

STUDYING ABROAD SUSTAINABLY in FRANCE



PRELIMINARY NOTES:

We wish you a wonderful experience in France. This is a compilation of our term-time study abroad experience in Paris and what we learned about trying to live sustainably while abroad. Through our experience in Paris, we learned that sustainability initiatives and efforts are different all over the world and so we want to help you understand how you can live sustainably specifically in Paris. Our objective is to get you thinking about ways you might be able to incorporate sustainable practices into your time abroad.

MAJOR SUSTAINABILITY ISSUES

TRAVEL—FLY LESS, BUS MORE!

Traveling is one of the best parts about being abroad. However, there are more and less sustainable ways to do so. Flying is by far the most carbon-intensive form of transport. “Aviation accounts for about 2 percent of global greenhouse gas emissions.”¹ So before you head on that flight to Budapest or Tokyo for the weekend, think about the trips you might be able to have more locally. Is there a town nearby that you realistically will never come back to see? From Paris, you can take a train to the South of France if you want a weekend by the beach (one of my favorite trips was to Biarritz, a small surfing town) or to Switzerland, Belgium or Germany if you’re looking to explore another country. Check out the flight emissions of the places you’re traveling here: www.atmosfair.de/en/offset/flight/

TRANSPORTATION—USE PUBLIC MEANS!**

Travel within cities vary greatly as well. Paris has great public transportation systems, as do many large European cities. The city is also filled with shared bikes and electric scooters that are cheap and super convenient. Taxis and Ubers might seem easier, but consider using public transport to cut down on those emissions and costs, while living like a local!

** Always prioritize your personal safety when choosing your road travel or public transportation options. Ensure the transportation is safe, pick reputable companies, travel during daylight hours, and be aware of opportunistic crime.

QUICK TIPS

- Fly less, bus more.
- Use public transportation.
- Bring a water bottle.
- Shop local.
- Conserve water.
- Ask the locals.

¹ www.vox.com/energy-and-environment/2019/1/11/18177118/airlines-climate-change-emissions-travel



STAY HYDRATED—BRING A WATER BOTTLE!

The water in France is known for its cleanliness and many locals drink straight from the tap themselves! If tap water isn't for you, there are free online maps of water-filling stations around Paris. Bring your water bottle from home and fill it up around the city.

SHOP FRESH—VISIT THE FARMERS MARKET!

France is famous for its many farmers markets, so make sure to visit as many as you can to support local farmers and shop organically. Local food travels less, reducing the carbon emissions associated with getting that food to your mouth!

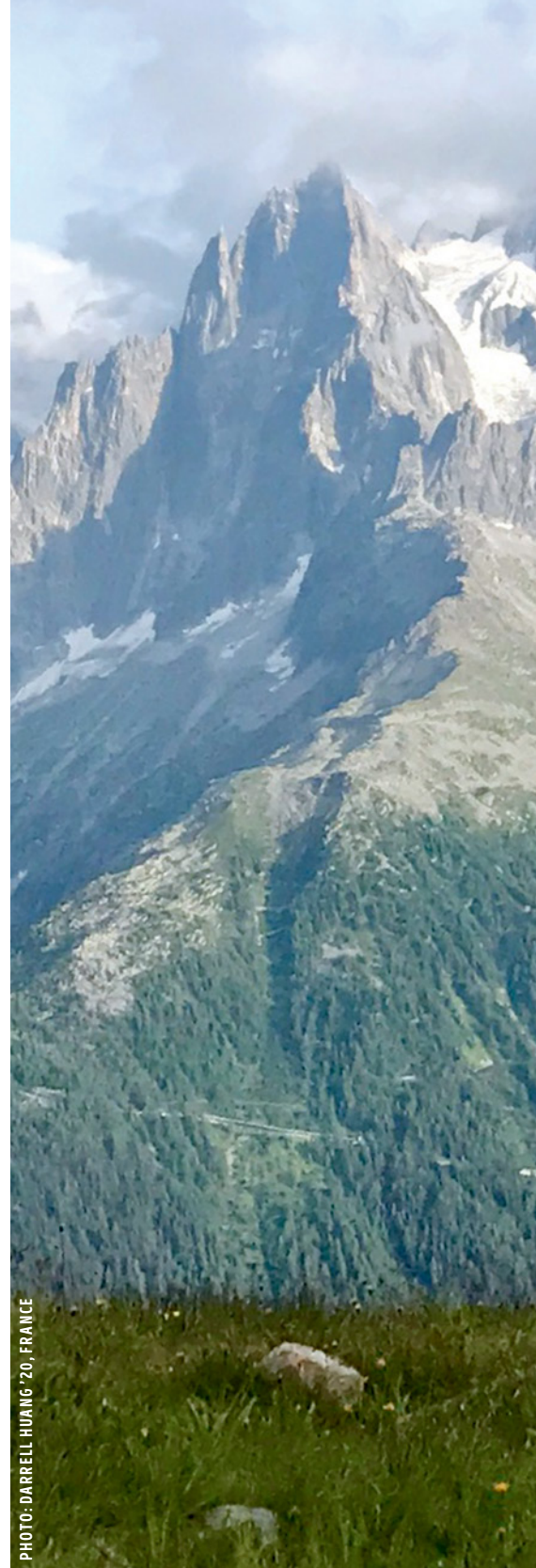
WATER CONSERVATION—SHORTEN YOUR SHOWER!

The French are very conscientious about their water usage, so make sure to ask your hosts what this looks like in their home. Many people turn off the water while they're lathering up during showers to reduce waste.

WHAT DO THE LOCALS THINK ABOUT CLIMATE CHANGE—ASK TO FIND OUT!

Every country has distinct sustainability goals, and the best way to learn about them is by asking around—plus, it's a great way to interact with local people!

—**SYMRON MEHAN &
MARIA PEREZ FRANCO**
FRANCE, CUPA & COLUMBIA IN PARIS



HARVARD

Faculty of Arts & Sciences

OFFICE OF INTERNATIONAL EDUCATION

1414 MASSACHUSETTS AVENUE, 3RD FLOOR, CAMBRIDGE, MA 02138

OIE.FAS.HARVARD.EDU | OIE@FAS.HARVARD.EDU



HARVARD
UNIVERSITY

Sustainability