

ENVIRASMUS



SUSTAINABLE ERASMUS MOBILITY IN VET

Premobility Workshop

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WORKSHOPS FOR A SUSTAINABLE MOBILITY

Congratulations!

You're going to travel for an international mobility project! You will learn a lot of things when you're away and one of those things will also be how to live sustainably in your host country.

Welcome to this part of your journey towards travelling sustainably: **ENVIRASMUS!**

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Premobility Questionnaire

We are going to start this workshop with a short questionnaire to take a first step on your situation. It is important to see what you think about this topic before you leave.

Please, fill the form here !



Why does living sustainably is important ?

Sustainable living aims to **meet the present needs of humans, without compromising the ability of future generations** to enjoy an equal quality of life. This means using less energy and natural resources, and producing less waste and pollution.

This method minimizes negative impacts on the environment while improving our lives.

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Introduction

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Now that you have completed the questionnaire, you will begin the workshop !
But first, you'll find below 2 introduction videos before to start the workshop and get some tips.

[Tips to go Green](#)



[TOP 10 Eco-friendly Travel Tips](#)





Carbon footprint

A carbon footprint is the total amount of greenhouse gases (including carbon dioxide and methane) that are generated by our actions. It is possible to calculate it thanks to different tools.

You can find here a calculate carbon footprint, let's do the test !



What's your carbon footprint ?

Enter your result here



And compare it with someone else in your group !



Wastes



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Waste is one of the main causes of pollution. In this sense, it's important, **to avoid or reduce them** upstream as much as possible.

If this is not possible, states must anticipate the environmental problems linked to the waste's production and must propose different solutions **to recover and reuse them** but also thinking about the more sustainable way to eliminate them.



Wastes



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How is waste recycling organized in your host city/country?

- Find ways to recycle where you will live in your host city.
- Identify the recycling symbols and colors of the different types of waste.



Wastes



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You can find all the informations on the city website or Mobile App, if they have one.

Download the App "Montri" which would help you to make life easier for you and make you aware of sorting and reducing waste.



Download the App "Junker" which would help you to identify your wastes though its barcode and guides you in sorting of them.





Saving water and energy



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The limited availability of water on our planet, its pollution and climate change make water an increasingly scarce and precious resource. For these reasons, it's imperative **to spend less, but also using water wisely is imperative.**

The ever-increasing use of fossil fuels and greenhouse gas emissions can be limited. **Energy resources must be managed to meet the growing needs of the planet without harming the environment.**



Saving water and energy



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Sometimes simple actions can be very effective and important!



Can you name 4 easy actions to save water or electricity?

(At home and at work)



Saving water and energy



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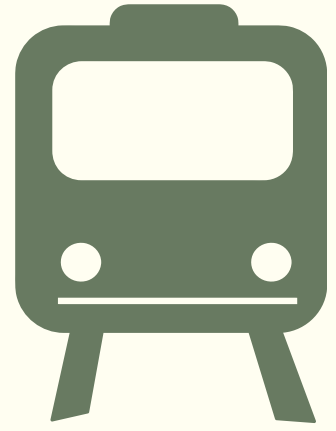
Check these videos to find some tips to reduce your using of water and electricity :

[Top 10 water saving tips](#)

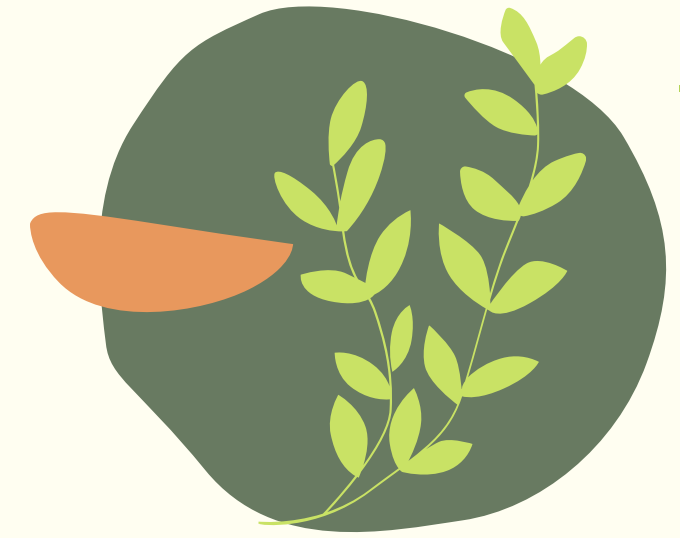


[7 ways to conserve energy.](#)





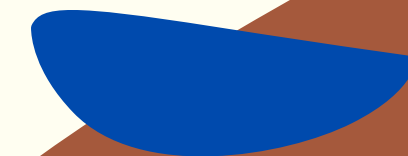
Transport

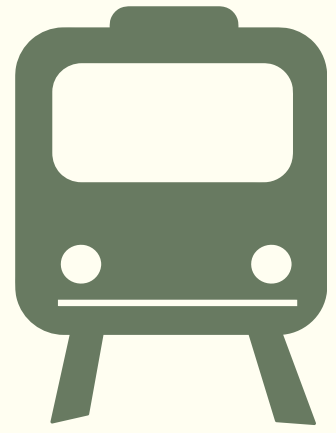


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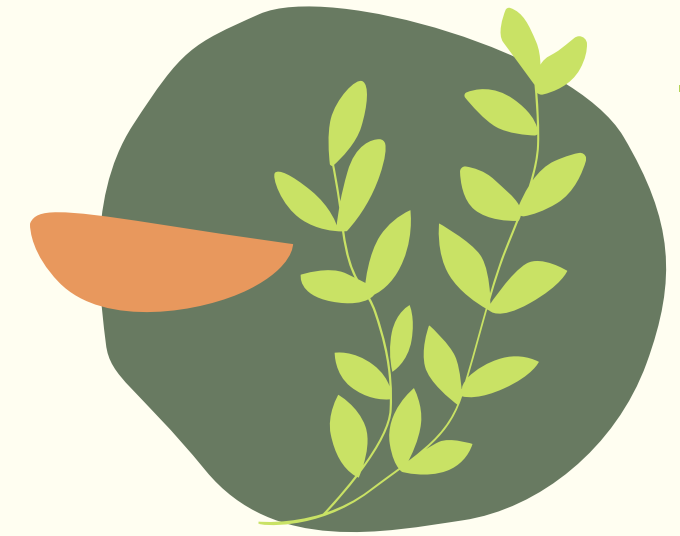
The massive use of transportation, apart from causing huge amounts of carbon dioxide and leading to green-house effect which later on contributes to the global warming, it directly affects our health.

There are a few simple ways to avoid private and motorised transport !



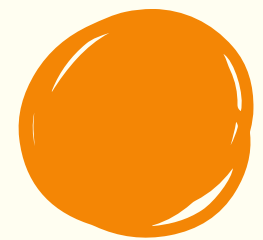


Transport



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Have you looked at the transport organization in your future host city?



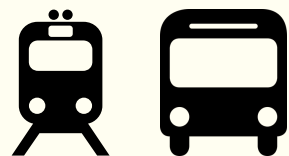
How long will it take to go from your place to your work ?



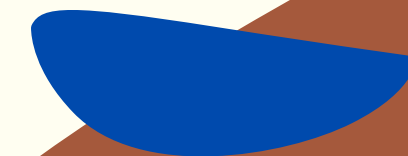
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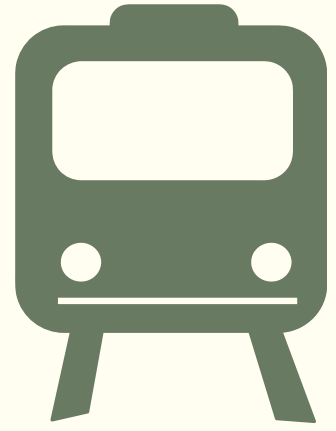


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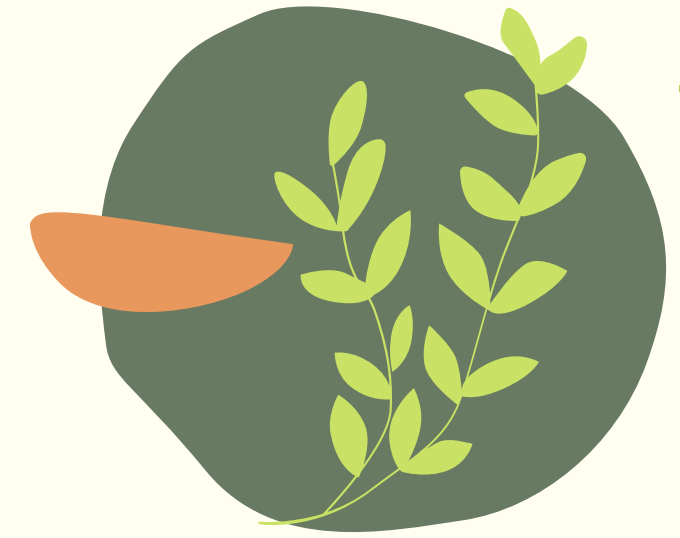


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Transports

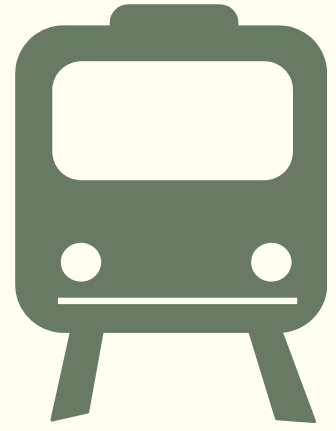


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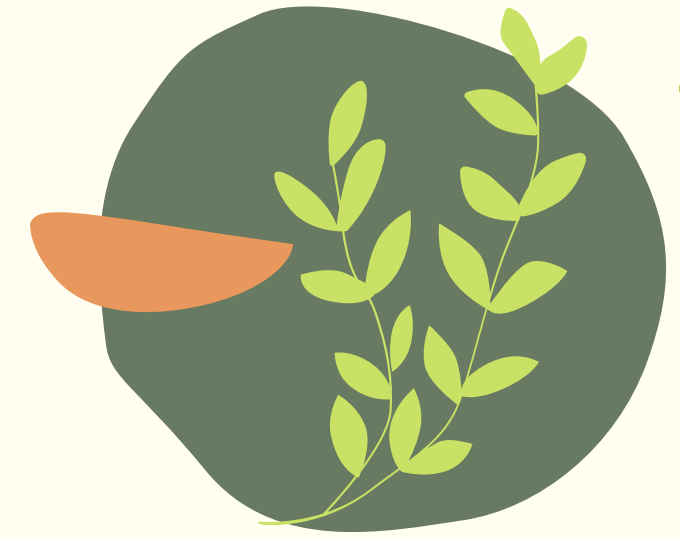
In your future host city, check how much is

- a single transport ticket :
- a 30 minutes ride with a rental public bike :
- a 1 month bus pass :





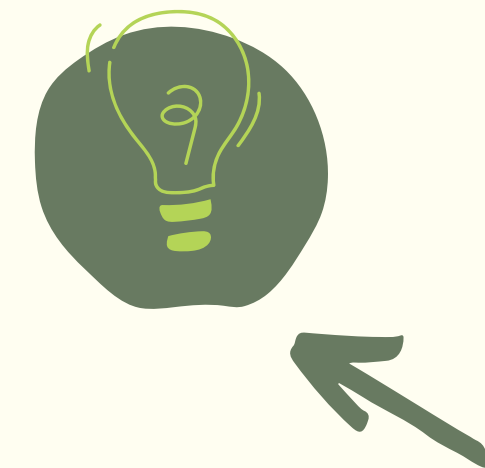
Transports



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You can find all the informations on the public transports's website of your host city, but you can also use :

You can use **Google Maps** or download the App "**City Mapper**" or "**Moovit**" which would help you to find the best way to move in your host city and where to take and get off the bus.





Local food



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Go local: Using regional products helps minimise environmental pollution by avoiding transportation. To reduce food miles, seek to buy food from small-scale, local agriculture holdings or local markets.

Go seasonal: Seasonal fruit and vegetables help minimise environmental impacts because they do not require heated greenhouses or freezing.





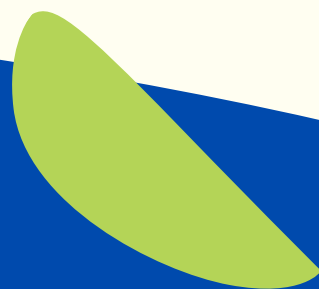
Local food



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Buying local products is not necessarily as expensive as you think !

- Find a document that lists the seasonal vegetables of your future country.
- Try to find 3 typical dishes from your host city/country
- Find local markets near your place and local producers stores.





Local food



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You should enter "local organic shops" in **Google Maps** near to "the name of the location" and you will find some places really easily !



Here are some mobile apps to help you with your purchases :



Yuka : decipheres product labels and analyzes the health impact of food products and cosmetics.






To Good to Go : application to fight against food waste, which allows you to collect unsold items from merchants, at a low price!

Tips to go further

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To end this workshop, we give you some tools to support you in your sustainable mobility

Mobile Apps

-  **Earth Hero** : Mobilize with a community of change-makers actively working to address global warming and rapid extinction.
-  **Clear fashion** : evaluates clothing brands and their impact on our planet
-  **Citizen Wave** : engage your colleagues and your ecosystem in a voluntary collective eco-responsible approach

To improve this Whorshop, we need your feedback, can you give us one last minute ?



THANK YOU FOR YOUR PARTICIPATION !