




UNIVERSITÀ
CATTOLICA
del Sacro Cuore

Sustainable Traveling **For International** **Students**

What we are discussing and why





“If aviation were a country, it would be the world’s sixth-biggest emitter, falling after China, the US, India, Russia, and Japan.”

The most effective solution to reducing both the climate and health impacts of aviation would be **to fly less**.

How is this compatible with your semester abroad?

How can we keep the incredible benefits of an international experience while keeping an eye on the impact we have on the planet?

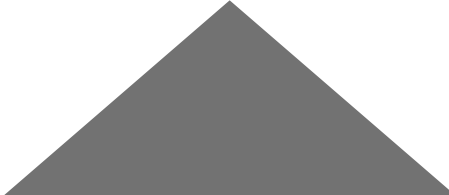




GOOD NEWS!

Europe has a lot of alternative options to offer!

Choose alternative ways of transportation to get here
(if you are coming from another European country) and during
the semester for your getaways!

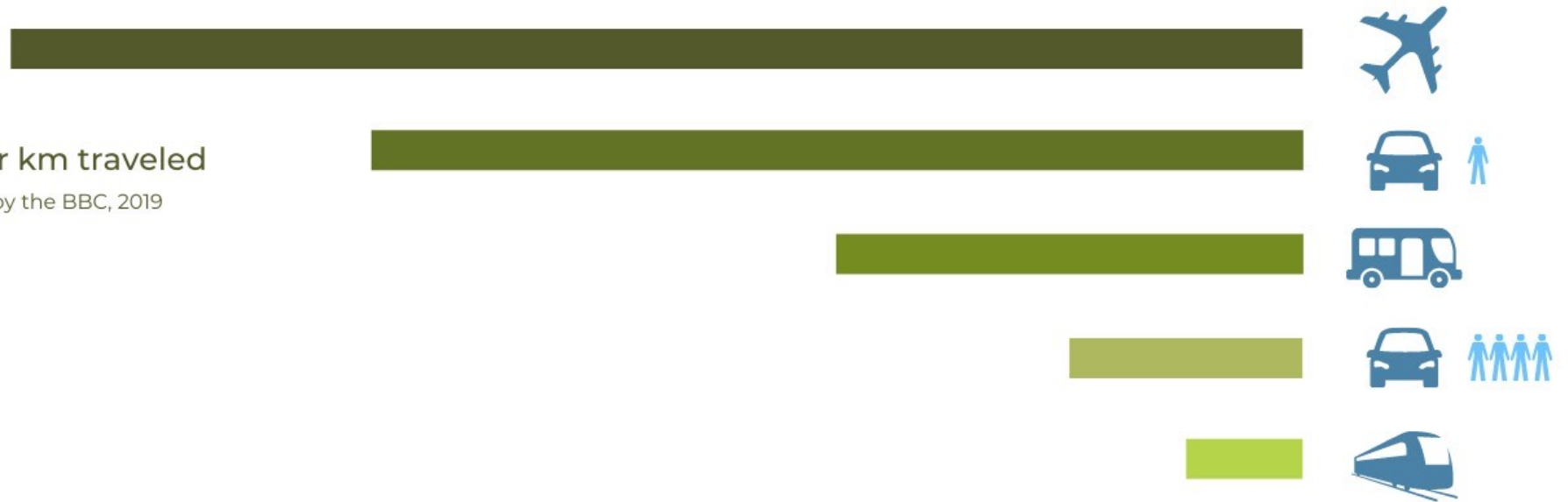


Let's understand what we are talking about, when talking about low-carbon options:



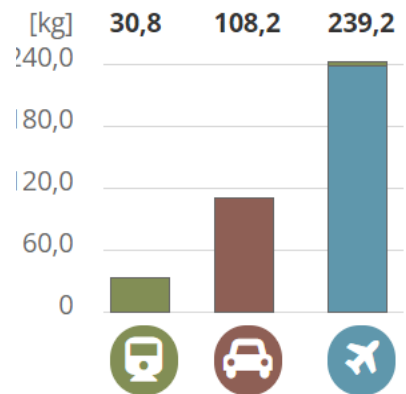
Emissions per passenger per km traveled

Estimates based on calculations reported by the BBC, 2019



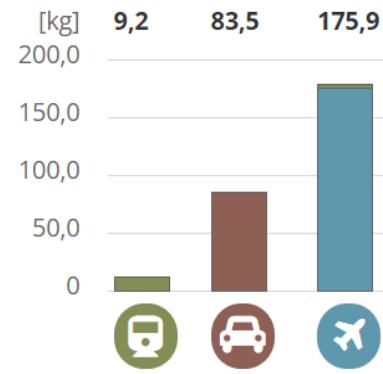
CO2 emissions compared* – a few examples

Milan – Amsterdam
8 times more



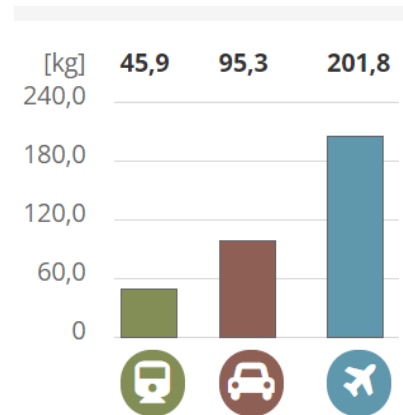
i Carbon dioxide
greenhouse-gas, global warming

Milan – Paris
20 times more



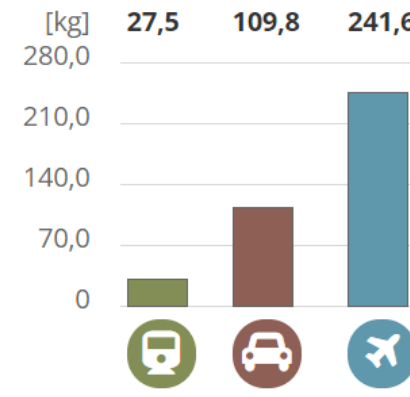
i Carbon dioxide
greenhouse-gas, global warming

Milan – Barcelona
4 times more



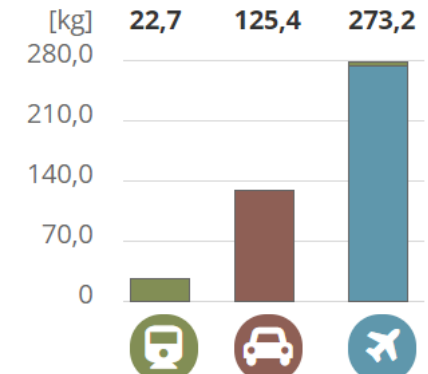
i Carbon dioxide
greenhouse-gas, global warming

Milan – Berlin
9 times more



i Carbon dioxide
greenhouse-gas, global warming

Milan – London
12 times more



i Carbon dioxide
greenhouse-gas, global warming

*one way. Carbon Calculator used: EcoPassenger

Benefits of traveling by train:

- **No airport security!** You can spend time relaxing, reading, or studying rather than standing in a queue. You don't need to worry about liquids in your hand luggage.
 - **No need for airport transfers** - You can travel straight to the centre of a city!
 - Enjoy a much more **diverse scenery of landscapes passing by during the trip.**
 - **Stay connected** - no need for flight mode and you can usually take advantage of the train's wifi.
 - Often **more** leg room and table **space**.
- Plus, you can move around the train during the trip as much as you want.
- **You have more flexibility** and can visit other places that you pass through on route to your end destination.

Are you an Erasmus student?

Apply for **Erasmus Green funding!**

You will be **reimbursed 50€** (Erasmus funding) if you can prove you have made a **low-carbon choice on traveling**. Ask your study abroad office!

Useful resources to check out:

The Green Erasmus Project: <https://www.greenerasmus.org/>

Go2Rail: <https://www.go2rail.eu/>

