



FitCamp Montenegro Responsible Green Policy

At FitCamp Montenegro, sustainability and responsible travel are at the heart of everything we do. Our Responsible Green Policy reflects our deep respect for nature, dedication to preserving the local environment, and commitment to supporting the community. Through mindful practices and eco-conscious initiatives, we aim to inspire our guests to reconnect with nature, embrace sustainable living, and become active participants in creating a better world.

Economic Responsibility

Support for Local Economy:

- We exclusively employ local citizens, ensuring that our operations contribute to local employment and economic growth.
- Our partnerships with local artisans, farmers, and producers showcase and promote authentic Montenegrin products while keeping revenue within the community.
- Activities at our estate are led by a professional team of people, who make sure that our guests experience the best of Montenegrin nature and their set of skills. Possible tours outside of FitCamp Montenegro offered to our guests are guided by local guides, and service providers, supporting the local economy and preserving traditional knowledge.

Empowering Local Communities:

- We work closely with households in the area, motivating them to participate in sustainable tourism and earn from their expertise.
- Community-driven initiatives, such as clean-ups, environmental stewardship programs, and zero-waste workshops, are supported by our team and guests.

Encouraging Sustainable Practices:

- We actively educate local communities on the benefits of eco-tourism, zero-waste practices, renewable energy use and adoption of environmentally friendly practices.

Environmental Responsibility

Commitment to Zero-Waste Economy:

- We practice waste separation and composting while eliminating single-use plastics across our estate.
- Guests are provided reusable water bottles and canvas bags, with the option to purchase these sustainable items as souvenirs.
- Our team has actively initiated petitions to ban single-use plastics and implement a deposit-refund scheme for reusable packaging.

Cleanups and Environmental Stewardship:

- Regular clean-up actions are organised with active guest participation, both on and beyond our estate.
- Collaboration with local volunteers and organisations amplifies efforts to maintain Montenegro's natural beauty.

Preservation of Natural Landscapes:

- We avoid making any changes to the natural landscape unless they regenerate or enrich the existing ecosystem.
- Our **Barefoot Trail** and **Heart Trail** are designed to integrate naturally into the surrounding environment, enhancing both biodiversity and guest experience while promoting mindful exploration.

Water and Energy Conservation:

- Rainwater harvesting is our primary water source, ensuring minimal strain on natural resources.
- Solar energy (once our plant is operational) will power the estate entirely, and low-impact lighting reduces light pollution while supporting nocturnal wildlife.
- Water conservation tips are provided in every guest room and common area.

Silent Hours:

- To respect the tranquility of the environment, **silent hours** are observed from 10 PM to 7 AM across the estate.

Social Responsibility

Cultural Education and Immersion:

- Guests are invited to immerse themselves in Montenegrin culture, traditions, and cuisine through workshops, storytelling, and events.
- Programs such as yoga, mindfulness workshops, and permaculture lessons are designed to promote personal growth while connecting guests to local customs and lifestyle.

Community Engagement:

- Guests can join activities like gardening, composting, recycling, or even trail maintenance, fostering a shared sense of purpose and responsibility.
- Volunteering opportunities are offered, allowing guests to contribute to food production, trail maintenance, and community projects.

Promoting Safety and Wellbeing:

- All our programs are dedicated to the holistic well-being of our visitors, promoting JOMO (joy of missing out).
- FitCamp provides a safe and inclusive environment for solo travellers, couples, and groups alike.
- Travel insurance is encouraged for all guests, with mandatory city tax ensuring adequate coverage for their stay.

Natural and Environmental Enhancements

Sustainable Trail Experiences:

- Our **Barefoot Trail** offers a sensory journey across diverse natural textures, reconnecting guests with the grounding energy of the earth.

- The **Heart Trail**, a 1-km loop through the forest, offers mindful walking, meditation spots, and an emotional connection to nature.

Ecosystem Preservation:

- We plant native flora and introduce natural improvements to support biodiversity.
- Hunting is strictly prohibited on the property unless it is essential for ecological balance.

Light Pollution Reduction:

- Energy-efficient lighting is used sparingly to protect nocturnal wildlife.
- Guests are encouraged to stargaze, provided by our Visit Dark Skies audio guide, on the beauty of the night skies.

Commitment to Education and Advocacy

Guest Education:

- Workshops on sustainable living, mindfulness, and permaculture empower guests to adopt greener and more sustainable lifestyles.
- Digital materials, including e-guides, are made available to reduce paper use.

Advocacy for a Greener Future:

- By sharing our experiences in sustainability, we inspire local communities and guests to take action in their own lives.

How We Meet the Good Travel Seal Standards

FitCamp Montenegro aligns with the **Good Travel Seal** through initiatives spanning the 10 certification themes:

- **Food & Products:** We promote and sell locally produced items, supporting regional agriculture and craftsmanship.
- **Reducing Pollution:** Our recycling and cleanup efforts significantly reduce waste and environmental damage.
- **Caring for People:** Programs foster connections between guests and the local community, encouraging mutual learning.
- **Caring for Water:** Rainwater harvesting, guest education, and efficient water use practices ensure conservation.
- **Good Employment:** All staff are hired locally, and we provide fair wages and growth opportunities.
- **Caring for Nature:** Our nature trails and rewilding initiatives protect and enhance biodiversity.
- **Caring for Climate:** Future solar power and rainwater systems align with low-carbon, sustainable living.
- **Caring for Culture:** Immersive guest experiences highlight Montenegrin traditions and promote cultural understanding.
- **Reducing Waste:** Recycling practices and waste separation systems minimise our ecological footprint.



- **Management & Info:** Transparent policies, digital communication, and eco-education demonstrate responsible management.

We invite you to experience FitCamp Montenegro, where you can reconnect with nature, contribute to meaningful sustainability efforts, and enjoy the next level of mindful vacationing. Together, let's make a difference - one step at a time.