



GO GREEN

7 TIPS FOR A SUSTAINABLE TIME ABROAD

Erasmus+ & sustainability

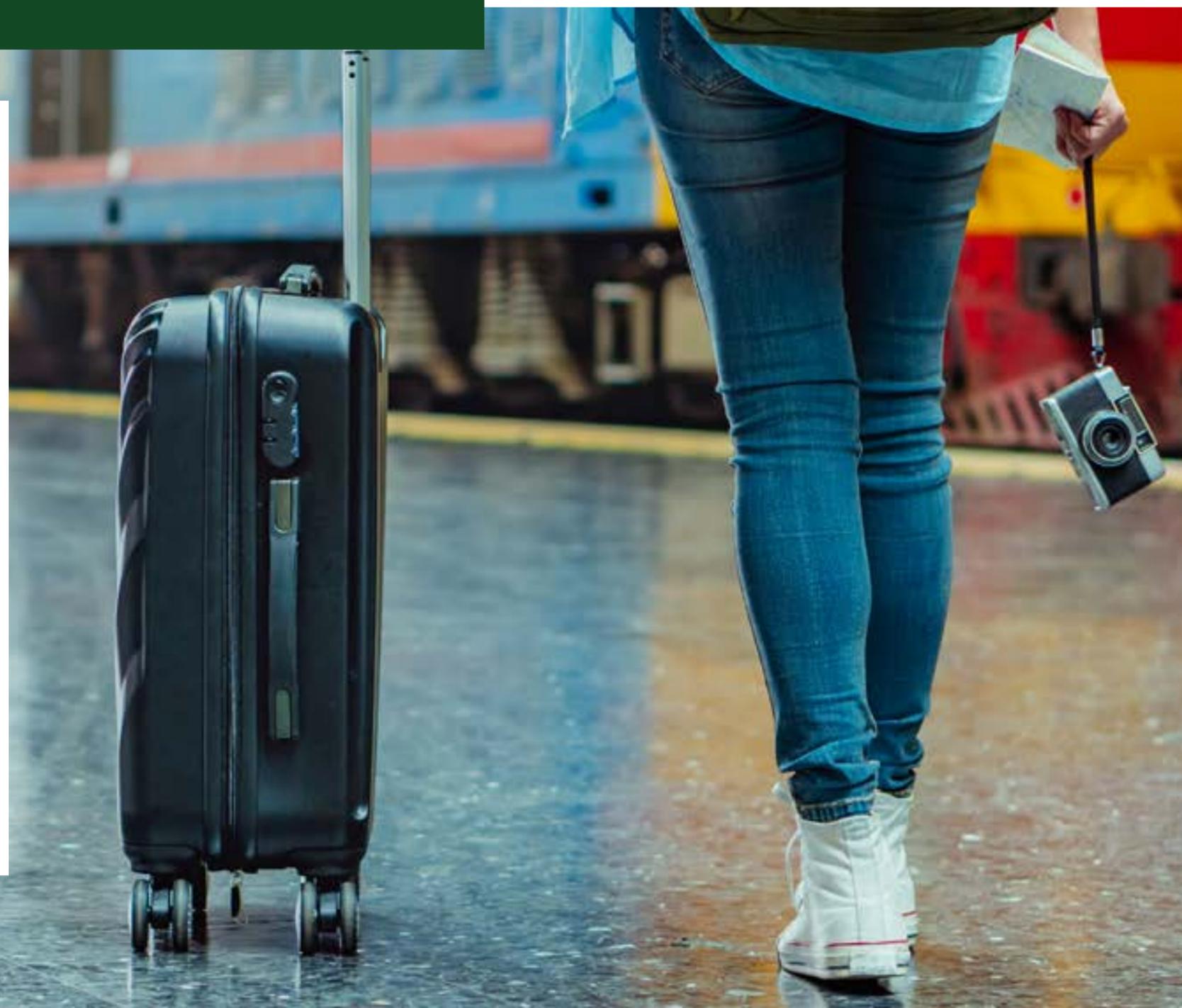
“Leave nothing but footprints, take nothing but memories”

Participating in an international mobility programme is an incredible experience and a once-in-your-lifetime opportunity. Erasmus+ gives school pupils, students, adult learners as well as education professionals the possibility to acquire new knowledge and skills abroad.

At the National Agency Erasmus+ Education & Training, we strongly believe in the power of internationalisation. Not only as a unique experience for broadening your professional and personal horizons, but also as something that helps you become a world citizen.

Of course, internationalisation involves physical relocation as well as changes in your daily life when you move abroad for a longer period. Every little bit helps, so we aim to emphasise sustainable choices for all activities in the Erasmus+ programme.

In this way, we help all participants to have the most positive impact possible and to leave behind the smallest possible ecological footprint in the world.



DO SOMETHING GREEN TODAY

Sustainable travel: although this may sound like a contradiction, it is certainly possible to make well-considered choices. So feel responsible and act on this responsibility, both before and during your experience abroad.

By doing so, you can contribute to a better, healthier and more sustainable world!

Check out our **7 tips for a sustainable time abroad**, and begin the experience of your life in a 'green mood'!



Erasmus+ is the European grant programme for education, training, youth and sport. The goal of the programme is to make a contribution to economic growth, employment, equal opportunities and inclusion in Europe. The programme aims to offer as many people as possible the chance to participate fully in society and the job market by developing their skills and competencies. Moreover, through international collaboration, Erasmus+ helps to improve the quality of education and training and of child and youth work in Europe.

VIEW ALL THE GRANT POSSIBILITIES AT [ERASMUSPLUS.NL](https://erasmusplus.nl)

Tips before you set off

Will you soon be travelling with Erasmus+? Start by making the right sustainable choices before you set off!

TIP #1

Book a flight with as few carbon emissions as possible (or offset the emissions)

Air travel is by far the worst choice for the climate. It harms the environment no less than 7 to 11 times more than the same journey by train. The difference is greatest over shorter travel distances (under 700 kilometres). Moreover, a journey by air contributes to the greenhouse effect two to four times more than the same journey by car.¹

Still, travelling by train or bus is not always feasible if you are heading for a far-away destination.

In short, be aware of the effects on the climate when booking a flight. The following tips make a journey by air a little less harmful to the environment.





- **Book a flight without a transfer**

While you may be able to save money by transferring from one flight to another, it creates a roundabout route that increases the carbon emissions. Choose the closest airport for your departure and arrival; this will make your flight as efficient as possible.

- **Fly economy class on long-haul flights**

Business class means more luxury and space. The more space you occupy, the larger the amount of CO₂ you generate. Skip on the luxury and fly economy.²

- **Choose an airline with low emissions**

The type of aircraft, the engines, the number of seats and the capacity all influence the efficiency and sustainability of a flight. You can check online lists to compare the airlines.³

- **Offset your carbon emissions**

Invest in compensation projects (carbon offsetting). By doing so, you financially support projects that reduce CO₂ through methods such as reforestation and renewable energy. You can calculate your flight's emissions and offset them through the airline itself, or for instance by supporting the United Nations or a Dutch environmental organisation such as Milieudefensie.

TIP #2

Travel light and limit your waste

The less you take with you, the lighter your suitcase and hence the lower your emissions. If you still need extra clothing or other products, you can shop locally and, by doing so, immediately support the local economy. It's a win-win!

Remember to choose renewable items: a refillable water bottle, a reusable shampoo bottle, a bread box, fabric shopping bags ... In this way, you can reduce the amount of single-use plastic you use.

Also, opt for digital tickets and boarding cards, so you do not have to print them and cannot lose them.

A rechargeable powerbank (for instance, using solar power) is also useful for charging your smartphone as you travel.



TIP #3

Be aware of your ecological footprint

What determines your ecological footprint? Everyone in the world is responsible for a certain level of carbon emissions, simply by doing things like eating, heating (or cooling) your house and moving from A to B. By making small as well as larger changes to your daily life, you can significantly reduce your ecological footprint.

Measure your ecological footprint at [footprintcalculator.org](https://www.footprintcalculator.org)

By making changes to your daily life, you can significantly reduce your ecological footprint.

Get some inspiration from these Green Erasmus+ projects!

Working to create a sustainable world

STEAM EDUCATION FOR PLASTIC-FREE PRIMARY SCHOOLS

primary and secondary education

The international project partners (including Agora Roermond) focus on extra education for pupils and teaching staff about how plastic impacts our environment, as well as how to responsibly consume and recycle plastic items. Towards plastic-free schools and a plastic-free environment!

PLASTEAM.EU

EDUCATION FOR CLIMATE RESILIENT EUROPEAN HERITAGE ARCHITECTURE

higher education

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

Tips for your stay abroad

Once you have arrived at your destination, make sure the only things you leave behind during your stay are nice memories!

TIP #4

Make the most of public transport

Did you know you can save up to 90% in carbon emissions by taking the train? Bus travel is becoming ever more popular as well (and you emit only half of what you would when flying).⁴

Travelling by public transport abroad usually does require some preparation. It can sometimes be difficult to quickly figure out how the metro system works or which tram or bus you can take.

Give yourself a little time; getting to grips with a new system is not always easy. Once you have successfully travelled by bus or metro on your own in a foreign country, you will be pleased with your new knowledge.

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



TIPS FOR YOUR STAY ABROAD

- **Prepare your route well**

Start by finding the current public transport schedules (online), get hold of a clear online or printed map or plan and find out about the payment system beforehand. Websites like TripAdvisor and Lonely Planet can be useful for this.

- **Save paper**

Got everything lined up? Save your information on your smartphone, so that you can always check it offline. Also, buy digital tickets whenever possible.

- **Sharing = caring**

Car-sharing systems are another convenient and sustainable alternative. This can involve carpooling or local share apps such as Blablacar. If you want to rent a car, Cambio is an option that easily lets you choose an electric or hybrid car.

- **Get moving**

And remember that walking and cycling are of course the greenest (and healthiest) options at your location!



THINK
GREEN
KEEP IT
CLEAN

TIP #5**Sustainable food**

One of the nicest things about getting to know another region is enjoying the local food and drink. Luckily, it is very easy to reduce your footprint by applying a few simple tips.

- **Fight food waste**

Reduce food waste (and save money!) by trying out mobile apps such as Too Good To Go, No Food Wasted or ResQ. These let you buy food at cheap prices that would otherwise be thrown away.

- **Choose locally produced food**

Your locally grown vegetables get to the shop with a shorter journey, which means less fuel, air pollution and greenhouse gases.

Moreover, you support the local farmers. For the same reason, it is better to choose seasonal products when buying fresh foods.

These consume less energy and resources – and they are tastier too! Organically grown foods keep chemical fertilisers and pesticides out of the soil (and ground water) and are healthier as well.



- **Eat less meat**

Eating less meat reduces your footprint, because animals take up a lot of space (about 30% of the world's land surface is used for growing animal feed). Every time you choose to eat pasta arrabiata instead of carbonara, you save water and help prevent deforestation, overgrazing and pollution.

- **Eat the fridge empty**

Your mum was wise when she told you to 'Finish your food!' Did you know that a third of all crops and meat never actually reaches our plate? Food wastage is responsible for 8% of the total global emission of greenhouse gases.⁵

TIP #6**Sustainable leisure choices**

Sustainable travel also means respecting the local population and their traditions. You are a guest, and you may sometimes need to adjust your own habits and leisure choices a little.

- Get to know the locals. Look for enjoyable local cultural activities that are not only intended for tourists. It can also be a great conversation starter to find out about local initiatives such as wind parks, farmers' markets and farmhouse shops.
- If you like walking and hiking, show respect for nature when you are out and about. Keep to designated routes so that you do not damage anything.
- The oceans and seas also need to be treated carefully. Choose sun cream without oxybenzone and do not touch corals, no matter how beautiful they are.





MAKE A GREEN IMPACT

TIP #7

Share your knowledge

Other people can learn from you!

- Use your experience and new insights to inform friends, family, school pupils, fellow students, lecturers, colleagues and many other people about sustainable travel.
- Write a blog, make a vlog, start a podcast, host an event... Who knows, maybe you will become the first **#GreenErasmus+** influencer!

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

More than 10 million people have already participated since 1987

The Erasmus+ programme supports the educational, professional and personal development of participants in education, training, youth and sport, both in Europe and beyond. In this way, the programme contributes to sustainable growth, employment, social cohesion and strengthening the European identity.

Important priorities of the Erasmus+ programme in the period 2021 – 2027 are inclusion, digitalisation, participation and Green Erasmus+ (sustainability, the environment and the climate).

Do you work in education or in the youth sector? Visit our website to read more about what the Erasmus+ programme can offer your organisation!

VIEW ALL THE GRANT POSSIBILITIES AT [ERASMUSPLUS.NL](https://erasmusplus.nl)



#1 Inclusion



#2 Green Erasmus+



#3 Digitalisation

PUBLISHING DETAILS



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7 tips for a sustainable international experience

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Nuffic | Kortenaerkade 11 | 2518 AX The Hague

+31 (0)70 4260 260

info@erasmusplus.nl

erasmusplus.nl

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ENDNOTES

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