



Things To Know When Travelling As A vegan



Traveling as a vegan might seem difficult because we don't have much control over it, but I love to travel, so that was enough motivation to push myself to make my [perfect vegan tour](#) as fun as possible. With the following tips and methods, you'll find that it's easier than you think!

Spend some time doing in-depth research online: Before you go out on your vacation, make sure to do some research. Check out the Veg Jaunts & Journeys website to learn about vegan and vegan-friendly restaurants in the area.



Inform your hosts that you're coming: It would be helpful if you could let your hosts know in advance about any special diet requirements you may have if you plan to stay with your friends or relatives. As a benefit, they won't have to waste time preparing any of the animal-based dishes you don't consume, and you may even get them interested in a vegan lifestyle. People will typically treat you with respect if you treat them with respect.

Plan your flight by calling ahead: If you are flying for an extended period of time, it is recommended that you contact the airline at least 72 hours in advance to request vegan options.

Carry your own food during the journey: You should still bring some snacks with you on your trip, even if you know there will be vegan food at your destination or on your mode of transportation. Snacks like fruit and vegetable sticks with dip, trail mix, bars, nuts, etc. are perfect for eating while travelling or waiting at an airport.

Show your creativity at restaurants: Obviously, plant-based restaurants should be the target, but let's be realistic: they aren't widespread (yet). When eating out and finding a lack of vegan options, you may need to get creative. Replace rice, potatoes, guacamole, and more vegetables for the meat in a burrito. Try the marinara-sauced spaghetti or the grilled vegetables with an olive oil-based toss. Likewise, you can get vegetarian burgers and fries at a lot of restaurants these days. Don't stress if you don't know for sure if the pasta or bread you're getting includes eggs. Here, purity is not a problem. It means making every effort to reduce suffering.



Put in a good word for a night of cooking: Whenever I visit with family, one of my favourite things to do is to prepare and serve a vegan dinner for everyone at least once. They get a night off from cooking, and I get to show them how simple it is to make a cruelty-free meal.

Obtain a passport that certifies you can travel as a vegan: That means you're leaving the country, correct? If you find yourself having to explain "vegan" in a language other than your own, you can either pull out your phone or use Google Translate, or you can just carry one of these around with you.



Contact an experienced vegan tour operator:

Lastly, you will be exposed to eco-friendly, healthy living as well as international, vegan cuisine. Find a reputable and experienced tour operator to assist you with this so that you may travel as a vegan in comfort. You may get the greatest service by going to www.vegjauntsandjourneys.com.

Contact Us



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