

Live



Sustainably

Not perfect

Just better than yesterday



UNIVERSITAT DE
BARCELONA



Trinity College Dublin
Coláiste na Tríonóide, Baile Átha Cliath
The University of Dublin



Utrecht
University



EÖTVÖS LORÁND
UNIVERSITY | BUDAPEST



UNIVERSITÉ DE
MONTPELLIER



Åbo Akademi
University



HOCHSCHULE RUHR WEST
UNIVERSITY OF APPLIED SCIENCES



UNIVERSITETET
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Introduction



SDGs

Universities play a central role in supporting the 17 United Nations Sustainable Development Goals (SDGs). Through education, research, and community engagement, we contribute to global welfare, human rights, environmental protection, and long-term societal resilience.

➤ CHARM-EU

As a member of the CHARM-EU Alliance, we are committed to integrating sustainability into mobility, teaching, and student life across Europe.



International mobility is a key driver in addressing global challenges. Exchange periods build intercultural understanding, expand knowledge of political and social systems, and foster cooperation across borders.



This guide brings together practical tips for sustainable travel and living, designed for both incoming and outgoing CHARM-EU exchange students.

Simple Swaps. Real Impact.



CHARM-EU & Sustainability

Beyond the Master's in Global Challenges for Sustainability, CHARM-EU partners offer a wide range of sustainability initiatives. Their student guides, campus resources, and local networks help mobility students reduce their environmental impact while abroad. Below is an expanded overview of sustainable practices for exchange students, including additional recommendations tailored to CHARM-EU cities.

Do it daily. Make it normal.



Sustainable Travel

Before & During Your Exchange



Choose green travel options when possible

Choose green travel options when possible.

Students using low-emission travel (train, bus, carpooling) are eligible for Erasmus+ green travel grants and can receive up to 6 extra travel days.

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+ +
+ +



Train travel

The Erasmus+ Interrail Pass offers affordable long-distance routes across Europe.



Carpooling apps

- BlaBlaCar (widely used in France, Spain, Germany, Italy, Hungary)
- Local university carpools (Barcelona, Utrecht, Montpellier)
- dele.no or Getaround (Bergen)



Flying tips

- Prefer direct flights to reduce emissions.
- Pack light.
- Offset emissions via certified programs (Gold Standard, Atmosfair).

Getting Around Locally

Most CHARM-EU cities have excellent bike and public transport systems:

- **Barcelona:** Bicing bike-sharing; extensive metro lines.
- **Budapest:** MOL Bubi city bikes; affordable public transport passes.
- **Utrecht:** One of the most bike-friendly cities in the world.
- **Montpellier:** Free weekend trams for residents, strong cycling culture.
- **Dublin:** DublinBikes & Leap Card student discounts.
- **Würzburg:** Germany's €49 Deutschland ticket simplifies travel nationwide.
- **Bergen:** Skyss card & ferries for scenic, low-carbon commuting.
- **Åbo/Turku:** Tier scooters, Föli for buses
- **Vasa/Vaasa:** Tier scooters, Lifti for buses

Walking, cycling, or taking public transport greatly reduces your footprint, and helps you learn your city faster.



Sustainable Living Abroad



Housing

- Choose furnished flats or student housing to avoid buying new items.
- Shared housing reduces energy use and strengthens social connection.



- Agree with housemates on:
 - switching off lights
 - lowering heating
 - shorter showers
 - efficient dishwashing



Find out how recycling works in your exchange destination. Look for local information on how to sort household waste. Hazardous waste should not be put in the burnable waste bins. You should take it to your nearest recycling or waste treatment centres. Small electronic devices can be brought to stores that sell such devices. Medicines can be brought to the pharmacies for disposal.



Sustainable Eating

Eat locally and seasonally

- Student canteens often offer affordable vegetarian options.
- Farmers' markets in Barcelona, Utrecht, Montpellier, Bergen and Turku are excellent for seasonal produce.

Try local food rescue apps:

- Too Good To Go (available in Barcelona, Utrecht, Montpellier, Bergen, Dublin, Würzburg)
- Munch (popular in Budapest)
- ResQ club (Available in both Turku and Vaasa)

Bring a reusable bag and buy what you can carry.

Drink tap water. Tap water is safe in all CHARM-EU cities. Bring a reusable bottle everywhere.



Sustainable Consuming



Buy second-hand: Facebook Marketplace,
Vinted,

Local thrift stores, Second hand stores online
(Finn.no and Tise.no in Bergen, Tori in Vasa and
Åbo, Leboncoin in Montpellier, Wallapop in
Barcelona, Jófogás in Budapest, Kleinanzeigen in
Germany, DoneDeal in Dublin)

Use libraries

- University libraries give access to books,
printers, study rooms.

Borrow instead of buying

- Repair cafés in Utrecht, Bergen and
Barcelona
- Student union equipment rental (Dublin,
Würzburg, Turku, Vaasa)

Before you return home

- Sell or donate items you no longer need.
- Recycle responsibly.
- Pass kitchenware, lamps, or adapters to new
students in your residence.



Explore Opportunities!



● Eötvös Loránd University (ELTE):  EÖTVÖS LORÁND
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● Hochschule Ruhr-West:  HOCHSCHULE RUHR WEST
UNIVERSITY OF APPLIED SCIENCES

● University of Barcelona  UNIVERSITAT DE
BARCELONA

● University of Bergen:  UNIVERSITETET
I BERGEN

● University of Montpellier:  UNIVERSITÉ DE
MONTPELLIER

● University of Würzburg:  UNIVERSITÄT
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● Utrecht University:  Utrecht
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● Åbo Akademi University:  Åbo Akademi
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Step-by-Step Guide for Sustainable Exchange

Step 1 - Before You Apply

Action:

- Research the sustainability policies and resources of your host university.

Who is involved:

- You, your home university's international office.

Resources:

- CHARM-EU partner sustainability webpages, SDG guides.

➤ Step 2 - Plan Your Travel

Action:

- Choose the greenest possible travel option and apply for Erasmus+ green travel support.

Who is involved:

- Student, mobility office.

Resources:

- Interrail Pass, carpool apps, flight comparison tools.

➤ Step 3 - Arrange Sustainable Housing

Action:

- Opt for furnished or shared housing, check recycling rules before arrival.

Who is involved:

- Student housing services, landlords, roommates.

Resources:

- University accommodation pages, local waste sorting guides.



Step 4 - Live Sustainably During Your Exchange



Action:

- Adopt energy-saving habits, use public transport or bike, eat locally, prevent food waste.

Who is involved:

- Students, roommates, residence staff.

Resources:

- Local transport apps, Too Good To Go/Munch, library services.

Step 5 - Engage with the Local Community



Action:

- Participate in sustainability events, volunteer programs, repair cafés, or university initiatives.

Who is involved:

- Student unions, local NGOs, campus sustainability offices.

Resources:

- University event calendars, community groups.

Step 6 - Before Returning Home



Action:

- Donate, sell, or recycle your items, share knowledge and tips with future exchange students.

Who is involved:

- Student, second-hand shops, next-year incoming students

Resources:

- Donation centres, recycling points, student groups.