

BUFFS ABROAD

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OFFICE OF STUDY ABROAD
STUDENT SUCCESS CENTER 115A
WTAMU.EDU/STUDYABROAD

SUSTAINABLE TRAVEL: PRACTICAL TIPS FOR EVERYONE

Here in the Office of Study Abroad, we love to travel. . . for many reasons. We hope travel makes us more aware, teaches us something about the world and ourselves. We hope it provides new experiences, new places, new people, new languages, and we hope travel teaches something about progress.

While away from home, we are presented with opportunities to meet and get to know locals. A traveler is bound to have ample opportunity for coffee, water, and food on the go. The food, drink, and culture of a new place are all special and important aspects of traveling and studying abroad. However, with our high hopes of always having the opportunity to travel, we must consider the ways in which we move to and through these places with care. The Office of Study Abroad and travel guru Audrey Scott, co-founder of *Uncornered Market* want to pass along some of our favorite sustainable travel tips to ensure we will always have the opportunity to discover somewhere *new*.

Travel with a water bottle and/ or coffee mug.

Staying hydrated (and caffeinated) is of utmost importance while traveling. It is recommended to drink over 60 oz. of water a day, even more while traveling and adjusting to a new place. Save plastic bottles and drink from your own. Check the CDC for more information about your location and its water safety. If you're drinking coffee or tea one+ times a day, and you're on a two week program with your professor, that's at least 14 paper cups you could save!

If possible, take a train instead of a plane.

When traveling between countries of the same continent, consider a train. A plane emits over twice the amount of

emissions than a train. Though a train may take longer, you've got a lovely view and time for a good book or podcast.

Consume local.

Let's say you're traveling through Paris and there's a local restaurant serving fresh escargot. . . okay, let's say warm croissants and cheese. Down the road is a McDonald's. Which do you choose? Or, let's consider where to stay: a five-star hotel in the "touristy" district of a city where you only interact with other tourists, or in a local bed and breakfast owned by a couple who grew up in Paris. Choose to shop and consume locally so we can sustain and support businesses and makers who contribute to and embody culture.

TIPS FROM **UNCORNERED MARKET**

In her blog "20 Sustainable Travel Tips: How to be a Good Global Traveler," *Uncornered Market* co-founder Audrey Scott lists these simple steps to travel in a more eco-friendly way:

- Keep a fabric tote bag in your pocket or purse
- Bring your own chopsticks and utensils
- Re-use Ziploc and other plastic bags for packing, if you need to use them
- Buy souvenirs and handicrafts direct
- Learn some of the language
- Frequent social enterprises
- Choose tours that have a conservation focus
- Use public transport
- Walk or rent a bike

Read Audrey's
full article at
uncorneredmarket.com



What do our Professors prefer...?

We surveyed our study abroad faculty-leaders about their preferences for travel. Here's what they had to say!



Dr. Robert King
Marketing



Dr. Alemayehu
Engineering



Dr. Beth Garcia
Education



Dr. Tim Foster
Spanish



Dr. David Lust
Agricultural Sc.

Which if these items seems more important when traveling?

A. Reusable coffee cup/ water bottle

X

X

B. A good book

C. Duct tape

D. A charging dock for my phone

X

X

X

2. What is one phrase you suggest learning in the language of the country you visit?

A. "Hello, I am lost. Can you point me in the direction of _____?"

X

X

B. "Where is the nearest McDonald's?"

C. "Excuse me/pardon me."

X

D. "Hello," "please," "thank you," "how are you?"

X

X

X

3. Would you rather travel...

A. Somewhere new every time

X

X

B. Back to the places I know

X

X

C. Anywhere, as long as I can travel!

X

4. Number one piece of travel advice for students:

A. Pack light.

X

X

B. Move around and stretch your legs on long flights.

C. Get lost (in your host city).

X

D. Don't take too many pictures; enjoy the moment.

E. Learn a language and befriend locals.

X

X

X