

STUDYING ABROAD SUSTAINABLY in JORDAN



PRELIMINARY NOTES:

My name is Amal, and I studied abroad in Amman during my junior spring. It can be difficult to live sustainably in Jordan. Many of the things we do in the US are not easily applicable. For example, recycling is not a common practice, and public transportation can be difficult to navigate as a foreigner. However, here are some things I did to live more sustainability while in Jordan!

MAJOR SUSTAINABILITY ISSUES

LIMIT YOUR WATER USE!

Jordan is one of the most water-scarce countries in the world, and this is further strained by the increasing number of refugees entering the country. Many homes have big water coolers so be sure to bring your water bottle.

Try to only shower every couple of days. You might be asked to do this anyway if you have a host family. Many families only have a certain amount of water every week, and once it runs out, it's out for the week.

BRING LOTS OF SWEATERS, COZY SOCKS, AND SLIPPERS!

Jordan gets very cold during winter and most places do not have central heating. Instead, there are portable space heaters (electric or gas) that use a lot of energy and can still leave you cold. Having warm clothes can make life way more comfortable and you won't have to leave a space heater turned on all of the time.

BRING YOUR OWN WATER TO RESTAURANTS/CAFES!

Pretty much universally, waiters will assume that you would like water and so they bring each person an unsolicited bottle. If you bring your own water bottle, you can ask them to save the bottled water for someone else, and it'll cost you less.

SHARE TAXIS WITH FRIENDS!

If you are going somewhere in Amman try to coordinate transportation with friends nearby. It will save you money and help reduce car emissions.

LIMIT PLASTIC BAG USAGE!

Decline plastic bags at stores. Sometimes stores will unnecessarily put things in bags for you when you have your backpack or even a bag from another store.

—AMAL ABDI, JORDAN, MIDDLEBURY IN JORDAN

QUICK TIPS

- Limit water use.
- Pack for the season.
- Bring your own water.
- Share rides with friends.
- Limit plastic bag use.



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