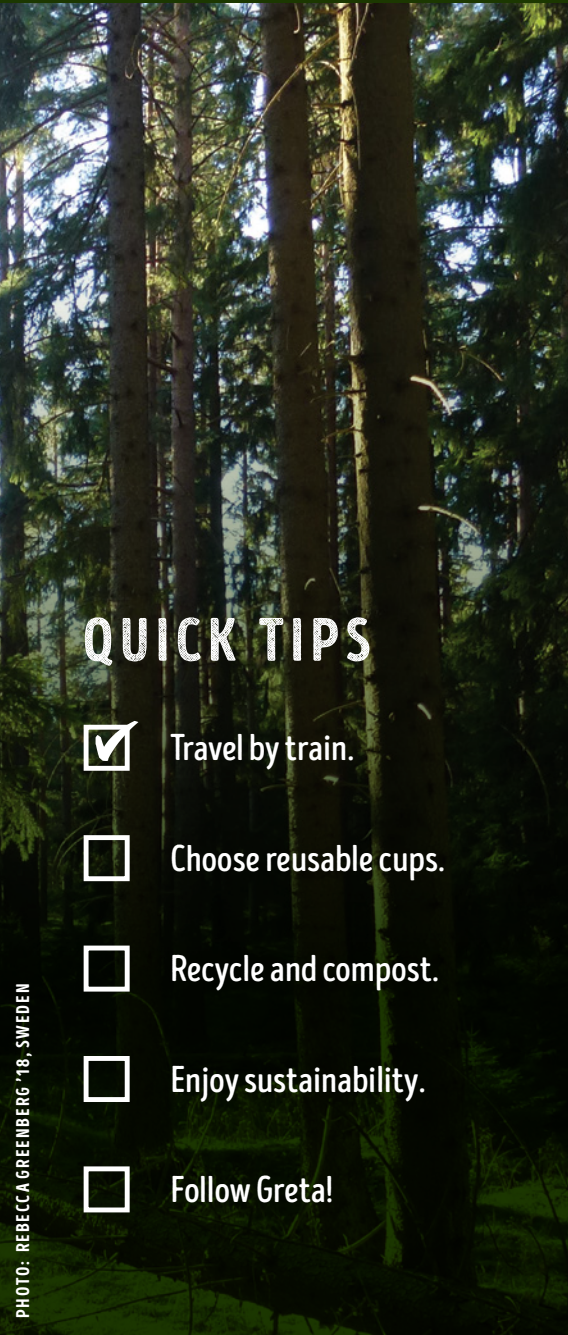


STUDYING ABROAD SUSTAINABLY in SWEDEN



QUICK TIPS

- Travel by train.
- Choose reusable cups.
- Recycle and compost.
- Enjoy sustainability.
- Follow Greta!

PRELIMINARY NOTES:

I'm an Economics concentrator with a secondary in English and hail from California, which is a pretty forward-thinking state when it comes to sustainability, so issues of sustainability are always in the back of my mind. When I went to Sweden sophomore spring, I actually took Environmental Economics which taught us about Europe's energy sources. In Norway, they produce loads of hydropower. From Russia, they pump oil through a pipeline to the rest of Europe. On the whole, Nordic countries are very woke about sustainability, which was refreshing to see coming from the US.

MAJOR SUSTAINABILITY ISSUES

TRAVEL BY TRAIN!

Trains and the Tunnelbana are the best way to get around town and the country. Ubers are obscenely expensive (for good reason). It's super efficient to take public transit and the country-wide train system is quite extensive as well.

DRINK FROM REUSABLE CUPS!

Sweden is big on Fika, a time to take a break with a cup of delicious coffee and a pastry. This means that when Swedes have coffee, they're not trying to take their it on the road. Rather, they sit, drink, and enjoy. Therefore, coffee shops utilize reusable mugs rather than the disposable cups we see everywhere in the US.

RECYCLE AND COMPOST!

Sweden is big on recycling and compost and is far better at waste management than the US. While in Sweden, take advantage of the disposal bins and separate waste correctly!

ENJOY MORE SUSTAINABLE BUILDINGS!

Sweden is definitely ahead of the game in terms of sustainable living. Places like Malmö and Växjö serve as great examples of progressive cities constantly fighting climate change. Malmö is home to the Turning Torso, one of Sweden's tallest skyscrapers and most sustainable living buildings. The building is powered exclusively by renewable energy. Here's me with the Turning Torso in Malmö!



FOLLOW GRETA!

While you're in Sweden, take a moment to learn about Greta Thunberg, the now famous Swedish teen activist for climate change making global waves! See what she's up to here: www.instagram.com/gretathunberg

—CARRINGTON WALSH, SWEDEN, THE SWEDISH PROGRAM



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



HARVARD
UNIVERSITY

Sustainability