



GO GREEN

7 TIPS FOR A SUSTAINABLE STUDY ABROAD EXPERIENCE

Erasmus+ & sustainability

“Leave nothing but footprints, take nothing but memories”

An international mobility is an incredible experience and unique opportunity in your life. With Erasmus+, pupils, students, adult learners and education professionals have the opportunity to acquire new knowledge and skills abroad..

At the National Agency for Erasmus+ Education & Training we strongly believe in the power of internationalization. Not only as a unique experience and to broaden your professional and personal horizons: it also helps you on your way to becoming a world citizen.

Internationalization obviously involves travel, as well as changes in your daily life when you go abroad for a longer period of time. Every little helps, so we like to emphasize sustainable choices in all activities within the Erasmus+ program. In this way, we help all participants to have a positive impact and to leave as small a carbon footprint as possible on the world.



DO SOMETHING GREEN TODAY

Sustainable travel: although it sometimes sounds contradictory, it is certainly possible to make conscious choices. Therefore, feel responsible and take that responsibility, both before and during your experience abroad.

In this way you too can contribute to a better, healthier and sustainable world!

Use our 7 tips for a sustainable study abroad experience, and go for the experience of your life with a 'green mind'!



Erasmus+ is the European funding program for education, training, youth and sport. The aim of the program is to contribute to economic growth, employment, equal opportunities and inclusion in Europe. The program wants to give as many people as possible the opportunity to fully participate in society and the labor market, by developing their skills and competencies. Furthermore, Erasmus+ helps to improve the quality of education and training, as well as youth and youth work in Europe through international cooperation.

SEE ALL FUNDING OPPORTUNITIES ON [ERASMUSPLUS.NL](https://erasmusplus.nl)

Tips prior to your departure

Are you going on a trip with Erasmus+? Then make the right sustainable choices right away, prior to your departure!

TIP #1

Book a train/bus/car

Flying is by far the worst choice for the climate. A plane trip puts as much as 7 to 11 times more strain on the environment than the same trip by train. The difference is greatest for short distances (less than 700 kilometers). Furthermore, a plane trip contributes 2 to 4 times more to the greenhouse effect than the same trip by car¹.

Traveling by train or bus is not always feasible when traveling to a distant destination. So be aware of the climate impact when booking a plane trip.

Traveling by train, car (www.blablacar.nl) or bus is sometimes more convenient than flying. In addition, it has a lower impact on the environment.





If you choose flying, book a direct flight

Even though you sometimes save money by flying with a transfer, it also creates a detour, which increases CO₂ emissions. Also, choose the nearest airport for departure and arrival and make your flight as efficient as possible that way.

- **Fly economy class to faraway destinations**

Business class means more luxury and space. The more space you take up, the more CO₂ emissions you emit. So don't be a luxury horse and fly economy².

- **Choose a low emission airline**

The type of aircraft, engines, number of seats and capacity affect the efficiency and sustainability of a flight. You can view lists online to compare airlines³.

- **Compensate your CO₂ emissions**

Invest in offsetting projects (carbon offsetting). By doing so, you provide financial support to projects that reduce CO₂ through, for example, reforestation or renewable energy. You can calculate the emissions of your flight⁴ and compensate them via the airline itself, or by supporting the United Nations or a Dutch organization such as Friends of the Earth.

TIP #2

Travel light and limit your waste

The less you take, the lighter your suitcase and therefore the lower your emissions⁵. If you do need extra clothing or other products, you can shop them locally and support the local economy at the same time. Win-win!

Think about choosing reusable items: a refillable water bottle, reusable shampoo bottle, lunch box, fabric shopper, etc. That way you use less single-use plastic.

Also, choose digital (entry-level) maps, that way you don't have to print and you can't lose them.

A rechargeable power bank (solar powered, for example) is also handy to keep your smartphone charged on the go.



TIP #3

Be aware of your carbon footprint

What determines your carbon footprint? Everyone in the world is responsible for a certain amount of CO₂ emissions through simple activities such as eating, heating (or cooling) your home and moving from A to B.

By making small (and large) adjustments in your daily life, you can significantly reduce your ecological footprint.

Measure your carbon footprint via [footprintcalculator.org](https://www.footprintcalculator.org)

By making small (and large) adjustments in your daily life, you can significantly reduce your carbon footprint.

**Get inspired by these
green projects from
Erasmus+!**

Working towards a sustainable world

STEAM EDUCATION FOR PLASTIC-FREE PRIMARY SCHOOLS

primary and secondary education

The international project partners (including Agora Roermond) focus on educating students and educational staff about the impact of plastic on our environment, and the responsible consumption and recycling of plastic products. On to a plastic-free (school) environment!

PLASTEAM.EU

EDUCATION FOR CLIMATE RESILIENT EUROPEAN HERITAGE ARCHITECTURE

higher education

To increase the importance and impact of heritage in architecture education and research, the e-CREHA project partners are working on an innovative e-learning method (based on blended learning) on developing climate-resilient solutions for built heritage across Europe.

READ MORE? GO TO
INSPIRATION & RESULTS ON
ERASMUSPLUS.EN

Tips for your stay

**Arrived at your destination?
Then make sure you leave
nothing but fun memories
behind during your stay!**

TIP #4

Get the most out of public transportation

Did you know that you can save up to 90% in CO2 emissions by getting around by train? Bus travel is also becoming increasingly popular (and you only emit half of what you do by flying)⁶.

Traveling by public transportation abroad usually still requires some preparation. Sometimes it's hard to quickly figure out how the subway works or which streetcar or bus to take.

So give yourself some time: it's not always easy to figure out a new system. Once you have traveled on your own on the bus or metro in a foreign country, you will be happy with your new knowledge.



TIPS FOR YOUR STAY

Travelling by public transport is therefore a valuable addition to your experience abroad with Erasmus+!

- **Prepare your route well**

First look up (online) the current timetables of public transport, make sure you have a clear (online) map or floor plan, and also study the payment system in advance. Websites like TripAdvisor and Lonely Planet can help you with this.

- **Save paper**

Got everything figured out? Save your information on your smartphone so you can always check offline. Also, buy digital tickets as often as you can.

- **Sharing = caring**

Car-sharing systems are also a fun and sustainable alternative. Think of carpooling or local sharing apps like Blablacar. If you want to rent a car, you can also do so through Cambio, for example, where you can easily choose an electric or hybrid car.

- **Get moving**

Not to mention, walking or taking a bike remains of course the greenest (and healthiest) option locally!



THINK
GREEN
KEEP IT
CLEAN

TIP #5**Sustainable food**

One of the most enjoyable aspects of getting to know another region is enjoying the local food and drinks. Fortunately, you can very easily reduce your footprint by applying a few simple tips.

- **Fight food waste**

Combat food waste (and save!) by giving mobile apps like Too Good To Go, No Food Wasted or ResQ a try. You'll then buy food that would otherwise be thrown away at a competitive price.

- **Choose locally produced food**

Your locally produced vegetables have traveled a shorter distance, which means less fuel, air pollution and greenhouse gases. In addition, you are supporting local farmers by doing so. For the same reason, it is better to opt for seasonal produce and choose fresh food. It uses less energy and resources and tastes better. Organic options keep chemical fertilizers and pesticides out of the soil (and groundwater) and are better for your health. Sustainable food



- **Eat less meat**

Eating less meat lowers your footprint, because keeping animals takes up a lot of space (about 30% of the world's surface goes to growing animal feed). So every time you go for that pasta *arrabiata* instead of *carbonara* you are saving water and combating deforestation, overgrazing and pollution.

- **Eat out of your refrigerator**

Your mother didn't say for nothing: "Eat your plate empty!" Did you know that a third of all crops and livestock never make it to our plates? Food waste accounts for 8% of total global greenhouse gas emissions⁷.

TIP #6**Sustainable leisure choices**

Sustainable travel is also about respecting the local people and their traditions. You are the guest and sometimes you will have to adjust your own habits and leisure choices a bit.

- **Connect with locals.** Find fun, local cultural activities that aren't just for tourists. It can also be a very nice conversation starter to sound out local initiatives such as wind farms, farmers' markets or farm stores.

- **If you like a brisk walk,** do it with respect for nature. Follow the trails so you don't damage anything.

- **The oceans and seas also deserve extra attention.** Choose sunscreen without oxybenzone and don't touch coral, no matter how beautiful it is.





MAKE A GREEN IMPACT

TIP #7

Share your knowledge

Others can learn from you!

- Use your experience and new insights to educate friends, family, students, classmates, teachers, colleagues and many others about sustainable travel.
- Write a blog, make a vlog, start a podcast, host an event ... Who knows, you might become the first #GreenErasmus+ influencer!

Did you know that Erasmus+ has been one of the European Union's most successful grant programs for more than 30 years?

Already more than 10 million participants since 1987

The Erasmus+ program supports the educational, professional and personal development of participants in education, training, youth and sport, in Europe and beyond. By doing so, the program contributes to sustainable growth, employment, social cohesion and the strengthening of European identity.

Key priorities of the Erasmus+ program 2021-2027 are inclusion, digitalization, participation and Green Erasmus+ (sustainability, environment and climate).

Do you work in the education or youth sector? Then read more about the possibilities of the Erasmus+ program for your organization on our website!

VIEW ALL GRANT OPPORTUNITIES ON ERASMUSPLUS.NL



#1 Inclusion



#2 Green Erasmus+



#3 Digitalisation

COLOFON



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ENDNOTES

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