

STUDYING ABROAD SUSTAINABLY *in* SCOTLAND



QUICK TIPS

- Fly less, bus (and train) more.
- Bring a water bottle and mug.
- Use reusable bags.
- Modify your diet.



PRELIMINARY NOTES:

Though mindful of our carbon footprint on campus and on top of environmental issues in the US more broadly, we didn't imagine sustainability being something we would think about while abroad. We imagined the U.K to be on a similar page as the U.S when it came to caring about the environment, and thankfully found that to be true. In fact, we may have become even more conscious around issues of sustainability abroad, given the need to budget much more intensely and take abroad only items that had an express purpose.

MAJOR SUSTAINABILITY ISSUES

DON'T FORGET ABOUT BUS AND RAIL!

Scotland has an extensive bus and rail network, and oftentimes it is the cheapest way to get around! A flight to London always required two or three transfers between methods of transportation, but it was possible and even easier to catch the train to London right from St. Andrews directly. Taxis and ubers can get expensive, especially with the conversion rate of the pound, so I found myself relying on public transportation a lot.

CHECK OUT THE REST OF SCOTLAND/THE U.K. WHILE DECREASING CARBON EMISSIONS!

Thanks to said extensive bus and rail network, it's very easy to see the rest of Scotland and the United Kingdom. There is a ton of really interesting local and regional culture across the country, and Scotland, Wales, and England all certainly have their own unique personality and natural landmarks worth visiting. Though I enjoyed getting to travel around Europe as much as I did, I wish I had spent more time getting to know the country I was in!

Some of my favorite memories of the semester were in London and Belfast. Thanks to the incredibly convenient rail system, London is a stone's throw away.



BRING A WATER BOTTLE AND HOT BEVERAGE MUG EVERYWHERE!

Not only will you always want to have something warm given the chilly and often cloudy weather in the U.K. during the non-summer months of the year, you'll end up saving a lot of money! I got discounts of up to .50 or .75 cents once converted back to dollars on drinks, and I went through plenty of coffee and tea during my time abroad. Public water is super easy to find, and if you're traveling in Europe where water isn't free at restaurants, you'll definitely want to have your own.

BAG TAXES ARE HIGHER WHEN YOU'RE PAYING IN POUNDS, SO BRING A BAG WHEN SHOPPING!

I found single use plastic bag taxes to be pretty seriously enforced in Scotland, and bag taxes add up! I likely spent \$20 USD over the course of the semester just on plastic bags collectively, even though I had free reusable ones given to me by the University! Don't throw that money away—it's a few meal's worth!

MODIFY YOUR DIET!

Depending on your living situation, you may be in charge of cooking all your meals. Since red meat production is a key contributor to the carbon-footprint, going meat-free for one or more days a week can contribute to sustainability. There are multiple grocery stores on every block, and you will never run out of alternative protein options.

—BEN SORKIN & TAREQ HABASH
SCOTLAND, UNIVERSITY OF ST ANDREWS,
UNIVERSITY OF EDINBURGH



PHOTO: ERIN CORCORAN '16, SCOTLAND



HARVARD
Faculty of Arts & Sciences
OFFICE OF INTERNATIONAL EDUCATION
1414 MASSACHUSETTS AVENUE, 3RD FLOOR, CAMBRIDGE, MA 02138
OIE.FAS.HARVARD.EDU | OIE@FAS.HARVARD.EDU



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