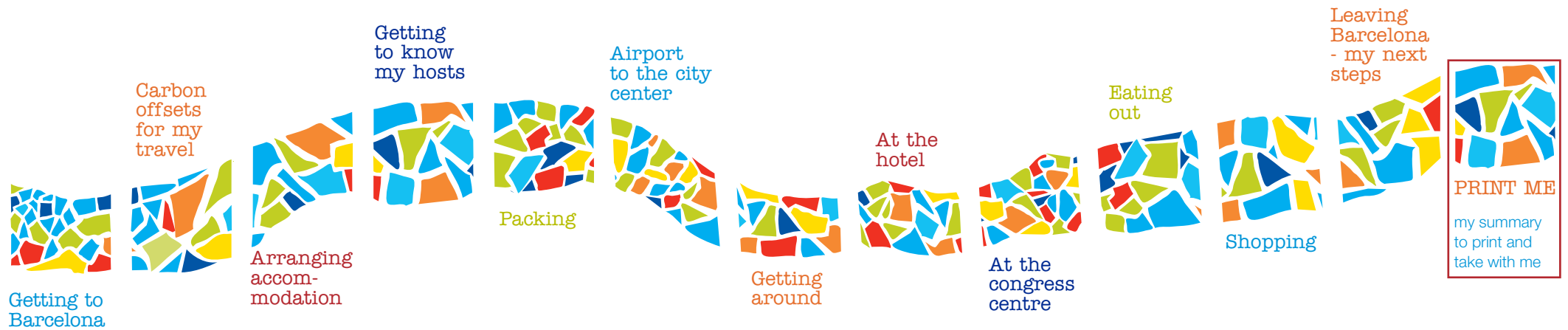


My guide to a sustainable congress



This year you will be one of the 8,000 or so IUCN members and affiliates travelling from around the world to gather for ten days at the World Conservation Congress in Barcelona. Though we hope much will be gained from us meeting together in one place, we recognize that the travel, consumption and waste generation linked to the Congress have implications for the local and global environment. Mainly at stake are:

- the global climate through the greenhouse gas (GHG) emissions generated through the travel, consumption, and waste generation resulting from the Congress;
- biodiversity, due to links with the food and other products we consume—from fish to wine corks!
- the sustainability of local water supplies, as well as our paper sources.

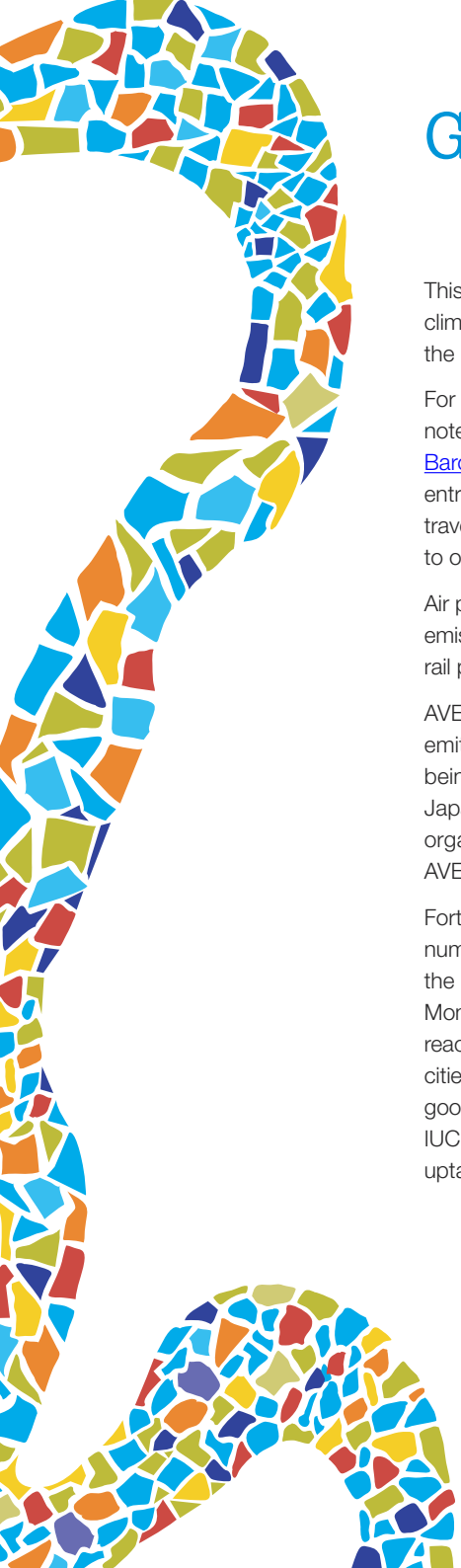
Also at stake are your time, money and energy.

This guide has been put together with these issues in mind. It aims to help minimize the adverse impact of participation in the Congress, individually and collectively, by providing delegates with a number of smart options that are relevant at different stages of the Congress.

You will find guidelines on how best to plan your trip, from choosing how to get to Barcelona and where to stay, to packing your bags. And further along the line we take into account water use issues, species that invade suitcases and then new habitats, options for eating out responsibly, and some local cultural considerations.



IUCN
World
Conservation
Congress
Barcelona 2008



Getting to Barcelona

This is likely to be the part of the Congress that generates the biggest climate change impact, if greenhouse gas (GHG) emissions from all the individual journeys to Barcelona are totalled up.

For those who must fly to the Congress from outside the region, note there are relatively few direct intercontinental connections to [Barcelona Airport](#) because Madrid Barajas Airport serves as the main entry point for most intercontinental flights to Spain. International travellers who then board the connecting flight to Barcelona contribute to one of the world's busiest flight paths.

Air passengers on the Madrid-Barcelona route account for average emissions of 70kg of CO₂, compared to about 17kg for a conventional rail passenger or 63kg for a private car.

AVE (high speed rail) passengers between Madrid and Barcelona emit an average of 14kg of CO₂ per passenger. The AVE is also being applauded for its comfort and punctuality (second only to the Japanese bullet-train in high-speed rail terms). The IUCN has also organized an attractive discount for IUCN delegates travelling on the AVE (see below).

Fortunately for those travelling within the region, Barcelona offers a number of transport options to help minimize the impact of a trip to the Congress. European train services connect to Barcelona at Montpellier, France. Direct night trains from several European cities reach Barcelona in the morning. Coach lines connect Barcelona with cities throughout Europe as well as Morocco. Barcelona also has good [passenger ferry](#) connections to other Mediterranean ports. The IUCN has also organized a range of discounts to further encourage uptake of these options.

Smart options

- To Barcelona by surface and by mass transit.
- If you can reach Paris, Orléans, Limoges (in France), Zurich, Bern, Lausanne or Geneva (in Switzerland), or Milan and Torino (in Italy), then travel to Barcelona overnight and in comfort with the Elipsos night Trenhotel, arriving at the attractive and centrally-located Estació de França. A 40% [discount](#) is available to IUCN Congress delegates for this service. Just download the voucher from your registration [status page](#).



- If you have to fly to Barcelona and cannot get a direct flight from outside Europe, then eliminate a second flight by flying to Madrid and connecting to the AVE (described above). From the Madrid-Barajas airport use the metro system to get to the [AVE's departure station](#). The journey between Madrid and Barcelona in the AVE takes between 2.5hrs to 3.5hrs. There are 20 services daily and it's more comfortable than most plane journeys. Arriving at Barcelona's main station, Barcelona Sants, you can then

continue your journey by public transport. IUCN Congress delegates have the added incentive of a [30% fare reduction](#) for travel on the AVE from the operator RENFE.



- If you are travelling within Spain, [30% discounts on fares](#) are also available to IUCN Congress delegates. This includes the AVE and other [Spanish high speed train](#) services from Madrid, Seville, Zaragoza and other regional cities. Download the discount vouchers from your registration [status page](#).
- [Eurolines](#) offers regular coach service from a variety of European major cities to Barcelona. Note that there are three different coach stations in Barcelona: Sants, Estació del Nord and Estació del Paral.lel, all of which interconnect with the Metro system.
- Skip the hassle of air travel and support marine conservation by jumping on board the IUCN's [Sailing to Barcelona](#) initiative. Perhaps a boat is going your way.
- You should offset your carbon emissions. That's the next step...

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Carbon offsets for my travel

Your attendance at the Barcelona Congress will inevitably generate greenhouse gas (GHG) emissions. It is likely that over 90% of these emissions will result from your travel to the Congress, if you travel by air. In order to compensate for these adverse impacts, you can offset your emissions by investing in projects that mitigate GHG emissions. There are many different types of offsetting projects, such as installing efficient light bulbs, capturing methane from landfill waste disposal sites, planting trees, or building solar, thermal and photovoltaic energy systems. Once they have been verified by a credible third party, the tons of CO₂ - equivalent mitigated by these projects can become available for purchase in the international marketplace.

Smart option

In an effort to make the Congress a carbon neutral event, IUCN has created the Barcelona Carbon Offset Fund. This allows delegates to voluntarily offset the GHG emissions associated with their participation in the congress. By contributing to the fund, delegates can compensate

for the negative impacts associated with their travels by supporting a credible, biodiversity-friendly offset project.

Simply click "I wish to offset my emissions" when registering and select the region you will be travelling from. For the previous IUCN Congress, funds collected through a similar process were

used to purchase almost 4,000 tons of CO₂ -equivalent from renewable energy and energy efficiency projects in India. More information on the project used for the offsetting for this year's Congress will be published on the [Congress website](#).

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Arranging accommodation

Compared to private homes, hotels consume great quantities of energy and water. This has a lot to do with them providing comfort and luxury, and trying to keep things fresh and clean on a daily basis for new arrivals. Energy and water use is so significant that many hotels, both in Barcelona as well as internationally, have adopted energy and water efficiency measures just to keep costs down.

These so-called “green hotels” often have waste separation and recycling schemes, use efficient energy-management systems, deploy water-saving devices and practices, and use environmentally-safe cleaning products.

Note that you are not obliged to choose from the hotels flagged up by the Congress booking system. Consider other types of accommodation. An apartment, a room in a pension (guest house-type accommodation), or hosteling with colleagues might keep costs down as well as further minimize the footprint of your stay.

Smart options

- Book a hotel with certified green credentials and then let the management know that this was a deciding factor for you.
- If your choice of hotel is determined by cost and/or location, push the agenda on environmentally-responsible hotel operations by enquiring about the hotel's environmental credentials when making your booking.
- Rent an apartment for the 10+ days, sharing with colleagues perhaps. This might be more economical, and you will also be freer to use water and energy less intensely than in some hotels, as well as control waste. Read the information on the [Congress website](#) to find out where to rent apartments and how to benefit from special discounts for Congress delegates.
- Choose a location for your accommodation that enables you to get around easily by public transport, bicycle and on foot during your stay in Barcelona. On that note, it helps to [get oriented](#) as part of your pre-trip planning.

In Barcelona progress has been made in the hotel sector beneath the umbrella of the European Union's Eco-Label and the Catalan Government's Distintiu de garantia de qualitat ambiental (Guarantee of Environmental Quality).



The Catalan “Guarantee of Environmental Quality”



The EU Eco-label

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Getting to know my hosts 1

Responsible travel involves respecting your hosts as well as the local and global environment. Find out as much as you can about a place before you go—knowing a little bit about the culture, history and language can really bring a place alive.

Get oriented

Facilitate your sustainable mobility within the city by getting familiar with the location of CCIB, the Congress venue, and how it is served by the city's [public transport network](#). Transports Metropolitans de Barcelona (TMB) is responsible for the metropolis' entire mass transit network. Use [their portal](#) to help you with online ticket purchase, travel cards and timetables prior to arriving.

The [City Council's portal](#) can help you pinpoint your hotel and other locations on a city map.

A map of the city's [cycle lane network](#) will help orientate you if you are thinking about getting around by bicycle while you are here.



A Barcelona Metro sign



Logo for Barcelona's tram system

Note that the CCIB is reached by taking Metro Line 4 alighting at Maresme-Forum, public buses numbers 7, 36, 41, 43 and 141, and the Trambesós tramway alighting at Forum. All these bring you within 2 minutes walk of the CCIB.

Language and culture

An awareness that you are in the capital of Catalunya, that the Catalan language exists, and that Catalan culture is often expressed differently to other cultures within Spain, is appreciated by many long-term locals. Bullfighting and eating tapas have been imported from other parts of Spain, but the former takes place only rarely at the city's one ring, a second ring having been dismantled in recent years.

Neither is having a siesta habitual practice, although locally-owned neighborhood shops often close from around 2.30 to 5.30pm. Ask Catalans instead about castells ("human castles"), correfocs ("fire devils"), sardanes (a Catalan brand of music and dance), caganers (squatting

figurines), gegants and caps grosses (parading giants and "big heads"). Back in the day-to-day world a certain queuing etiquette exists, with fellow customers asking "Qui és el últim?" — "Who's last?" (i.e. in the queue).

Why not learn a few words of Catalan or Spanish at [travlang.com](#)?

Bon dia! Un cafè amb llet, si us plau... Moltes gracies. Fair trade in Catalan is comerç just.

That said, Barcelona is a cosmopolitan city, so the majority of service workers encountered by visitors to the city tend not to speak Catalan as their first language, although most understand it.

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Getting to know my hosts 2

Tipping

This is a custom that, generally-speaking, sets locals and tourists apart. Tipping was once and maybe still is seen as ostentatious. That said, service worker wages have not increased in line with rising costs of living in recent years. Locally, it's not customary to tip heavily in restaurants, for example upwards of 5%, and it's quite acceptable not to tip at all if the service hasn't been too great. Rounding up to the nearest Euro or leaving a few coins is common for table waiting services at bars and cafés; likewise for taxi drivers. It's customary to tip hotel porters.

Local consumers

Your typical Barcelona city resident consumes less water on average than other major city dwellers in the developed world, recycles more household waste than your average Spaniard—particularly paper, and is a frequent user of public transport. Look out for the city's green, blue and yellow street curb separated waste collection system, available on most streets in Barcelona.

Local conservation issues

Worries about water supplies in Barcelona this year illustrated how natural habitats, city lives and climate change are interwoven. Water supply will be more secure next year when an energy-intensive desalination plant goes into operation. In the meantime the city looks to different ways to conserve water, for example by selecting strains of grass for public parks and gardens that require less watering.

During your stay you may also come across signs placed at strategic points in the city to raise awareness about the importance of [using water sparingly](#).



Pre-trip networking

Make the most of the Congress once it is up and running by doing some pre-trip networking. Click on “Participants” on your registration status page to identify who you want to network with and email them beforehand

to set up meetings onsite. Get to know some of the Spanish [conservation organizations](#) also in the lead up to the Congress.

Arranging excursions

Book a place on one of the 64 [field excursions](#) arranged for 12 October, organized in collaboration with the Catalan Department of Environment and Housing, the Barcelona Provincial government and the City Council of Barcelona, as well as some locally-based IUCN member organizations. Apart from showing the work being done towards the conservation of some of the most unique natural sites of Catalonia, these excursions offer an opportunity for you to get to know and better understand the natural and cultural diversity of this part of the Mediterranean.

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Packing

Responsible travellers have a number of other issues to think about when preparing their luggage, like packing thoughtfully so as not to burden the destination with imported waste and keeping their share of the cargo load to a minimum to ensure a more fuel-efficient journey.

A further issue is that of invasive species. Some travellers unintentionally transport micro-organisms, plants or animals that become “invasive” in new habitats at destinations or along the way, and this can have serious consequences for local people and biodiversity. Potential culprits are living remnants of plants—“a nice plant to take to a friend”, seeds, live insects, insect eggs or pupae, bacteria or other micro-organisms in soil or food that can survive the journey in luggage, gifts, on the person or on clothes. Consult the [Global Invasive Species Programme](#) or the IUCN’s [Invasive Species Specialist Group](#) for more detailed information.

Smart options

To pack as little as necessary and as light as possible it helps to:

- Check the likely weather conditions—October temperatures in Barcelona average 19°C/66°F and rain showers are common in this month, so bulky clothing is not necessary, just a light jacket and/or thin sweaters for the evenings and a raincoat and/or umbrella for possible showers.
- Find out what facilities your hotel offers (hairdryers, etc) to establish what items you don’t need to pack.
- Check the luggage-size regulations of the airline you are travelling on. Maybe this will motivate you—can you squeeze everything into one cabin luggage item?
- Pack an all-purpose multiuse liquid soap (100ml or less). See [Village](#) for more ideas on eco-friendly travel essentials.

Pack efficiently

- take items that fold easily
- squeeze the air out of any product tubes so they don’t leak
- decant products into small bottles sufficient for the trip
- leave as much excess packaging at home (e.g. film and other product boxes).

- Bear in mind that there will be very little space for the display of hard-copy materials at this year’s Congress. Eliminate the need to carry lots of documents in hard copy by uploading them to the Internet (if they are not already there). Then prepare business cards with the titles and links to the documents to give out at the Congress.

- However, if you do need to bring printed copies of documents, halve the weight by printing double-sided on Forest Stewardship Council (FSC) certified paper or on recycled paper. Alternatively,

to save travelling with your documents altogether have them printed by a [FSC-certified printer](#) in Barcelona.

- Remember the EU travel regulations covering the contents of your hand luggage, as this can help avoid unnecessary waste at customs. Clear plastic make-up bags that meet these rules and that you can use again for other trips are a good idea. Watch out particularly for the 100ml limit on containers carrying “liquids”, a term which includes lotions, pastes, creams, gels and more. For full explanations of these [regulations](#) consult the Internet.

To avoid transporting invasive species:

- Clean the inside and outside of all bags and suitcases you intend to take, removing any dust, soil remnants or “cobwebs”. Also check

objects that go into your luggage, hand luggage and any food items you may take with you to ensure they do not operate as invasive species “buses”. Shoes need special attention as remnants of soil can harbor many small organisms from your home which may invade the places you are visiting, en route to Barcelona, in Barcelona and on the way home again.

- Resist the temptation to bring items like plants, artefacts that could have organisms in or on them, and gifts in general that could harbor living organisms.
- Upon arrival make sure that nothing is brought into the airport, train station, port or accommodation in Barcelona that is alive – apart from yourself! It sounds unlikely, but if a moth or some other creature emerges from your luggage, please make sure it doesn’t get out into the environment.

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Airport to the city centre

Barcelona does not have a metro link from the airport to the city... yet. However, the train (€2.60 one-way, or initiate a T-10 ticket so that it costs you just €0.72—see below) and the airport shuttle bus (Aerobús; €4.05, €7 return) are often as quick to reach the city centre as a private taxi (between €20 and €30).

The [Aerobús](#) runs every 7 to 15 minutes and the travel time is around 30 minutes — this takes you direct to Plaça Catalunya.



Smart options

- You can also jump off the Aerobus at Plaça Espanya or Universitat should that bring you within walking distance of your hotel.
 - Taking the train results in less pollution of the city's air, and typically generates lower CO₂ emissions per head than taxi and bus. It is also useful to familiarize yourself with the train system for getting around the city later in the week—the stations at Barcelona Sants and Passeig de Gràcia connect with the Metro system. The final stop at Estació de França might bring you within walking distance of your accommodation. If not, then a [trixi](#)—a cycle taxi—might work out especially well from this stop.
- The [train \(Line 10\)](#) runs every 30 mins —the journey lasts 20 - 30 minutes.
- If you fly into [Girona Airport](#) or [Reus Airport](#) your flight operator will inform you how to reach Barcelona by bus. Also note that from Girona, you can go by train, by taking a shuttle bus from the airport to Girona's central station (€1.75, return ticket €3.30). From here, there is a regular Catalunya Express that takes around an hour to get in to Barcelona, a single ticket costing €6.70. The journey by train is cheaper and takes about the same length of time. Check the details with [Renfe](#).

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Getting around

Barcelona is a compact city — the old town can be traversed in much less than an hour on foot — and the warm climate makes getting around this way both convenient and enjoyable. Cycling in the city has taken off, with around 80,000 bicycle journeys being made on a daily basis, up over 80% on the previous year. This jump is mainly due to the implementation of the city's public bicycle-sharing scheme, Bicing, which has proven to be much more popular than anticipated (it is however only available to residents).

The city's public transport is a well-integrated network of suburban trains, the Metro, buses and trams. [TMB's website](#) gives you precise instructions on how to travel between two points by public transport in the metropolitan area of Barcelona. More information on local transport is provided on the IUCN's [Congress pages](#).

Smart options

- Walking is often the best way to get around the central area of Barcelona, partly because there are a lot of interesting sights to see along the way.
- Bicycle hire facilities abound. Good points of contact are [Amics de la Bici](#) and [Espai Bici](#), as both groups have been active in promoting safe cycling in the city. Also check out the info on the [Congress website](#) on where to rent bicycles.

Some hotels now also have small fleets of bicycles for hire. Why not make that a request when you arrange your accommodation?

- If you are staying in accommodation outside Barcelona, with friends perhaps, note that IUCN has negotiated a [30% discount](#) on tickets for Cercanías trains, the network that links Barcelona with various satellite towns inland and along the coast.

- If the taxi is the only option, then share it with other IUCN Congress delegates.
- If you require a taxi for a trip in and around “the old town” (Ciutat Vella) a [trixi](#)—a cycle taxi—may well be quicker than a conventional taxi, it is more fun, and it is certainly more likely to take you from door-to-door.



Public transport—a T-10 Ticket (tarjeta-10) is a ten-journey voucher costing €7.20 that gives you ten trips on the Metro, [Barcelona trams](#), as well as the [FGC](#) and Cercanías suburban train systems within the metropolitan area (Zone 1). Transfers between transport modes are free within 75 minutes of initiating your journey. You can also buy tourist and leisure tickets for 2 (€10), 3, 4 or 5 (€21.70) consecutive days.

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At the hotel

Whether you booked into a “green hotel” or not, there are a number of things you can do to minimize the environmental impact of your stay in accommodation, paying particular attention to the issues of water and energy consumption, and waste generation and disposal.

Request that towels and bedding not be changed on a daily basis.

- In Spanish: “No cambie las sábanas y las toallas, por favor.”
- In Catalan: “No canviï els llençols i les tovalloles, si us plau..”

Smart options

- Adjust the room’s thermostat or air conditioner by a degree or so towards the outside temperature, and switch it off completely when you leave the room—both measures will make a big difference in energy consumption.
- Switch off lights and electric appliances when you are not using them.
- Keep in mind other water-saving practices like turning the tap off when brushing your teeth, showering rather than bathing, turning off the shower when soaping, and avoiding excess toilet flushing.

- Finish using any toiletries you open by taking them with you and dispose them at separated waste points.

Make enquiries... How is the hotel dealing with water consumption issues? Does the management have a green purchasing policy? Do they work with service suppliers to keep minimize environmental impacts along the supply chain. Is a written policy available on the hotel’s management of environmental impacts, as well as employment and cultural issues?

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At the congress centre

Environmental impacts linked to our daytime conferencing activities will be relatively low because of a combination of IUCN initiatives and some of the special features of the Congress facility itself.

Greenhouse gas emissions resulting from the building's energy use are kept low as steam generated by a nearby waste incineration plant is used to heat and cool the building. In addition, energy-saving lights are used in most parts of the building and lighting systems allow for individual areas to be lit according to use. The building's form also maximizes the circulation of air within to create a comfortable environment.

IUCN is trying to minimize paper consumption during the Congress by promoting the digital transfer of information as much as possible, as opposed to the distribution of documents in hard copy.

Smart options

- Bring your laptop and/or a memory stick for document exchange.
- Come up with creative ideas for showcasing your work without using paper, so that you can avoid bringing hard copies of publications and brochures. One idea already mentioned here is to use small "business cards" that include web page links to key documents, which can then be handed out to those keen to follow information up.
- As an exhibitor, use FSC paper, reusable or recyclable materials and minimize packaging and waste as far as possible.
- Use the appropriate containers for the disposal of your waste and recycle as much as possible (for example bring with you a re-usable bottle for water).
- Use the venue's dual flush toilets accordingly.
- Make use of the venue's paper, glass and plastic recycling services.

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Eating out

Make eating out during the Congress special and low-climate impact by ordering meals prepared with fresh, unprocessed, locally-grown or locally-sourced ingredients. Vegetarian meals also generally imply a far smaller climate change impact than eating meat—compared to arable, livestock farming produces a much larger share of greenhouse gases that are more damaging than CO₂—namely nitrous oxide, which has an impact 296 times greater than CO₂, and methane, 23 times more impact. [Sustainable Table](#) provides more detail on food choices for the responsible consumer.

Traditionally, Catalan cuisine embraces seasonal fruits and vegetables, transforming them into tasty classics such as escalivada—a preparation of char-grilled aubergine and sweet red pepper. By mid-October the first wild mushrooms (bolets) should begin appearing on menus—rovellons, pinetells, mollerics and the cama de perdiu varieties being particularly prevalent. Other seasonal products in October are pumpkin, chestnuts, grapes, aubergine, sweet peppers, cuttlefish and game.

Seafood requires special attention. Spain is one of the principal fish-consuming nations in the world, consuming 40kg of fish per person per year, and with a particular taste for trophy species, like tuna, cod and swordfish, that are now in danger of over-exploitation. Both [WWF/Adena](#) and [Greenpeace](#) aim to help consumers negotiate sustainability in the fish market by producing green, amber and red lists of species in Spanish according to their numbers and the impact of methods typically used to harvest them.

Smart options

- Order organic or vegetarian if it's on the menu — the [Vegan Passport](#) will help you to communicate your requests in Spanish.
- Eat out at organic and/or vegetarian eateries. As it happens, Barcelona is well served by vegetarian and organic options.

Half of Spain's vegetarian restaurants are in Barcelona. [Sincarne.net](#) and [VidaSana](#) will help you choose and locate them.

- Order ingredients that are likely to be in season, locally-sourced and less water intensive.
- Eat at the bars of one of the [city's markets](#) where the ingredients are likely to be fresh, unprocessed and less well-travelled. The [Mercat de la Boqueria](#) and the [Mercat Santa Caterina](#) are two of the most famous and centrally-located markets.

- Restaurants and bars in the city will more often than not serve bottled water only, as the tap water has a slight chlorine flavor. Why not ask about charcoal water filters? Alternatively, request a mineral water sourced from close by, such as the Montseny area.

One fish species to avoid because it is being seriously depleted is the Mediterranean blue fin tuna (atun rojo, thon rouge). Make positive seafood choices instead—sardines are on the green list, their fishing season running till October, with the minimum permitted catch size being 11cm. Other green-listed species that are either in season during the Congress or are non-seasonal include clams, cockles, razor clams, oysters, the Galician swimming crab, Atlantic herring, Rainbow Trout and trap-caught Octopus.

- Look out for the increasingly popular organic wines—vins ecològics (in Catalan), vinos ecológicos (in Spanish).

Spain might be famous for its Rioja and Ribera Del Duero but some very good wines are produced [closer to your conference destination](#) such as Priorat, Montsant and Penedés wines.

- Look out for wines from [Dagón Bodegas](#). This wine producer from Valencia is one of only three in the world, and the only one in Spain, that seals their wines with cork stoppers from an FSC certified cork forest.
- Local large-scale beer brewers are Moritz and Damm, and their beers—Moritz, Estrella Damm, Voll Damm and Bock Damm—are available in most bars. San Miguel beers are also brewed in Barcelona. Artisanal beers brewed on site are available at the [La Cervesera Artesana](#). Additive-free beers are made and distributed locally by [Llúpsols i Llevats](#).

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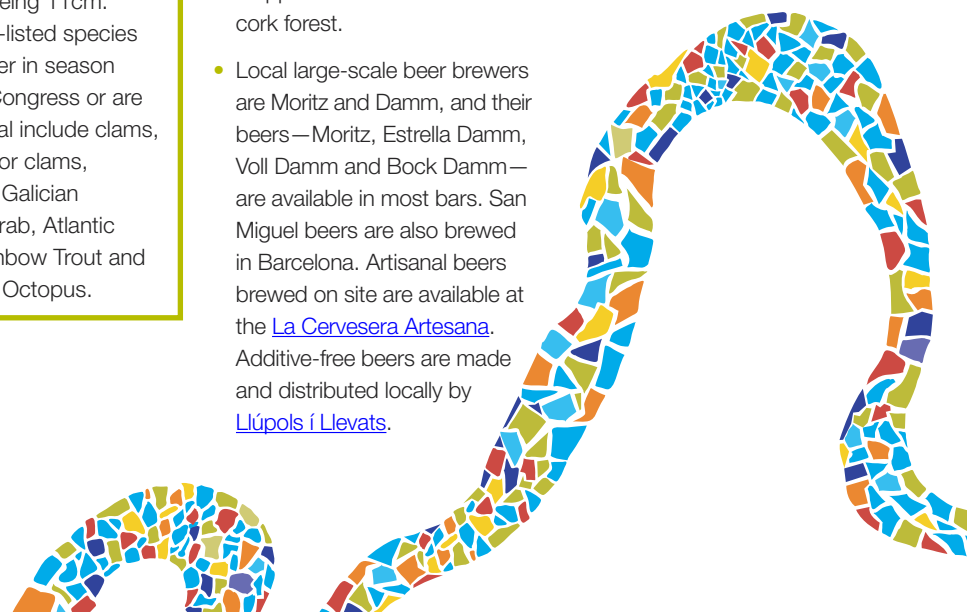
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Shopping

One thing that baffles many locals is the tendency of many tourists to buy souvenirs which have little to do with the city's history or culture, such as Mexican sombreros, Flamenco paraphernalia, and Spanish bull ornaments. In fact the city council has begun implementing ordinances to limit the scale of souvenir retailing outlets close to key sights.

Smart options

- If you plan to buy souvenirs when in Barcelona, try and buy good quality items that will be valued by the recipients to avoid wasted consumerism.

Choose something locally-sourced—to support local businesses. Barcelona FC football shirts made mass-produced thousands of miles away don't really fit the bill, whereas hand-made [espadrilles](#) (canvas shoes) from La Manuel Alpagatera ("since 1910") are more likely to. A less expensive gift is turrón, a traditional Catalan sweet which can be packed away neatly in your case.

- Buy something light-weight as well as interesting to keep your luggage weight down, such as a herbal remedies from one of the city's distinctive herbolaris and herboristeries.
- Consider mementoes—trinkets, coins, stamps, and jewelry—that have already been used from the city's various [flea markets](#).
- Other "light and local" ideas can be picked up from good travel guide books.
- Keep your souvenir-shopping "invasives free". Resist the temptation to buy anything to take home that is living, especially decorative whole plants or their parts, flowers,

seeds of any sort, and bulbs, as they might get to your next stop and survive to become problems for local people and biodiversity. Likewise, check any ornaments or souvenirs for seeds or wooden items, raffia, woven dried plants and untreated leather for the possibility of carrying live organisms inside them.

- Pre-cycle when you buy, checking that the product is packaged in recycled or readily recyclable materials. In Barcelona these would be glass, paper/cardboard or plastic bottles, tetrabriks, tins and cans.

Help Catalunya lliure de bosses! ("Catalonia free of bags")—reduce the use of plastic bags and their disproportionate contribution to municipal waste. Take a day-pack with you when you call in to a local shop, market or supermarket, and refuse the offer of a plastic bag.



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Leaving Barcelona – my next steps

This is the first time the IUCN has put together an information source like this, combining general guidelines on being a responsible visitor and details of IUCN initiatives to minimize environmental impacts with information that is relevant at the Congress destination. Some key questions to you are:

- Has this guide been useful to you?
- What response did you get from people when you requested environmentally-friendlier products or services?
- Do you have any recommendations for a guide for the next Congress?
- We would especially like to know what information you acted upon as a result of this guide.
- Which “smart options” did you take that were exceptional, i.e. not part of the usual way you travel?

Some final recommendations

- Share any tips on how to conference travel more responsibly with friends, families and colleagues.
- If you came across any tourism practices you thought were irresponsible, consider reporting them at irresponsibletravel.info
- Remember that as a visitor you are a potential agent for change—your requests and enquiries will at the very least raise awareness.

Please send us your feedback: congress@iucn.org

Have a pleasant and “responsible” stay in Barcelona!

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Conservation in action



- Help Catalunya lliure de bosses! (“Catalonia free of bags”)—reduce the use of plastic bags and their disproportionate contribution to municipal waste. Take a day-pack with you when you call in to a local shop, market or supermarket, and refuse the offer of a plastic bag.



- During your stay you may also come across signs placed at strategic points in the city to raise awareness about the importance of using water sparingly. Follow the local lead and think of ways to use your water efficiently during your stay.

- Make positive seafood choices! Avoid Mediterranean blue fin tuna (atun rojo) because it is being seriously depleted and chose instead green-listed species such as sardines, clams, razor clams, cockles, oysters, the Galician swimming crab, atlantic herring, rainbow trout and trap-caught octopus.
- Make enquiries at your hotel... How is the hotel dealing with water consumption issues? Does the management have a green purchasing policy? Do they work with service suppliers to keep minimize environmental impacts along the supply chain. Is a written policy available on the hotel's management of environmental impacts, as well as employment and cultural issues?

City travel



- From the airport you can either take the train (Line 10) that runs every 30 minutes and connects to the metro line, which will in most instances leave you near your accommodation or you can take the Aerobús that runs every 7 to 15 minutes and takes you directly to Plaça Catalunya. Both of these modes of transport take around 30 minutes to reach the city and are less emission intensive than a taxi that may take the same amount of time.



- A T-10 Ticket (tarjeta-10) is a ten-journey voucher costing €7.20 that gives you ten trips on the Metro, Barcelona trams, as well as the FGC and Cercanías suburban train systems within the metropolitan area (Zone 1). Transfers between transport modes are free within 75 minutes of initiating your journey. You can also buy tourist and leisure tickets for 2 (10€), 3, 4 or 5 (21.70€) consecutive days.

- All of the following public transport options take you to within 2 minutes walking distance from the CCIB: Metro Line 4 alighting at Maresme-Forum, public buses numbers 7, 36, 41, 43 and 141, and the Trambesós tramway alighting at Forum.

Language tip

Why not learn a few words of Catalan or Spanish at travlang.com?

Bon dia! Un cafè amb llet, si us plau ... Moltes gracies.

Buenos Días ! Un café con leche, por favor... Muchas Gracias!

Fair trade in Catalan is [comerç just](#) and in Spanish [comercio justo](#)

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Out & about

- Eat seasonal and locally-sourced ingredients: Catalan cuisine embraces seasonal fruits and vegetables, transforming them into tasty classics such as escalivada—a preparation of char-grilled aubergine, sweet red pepper and other vegetables. And by mid-October the first wild mushrooms (bolets) should begin appearing on menus—rovellons, pinetells, mollerics and the cama de perdiu varieties being particularly prevalent. Other seasonal produce in season in October are pumpkin, chestnuts, grapes, aubergine, sweet peppers, cuttlefish and game.
- Eat out at organic and/or vegetarian eateries. Half of Spain's vegetarian restaurants are in Barcelona. Sincarne.net and VidaSana will help you choose and locate them. Or try out the local markets: Mercat de la Boquería and the Mercat Santa Caterina.
- To complement the local food try the local beer and wines, including Moritz and Damm beers and Priorat, Montsant and Penedés wines. Also, try to find organic vines (vins ecològics in Catalan, vinos ecológicos in Spanish) or wines from Dagón Bodegas that seal their wines with cork stoppers from an FSC certified cork forest.
- When shopping choose something locally-sourced to support local businesses. For example, buy hand-made espadrilles (canvas shoes) from La Manuel Alpagatera (“since 1910”), or the turrón, a traditional Catalan sweet, or even some herbal remedies from the city's distinctive herbolaris and herboristeries.

About accommodation



- In Barcelona progress has been made in the hotel sector through the European Union's Eco-Label and the Catalan Government's Distintiu de garantia de qualitat ambiental (Guarantee of Environmental Quality). Book a hotel with certified green credentials and then let the management know that this was a deciding factor for you.
- Request that towels and bedding not be changed on a daily basis.
 - In Spanish: “No cambie las sábanas y las toallas, por favor.”
 - In Catalan: “No canviï els llençols i les tovalloles, si us plau..”



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