



As part of the Tourism Climate Action Agenda 2030, Turismo de Portugal is developing the Climate Refuge Network | Stay Cool, an initiative designed to support the tourism sector's adaptation to climate change and strengthen the resilience of destinations during periods of extreme heat.

Heatwaves are becoming increasingly frequent and intense, with direct impacts on the well-being and safety of residents and visitors. Prolonged exposure to high temperatures may pose an increased risk, particularly for more vulnerable groups.

To reduce these risks, it is essential to adopt prevention and protection measures, both at an individual level and in the organisation and management of destinations and tourism activities.

What are Climate Refuges?

Climate Refuges are indoor or outdoor spaces that provide free temporary shelter and thermal comfort during periods of extreme heat. These may include existing public or private facilities, provided they offer thermal comfort, suitable resting areas, and access to safe drinking water.

In this context, the use of these spaces can contribute to a safer and more comfortable visitor experience.

Recommendations for Visitors

During periods of extreme heat, adopting preventive behaviours is essential to ensure a safe and comfortable visitor experience.

Visitors are often in unfamiliar destinations and may therefore be more exposed to heat-related risks. It is essential to plan activities, adapt the pace throughout the day and make use of spaces that provide thermal comfort, such as Climate Refuges.

The following good practice guidelines are recommended:

A - Planning Activities

- Prioritise outdoor activities early in the morning or late in the afternoon
- Avoid travelling or visiting attractions during the hottest hours
- Take regular breaks in cool, shaded or air-conditioned places
- Identify available Climate Refuges at the destination in advance (parks, beaches with support facilities and shaded areas, museums, libraries, shopping centres or other air-conditioned spaces)
- Use these spaces throughout the day to recover from heat exposure, rest and access safe drinking water



- Choose shaded routes whenever possible and adapt your itinerary to the heat conditions

B - Hydration and Personal Protection

- Drink water regularly, even if you do not feel thirsty
- Use an appropriate sunscreen with adequate sun protection
- Wear a hat and sunglasses
- Wear light-coloured, loose-fitting, comfortable clothing suitable for high temperatures

C - Adapting Pace and Behaviour

- Reduce the pace of activities during the hottest hours
- Avoid prolonged sun exposure between 11:00 and 17:00
- Avoid intense physical activity during the hottest part of the day
- Take frequent breaks in cool or shaded places
- Take extra care with children, older people and those with more vulnerable health conditions

D - Recognising Signs of Excessive Heat Exposure

- Watch for signs of fatigue, dizziness, excessive thirst or discomfort
- Move immediately to a cool or air-conditioned place and rehydrate if you feel unwell
- Seek assistance whenever necessary