ENVIRASMUS

SUSTAINABLE ERASMUS MOBILITY IN VET

Premobility Workshop

CONTENTS

WORKSHOP 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!**

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 thing 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.

Introduction

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

The carbon footprint is a **very important way of understanding the impact of a person's behaviour on global warming**.

The result you get will not be perfect, especially because carbon footprint calculators use standard values that are not always adapted to the large number of possible situations.

Even if it's difficult to find an exact figure, these calculators are a good way of raising awareness, and **there's no excuse for not knowing your carbon footprint and trying to improve it !**

Carbon footprint

It is measured on the basis of various factors, including **energy consumption**, which is responsible for the majority of greenhouse gas emissions, **waste production** (food waste and electronic waste), **modes of transport** and **consumer habits** (meat, imported products, disposable products, etc.).

You can find a carbon footprint calculation here - let's do the test!

What's your carbon footprint ?

Enter your result here

And compare it with someone else in your group !

Wastes

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

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

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.

MORE INFO

QUICK TIPS

📌 Reuse it as many times as you can and recycle or compost it if you're not using it anymore

📌 Avoid buying new bags to transport your shopping by reusing your shopping bag

📌 Choose products with little/no packaging

Saving water and energy

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

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

SAVE ENERGY

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

QUICK TIPS

Boil only the water you need and cover your saucepans while you cook: you'll save a lot of energy and it will be quicker;

Use the cold water from the first few seconds of your shower to water your plants;

Pay attention to the temperature in your home: 1°C less reduces emissions by 5 to 10%;

Unplug your mobile phone charger because it still uses electricity;

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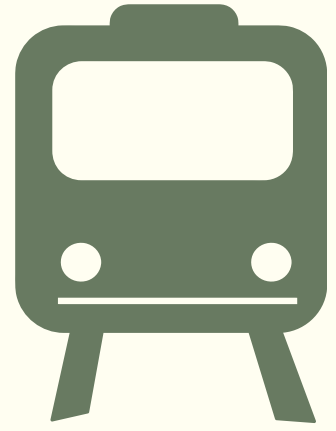
Transport
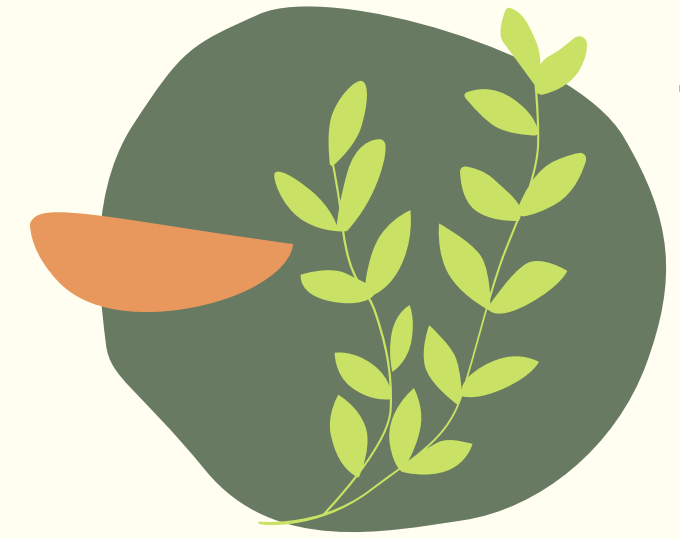
The massive use of transportation, apart from causing huge amounts of carbon dioxide and leading to green-house effect which later on contributes to the global warming, it directly affects our health.

There are a few simple ways to avoid private and motorised transport !
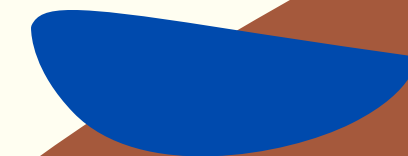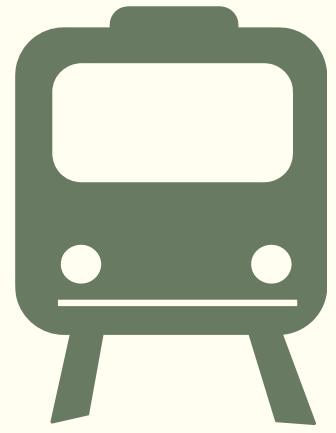
Transport
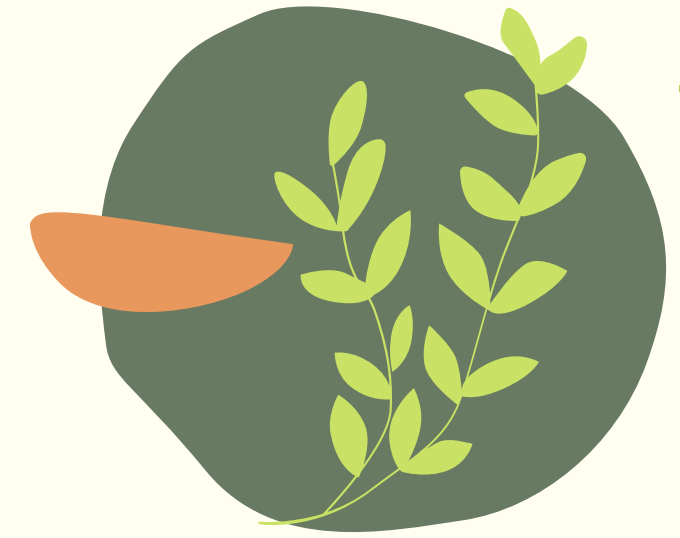
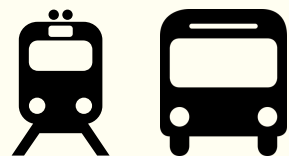**Have you looked at the transport organization in your future host city?**
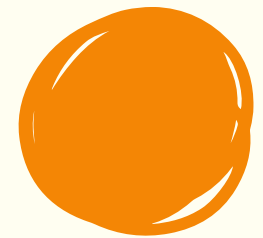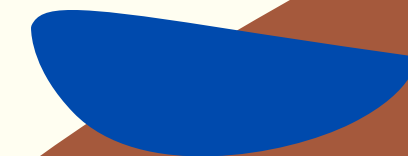
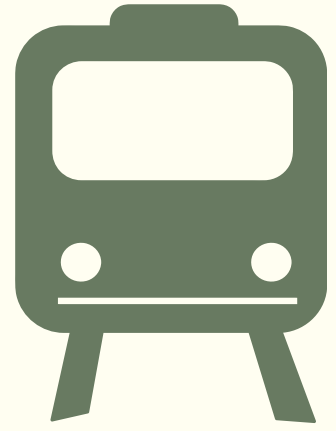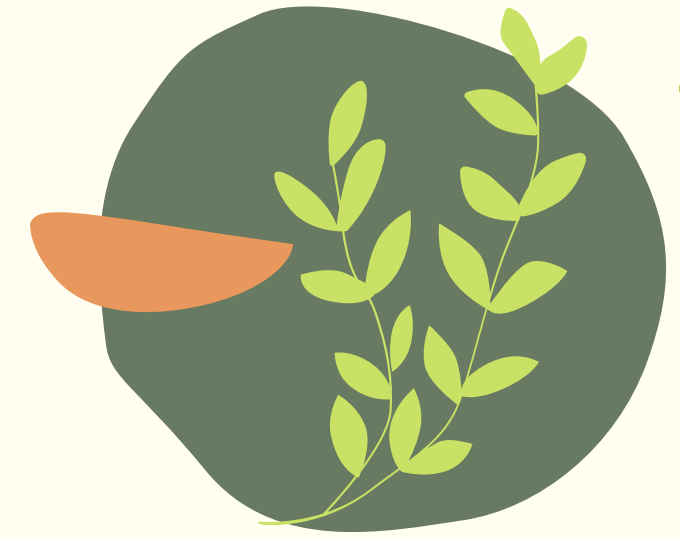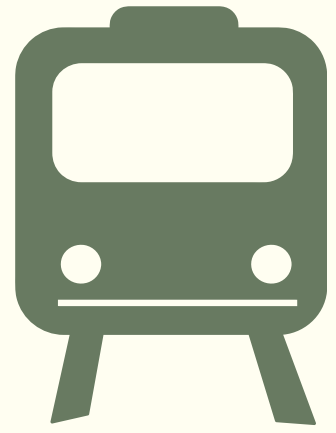How long will it take to go from your place to your work ?
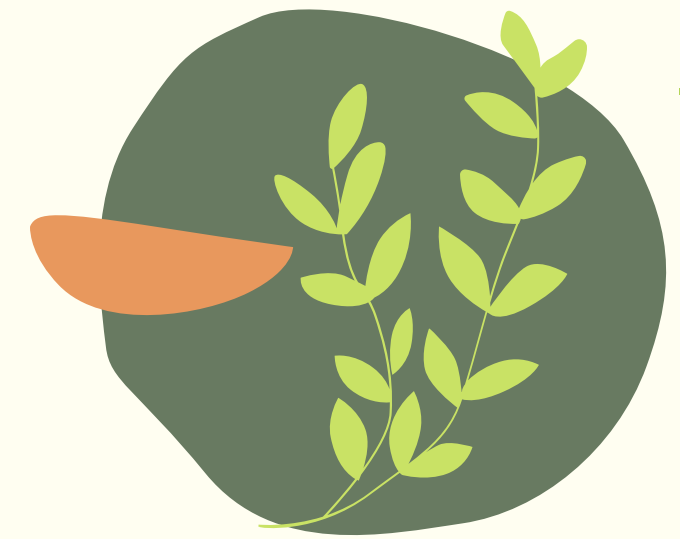
Transports

In your future host city, check how much is

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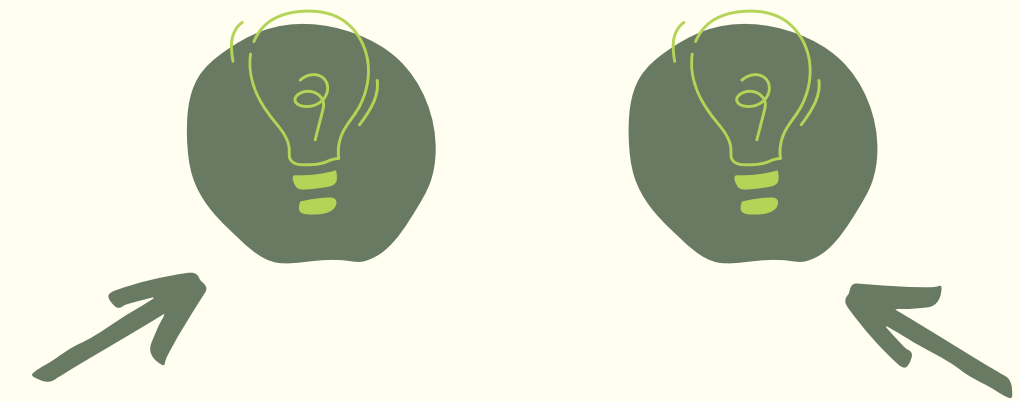- a 30 minutes ride with a rental public bike :
- a 1 month bus pass :

Transports

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.

QUICK TIPS

Avoid car journeys (every litre of fuel burnt emits more than 2.5 kg of CO_2) and instead walk, cycle or use public transport.

Avoid flying, which is the fastest-growing source of CO_2 emissions in the world. If you do fly, consider offsetting your emissions.

Try the train for your next holiday

Local food

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.
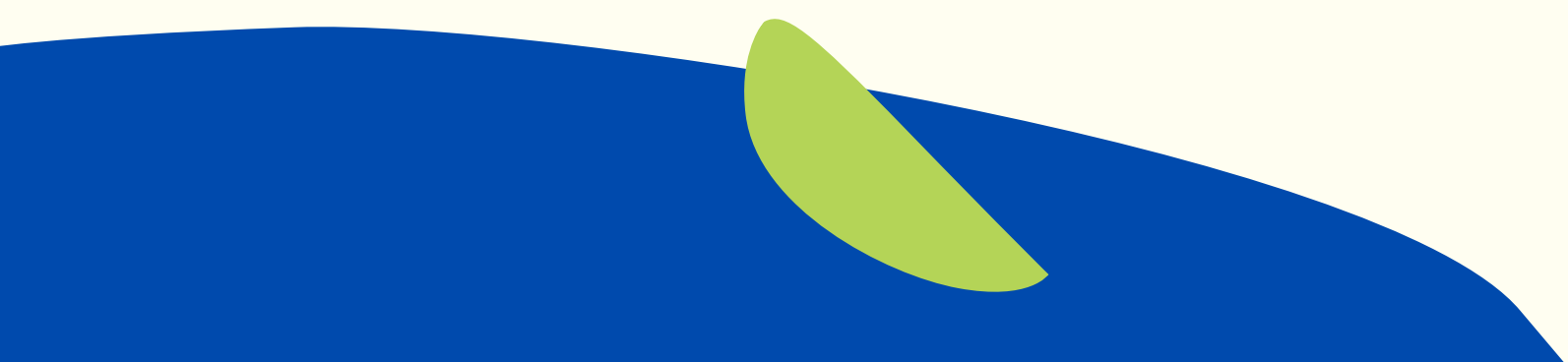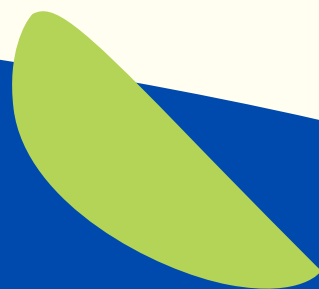
Local food

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

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

- **Yuka :** deciphers 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!

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

QUICK TIPS

Limit meat consumption, particularly beef

Compost organic waste (the methane released by the decomposition of biodegradable waste accounts for 3% of greenhouse gas emissions in the EU !)
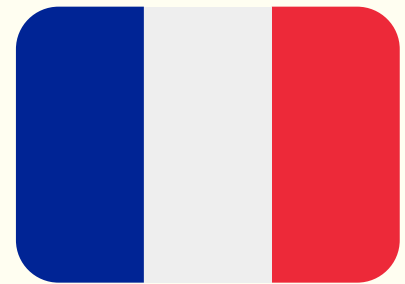
Choose fish from sustainable fisheries

MORE INFO
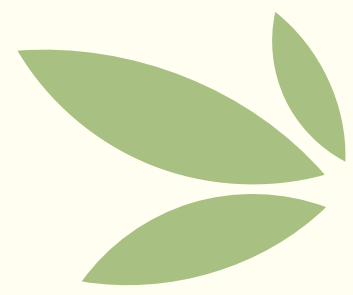
To go further

To find out more about all these subjects depending on **your destination country**, take a look here :

France

Italy

Slovenia

Spain

Sweden

Europe

To go even further...

Do you know the environmental impact of fast fashion ?

Tips to go further

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 workshop, we need your feedback, can you give us one last minute ?

THANK YOU FOR YOUR PARTICIPATION !