

REVES CENTER FOR INTERNATIONAL STUDIES

GREEN TRAVEL GUIDE

FOR INTERNATIONAL STUDY & TRAVEL

TABLE OF CONTENTS

PURPOSE STATEMENT	2
W&M AND SUSTAINABILITY	3
PLANNING YOUR TRIP	4
GETTING THERE (FLIGHTS)	5
WHILE ABROAD.	6
GET INVOLVED	8
SUSTAINABILITY AND PROGRAMS	9
ADDITIONAL RESOURCES	10

**TIP: CLICK ON ANY UNDERLINED WORDS TO
LINK TO MORE INFORMATION*

PURPOSE STATEMENT

The Reves Center for International Studies and the Global Education Office is committed to W&M's Climate Action Plan. Our goal is to provide best practices, resources, alternative options, and recommendations for students, faculty, staff, and partners participating in travel, study, or research abroad to work towards sustainability in international travel.

W&M AND SUSTAINABILITY

W&M began work on the Climate Action Plan in 2019 as an important step of the Sustainability Plan, launched in 2018. In 2020, President Rowe made the commitment for W&M to be carbon neutral by 2030. This goal aligns with Gov. Northam's order for 100% of Virginia's energy to be carbon free. As a critical part of this ambitious mission, W&M has partnered with UVA to join forces to work towards this common goal of zero net greenhouse gas emissions.

The Institute for Integrative Conservation, was also established in 2020 and will work across academic and public sectors to cultivate innovative collaborations and solutions. W&M finalized and released the Climate Action Plan by the end of 2020 with implementation beginning in early 2021. W&M plans to achieve the ambitious goal through improving efficiencies, sourcing renewable energy, and promoting behavioral changes.

PLANNING YOUR TRIP

When planning your international trip, there are few things to consider that will help to reduce the environmental impact. Depending on the nature and goal of the trip, some of these options may or not be feasible. Check with local partners or previous program leaders to learn what potential changes might be possible.

Transport:

Fly direct. Use public transportation. Walk whenever safe or possible. Build public transportation use into local orientations.

Location:

Look for housing and classroom space close to public transportation. Plan excursions that can be reached without private transportation when possible.

Accommodations:

Ask for all sheets and towels to only be washed once a week. Remove plastic water bottles from locations with potable tap water.

Food and Water:

Bring reusable water bottles and fill them before leaving your housing. Purchase local fruits for group snacks rather than individual packaged processed snacks. Eat plant based.

GETTING THERE (FLIGHTS)

In most cases, international travel would not be possible without flights. While this is likely to be the largest source of carbon emissions, there are things you can do to limit or reduce the impact of your international flight. Here some things you can do to help reduce the impact of your flight:

- Fly direct or with limited connections
- Book through an airline dedicated to reducing their Scope 1 emissions
- Purchase Carbon Credits for flights
 - Directly through airline
 - Through a provider such as Gold Standard, Green -E, or Terrapass

Did you know? - Flights are considered scope 3 emission by the Greenhouse Gas (GHG)Protocol. These are emissions produced indirectly of a company, meaning W&M claims these as scope 3 while the airline claims these as their scope 1 emissions (direct result of business).

WHILE ABROAD

There are many things you can do to be a sustainable traveler. Many of these tips can even save you money or help you dive deeper into the local culture.

- Take short showers (limit baths)
- Turn off AC/Heat and electronics when you leave your room
- Open windows or turn on fans before AC
 - Put on a jacket or sweater before turning on heat
- Reuse sheets and towels several times before washing
- Research recycling protocols in your host country
- Bring reusable water bottles, coffee mugs, and straws out with you.
- Bring a cloth bag with you when food shopping (many countries now charge per plastic bag used)
- Buy local
 - Farmers markets for foods
 - Local artists for souvenirs

WHILE ABROAD

- Eat local
 - Try the local cuisine through local restaurants and produce
- Eat Plant-rich or plant-based
 - Limit meat to once a week or a topping rather than the base of a meal
- Exercise caution when purchasing items made from plants or animals (watch for endangered species such as shells, ivory, animal skins or bones, feathers, and bushmeats). Check CITES and the IUCN Red List
- Look for sustainably sourced seafood from Seafood Watch
- Use reef safe sunscreen
- Use public transportation (often students can get free or discounted bus, train and metro passes)
- Walk! In many big cities, walking is the easiest, fastest and cheapest way to get around.
- Plan a stay-cation and explore new parts of your host city
- Unplug any appliances when leaving for a long weekend

GET INVOLVED

There are many things you can do to get involved with our efforts to work towards more sustainable international travel. Here are a few ideas:

- Provide feedback or suggestions on your student program evaluation questionnaire
- Look for sustainability focused programs
- Visit the [GEO Green Travel page](#) to check on upcoming events
- Get involved with [W&M Sustainability](#) and join some of the ongoing initiatives
- Create sustainable habits at home out of the Green Travel Tips
- Email Marina LaMastro, mklamastro@wm.edu, to get involved with sustainability discussions in the Reves Center
- Share this guide with your friends and family planning future travels!

SUSTAINABILITY & PROGRAMS

W&M Programs:

The Global Education Office is working continuously to re-evaluate and work with our partners to identify areas to improve efficiencies and reduce emissions. Sustainability is now a part of new program development and existing program evaluation to ensure potential impacts and alternatives are considered throughout a program's lifespan.

Students can also provide feedback or suggestions in their program surveys.

Visit our [Summer](#), [Winter](#) and [Embedded](#) faculty led programs.

Third Party Program:

As is true with our partner programs, many providers and international universities have made their own pledges to move towards sustainability. Check with the provider or host institution to learn more about any sustainability efforts. [Visit our webpage.](#)

Programs focusing on sustainability:

We have identified several programs that have an academic focus on climate change, conservation, or sustainability.

ADDITIONAL RESOURCES

[UN World Travel Organization](#)

[Global Code of Ethics for Tourism](#),
UN World Trade Organization

[Sustainable Development Goals](#),
United Nations

[Project Drawdown](#)

[W&M IIC](#)

[Forum on Education Abroad's Guide
to SDG's](#)

[UVA Sustainability & Education
Abroad](#)

[CITES](#)

[IUCN Red List of Threatened Species](#)

[W&M Office of Sustainability](#)

