



Sustainability and Study Abroad



While studying abroad is an incredible opportunity to explore the world and immerse yourself in different cultures, it is important to take into consideration the carbon footprint your travels have on the environment.

Here are some ways that you can minimize your carbon emissions and be a mindful and sustainable traveler during your journey abroad:

1. Packing

- a. Pack light so you don't produce more carbon emissions than you have to with unnecessary extra weight.
- b. Bring reusable water bottles, utensils, straws and tote bags to reduce your use of disposable plastics.

2. Travel

- a. For your international flight, choose an airline that is working to reduce its carbon emissions and/or purchase carbon offsets for your flight.
- b. Walk, bike or take public trains and buses instead of private transportation when abroad. Most countries in Europe have a high-speed rail system that is almost always cheaper than flying, too!

3. Accommodations

- a. Choose hotels, hostels and other accommodations that follow eco-friendly practices.
- b. Be mindful of the amount of water you use while showering, brushing your teeth, and washing clothes and dishes.

4. Food and Shopping

- a. Eat locally-grown food and support smaller, local restaurants instead of global fast-food chains.
- b. When shopping for clothes or souvenirs, opt for secondhand or locally-made goods that didn't have to be shipped long distance and that support the local community.

5. Caring for Environment

- a. Don't litter, and recycle whenever possible.
- b. Avoid feeding wild animals, paying to take photos with wildlife, and buying souvenirs made from endangered species. This can be harmful to wildlife and encourage people to take animals out of the wild to make money.