

Sustainability While Studying Abroad

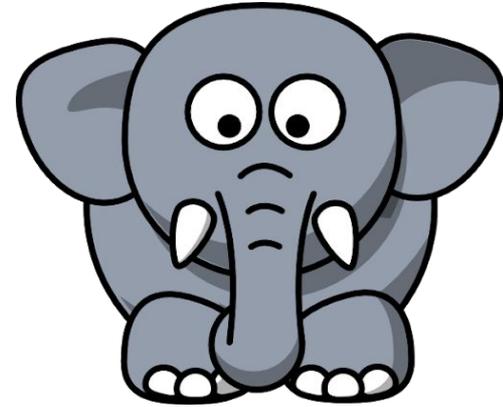
April 22, 2022

Em Fuller, Education Abroad Ambassador
Linda Torricelli, Coordinator of Education Abroad



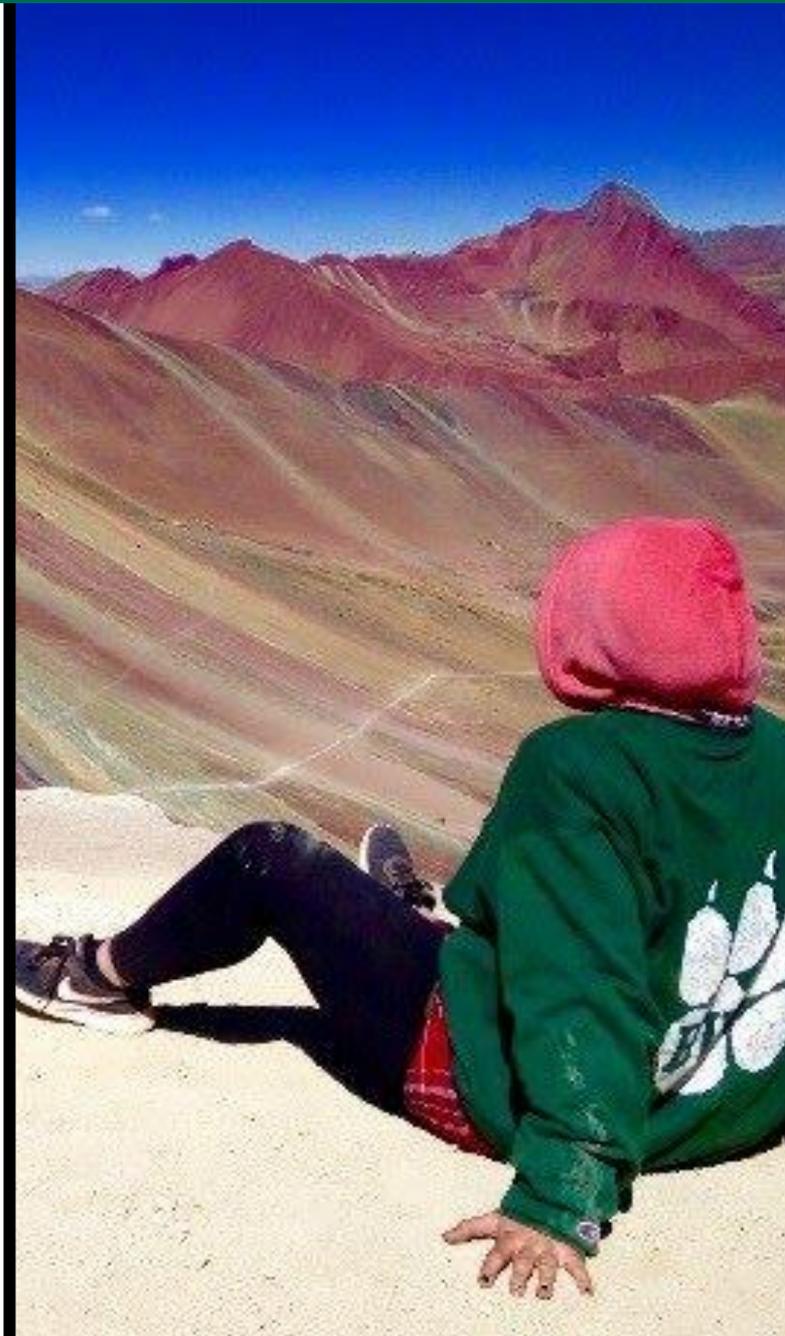
Getting Started...

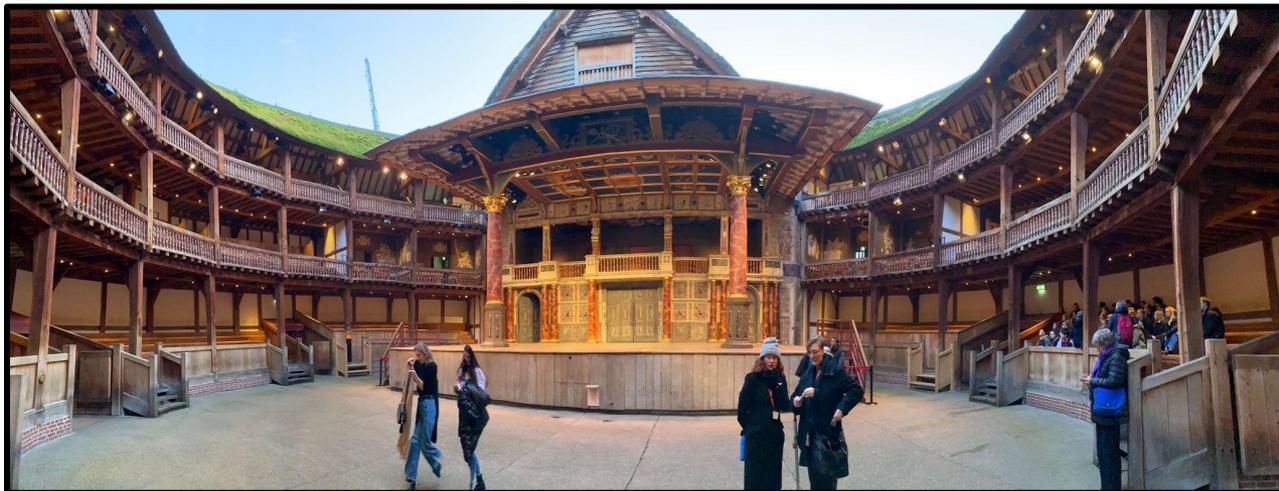
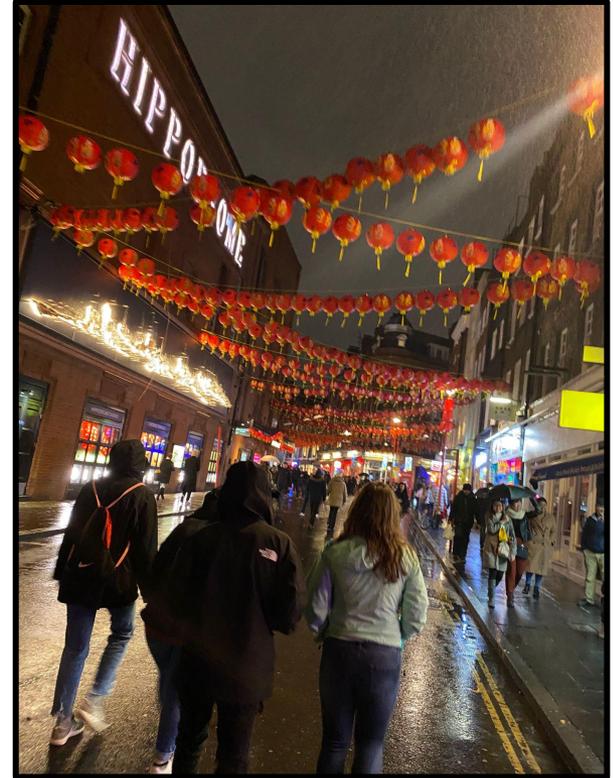
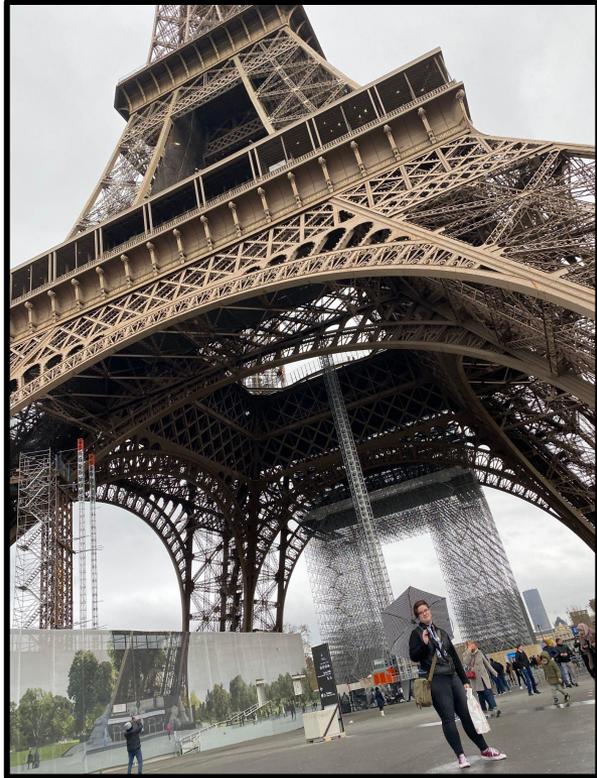
- COVID-19 Monitoring
 - Geography Matters
 - CDC Travel Advisories ([COVID Specific](#) & [General](#))
 - [DOS](#) Travel Advisories
 - Visit the [IEGI COVID-19 FAQ page](#) for more information
- Cautiously Optimistic
 - COVID-19 Vaccination required
 - [Passport processing](#) during COVID-19
- The Pandemic Won't Last Forever 😊



Agenda

- ❑ So, why?
- ❑ Is Travel Essential?
- ❑ Personal Impact
- ❑ Limiting Your Impact
 - ❑ Transit
 - ❑ Consumption
 - ❑ Packing
- ❑ Critical Thinking
- ❑ Further Resources
- ❑ Questions?





So, why?

Why is it important to consider the environmental impact of your travels and the sustainability of your study abroad experience?

- ❑ Climate change is a major concern for college students, both in the present day and in the future
- ❑ It's considered one of the most important issues to deal with in the coming decades, by [Millennials and Gen Z](#)
- ❑ Understanding the environmental effects of international travel and other country's environmental standards can help you adjust and prepare!

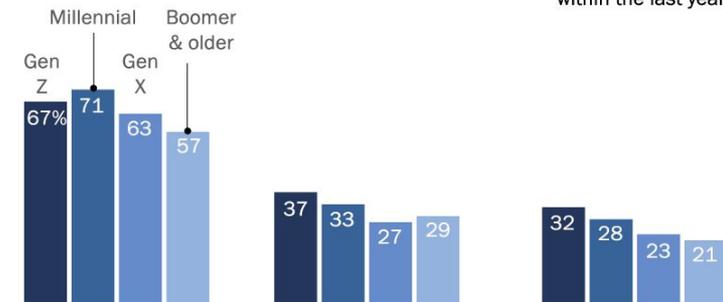
Gen Z, Millennials more active than older generations addressing climate change on- and offline

% of U.S. adults who say ...

Climate should be top priority to ensure sustainable planet for future generations

Addressing climate change is my top personal concern

Have personally taken action to help address climate change within the last year

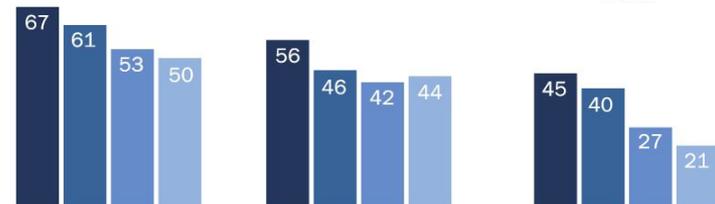


In the past few weeks ...

Talked about need for action on climate at least 1-2 times

Seen content on social media about need for climate action

Engaged on social media with content on need for climate action



Note: Respondents who gave other responses or did not give an answer are not shown. Seen content on social media and engaged with climate content based on social media users. Source: Survey conducted April 20-29, 2021. "Gen Z, Millennials Stand Out for Climate Change Activism, Social Media Engagement With Issue"

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Is Travel Essential?

- ❑ Given that you want to study abroad, the answer is probably yes
- ❑ However: reflect and conduct a self audit
- ❑ Ask yourself:
 - ❑ What're my goals for traveling?
 - ❑ Is travel essential to accomplish them?
 - ❑ Will this trip accomplish those goals?
 - ❑ Is a virtual connection the option?
 - ❑ Does it make financial sense?
 - ❑ Do I have a budget

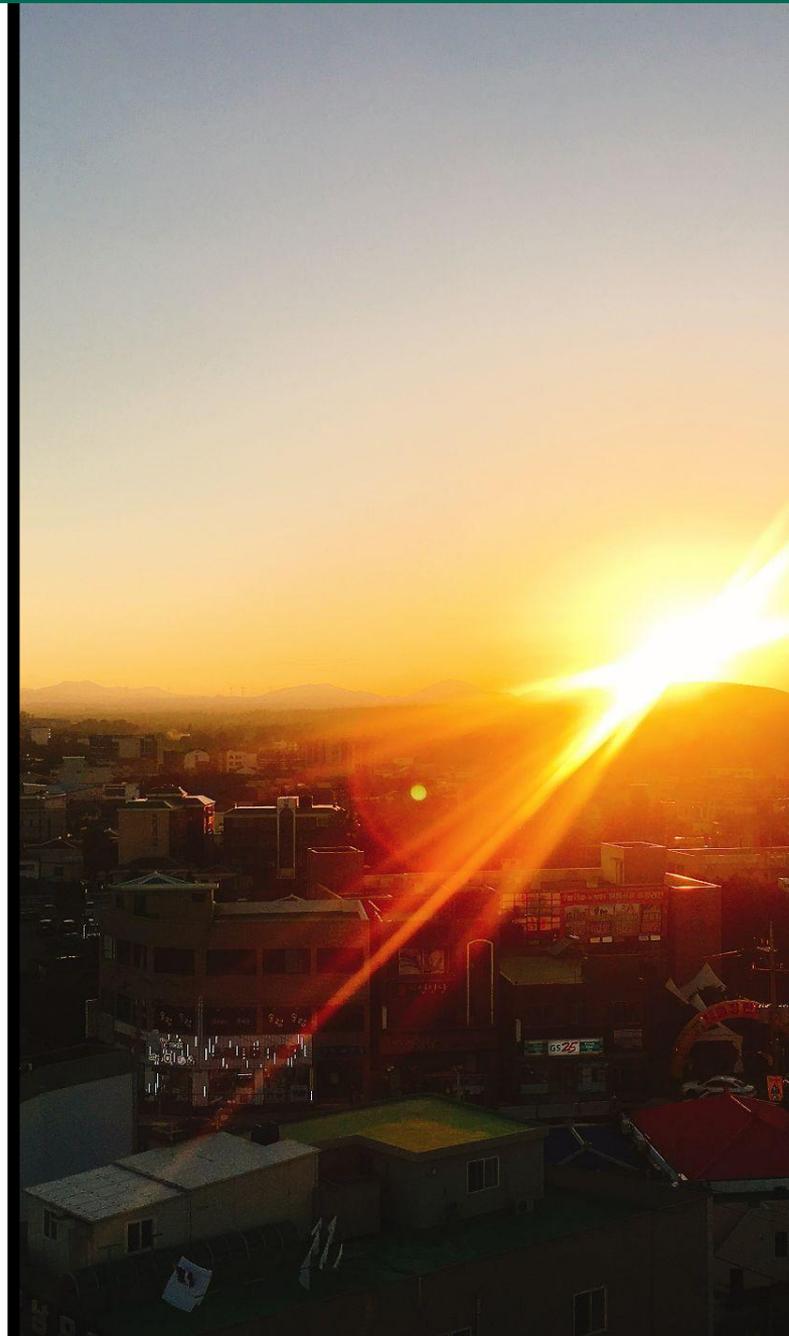
Spoiler alert: It's okay if you don't have concrete answers to all these questions, and/or if you just want to study abroad for travel's sake.



Your Impact

SUNY Albany conducted a carbon audit of all travel associated with with their university from 2005 to 2020

- ❑ Study abroad produces approximately 1700 carbon tons per year
- ❑ That's equal to about 2.6% of SUNY Albany's carbon footprint
- ❑ In comparison, commuting to and from campus produces approximately 12,799 carbon tons per year, which is nearly 20% of their total carbon footprint



Calculating Your Impact

Carbon Footprint: A measurement of the amount of carbon dioxide that a person produces at any given time.

Calculating *your* carbon footprint:

- ❑ Holistic Approach: [Global Footprint Calculator](#)
- ❑ More Advanced Comparables: [Greenhouse Gas Equivalencies Calculator](#)



Limiting Your Impact: Transit

- ❑ Reduce Quantity
 - ❑ Travel less and longer
 - ❑ Take direct flights
 - ❑ Fly coach, not first class
 - ❑ Pack light
- ❑ Use public or shared transportation
 - ❑ Public transport systems: buses, trains, subway, etc.
 - ❑ Walk if you can!
 - ❑ Bicycle sharing programs
 - ❑ Carpooling/Ridesharing
 - ❑ Travel by land rather than air



Limiting Your Impact: Consumption

Sustainable Eating:

- Eat locally & seasonally
- Opt for organic or vegetarian options
- Avoid pre-packaged goods when possible

Water usage:

- Recognize the appropriate amount of water usage for where you're staying
- Adjust and minimize water consumption for showers, dish washing, etc.
- Respect regional and cultural norms (flushing toilet paper, flushing it down, etc.)



Limiting Your Impact: Packing

Packing to Act:

- Pack light & minimize your luggage
- Bring a reusable water bottle, straw, and utensils
- Utilize a reusable tote bag
- Pack bar shampoo/conditioner, and bar soap
- Be strategic about your clothing, and bring basic items you can rewear multiple times
- Include your own eco-friendly toiletries
- Don't forget sunscreen (and sunscreen laws!)



Critical Thinking

Every country has different standards

- ❑ Environmental practices
- ❑ Bathing practices
- ❑ Recycling & waste management practicals

Look up the country's environmental standards before arrival, and be mentally prepared to make adjustments to your routine

- ❑ [Environmental Protection Agency Sustainability Summary](#) for countries worldwide, 2020



Further Resources

UN Joint SDG Fund: Youth Meetings, Social Media Events, and blogs that highlight youth engagement ideas:

- ❑ <https://www.jointsdgfund.org/>

UN Act Now (website and app)

- ❑ <https://www.un.org/en/actnow>

Finger Lakes Climate Fund

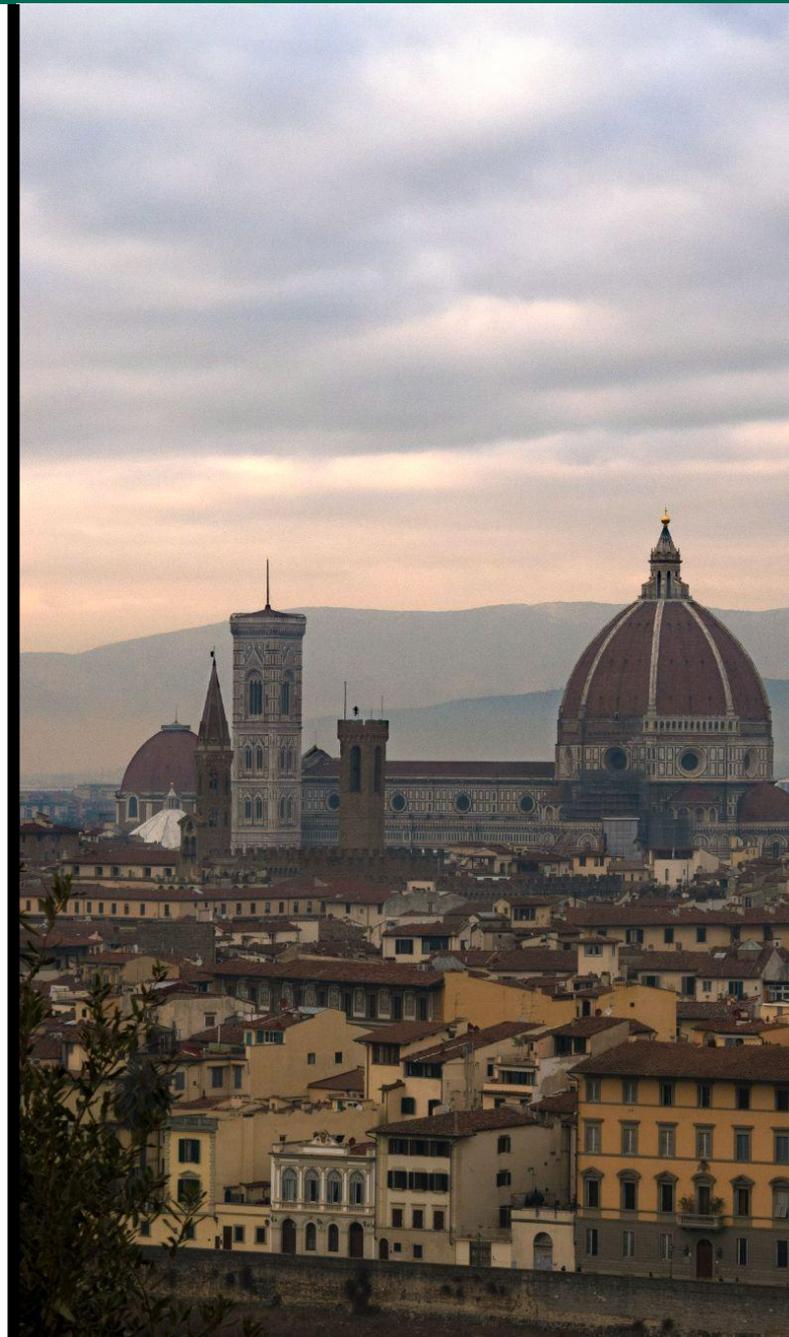
- ❑ <https://www.fingerlakesclimatefund.org/>

Get involved with University Global Coalition!

- ❑ <https://universityglobalcoalition.org/>

SUNY CIE Sustainability Committee Best

- ❑ [Practice Guide](#)
- ❑ [Carbon Offset Calculators Guide](#)
- ❑ [Packing Infographic](#)
- ❑ [Packing Video](#)
- ❑ [UN SDG Infographic](#)





Thank you!

Binghamton University
EDUCATION ABROAD

QUESTIONS?

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