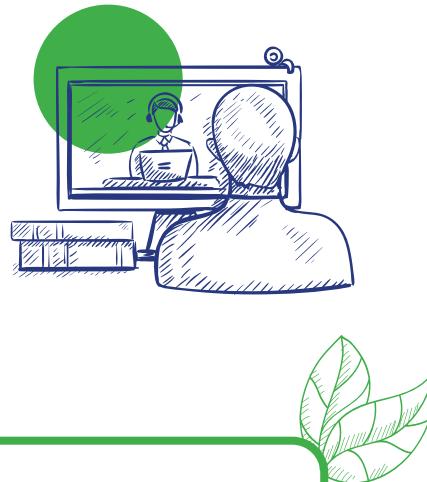


Green Erasmus+

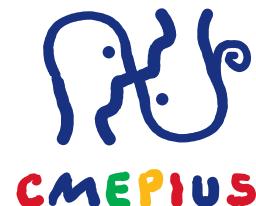
Recommendations to participants for greener mobility within the Erasmus + programme

Congratulations! You have been selected to participate in Erasmus + activities.

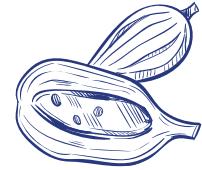


This flyer provides practical advice on how to proceed **before, during** and **after mobility** to minimize negative effects of the programme or mobility on the environment.

You may be concerned that you do not play an important role in the transition to a green society, that your actions are too insignificant to really contribute to sustainability, but the reality is much more encouraging – every act counts; and the acts of environmentally conscious individuals contribute towards establishing a collective action that tips the scale towards an environmentally friendlier side. Small steps to tackle climate change can bring satisfaction to you, as you **know that you are making a difference** and an important contribution to the necessary changes.



BEFORE mobility



The transition towards mobility is inevitably linked to travel. Consider whether you can travel in a more environmentally friendly way. Find out about the opportunities for **green travels**, which are **further financially supported within the Erasmus + programme**. If possible, travel by public transportation (preferably by train) or arrange a travel by car together with several passengers – your trip will be more pleasant and more fun. If possible, avoid travelling by plane. When this is not possible, choose the most energy efficient airline (use, for example, Atmosfair Airline Index, etc.) and travel in economy class.

Do not print travel documents, rather download applications for digital tickets.

You can also prepare snacks for a trip at home to avoid buying packaged (and often unhealthy and expensive) products on the go.

Travel with **as little luggage as possible**. If you are planning a longer mobility, consider which things you really need and whether you can rent them at the end location for the duration of your stay. **Avoid disposable or excess packaging** (e.g. stop using disposable travel cosmetics and use products without packaging instead, or pour liquid products into smaller, durable packaging).

Reusable products that you can take with you: water bottle, coffee cup, washable shopping bag, etc. Do not forget to bring your solar charger for your mobile phone, if you have one; if you do not have one, use the existing charger instead of buying a new one.

DURING mobility



When you arrive at the destination, get informed about the **ways to make your stay as green as possible**. Some suggestions:

Travelling around your place of stay:

- walk or cycle shorter distances;
- ask about the possibility of (free) bike rental or get yourself a used bike if you are here for a longer stay;
- use public transport for longer distances or arrange for car-sharing or travel with other people.

Food:

- if available, use **tap water** (since you have taken the bottle with you);
- **eat local food**, visit markets or local food providers;
- if you eat meat, consider **reducing your intake of meat** and products of animal origin;
- cook together with your friends – this way, you will save energy and money, enjoy a pleasant company and even gain intercultural experiences.

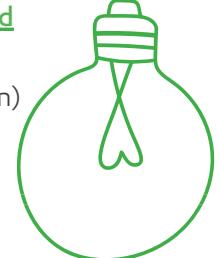
Different countries differ in the ways they face pressing environmental problems, the measures they implement, as well as the habits of people. **Respect cultural differences, local specifics, options and capabilities** in all your actions. Ask the host institution how you can contribute to a greener environment.

Another tip:

if you want to live greener (not only during mobility), you can help identify and reduce your bad habits also with the help of various applications.

Here are just a few examples¹:

- [The climate action toolkit](#) (publication)
- [The Lazy Person's Guide to Saving the World](#) (web application)
- [Plastic Footprint Calculator](#) (web application)
- [My Little Plastic Footprint](#) (android, iOS)
- [Plastic Free July](#) (web application)
- [My Plastic Free Life](#) (web application)
- [My Plastic Diary](#) (android, iOS)



¹The examples are selected randomly or based on users' recommendations. The following is not dedicated to advertising – we have not received any compensation for publishing the below listed applications.



Shopping habits and waste management:

- whenever possible, buy food, cleaning products and other products **without packaging** or packaged in return packaging;
- buy **environmentally friendly cosmetics and cleaning products** or learn how to make them yourself;
- inform yourself about local waste sorting methods;
- visit reuse centers or second-hand shops for products that you might need only for your mobility, or ask the hosts about the possibility of **renting** such products.

Lifestyle:

- **share services**, such as public laundrettes, solar charging stations;
- in your free time, you can attend various **trainings, workshops** or other events and initiatives addressing environmentally friendly practices.

AFTER mobility

Use the mobility period to **learn and spread good practices** that you have come across in an international environment to your home institution. After returning home, share with your classmates, colleagues and your home environment the examples of good practices that you have learned during your stay abroad.

If you want to bring home souvenirs, either for yourself or your loved ones, carefully consider what and how many souvenirs you need. Choose **sustainable and local products**, preferably those with a specific practical value. You may surprise your friends with a piece of local culinary delicacy or a practical product for sustainable use.