



## ECO-PARTICIPANT DECALOGUE

### Discover MIA's sustainability choices

Welcome! MIA has been organised according to the principles of environmental sustainability. We ask for your contribution and kindly ask you to follow these guidelines during your attendance:

Be conscious of the choices and the sustainable organization of the event. In the Sustainability section of the [miamarket.it](http://miamarket.it) website you will find all the information on our sustainability choices.

While staying in Rome, live your trip as sustainably as possible. You can get detailed information asking the Info-points in the city, the tourist office and at the accommodation facilities.

### Travel with sustainable public transports

Rome, especially in the city centre, is very simple to walk through. Moreover, it is equipped with a good metro service and bike rental points. For example, the Roma Termini train station is connected to the historical centre by a few minutes metro ride, (line A, Repubblica station), while from Palazzo Barberini, the centre can be reached with a pleasant 10 minutes walk.

### Reuse, save, recover

The MIA organisation provides you with a complimentary reusable water bottle, that you can refill whenever you want from the fountains available at Palazzo Barberini and those scattered throughout the city. During your leisure and rest moments, we suggest you to engage in sustainable behaviours and to save water and energy at your accommodation facilities. If possible, avoid buying disposable products.

### You can go there. But do others also go through it?

Pay attention to the effective practicability of the areas dedicated to access and transit for the disabled provided by the accessibility plan. Be careful where you leave your bike and how you park your car: a little carelessness on your part could cause great discomfort to others.

### Treat yourself to a dinner at Km-0

The exquisite cuisine of the Italian capital is renowned worldwide! Do not miss the opportunity to taste a typical Roman dinner, prepared with traditional recipes and local sourced products. Spaghetti alla carbonara, Bucatini all'Amatriciana, Abbacchio, Roman style Artichokes, the characteristic Sour Cherry Tart and much more. Enjoying the local delicacies is another way to increase your culture and get in tune with the places you visit.

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## Bring back home the typical flavours

Bring back home with you the flavours of Rome. Cheeses such as Conciato di San Vittore or cold cuts like Prosciutto di Bassiano, typical biscuits, wines and pralines. You can buy them in the old delicatessens, at the pastry shops or chocolatiers in the city centre. You can even create cooking kits with your favourite local products and recreate the recipes that you have loved the most.

## Do you have something to throw in the trash? Only in the right place!

Follow the instructions for the correct separate collection of waste both in the spaces of the MIA and in the streets of the city. For each organizational phase of the event, in agreement with retailers and operators, we are taking steps to recover as much as possible the waste products.

## Spread sustainability

Do you share MIA's sustainability choices?

Do you have suggestions for improving certain aspects?

Your opinion matters to make MIA more sustainable year after year. Let everybody know through social media channels as well.

Sustainability also spreads by talking about it.

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