



# SUSTAINABILITY GUIDE

How to master your exchange in  
a sustainable manner?



# Going on an exchange semester can cause



# What can you do to help the environment?

See if it would be possible **to use buses and trains** instead of planes, even for only part of a journey.



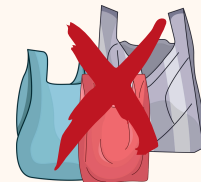
Instead of taxis, **use buses and trams.**



If there are things in goodie bags you don't need, **donate them.**



Instead of buying new things, **go to second hand stores.**



If you don't want to bring something back from your exchange semester, **donate it.**

If the food you bought is not for your taste, **give it to your friends/put it into community pantry.**



# Sustainable life abroad

**Google or ask the local students/coordinators**



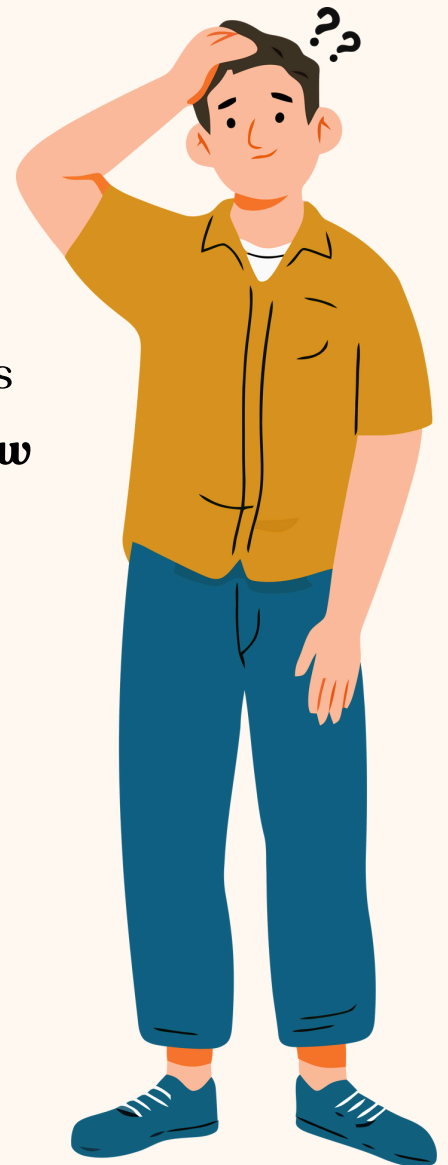
✓ What are your go-to **second hand stores**?

✓ What online groups are there for **second hand market**?

✓ What **type of discounts** do stores have for (perishable) food and **how to find them**?

✓ How to best navigate **the local transportation**?

✓ How does **recycling** work in that country?



**Research as much as possible before you leave, so your first days abroad are smoother!**

# Sustainable life abroad



## Tips and tricks



### **Walk or use public transportation:**

depending on your location, public transport is reliable and affordable. Buy yourself monthly ticket and save money. If possible walk, as this gives you the possibility for movement and also helps you get to know the city better.

### **Check out rescue (food) apps:**

many countries have popular apps called ResQ Club, Too Good To Go etc. You can get meals from restaurants or groceries for discounted price, saving your wallet and wasting food!

### **Use libraries:**

in many countries you can register yourself to become a library user. In addition to books, they often lend exercise equipment, various tools and more. Save yourself some money and hassle!

### **Use reusable water bottle:**

many countries, especially in Europe, have safe drinking water from the tap. Schools and public places have refilling stations or drinking fountains.



# Sustainable life while travelling is possible!

Be the changemaker, be the leader and be a part of growth and innovation in

**Erasmus+ exchange!**

