



# Travel Etiquette

Preserve Your Destinations for Future Generations

**As a courteous and considerate traveler,  
your good manners help  
protect and preserve the destinations you visit  
while enriching your own travels.**

Become a “responsible traveler,” and get the most from your travels by respecting the local environment and people, as well as other visitors.

A responsible traveler doesn’t litter, doesn’t take photos without permission, and doesn’t take large luggage into crowded spaces.

Your good manners help preserve the destinations you visit, and will enrich your travels too.



**Japan Tourism Agency**



# How to Be a Responsible Traveler

Bear the following in mind to be a Responsible Traveler who gets the most out of traveling while showing consideration for the local environment and residents, as well as other visitors:

01

## Know your destination and mind your manners while there

- Take the time to learn all you can about the culture, tradition, and nature of your destination before you even begin your travels. This will not only elevate your travel experience but also make you a welcome visitor wherever you go. Hiring a guide who knows the local area well can make your trip even better.
- Clean up after yourself, be considerate when taking photos, and stay off private property.



02

## Avoid the crowds

- Large crowds tend to gather at popular spots and during peak seasons, so plan your itinerary with that in mind to ensure yourself a pleasant trip.
- Avoid days and times when crowds are largest: sightsee on weekdays, in the early mornings, or at night to enjoy a more relaxed visit.





## 03

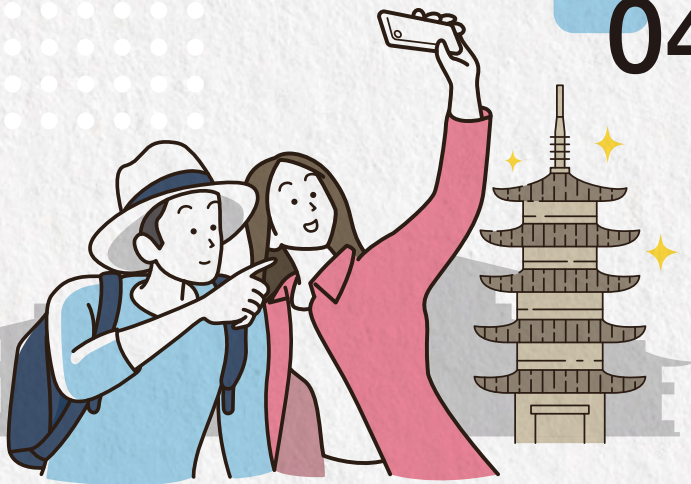
### Travel smart and travel light

- Avoid sightseeing during rush hours, when the local people use public transport to commute to and from work or school.
- Lighten your load and free up your hands by using a luggage-storage service, a locker, or a luggage courier.



## 04

### Respect cultural assets



- Japanese temples and shrines, which have great historical and cultural value, have been preserved for generations as the nexus of religious faith and symbols of their local areas.
- Defacing cultural assets with graffiti or marks of any kind causes irreparable damage to these valuable structures, not to mention being a criminal offense.

## 05

### Dispose of trash responsibly

- Dispose of your waste in trash cans, if available, or take it with you to dispose of later.
- Dispose of cans, glass, and plastic bottles separately in the appropriate recycle bins.





## 06

### Buy local

- Support your travel destination when shopping: choose local handicrafts and meals made with local ingredients.
- Buying local products supports your destination's culture and traditions as well as its economy.



## 07

### Take your time

- A leisurely pace allows you to take in the distinctive scenery, traditions, and culinary culture of each region you visit, giving you the opportunity to discover things you might miss if you were in a hurry.
- Create valuable memories by interacting with the local people and engaging in experiences not possible anywhere else.





## Choose Destinations Committed to Sustainable Tourism

The Japan Tourism Agency (JTA) promotes tourism as a way to protect and preserve local culture, traditions, and natural environments as well as to develop the economy and society of local areas. JTA is currently establishing sustainable-tourism destinations for the benefit of both local communities and tourists. Many destinations throughout Japan now manage their tourism sustainably. Some have committed to working under the Japan Sustainable Tourism Standard for Destinations “JSTS-D” (drawn up jointly by the JTA and the UN World Tourism Organization’s Regional Support Office for Asia and the Pacific), while others have been recognized by UN Tourism as Best Tourism Villages or have earned Green Destinations awards. Please consider choosing one or more of these destinations when you travel to Japan.



List of sustainable-tourism destinations

<https://www.japan.travel/en/sustainable/leading-sustainable-destinations-japan/>



## Ensure Peace of Mind When Traveling

### Prepare for Possible Illness or Injury

You are strongly advised to obtain sufficient international travel insurance, including medical coverage, before coming to Japan. If needed, however, there are medical-insurance plans you can apply for after arriving in Japan.



Apply for medical insurance after arrival in Japan.

[https://www.into.go.jp/emergency/eng/mi\\_guide.html](https://www.into.go.jp/emergency/eng/mi_guide.html)

### Be Prepared for a Natural Disaster

Safety Tips is an app that sends emergency alerts and notifications to users in the event of a disaster. The app enables tourists to obtain important information in multiple languages during a disaster in Japan, primarily via push notifications related to earthquakes, tsunamis, dangerous weather, and volcanic eruptions, as well as emergency evacuation and heatstroke.



Safety tips

Download the Safety Tips app here.



Android



iPhone