

Green Mobility

Environmental friendly habits
during the mobility

*Useful tips from the International
Office – Mobility Unit, in
cooperation with*

1.1 Choose products with **less and/or easy to recycle packaging**

Shampoo/ shower gel in plastic bottle



Choose solid detergents instead



Clothes plastic bags for your luggage



Choose fabric bags instead



Make-up remover wipes/pads



Choose reusable ones instead





1.2 Choose products with **less and/or easy to recycle packaging**

Razors



Choose one with
replaceable razor heads



Toothbrush



Choose a bamboo
one



Food shopping



Bring with you reusable
bags





2. Choose **local** and **in-season** food



To reduce your CO₂ emissions



To eat fresh products



To support the local economy



To get to know the local culture better





3. At home:

Make sure the temperature does not exceed 19° in winter and 26° in summer



You will save resources and gain well-being

If you need to carry food with you (e.g. your lunch at the University)



Transport it in reusable food boxes

Drink tap water and bring a water bottle with you



Fill it at public fountains

Make the most of natural light and do not switch artificial lights on needlessly



Up to 15,000 tons of CO₂/year could be saved only in Europe



4. Do not print provisional documents: correct them digitally.

Do not print boarding passes/
travel tickets



Use applications to get
digital copies



N.B: If you need to print, make sure to use **recycled paper** or paper from **sustainably managed forests**.



5. Moving on site

Wherever possible, walk around



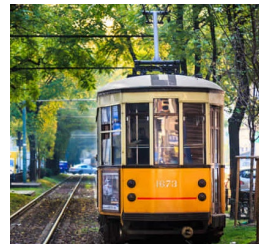
You will get to explore the city that will be your home for a quite long period



If you cannot walk, use the local public transportation



Consider buying a transportation pass



Use the bike at your receiving city and when visiting other cities



... enjoy and explore new places by cycling!





6. Travel light and sustainably

Short route?



Choose the train or the bus!



Remember that the Erasmus+ programme provides an additional contribution for participants who will opt for sustainable means of transport to reach their destination!

Flying?



Travel light! An increase in the total weight of a plane results in an increase in CO₂ emissions



7. Waste sorting and recycling

Remember to seek information on waste sorting and recycling: regulations and procedures can vary from town to town





Università
Ca' Foscari
Venezia



www.unive.it



The mobility represents an opportunity to discover, explore and live new places. Remember to protect and respect them, so that their beauty can be appreciated and enjoyed in the future!