



**ROC**  
**YOUR GLOBAL  
FUTURE!**

# **TRAVELING SUSTAINABLY AT HOME AND ABROAD**

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**HAVE YOUR CELL PHONE READY FOR THE  
ANONYMOUS INTERACTIVE PORTION DURING  
THE SECOND HALF OF TODAY'S SESSION**



# 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.
  - In an analysis of five in-depth surveys conducted between 2017 and 2019, the researchers discovered that young people are now significantly more concerned about climate change than their elders.
  - **Conclusion:** This new generation of students is more knowledgeable, more curious, and more willing to learn than ever before. As your base of knowledge widens, use it to improve your actions.



# ASK WHETHER TRAVEL IS ESSENTIAL (***SPOILER ALERT: IT'S OKAY IF IT IS!***)

Practice conducting a self-audit and ask yourself before you travel:

- What are my goals for my travel?
- Is this travel truly essential to accomplish my goals?
- Will this travel accomplish the goals of my group?
- Is virtual connection an option?
- Do we/they have the budget?
- Does it make financial sense?

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



# 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 <sub>2</sub>	1,535 pounds CO <sub>2</sub>	4,406 pounds CO <sub>2</sub>

Calculate My Footprint

FOOD

## How often do you eat animal-based products?

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

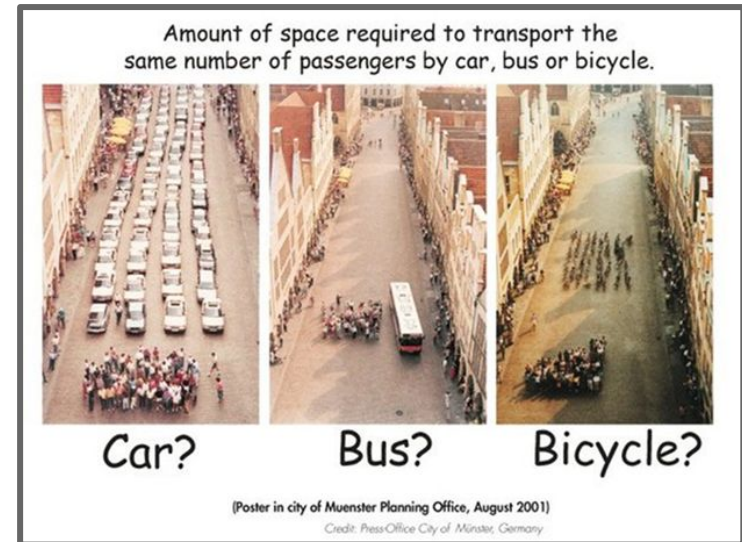
NEVER  VERY OFTEN

**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](#)



# 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.



# THINK CRITICALLY AND BE OBSERVANT

- 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?



# BRINGING IT ALL BACK HOME

When you return to campus:

- 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 yourself of the following:

- It's hard to make the right decisions all of the time
- You are still making a difference
- People 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
- Celebrate the positive!



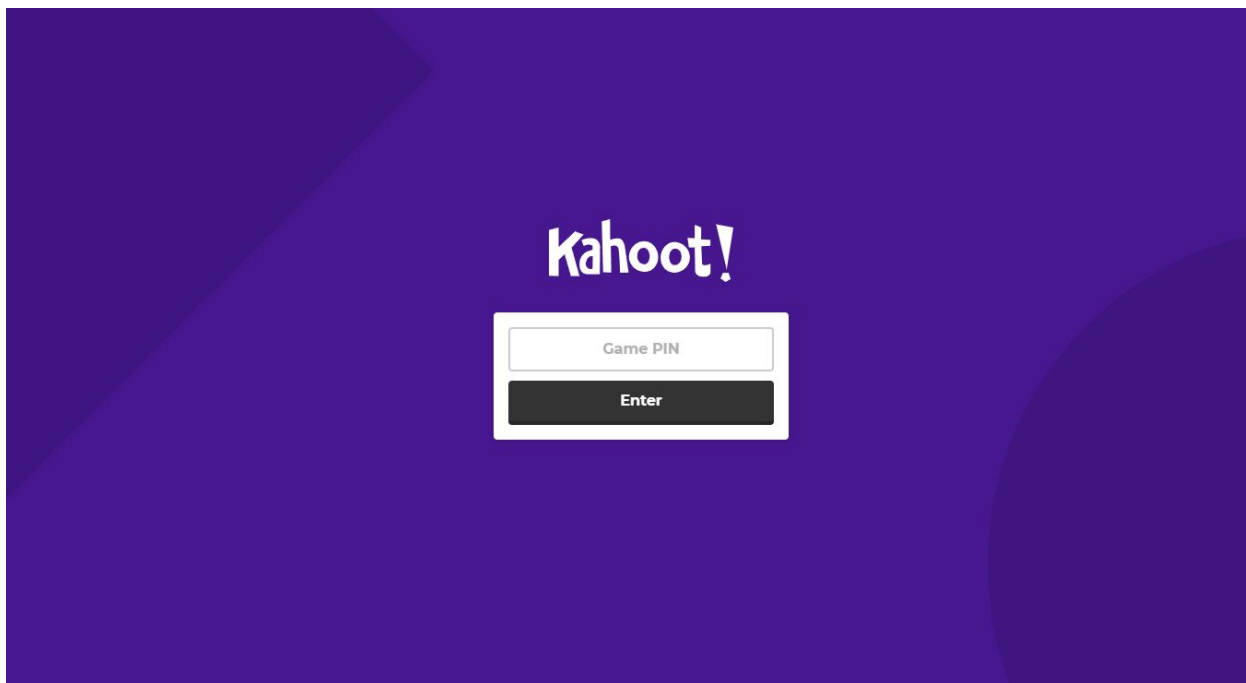
# FURTHER RESOURCES

- 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](#).





# HONE YOUR SUSTAINABLE TRAVEL SKILLS!



Go to <https://kahoot.it/> on  
your phone to play

# STAY IN TOUCH + QUESTIONS?

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