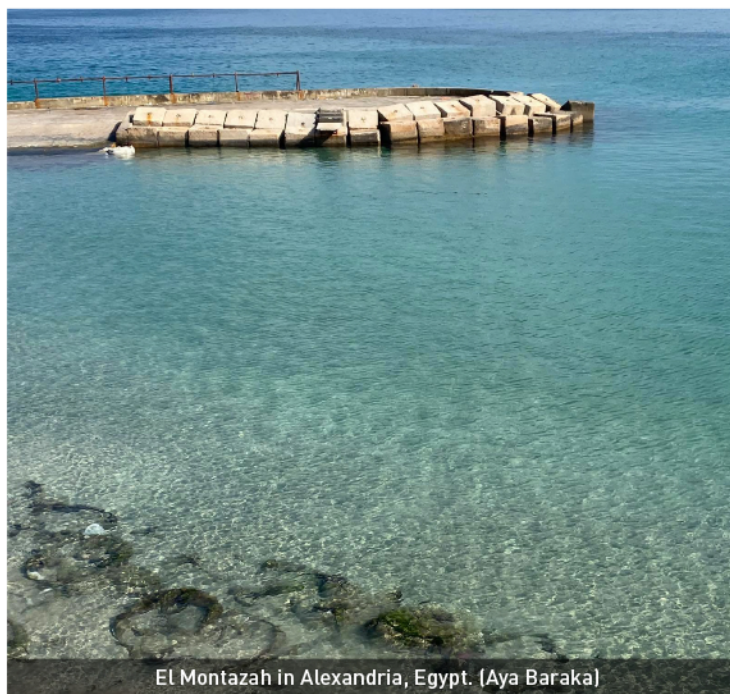


No need for overplanning!

Having a detailed plan for visiting a new destination is always good, but when it comes to slow tourism you shouldn't overdo it by trying to tick off a long list of sites and activities, as it will be very draining, and it will make you miss out being in the moment, which in time will let you forget a lot of those experiences.

Travel in Small Groups!

Slow tourism is a philosophy of life and a state of mind at the same time. To completely enjoy and make the best of this immersive lifestyle, you better travel with like-minded companions, those who share similar interests and enjoy the same hobbies as yourself, ideally a maximum of about 15 people, unless you are seeking an individual travel experience.



El Montazah in Alexandria, Egypt. (Aya Baraka)



What is Med Pearls?

Med Pearls is a cross-border project that aims to internationally position the Mediterranean as an integral destination of quality and excellence for Slow Tourism, by accelerating innovative initiatives built from public & private cooperation.



Harvesting the Saffron rose in Les Garrigues, Catalonia, Spain. (Juan Carlos Muñoz)

With its breathtaking diverse sceneries, rich cuisines and beautiful climate, the Mediterranean is the ideal destination to introduce slow tourism products that serve both the post-pandemic and proximity tourism were mass tourism is not the best option to consider.

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Med Pearls



Nature Activities in Ribere D'ebre, Catalonia, Spain. (Patronat Turisme Diputació de Tarragona)

Welcome to the Mediterranean!

A unique destination
— for Slow Tourism —

www.enicbcmmed.eu/projects/med-pearls



5 Reasons to travel slow (Practice slow tourism)



IT IS A SUSTAINABLE PRACTICE!

Slow Tourism allows you to reduce the environmental impact of your trip by sticking to exploring one destination. It also allows travelers to gain a better understanding of the destinations they visit and the impact their presence can have on destinations, as they indulge in localized experiences and contribute to its local economy.



Ktima Kyr Gianni in Imathia Veria, Thessaloniki, Greece. (Gianna Kohor)



IT GIVES YOU STRONGER CONNECTIONS!

It enables you to know your destination well and lets you experience the local culture and communities at a much deeper level, giving you a more meaningful experience and letting you create long-lasting memories. Slow tourism immerses you into the local way of life, thus enabling you to create stronger connections with the local people, their places and their culture.



IT GETS YOU OUT OF YOUR COMFORT ZONE!

Slow tourism is not only about relaxation, but also new adventures and experiences. It will likely throw a couple of challenges your way, but you'll overcome them. Whether it's communicating in a different language or adjusting to new cultural customs. It will push you out of your comfort zone, but it will let you discover things you never thought you had in yourself.



IT WILL RID YOU OF 'TRAVEL BURNOUT'!

Did you ever travel and when you got home felt that you need a whole new holiday to recover? This is called "Travel Burnout". When you try to see and do as much as possible in a short period of time it can be exhausting, so it often ends up being a negative experience. Slow tourism saves you from this.



IT'S MORE AFFORDABLE!

When you travel slow, you will not be moving from a place to place too much and in a very fast pace. Thus, you will save lots of money on transportation. Moreover, by staying longer in your destination you can get longer term accommodation on booking sites, which is always cheaper than changing accommodation site every couple of nights.



A Fruit Stand in Catania, Etna Alcantara, Italy. (Debora Sanna)



How to travel slow? (Practicing slow tourism)

Spend longer time in a destination

Stop the hassle of visiting so many places in a short period of travel, instead, spend longer in your targeted destination. You will save more and more important you will participate in the reduction of the Carbon footprint, because extensive air travel and other forms of transportation comprise the largest portion of tourism's carbon footprint.

When in Rome, do as the Romans do

In order to experience slow tourism at its fullest, get to know people who live in the destination you are visiting and get the inside scoop from them. You should find out where they love to hang out, their favorite places to eat, and any other tips that will help you know your temporary home better.