GREEN IS THE NEW BLACK
YOUR GUIDE TO CONSCIOUS LIVING

LITTLE GREEN STEPS YOU CAN TAKE TODAY
FROM FASHION TO CLIMATE CHANGE TO WELLNESS - WE’VE GOT YOU COVERED

WWW.GREENISTHENEWBLACK.ASIA
WHO DOESN'T LOVE THE IDEA OF A BEAUTIFUL HOLIDAY ON A DREAMY ISLAND WITH WHITE SANDY BEACHES?

NEWS FLASH - PLASTIC AND TRASH IS SLOWLY RUINING THAT DREAM. LUCKILY, LIKE A LOT OF THE PROBLEMS FACING THE PLANET, WE CAN DO SOMETHING ABOUT IT. TO TELL US MORE, WE HAVE JAMIE MONMANEERAT, THE PROJECT LEAD THAILAND OF MANTA TRUST TO TELL US MORE.

FROM A PERSPECTIVE OF A PROFESSIONAL WHO WORKS CLOSELY WITH ECO-TOURISM, THERE ARE ACTUALLY MANY MORE THINGS YOU CAN DO TO BE MORE ENVIRONMENTALLY CONSCIOUS DURING YOUR NEXT TROPICAL VACATION. HERE ARE 5 TIPS TO GET YOU ON YOUR WAY TO BECOME A MORE SUSTAINABLE ECO-TOURIST:

LITTLE GREEN STEPS

(TAKE ACTION)

- ADOPT A TOTE BAG TO DO YOUR GROCERY SHOPPING.
- GET YOURSELF A PRETTY REFILLABLE WATER BOTTLE
- AVOID USING STRAWS AS MUCH AS POSSIBLE.
- BUY YOUR FRUITS AND VEGETABLES LOOSE INSTEAD OF PACKED
- YOU CAN ALSO MAKE YOUR OWN JUICES INSTEAD OF STORE BOUGHT BOTTLES USING REFILLABLE BOTTLES
- AVOID SKIN CARE PRODUCTS WITH MICROPLASTICS
- CHECK OUT AVANI ECO’S LARGE RANGE OF SUSTAINABLE ALTERNATIVE PRODUCTS TO PLASTIC

MUST SEE DOCUMENTARIES:

A PLASTIC OCEAN

“AS SOMEONE WHO THE BEACH IS NOT ONLY A HOLIDAY DESTINATION, BUT A HOME, I CAN TELL YOU THAT IF WE DO NOT CHANGE THE WAY WE LIVE, THE FUTURE GENERATION WILL NO LONGER HAVE A GLIMPSE OF WHAT IT IS LIKE TO PLAY IN THE SAND WITHOUT FINDING BROKEN PIECES OF PLASTIC IN IT, OR SWIM IN AN OCEAN WITHOUT SEEING TRASH FLOATING RIGHT NEXT TO THEM.”

- JAMIE MONMANEERAT, PROJECT LEAD THAILAND, MANTA TRUST -
“R-E-S-P-E-C-T”

AND I AM NOT ONLY TALKING ABOUT THE PEOPLE HERE, I AM TALKING ABOUT THE MARINE LIVES THAT YOU SEE (OR MAYBE DON’T SEE).

MARINE ECOSYSTEM IS VERY DIVERSE AND COMPLEX. IF YOU PAY ENOUGH ATTENTION YOU WILL NOTICE THAT ALMOST EVERYTHING IS ALIVE IN THE OCEANS! EVEN THOSE ROCKS YOU SEE LYING ON THE BEACH MIGHT HAVE SOME AMAZING ORGANISMS LIVING IN THEM.

SO RESPECT THE HOST AND KEEP YOUR HANDS TO YOURSELF! NOT ONLY WILL YOU NOT HARM THE ANIMALS, BUT YOU CAN ALSO SAVE YOURSELF FROM HARM AS WELL. THERE ARE SOME ORGANISMS OUT THERE WITH VENOMOUS STINGS WHICH CAUSE PARALYSIS AND EVEN RESPIRATORY ARREST. SO KEEP THAT IN MIND BEFORE YOU REACH THOSE HANDS OUT TO TOUCH SOMETHING ON THE BEACH OR IN THE SEA!

YOU ARE WHAT YOU EAT

IT IS IMPORTANT TO KNOW WHAT IT TAKES BEFORE THEY GET TO YOUR TABLE.

OVERFISHING IS ANOTHER MAJOR PROBLEM AFFECTING OUR OCEANS. WITH FISH POPULATION AND SPECIES DECLINING RAPIDLY EACH YEAR, TO MAKE THE MATTERS WORSE, Destructive and unsustainable fishing methods are being used to serve our seafood demand. NOT ONLY AFFECTING FISH POPULATION BUT IT’S HABITAT AS WELL. SO NEXT TIME YOU GET A CRABBING FOR SEAFOOD, CHOOSE A SUSTAINABLE SPECIES FOR THE AREA YOU ARE IN. THANKS TO MODERN TECHNOLOGY YOU NO LONGER NEED TO MEMORIZE THE NAMES OF THE SPECIES ANYMORE. THERE ARE NOW MANY APPS YOU CAN DOWNLOAD THAT WILL SHOW YOU THE ‘GREEN LIST’ (SUSTAINABLE SPECIES TO BE CONSUMED) AND RED LIST SPECIES TO BE AVOIDED) ACCORDING TO THE LOCATION YOU ARE IN.

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JUST TAKE PICTURES, LEAVE ONLY A FOOTPRINT

YOU MIGHT HAVE HEARD IT BEFORE, YET WE STILL SEE PEOPLE WALKING ON THE BEACH COLLECTING SEA SHELLS.

IT IS HARD TO RESIST THE BEAUTY OF THOSE SEA SHELLS LYING ON THE BEACH LOOKING PURPOSELESS, OR THOSE READY MADE INTO ACCESSORIES OR CONTEMPORARY HOME DECOR. BUT THE BEAUTY ISN’T ABOUT NATURE. IT’S EVERYTHING WAS DESIGNED AND HAS ITS PURPOSE EVEN WHEN THEY ARE DEAD. SEASHOLLS ARE VERY IMPORTANT TO COASTAL ECOSYSTEM. THEY PROVIDE A SAFE HIDING FROM PREDATORS FOR FISH. THEY ARE HOME FOR ALGAE AND OTHER MICROORGANISMS. BIRDS USE THEM AS PART OF THE MATERIAL TO BUILD THEIR NESTS AND THEY ARE VITAL TO PROTECT THE BEAUTIFUL SHORELINE FROM EROSION. SO LEAVE THOSE SHELLS WHERE YOU SEE THEM SO WE CAN ALL SHARE THE BEST BENEFITS OF THESE BEAUTIES TOGETHER.

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“NOT YOUR ENTERTAINER”

IT IS HARD TO SAY NO TO A CHANCE TO Cuddle A BABY MONKEY, KISS A REAL LIFE FLIPPER, OR HAVE A PICTURE TAKEN WITH SUCH A WELL BEHAVED TIGER!

PEOPLE FORGET THE FACT THAT THESE ANIMALS ARE BEING TAKEN AWAY FROM THEIR FAMILY AND HOME TO BE IN THE PHOTO WITH YOU AND/OR GIVE YOU A SHOW. THE PROCESS OF ANIMAL “TRAINING” OFTEN INVOLVES TORTURING, STARVING AND EVEN SEDATING THE ANIMAL, SO THEY ARE ABLE TO DO WHAT THE TRAINER WANTS. THIS KIND OF BUSINESS MAKES MONEY FROM EXPLOITING PEOPLE’S GOOD INTENTION AND LOVE TO START WITH. DO NOT FALL VICTIM TO THESE BUSINESSES, SAY NO TO ANIMAL SHOWS AND ANIMALS IN CAPTIVITY.

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“THERE IS ALWAYS A PERFECT TIME FOR A LITTLE R&R”

WHEN YOU ARE ENJOYING SOME R&R, REMEMBER TO REDUCE-REUSE-RECYCLE ALONG THE WAY. IT IS NEVER TOO LATE TO REFUSE AND REDUCE SINGLE USE PLASTIC.

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FROM OUR FRIENDS AT