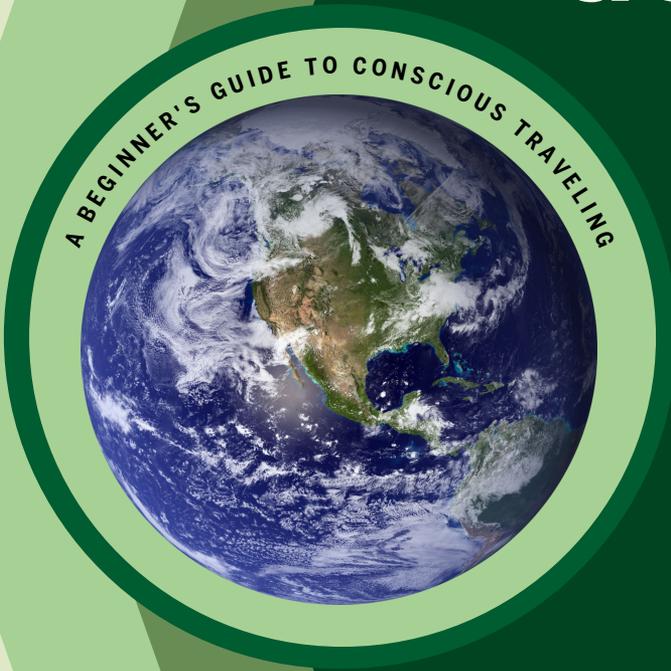


GREEN TRAVEL GUIDE



The IUPUI Office of International Affairs and Office of Sustainability created this guide to help all travelers make conscious decisions to protect the environment and the communities they visit without compromising their ability to learn about other places, meet new people, and make lifelong memories.

THE REALITY OF THE FUTURE

Have you ever thought about the carbon footprint of your travel?

The Boeing 747-400, the plane most used for international flights, emits 202.8 pounds of carbon per hour. That's 1,419.6 pounds of carbon for a seven-hour flight. To put it into perspective, it would take an acre of forest just over twenty-two days to absorb that amount of carbon in a flight from New York to London. This same amount of carbon emissions is comparable to what a person living in Zimbabwe generates over an entire year. Your carbon emissions add up quickly to make for an ever-rising carbon footprint for the average U.S. residents

Your **carbon footprint** is the total amount of greenhouse gases (GHG) generated by your lifestyle and actions.

Driving, heating your home, using electricity, and flying has increased the carbon footprint of U.S. residents. Climate change is irreversible, and its impact is devastating. Rising GHG emissions creates unstable environments, flooding, wildfires, and unpredictable weather conditions that are already being felt around the world. These climate change tensions are even forcing families out of their homes, immigrating to areas with better water resources and potential for growing food. Failure to get greenhouse gas emissions under control now could lead to an uncertain future.

Carbon emissions must be reduced by 80% by 2050 to prevent an irreparable future brought on by climate change.

Travel is an extraordinary opportunity, but it comes with a cost. If we are going to expend the amount of carbon necessary to get us to another location, we have a responsibility to learn from those we meet and the systems we encounter - and most importantly, to have a positive rather than negative impact.

It is our responsibility to work together to create better, and more sustainable choices for our world. We encourage you to consider how you can make more sustainable choices - while traveling and at home.

Consider Before Traveling



Ask Yourself These Questions During Your Trip:

How central are sustainable practices to people who live where you are traveling?

How are resources used and consumed where you are traveling?

How do the locals get around? What modes of transportation do they use?

Do you see single-use plastics as often as you do back home?

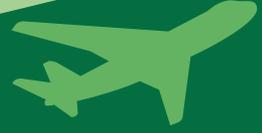
How can you bring this knowledge back home?

Consider These Alternatives:

- Book flights from airlines that allow you to offset carbon or are carbon conscious
- Utilize a backpack - they can be used as a carry-on and a reusable bag while abroad
- Choose sustainable hotels and travel agencies
- Educate yourself on sustainable practices that work for you by reading this guide and visiting [IUPUI's Office of Sustainability website](https://www.iupui.edu/sustainability)

[Learn how to tell if where you're staying is sustainable or greenwashing.](#)

Booking a Carbon Conscious Flight



Some airlines automatically offset the carbon emissions from your travels. Others offer the ability to purchase carbon offsets while you are booking your flight. This is a starter guide on which airlines are more carbon-conscious. Note that some information may be subject to change. This guide was last updated in spring 2022.

A **Carbon Offset** is generated by funding an activity that prevents the release of, reduces, or removes GHG emissions from the atmosphere. The purchase of carbon offsets allow you to cancel out the emissions produced, in this instance, through your travel.

DOMESTIC AIRLINES

- American
- JetBlue *
- United
- Delta *
- Southwest

*These airlines automatically offset all carbon emissions

INTERNATIONAL AIRLINES

- Aeromexico
- British Airways *
- Korean Air
- Air Canada
- EasyJet *

*These airlines automatically offset all carbon emissions

If you are not able to offset your travels through the airline, you can calculate and purchase your carbon offsets through the [UN's Carbon Offset Platform](#).

How to Minimize Your Environmental Impact



DURING YOUR TRAVEL

- Combine smaller trips into one larger trip to reduce travel
- Book non-stop flights or the fewest stops possible
- Pack light - research your chosen destination beforehand & wisely choose what you need
- Use the restroom in the airport before boarding, less weight = less fuel needed
- Utilize electronic boarding passes to reduce paper waste

UPON ARRIVAL

Food & Drink

- Use reusable water bottles, utensils, and straws to reduce plastic waste
- Avoid pre-packaged foods
- Eat at local restaurants - try vegan/organic options!

Waste Reduction

- Buy souvenirs from small, local vendors
- Turn off lights, AC; reuse towels & sheets; take short showers
- Refuse single-use plastics

Transportation

- Walk to destinations when possible
- When walking isn't feasible, use public transportation before taking a car

Learning from others, composting, and recycling effectively can be a great start to reducing your environmental impact.

Go the Extra Mile

Consider bringing a reflection journal to jot down impactful memories, things you want to try, and ways you can be more sustainable at home - use your notes app!

ACTION YOU CAN TAKE AT HOME



**COMMUTE BY WALKING, BIKING, OR BY USING
PUBLIC TRANSPORTATION**

**VOLUNTEER IN SUSTAINABLE/CARBON
OFFSETTING CAUSES, LIKE TREE PLANTING**

JOIN CLUBS GEARED TOWARDS SUSTAINABILITY

**STAY IN TOUCH WITH FRIENDS MADE ABROAD
TO FOSTER A BETTER UNDERSTANDING OF
ISSUES IMPACTING THE WORLD**

TAKE CLASSES ABOUT SUSTAINABILITY

**USE YOUR VOICE, VOTE, ATTEND TOWN HALL
MEETINGS, TALK WITH YOUR STATE/NATIONAL
REPRESENTATIVES**

**ATTEND EVENTS THAT PROVIDE INFORMATION
ON HOW TO LIVE SUSTAINABLY**

LEAD BY EXAMPLE

Sustainable Travel Checklist



- Find the most sustainable hotels, travel agencies, and airlines
- Necessities only - pack smart
- Bring a reusable water bottle
- Person-power is in! Walk to get from place to place, if possible
- Check in online - have boarding passes & tickets available on your phone
- Dine and shop from local restaurants and vendors
- Buy responsibly - look for souvenirs that can be reused or recycled
- Get involved at home and make an impact in your community
- Take what you've learned, apply it for a better future, share the information with others, and lead by example