

Being a Good Sport

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Travelling to different places to take part in sports tournaments is very exciting. It is a chance to build teamwork, show off your skills, and may come home with a trophy. However, it is also important to think about how you are affecting the place you are visiting. For a recent tournament in Guangzhou province, my basketball team made an effort to travel responsibly.

Deciding to use environmentally friendly transport is one of the best ways to travel responsibly. Our team rode bicycles to and from the sports ground. This is much better for the environment and it also helped us to warm up for our games. I think that we played better because we had this extra-up exercise! In addition, cycling is a great way to see a new place, and it also helped our team build teamwork since we were riding in a large group. Another option is to take public transport, instead of having a coach or taking taxi. I could know more about transport system. You will also have a chance to meet local people and experience the culture this way.

Sports teams are often very hungry after games. So, our food choice when we travel to a new place are very important. Sometimes, we went to fast food restaurants because they are quick and inexpensive. However, in order to travel responsibly, it is much better to eat at local restaurants that are owned by local people. Plus, this gives our team a chance to sample local delicacies. Over the three days, we had our meals at several great local restaurants near our hotel. We were able to try sampan congee and a dish called Jongjing salted chicken. The dishes were aromatic. Also, we got to support businesses. In order to travel responsibly, it is important to buy local handcrafts and join classes. Our team got together before we left for the tournament and learnt about local people (there are many traditional cultures in the city) and the scenery.

We were able to choose a kayak tour that was run by locals and explored many islands along the coast. With proper research, it is much easier to travel in an area responsibly.

Sports teams are always travelling to new places for tournaments and competitions. Imagine if each of those teens decided to travel responsibly, it could have a huge effect on the world.

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