

PERCEPTION OF STUDY ABROAD FOOTPRINT > REALITY

- *SUNY Albany conducted a carbon audit of all travel associated with the university from 2005 to 2020.*
- *Study abroad travel amounted to roughly 1700 carbon tons per year.*
- *That equals 2.6% of the total SUNY Albany carbon footprint.*
- *By comparison, commuting to and from campus amounted to 12,799 carbon tons per year, which accounts for 19.5% of the total SUNY Albany carbon footprint.*



UNDERSTANDING / AUDITING PERSONAL IMPACT

Know the impact that your travel is making - Gain the tools to evaluate your decisions

- Carbon Footprint:
 - A measurement of the amount of carbon dioxide that a person produces at any given time.
- Calculate your carbon footprint:
 - Individual Travel:
[Sustainable Travel International Calculator](#)
 - Holistic Approach:
[Global Footprint Calculator](#)
 - More Advanced Comparables:
<https://www.epa.gov/energy/greenhouse-gas-equivalencies-calculator>

How many flights would you like to offset?

Enter the number of **round-trip** flights that you would like to offset

| | | |
|-----------------------------------|--------------------------------|--------------------------------|
| Short Flights (less than 3 hours) | Medium Flights (3-6 hours) | Long Flights (6+ hours) |
| <input type="text" value="0"/> | <input type="text" value="0"/> | <input type="text" value="0"/> |
| 1,100 pounds CO ₂ | 1,535 pounds CO ₂ | 4,406 pounds CO ₂ |

[Calculate My Footprint](#)

FOOD

How often do you eat animal-based products?

(beef, pork, chicken, fish, eggs, dairy products)

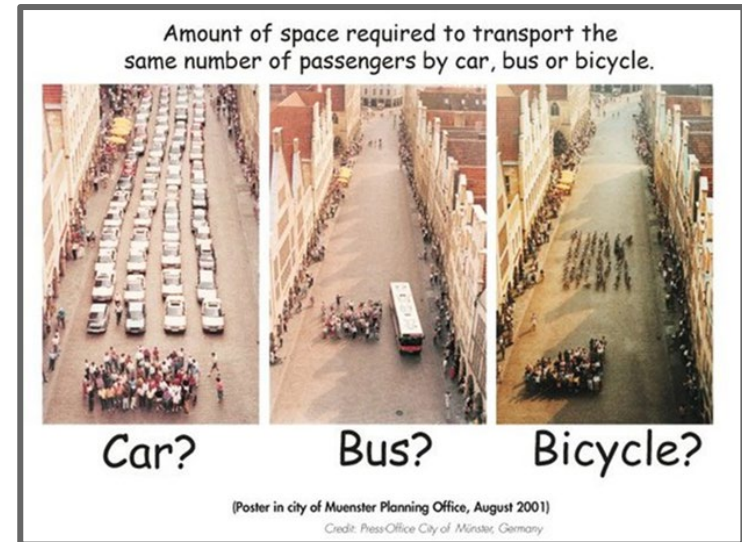
NEVER VERY OFTEN

Occasionally
(really like veggies - occasional meat, eggs/dairy)

[ADD DETAILS TO IMPROVE ACCURACY](#)

CONSIDER ALTERNATIVE TRANSIT OPTIONS

- Reduce Quantity
 - Travel longer and less to reduce flights
 - Take direct, non-stop flights
 - Fly coach, not first class
- Public or shared transportation whenever possible
 - Walk if you can!
 - Bicycle sharing programs
 - Carpooling / Ride-sharing
 - Travel by land instead of air if possible



RESPONSIBLE PACKING

SUNY The State University of New York

HOW TO PACK IN ORDER TO ACT

Below find some recommendations for an environmentally friendly packing list. Traveling sustainably is not difficult, it just requires some planning in advance.

- 1 PACK LIGHT**
Pack effectively and efficiently by researching the area you are traveling to. Packing strategically is a great way to minimize your carbon footprint. Less luggage means less fuel and emissions.
- 2 REUSABLE WATER BOTTLE, STRAW & UTENSILS**
Stay hydrated, save money, and lower the amount of trash you produce both inflight and in-country. Say no to single-use items.



- 3 REUSABLE SHOPPING BAG, TOTE BAG, OR BACKPACK**
This bag can be used when grocery shopping, going to the beach, or when you go on a day/weekend excursion and ensure you won't use a plastic bag.
- 4 PACK BAR SHAMPOO/CONDITIONER AND BAR SOAP**
Ditch the plastic. You don't need to worry about these liquids exploding in your bag!
- 5 CLOTHES YOU ARE COMFORTABLE LEAVING BEHIND**
Pack basic items you can wear multiple times. Get creative with the clothes you are bored of wearing. You're going to a place where no one knows you or ever saw you. Donate your clothes to friends at the end of your program.
- 6 SUNSCREEN**
Look for sunscreen that does not include Oxybenzone and/or Octinoxate. These ingredients are damaging to marine life. Research sunscreen laws and options in your host country prior to bringing your typical bottle.
- 7 PACK YOUR OWN TOILETRIES**
Look for eco-friendly deodorant, mouthwash, toothbrush, floss, toothpaste, razor, menstrual products, and bug repellent.



[Infographic Link](#)

It is the small acts that can make *all* the difference

RESPONSIBLE PACKING



[Video Link](#)

LOCAL, REUSABLE, AND RESPONSIBLE CONSUMPTION TIPS

- Sustainable Eating
 - Locally produced food
 - Foods that are in season
 - Organic and vegetarian options
 - Avoid wasteful pre-packaged goods when possible (including flights)
- Water Usage
 - Recognize the appropriate amount of water usage in a given region.
 - Reflect on showers, teeth brushing, dishes, toilets, and more.
 - Respect regional/cultural norms (flushing toilet paper; flush it down; etc.)



LOCAL, REUSABLE, AND RESPONSIBLE CONSUMPTION TIPS

- Energy Usage
 - Just like water usage, do what you can to minimize your energy footprint.
 - Turn off lights in the hotel! Don't keep things plugged in if they don't need to be. Turn off the TV, AC, etc.
 - Reuse bathroom towels and sheets.
- Avoid mass produced souvenirs
 - Ask where a product comes from.
 - Don't buy products made from endangered species or cultural/historical artifacts.
- [Green Passport Pledge Program](#)



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](#), and [UN SDG Infographic](#).

