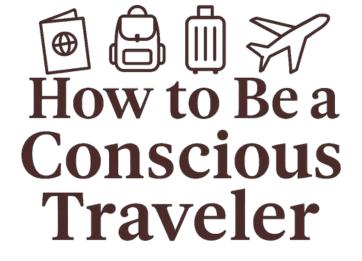
How to Be a Conscious Traveler

lazygirltravel.com



45+ Ways to Travel Or Live Abroad Without Harming the Place You Love

A mindful expat is a welcome guest, not a disruptive force.

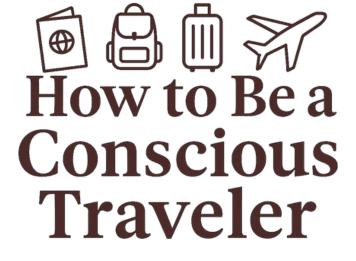
HOUSING & GENTRIFICATION

- ☑ Rent long-term (not short-term/Airbnb) in areas with less housing strain
- ✓ Avoid Airbnbs for personal stays—opt for local hotels, pensions, or family-owned guesthouses
- ☑ Don't use your USD advantage to outbid locals on property in tight markets
- Choose neighborhoods already popular with expats to avoid driving up prices in untouched areas
- Rent from local landlords, not international investors
- Avoid turning second homes into short-term vacation rentals
- Consider house-sitting or co-living for a lower-impact lifestyle

FOOD & ECONOMY

- ✓ Shop at local markets and family-owned tiendas instead of big-box chains LazyGirlTravel.com
- ✓ Eat at small, local-owned restaurants (not international chains or tourist traps)
- Learn seasonal produce and eat what locals eat
- ☑ Don't hoard specialty "foreign" items from local shops meant for immigrants
- Pay in cash when possible to support small businesses directly
- Tip generously (but not disruptively—follow local customs)
- ✓ Support local farmers and artisans when gifting or decorating your space





CONSUMPTION & STYLE

- Thrift or shop second-hand for furniture and clothing
- Support local makers on Etsy, at artisan markets, or via regional cooperatives
- Resist shipping everything from Amazon (especially from abroad)
- Invest in fewer, higher-quality pieces sourced within Spain or the EU
- Avoid fast fashion hauls, especially if you're posting content about your "new expat wardrobe"
- ☑ If buying tech or appliances, buy used, rent, or repair before replacing
- Reduce packaging waste by bringing your own bags, jars, and containers

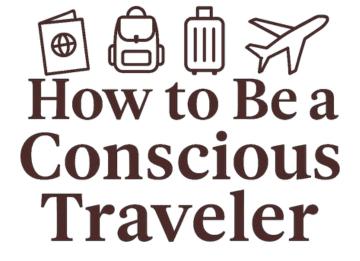
CULTURAL INTEGRATION

- Learn the language (even if slowly)
- ☑ Don't expect locals to speak English—appreciate when they do
- Celebrate Spanish holidays and traditions respectfully LazyGirlTravel.com
- Don't complain publicly about "how different things are" or romanticize "the simpler life"
- ✓ Get involved in community activities or events—be a participant, not a spectator
- Ask before photographing people, homes, or private spaces
- ☑ Don't over-explain Spanish culture online as if you're the expert
- ✓ Promote Spanish creators, guides, and businesses on your platform

DAILY LIFESTYLE & INFRASTRUCTURE

- ☑ Use public transport, walk, or bike when possible
- Avoid importing a car unless necessary—use local services instead
- ✓ Recycle correctly (and learn Spain's color-coded bins!)
- ✓ Choose energy-efficient housing or reduce AC/heating use
- ✓ Support clean-up efforts or local environmental orgs
- ☑ Conserve water—don't assume it's abundant in your area
- ☑ Use refill stores, bulk sections, and natural cleaning products





EMOTIONAL & SOCIAL IMPACT

- Acknowledge your privilege without guilt or saviorism
- Be honest about the hard parts of expat life—don't oversell a fantasy
- Don't treat locals as "background color" for your life LazyGirlTravel.com
- ▼ Tip your cleaners, servers, and helpers well
- ☑ Don't post about how "cheap" everything is—especially wages
- Americans Check your tone: are you celebrating Spain, or your own escape from the U.S.?
- ✓ Make friends with locals, not just other expats
- Uplift stories of locals on your platform instead of centering only yourself

DIGITAL RESPONSIBILITY

- Don't geotag fragile places or secret local spots
- Don't post romanticized poverty or "aesthetic" photos of struggling neighborhoods
- Ask permission before featuring people in your content
- Use your platform to educate gently, not preach
- Create content that invites respect, not extraction

OPTIONAL ADD-ONS FOR EXTRA INTEGRITY

- 1. Donate a % of any income made from Spain content to a local organization. (housing, culture, environment).
- 2. Offer free digital downloads to locals in Spanish (guides, photos, etc.).
- 3. Volunteer your English or business skills 1-2x/month.
- 4. Use your platform to amplify local voices or causes when appropriate.
- 5. Write/publish a Code of Ethics for your travel or expat brand (want help drafting it?).

