



**Northumbria
University**
NEWCASTLE

**GRADUATE
FUTURES**
CAREERS | PLACEMENTS | ENTERPRISE
INTERNATIONAL MOBILITY

STUDY ABROAD

Sustainability Toolkit



Northumbria.ac.uk/graduatefutures

Welcome to our Sustainability Toolkit

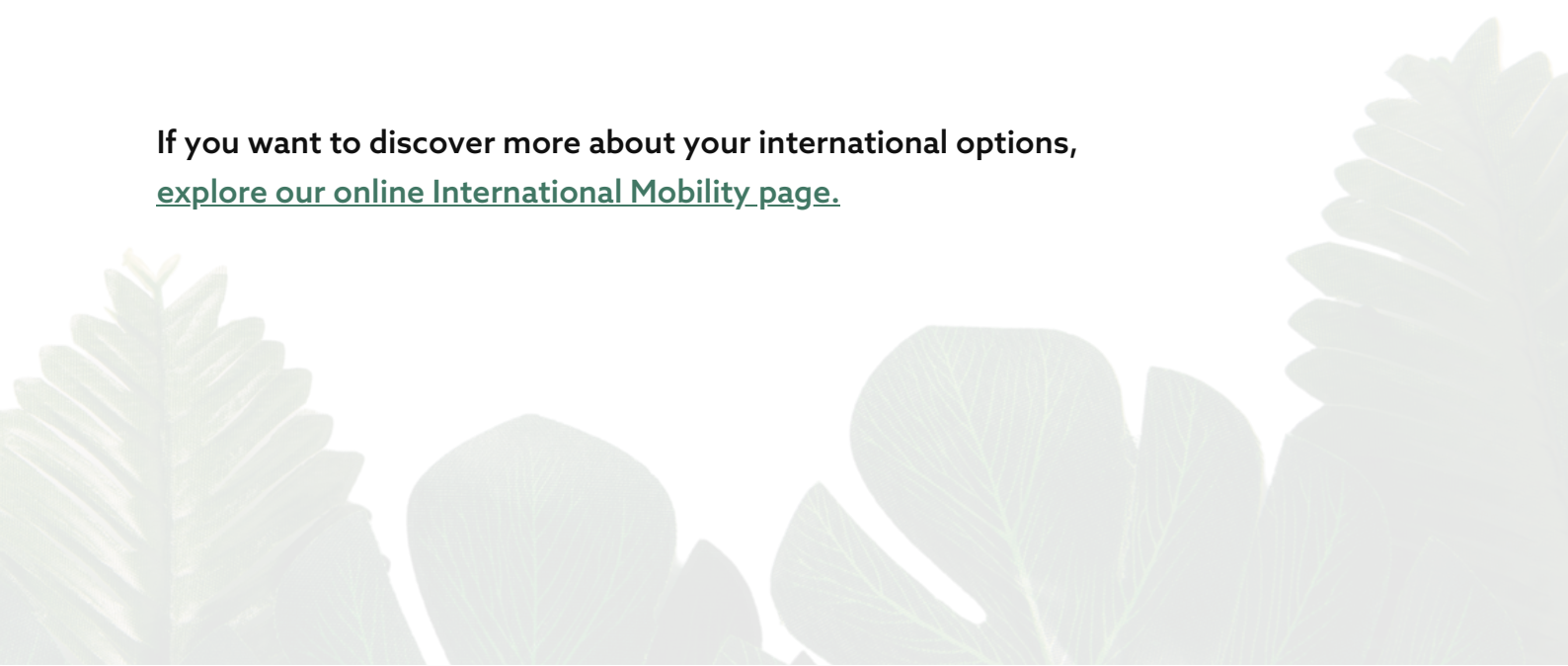
Unquestionably, studying abroad can be a rewarding and life-changing experience that provides unmatched chances for academic success, cultural immersion, and personal development.

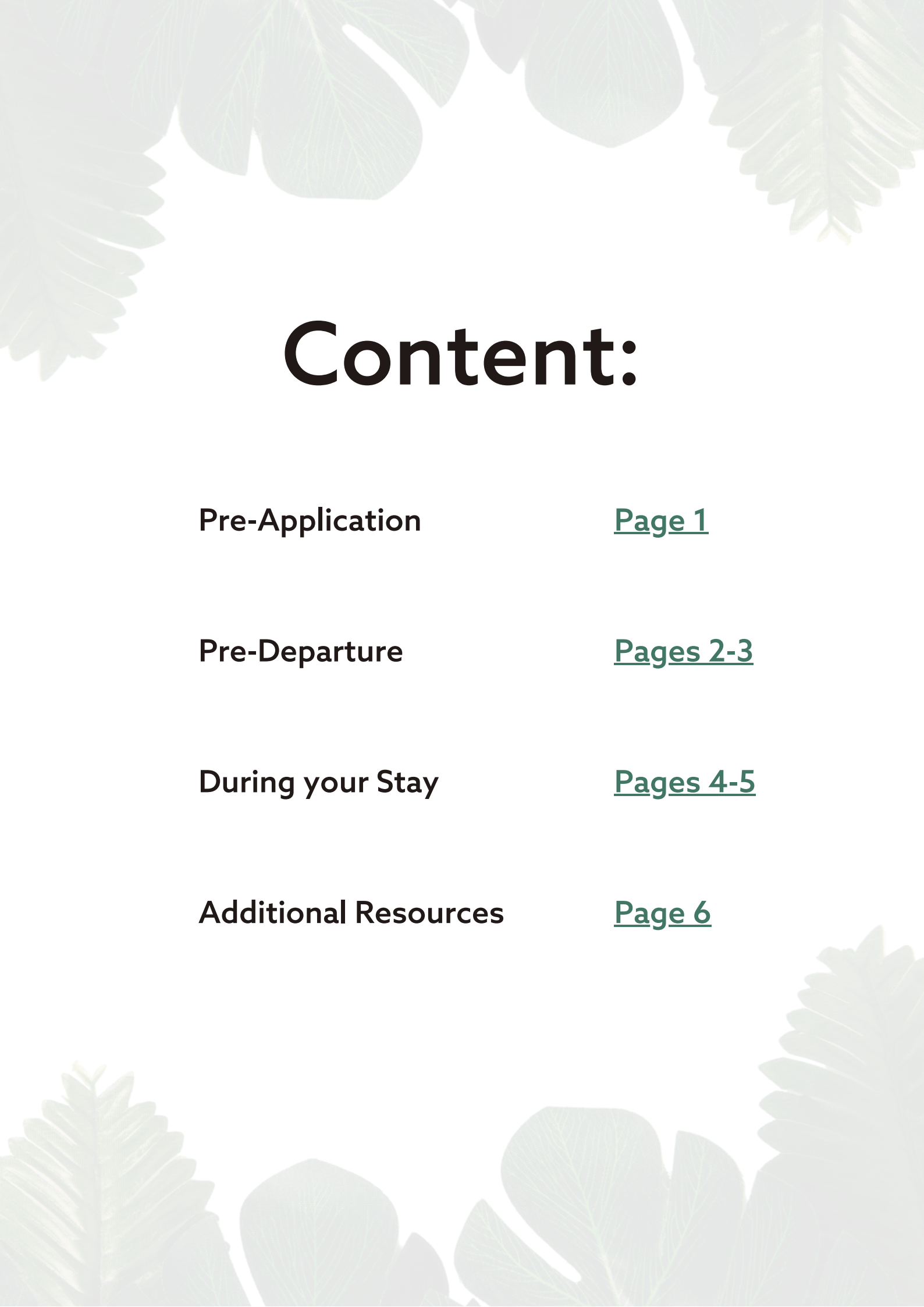
Despite the thrill of travelling to new places, it is crucial to contemplate the wider consequences of our choices about sustainability. This sustainability toolkit is meant to help you ensure that if you decide to study abroad, you can do it in a sustainable manner.

We must consider the social, economic, and environmental effects of studying overseas as responsible global citizens and work to reduce our ecological imprint.

Each aspect of our study abroad experience, from waste generation and resource use to transportation emissions, all have an impact on sustainability. Therefore, it's crucial to consider the possible results and make wise decisions before starting this adventure.

If you want to discover more about your international options, [explore our online International Mobility page.](#)





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Pre-application



Choose Your Destination Wisely:

Research countries and cities with strong sustainability initiatives.

Look for cities with efficient public transportation, walkable areas, and eco-friendly accommodation options.

Use a journey carbon calculator to calculate the emissions your study abroad destination will emit

<https://sustainabletravel.org/our-work/carbon-offsets/calculate-footprint/>

Destination Research:

Consider prioritising walkable cities with good public transportation infrastructure.

Highlight opportunities to volunteer with local environmental organisations.

Consider Green Stamping on our Partners Website:

We have requested universities to complete a questionnaire to determine if they carry out sustainable practices.

Universities which have met our minimum sustainability requirements will be listed as such, and you can search for those partners directly on our Publisher

Consult with Study Abroad Advisers:

Consult with study abroad advisors and ambassadors or faculty members with expertise in sustainability.

Remember, we are here to help! You can book a study abroad meeting via [graduate futures](#) to discuss all of your pre-application support needs and possible options.

Pre-departure



Accommodation:

Chose accommodation with a shorter or walkable distance to campus

Check to see if your university offer eco-friendly accommodation. Check the following blog to find out more:
<https://amberstudent.com/blog/post/sustainable-student-housing-a-new-game>

Planning your Travel:

Consider means of transport
Use websites like Train pal, Omio and CityMapper to consider your sustainable options of travel.

Train travel is recommended as it is environmentally friendly, allows you to enjoy the countryside and you can stay connected using free onboard WiFi. It is also one of the safest modes of transport and you can bring more luggage with fewer restrictions.

Pack Ethically and Eco-Consciously:

Invest in reusable packing cubes, travel bottles, and utensils and purchase clothes from sustainable brands or second-hand stores. This isn't too expensive if you plan accordingly and shop around.

Being sustainable is also about taking only what you truly need and trying to avoid single-use items where possible.

Offset Your Carbon Footprint:

Calculate your flight emissions and consider investing in carbon offsetting programs.

<https://footprint.wwf.org.uk>

Consider paying more for your travel to go towards carbon offset costs using the websites in the planning paragraph.

Pre-departure



Funding:

It may be worth checking if there are grants available to pay for additional carbon offsetting. The following websites may prove useful:

[Travel grants for students studying abroad or on placements \(England\): Overview - GOV.UK \(www.gov.uk\)](#)

[About the Turing Scheme - Turing Scheme \(turing-scheme.org.uk\)](#)

Additional Advice:

Decide how you are going to get to your destination at least 3 months in advance to ensure you have more flexibility in choosing transportation options with lower carbon emissions. This can help you to save on expenses as prices are often lower; and it will reduce your stress to give you a more relaxed travel experience.



During Your Stay



Embrace Public Transportation or Active Travel:

Walk, cycle, or use public transport whenever possible.

Consider renting a bike or using ridesharing apps with electric vehicles.

Buying a second-hand bike is also a very feasible option as they are easy to find online and resell after use.

Be Mindful of your Energy Consumption:

Switch off lights and electronics when not in use.

Take shorter showers and be careful not to waste water.

Explore solar-powered devices for charging your phone or laptop.

Eat Locally and Sustainably:

Support local farmers' markets and choose plant-based meals when possible.

Reduce your meat consumption and opt for seafood sourced from sustainable fisheries.

Avoid unnecessary food waste by buying only what you need.

Use apps such as Too Good To Go and Olio that offer cheaper deals on food that can't be sold.

[Join Our Food Waste Movement - Too Good To Go , Olio - Your Local Sharing App \(olioapp.com\)](#)

Track your food waste on apps like NOWASTE so that you are aware and can improve your food wastage.

[Home | NoWaste \(nowasteapp.com\)](#)

During Your Stay



Minimise Your Reliance on Plastic:

Bring your own reusable water bottle, coffee mug, and shopping bags.

Avoid single-use plastic packaging and choose products with minimal waste.

Follow the local guidance on waste organisation, especially recycling. Wash and dry single-use plastic before disposal.

Minimise First-hand Purchases

Take advantage of local charity shops, vintage shops and marketplaces.

Using sites like Depop, Vinted and Facebook Marketplace can help you to find necessities second hand and at a lower price.

Get Involved in the Local Community:

Volunteer with environmental organisations, participate in beach cleanups or tree-planting initiatives.

Immerse yourself in local environmental values and learn from sustainable practices.

This can really help you feel part of the community as well as enhance your knowledge of ways to be more sustainable.

Additional Resources



Useful External Websites:

<https://www.sustainabilityexchange.ac.uk/sustainable-travel-toolkit>

<https://www.nationalgeographic.co.uk/travel/2022/11/how-to-travel-better-a-beginners-guide-to-sustainable-travel-in-2023-and-beyond>

<https://www.greentraveller.co.uk/>

<https://sustainabletravel.org/individuals/travel-better/>

<https://www.go2rail.eu/>

Graduate Futures Pages:

[Study Abroad Student Portal Page](#)

[Study Abroad and Exchange Enquiry Form](#)

Current students should submit an enquiry via the 'Help and Support' section of your Student Portal. You are current student if you have recently enrolled or have been sent an email about enrolment. To access your Student Portal you will need to have enrolled on your programme first.



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