



KATHOLISCHE UNIVERSITÄT  
EICHSTÄTT-INGOLSTADT



# **Guide for students: Sustainability while studying abroad**

# Introduction

Hey outgoing students!

A stay abroad is not only a great opportunity to get to know new cultures—it's also a chance to take on responsibility. How we travel, live, and spend our money has a direct impact on the environment, society, and the local economy.

This guide shows you how to make your stay sustainable—in line with the 17 Sustainable Development Goals (SDGs).

It includes practical tips for you and your partner university.

If you implement your own ideas, share them with us—together we can make international mobility more sustainable!

Let's go—create, participate, rethink!

Your KUala Bear



# 1 NO POVERTY



## SDG 1: No Poverty

Did you know that by buying regional products, you can strengthen the local economy and support small local farmers?

Volunteering in local projects at your host university or in your neighborhood also directly supports the local community.

Keyword: principle of solidarity



### Practical tip



Shop regularly at local markets or support small shops instead of international chains.



Bild: <https://sdgs.un.org/>

# 2 ZERO HUNGER



## SDG 2: Zero Hunger

Do you think it's a shame to throw food away?

This can easily happen when you're living alone abroad—you buy too much or cook for several days.

Our tip: write shopping lists, shop consciously, and freeze leftovers.

Even better: take advantage of food sharing initiatives or so-called fair share points, where others will be happy to take your leftover food.

Keyword: valuing food

### Practical tip

Find food sharing initiatives in your city via [foodsharing.de](https://foodsharing.de) or ask student groups about local initiatives.



# 3 GOOD HEALTH AND WELL-BEING



## SDG 3: Good Health and Well-Being

Exercise in everyday life? It's easy!

Ride your bike to university—it keeps you fit and reduces emissions.

Make sure you have the recommended vaccinations for traveling abroad and refresh your first aid skills

Keyword: Active, protected, and considerate when traveling

### Practical tip

Make your daily commute part of your exercise routine—for example, by walking or cycling.



# 4 QUALITY EDUCATION



## SDG 4: Quality Education

Interested in sustainability during your studies?

Many partner universities offer courses on local environmental or social issues.

Take advantage of this opportunity to learn interculturally and address global challenges at the local level.

Keyword: Education as the key to change

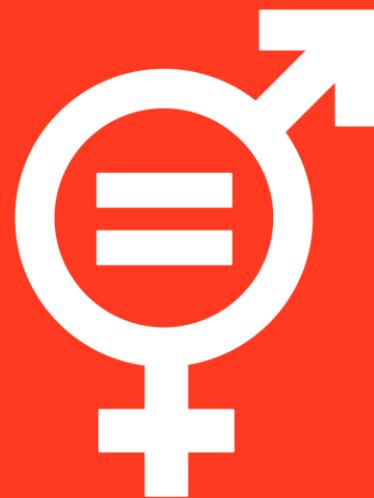


### Practical tip

If possible, choose a course related to sustainability at your host university.



# 5 GENDER EQUALITY



## SDG 5: Gender Equality

Feeling comfortable at university starts with respect.

Take an active stand against discrimination—even in everyday university life.

Get involved in promoting equality and gender-sensitive learning.

Tip: Local women's networks offer space for exchange and empowerment.

Keyword: Working together for equal opportunities



### Practical tip

Find out about local networks for women, queers, and allies at your host university.



# 6 CLEAN WATER AND SANITATION



## SDG 6: Clean Water and Sanitation

Water is precious—even during a semester abroad.

Use refillable bottles or water filters instead of disposable plastic.

Save water in your everyday life: run the washing machine less often, turn off the tap while brushing your teeth—every liter counts.

Keyword: drink, wash, and water consciously.

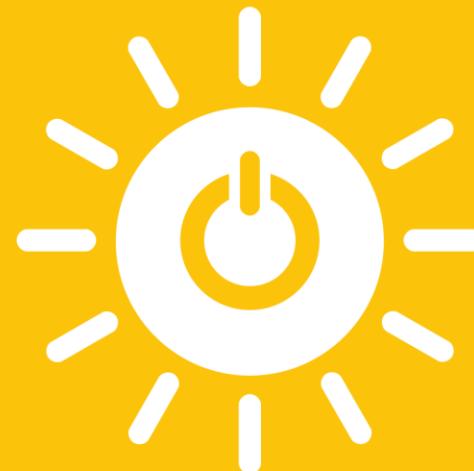


### Practical tip

Use a water filter and avoid disposable bottles – saves money and resources.



# 7 AFFORDABLE AND CLEAN ENERGY



## SDG 7: Affordable and Clean Energy

You can also save energy in your everyday life.

Unplug appliances completely instead of leaving them in standby mode.

Is it getting cold? Grab a cozy blanket instead of turning up the heat—even lowering the temperature by 1°C saves a noticeable amount of energy.

Keyword: Small changes, big impact.



### Practical tip

Switch off devices, don't just put them on standby – and adjust the heating accordingly.



# 8 DECENT WORK AND ECONOMIC GROWTH



## SDG 8: Decent Work and Economic Growth

What is the story behind your products?

When shopping, look for fair supply chains—for example, by checking for the Fairtrade label.

Visit local markets in your host city: this way, you directly support small businesses and crafts.

Keyword: consume fairly—support locally



### Practical tip



Shop regularly at local markets and choose fair trade products.



# 9 INDUSTRY, INNOVATION AND INFRASTRUCTURE



## SDG 9: Industry, Innovation and Infrastructure

Interested in topics of the future?

Many partner universities offer student initiatives on innovation and sustainability—get involved!

Share ideas from your home university and get involved in local projects.

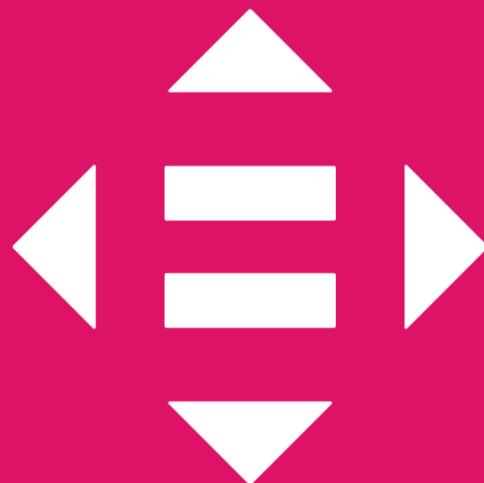
Keyword: Shaping the future together

### 💡 Practical tip 💡

Join a sustainable innovation project  
at the host university.



# 10 REDUCED INEQUALITIES



## SDG 10: Reduced Inequalities

How can the world become a fairer place?

Reflect on your privileges and support people with less access or barriers.

Help promote inclusion in everyday life—e.g., as a buddy or through small gestures.

Keyword: Acting with intercultural sensitivity

### Practical tip

Become a buddy for exchange students or help out at accessibility-friendly events.



# 11 SUSTAINABLE CITIES AND COMMUNITIES



## SDG 11: Sustainable Cities and Communities

Want to travel sustainably together?

Take part in local clean-up campaigns—whether on the beach, in the park, or in the forest.

Use buses, trains, or bicycles to explore your host city in an environmentally friendly way.

You can find new contacts and fresh ideas in environmental groups.

Keyword: Sustainability is more fun together.



### Practical tip

Take part in a local clean-up campaign – often organized together with students.



# 12 RESPONSIBLE CONSUMPTION AND PRODUCTION



## SDG 12: Responsible Consumption and Production

Want to live sustainably—and save money at the same time?

Secondhand clothing and furniture are inexpensive and have character.

Repairing items instead of buying new ones extends their lifespan.

Be sure to separate your trash and bring your own cloth bag when you go shopping—no plastic needed.

Keyword: Buy less, live more consciously.

### Practical tip

Buy secondhand and bring your own tote bag to the market or supermarket.



# 13 CLIMATE ACTION



## SDG 13: Climate Action

Climate-friendly travel – it's easy.

Choose to travel by bus or train – you can often even get Erasmus grants for this.

Combine your journey with a stopover in a neighboring country.

Get involved in local climate protection campaigns.

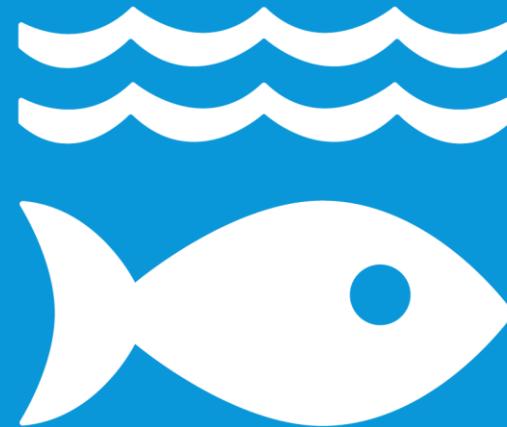
Keyword: Mobile and climate-conscious travel

### 💡 Practical tip 💡

Travel by train or bus – Erasmus+ will provide funding for this.



# 14 LIFE BELOW WATER



## SDG 14: Life Below Water

Protect oceans and waterways—even during your semester abroad.

Take part in clean-up campaigns on beaches or rivers.

Avoid souvenirs such as coral—they endanger sensitive ecosystems.

Be mindful when snorkeling or diving.

Keyword: Respect for underwater worlds

### Practical tip

No coral jewelry – marine ecosystems are not souvenirs.



# 15 LIFE ON LAND



## SDG 15: Life On Land

Experience nature – but be considerate.

Outdoor activities are fun and connect you with your new surroundings.

Stay on marked trails, leave no trace, and take your trash with you.

Mindfulness protects not only you, but also plants and animals.

Keyword: Nature needs consideration.



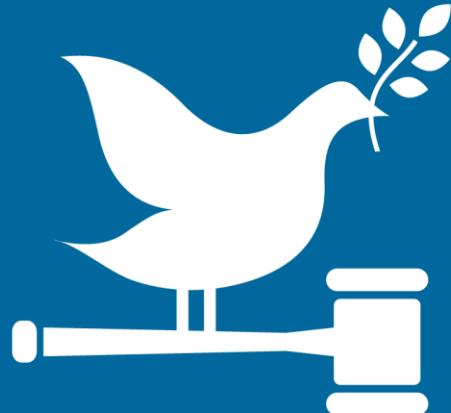
### Practical tip



Always take your trash with you when hiking – leave no trace.



# 16 PEACE, JUSTICE AND STRONG INSTITUTIONS



## SDG 16: Peace, Justice and Strong Institutions

Peace begins with respect.

Follow local laws and respect cultural differences.

Be open to new perspectives—this will help you learn empathy and conflict resolution skills.

Intercultural exchange thrives on listening and understanding.

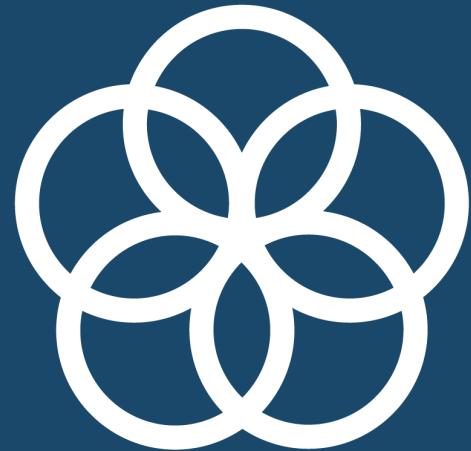
Key words: open, respectful, peaceful

### 💡 Practical tip 💡

Find out in advance about cultural rules and rights in your host country.



# 17 PARTNERSHIPS FOR THE GOALS



## SDG 17: Partnerships for the Goals

Together we can achieve more.

Engage in conversation with people from all over the world – this is how real connections are made.

Share your knowledge, exchange perspectives, and learn from each other.

Sustainable change can only be achieved together.

Keyword: Exchange strengthens global partnerships

### 💡 Practical tip 💡

Share ideas in international groups or projects at your host university.



# Information

This guide was developed as part of the Senatra seminar on service learning and sustainable transformation at universities.

It was created by students Mia Schober and Lukas Schwella as part of the Senatra seminar.

The content and design were revised by the KU International Office.

Official information on the 17 Sustainable Development Goals (SDGs) can be found at:

<https://sdgs.un.org/>



# What is Senatra?

Senatra stands for “Service Learning and Sustainable Transformation at Universities.”

The project explores how universities can become places of sustainable change—through learning, co-creation, and collaboration.

Goals:

Connect students with social engagement and sustainability

Shape universities as real-world laboratories for the future

Link theory, practice, and reflection

How?

Students work on projects with partners in the field on topics such as mobility, fair trade, biodiversity, diversity, and inclusion.

This results in concrete ideas, measures, and new perspectives on sustainable development.

Senatra is supported by several universities, including KU Eichstätt-Ingolstadt.

Further information on the projects can be found on the website: <https://senatra-projekt.de/english/>

# What is Senatra?

Senatra is funded by the Federal Ministry of Research, Technology, and Space (BMFTR) as part of its “Research for Sustainability” (FONA) strategy ([www.fona.de](http://www.fona.de)).

**senatra**

Service Learning und nachhaltige  
Transformation an Hochschulen

**FONA**

Forschung für Nachhaltigkeit



Bundesministerium  
für Forschung, Technologie  
und Raumfahrt

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