

How does sustainability relate to study abroad?

Study abroad necessitates airline travel. Airline travel accounts for a vast amount of our Greenhouse Gas (GHG) emissions and

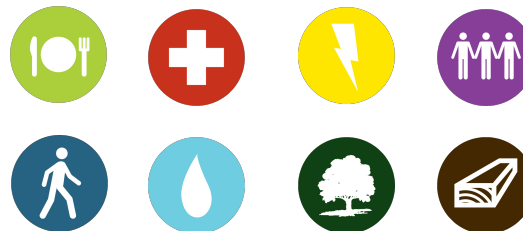
STUDY ABROAD



Incorporating sustainability into study abroad initiatives helps us to reduce or offset our emissions AND our cost!

Visit Middlebury College's "Resources for Sustainable Travel" for related resources, including a check-list and handbook for traveling responsibly:

<http://www.middlebury.edu/international/sa/sustainable/resources>



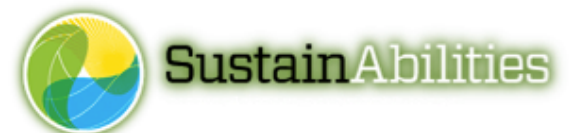
Sustainability in Study Abroad

Keeping sustainability in mind while you travel

St. Olaf 2013-2014



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What is sustainability?

- Sustainability increases and preserves our social and economic capabilities by creating healthy relations with our environment.
- It requires that we create and maintain the conditions that allow all human communities and nature to exist in **productive harmony** and hence fulfill the social, economic, and other requirements of the present and future generations.



Incorporating Sustainability into Study Abroad

Make conscious travel choices

- Take a bus or train when practical. They emit about half the CO₂ of plane travel!
- Choose public (bus, train, shuttle) over private (cab, car) transit.
- Plan direct flights when possible.
- Be aware of your consumption of resources and production of waste while traveling.
- Find ways to adapt sustainable behaviors you practice at home to living abroad.

Make a contribution

- Consider incorporating an environmental and social justice lens into your independent study, internship, and/or volunteer experience in your host country
- Upon returning, look to participate in carbon offset actions: the reduction or avoidance of greenhouse gases from the atmosphere that serve as a *counterbalance* to emissions from other activities

Example: tree planting or community farming

