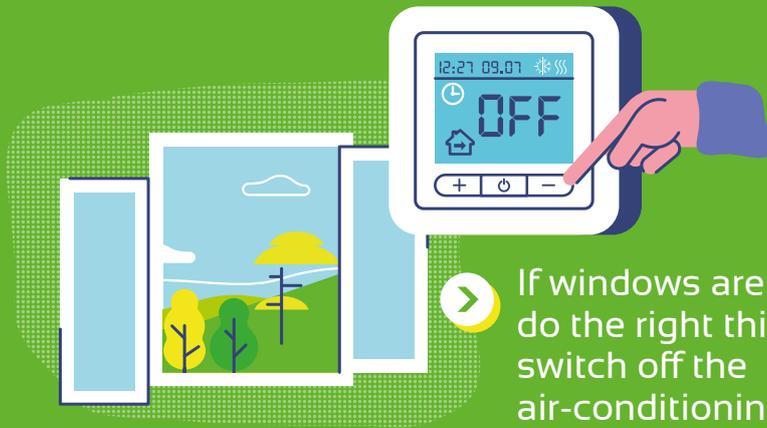
'Even on holiday, leaving the lights on is a luxury we can do without'



> Close the shutters when you leave to keep rooms cool.



Air-conditioning should be set at -8°C maximum in relation to outdoor temperatures in the shade. <



> If windows are open, do the right thing and switch off the air-conditioning.



> Use the washing machine and dishwasher only when they are full.



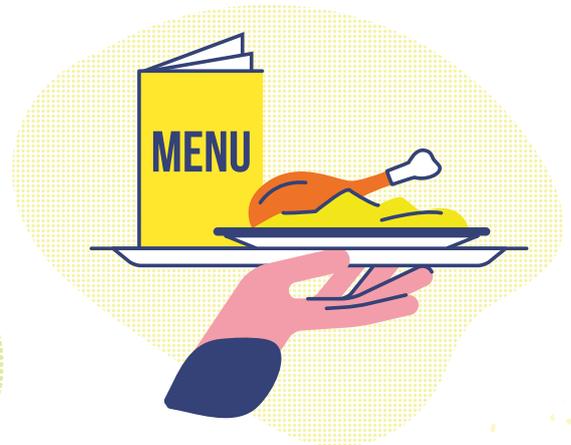
> Grimaud is not Blackpool illuminations! So switch the lights off when you leave a room.

## Waste management

'It couldn't be easier to sort and limit waste!'



> How can I sort my rubbish?  
Here it's easy, any packaging should be disposed of LOOSE in the yellow bin!

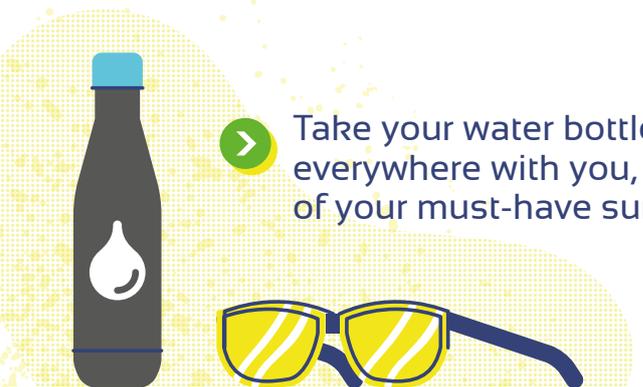


Become an expert planner!  
Plan meals ahead and only buy what you need.

Avoid using single-use plastic objects and don't hesitate to say no to throwaway bags and cutlery!



> Take your water bottle everywhere with you, it's one of your must-have summer accessories!



## Marine biodiversity

'Respect fish and limit pollution'

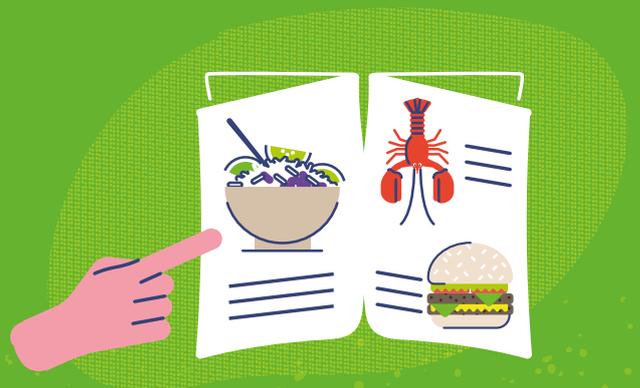


- > Find out all about posidonia meadows. Did you know that they represent the lung of the Mediterranean?



- > Don't throw rubbish on the ground, it will end up in the sea!

- > Think before putting on sun cream, you should apply it 20 or 30 minutes before going in the water.



## Energy

### consumption



- > Stay away from products with excessive packaging that have travelled around the world before arriving here.

Opt for dishes without red meat or fish under threat from excessive fishing practices such as bluefin tuna, cod, Atlantic salmon, and lobster.



## Local consumption

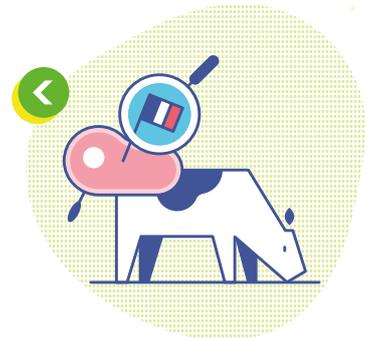
'Go for local and seasonal products, they taste better too!'



Do you like the sweet taste of local tomatoes? Then stop by to see our producers and farmers and wander around the markets.



Fancy testing the water? At the restaurant, ask about where products come from, especially the meat.



## Getting around

'Travel without weighing on the planet'



➤ Come to Grimaud by train, bus or carshare.



➤ Give your car a well-deserved holiday too and use the summer shuttle services.



➤ Fancy meeting some cool people? If you've got free space, advertise on carsharing websites.



➤ Get moving on your holiday and take the time to admire your surroundings by walking or cycling!

# Forest fire risk

'Don't play with fire!'



➤ Make sure your cigarette is fully out before throwing it in a bin and never throw it on the ground!

Before lighting your barbecue, make sure you're aware of the restrictions in fire risk periods and throw water over the embers when you're done.



➤ When there is a risk of forest fires, make sure you're aware of the access conditions before going exploring.



➤ In the event of a fire, do not block roads or telephone lines!

Keep updated with the latest news on social media @PrefetduVar



## Digital consumption

'Don't think twice, switch off your device!'



Enjoy your holiday.   
Disconnect from your phone  
and reconnect with nature  
and loved ones!



Save your battery and use WiFi,  
less energy-intensive than 4G or 5G!

Find out more



Office de tourisme de Grimaud : 04 94 55 43 83 [www.grimaud-provence.com](http://www.grimaud-provence.com)

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