

VIRTUAL

NAFSA ALL-REGION SUMMIT

OCTOBER 4-22, 2021



Preparing Students to Study Abroad More Sustainably

Hugh Anderson
Senior Study Abroad Advisor
SUNY Cortland

October 5, 2021

Linda Torricelli
Coordinator of Education Abroad
Binghamton University

NOW IS THE TIME!

- **Generation Z**
 - Today's college students point to climate change as a significant concern for the present day and for the future.
 - **Conclusion:** This new generation of students is more knowledgeable, more curious, and more willing to learn than ever before.
- **Study Abroad 2.0**
 - As education abroad restarts, let's improve
 - Consider how you can discuss sustainability in info sessions, advising appointments, and beyond



UNDERSTANDING / AUDITING PERSONAL IMPACT

Encourage students to know the impact that they are making - Give them the tools to evaluate their 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](#)

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 CO2	1,535 pounds CO2	4,406 pounds CO2

[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](#)

IMPACT AND GAINS

EDUCATION ABROAD IS WORTH IT

Encourage your students to conduct a self-audit before they travel. Get them started by incorporating these and other questions into advising.

- What are your goals?
- How is education abroad essential to your goals?
- Is virtual connection an option?
- How can you make a positive impact on your host-community?
- For excursions: What are all transportation options?
- Do you have the budget? / Does it make financial sense?

*“That’s what we’ve always done”
isn’t a good reason.*



PERCEPTION OF ED 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.*



MAKE SUSTAINABILITY PART OF YOUR ADVISING

- Just like you might talk about finances when advising a student on all aspects of their study abroad experience, sustainability / sustainable decisions can also be discussed:



- Packing
- Alternate transit options
- Local, reusable, and responsible consumption
- Think critically and be observant
- Bringing it all back home


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.



[Infographic](#)

[Link](#)

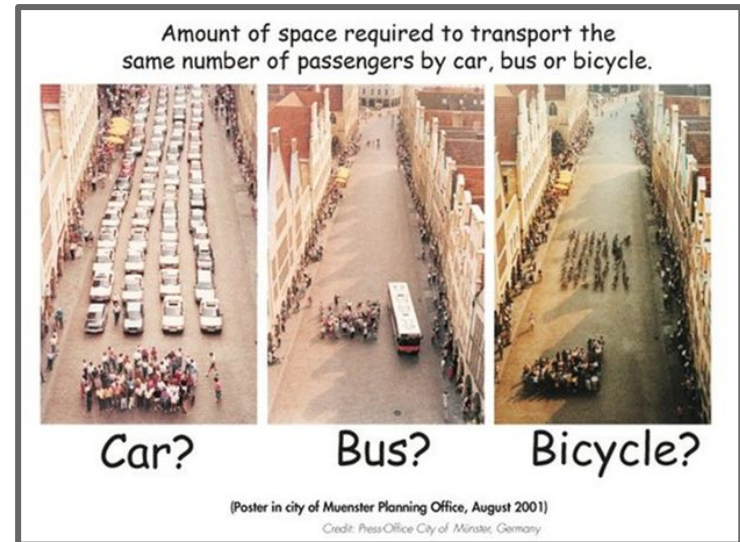
- 3 REUSABLE SHOPPING BAG, TOTE BAG, OR BACKPACK**
This bag can be used when grocery shopping, going to the beach, or when you go on a day/weekend excursion and ensure you won't use a plastic bag.
- 4 PACK BAR SHAMPOO/CONDITIONER AND BAR SOAP**
Ditch the plastic. You don't need to worry about these liquids 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.



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

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



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](#)



THINK CRITICALLY AND BE OBSERVANT

- Encourage students to keep a reflection journal to better understand how a given country might approach sustainability.
 - Ask questions about sustainability while traveling.
 - What do your hosts do differently than you?
 - What impact is your presence having?
- What did you learn that you can bring back home with you?
- What practices can you change in your own lifestyle that you experienced abroad?



IMPACT ABROAD



The State University
of New York



MAKE A DIFFERENCE ABROAD

As you broaden your horizons, remember that sustainability is more broad than just recycling. Use the 17 United Nations Sustainable Development Goals (UN SDGs) to ensure you are engaging positively with your host location!



SDG 4, QUALITY EDUCATION

Research how you can successfully assist your host community in accomplishing their goals. Consult with your education abroad institution about volunteer experiences related to the various SDGs.



SDG 6, CLEAN WATER AND SANITATION

Reduce your shower time and save gallons of water. Delivering, treating, and heating water for your shower results in higher energy use. Set a timer and spend less time in the shower. Also, stay hydrated with a reusable water bottle.



[Infographic](#)

[Link](#)



SDG 8, DECENT WORK AND ECONOMIC GROWTH

Choose an eco-friendly tour company that provides responsible and respectful ways to authentically interact with different cultures, environments, and events. You are positively impacting the local economy by purchasing directly from your community.



SDG 12, RESPONSIBLE CONSUMPTION AND PRODUCTION

Unplug your devices (laptop, phone charger, etc.) when not in use to reduce energy consumption. Power strips with on and off switches make it easier to access cords. Also make sure to turn off the lights when you leave the room. Refuse, reduce, reuse, repair, & recycle!



SDG 13, CLIMATE ACTION

Take a train or bus instead of a plane. Co2 emissions will be cut in half as a result! Renting a bike could save you money, keep you healthy, and promote travel in more scenic areas (trails, river walks, etc.) where taxis are prohibited.



BRINGING IT ALL BACK HOME

When welcoming your students back to campus, encourage them to:

- Join a club with a focus on sustainability or community improvements
- Get involved in local carbon insetting
- Create a presentation that shows the intersection of the transformative aspects of study abroad and sustainability



LIMITATIONS ARE OK

It is important to remind your students of the following:

- It's hard to make the right decisions all of the time
- You are still making a difference
- Students may have different needs
- Location of study, structure of program, etc. may impact how much you can do
- You have the power to make decisions that will reduce your carbon footprint and positively impact your host location



FURTHER RESOURCES

- NAFSA Sustainability SIG
 - <https://www.nafsa.org/professional-resources/browse-by-interest/sustainability-study-abroad>
- Climate Action Network for International Educators (CANiE)
 - <https://www.can-ie.org/>
- UN Act Now (website and app)
 - <https://www.un.org/en/actnow>
- Sustainability in Study Abroad LinkedIn
 - <https://www.linkedin.com/groups/3846422/>
- Get involved with University Global Coalition!
 - <https://universityglobalcoalition.org/>
- SUNY CIE Sustainability Committee [Best Practice Guide](#), [Carbon Offset Calculators Guide](#), [Packing Infographic](#), and [UN SDG Infographic](#).



STAY IN TOUCH + QUESTIONS?

Hugh Anderson

Senior Study Abroad Advisor

SUNY Cortland

hugh.anderson@cortland.edu

Linda Torricelli

Coordinator of Education Abroad

Binghamton University

ltorrice@binghamton.edu



State University of New York