



# The APUAF GARDEN

SD-Committee Biodynamic Newsletter

Fall 2023

Vol. 4



In November, two of our SD committee members, had the valuable opportunity to participate in the inaugural European Institute organized by [EUASA](#) and the Forum of Education Abroad in Strasbourg. And guess what? Among the main discussions, one of the three key themes that took center stage was "Sustainability in Study Abroad." The questions hurled our way, and the examples drawn from the field, delved into how we, as leaders in education abroad, can jazz up our programs to integrate sustainability principles into our practice. The goal? To educate and inspire a generation of environmentally aware global citizens into being *eco-warriors* of the world.

The [Forum's Guidelines](#) for Advancing the United Nations Sustainable Development Goals through Education Abroad are our backpass for self-assessment and inspiration. EUASA has crafted an operational guide, which will soon be accessible on their website. This comprehensive resource includes practical examples and suggestions on how to effectively calculate, reduce, compensate, and educate about carbon emissions. Great examples from the field include the [DIS Slow Travel Funding](#) and the locally-focused weekend activities endorsed by institutions such as [Penn State](#), Temple University in Rome, and various other Big 10 schools.

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SD ON **PADLET:**  
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It's simple! It's useful!

Click [here](#) to access articles, videos, resources that help you stay informed, share suggestions for sustainable activities ...

Do you feel inspired to contribute to a future special edition of

[Frontiers: Interdisciplinary Journal of Study Abroad?](#)

Complete this form to indicate your interest in sharing the European perspective with the field of education abroad.



**GREEN WEDNESDAY BONUS POUR NOS ABONNÉS:**

- **REID HALL SURVEY**
- **EUASA OPERATIONAL GUIDE**

## THE LILLE EUROPEAN SUMMER PROGRAM & SUSTAINABLE DEVELOPMENT

Matthew (Université Catholique de Lille)

This past summer, the **LILLE** ("Learn In Lille, Live Europe") European Summer Program (ESP) at the Université Catholique de Lille offered several courses focused on sustainable development, including Understanding Challenges of Climate Change, Sustainable Cities, and Current Practices in Renewable Energies. In total, over 220 students of 18 different nationalities participated in the 2023 edition of the ESP with over 40 of them choosing courses related to sustainability.

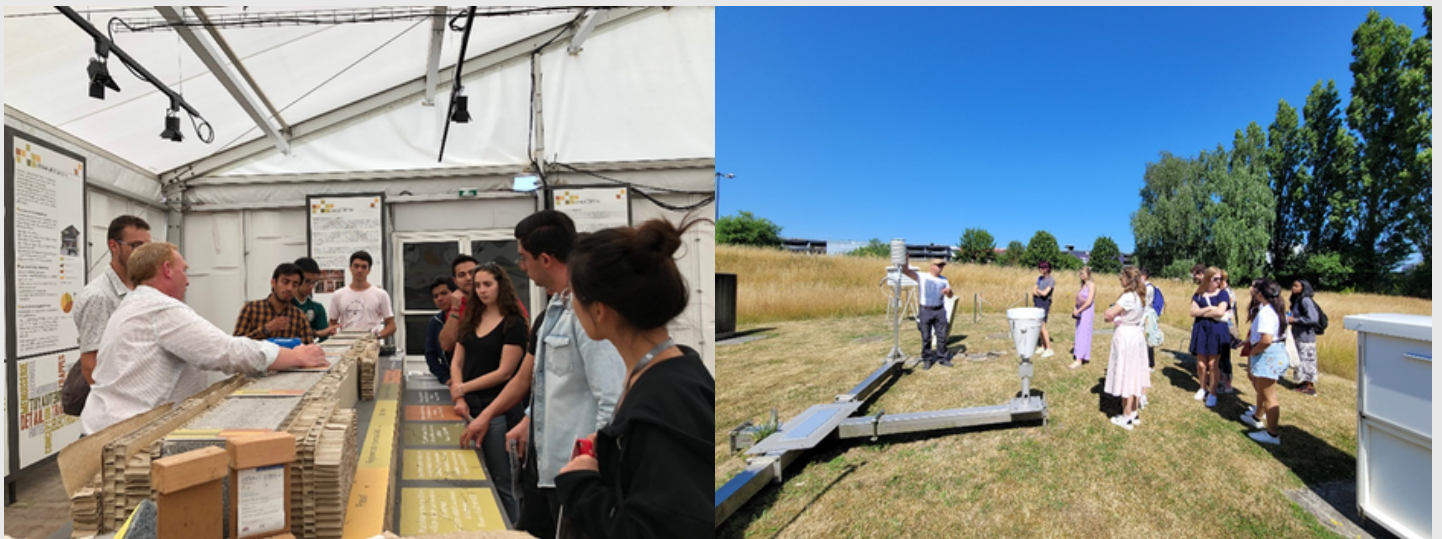
Created in 2001, the LILLE ESP is a four-week academic course offered every summer, giving students (and instructors) from around the world an opportunity to experience French culture at the heart of Europe and to be part of an international, multicultural student community.

Such courses give international students a closer look at what is being done in France and across Europe to combat the ever-increasing effects of global warming. Through lectures, discussion, lab work, guest speakers, and site visits to venues such as France Météo, the UCLille's **LiveTree** project, urban farms, cities in transition, and various collaborative spaces offering dedicated workshops and innovative project opportunities, students gain a better understanding of current challenges and the responses needed to achieve a more sustainable future.

Learning outcomes of these courses rooted in sustainability allow for students to:

- Identify socio-ecological impacts in the current city operations.
- Create a list of potential measures (recommendations and strategic guidelines, good practices, eco-innovations, new business models for public services, etc.)
- Set priorities and create an action plan.
- Produce a physical prototype of the recommended solution and present it (pitch + showcase): sensor, 3D printed objects, model, or other physical artifacts.

This has been a focal point of the university curriculum since the inception of the LiveTree project in 2013 and currently over 40 of the student associations on campus have adopted ecological missions and values.



## NAVIGATING THE GREEN CROSSROADS

Stefano (USAC Lyon), Garry (Rice Global Paris)

In our quest for a sustainable future, we find ourselves at a crossroads, faced with crucial decisions. Do we electrify every car on the road, invest in biodiversity restoration, or perhaps introduce CO<sub>2</sub> vacuums? Or could the answer lie in a more understated approach: adopting a frugal mindset?

To deepen our understanding of this complex subject and the steps we need to take to forge a pathway to sustainability, the APUAF SD committee proposed the **2Tonnes** workshop during the October AG meeting in Paris. Through role-plays, and alternating rounds of collective and individual decision-making, the moderator, [Barthélémy Marsac](#), engaged and challenged the 14 participants with questions that impact our daily lives. Some measures can only be effectively leveraged on a national level, or globally through an entity like the UN, however, we also learned the importance of reflecting on our personal actions, projecting how our choices today will shape the landscape a decade or two from now, and how those decisions will reverberate from individual citizens to our communities, and ultimately, across the entire planet.

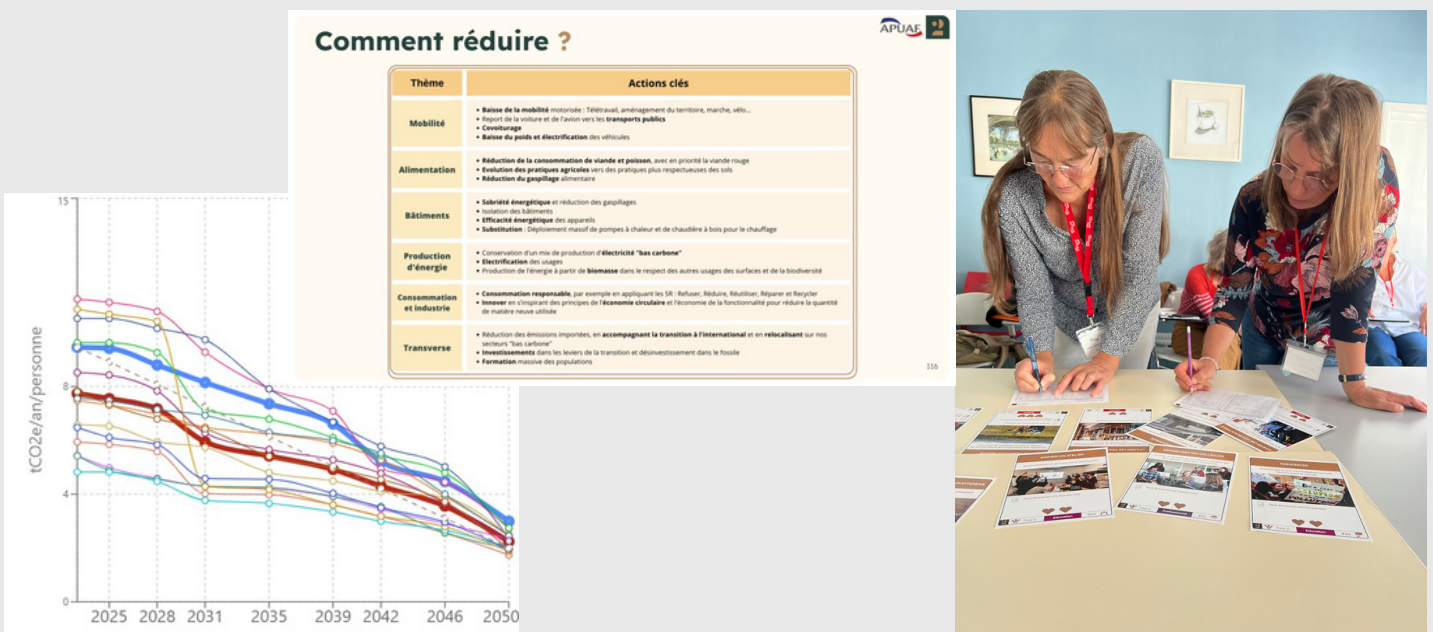
The goal of the workshop is to find ways to reduce **CO<sub>2</sub> emissions** to less than 2 tons per person by 2050 (the current global average is around 7 tons per person, but 10 tons per French citizen). This reduction represents the effort required to comply with the Paris Agreement and enable everyone to live in a world with less than 2°C of warming.

Thanks to the collective choices implemented by the participants, the workshop reduced national emissions to 2.99 tCO<sub>2</sub> per year per person in **2050**. And participants' individual emissions were reduced to an average of 2.24 tCO<sub>2</sub>!

The main takeaway of the workshop, as Barthélémy reminded us, is that "it's up to us now to do even better in the real world!"

As Study Abroad professionals, we have the privilege of educating the **younger generation** to take mindful action for the betterment of our planet. How can we involve our **students**, staff, and professors in addressing the challenges of socio-ecological and sustainable transition? What **measures** can we implement to foster a positive attitude towards ecological transition and to promote engagement and immediate action? During the atelier, we were encouraged to take certain actions and to make specific choices to address the issues in our own communities. These included initiatives like observing "meat-free days", opting for ground transportation over **flying** whenever possible, purchasing locally-sourced and organic produce, minimizing waste, and adopting responsible consumption through the **5R-rule**: Refuse, Reduce, Reuse, Recycle, Rot.

The journey towards a sustainable future is not a one-size-fits-all endeavor. It requires a mosaic of efforts, each contributing in its own way. As we contemplate all the possible options, let's not forget that the answer may not be confined to a single approach or practice, but depends on integrating all of them intelligently. Electrify, biodiversity, and adopt frugality - collectively, they paint a picture of a greener, more balanced tomorrow.



REMEMBER, EVEN A SMALL ACTION CAN YIELD A SUBSTANTIAL IMPACT TOWARDS PAINTING A PICTURE OF A GREENER AND MORE BALANCED TOMORROW!

# FONDATION DES ETATS-UNIS AU CŒUR DE LA CITÉ INTERNATIONALE UNIVERSITAIRE DE PARIS : UN ENGAGEMENT FORT DANS LE DÉVELOPPEMENT DURABLE

Céline (SUNY Oswego)

Depuis maintenant près de 10 ans l'environnement et le développement durable (DD) sont devenus une priorité à la Fondation des Etats-Unis ([FEU](#)). Qu'est-ce qui a provoqué et accéléré ce questionnement autour du DD ?

L'environnement et le DD sont devenus une priorité au moment du changement de direction en 2014. Tous les projets de rénovation menés par les anciennes directrices, Sophie Vasset et Anne Crémieux, ont été imaginés avec un accent sur le DD. L'importance de la relation à la nature et le DD restent plus que jamais au cœur de l'évolution de la FEU sous la nouvelle direction de Joan Anfossi-Divol et d'une équipe engagée et passionnée par les sujets de DD, avec Alyssa Jones et Noëmi Haire-Sievers qui s'occupent des groupes Study Abroad et du Centre Culturel.

## Quelles ont été les différentes étapes ?

La FEU est une très grande maison ouverte en 1930 avec plus de 270 logements. Les factures liées à la consommation d'énergie ne cessent d'augmenter. Cela nécessite de repenser en priorité l'isolation thermique des chambres et des espaces communs. Chaque phase de rénovation de chambres classiques en chambres confort permet de vérifier l'état des fenêtres et de les changer progressivement. Lors de travaux de rénovation de l'aile Est, le projet [East Side Story](#), il a également été question de réfléchir à la collecte d'eau chaude usagée pour [préchauffer l'eau](#) des douches et d'installer des panneaux solaires sur les terrasses. Bien que ce soit moins performant qu'anticipé, cela contribue aux gestes environnementaux de la FEU.

La communication avec les résidents est essentielle et a fait objet de nombreuses réunions : comment les impliquer dans la réduction et le tri de déchets et comment les sensibiliser sur l'utilisation du chauffage, de l'électricité, etc.

En parallèle, le Comité des résidents a piloté l'ouverture en 2016 du [jardin potager](#) partagé qui inclut un système de compost. L'équipe a entamé un grand travail de sensibilisation autour du sujet des déchets. Le jardin potager, bien qu'en pause hivernale, a eu un grand impact et l'aura de nouveau dès l'arrivée du printemps. Cultiver le jardin potager, c'est un moyen de réduire les dépenses alimentaires. C'est un contact avec la terre et un lieu de rencontre comme les cuisines.

## Quels sont les différents points forts en matière de DD, sur lesquels vous travaillez actuellement ?

Les priorités restent les mêmes : comment réduire la consommation ? Comment rénover dans la manière la plus respectueuse de l'environnement possible (peinture à l'eau, bio bois, récupération de mobilier...) ? Comment continuer à diminuer les déchets et inspirer des changements (réduction des livraisons, repas à emporter, emballages en plastique...) ?

Nous cherchons à innover cette année à travers le programme d'engagement citoyen, une initiative de Joan, pour nous faire aider et soutenir par les résidents en matière de communication et d'actions (jardinage, éteindre les lumières, vider le compost, etc).

En ce moment, Alyssa met en place un projet d'économie circulaire pour éviter le gaspillage. Les résidents sont invités à déposer de la vaisselle propre, des aliments non-entamés, ou encore des serviettes ou vêtements propres à un emplacement dans le hall. « Take what you need and leave what you don't » est l'inspiration.

Au niveau des projets culturels, Noëmi pilote actuellement un cycle de trois projets sur le thème Art for Nature, qui invitent le public à réfléchir à notre lien avec la nature et avec l'environnement : récemment [Arbre](#) et prochainement le concert [La Nature Mystique](#). Une exposition collective, [Art for Climate](#), complète cette trilogie, et traite de la crise climatique auto-infligée par l'Homme. Le centre culturel tient à continuer à faire ce lien et à inspirer les visiteurs à réfléchir ensemble, et peut-être inspirer quelques changements individuels et collectifs.



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## Comment sensibilisez-vous vos résidents ?

La sensibilisation passe avant tout par les échanges avec les résidents : les réunions d'accueil avec Alyssa pour les groupes, Noëmi pour les artistes et Joan pour les étudiants en Master et Doctorat. A cette communication directe s'ajoute l'information transmise dans notre Guide du résident, des affiches dans le bâtiment et des envois de mails tout au long de l'année. Nous comptons par ailleurs beaucoup sur le relais de nos partenaires, sur les RA des groupes et sur le Comité des résidents.

En ce moment, nous expérimentons le succès du « Take what you need and leave what you don't ». Aussitôt déposés, les objets repartent et les poubelles contiennent un peu moins de vaisselle, de vêtements et d'aliments secs au moment des grands départs. Nous encourageons également nos partenaires, qui ont un grand turnover de résidents, de mettre en place leur propre système de kits de cuisine, de récupération et de donation d'objets allant de bouilloires et sèche-cheveux à vaisselle ou encore des fournitures.

## Est-ce qu'ils vous disent leur intention de continuer ces bonnes pratiques durables quand ils rentreront chez eux aux Etats-Unis ?

Il est difficile de dire s'ils repartent avec une intention particulière, mais en tout cas, ils apprennent à vivre différemment en France. Les cuisines communes étant un lieu principal de rencontre, nombreux d'entre eux se mettent à cuisiner, à prendre le panier bio de légumes sur le campus et à apprendre comment faire des plats de pays de leurs voisins de chambre. Les témoignages des alumni tournent souvent autour des cuisines et des repas.

## Pour vous qu'est-ce qui est le plus difficile à mettre en oeuvre ?

La chose la plus difficile a été et reste encore la communication et la sensibilisation : comment transformer la parole et la compréhension théorique en actions concrètes.

Il nous semble qu'ils sont réceptifs quand ils entendent le raisonnement. De là à intégrer des changements long-termes dans leurs vies, cela semble moins évident au vu de la différence culturelle et les habitudes de consommation (la culture « take away », livraison, climatisation, chauffage, etc). En quelque sorte, ils sont obligés de s'adapter parce que les températures des bâtiments en France ne sont pas pareilles. A Paris, le chauffage est allumé plus tard, éteint plus tôt, et cela est une étape chaque année !

Je remercie Alyssa Jones et Noëmi Haire-Sievers d'avoir répondu aux questions.

Céline Garelli



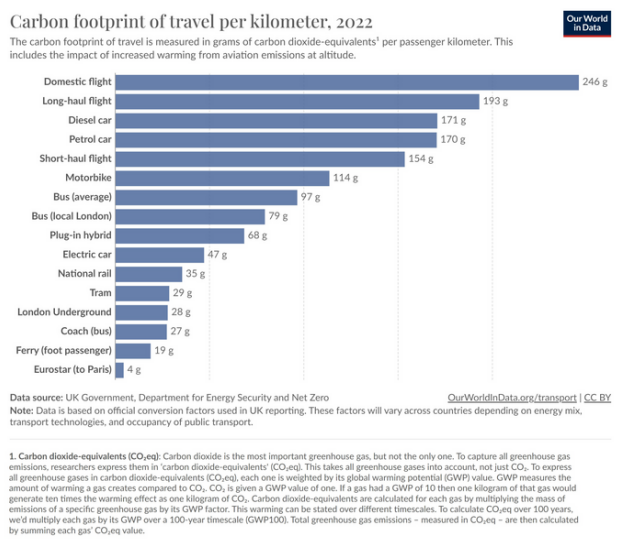
# REID HALL SUSTAINABLE DEVELOPMENT SURVEY: STUDENT INSIGHTS AND IDEAS FOR PROMOTING SUSTAINABILITY IN STUDY ABROAD PROGRAMS

Garry (Rice Global Paris)

Harrison Gerson, an undergraduate student at [Columbia's Climate School](#), recently shared with the SD committee the findings of a survey on sustainability he conducted last summer among Paris-based exchange students. This survey was part of a broader research project, developed under the supervision of Mélody Braun, the Strategic Lead for [Climate Response at Columbia's Paris Center](#), and provides some very interesting insights into student practices in terms of recycling, consumer habits, and travel, while also highlighting some ideas that could be easily adopted by study abroad programs to help students engage more actively with sustainability during their studies in France. Indeed, it has already led to a number of recommendations being implemented at Reid Hall by the Columbia program, including the incorporation of the 2Tonnes workshop during orientation [see article on 2Tonnes in this newsletter]. Harrison has kindly given us permission to share the findings of his survey with this issue of the SD newsletter.

An important conclusion to be drawn from Harrison's research, one that is encouraging for all study abroad professionals, is that the educational and cultural experience offered by a period of study abroad stimulates interest in sustainability issues: coming to France students learn to adapt to local practices, and many change their habits accordingly. "When students get to Paris, there's a lot more people talking about climate change and the decisions being made around climate change... with study abroad, there's the opportunity to really invest those months and learn about the nuances of sustainability" comments Harrison. Furthermore, as Harrison points out, for students, sustainability practices are often motivated by economic considerations, such as buying secondhand because it's cheaper, or using kitchen utensils and other supplies left by their predecessors to limit costs. Linking sustainability practices to budget management makes good sense and is likely to appeal to students!

A second positive is that students are interested in this subject and clearly have plenty of good ideas about how sustainability practices can be reinforced by programs. It is therefore important to create opportunities to engage them with these issues through workshops, curricula or other activities. After all, students are at the center of study abroad and must be involved in the search for solutions and better practices. As Harrison puts it, bringing students into the conversation enriches their experience and not only helps them understand the impact they have, but "places responsibility between the students and the study abroad organizations to figure out a more sustainable way to do a program". Among the ideas quoted by Harrison in the report many can be quite easily implemented: starting compost systems, providing more education about how recycling works and improving recycling signage, or creating a donation collection area [on this subject, see also the article on Fondation des Etats-Unis in this issue]. And it's not just students who are motivated by these topics: Mélody notes that an interesting consequence of Harrison's study is that it has kindled enthusiasm among the different programs at Reid Hall to have more collective conversations around sustainability.



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Surprisingly, 88.2% of the respondents state that they received little or no information on sustainability during their orientation sessions! Let this be a reminder to all of us that we can never take it for granted that students are aware of how sustainability works in France, what the issues and debates are, or even understand how local recycling works, especially as they may not necessarily have received any sustainability orientation in their home universities.

Of course, in the context of study abroad, [travel has the greatest impact on carbon emissions](#), but it also presents students with an opportunity to adopt practices that differ from the ones they may be used to in the US, as living in France gives students access to means of collective transportation, as well as to an international train network. So, to counter the temptation of low-cost air fares, study abroad programs can play their part by informing students about discount train travel options such as the Interrail ticket or SNCF cards. But why not go further, suggests Harrison, and have programs subsidize student train travel by offering stipends to compensate for train-plane price differences or direct university travel funding to sustainable options?

Thank you to Harrison and Mélody for taking the time to answer our questions about the survey.



The **Raw Earth Sgraffito Pavilion** inaugurated at Reid Hall in May 2023 made entirely from materials sourced in Paris

